

Womack Army Medical Center

Department of Behavioral Health Services

Family Advocacy Program Clinical (FAPC) Groups

Anger Management Group

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
Both partners must be present.

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 DV.

Stress Management Group

1300-1430 Tuesdays (4 sessions)

Participants will learn skills to manage daily and chronic stress.

Strength at Home

Men's Group (12 sessions)

Group Sessions: Dates/Times Vary

Women's Group (12 sessions)

Group Sessions: Dates/Times Vary

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

1030-1200 Tuesdays (4 sessions)

This is a therapeutic group for men who have experienced intimate partner abuse. 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.

Only active duty service members and family members currently engaged with FAPC are eligible for FAPC services. Speak with your FAPC provider to enroll.

Family Advocacy Program Clinical

(910) 907-8272

All Groups at Womack Health & Support Center (WHSC)

BLDG 4-3219, Ground Floor

Last Updated: 19 November 2024

