



# Leader's ASSIST

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*Trainings, Briefings and Seminars designed to meet your needs. When & Where you need it!*

*Helping Agencies taking programs to you!*



## **Courtesy of your Pope AAF Community Action Team (CAT)**

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- *We can provide briefings— in your unit*
- *We can provide trainings— in your unit*
- *We can provide classes— in your unit*
  - *We are here to serve you*

The Pope Army Airfield helping agencies bring you a menu of options - briefings, trainings and classes that are available upon request, at your unit or at ours!

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## **Participating Agencies**

<b>Participating Agencies</b>	<b>Page</b>	<b>Phone #</b>
43 AMOG Mental Health Clinic	14-17	394-4700
American Red Cross	7	396-1231
Alcohol and Drug Abuse Program (ADAPT)	15	394-4700
Chapel	5-6	394-3123
Community Cohesion Coordinator (UNITE)	N/A	394-0207
Community Support Office	7-11	394-3175
Exceptional Family Member Program	N/A	394-2538
Equal Opportunity Office	12	394-2831
Family Advocacy Program	14-17	396-5521
Health Promotions	13	570-3790
Inspector General Office	14	394-9987
Airman & Family Readiness Center (A&FRC)	3-4	394-2538
Military Onesource	N/A	800-342-9647
Sexual Assault Response Program Office	18-20	394-4551
Ft Bragg Victim Advocate Services	18-20	396-5521
Violence Prevention Integrator Office	20	394-3901

## Briefings/Classes from Participating Agencies

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### Airman & Family Readiness Center (A&FRC)

Any questions regarding courses/briefings, please contact us at  
(910) 394-2538

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#### **Bundles for Babies**

**Focus:** For pregnant military members or civilians and their spouses in their third trimester.

**Format/Delivery:** Classroom Instruction

**Length:** Semi Annually (Spring and Fall), 3 hours (0900-1200).

**Seats:** 12 families

**Course Description:** The Bundles For Babies class is free for expectant parents to explore all areas of child care and expenses related to having a newborn. After completing the Bundles for Babies class, parents will achieve parenting skills, receive a baby needs list and receive a free gift card from Air Force Aid Society (AFAS) to purchase newborn baby items such as onesies, sleepers, crib sheets and other essential items. Active-duty Air Force and DOD civilian personnel and spouses who are awaiting the birth of a child are eligible for the Bundles For Babies class.

**Course POC:** Pope Airman & Family Readiness Center, (910) 394-2538 for dates and times and any additional information/questions.

#### **Heart Link**

**Focus:** Open to all spouses

**Format/Delivery:** Classroom Instruction

**Length:** Semi Annually, 3 hours (0900-1200).

**Seats:** 15

**Course Description:** Designed to assist Air Force Spouses acclimate to the Air Force way of life and learn about the many resources, tools, and services available to them.

**Course POC:** Pope Airman & Family Readiness Center, (910) 394-2538 for dates and times.

#### **International Readiness Program**

**Focus:** All non-citizen members and their families.

**Format/Delivery:** One-on-one

**Length:** As required

**Seats:** N/A

**Course Description:** Assists members and their families by providing skills development and coping mechanisms to assist with minimizing the challenges language and cultural barriers can bring. Services includes: Information and Referral, Outreach, Cultural Integration, Basic Survival Skills, Interpreters, Role Models, Volunteering, and Immigration & Naturalization and Citizenship.

**Course POC:** To enroll, please call (910) 396-6120/8682

#### **Key Spouse Continuing Education**

**Focus:** Air Force Spouses

**Format/Delivery:** Classroom Instruction

**Length:** Quarterly, 6.5 hours (0830-1500)

**Seats:** 15

**Course Description:** Prepares Key Spouses to assist Airmen & Families. Subjects include: Heart Link, Resiliency, Suicide Awareness, Sexual Assault, Prevention Response, Four Lenses, True Colors, etc.

