

Womack Army Medical Center

Department of Behavioral Health Services

Family Advocacy Program Clinical (FAPC) Groups

ANGER MANAGEMENT GROUP

1300-1430 Thursdays (6 sessions)
1000-1130 Wednesdays

Teaches ways to appropriately manage anger and consciously refrain from using violence.

COUPLE'S CONFLICT RESOLUTION

1300-1430 2nd & 4th Wednesdays (1 session)

A one-time 1 ½ hour group session for couples to learn conflict resolution skills.

THE IMPACT OF DOMESTIC VIOLENCE ON CHILDREN

1400-1530 2nd & 4th Wednesdays (1 session)

Psychoeducational group for parents that have been involved in or experienced domestic violence.

MINDFULNESS GROUP

1000-1130 Thursdays (4 sessions)

Participants will learn physical and mental benefits of mindfulness, along with various mindfulness techniques. Participants will leave with the ability to create a mindfulness program that works for them.

S.T.R.E.S.

1300-1430 Thursdays (4 sessions)

To provide a forum for participants to discuss issues related to managing life.

STOP DOMESTIC VIOLENCE PROGRAM (26 sessions)

Introduction: 1300-1430 Mondays
Women's Group: 1000-1130 Tuesdays
Men's Group: 1300-1430 Tuesdays

Participants learn to build better relationships through self reflection and education about healthy behaviors to increase positive interactions with intimate partners and family.

TAKING POINT:

A Therapeutic Group for Men Who Have Experienced Intimate Partner Abuse
1000-1130 Tuesdays (4 sessions)

A comfortable and supportive environment where participants learn to recognize the signs of domestic violence and how to set healthy boundaries.

WOMEN'S EMPOWERMENT GROUP 1000-1130 Thursdays (4 sessions – closed)

This group provides psychoeducation on the cycle of domestic abuse and violence (DV), the importance of self-care and assist with establishing hope for future healthy interactions. Participants learn how to recognize the signs of DV and how to set healthy boundaries.

Active duty service members and family members are eligible for FAPC services.
Speak with a FAPC provider to enroll.



Family Advocacy Program Clinical

(910) 907-6128/8272

All Groups at Womack Health & Support Center (WHSC)

BLDG 4-3219, Ground Floor

Last Updated: 14 July 2023

