



Family Advocacy Class Calendar June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Call 653- 3880 for more information on classes. Also visit us on the web at: https://nellis.tricare.mil/Health-Services/Mental-Health-Substance-Abuse/Family-Advocacy			1	2	3
4	5	6	7 Change Step 0900- 1030 Anger/Stress Management 1300-1500 VISTA 1500-1600	8 Love and Logic Class 1300 - 1500	9	10
11	12 Coping Through Separation and Divorce Class 1300 - 1500	13 SSTaR 0800-1200	14 Change Step 0900- 1030 Anger/Stress Management 1300-1500 VISTA 1500-1600	15	16 Nellis New Dad's Class 0800-1200	17
18	19	20	21 Change Step 0900- 1030 VISTA 1500-1600	22	23	24
25	26	27	28 Change Step 0900- 1030 Anger/Stress Management 1300-1500 VISTA 1500-1600	29	30	

Couples Class:

This class is designed to help couples by building on their existing strengths. Couples will work jointly and individually to bring greater awareness to important life, relationship, and communication skills in an effort to increase overall marital satisfaction, romantic love, sexual intimacy, and more.

Offered: TBD

Call 653-3881 POC – Mr. Benjamin Tam, LCSW

Please check us out on the following link to receive the most up to date information on classes and events.

<https://nellis.tricare.mil/Health-Services/Mental-Health-Substance-Abuse/Family-Advocacy>

Change Step Men's Group:

Education about physical and verbal aggression, power & control, boundaries, communication styles is the focus of this group for men only. **This group can be attended by referral only.**

Day/Time: Wednesdays at 0900-1030

Call 653-3881 for a referral POC- Mr. Ben Hughes

Coping with Separation and Divorce:

For anyone currently going through a separation. Topics include emotional responses, communication and co-parenting.

Location: Mental Health Building, Building 340

Date/Time: 12 June, 2023 1300-1500

Call 653-3881 to register. POC- Mr. Benjamin Tam

Parenting with Love & Logic: Learn skills to make parenting fun & rewarding while achieving healthy, respectful relationships with your children.

Location: TBD

Day/Time: TBD

Call 653-3881 to register. POC- Mr. Benjamin Tam

Dad's class:

For expectant dads & dads with babies up to 6 weeks old. Learn to be an involved father and how to manage stress during/after the pregnancy; manage deployments and parenting issues.

1 session- offered monthly on the 3rd Friday of the month
Friday 0800-1200 at Nellis

Call 653-3881 to sign up POC-Mr. Benjamin Tam

VISTA Women's Group:

Education about physical and verbal aggression, power & control, boundaries, communication styles is the focus of this group for Women only. **This group can be attended by referral only.**

Day/Time: Wednesdays at 1500-1630. Held at the Mental Health Building.

Call 653-3881 for a referral POC- Mrs. Jen Lively

Anger & Stress Management:

Learn to deal with stress and anger by identifying and managing triggers and increasing self-awareness
Class held: Wednesdays 1300-1500 at MH Clinic.

Class will be cancelled 21 June '23 and will resume 28 June '23 at 1300.

Call 653-3880 for more information

POC - Mr. Tam

