**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:

**PLEASE DO NOT REPLY TO SENDER. POC:** [Leslie.y.wilson.ctr@army.mil](mailto:Leslie.y.wilson.ctr@army.mil)

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| **Title** | **Description** | **Date & Time** | **TEAMS LINK** |
| **Nutrition Picky Eaters**  TEDS ACS FAP 2021-40 | Occasionally, children can be picky eaters because they are not born with all the taste buds they'll ever have. In this discussion, we'll cover other aspects of children's relationship with food and how the parent's response can affect it. | Wednesday, Dec 4th  2:00 PM EST | [R&W NUTRITION PICKY EATERS DEC 4TH](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_1ce0baa4bd5940ff98c2942a87b7668b%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22d892e232-1e3f-485c-9f9a-ecdb859489c2%22%7d) |
| **Ages and Stages**  TEDS ACS FAP 2022-7 | From birth to 4 years seems simple enough, but many changes occur. New parents may need help understanding the different stages of development and what their child will be like going through it. This presentation will focus on the why’s and how’s to help children learn the most at each stage. | Wednesday,  Dec 11th  2:00 PM EST | [R&W AGES & STAGES DEC 11TH](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_c925de2aa59b44a69159038ee312609e%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22d892e232-1e3f-485c-9f9a-ecdb859489c2%22%7d) |
| **Me Time**  **TEDS ACS FAP 2021-41** | Parents are like first responders and need to be as rested and focused because, without those things, we may lose the empathy and energy required to parent effectively. This presentation will reveal ways to make time for yourself, even if only 5 minutes. | Wednesday,  Dec 18th  2:00 PM EST | [R&W ME TIME DEC 18TH](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_ef4f8553329342d999bdadae0601d6fa%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22d892e232-1e3f-485c-9f9a-ecdb859489c2%22%7d) |

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| **Title** | **Description** | **Date & Time** | **TEAMS LINK** |
| **How Many Times Must I Tell You?**  **TEDS ACS FAP 2021-42** | It's not all about the discipline; it's about the relationship. This training will focus on building a blend of communication techniques to help "discipline" teach rather than punish. With these skills and a slight change in your parenting beliefs, you will understand what your child needs to be a valued, contributing member of the family and society. | Wednesday,  Jan 8th  2:00 PM EST | [R&W HOW MANY TIMES MUST I TELL YOU? JAN 8TH](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_f7c05fff85834b0a9b719ec210c87f46%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22d892e232-1e3f-485c-9f9a-ecdb859489c2%22%7d) |
| **How to Create Boundaries and Why are They Important**  **TEDS ACS FAP 2021-34** | Boundaries help teach children what is acceptable. Without them, children may learn to feel entitled and frustrated or grow up lacking a sense of self. This discussion will help parents learn how to build a safe environment through consistent boundaries. | Wednesday,  Jan 15th 2:00 PM EST | [R&W HOW TO CREATE BOUNDARIES AND WHY THEY ARE IMPORTANT JAN 15TH](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_c82f0402611f4581ac27aa324614ca2a%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22d892e232-1e3f-485c-9f9a-ecdb859489c2%22%7d) |
| **The Explosive Child**  **TEDS ACS FAP 2022-01** | The most effective tool for modifying behaviors is creating a safe relationship. We must look beyond what we want to stop or change and focus on what they need to learn. This presentation will use excerpts from Dr. Ross Greene's book, The Explosive Child. We will discuss a new approach to understanding and dealing with challenging children. | Wednesday,  Jan 22nd 2:00 PM EST | [R&W THE EXPLOSIVE CHILD JAN 22ND](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_cc0152ce5a014d96af05b073d4894037%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22d892e232-1e3f-485c-9f9a-ecdb859489c2%22%7d) |
| **Understanding Your Child’s Behavior**  **TEDS ACS FAP 2022-8** | Misbehaving children are discouraged children - This presentation will help identify why children misbehave. We will look beyond faults and blame to get to the belief behind the behavior. | Wednesday,  Jan 29th 2:00 PM EST | [R&W UNDERSTANDING YOUR CHILDS BEHAVIOR JAN 29TH](https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_ade823dd162e4023b36d66ad5882ecea%40thread.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%22d892e232-1e3f-485c-9f9a-ecdb859489c2%22%7d) |