

Womack Army Medical Center

Department of Behavioral Health Services Family Advocacy Program Clinical (FAPC) Groups

ANGER MANAGEMENT GROUPS

1000-1130, Wednesdays
FAPC @ WHSC
1300-1430, Thursdays
FAPC @ WHSC

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

COUPLE'S CONFLICT RESOLUTION

1300-1430, Wednesdays
FAPC @ WHSC

A one-time 1 ½ hour group session for couples who could benefit from learning new skills to help them resolve their conflicts.

THE IMPACT OF DOMESTIC VIOLENCE ON CHILDREN

1400-1530, 2nd & 4th Wednesdays
FAPC @ WHSC

Psycho-educational group for parents that have been involved in or experienced domestic violence.

MINDFULNESS GROUP

1000-1100, Thursdays
FAPC @ WHSC

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.

STOP DOMESTIC VIOLENCE PROGRAM

Introduction Group: 1300-1430, Mondays
Thereafter, groups meet, 1300-1430, Tuesdays
FAPC @ WHSC

Women STOP Group: 1100-1230, Tuesdays

Goal of STOP is to build better relationships through education to offenders on their behavior and help them to develop new methods of interacting with intimate partners and Family members.

S.T.R.E.S.

1300-1430 Thursdays
FAPC @ WHSC

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

TAKING POINT:

A Therapeutic Group for Men Who Have Experienced Intimate Partner Abuse

1430-1600, Wednesdays
FAPC @ WHSC

To provide a comfortable & supportive environment whereby participants can grow in understanding of the cycle of abuse & become aware of life patterns while learning techniques for moving toward resiliency.

WOMEN'S EMPOWERMENT GROUP

1000-1130, Thursdays
FAPC @ WHSC

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 will learn how to recognize the signs of DV and how to set healthy boundaries.

**To be eligible to participate, must be active duty, military dependents, or other beneficiary.*

**Must be enrolled by a FAPC Provider in order to attend.*

For more details, call the Family Advocacy Program Clinical
at (910) 907-6128 /8272

Located at Womack Health & Support Center (WHSC)

BLDG 4-3219, Ground Floor

