

# LIFE SKILLS EDUCATION

Life doesn't come with an instruction book. Drawing from past experience, advice from others, and a little "trial and error" are what we typically have to handle our everyday challenges. To enhance effectiveness at home or work, the Fleet and Family Support Centers' professional counselors and educators provide services and programs that equip you with LIFE SKILLS that foster good relations, healthy families, and strong marriages.

LIFE SKILLS EDUCATION programs are available to help active duty service members (single and married) and family members learn the skills and gain the control and confidence they need to face change, handle difficult situations, and make informed decisions.

This pamphlet provides a quick look into what LIFE SKILLS EDUCATION programs and services are available at the many Fleet and Family Support Centers of Hampton Roads, Virginia. Take advantage of the opportunity to develop new life skills...to help you navigate life.

## SKILLS WE TEACH:

- Anger management
- Parenting in a military family
- Single parenting
- Resource awareness for expectant servicewomen
- Conflict management
- Personal communication
- Couples communication
- Stress management
- Dealing with relationship change
- Adjusting to military life
- And much more!

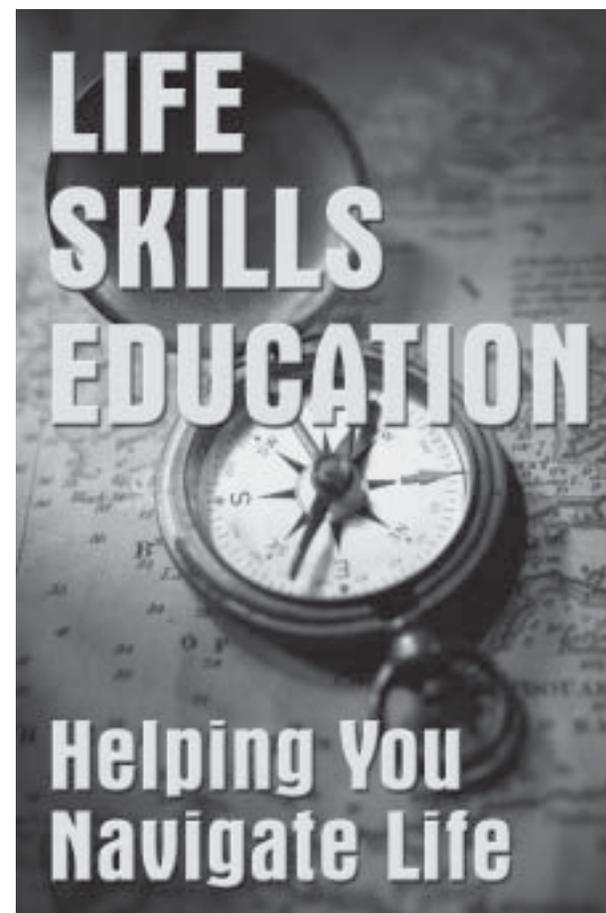
To register for a program or find out more information, call your nearest FFSC.



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FAMILY  
SUPPORT  
CENTERS**  
OF HAMPTON ROADS

Norfolk .....	444-2102
Little Creek .....	462-7563
Oceana .....	433-2912
Northwest .....	421-8770
Yorktown .....	887-4606
Newport News .....	688-NAVY
24-Hours .....	444-NAVY or 1-800-FSC-LINE

## Fleet & Family Support Centers of Hampton Roads



Visit us at our website!  
[www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil)

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## PARENTING PROGRAMS

Parenting skills training helps moms and dads manage the challenges associated with raising children of various ages and stages — from how to handle a toddler's tantrums to how to talk to your teenager. The follow-



ing Fleet and Family Support Center parenting programs provide useful tips and information that are aimed at helping parents become better parents.

- Children and Divorce
- Dads and Discipline
- Enhancing Stepfamilies
- Parenting in a Military Family
- Parenting Teens
- Single Parenting in the Military
- Systematic Training for Effective Parenting (STEP): Early Child
- Systematic Training for Effective Parenting (STEP): Schoolage
- Systematic Training for Effective Parenting (STEP): Teens
- ToddlerTime



## EDUCATION PROGRAMS

Life Skills Education enhances productivity at home and at work by teaching ways to reduce conflicts in personal and professional relationships. Life Skills Education is not just about sailors and family members coming to the Fleet and Family Support Center. It's also about FFSC staff going to the sailors. FFSC brings many classes, including those listed below, to the command. Call the



FFSC nearest you to set up a Life Skills Education Program to go.

- Building Effective Anger Management Skills (BEAMS)
- Conflict Resolution
- Foreign-Born Spouses Workshop
- Stress Management



## COUNSELING/SUPPORT PROGRAMS

Sometimes people encounter difficult situations or crises in their lives. FFSC provides professional counseling services to military members and their families, giving them the opportunity to develop problem-solving skills that can help them reduce stress in the workplace or in personal relationships. FFSC services are a free benefit to all service members, single or married.



- Adults Molested as Children (AMAC) Group
- Boundaries Group
- Changes
- Changing Anger Patterns Support (CAPS) Group
- Couples Workshop
- Fighting for Your Marriage
- Personal Communication

