

Family Advocacy Program

Mission: To provide a continuum of services designed to build community health and resiliency in support of family, community and mission readiness.

The Family Advocacy Program offers a variety of services and classes related to domestic violence and parenting. Services are available to all JBMDL military members, and their families.

Domestic violence services

- Evaluation and treatment for victims and offenders involved in child and/or adult partner maltreatment.
- Domestic Abuse Victim Advocacy, safety planning, information and referral services available 24/7 at 609-283-5015.

Counseling services

- Individual counseling
- Couples counseling
- Family therapy

Classes

Enrichment Classes

Registration is required for these classes:

- **Anger Management:** Learn how to identify the warning signals, handle conflict, express anger appropriately and keep anger from taking over.
- **Daddy Boot Camp:** Learn what it takes to fill the vital role of fathering; techniques that make a difference. Perfect for expectant dads of any age.
- **How to Avoid Marrying/Dating a Jerk/ette:** Learn the warning signs of a difficult partner, how to reduce relationship mistakes and how to enjoy love without losing your heart and mind.
- **Parenting the Love and Logic Way:** Learn practical tools and techniques that help adults achieve respectful, healthy relationships with their children and help prepare them for the real world.
- **Active Parenting of Teens:** This class will give parents the guidance and support needed to turn challenges of raising a teen into opportunities for growth.

- **Couples Matter: Let's Talk** (presented with the Military and Family Support Center): For couples to improve problem solving, and increase understanding and intimacy.

New Parent Support Program

This program offers education and support for families expecting a child or with a child under age three. Call to make an individual appointment for the following:

- **Child Safety:** The Family Advocacy Nurse can assist in baby-proofing your home.
- **Happiest Baby on the Block:** Learn a proven method to help your baby stop crying and sleep longer.
- **Individual Education:** Information on child growth and development, sleep, nutrition and much more. Catered to each family's needs.
- **Infant Massage:** Increase relaxation, relieve gas and improve sleep.
- **Sibling Preparation:** Parents learn tips on preparing children for the arrival of the new baby; children learn about having a new baby in the home.
- **Sign with Your Baby:** Learn signs that help eliminate guessing what your child wants.

Pregnancy Classes

Registration is required for all pregnancy classes.

- **Pregnancy 101:** Covers a wide variety of topics on what to expect throughout each stage of pregnancy. Can be taken at any stage of pregnancy, but the earlier the better.
- **You and Me Plus Baby Makes Three:** Focuses on how a new baby impacts a couple's relationship; for new and expectant parents.

The following courses are designed to be taken in your third trimester:

- **Baby Basics:** Helps prepare parents to take care of their newborn (how to diaper, bathe, take temperature, etc.).
- **Breastfeeding:** Explains the basic principles of breastfeeding. Fathers are encouraged to attend.
- **Childbirth Preparation:** Helps prepare you for your upcoming labor and delivery experience.

The JB MDL Playgroup Group is an informal group setting where parents can socialize while children play. Parents with children ages 0-3

McGuire/Dix: Wednesdays; 1000-1130 Dix Youth Center (1279 Locust St)

Lakehurst: 1st and 3rd Thursdays; 1000-1130 Youth Center (Bldg 487)

Referral Information

- Car Seat Safety
- CPR (Infant/Child)
- Give Parents a Break
- Postpartum Depression
- Substance Abuse
- Women, Infants and Children (WIC) 609-267-4304

Main Office/Central Intake (McGuire/Dix)

Address: 87th Medical Group 3458 Neely Road, 2B31

Monday-Friday, 7:30 a.m.-4:30 p.m.

Phone: 609-754-9680

Lakehurst Satellite Office

Address: Highway 547, Bldg. 488-2

Monday-Friday, 7:30 a.m.-4:30 p.m.

Phone: 732-323-5330