**Course POC:** Pope Airman & Family Readiness Center, (910) 394-2538 for dates and times.

#### **Key Spouse Initial Training**

**Focus:** Air Force Spouses

**Format/Delivery:** Classroom Instruction

**Length:** Quarterly, 6.5 hours (0830-1500)

**Seats:** 15

**Course Description:** Key Spouse is a peer-to-peer support system. They have extensive knowledge of the unit, community programs, organizations, and resources to get the answers to questions. This training prepares Key Spouses to meet the needs of spouses in their unit. Childcare vouchers are available for all participants.

**Course POC:** Pope Airman & Family Readiness Center, (910) 394-2538 for dates and times.

**Military Family Life Counselors (MFLC)**

**Focus:** All members and their families.

**Format/Delivery:** one-on-one / Group

**Length:** Monday-Friday, 0900-1200

**Seats:** As required

**Course Description:** Provides short-term, situational, problem-solving counseling services, and one-on-one life-skills guidance.

**Course POC:** To get in touch with a counselor, please call (910) 709-3973 / (910) 391-9171

**Moving with Children**

**Focus:** Service Members with Children

**Format/Delivery:** Classroom Instruction

**Length:** Varies

**Seats:** Varies

**Course Description:** Learn how to transition smoothly with school-aged children, from K-12.

**Course POC:** Please call the CSC at (910) 394-3175.

**Newcomer's Orientation**

**Focus:** All Airmen & Families

**Format/Delivery:** Classroom Instruction

**Length:** Every third Wednesday of each month, 4 hours (0800-1200)

**Seats:** Varies

**Course Description:** Mandatory briefing for Airmen PCSing in. Discusses what our helping agencies do and other useful information for members just getting to Pope AAF. This will also assist in networking with others first getting to the base as well.

**Course POC:** Pope Airman & Family Readiness Center, (910) 394-2538 for dates and times.

**New Parent Support Program**

**Focus:** Military families expecting a child or with children from birth to 36 months of age

**Format/Delivery:** One-on-one home visits with social workers and/or nurses

**Length:** TBD

**Seats:** Visits are arranged whenever possible, at the member's convenience

**Course Description:** The program offers parents the opportunity to express their concerns, asks parenting questions about caring for their children from birth through 36 months of age and learn new skills in caring for a growing family.

**Course POC:** To schedule a visit, please call the CSC at (910) 394-3175.

**Personal Financial Counseling**

**Focus:** All members (active and retired) and their spouses.

**Format/Delivery:** One on one / Group

**Length:** Monday-Friday, 0800-1200

**Seats:** 2 per session / As requested

**Course Description:** Tackles subjects such as budgeting, mortgages, credit issues, FICO, TSP, Blended Retirement System, etc.

**Course POC:** Pope Airman & Family Readiness Center, (910) 394-2538 for dates, times & requests.

## Chaplain

Any questions regarding courses/briefings, please contact us at  
(910) 394-3123/2206

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### **The Five Love Languages Military Edition**

**Focus:** Keep Emotional Love Alive In Your Marriage

**Format/Delivery:** Face to Face / Group Seminar / As Requested

**Length:** Five or more Counseling /Training Sessions per Married Couple or 1 hr Seminar 10 plus Participants

**Seats:** Married couples counseling / Unit Seminar

**IT Support Required (Y/N)** Yes

**Other Resources Needed?** Book and Assessment completed beforehand

**Course Description:** If you are going to effectively communicate with someone who only speaks Spanish, you either need to find a translator or learn Spanish. In the same way sociologist, Dr. Gary Chapman, discovered that around the world emotional love is expressed in at least five love languages. In this course, couples will undergo an assessment to discover their love language(s) and then learn how to express love more effectively to their spouse by speaking their spouses love language(s). Spouses will undergo an assessment to discover what their love language(s) is, then learn and understand how speak each other's love language thereby expressing love to one another.

