



**Leadership Pathways** presents you with a variety of tools to prepare you for mentoring, supervising, and leading. Arm yourself with knowledge on leadership, fitness, finances, relationships, communication, parenting, and more while enhancing your personal and professional development.

These classes are open to all Airmen (Active Duty, Air National Guard, Air Force Reserve, and civilians) and family members.

**Register Online at:**

<https://booknow.appointment-plus.com/y8h91rr0/>

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## **Family Advocacy Courses**

**OPR:** Family Advocacy Course 1

**CLASS NAME:** Anger Management

**Length of Course:** 5 weekly sessions, 1 1/2 hours each

**Course Description:** Everyone gets angry...because anger is NORMAL. In this evidenced-based workshop facilitated by a licensed provider, participants will learn to decrease and manage situations involving anger, so they are controlling it instead of it controlling them. Learn basic strategies to reduce both the emotional and physical responses that anger can cause, as well as the frequency of these events. Gain assertive communication techniques that will improve relationships with your partner, children, boss, and co-workers.

**Target Audience:** All Tri-care beneficiaries; Base support personnel may attend on a space-available basis.

**POC:** Mrs. Michelle Lasater, LCSW

**Phone:** 850-283-7511

**OPR:** Family Advocacy Course 2  
**CLASS NAME:** Love & Logic Parenting  
**Length of Course:** 4 weekly sessions, 2 hours each

**Course Description:** This evidenced-based class offers a clear, concise, warm and effective approach for parenting and disciplining young children (2-12 year olds). This class is a must for parents, grandparents, caregivers, child development professionals and others who want to maintain their sanity while raising healthy, well-adjusted and responsible children.  
**\*\*Remember, you don't have to be a parent to take this parenting class. Learn skills that can help other friends, family, colleagues and subordinates.**

**Target Audience:** All Tri-care beneficiaries; Base support personnel may attend on a space-available basis.

**POC:** Mrs. Michelle Lasater, LCSW  
**Phone:** 850-283-7511

**OPR:** Family Advocacy Course 3  
**CLASS NAME:** Active Parenting of Teens  
**Length of Course:** 4 weekly sessions, 2 hours each

**Course Description:** This evidenced-based workshop provides the guidance and support needed to turn the challenges of raising (or developing) tweens or teens (ages 10-17) into opportunities for growth. Whether you are a parent, caregiver, or mentor, in this class you will learn methods of respectful discipline, skills for clear and honest communication, concrete strategies to prevent risky behavior, how to be encouraging, as well as insight into important issues such as teens online, bullying, and depression. This "active" approach has helped millions of families become happier and more productive as their children become more responsible, respectful, and capable of making good decisions.

**Target Audience:** All Tri-care beneficiaries; Base support personnel may attend on a space-available basis.

**POC:** Mrs. Michelle Lasater, LCSW  
**Phone:** 850-283-7511

**OPR:** Family Advocacy Course 4

**CLASS NAME:** Personal Relationship Enhancement Program (PREP)

**Length of Course:** 4 weekly sessions, 2 hours each

**Course Description:** This evidenced-based marital/pre-marital curriculum focuses on teaching couples skills and attitudes associated with marital success. Based on decades of research, this workshop includes information on communication, danger signs of future problems, gender differences, safety, forgiveness, commitment, rules for handling conflict, and how to preserve and enhance fun, friendship and sensuality. Whether your goal is to set the stage for success while dating or just “tune-up” your relationship, this course can help shed light not only on key risk factors for marital failure, but also on the most promising avenues for building and maintaining a great marriage.

**Target Audience: All Tri-care beneficiaries; Base support personnel may attend on a space-available basis.**

**POC:** Mrs. Michelle Lasater, LCSW

**Phone:** 850-283-7511

**OPR:** Family Advocacy Course 5

**CLASS NAME:** Dads: The Basics

**Length of Course:** (4 hours)

**Course Description:** Newborn care takes practice for both men and women. This evidenced based workshop is intended to help men become comfortable in their new role as fathers. It includes helpful lists, guides, questions and information related to pregnancy, labor and delivery, as well as, information on caring for an infant, keeping a baby safe, communicating with your partner, and managing family issues related to deployment. Taught by an experienced father, this class provides a safe environment for dads to discuss their greatest fears and concerns for fatherhood, while teaching skills for increasing their confidence and comfortability in caring for an infant.

