

Leadership Pathways 2015



Register for Upcoming Classes Online at:

<https://booknow.appointment-plus.com/6brvhtxm/>

(Helping Agency Classes)

or

<https://cs3.eis.af.mil/sites/OO-DP-AM-26/default.aspx>

(Professional Development for Military Members-Requires CAC Access)

If class you're looking for is not listed at site above, please contact POC listed below class for upcoming dates available.

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MH Course 1

CLASS NAME: BABY BASICS (2 hours)

Course Description: Wondering what to do with the little bundle of joy once he or she arrives? Baby Basics is a one-session class designed for expectant parents. “Hands-on” training will include infant bathing and dressing, diapering and holding a baby. Other topics covered include: sleep patterns, calming a fussy baby, feeding/burping and signs of illness.

POC: Family Advocacy 827-9172

MH Course 2

CLASS NAME: INFANT MASSAGE (1.5 hour)

Course Description: Infant massage is a wonderful way to help your baby grow healthy physically and emotionally. Need more sleep? Want to calm your fussy baby? Is the baby ever gassy or constipated? Infant Massage can help!

POC: Family Advocacy 827-9172

MH Course 3

CLASS NAME: TERRIFIC TODDLERS (2 hours)

Course Description: Wondering what to do with your toddler? Terrific Toddlers is a one-session class designed for parents of toddlers (12-36 months old). Topics covered will include: how to handle temper tantrums, effective discipline techniques and potty training techniques.

POC: Family Advocacy 827-9172

MH Course 4

CLASS NAME: DADS 101 (3.5 hours)

Course Description: A one day class designed for new and expectant fathers. Topics covered will include: bonding with your baby before and after pregnancy, preparing for Labor & Delivery, managing deployment and coping with crying.

POC: Family Advocacy 827-9172

MH Course 5

CLASS NAME: PARENTING CLASS

Course Description: Class offers the opportunity to develop parenting skills that build your child’s self-esteem which results in a better-behaved child. The class is open-ended and offers parenting skill training and education about children developmental stages of growth which is a critical component in developing a parenting strategy for children (6-12 years old).

POC: Family Advocacy 827-9172

MH Course 6

CLASS NAME: ANGER MANAGEMENT (1.5 hours)

Course Description: Specialized group helps develop the skills, knowledge and ability to put angry feelings in perspective during challenging everyday life events. The program focuses not only on anger, but on putting all your feelings into balance and increasing your interpersonal skills and peace of mind.

POC: Family Advocacy 827-9172

MH Course 7

CLASS NAME: DIVORCE/SEPARATION

Course Description: Special seminar for individuals to acquire support, life skills, and knowledge to navigate the hardships (which are a part) of the ending of important intimate relationships.

POC: Family Advocacy 827-9172

MH Course 8

CLASS NAME: DOMESTIC VIOLENCE INTERVENTION PROGRAM (DVIP)

Course Description: Special program providing assistance to individuals who have been abusive to their significant other and who desire to develop the skill, knowledge, and ability to maintain an equitable, healthy, loving, primary relationship. This is a state certified program for those individuals who may have been directed by the courts to attend.

POC: Family Advocacy 827-9172

MH Course 9

CLASS NAME: FASES - FAMILY ADVOCACY SAFETY EDUCATION SEMINAR

Course Description: This seminar helps individuals develop interpersonal communication skills, learn about interpersonal healthy relationship dynamics, help people develop stress management skills and recognize and encourage their ongoing personal growth.

POC: Family Advocacy 827-9172

MH Course 10

CLASS NAME: HEALTHY RELATIONSHIPS

Course Description: Based on information presented in the “How not to marry a Jerk/Jerkette. Short course designed to heighten the awareness and responsibility of a partner in a healthy relationship. Course focuses on relationship skill building for young adults and demonstrates how to avoid common pitfalls associated with dating.

POC: Family Advocacy 827-9172

MH Course 11

CLASS NAME: EFFECTIVE COMMUNICATION

Course Description: This class goes over different communication styles "passive-aggressive/assertive/aggressive", what verbal and non-verbal barriers to communication can come up and the importance of "I" statements.

