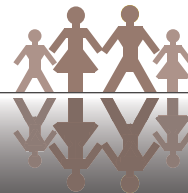


Quantico Family Matters

November 2009



A newsletter distributed by FAP/Quantico Family Counseling Services
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Reduce Thanksgiving Stress

Thanksgiving. When you hear this word do you have visions of turkey legs, sweet potatoes and cranberries, or does a familiar feeling of unease slowly creep into your stomach and continue building while making you wish the day was over before it has even begun?

The official kick-off to the holiday season can bring a lot of extra stress, but it doesn't have to. Below are some tips to help lower your stress and make this Thanksgiving a holiday event you will want to remember.

1. Make a list. Take a few minutes now to write down everything you will need to do for that day. Check the items off on the list as you complete them. This will not only help keep you on track, but give you a feeling of accomplishment as you cross them off the list.

2. Delegate. Ask family members to pitch in to clean the house, run errands, or take care of some of the other details you would normally do.

3. The big meal. Make this year's dinner a potluck and let each guest bring a dish of their own, or ask guests if they would mind making a certain dish on the menu for your traditional meal.

4. Family. Blood may be thicker than water, but we all have family members that manage to get under our skin. If avoiding the person is not a possibility, try changing the subject or excuse yourself from the room. They have discovered what buttons to push and are trying to make you feel bad to make themselves feel better. Don't fall for their old tricks!

5. Lower expectations. Try to remember that "perfect" rarely happens. Meals burn, people spill things, and the unexpected happens.

6. Schedule down-time. Make a spa appointment or go to lunch with a friend to help keep yourself from getting so frazzled.

7. Start early. Don't wait until the last moment to try to do

everything. Many things on your list can probably be done ahead of time. Do as much as you can as early as you can.

8. Check your camera batteries. Don't let dead batteries take away precious memories. Keep new batteries on hand and make sure reusable batteries are completely charged before needed.

9. Spend time entertaining. Don't stay hidden away in the kitchen while the rest of the family is out in the living room. Put food items away and leave the dishes to soak. Memories won't happen unless you make them.

10. Breathe. You will at some point still feel your stress level building. Take a moment to sit quietly and concentrate on nothing but your breathing. Remind yourself of the true meaning of Thanksgiving and everything you have to be thankful for. Repeat as needed.



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Core Issues Group

A seven session psycho-educational group that covers the below topics. Open to Family Advocacy male and female clients, as well as self-referred clients. FAP clients who are on the Men's 16-Week Domestic Violence Intervention Group wait list are appropriate for this group as well. **Pre-registration required.**

- Identifying thought patterns
- Cycles of conflict
- Alternative to power struggles and vicious cycles
- Managing emotions
- Core beliefs
- Family of origin issues
- Relaxation techniques

Every Monday, 1300-1500

Communication & Relationships

This session is geared toward more effective communication with others in our everyday lives, ie: co-workers, spouses, and children. Discussion includes:

- Various communication styles
- Identification of communication myths that get us into trouble
- Practical suggestions to help ensure that the other person totally understands what the participants are saying

1st & 3rd Mondays, 0900-1100*

Stress Management

Focuses on identifying sources of stress, emotional and physical responses, and developing coping techniques. This session is designed to reduce the stress that is part of everyday life, especially in a military environment. Including:

- Handout about individual stress factors
- Insight on the power of positive thinking
- A number of stress reduction techniques

1st & 3rd Wednesday, 0900-1100*

Anger Management

The Anger Management session has several objectives:

- To recognize sources and triggers of anger
- To learn coping techniques in order to express anger more effectively (with successful results)

Discussion addresses reasons why participants anger so quickly and also body and mind reactions. A conflict resolution model and an anger management plan (including the practice of coping techniques) are provided.

1st & 3rd Fridays, 0900-1100*

For more information, contact FAP at 703-784-2570. All classes held in Little Hall, Training Room 2.

**Pre-registration required for Core Issues Class.

Information From Our Partners - News from the Community Support Center

EFMP Support Groups are offered every third Thursday, 1800-1930, Chapel Annex. The EFMP Staff will be available to provide Program information, policy updates, and resources. For further information, please call 571-931-0524/0533

The Family Member Employment Assistance Program (FMEAP) offers an array of employment support. We can help you with resume assistance, your job search, labor market information, employer contacts, and employment referral.

Upcoming workshop:

Wednesday, 18 November, 0900-1100

Effective Goal Setting

For Registration, please call 703-784-3232

Commander's Welcome Aboard

Wednesday, 18 November 2009, 0830-1130, at the Chapel Annex. **START YOUR TOUR RIGHT!**

This mandatory brief is open to all ranks, military and civilian personnel. Spouses are encouraged to attend. This workshop is designed to inform newcomers about programs and services.

Personal Financial Manager (PFM), Mr. Louis Bromley, in addition to his office at the Chapel Annex, now has an office at TBS for anyone's convenience. Appointments, call 703-784-2650.

Market Yourself for a Second Career,

Tuesday, 17 November, 0900-1130, Chapel Annex, for registration please contact 703-784-2511/4963.

Federal Employment Workshop,

Thursday, 19 November, 0900-1230, Chapel Annex. For registration please contact 703-784-2511/4963.

Adopt-A-Family for 2009 has kicked off. For sponsors and/or applicants please contact Mrs. Kimberly Jordan at 703-784-3351.

Information and Referral Specialist can be reached at 703-784-2659 for any information on Quantico or outside of Quantico to include: DC metro guides, Fredericksburg guides, Stafford and PWC citizenship guides, activities, events, local phone numbers, and more.

Family Life Skills Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Couple's Communication Rm 2/Little Hall 0900-1100	3	4 Stress Management Rm 2/Little Hall 0900-1100	5	6 Anger Management Rm 2/Little Hall 0900-1100	7
8	9 Core Issues ** 1300-1500	10	11 Veteran's Day Thank You For Serving!	12	13	14
15	16 Couple's Communication Rm 2/Little Hall 0900-1100 Core Issues ** 1300-1500	17	18 Welcome Aboard Brief, 0830 Stress Management Rm 2/Little Hall 0900-1100	19	20 Anger Management Rm 2/Little Hall 0900-1100	21
22	23 Core Issues ** 1300-1500	24	25	26 Thanksgiving Holiday	27	28
29	30 Core Issues 1300-1500		Little Hall, Classroom #2, Basement Level, use outside entrance. Call 703-784-2570 for additional information. <i>*Reminder: New Parent Support Program offers a variety of classes and workshops to help parents. For more information, please call 703-784-4248.</i>			