

Family members Family Programs Management Division

Spouses Support Group - War fatigue, PTSD, MTBI, and multiple deployments? Are any of these things affecting your family? FPMD will sponsor a Support Group (with qualified counselors/therapists, if requested) for spouses in need of strength and encouragement from the effects of war related issues.

Mental Fitness Forum - This forum is designed to have 6-7 SME panel members to answer questions regarding mental health and fitness, from any of the following areas: Psychologist/Psychiatrist, AOS, Chaplain, Social Worker, MFLC, TRICARE, Red Cross, and community organizations to ensure as many options are given and questions as are answered.

FPMD is willing to schedule these classes to meet the needs of your unit or organization. For more information, please contact Family members Family Programs Management Division, (910) 432-9203 or 432-4103

Resiliency Training:

Oxygen for Your Relationship - USASOC Family Programs will sponsor six, two-day facilitator training sessions, with the purpose of building strong families in the organization through *Oxygen for Your Relationships* Facilitator Training. The Oxygen For Your Relationships seminar offers fresh perspective and vision for relationships. With practical tools and resources the dynamic and interactive Oxygen course offers couples the hope they need to stay strong and thrive in their marriage, including:

- understanding and building on your differences
- how to communicate more effectively
- the power of forgiveness and how to forgive
- negotiating conflict
- the 7 keys to incredible sex
- creating a relationship game plan and support system for your marriage

The USASOC scheduled training will take place at the following locations:

Fort Benning, Georgia on 13-14 March
Fort Campbell, Kentucky on 7-8 May
Fort Carson, Colorado 20-21 February
Eglin Air Force Base, Florida on 27-28 Mar
Joint Base Lewis McChord, Washington on 12-13 March
Hunter Army Airfield, Georgia on 29-30 May

Day two of the training will include a couple's seminar for up to 24 couples, **facilitators** are encouraged to invite their spouses to participate on the second day.

BAM (Becoming a Man) - We participate in this but it is a Chaplain Driven ProgramBAM Adventures wants to equip fathers to empower a new generation of strong healthy men (mentally, physically, emotionally, and spiritually) to be leaders in their family, work, community, and around the world. This event does encompass mothers and daughters. Chaplain Services will have additional information.