

HOW CAN WE HELP?

- Healthy Relationship Resources and classes
- Family & Child Strengthening Services
- New Parent Support
- Community Referrals
- Chaplain Guidance
- Employee Assistance Program
- Stress Management
- Deployment and Mobilization Support
- Relocation Readiness
- Wellness Program Guidance
- Resiliency Workshops



24/7 Help is available

Child Protective Services Virginia
800-552-7096

Social Services - Richmond
804-646-7000

National Child Abuse Hotline/
ChildHelp
1-800-4-A--CHILD
(1-800-422-4453)

National Domestic Violence
Hotline
1-800-799-7233(SAFE)
www.ndvh.org

National Dating Abuse Helpline
1-866-331-9474
www.loveisrespect.org

National Sexual Assault Hotline
1-800-656-4673 (HOPE)
www.rainn.org

National Suicide Prevention
Lifeline
1-800-273-8255 (TALK)
www.suicidepreventionlifeline.org

Military OneSource
www.militaryonesource.mil

DSCR Employee Assistance Program
804-279-4784



DSCR Family Programs



Defense Supply Center -Richmond
Family Advocacy Program
Rhiannon Jackson, FAPM

Defense Supply Center Richmond
Security and Emergency Services

6090 Strathmore Rd.
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What is Family Advocacy?

The Family Advocacy Program (FAP) is a Department of Defense wide program designed to decrease Domestic and Child Abuse rates through Awareness, Prevention, and Identification.

The goal of FAP is to encourage people to examine their own actions and take steps to learn and practice healthier behavior.

FAP is designed to strengthen and improve the quality of life for our DOD families by increasing self-sufficiency, resiliency and community cohesion.

FAP provides a variety of interventions and treatment services to meet the needs of individuals and families.

Stop by Building 201, Room B128 for more information

HEALTHY RELATIONSHIPS

Are you dating? Married? Have children? Work alongside coworkers? Enjoy the company of your neighbors? Work out with a buddy at the gym?

All of us are in a relationship of some sort and in the world of prevention we like to look out for one another.

If you find yourself or your friend in need of resources to help build or maintain a relationship come visit the Family Advocacy Program Manager in Building 201, Room B128

In your spare time, take a look at these healthy relationship indicators and see where you line up. How many can you check off?

Good Communication		
Quality Time	Negotiation Skills	Support
Mutual Respect	Equality & Fairness	Shared Values & Goals
Honesty	Shared Responsibility	Trust
Interdependent Decision Making		

WORKFORCE RESILIENCE

If the stress of your home life is interfering with your work life or vice versa you might need to focus on a better balance.

Are you taking advantage of everything DLA offers to assist in this process? Talk to FAP about stress management, utilizing counseling resources, and local wellness programs available to help you balance the scale!