POC: Family Advocacy 827-9172

MH Course 12

CLASS NAME: STRESS MANAGEMENT

Course Description: Learns skills on how to recognize and cope with stress in life. Learn skills on how to appropriately and effectively address stress! This class teaches how to recognize signs of stress, discusses "good" vs. "bad" stress and goes over a variety of relaxation techniques.

POC: Family Advocacy 827-9172

MH Course 13

CLASS NAME: SLEEP ENHANCEMENT CLASS

Course Description: Are you having trouble falling or staying asleep? Do you feel tired even after getting a "good night's rest"? This course maybe for you! Sessions focus on both internal and external factors affecting sleep.

POC: Behavioral Health 827-9255

A&FRC Course 1

CLASS NAME: RELATIONSHIP GPS-RELATIONSHIP ENHANCEMENT (6 hours)

Course Description: Workshops focus on effective prevention and relationship enhancement techniques. Participants will receive educational instruction and materials to assist in acquiring valuable communication skills to use within their personal and work relationships. During one session, participants will identify their primary love language and determine how their love language can lead to connections within their dating or marital relationships. Other sessions focus on how to effectively communicate, recognize danger signs within relationships, learn the speaker/listener techniques, and understand impact of stress and forgiveness within the relationship.

POC: A&FRC 828-0145

A&FRC Course 2

CLASS NAME: GOT YOUR BACK (6 hours)

Course Description: Discussion based workshop designed for single military members. Participants will learn techniques to build self awareness promote mindful choices, emphasize relationship skills, and value selves as citizens of the world. In addition, participants will learn how to implement practical skills in order to help them successfully reach goals and be satisfied with their life.

POC: A&FRC 828-0145

A&FRC Course 3

CLASS NAME: TRUE COLORS (4 hours)

Course Description: True Colors is a model of personality identification that is easy to understand, remember and apply. With the colors of Blue, Gold, Green and Orange - True Colors distills the elaborate concepts of personality theory into a user-friendly, practical tool used to foster healthy productive relationships.

POC: A&FRC 828-0145

A&FRC Course 4

CLASS NAME: CAN WE TALK? (3 hours)

Course Description: Participants will learn how their communication style and their perspective work together in communication. Participants will leave the workshop with ideas and skills for communicating more effectively by using their own self-awareness.

POC: A&FRC 828-0145

A&FRC Course 5

CLASS NAME: COUPLE COMMUNICATION-TWO PART SERIES (8 hours)

*Couple must attend both sessions

Course Description: Married? Thinking about getting married? Attend this interpersonal relationship workshop designed to establish or improve communication for pre-marital and marital relationships. Couples must attend both sessions.

POC: A&FRC 828-0145

A&FRC Course 6

CLASS NAME: PEACEFUL CO-PARENTING (3 hours)

Course Description: Parenting as a single/divorced parent can be overwhelming! This workshop will identify and explore the many unexpected and overlooked issues that create challenges for divorced or unmarried parents. Participants will learn practical strategies to foster a more peaceful parenting environment.

POC: A&FRC 828-0145

A&FRC Course 7

CLASS NAME: BUILDING A BETTER CREDIT REPORT (1 hour)

Course Description: Are you wondering how to control your finances and take charge of your credit and debt? Bring your lunch and join the discussion on important topics such as budgeting, credit reports, savings and investing.

POC: A&FRC 828-0145

A&FRC Course 8

CLASS NAME: SECURE VISA CREDIT CARD (1 hour)

Course Description: Want to learn how to establish a credit history or improve your existing credit history? Bring your lunch and join the discussion on important topics relating to establishing and maintaining credit. Information provided by Armed Forces Bank.

POC: A&FRC 828-0145

A&FRC Course 9

CLASS NAME: BETTER THAN A BUDGET (1 hour)

Course Description: Bring your lunch and learn how to develop a spending plan that will lead to better money management! Discover new ways to categorize and prioritize your money that will allow you to utilize your income most effectively.

POC: A&FRC 828-0145

A&FRC Course 10

CLASS NAME: SAVING AND INVESTING (1 hour)

Course Description: Participants will learn about the various tools for saving and investing, including a broad overview of investment options. Bring your lunch and discuss some important financial topics including investing in turbulent times.