**Course POC:** TSgt Cedric Johnson, 910-394-3123 or cedric.johnson.1@us.af.mil; Chaplain David Del Prado, 910-394-3123/2206, david.del\_prado.1@us.af.mil

### **The Five Languages of Apology**

**Focus:** How to Experience Healing in All Your Relationships

**Format/Delivery:** Face to Face / Group Seminar / As Requested

**Length:** Five Counseling/Training Sessions per Couple or 1 hr Seminar 10 plus Participants

**Seats:** Varies

**IT Support Required (Y/N)** Yes

**Other Resources Needed?** Book and Assessment completed beforehand

**Course Description:** If you are going to effectively apologize to your spouse or someone you have offended so that they know you are sincere and the relationship can move toward reconciliation, you need to know their apology language. In the same way sociologist, Dr. Gary Chapman, discovered that around the world people speak in one or more of five apology languages. Participants will undergo an assessment to discover their apology language(s) and then learn how to apologize, create the opportunity for forgiveness that leads to restoring the relationship.

**Course POC:** TSgt Cedric Johnson, 910-394-3123 or cedric.johnson.1@us.af.mil; Chaplain David Del Prado, 910-394-3123/2206, david.del\_prado.1@us.af.mil

### **Resilience Seminar**

**Focus:** Develop Resilience to Handle Adversity

**Format/Delivery:** Group Seminar / As Requested

**Length:** 8—1 hr blocks of instruction

**Seats:** 10 plus Participants

**IT Support Required (Y/N)** Yes

**Other Resources Needed?** Participants Guide

**Course Description:** At one time or another, most of us have experienced adversity in our lives. How we allow trials to affect us will determine how we bounce back from the experience. In this course, participants will learn positive psychology and how to apply it to their lives to foster resilience skills that result in enhanced quality of life and the ability to persist in the face of challenges, working through adversity. Participants will undergo a DISC personality assessment and VIA character assessment. Students will then learn how to appreciate and leverage their personality and character to enjoy life to the fullest.

**Course POC:** TSgt Cedric Johnson, 910-394-3123 or cedric.johnson.1@us.af.mil; Chaplain David Del Prado, 910-394-3123/2206, david.del\_prado.1@us.af.mil

## **Creating Connections**

**Focus:** Helping Couples to Say What They Need To Say

**Format/Delivery:** Face to Face / Group Seminar / As Requested

**Length:** Four or more Counseling/Training Sessions or Four Day Seminar

**Seats:** A Married Couple or 10 plus Married Couples

**IT Support Required (Y/N)** Yes

**Other Resources Needed?** Book and Assessment completed beforehand

**Course Description:** In this course married couples will learn how to deepen the marriage relationship. Most couples don't realize that some of their negative emotional reactions to their spouse stem from underlying memories and feelings from past experiences that affect the present. This course helps couples understand and reorganize those key emotions to respond more positively and create deeper loving connections.

**Course POC:** TSgt Cedric Johnson, 910-394-3123 or cedric.johnson.1@us.af.mil; Chaplain David Del Prado, 910-394-3123/2206, david.del\_prado.1@us.af.mil

## **Laugh Your Way To A Better Marriage**

**Focus:** Understand the Dynamics of Marriage To Building a Secure Military Marriage

**Format/Delivery:** Seminar or Retreat / DVD w/ facilitator

**Length:** 2 to 2.5 days

**Seats:** 10 plus

**IT Support Required (Y/N)** Yes

**Other Resources Needed?** Book and Assessment completed beforehand

**Course Description:** Enveloped in a lot of humor, author and presenter, Mark Gungor (on DVD) clarifies the differences between men and women and the dynamics those differences create causing friction, due to lack of understanding. Husbands and wives will learn how differently men and women think and relate and how to capitalize on these differences to create a more loving marriage. Both spouses will participate in an online assessment prior to attending the seminar that will assess their top five character traits/strengths and then learn how to see and accept each other's strengths as unique and good which breaks the cycle of "Here's what's wrong with you!"

