



# MCCS Hawaii

## Family Advocacy Program (FAP)

### Classes & Groups

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**Baby Boot Camp** is a fun and dynamic class for expectant parents. Learn all about your upcoming arrival including:

- Diapering
  - Soothing
  - Developmental expectations
  - Supporting the growth and development of your baby
  - Bathing
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**Century Anger Management** is a nine-week series consisting of eight goals which will provide the necessary skills to aid in preventing, reducing and managing anger. The eight tools include:

- Recognizing stress
  - Adjusting expectations
  - Developing empathy
  - Assertive communication
  - Responding instead of reacting
  - Changing the conversation within yourself
  - Retreating and thinking things over
  - Forgiving but not forgetting
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**Command IDC Training** meets the requirement from MCO 1754.11 (Page 9) that Commanding Officers shall receive training on the prevention and/or response to child abuse and domestic abuse within 90 days of assuming command and annually thereafter. Any Commander or alternate IDC member must be trained in order to vote at IDC. Take this class to learn everything you want to know about the FAP process, including the IDC. Not just for commanders – anyone who directly supervises Marines can attend to know about FAP.

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**Coping with Work and Family Stress** is a 12-session course that provides the necessary skills to aid in preventing, reducing and managing stress. This course has been proven to provide the following:

- Increased use of social support
  - Actual reduction in work and family stressors
  - Changes in the meaning of stressful events
  - Increased use of a wider range of stress management approaches
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**Got Your Back** is an eight-week training designed to help you reach your own goals, and be satisfied with your life. The number one aspect of your life that will help make you happy is your relationships – at work, with friends, family and in romantic relationships.

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**Married & Loving It** is a five-week class to teach you and your spouse to learn new skills to increase your commitment to each other. You will learn how to sustain a vibrant and happy marriage. During the sessions you will learn about:

- Communication
- Managing daily affairs
- Conflict resolution
- Anger management
- Finances

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**Marriage Workshop** is held once a month and meets the requirement to attend a marriage skills class prior to getting married. Future spouses are encouraged to attend! You will learn about the following topics:

- Improving communication
- Financial acumen
- Resolving conflict
- Differences in personalities and how that can impact marriages

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**Positive Parenting Classes** are multiple week classes that will help new and experienced parents learn new, stronger skills to support their children in healthy and developmentally appropriate ways. Some of the topics that will be covered are:

- Child development
- Child safety
- Nutrition and exercise
- Encouraging your child's self-esteem
- Positive discipline techniques
- How to reduce power struggles
- Building support systems
- Stress and anger management

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**PREP** (Prevention and Relationship Enhancement Program) is a group to help couples achieve their goals in relationships, family and marriage. The curriculum is designed to build on the existing strengths of the couple and add critical life and relationship skills. The following are some of the topics from this five-week group:

- Love styles
- Commitment
- Fun and friendship
- Danger signs

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**Triple P Seminar** – when it comes to raising kids and teenagers, everyone has an opinion. There are so many ideas out there. So how do you know what's best and what works? The Triple P – Positive Parenting Program takes the guesswork out of parenting. It is one of the few parenting programs in the world with evidence to show it works for most families. This one-day course will help strengthen many of the skills participants have and introduce some new parenting concepts.

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Want a brief on any of the above programs, topics discussed in IDC or domestic and child abuse? Please call and schedule with our Prevention and Education Specialists at 257-7776 or 257-7780.

**Registration required Call 257-7776/7780** to register and for more information.  
Open to all active duty, family members, retirees and DoD civilians.

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