POC: A&FRC 828-0145

A&FRC Course 11

CLASS NAME: AUTO BUYING WORKSHOP (1 hour)

Course Description: The instructor team helps participants level the playing field for auto buying. Learn what the auto dealers know that you don't; stop overpaying for your auto needs; learn how to negotiate and get better deals! Bring your lunch and ask all the questions you want in a friendly Lunch-n-Learn Environment.

POC: A&FRC 828-0145

A&FRC Course 12

CLASS NAME: BEYOND BASIC INVESTING (1 hour)

Course Description: Workshop will focus on sharing tools available to evaluate stocks, bonds & mutual funds and build confidence in investments. Additionally useful financial resources (websites/calculators) will be demonstrated. Bring your lunch and join in this discussion!

POC: A&FRC 828-0145

A&FRC Course 13

CLASS NAME: IDENTITY PROTECTION (1 hour)

Course Description: Bring your lunch and learn how to protect your identity and safeguard your personal information. Information provided by Armed Forces Bank.

POC: A&FRC 828-0145

A&FRC Course 14

CLASS NAME: MORTGAGE/HOME EQUITY LINE OF CREDIT (1 hour)

Course Description: Bring your lunch and join the discussion on the process of applying for mortgages and home equity lines of credit. Information provided by Grow Financial and presented by John Jacobs.

POC: A&FRC 828-0145

A&FRC Course 15

CLASS NAME: SMART START YOUR BUSINESS (2 hours)

Course Description: Have you ever thought of owning your own business? This workshop provides general information on mandatory licenses, legal entities, zoning issues, marketing, grant availability, and financing options.

POC: A&FRC 828-0145

A&FRC Course 16

CLASS NAME: BOOKKEEPING ESSENTIALS (2 hours)

Course Description: Want to learn the proper bookkeeping procedures for your business? Workshop curriculum is designed to teach you how to maintain necessary records, accounts receivable/payable, payroll, sales taxes and other basics for your business.

POC: A&FRC 828-0145

A&FRC Course 17

CLASS NAME: GETTING YOUR BUSINESS ONLINE (2 hours)

Course Description: Ready to get on the World Wide Web? Introduction workshop will cover how to locate a Web site host, site design, best practices, design software and eCommerce. Space is limited.

POC: A&FRC 828-0145

HAWC Course 1

CLASS NAME: EAT THIS NOT THAT!

Course Description: Are you confused what to eat? Are you getting contradictory information? Get the scoop from our specialists! Includes a diet prescription from our Dietician.

POC: HAWC 828-4739

HAWC Course 2

CLASS NAME: FUEL TO THE MAX!

Course Description: Release the athlete within you at the Health and Wellness Center! Fuel your body, get strong, optimize performance! Learn the latest on supplements and ergogenic aids. Included is a diet plan from our Registered Dietician/Sports Nutritionist.

POC: HAWC 828-4739

HAWC Course 3

CLASS NAME: COMMISSARY TOUR

Course Description: Learn to navigate the aisles of the commissary with a Registered Dietician. Let the HAWC's RD guide you through a morning of nutritionally balanced grocery shopping to include reading food labels and avoiding pitfalls from marketing and staging of food products.

POC: HAWC 828-4739

HAWC Course 4

CLASS NAME: RUNNING CLINIC

Course Description: Improve your run time! Our Exercise Physiologist and special guests will teach you running mechanics, proper shoe selection, injury prevention, performance enhancement and more... Don't forget to wear comfortable clothes and athletic shoes!

POC: HAWC 828-4739

HAWC Course 5

CLASS NAME: FLAT ABS AND DEEP STRETCHES!

Course Description: This class covers information on developing and maintaining good core strength. Maintaining strong core muscles may help prevent or alleviate low back pain. Foam rolling session is included in this course to stretch and massage muscles.

POC: HAWC 828-4739

HAWC Course 6

CLASS NAME: PREGNANCY FITNESS WORKSHOP

Course Description: Yes, you can be pregnant **and** fit! Sign up for this educational workshop and get guidance for exercising safely during any stage of pregnancy including post-partum. It is not necessary to dress for exercise for this workshop.

