

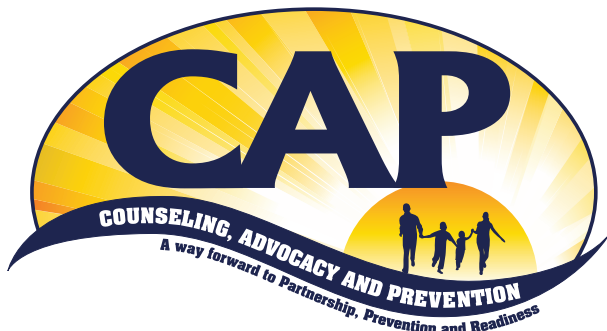
Commit to Making Your Home Joyful

Being a Navy family is not an easy task. Oftentimes, parents are stressed, operational tempo is high, social support is low, finances are worrisome, and life seems unforgiving.

For these reasons, Counseling, Advocacy, and Prevention (CAP) services exist to assist your family in building their resiliency. CAP is genuinely committed to providing families with the support they need, so that being a Navy family can be enjoyable and fulfilling.

CAP Services at Your Installation:

- New Parent Support Home Visitation Program
- Prevention and Education
- Counseling
- Domestic Abuse Victim Advocate



Services Provided:

Family, Couples, Individual Counseling
Stress and Anger Management
Relationship Classes
Parenting Classes

Eligibility:

All active-duty military members and beneficiaries are welcome (must have military ID), including:

- single parents;
- families with special needs;
- same-sex couples/LGBT;
- blended families;
- children of active-duty personnel; and
- retired military (space available).

For more information, contact:



navyffsc



Fleet_Family



NavyFamilyReadiness

www.ffsp.navy.mil



Building a Resilient Family



Counseling, Advocacy,
and Prevention

Navy Fleet and Family Support
Programs



Relationships should be safe, respectful and positive.

- Ensure your family members feel **accepted** for who they are. Do not use putdowns or the silent treatment when disappointed.
- Use **logical** requests and consequences to get compliance from children.
- Treat your spouse or partner with **value**, and do not use threats or force to make them comply with what you want them to do.
- Treat others with respect to maintain their **dignity**, and don't physically or emotionally hurt them.
- Be the living example! Smile, think with **compassion**, and be supportive.



Listen to your family members and respect their perspectives.

Provide proper care, love, and kindness for family pets, as they are family members too.

Compliment family members' strengths and acknowledge their importance.

Support positive friendships and group memberships.

Invite your family to practice traditions that support spiritual growth.

Teach your children to celebrate their heritage and appreciate others.

Monitor your family's entertainment to ensure it promotes examples of good character, innovation, and cooperation.

Protect Your Resilient Family

- Use skills to maintain an even composure and not allow anger to dictate your responses.
- Solve family issues by taking into consideration other's needs, opinions, and overall family goals. Negotiating challenges and disagreements should be a team effort.
- Maintain safety in the home by following proper gun safety rules, baby proofing, and non-violence as core necessities to your family.
- Demonstrate moderation when using alcohol, and discourage drug use and irresponsible drinking.



- Be introspective of your own prejudices, fears, past experiences with domestic violence, and your ability to regulate your emotions, so that you don't pass along old issues to your loved ones.
- Implement non-violent disciplinary strategies, rather than spanking or other corporal punishments.