**Target Audience: New (child under 6 months) and Expectant Fathers; Open to ALL Tri-care beneficiaries. Base support personnel may attend on a space-available basis.**

**POC:** Mrs. Michelle Lasater, LCSW

**Phone:** 850-283-7511



### Health Promotion

**OPR:** Health Promotion

**CLASS NAME:** Healthy Eating 101

**Length of Course:** 1 hour

**Course Description:** Confused about what to eat? This class reviews nutrition and healthy eating. Everything from the macronutrient 'basics' to label reading to probiotics (the bacteria in your intestines).

**- Offered bi-monthly by the HP Dept. in classroom 140A, Bldg. 1601—Jan 4<sup>th</sup> 1400 & Jan 16<sup>th</sup> 1100**

**POC:** Health Promotion Dept. (Robert Pagenkopf)

**Phone:** 283-3826

**OPR:** Health Promotion

**CLASS NAME:** Performance (Sports) Nutrition

**Length of Course:** 1 hours

**Course Description:** This advanced nutrition class will go over energy systems and metabolism for sport and exercise performance. We will discuss nutrient timing, periodization, and optimal amounts of nutrients for sport performance.

**- Offered bi-monthly by the HP Dept. in classroom 140A, Bldg. 1601—Jan 11<sup>th</sup> 1100 & Jan 25<sup>th</sup> 1300**

**POC:** Health Promotion Dept. (Robert Pagenkopf)

**Phone:** 283-3826

**OPR:** Health Promotion  
**CLASS NAME:** Sleep Better: With Sleep Hygiene  
**Length of Course:** 1 hours

**Course Description:** Sleep duration and quality are deeply tied to overall health, both physical and mental. This class teaches sleep hygiene techniques to improve sleep quality, and help fall asleep and stay asleep.

**- Offered bi-monthly by the HP Dept. in classroom 140A, Bldg. 1601**

**POC:** Health Promotion Dept. (Robert Pagenkopf)  
**Phone:** 283-3826

**OPR:** Health Promotion  
**CLASS NAME:** Run Clinic  
**Length of Course:** 4 hours

**Course Description:** 2-part running enhancement educational class focusing on running economy and cardio base training. We will also cover preventive strategies for running related repetitive injuries. Pre and post running film capture and also running drills will be performed to encourage better running mechanics.

**- Offered monthly by the HP Dept. in classroom 140A, Bldg. 1601 , Max of 25 per session—Jan 9<sup>th</sup> 0800 & Jan 23<sup>rd</sup> 0800**

**POC:** Health Promotion Dept. (Robert Pagenkopf)  
**Phone:** 283-3826



PROVIDING TARGETED AIRMAN AND  
FAMILY SUPPORT AND SERVICES,  
CONTRIBUTING TO THE MISSION  
READINESS, RESILIENCY AND WELL-  
BEING OF THE AIR FORCE COMMUNITY.

### **Airman & Family Readiness Center**

**OPR:** Family Readiness

**CLASS NAME:** CONUS SMOOTH MOVE

**Length of Course:** 2 hours

**Course Description:** PCS briefing for service members and their families with orders to a stateside or overseas duty station. The briefing is a collaboration with MPS, TMO, Tricare, Housing, Balfour Beatty, etc. To provide members a one-stop-shop for their PCSing questions and information.

**Dates:** Nov 8 & Dec 13

**Phone:** 283-4204

**Call the A&FRC to sign-up**

**OPR:** Family Readiness

**CLASS NAME:** OCONUS SMOOTH MOVE

**Length of Course:** 2 hours

**Course Description:** PCS briefing for service members and their families with orders to a stateside or overseas duty station. The briefing is a collaboration with MPS, TMO, Tricare, Housing, Balfour Beatty, etc. To provide members a one-stop-shop for their PCSing questions and information.

**Dates:** Nov 14 & Dec 19<sup>th</sup>

**Phone:** 283-4204

**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** LUNCH & LEARN: THRIFT SAVINGS PLAN  
**Length of Course:** 1 hour

**Course Description:** Bring your lunch and learn TSP information with investment options and the difference between traditional vs. Roth.

**Dates:** Nov 9  
**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** LUNCH & LEARN: CREDIT SCORE  
**Length of Course:** 1 hour

**Course Description:** Bring your lunch and learn about your credit score. How to understand what the credit report says about you. What does the score mean? Why do you need a credit score?

**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** LUNCH & LEARN: SMART INVESTING  
**Length of Course:** 1 hour

**Course Description:** Bring your lunch and learn about investing.

**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** LUNCH & LEARN: LIFE INSURANCE  
**Length of Course:** 1 hour

**Course Description:** Bring your lunch and learn about life insurance offered.

**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** LUNCH & LEARN: LONG TIME CARE  
**Length of Course:** 1 hour

**Course Description:** Bring your lunch and learn about long term care insurance.

**Dates:** Jan 11  
**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** LUNCH & LEARN: CAR BUYING  
**Length of Course:** 1 hour

**Course Description:** Bring your lunch and learn about interest rates, terms, and conditions of car loans and how to negotiate what is best for you.