**Course POC:** TSgt Cedric Johnson, 910-394-3123 or cedric.johnson.1@us.af.mil; Chaplain David Del Prado, 910-394-3123/2206, david.del\_prado.1@us.af.mil

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## Community Support Coordinator

Any questions regarding courses/briefings or if you wish to utilize any of these items below, please contact us at  
(910) 394-3175

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### ABC

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 45 min

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** Learn how to better your awareness of how your brain drives reactions to an event. When you need a better understanding of why you react a certain way or when your reactions interfere with your performance, values, goals or relationships.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### American Red Cross Programs

**Focus:** Briefing, Fairs, Workshops and Outreach—Get to know us before you need us

**Format:** In person

**Length:** As requested

**Seats:** As requested

**IT support needed:** Yes

**Other resources needed?:** No

**Course Descriptions:** For deployments, re-deployments, unit safety days, Key Spouse and Senior Leadership (Reconnection Workshops, Coping With Deployments, Get to Know Us Before You Need Us, and Health and Safety Courses).

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### “Me Time”

**Focus:** Team Building

**Format:** In person

**Length:** As requested

**Seats:** As requested

**IT support needed:** Yes

**Other resources needed?:** No

**Course Descriptions:** Take time to invest in your own personal growth.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### “Military Life... What’s in it for me?”

**Focus:** Team Building

**Format:** In person

**Length:** As requested

**Seats:** As requested

**IT support needed:** Yes

**Other resources needed?:** No

**Course Descriptions:** Introduces the basic skills/knowledge needed to be successful in your military life.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **“The Power of...”**

**Focus:** Team Building

**Format:** In person

**Length:** As requested

**Seats:** As requested

**IT support needed:** Yes

**Other resources needed?:** No

**Course Descriptions:** Leadership looks different for everyone. Develop qualities helpful if pursuing a leadership position either personally or professionally.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Balance Your Thinking**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 45 min

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To help you perceive situations accurately and take action based on the evidence when your brain is driving reactions that interfere with your performance, values, goals or relationships.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Capitalizing on Strengths**

**Focus:** Resilient Total Force

**Format:** Training

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To identify your strengths, spot strengths in others, and find opportunities to use your strengths.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Check Your Playbook**

**Focus:** Resilient Total Force

**Format:** Training

**Length:** 45 min

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To be aware of what influences unproductive patterns or uncharacteristic reactions that interfere with your performance, values, goals or relationships

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Commercial Solicitation**

**Focus:** How to solicit on Fort Bragg

**Format:** Briefing

**Length:** 45 min or longer

**Group size:** Any

**IT support needed:** Not required, but slides are helpful

**Course Description:** Learn what's required to process a request for a solicitation permit. Home-based business entrepreneurs should begin their venture by attending this class.

**Course POC:** Community Support Coordinator Office matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175



### **Community Support Coordinator Office– What’s this?**

**Focus:** Agency Information

**Format:** Briefing

**Length:** 15 minutes or less

**Group size:** Any

**IT support needed:** Not required, but slides are helpful

**Course Description:** Information on the role of the CSC and support of resilience and Comprehensive Fitness Programs.

**Course POC:** Community Support Coordinator Office matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Good Listening and Active Constructive Responding**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** Helps to build, strengthen, and maintain relationships. The skills taught here can also help you build a foundation so someone feels comfortable and safe talking to you, both when things are going well and when they are not.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Gratitude**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To cultivate gratitude, build optimism and positive thinking, help you cope with daily hassles and stress, and improve quality of life.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Interpersonal Problem Solving**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** Addresses problems in a manner that shows respect for the relationship, lowers the intensity and makes it easier to find a resolution both parties can live with.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Mindfulness**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To strengthen awareness and openness, allowing you to refocus on aspects where you have control and can take purposeful action on a regular basis, when you feel overwhelmed or in moments of stress to counter negative beliefs.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Operation Exit Strategy**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** Full day

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** Provides transitioning service members with a full day, free seminar on a variety of topic monthly. (Sponsored by: NC USO)

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Physical Resilience**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To understand how the link between physical and mental well-being improves performance, leadership, and overall health; identify and apply tools to effectively manage physical and mental energy.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Spiritual Resilience**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To identify the beliefs, principles, or values that sustain our sense of well-being and purpose, and hope. To make meaning in the face of challenges.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Value Based Goals**

