



# DMAFB IDS

**ADAPT: @ 228-5507**

ADAPT informational briefings upon request  
ADAPT self-referral evaluations as needed

**Chapel: @ 228-5411**

Waiting Warriors\* every other  
Tuesday 1800-2000  
Financial Peace\* (active now)

Date Night 6 Nov @ 1730 Hope Chapel  
(Fireproof)  
Ground Floor Financial Peace\* (active)

**Family Advocacy: @ 228-2104**

OB Orientation\* 17 Nov 1330-1530  
Call 228-0265 to register

FASES\* 12 Nov 0800-1200  
Dad's Baby Boot Camp\* 12 Nov 9:30-12

**Airman & Family Readiness Center(AFRC): @ 228-5690**

TAP Class\* 17-20 Nov @ 0800-1600  
Off-Base Budgets\* Thurs @ 1400  
Right Start 25 Nov @ 0730-1000  
Give Parents a Break, 21 Nov 12-4  
Pre-Deployment Brief Mondays @  
1400 & Thursdays @ 1000  
Smooth Move\* 2 Nov, 0800-0930  
Culture Clash\* 13 Nov 1300-1500  
Operation Junior Heroes\* 7 Nov  
0700-1530  
DTAP\* 24 Nov @ 0900-1100  
How Goes It\* Wednesdays @ 1400  
Home School Gp\* 1st & 3rd Wed  
1000-1130 @ Youth Ctr  
Credit & Credit Reports\* 5Nov 8-10

Resume Workshop\* 4 Nov @ 0900-1100  
Interview Workshop\* 4 Nov @ 1200-1400  
Time 4 Tots Wednesdays @ 0930-1030  
Sponsorship Class\* 9 & 16 Nov 8-9  
Pre-Separation Brief\* Tuesdays, 9-11  
Supervisor Finance Brief 1st & 3<sup>rd</sup> Tues  
@ 0800-0900  
Deployed Family Dine Tuesdays 4-6  
International Group\* 9 Nov 1730-1930  
Market 4 A Second Career\* 18 Nov @ 9  
Baby Basics\* 18 Nov 0930-1200  
Savings/Investing\* 19 Nov 0800-1000  
Small Business\* 24 Nov 1100-1300  
Heart Link\* 19 Nov 0800-1430  
Colors Class\* 13 Nov 1230-1630

**Health & Wellness Center(HAWC): @ 228-2294**

Healthy Living\* Wed @ 0800-1030  
Cholesterol Class\* 10 Nov 0800-11  
Unit Fitness Program Mgr\* 19 Nov  
@ 1400-1630  
Tobacco Classes Tues @ 1100  
Diabetes Class 5 Nov 0800-1200  
Refresher PTL Tng 23 Nov 8-1200

Weight Reduce Class 14 Nov 14-1530  
X-Fit, Tue & Thurs @ 1600 (Benko)  
Get Fit Stay Fit M-W-F @ 1100-1200  
(Haffner)  
Body Comp Tue/Thur @ 0800-1000  
Initial PTL Tng 9 Nov 0800-1630  
BCIP 9 & 23 Nov 0800-1630

**Mental Health @ 228-4926**

Stress Management 1st Thurs @ 0900  
Suicide Awareness and Traumatic Stress support - by request

**Red Cross Center @ 318-6740** Adult/Infant/Child CPR\* Many classes (call)

IDS Helping Agencies  
**ADAPT**  
**Chapel**  
**Demand Reduction**  
**Family Advocacy**  
**Family Readiness**  
**Health & Wellness**  
**Nutrition**  
**Fitness**  
**Mental Health**  
**MEO**  
**Red Cross**  
**Family Member**  
**Medical In-Process**

Contact the helping agency to register for classes

The Link



**NOVEMBER 09**