

TIPS FOR WELLNESS

FAMILY

- Parents recognize when you are experiencing stress and find ways to decompress.
- Children have emotions too so before offering discipline check with your child to see if they are tired, hungry or experiencing stress.

RELATIONSHIPS

- "Moments of connection, no matter how small, are deposits in a couple's emotional bank account." - The Seven Principles Couples Guide by John M. Gottman and Nan Silver.
- "Learning to listen may be as difficult as learning a foreign language, but learn we must if we want to communicate love." - The 5 Love Languages: The Secret to Love that Lasts by Gary Chapman.
- When you openly share with your partner what you appreciate about them, it strengthens your bond." - The Seven Principles Couples Guide by John M. Gottman and Nan Silver.

SELF CARE

- Spend time doing things that you love to do.
- Create a space that is just for you.
- Practice kindness with yourself.

COMMUNICATION

- Effective communication includes verbal and non-verbal information.
- When communicating your thoughts and feelings start statements with "I am thinking" or "I am feeling."



CONTACT INFORMATION



FAMILY ADVOCACY

Rose Barracks: 09641-70-599-1101
Tower Barracks: 09641-70-526-4403
Hohenfels: 09472-708-4860
Garmisch: 08821-750-3572

Note: Hohenfels and Garmisch classes may differ

CHILD ABUSE REPORTING

Military Police: 09662-83-3398
Emergency: 114

24/7 DOMESTIC VIOLENCE HELPLINE

Mobile: 0162-296-0661
Emergency: 114



U.S. ARMY
MWR
USAG BAVARIA



U.S. ARMY
GARRISON
BAVARIA



FAMILY ADVOCACY PROGRAM



ARMY
COMMUNITY
SERVICE

SERVICES

CHILD ABUSE AND DOMESTIC VIOLENCE AWARENESS, EDUCATION & PREVENTION

Classes, briefings and on-site training to help raise awareness and prevent child abuse and domestic violence.

VICTIM ADVOCACY

Advocacy services and support to Soldiers and Family members experiencing domestic abuse. Victim advocates are on-call 24 hours a day, 7 days a week to provide crisis intervention, safety planning, non-judgmental support, assistance in securing medical treatment for injuries, information on legal rights and proceedings, and referrals to military and civilian resources.

EMERGENCY PLACEMENT CARE (EPC)

Emergency Placement Care promotes the health and safety of children at-risk by providing them with short term care throughout our community.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP provides guidance to family members with special needs on how to navigate through processes to access services.

NEW PARENT SUPPORT PROGRAM (NPSP)

New Parent Support Program helps military families to enhance parent and infant attachment, increase knowledge of child development, and provide connections to the support services that allow parents to become nurturing and capable caregivers. NPSP offers in-home parenting education, support and resource linkage and referral services to community agencies.



FAMILY SEMINARS

4TH TRIMESTER

Post-partum mothers can join the Family Advocacy Program in discussing common experiences following birth as well as gain helpful skills and tips. Offered monthly.

HEALING HEARTS

A partnership with the Grafenwoehr Health Clinic to connect community members in need of support for pregnancy and infant loss. Offered monthly.

NAVIGATING PARENTING

An interactive seminar to support parents in developing skills to assist their children through all developmental phases. Offered monthly.

SINGLE PARENTS ALLIANCE

Come connect with other single parents while getting parenting tips and learning about resources within our community. Offered monthly.

INTRODUCTION TO SCREAMFREE PARENTING

Join the Family Advocacy Program's introductory ScreamFree Parenting Seminar. When you respond more and react less, you can learn to handle any moment, in the moment. Offered by request.

KIDZ PLAY

A children's fun group providing resources and education for parents. Open to children ages 1-4 years. Offered weekly.



CLASSES

BEYOND THE BOOK

Join us to enjoy reading interesting books and fun conversations! Books will be provided. Offered monthly.

IT TAKES TWO MARRIAGE ENRICHMENT SEMINAR

A 1-day course for married service members and their spouses. Helpful guidance for managing expectations, communication and more! Offered monthly.

A FAMILY'S GUIDE TO MINDFUL LIVING

A two part program with in-class training and home visits that promotes home organization, family and life management and stress reduction.

EFFECTIVE COMMUNICATION

Attend a workshop designed to facilitate healthy and effective communication. Offered monthly.

KICK THE PRESSURE

A workshop with helpful guidance for managing your stress and anger. Offered by request.