**Focus:** Resilient Total Force

**Format:** Classroom / Interactive

**Length:** 30-60 minutes

**Group size:** small group

**IT support needed:** computer and screen

**Other resources needed:** no

**Course Description:** To gain a sense of purpose and feeling of control; helps to prioritize and allows you to find opportunities to live your values.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN

## **Equal Opportunity (EO) Office**

**Any questions regarding courses/briefings, please contact us at: (910) 394-2831**

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### **Equal Opportunity Office– What do We do?**

**Focus:** Information

**Format:** Briefing/Commander's Call

**Length:** 15 minutes

**Group size:** Any

**IT support needed:** Powerpoint slide presentation, computer, Screen

**Other resources needed:** no

**Course Description:** EO Mission, policy, protected categories, referral agencies, roles & responsibilities.

**Course POC:** EO office 910-394-2831 DSN 424-2831

### **First Duty Station**

**Focus:** Targeted Briefing/Training

**Format:** Brief

**Length:** 90 minutes

**Group size:** Any

**IT support needed:** Power Point Slide Presentation, Computer, Screen

**Other resources needed:** Audio Speakers

**Course Description:** Emphasize equal opportunity as a mission imperative and legal obligation. (within 60 duty-days of arrival )

**Course POC:** EO office 910-394-2831 DSN 424-2831

### **Key Personnel Briefing**

**Focus:** Targeted Training Requirement

**Format:** Brief

**Length:** 30 minutes

**Group size:** small group

**IT support needed:** yes, if powerpoint is used

**Other resources needed:** no

**Course Description:** Installation/center commander (director), group commander, squadron commander, section commander, command chief master sergeants and first sergeants. within 60 duty-days of arrival

**Course POC:** EO office 910-394-2831 DSN 424-2831

### **Newcomer's Station**

**Focus:** Targeted Briefing/Training

**Format:** Brief

**Length:** 30 minutes

**Group size:** Any

**IT support needed:** Power Point Slide Presentation, Computer, Screen

**Other resources needed:** Audio Speakers

**Course Description:** Emphasize equal opportunity as a mission imperative and legal obligation. (within 60 duty-days of arrival )

**Course POC:** EO office 910-394-2831 DSN 424-2831

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## Health Promotion

Any questions regarding courses/briefings, please contact us at: (910) 570-3790

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### Fueling for Health

**Focus:** Health/Wellness

**Format/Delivery:** Training

**Length:** 60 Min

**Seats:** Dependent on Location

**IT Support Required (Y/N)** Yes; PowerPoint

**Other Resources Needed?** No

**Course Description:** Learn the fundamental components of nutrition

**Course POC:** AF Health Promotion charissa.d.heck.civ@mail.mil 910-570-3790

### Healthy Sleep Habits

**Focus:** Health/Wellness

**Format/Delivery:** Training

**Length:** 60 Min

**Seats:** Dependent on Location

**IT Support Required (Y/N)** Yes; PowerPoint

**Other Resources Needed?** No

**Course Description:** Explore methods and resources for achieving better quality of sleep

**Course POC:** AF Health Promotion charissa.d.heck.civ@mail.mil 910-570-3790

### Individual Stress Management Education

**Focus:** Health/Wellness

**Format/Delivery:** Training

**Length:** 60 Min

**Seats:** Dependent on Location

**IT Support Required (Y/N)** Yes; PowerPoint

**Other Resources Needed?** No

**Course Description:** Define stress and explore the impact of stress on health and wellness

**Course POC:** AF Health Promotion charissa.d.heck.civ@mail.mil 910-570-3790

### Mental Skills Training (Performance Enhancement)

**Focus:** Health/Wellness

**Format/Delivery:** Customizable

**Length:** Customizable 15 Min-60 Min

**Seats:** Dependent on Location

**IT Support Required (Y/N)** Generally no PowerPoint

**Other Resources Needed?** No

**Course Description:** R2 Performance Center will customize to unit needs (Combat stress, Motivation, Leadership, Team Building, Goal Setting and much more)

