

What is FAP, VAP, & NPSP?

FAP/Family Advocacy Program:

This program provides information and education on marriage, parenting, crisis intervention, new parent support services, and victim advocacy services to support families and individuals to enhance their coping skills.

VAP/Victim Advocacy Program:

This program provides clients with information on their rights as victims of domestic violence by: Establishing an immediate and on-going safety plan, helping clients access medical care, locate safe lodging, and emergency transportation and relocation. The VAP also provides legal advocacy to include: Accompanying clients to court proceedings, hearings/court-martial trials, police and/or command.

NPSP/New Parent Support Program:

A program staffed with social workers and a registered nurse that provide home visits, support groups, mentoring and role modeling for parents with children ages three and under.

Specialized Classes upon Request

- Coping with Deployment & Reunion
- Dynamics of Family Violence
- Holiday Stress
- Children coping with Divorce

- ✓ All Evening and Saturday classes must have a minimum of 10 registrants
- ✓ Report Child or Spouse/Intimate Partner Abuse/Neglect
(337) 531-HOPE/4673
- ✓ Free childcare provided for all classes.
Child/Children must be registered with CYS Services.



<http://www.jrtcpolk.army.mil/ACS/FAP.html>

2015



Army Community Service
Family Advocacy Program
1591 Bell Richard Ave
Bldg.920
Fort Polk, La. 71459

337-531-1938

Updated: 22 October 2014

Anger Management

A lunch hour workshop designed to define anger, its causes and effects and develop an anger management plan.

Time & Dates:

Tuesdays: 1100-1230

13 Jan	10 Feb	10 Mar
14 Apr	12 May	09 Jun
07 Jul	11 Aug	08 Sep
06 Oct	03 Nov	08 Dec

Stress Management

A lunch hour workshop that identifies stress, its symptoms, and causes. Ways to reduce stress along with valuable tips on time management, lifestyle changes, relaxation techniques, diet and exercise.

Time & Dates:

Tuesdays: 1100-1230

27 Jan	24 Feb	24 Mar
28 Apr	26 May	23 Jun
21 Jul	25 Aug	22 Sep
20 Oct	17 Nov	15 Dec

Play Morning

A two hour program in which parents and children play together in a group setting. Activities include: story time, crafts, music and more.

- ✓ No Registration Necessary
- ✓ Limited space available, first come, first serve basis.

Time & Dates:

Every Tuesday: 0900-1100
Except Holidays!

Date Night

A Date Night is a night set aside to give married couple's an opportunity to enjoy each other's company here at ACS, and in December our Parents Night Out offers you a chance to plan a relaxing event at a location of your choice.

Time & Dates:

Fridays: 1800-2200

20 Feb 09 Oct

05 Jun (PNO) 11 Dec (PNO)

Parenting with Love & Logic

Early childhood parenting made fun, by creating happy families and responsible children, ages birth to six. Learn how to handle misbehavior without breaking a sweat by learning how to make children listen the first time, avoiding power struggles and taking the mayhem out of mornings.

Time & Dates:

Thursdays: 1800-2000

22 Jan-12 Feb 7-28 May 03-24 Sep

Practical Application of Intimate Relationship Skills (PAIRS)

A four week marriage education program for couples. The focus is on communication skills, dealing with conflict, understanding the "Self", intimacy, and nurturing the couple bond.

Time & Dates:

Thursdays: 1800-2000

22 Jan -12 Feb 3-24 Sep

Saturday: 0900-1500

18 Jul

Prevention and Relationship Enhancement Program (PREP)

A four week marriage education class for couples teaching communication and conflict resolution skills.

Time & Dates:

Tuesdays: 1800-2000

09-30 Jun

Tuesdays & Thursdays: 1800-200

01-10 Dec

Saturday: 0900-1500

14 Mar

Scream Free Marriage

A three week marriage education class for couples teaching how to grow through conflict, by learning to calm down, grow up, and get closer to your spouse. Learn how to develop an honest, intimate relationship that turns your common conflicts into a deeper, lifelong connection.

Time & Dates:

Thursdays: 1800-2000

07-28 May

Saturday: 0900-1500

17 Oct

Scream Free Parenting

Move beyond the child centered techniques based classes and focus on yourself: growing up and clamming down. Stay both calm and connected with your children. You will revolutionize your relationship by operating less out of your fears and more out of your highest principles.

Time & Dates:

Tuesdays & Thursdays: 1800-2000

03-12 Mar

Tuesdays:

06-27 Oct

Saturday: 0900-1500

11 Apr 22Aug