

# Family Advocacy Programs



## Seven Principles for Making Marriage Work

A nine-session marital enrichment course designed for couples to attend together. Class topics are derived from Dr. Gottman's book, *The Seven Principles for Making Marriage Work*. This bestseller provides an overview of the concepts, behaviors, and skills that guide couples on the path toward a harmonious and long-lasting relationship.

**Mondays**  
9:00 am - 10:30 am

## Century Anger Management

This eight-part series equips individuals how to identify triggers and accurately examine perceptions of situations. Learn healthy, constructive ways to communicate and resolve conflict.

**Tuesdays**  
9:00 am - 10:30 am

## Triple P Parenting Seminar

A three-part seminar that aims to increase parents' confidence in managing behaviors, reducing parenting stress and increasing positive relationships with children and teens.

**Ages 0-12**  
9:00am - 10:30am  
Wednesdays

**Teens**  
1:00pm - 2:30pm  
Wednesdays

## Warrior Maintenance: Stress Management for Marines and Families

An eight-part series designed to provide healthy strategies to manage stress. Learn effective techniques to handle stressors, communicate, and overcome challenges.

9:00 am - 10:30 am

All classes located in  
Bldg 216, Mokapu and D Street

For more information or to register  
Call 496-7780/8803