**Course POC:** AF Health Promotion charissa.d.heck.civ@mail.mil 910-570-3790

### Upping Your Metabolism

**Focus:** Health/Wellness

**Format/Delivery:** Training

**Length:** 60 Min

**Seats:** Dependent on Location

**IT Support Required (Y/N)** Yes; PowerPoint

**Other Resources Needed?** No

**Course Description:** Learn how to increase your metabolism using the metabolic test results

**Course POC:** AF Health Promotion charissa.d.heck.civ@mail.mil 910-570-3790

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## Inspector General

### What Does an Installation IG Do Anyway?

**Focus:** Education & Training

**Format:** Briefing

**Length:** 15 minutes

**Group size:** Any

**IT support needed:** Yes; PowerPoint required

**Other resources needed:** None required

**Course Description:** Information on the IG role in execution of the complaint resolution process and fraud, waste, and abuse (FWA) issues. Information on how complaints are handled.

**Course POC:** IGQ Office 910-394-9987 DSN 424-9987

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## Mental Health

**Any questions regarding courses/briefings, please contact us at: (910) 394-4700**

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### Active Parenting First Five Years

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 2 sessions. 3 hour per session.

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** Your child's first years are so important, don't you agree? This class will help you make the most of them by showing you ways to nurture your child with a combination of freedom and nonviolent discipline. This course looks at each stage of development and how you can better interact and understand your child's natural curiosity and creativity at each stage. The course also covers understanding tantrums, encouraging good behavior, instilling consequences and how to prepare your children for school success.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### Active Parenting of Teens

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 2 sessions. 3 hour per session.

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. Active Parenting of Teens provides the guidance and support necessary to turn those challenges into opportunities for growth. In the class participants will learn methods of discipline, skills for clear, honest communication, concrete strategies to prevent risky behavior and how to be an encouraging parent.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Alcohol 101**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders upon request of unit.

**Length:** 15-30 minutes

**Seats:** Unlimited

**IT Support Required?** Yes

**Other Resources Needed?** No

**Course Description:** Understanding the basic concepts of safe and responsible behavior with drinking.

**Course POC:** Alcohol Drug Abuse Treatment and Prevention (ADAPT): 910-394-4700

### **Anger Management**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 3 hours

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** This one-session class provides attendees with the skills necessary to help evaluate, understand and control their anger.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Army Wellness Center: Tobacco Education**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders.

**Course Description:** Prevent the initiation of tobacco use / screen for tobacco use

Assess an individual's readiness to change with a discussion of possible options for becoming tobacco-free

Those who are ready to quit will be referred to Public Health Nursing.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Co-Parenting**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 2 sessions. 3 hour per session.

**Seats:** Registration is required.

**IT Support Required?** N/A, This class is held at the Department of Social Services (1225 Ramsey St., Fayetteville, NC)

**Other Resources Needed?** N/A

**Course Description:** This course teaches parents who reside separately how to raise their children cooperatively and more effectively with one another by focusing on the best interests of the children. Attendees will learn the benefits of separating personal conflicts from their role as parents and discuss visitation boundaries, the economic impact and responsibility of co-parenting as well as how to talk to children about divorce and separation.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

### **Crush Negativity**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 2 hours

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** Gain control of your thoughts and reactions. Promote positive emotion by reflecting on the good things daily.

**Course POC:** Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Living with Anger**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 3 hours

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** Attendees can expect to build upon the skills learned in the Anger Management workshop by taking a personalized approach to behavior and personality management.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Positive Discipline**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 2 sessions. 3 hour per session.

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** This class teaches parents to help their children develop a sense of responsibility, self-discipline, creative cooperation and problem-solving skills. Attendees learn how to defuse power struggles, promote open communication and empower their children to be accountable for their own actions and choices.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**ScreamFree Parenting**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 3 sessions. 4 hour per session.