**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** LUNCH & LEARN: EXTREME COUPONING  
**Length of Course:** 1 hour

**Course Description:** Bring your lunch and learn about couponing.

**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** HOME BUYING BASICS  
**Length of Course:** 2 hours

**Course Description:** Learn the key elements needed to select the right home and financing for you. Discussion of mortgage options including VA backed mortgage. Additionally, Foreclosure and Short Sale will be discussed.

**Dates:** Dec 6  
**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** BUNDLES FOR BABIES  
**Length of Course:** 3.5 hours

**Course Description:** A program sponsored by Air Force Aid Society (AFAS) designed to provide information and resources for military expectant parents and military parents with new babies from birth to four months. The program brings together those on-base and local agencies involved in Family Life Education – such as parenting. Representatives of the various local agencies within the military community include Family Advocacy (New Parent Support); Women, Infant, and Children (WIC); Military & Family Life Counselor (MFLC); Family Child Care (FCC); Child Development Center (CDC); Dental Clinic; Healthy Start, and the Early Learning Coalition of NW FL. A representative from the City of Callaway Fire Department demonstrates car seat installation. In addition, expectant parents learn how to adjust family finances and each participating family receives a tote and an AAFES gift card courtesy of the AFAS.

**Dates:** Dec 20  
**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** BOOTS TO BUSINESS  
**Length of Course:** 2 days

**Course Description:** Small Business Administration presents how to own your own business. Priority is given to those transitioning in the next two years.

**Dates:** Jan 18-19  
**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness  
**CLASS NAME:** 10 STEPS TO A FEDERAL JOB FOR TRANSITIONING MEMBERS  
**Length of Course:** 4 hours

**Course Description:** Training individuals on effective federal resume writing and navigating through USAJOBS.GOV

**Dates:** Nov 16, Dec 12, Jan 16  
**Phone:** 283-4204  
**Call the A&FRC to sign-up**

**OPR:** Family Readiness

**CLASS NAME:** 10 STEPS TO A FEDERAL JOB FOR MILITARY SPOUSES

**Length of Course:** 4 hours

**Course Description:** Training military spouses on effective federal resume writing, Priority Placement Program (PPP-S), and navigating through USAJOBS.GOV.

**Phone:** 283-4204

**Call the A&FRC to sign-up**

**OPR:** Family Readiness

**CLASS NAME:** SCHOOL MENTORSHIP

**Length of Course:** 1 hour

**Course Description:** Mentor Information & Training conducted by Bay District Schools.

**Phone:** 283-4204

**Call the A&FRC to sign-up**

**OPR:** Family Readiness

**CLASS NAME:** FOUR LENSES

**Length of Course:** 2 hours

**Course Description:** The 4 Lenses assessment is a proven personality assessment which helps organizations build a solid understanding of the talent and potential of its individuals. 4 Lenses designates a color scheme to each individual's personality in order to further individuals in their personal and professional needs.

**Phone:** 283-4204

**Call the A&FRC to sign-up**

**OPR:** Family Readiness

**CLASS NAME:** SMOOTH TRANSITION

**Length of Course:** 2 hours

**Course Description:** This workshop provides information for transitioning Service members to make informed decisions about employment, education, relocation, and medical insurance.

**Dates:** Nov 9, Dec 14, Feb 22, Mar 22

**Phone:** 283-4204

**Call the A&FRC to sign-up**

**OPR:** Family Readiness

**CLASS NAME:** SPOUSE ORIENTATION, ACCLIMATION & RESOURCES (SOAR)

**Length of Course:** 1 hour

**Course Description:** SOAR is a one stop shop for spouses new to Tyndall to find out everything they need to know to hit the ground running and begin making Tyndall their home. Information will be provided on employment resources, childcare options, education, local community info, things to do, social networks, etc.

