

Family Advocacy Program

The mission of the U.S. Air Force Family Advocacy Program (FAP) is to build healthy communities through implementing programs designed for the prevention and treatment of child and partner abuse.



FOR MORE INFORMATION, TO SIGN UP FOR A CLASS, OR TO SCHEDULE A BRIEFING CONTACT FAMILY ADVOCACY AT 701-723-5096.

Family Advocacy Program
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Minot AFB, ND 58705

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DSN: 453-5096
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<https://www.facebook.com/Minot-AFB-Family-Advocacy-Program-962057103820814>

MINOT AIR FORCE BASE

FAMILY ADVOCACY PROGRAM

Classes and Services

Effective 1 January 2017



Family Advocacy Program

Anger Management

Empower you to effectively manage anger.
Call to sign up

Stress Management

Obtain tools to cope with life's stressors.
Call to Sign Up

Family Advocacy Safety Education Seminar (FASES)

Education & support to promote healthy life practices.
Call to sign up

Five Love Languages

Learn to love and how to be loved effectively.
Call to sign up

Parenting with Love & Logic

Teaching children (0-6 yrs) responsibility and effective parenting without the power struggle.
Call to sign up

Partner Communication

Building strong relationships through communication.
Call to sign up

Family Advocacy Strength-based Therapy (FAST)

Prevention counseling for couples to obtain skills on managing frustration, anger, effective communication, and coping with stress.
Call to sign up

Domestic Abuse Support Group for Women

Use your head so you can follow your heart without losing your mind. Learn to how to give and receive support from women in abusive relationships. Singles welcome.
Mondays 1230 - 1330 at North Plains Chapel

Breaking Up Is Hard To DO

Provides information on the emotional impact of breaking up and strategies for stress relief, coping mechanisms and self-care.*

Top 10 Ways to Show Appreciation to Co-Workers

One hour workshop, highlights how to be seen, heard, and acknowledged. Techniques are identified, discussed and applied to real life working environment.*

Digital Dating Dangers...Cyber Safety

Learn about the dangers in today's digital age.
Adult and Teen versions available*

Burnout

One hour workshop, learn how to recognize burnout.*

How Many of Us Choose Our Co-Workers?

One hour workshop, highlights various types of work place relationships and how to adjust communication styles based on the person you are speaking to and / or the specific situation.*

Social Media: Is Anyone Still Talking?

One hour workshop, highlights the difference in interpretation, expectations and relying on technology. Gain valuable insight in how to better communicate via today's premier choices of communication.*

Domestic Abuse Victim Advocate (DAVA)

Supportive services for victims of domestic abuse. Education and awareness on the dynamics of abuse. Appointments and training to squadrons upon request.*
DAVA 24/7 Hotline 343-3531

New Parent Support Program

Parenting - The Basics

Helping expectant parents learn to care for their new baby. Held every 3rd Thurs of the month.
Call to sign up

Breastfeeding Support

Lactation consultation who can provide assistance to new moms needing breastfeeding help.
Group class 2nd Tues of every month 1300 - 1430

Minot AFB Little Critters Play Group

Supportive attachment parenting group.
Tues 0930 - 1130
Location North Plains Chapel
No need to sign up

Infant Massage

Learn the basic techniques of baby massage.
Available upon request

Gone But Not Forgotten

Perinatal bereavement support.
Available upon request

Home Visits

Information and support provided by a Registered Nurse to enhance healthy families and help parents make informed decisions.
Available upon request