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** ScreamFree Parenting is not just about lowering your voice but also raising your integrity as a parent. It's about learning to calm your emotional response and focus on your own behavior. By staying cool, calm and connected with your children, you begin to operate less through emotions and more from values and principles.

**Course POC:** Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

**Sleep Hygiene**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders upon request of unit.

**Length:** 15-30 minutes

**Seats:** Unlimited

**IT Support Required?** Yes

**Other Resources Needed?** No

**Course Description:** Understanding the basic concepts of healthy sleep habits.

**Course POC:** Mental Health Clinic: 910-394-4700

## **Stress Management**

**Focus:** Prevention/Wellness

**Format/Delivery:** This class is free and open to DoD ID Cardholders and their Family members.

**Length:** 2 hour class

**Seats:** Registration is required.

**IT Support Required?** N/A, Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843, Normandy Dr.

**Other Resources Needed?** N/A

**Course Description:** Identify stressors and symptoms of stress as well as how to select and implement stress management skills to overcome stressors of any kind. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you.

**Course POC:**

Installation Community Support Coordinator matthew.wilson.101@us.af.mil 910-394-3175/DSN 424-3175

Mental Health: Available to conduct onsite Stress Management class upon unit request.

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## Sexual Assault Prevention and Response (SAPR)

Any questions regarding courses/briefings, please contact us at: (910) 394-4551/1452

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### **Bystander Intervention: Knowledge is Power!**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive training

**Length:** 15-30 minutes

**Group size:** 10-25

**IT support needed:** Yes. Access to internet for online video clip “What Would You Do?”

<https://www.youtube.com/watch?v=ADTQt8FgZ60&spfreload=10>

**Other resources needed:** Yes, a suitable facility to hold discussion with audio and visual capabilities for audience participation/facilitation of discussion.

**Course Description:** This Commander Menu Option encourages Airmen to intervene in situations where a sexual assault may occur. Through facilitated dialogue and discussion, Airmen are allowed to expand on their thoughts, actions, and understanding of Bystander Intervention.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

### **Commanders’ Talking Points**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive Training

**Length:** 5-10 minutes

**Group Size:** Any

**IT support needed:** Optional (Computer, with audio and visual capabilities to be able to play videos)

**Other resources needed:** Suitable facility for facilitation and audience participation in open discussion.

**Course Description:** Commanders have the discretion on how they conduct the talking points and are encouraged to use the additional resources in the attached toolkit (videos, games, invited speakers) to enhance the training. You can also utilize your VAs and the SARC for assistance. We can supplement your training and clarify any information that may be unclear or difficult to understand.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

### **Law & Order – Special Victims Unit (a.k.a. Got Consent)**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive training

**Length:** 3 hours

**Group size:** Small groups) 10-15

**IT support needed:** Computer, with audio and visual capabilities to be able to play videos and slide show.

**Other resources needed:** Yes, a suitable facility to hold discussion with audio and visual capabilities for audience participation/facilitation of discussion, *preferably the court room for a realistic experience.*

**Course Description:** This interactive mock trial is meant to facilitate real conversations about sexual assault, bringing an innovative courtroom experience to Pope. Participants will serve as the jury in a simulated trial. During the simulated trial, participants will experience the proceedings of a sexual assault case from events leading to the assault to the verdict. After hearing the victim’s and accused’s accounts of the events surrounding the alleged sexual assault, the participants will serve as the jury, deliberate and come to a verdict. Be warned that the case is not cut and dried. The intent is not to convince anyone on how to vote, but rather to spur a discussion about what consent really is and what it looks like from various perspectives.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

## **Rape Culture**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive Training/Small Group Discussion

**Length:** 15-30 minutes (discussion)

**Group Size:** 10-15

**IT support needed:** Yes. 4 minute video clip Project Unspoken: Rape Culture [www.youtube.com/watch?v=6iB4BpWM\\_34](http://www.youtube.com/watch?v=6iB4BpWM_34)

**Other resources needed:** Yes, a suitable facility to hold discussion with audio and visual capabilities for audience participation/facilitation of discussion.

