

## **AIRMAN & FAMILY READINESS CENTER**

**0434-30-5407/DSN 632-5407**

<http://afrc.avianoab.info>

A&FRC offers a variety of classes/services to include:

- **Classes:** Right Start/Benvenuti, Money Talk, Home Buying, Employment Workshop, Sponsorship Training, Smooth Move, TAP Seminar, Pre-Separation, Heartlink, Bundles for Babies, Pre-Deployment and Key Spouse Training

### **- Air Force Aid Society**

Provides emergency financial assistance to Air Force members, both active duty and retired and their families through interest free loans or grants.

### **- Employment Assistance**

Helps enhance the marketability and employability of spouses and active duty members through individual career counseling and classes.

### **- Family Life Education**

Enhances the well-being of families and strengthens their adaptation to the unique demands of the AF life.

### **- Relocation Assistance**

Provides information and assistance to military personnel and their families who are involved in or anticipating a permanent change of station (PCS) move.

### **- Transition Assistance**

Provides separating/retiring members and their families the skills and knowledge required to make a successful transition to the civilian sector.

### **- Personal Financial Management**

Offers information, education and counseling on a variety of financial topics and classes to include financial planning, debt management, and credit reports.

### **- Personal and Family Readiness**

Provides mobility and deployment assistance to help single and married DoD personnel and families meet predeployment, sustainment, reintegration, and post deployment challenges.

## **CHAPEL**

**0434-30-5211/DSN 632-5211**

The chapel family is here to ensure the free exercise of religion and to provide privileged communication when seeking counsel from a chaplain. The Aviano Chapel comprises a wide range of faith communities that offer a welcoming and enthusiastic environment. Please contact the chapel for more information.

### **Worship Services offered by the Chapel:**

Catholic Mass is offered on weekends as well as during the week. The Protestant community has a Contemporary, Gospel, and Liturgical service each Sunday. Seventh Day Adventist and Church of Christ denominational services are also available.

### **Religious Education:**

Catholic RE is offered on Sunday morning for all ages including High School. The RCIA is also offered at this time. "Wednesday Night Live" is the Protestant RE that takes place each Wednesday is kicked off with a meal that offers the opportunity for fellowship and fun.

### **Club Beyond**

Club Beyond is a Christian outreach for Middle and High school students. This ecumenical program provides weekly activities as well as service projects and exciting trips. Volunteers are given a great opportunity to develop leadership skills.

### **Chapel Singles Ministry**

Retreats, trips, fellowship activities, and other events are available for singles. The "Refuge Airmen's Center" in building 1467 (next to the Mensa) is equipped with Wi-Fi, free coffee bar, snacks, and a video game room. On-going Bible studies and Men's/Women's groups are available. Contact the chapel for more information.

## **HEALTH AND WELLNESS CENTER**

**632-4573/ 0434-30-4573**

Tobacco Cessation Classes, One-On-One Consultations for Fitness and/or Nutrition, Massage Chair & Aqua Massage

## **MENTAL HEALTH**

**632-5321/0434-30-5321**

We all face difficult challenges throughout life. Reaching out to family, friends or a chaplain for help is natural. Sometimes we need more insight to find different options than these familiar supports can give. Talking with a trained professional can make the difference between a short recovery or a long one, between making good decisions or the easier, but damaging ones. Take advantage of the Air Force psychologists and social workers trained to put you in the strongest position to deal with life's problems.

## **FAMILY ADVOCACY PROGRAM**

**632-5667/0434-30-5667**

Report suspected family maltreatment by calling Family Advocacy. After duty hours, call the Command Post at 043 430-3100/DSN 632-3100.

**\*Classes are held at the Family Advocacy Office, Building 108, Area 1, unless otherwise noted.**

**Family Advocacy Strength-based Therapy (FAST)**

This prevention counseling program is for families under stress, whether in their marriage or with their children.

## **Family Advocacy Safety Education Seminar (FASES)**

Monthly 4 hour class covering communications, anger management and child discipline topics. Open to active duty and dependent spouses by referral.

### **Women's Assertiveness Group:**

Open to Active Duty Members and Civilians. TIME: Every Thursday from 09:00 – 10:00\*

### **Anger Management Group:**

Open to Active Duty Members and Civilians. TIME: Every Tuesday from 09:00 – 10:00\*

### **New Parent Support Program (NPSP)**

For those of you expecting or have a child under three years old, enroll in the New Parents Support Program. A nurse and/or social worker can visit with your family to answer questions, offer suggestions and support in the comfort of your own homes. Common concerns include child-rearing, breast-feeding, child-proofing the home, a baby's sleep patterns, toilet training, and dealing with the "terrible twos." Call Family Advocacy Program Assistant.

