



SEYMOUR JOHNSON AFB - 2012 CLASSES



MOMS, POPS & TOTS

Playgroup for children ages 3/under
Mondays, 10 a.m. – 12 p.m.
Family Place

Parenting The Newborn Classes

Mondays, 6 – 8 p.m.
Family Place
A series of two classes; for class dates
and sign up, call 722-1878

1,2,3 Magic Parenting Classes

Wednesdays, 9:30 a.m. – 2 p.m.
Family Place
15 Feb, 18 Apr, 20 June, 15 Aug, 17 Oct,
and 19 Dec

Breast Feeding Class

Family Place
For class dates and sign up, call 722-1878

DADS 101

Family Place
Phone 722-1878 to sign up



OB Briefing

(Dad's Class, NPSP, Housing Briefing)
Thursdays, 9:30 – 11:30 a.m.
Family Place
Children and partners are welcome

Couples Communication Classes

(PREP approach)
Family Place
Wednesdays, 9 a.m. – 2 p.m.
18 Jan, 21 Mar, 16 May, 18 July, 19 Sept,
and 14 Nov
Phone 722-1123 or 722-1878 to sign up

Stress/Anger Group

Every Friday 8 am to 9:30 am
(Family Place)

Successful Relationships Workshop

Thursdays, 1 – 4:30 p.m.
Base Education Office, Room 201
Phone 722-1123 or 1878 to sign up

Schedule your place in the above classes (Free childcare during 1,2,3 Magic Parenting & Couples Communication classes
722-1878/722-1123