**Course Description:** A facilitated discussion that increases the Airman's understanding in the importance of supporting a climate of respect leading to a reduction of sexual assault. Through open dialogue, Airman can speak out and challenge negative elements in our culture. Participants can identify situations, certain attitudes that may increase incidents, and how "rape" culture is incompatible with Air Force values.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

## **Reporting Options Exercise**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive Training

**Length:** 15-30 minutes

**Group Size:** 10-15

**IT support needed:** No

**Other resources needed:** Suitable facility for facilitation and audience participation in open discussion.

**Course Description:** This interactive exercise allows participants to distinguish between mandated reporters and those who have the ability to receive a restricted report. Participants will also identify all the resources available to a victim whether making a restricted or unrestricted report.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

## **SAPR Office– What is our Role?**

**Focus:** Sexual Assault Prevention

**Format:** Briefing

**Length:** 15 minutes

**Group size:** Any

**IT support needed:** Not required

**Other resources needed:** No

**Course Description:** This briefing explains the role of the Sexual Assault Prevention and Response office and gives attendees the opportunity to ask questions.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

## **Sustaining a Culture of Respect**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive training

**Length:** 15-30 minutes (discussion)

**Group size:** 10-25

**IT support needed:** Computer, with audio and visual capabilities to be able to play video "SHARP Spoken Word."

**Other resources needed:** Suitable facility for facilitation and audience participation in open discussion.

**Course Description:** This Commander Menu Option encourages Airmen to participate in facilitated discussions regarding the meaning of respect in the Air Force. Airman will also participate in open dialogue regarding the role respect plays in sexual assault prevention and response by sharing experiences of disrespect, why it is important, and what it means to them as individuals.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

### **The Box Exercise (Addressing Gender Policing/Stereotypes)**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive Training/Small Group Discussion

**Length:** 45-60 minutes (discussion)

**Group Size:** 10-15

**IT support needed:** No

**Other resources needed:** A suitable facility to hold discussion with audio and visual capabilities for audience participation/facilitation of discussion.

**Course Description:** A facilitated discussion that increases the Airman's understanding in our society's role in stereotyping, gender policing and ultimately verbal and physical violence. Through open and candid dialogue, Airmen can speak out and challenge negative elements in our culture. Participants can identify situations, certain attitudes that may increase incidents, and how this behavior is incompatible with Air Force values.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

### **Volunteer Victim Advocate Training**

**Focus:** Sexual Assault Prevention and Response

**Format:** Interactive Training

**Length:** 40 hours

**Group Size:** 5-10

**IT support needed:** Computer, with audio and visual capabilities to be able to play videos and slide show presentations.

**Other resources needed:** Yes, a suitable facility to hold discussion with audio and visual capabilities for audience participation/facilitation of discussion.

**Course Description:** This voluntary training is for individuals who have expressed interest in becoming a Victim Advocate. It is generally conducted annually based on the needs of the SAPR program. After completing the application process which includes the endorsement of both the supervisor and commander, the volunteer will be interviewed by the SAPR office. Upon approval, the member will attend this mandatory 40 hour course. After completing the training, the volunteer will submit their final application to the credentialing organization so that they may serve as a credentialed Volunteer Victim Advocate.

**Course POC:** SAPR office– 910-394-4551/1452 DSN 424-4551/1452

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### **Violence Prevention Integrator (VPI) / Green Dot**

**Any questions regarding courses/briefings, please contact us at: (910) 394-3901**

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### **What's Your Green Dot?**

**Focus:** Violence Bystander Intervention

**Format:** Informative / Discussion

**Length:** 15 minutes

**Group Size:** Any

**IT support:** Not required

**Other resources needed:** no

**Course Description:** Inspire people to believe it can be different and that their contribution is important in the prevention of violence.

**Course POC:** Violence Prevention Integration Office @ 910-394-3901 or email: [tyeshia.king.2@us.af.mil](mailto:tyeshia.king.2@us.af.mil)



Community Support Coordinator  
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