

FAMILY ADVOCACY

Program Overview & New Parent Support Program



A FAMILY'S GUIDE TO MINDFUL LIVING

- HOME CARE CONSULTANTS

Mindfulness techniques, home management skills, daily organization of schedules, storage solutions. Optional follow up home visit. Offered on demand/through referrals.

BABY BOOT CAMP

A class for expectant parents to help them grow in confidence as parents, learn more about the care of their newborn and the birthing process in Germany. We are joined by Tricare, WIC, local Doula's, CYS, dental clinic and the Passport office.

EMERGENCY PLACEMENT CARE Q & A

Are you the one willing to open your heart and home to children in need? We're looking for potential EPC providers. Participants will be able to speak with the EPC coordinator, receive information and ask questions.

HIKES & TYKES

Guided outdoor activity with NPSP geared toward sensory development for children and family bonding. Hiking trails throughout the community.

INFANT MASSAGE CLASS

Help your baby relax and sleep well. Strengthen your relationship with your baby. Reduce your baby's fussiness, colic and gas. Improve digestion and circulation. Meet other parents.

IT TAKES TWO

- MARRIAGE ENHANCEMENT WORKSHOPS

Provide couples better communication and listening skills essential for developing and maintaining a positive relationship.

KICK THE PRESSURE

- STRESS AND ANGER MANAGEMENT

Workshop is focused on providing individuals education on the causes and consequences of stress and anger as well as practical ways to manage their everyday stressors.

KIDZ PLAY/WIGGLES & GIGGLES

Parent-child education groups are designed to provide a safe space for parents to learn parenting strategies through play and parent-child engagement. -Songs, crafts and activities. Ages 1-4.

MEDITATION MONDAYS

Learn proven benefits and experiment with different types of meditation.

MEDITATION ON-ONE-ON

Come learn how to develop an individual personalized meditation practice. This is a one-on-one class to meet personal needs of the person attending.

NAVIGATING PARENTING

Seminar designed to support parents in developing skills to assist their children through all developmental phases. The seminar is interactive and intended to answer questions, provide education and enhance skill sets. All parents and expecting parents are invited. Offered on demand.

NEW PARENT SUPPORT PROGRAM (NPSP) SERVICES

-Home Visitation: Provide one-on-one assistance and support pre- and post delivery in the comfort of your home both on and off the installation. -Solutions for age appropriate discipline, temper tantrum, biting and potty training. -Lactation Consulting. -Growth and developmental assessments.

PARENTING WORKSHOPS

Monthly workshops on a variety of topics for parents.

RESILIENCY BOOK CLUB

If you love to read, join us! We will be reading and discussing popular books with important topics. You can pick up your book for FREE at ACS.

SAFE HARBOR

7-week curriculum for mothers and babies. Bonding, infant needs, mother self-care, and peri-natal mood health for new mothers and babies up to 1 year.

THE 4TH TRIMESTER

Join our NPSP team to learn more about the fourth trimester and its impacts on your family. Discussion topics vary weekly and include developmental stages, breastfeeding, toy selection, shared responsibilities, managing your relationship, self-care, tummy time and more! Open to families with children ages 0-3 months.

VICTIM ADVOCACY SERVICES

Support to Soldiers and Family members experiencing domestic abuse. Victim advocates are on call 24/7 to provide crisis intervention, safety planning, support and assistance in securing medical treatment for injuries, information on legal rights and proceedings and referrals to military and civilian resources.

Registration is required. Detailed information on each class will be provided at time of registration.

USAG BAVARIA ARMY COMMUNITY SERVICE

ROSE BARRACKS, B322 • DSN 599-1101, CIV 09641-70-599-1101
TOWER BARRACKS, B244 • DSN 526-4403, CIV 09641-70-526-4403

