

**Partnership with Commander's Readiness and Resiliency Council, and  
Roots & Wings Workshops presents:  
Upcoming workshops**

In support of Commander's Readiness and Resiliency Council (CR2C) and the continued objectives of empowering you our Soldiers, (Active and Retired), Civilians and Families, Army Community Service Family Advocacy Program (FAP) will be providing the following classes:

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<b><u>Title</u></b>	<b><u>Description</u></b>	<b><u>Date &amp; Time</u></b>	<b><u>TEAMS LINK</u></b>
<b>Supporting Youth: Empowering Conversations About Healthy and Unhealthy Relationships</b>  <b>TEDS ACS FAP 2024-50</b>	<p>This training will give participants tools to talk to youth about their relationships, whether they are safe or equitable, and what to do if they are not. Participants will also learn skills to support youth they believe are being abused and ways to respond to any disclosures.</p>	<p>Wednesday, Oct 2<sup>nd</sup> 2:00 PM EST</p> <p>Duration:60 minutes</p>	<p><a href="#">R&amp;W WORKSHOP SUPPORTING YOUTH EMPOWERING CONVERSATIONS ABOUT HEALTHY AND UNHEALTHY RELATIONSHIPS OCT 2ND</a></p>
<b>Recognizing and Responding to Domestic Violence</b>  <b>TEDS ACS FAP 2024-51</b>	<p>Domestic violence is a pattern of behavior in which one intimate partner seeks to establish and maintain power and control over the other partner. This training provides education on the dynamics of domestic violence, types of abuse, and power and control tactics abusers may use. Participants will gain a greater understanding of the impacts of domestic violence on survivors, their loved ones, and the community.</p> <p>This training includes survivor-centered, trauma-informed, advocacy-based ways to support survivors and provides resources. Participants leave with knowledge of Turning Point services and ways to get involved.</p>	<p>Wednesday, Oct 9<sup>th</sup> 2:00 PM EST</p> <p>Duration:60 minutes</p>	<p><a href="#">R&amp;W WORKSHOP RECOGNIZING AND RESPONDING TO DOMESTIC VIOLENCE OCT 13TH</a></p>

<p><b>Healthy Relationships</b></p> <p><b>TEDS ACS FAP 2022-1</b></p>	<p>Understanding healthy relationships can help us make informed decisions about our partners and relationships. The Turning Point staff will introduce skills for building healthy relationships. Participants will learn to identify the types of boundaries and how they form their expectations about relationships.</p>	<p>Wednesday, Oct 16<sup>th</sup> 2:00 PM EST</p> <p>Duration:60 minutes</p>	<p><a href="#">R&amp;W WORKSHOP HEALTHY RELATIONSHIPS OCT 20TH</a></p>
<p><b>Sexual Violence: What to Know</b></p> <p><b>TEDS ACS FAP 2022-4</b></p>	<p>Sexual violence is any sexual contact without a person's consent. While sexual violence continues to affect many lives, there are still myths about what it is and how to help. This presentation will not only define sexual violence but also explain how society impacts the way we interact with survivors. Participants will better understand consent and what it means to create a culture of consent.</p> <p>This training includes survivor-centered, trauma-informed, advocacy-based ways to support survivors and provides resources. Participants leave with knowledge of Turning Point services and ways to get involved.</p>	<p>Wednesday, Oct 23<sup>rd</sup> 2:00 PM EST</p> <p>Duration:60 minutes</p>	<p><a href="#">R&amp;W WORKSHOP SEXUAL VIOLENCE WHAT TO KNOW OCT 23RD</a></p>
<p><b>The Art of Influence</b></p> <p><b>TEDS ACS FAP 2024-52</b></p>	<p>Communication can be challenging in today's workplace. This training will explore ways to build relationships and influence people - despite opposing points of view.</p>	<p>Wednesday, Nov 6<sup>th</sup> 2:00 PM EST</p> <p>Duration: 90 minutes</p>	<p><a href="#">R&amp;W THE ART OF INFLUENCE NOV 6TH</a></p>
<p><b>Managing Teens Emotions</b></p>	<p>This training will identify IQ vs EQ and the link between emotions and behavior. Youths have "high highs - and low lows," and we must help them</p>	<p>Wednesday, Nov 13<sup>th</sup> 2:00 PM EST</p>	<p><a href="#">R&amp;W MANAGING TEEN EMOTIONS NOV 13TH</a></p>

<b>TEDS ACS FAP 2024-53</b>	understand the risks of their emotional reactions.	Duration: 90 minutes	
<b>Sunshine or Rain: Revving Up for Special Occasions and Holidays.</b>  <b>TEDS ACS FAP 2024-54</b>	This session focuses on increasing fun and reducing stress during holidays and special occasions. Participants will learn how to plan events and activities inclusively and receive methods and strategies every family should have in their toolbox.	Thursday Nov 21st 2:00 PM EST  Duration: 60 minutes	<a href="#">R&amp;W SUNSHINE OR RAIN REVVING UP FOR SPECIAL OCCASIONS AND HOLIDAYS NOV 21ST</a>