**Dates:** Every Thursday at 1000

**Phone:** 283-4204

**No registration requirements needed; class is facilitated as a walk-in**

**OPR:** Family Readiness

**CLASS NAME:** MOAA – MARKETING YOURSELF FOR A SECOND CAREER

**Length of Course:** 2 hours

**Course Description:** MOAA will brief insights for a successful transition from the military.

**Phone:** 283-4204

**Call the A&FRC to sign-up**



**OPR:** Sexual Assault Prevention and Response  
**CLASS NAME:** Sexual Assault Reporting & Barriers  
**Length of Course:** 1 hour

**Course Description:** Although restricted and unrestricted reporting options are covered at every SAPR training, there is still often confusion to the differences and what they mean to you. Participants will explore the differences and similarities between the options in depth. Independent reports will be covered and how that may or may not affect restricted reporting. MRE 514 will be discussed as well as the basics of the investigative process.

**Dates:** Jan/Mar/May/Jul/Sept/Nov by the SAPR office.  
\* Minimum of 10 required to hold the class/Maximum of 25 per session  
**POC:** SAPR Office  
**Phone:** 283-8192

**OPR:** Sexual Assault Prevention and Response  
**CLASS NAME:** Where is Your Line?  
**Length of Course:** 1.5 hours

**Course Description:** During this class we will watch “The Line,” a 24-minute documentary film by Nancy Schwartzman. As Nancy—the film maker—struggles to make sense of what happened, she decides to make film about the relationship between her own experience and the tangle of political, legal, and cultural questions that surround issues of sex and consent. The result is a powerful documentary about the terrible personal reality of rape and sexual violence—and the more complicated and ambivalent ways sexual assault is often framed and understood in the wider culture. *This class uses language that is NOT often heard in normal Air Force training and may have a triggering effect for survivors of sexual violence.*

**Dates:** Jan/Mar/May/Jul/Sept/Nov by the SAPR office.  
\* Minimum of 10 required to hold the class/Maximum of 25 per session  
**POC:** SAPR Office  
**Phone:** 283-8192

**OPR:** Sexual Assault Prevention and Response

**CLASS NAME:** IMPAIRED: Decisions & Consequences, Pt 1, Date Rape

**Length of Course:** 1 hour

**Course Description:** What started out as a promising first date takes an unexpected turn in this modern day tragedy. There are many factors that remove an individual's ability to consent to sexual acts. Participants will explore how alcohol and other drugs can influence both the victim and offender's behavior. A short video will be shown. *This course may have a triggering effect for survivors of sexual violence.*

**Dates:** Jan/Mar/May/Jul/Sept/Nov by the SAPR office.

\* Minimum of 10 required to hold the class/Maximum of 25 per session

**POC:** SAPR Office

**Phone:** 283-8192

**OPR:** Sexual Assault Prevention and Response

**CLASS NAME:** IMPAIRED: Decisions & Consequences, Pt 2, Sexual Assault

**Length of Course:** 1 hour

**Course Description:** Trust is quickly compromised when a resident becomes vulnerable in this dorm life scenario. Participants will explore how alcohol and peer pressure can influence decision making. Other factors that will be discussed include abuse of authority, fear and coercion. A short video will be shown. *This course may have a triggering effect for survivors of sexual violence.*

**Dates:** Feb/Apr/Jun/Aug/Oct/Dec by the SAPR office.

\* Minimum of 10 required to hold the class/Maximum of 25 per session

**POC:** SAPR Office

**Phone:** 283-8192

**OPR:** Sexual Assault Prevention and Response  
**CLASS NAME:** Abuse and Respect  
**Length of Course:** 1 hour

**Course Description:** Everyone has a right to be treated with dignity and respect. Respectful relationships involve open communication, good listening, and being mindful of the wants and needs of others. Participants will have an open and active conversation surrounding various types of abuse and respect in relationships.

**Dates:** Feb/Apr/Jun/Aug/Oct/Dec by the SAPR office.  
\* Minimum of 12 required to hold the class/Maximum of 25 per session  
**POC:** SAPR Office  
**Phone:** 283-8192

**OPR:** Sexual Assault Prevention and Response  
**CLASS NAME:** The Hunting Ground  
**Length of Course:** 2 hours

**Course Description:** *The Hunting Ground* is a startling expose of sexual violence on U. S. college campuses, institutional cover-ups and the brutal social toll on victims and their families. Weaving together footage and first-person testimonials, the film follows survivors as they pursue their education while fighting for justice—despite harsh retaliation, harassment, and pushback at every level. Participants will watch the 60-minute educational version and then compare and share their understanding of campus and military life, response to sexual assaults, victim blaming, and survivor healing. *This course may have a triggering effect for survivors of sexual violence.*

**Dates:** Feb/Apr/Jun/Aug/Oct/Dec by the SAPR office.  
\* Minimum of 10 required to hold the class/Maximum of 25 per session  
**POC:** SAPR Office  
**Phone:** 283-8192