POC: HAWC 828-4739

HAWC Course 7

CLASS NAME: TOBACCO CESSATION CLASSES

***4 week course**

Course Description: "Kick the habit" for good! Join the HAWC's 4-week class and receive guidance on exercise, stress management, dental health, and weight management.

Classes are taught at the HAWC and Brandon Clinic by physicians and certified ACS/Mayo Clinic instructors.

POC: HAWC 828-4739

HAWC Course 8

CLASS NAME: BETTER BODY BETTER LIFE

***5 week course**

Course Description: Shed those extra pounds! This Air Force 5-week weight management program balances nutrition, exercise principles, and techniques for lifestyle and behavior changes. We use state-of-the-art equipment to assess body composition and nutrition needs.

POC: HAWC 828-4739

Nutritional Medicine Course 1

CLASS NAME: DIABETES SELF-MANAGEMENT CLASS

Course Description: This three part program includes expert advice from a physician, pharmacist, nurse, dentist, physical therapist and dietitian. The class focuses on coping with diabetes, short and long term complication, nutrition needs, exercise tips, medication, monitoring glucose, stress management and community resources. Call your Primary Care Manager for a nutrition referral.

POC: Nutritional Medicine 827-9360/9357

Nutritional Medicine Course 2

CLASS NAME: HEARTCARE CLASS

Course Description: A low-saturated fat diet does not have to be boring and tasteless! This 1-2 hour program is informative and entertaining and promotes gradual lifestyle changes to help you meet your goals for hypertension, cholesterol and triglyceride levels. Follow-up appointments are designed to reinforce positive changes in diet and lifestyle.

POC: Nutritional Medicine 827-9360/9357

Nutritional Medicine Course 3

CLASS NAME: WEIGHT REDUCTION CLASS (1-2 hours)

Course Description: A 1-2 hour program incorporating nutrition, exercise, and behavior modification to foster lifestyle change. Learn the facts, not fads, about weight management. Class is open to AD, retirees, dependents, civilian employees and anyone trying to manage a healthy weight.

POC: Nutritional Medicine 827-9360/9357

Chapel Course 1

CLASS NAME: MARRIAGE ENRICHMENT EVENTS (8 hours)
(i.e. “Oxygen” or “MarriageCare”)

Course Description: Workshop aims to prepare individuals to resolve conflict in marriage with the tools necessary to find peace. Tools include communication skills, listening, forgiveness, conflict resolution and unconditional love.

POC: Chapel 828-3621

Chapel Course 2

CLASS NAME: PRE-MARITAL COUNSELING * (4 Sessions, 1 hour each)

Course Description: Couple will develop personal inventories of strengths and weaknesses. Couple will also learn techniques and strategies to mitigate issues that will arise.

POC: Chapel 828-3621

*** Florida State Law allows Marriage License discounts for a minimum of 4 completed pre-marital counseling sessions.**

Chapel Course 3

CLASS NAME: PROTESTANT WOMEN OF THE CHAPEL (PWOC) (2 hours)

Course Description: Bible study and discussion on Wednesdays from 10:30 – 12:30

POC: Chapel 828-3621

Chapel Course 4

CLASS NAME: REVEILLE FELLOWSHIP BREAKFAST (1 hour)

Course Description: Mid-week Fellowship, Accountability and Christian-Based Spiritual Growth on Thursdays from 0615-0715

POC: Chapel 828-3621

Chapel Course 5

CLASS NAME: ADULT RELIGIOUS EDUCATION (1 hour) -

Course Description: Catholic and/or Protestant-based faith-based instruction.
Catholic Religious Education – Sunday 1045
Protestant Religious Education – Sunday 0930

POC: Chapel 828-3621

Professional Development

PROFESSIONAL DEVELOPMENT OPPORTUNITIES FOR MILITARY

Current professional development opportunities can be found at
<https://cs3.eis.af.mil/sites/OO-DP-AM-26/default.aspx>

POC: Career Assistance Advisor 828-1229