### **Breast Feeding Support**

This is a support for women who are breastfeeding or plan to. Call Family Advocacy Nurse for details! At 632-5667.

### **1,2,3 Magic**

This class is for parents of children ages 2-12yo. It addresses the difficult task of child discipline with humor and insight. Discover new techniques that eliminate yelling and arguing! Call 632-5667 for the date of the next class.

### **Little Sprouts**

A two session class which teaches new and expecting parents basic baby care. The class includes information on infant cues, safety, parenting, discipline, growth, and developmental stages for children up to 3 year old\*

### **Play Groups:**

**(1) Wee Ones:** For Parent & Child, Infancy to 18 mos. Meets every Thursday, 10:30 to 1200\*

**(2) Walkers & Talkers:** For Parent & Child, 18 to 36 months. Meets every Thursday, 10:00 to 11:30 at EDIS, Building 103, Area 1. 632-5459

**Alcohol and Drug Abuse  
Prevention and Treatment (ADAPT)  
0434-30-5321/DSN 632-5321**

Is your alcohol usage a problem for you or someone else? You may be on the road to alcohol addiction. Learn more about alcohol and its effects at the monthly seminar offered through ADAPT. Treatment services are also available. Self-referrals encouraged.

**MILITARY FAMILY LIFE CONSULTANT (MLFC)  
Call 349-566-6285**

Need to talk with someone? The Military and Family Life Consultant is available to help with: marriage and relationship issues, stress and anxiety, depression, grief and loss, and daily life issues. Services are free and anonymous. No records are kept. After hour and weekend appointments are available and group and off-base meetings can be arranged. Call 349-566-6285 or 632-5407

**Child and Youth Behavioral MFLC**

Consultants are available to children and youth to facilitate group activities, outreach to parents and work with staff on such issues as school adjustment, sibling/parent-child communications, and daily life issues. Call 347-1868768

**OTHER HELPING AGENCIES  
PROGRAMS AND EVENTS**

**Become a "Love and Logic" parent!** This course provides practical solutions to the most frustrating aspects of parenting. It teaches you how to raise kids to be self-confident, motivated and ready for the real world. You will learn techniques to teach kids responsibility and life logic by solving their own problems. You will learn how to establish healthy controls without resorting to anger, threats, nagging, or exhausting power struggles. Contact me at **Kristine.Kessler@EU.DODEA.EDU** \*

**AMERICAN RED CROSS**

American Red Cross  
632-5576/ 0434-30-5576

Verification of family emergencies for leave purposes, information and referral, disaster assistance, and health and safety classes (i.e., CPR, babysitting, etc)

**Prepared Childbirth**

This is a great class to help you prepare for the labor and delivery of your baby. Both the soon-to-be mother and her labor coach are encouraged to attend. Call the OB/GYN Clinic at 632-5863/ 0434-30-5863 for next dates!



**Child/Infant CPR**

Call the American Red Cross at 632-5576 between 0800 and 1600 hours to sign up! There is a fee for attending. Classes are held at the Airman and Family Readiness Center, Area 1, Building 186.

**WEB LINKS**

**Airman and Family Readiness Center** website and calendar of events: <http://afrc.avianoab.info>.

**Health and Wellness Center (HAWC)** see monthly calendar of HAWC Events at: <http://www.aviano.af.mil/library/>

**Family Advocacy Program:** <https://www.airforcefap.org/home.asp>

**Military Onesource:** 1-800-342-9647 or [www.militaryonesource.com](http://www.militaryonesource.com). This website provides military families with information and resources that can help in many areas of personal and professional life. This resource is available 24 hours 7 days a week.

**Services:** Their extensive website is found at [www.31fssaviano.com](http://www.31fssaviano.com)

**USAFA** fitness site: <http://www.usafefitness.org>.

**Suicidal or Homicidal Individual**

If someone is suicidal, help is available 24 hours a day, 7 days a week. After hours, the LE desk will contact the on-call Mental Health provider. However, realize you may need to make the phone call and can't expect the person to call for themselves. Remember, a person contemplating suicide should not be left alone and all potentially harmful objects should be removed. Contact the LE desk when dealing with someone homicidal.

For duty hours call the Mental Health Clinic: 632-5321/ 0434-30-5321.

Located in Area 1, Building 108.

After hours: call the Command Post: 632- 3100/ 0434-30-3100



**Aviano AB**

**Community Members**

**You are invited to  
participate in the**

**following**

**Integrated Delivery Services  
(IDS)**

**programs.**

