

## Monthly Recurring Classes and Workshops

### Monday

#### Stress Management Discussion Group WTB/IDES Soldiers

1:30 pm - 2:30 pm • Bldg. 36051 • Call: 286 - 5768

### Tuesday

#### Domestic Violence Interactive Training (DVIT)

9:30 am - 10:30 am, 12:30 pm - 1:30 pm,  
2:30 pm - 3:30 pm • Palmer Theater • Register: 288-2092

#### Organization POC Training for Volunteer Management Information System (VMIS)

10:00 am - 11:30 am • Bldg. 36000 • Call: 287-2327

### Wednesday

#### Explore Learning and Play

9:30 am - 10:30 am • Bronco Youth Center  
Call: 287-2286

### Friday

#### Caregiver Peer-to-Peer Support Group

10:00 am - 11:30 am • Bldg. 36051 • Call: 286-5768

#### Exceptional Family Member Program Sea Dragons

6:00 pm - 8:00 pm • Bldg. 23001 • Call: 287-6070

Open to All DOD ID Card Holders

## Financial Readiness Workshops

1<sup>st</sup> and 3<sup>rd</sup> Wednesday

Budget & Debt Management, 9:30 - 11:00 am  
Credit Booster, 1:30 - 3:00 pm

2<sup>nd</sup> Tuesday

Saving & Investing, 1:30 - 3:00 pm

For more information contact,  
Army Community Service (ACS)  
Financial Readiness Branch (FRB)  
**254-287-2489**

Hood.ArmyMWR.com

Shoemaker Center, Bldg. 36000, 2<sup>nd</sup> Floor, Room N212

Classes, times, and locations are subject to change, call for details.

Individuals who require assistance or accommodations due to a disability, contact Financial Readiness Branch.

## Helpful ACS Numbers

ACS Front Desk (Shoemaker Center, Bldg. 36000, 2nd Floor)  
287-4ACS (4227) If you don't know who to call

ACS Volunteer Program 287-8657  
Army Emergency Relief (AER) 553-3101  
Army Family Action Plan (AFAP) 287-AFAP

Army Family Team Building (AFTB) 286-6600  
287-2327

Army Volunteer Corps 287-VOLS  
Child & Spouse Abuse 24/7 Hotline 287-CARE  
Consumer Affairs Office 287-CITY

Employment & Volunteer Readiness Branch (EVRB) 287-6067

Exceptional Family Member Program (EFMP) 287-6070

Family Advocacy Program (FAP) 286-6774

Family Assistance Center (FAC) 288-7570

Personal Financial Management Classes 287-2489

Military Family Life Counselor (MFLC) 553-4705

Mobilization & Deployment 288-2794

New Parent Support Program (NPSP) 287-2286

Parenting Classes 618-7443

Relationship Enrichment Workshop 288-2092

288-2092

Soldier and Family Assistance Center 286-5768

Stress/Anger/Conflict & Resolution Training 618-7827

288-2092

### Building Locations

- Bldg. 320 • Spirit of Fort Hood Warrior & Family Chapel - Tank Destroyer Blvd.
- Bldg. 334 • Palmer Theater, 31st Street & 761st Tank Battalion Ave.
- Bldg. 6602 • Bronco Youth Center, Tank Destroyer Boulevard
- Bldg. 9138 • Sprocket Auto Crafts, 20th St & Old Ironsides Ave.
- Bldg. 10043 • Survivor Outreach Services, Battalion Ave.
- Bldg. 18000 • Oveta Culp Hobby Soldier & Family Readiness Center, Battalion Ave.
- Bldg. 18010 • Copeland Soldier Service Center, Battalion Ave. & T.J. Mills Blvd.
- Bldg. 23001 • Abrams Physical Fitness Center - 62nd Street & Support Ave.
- Bldg. 33009 • Soldier Development Center, 761st Tank Battalion Ave.
- Bldg. 36000 • The Shoemaker Center, Darnall Loop
- Bldg. 36035 • Carl R. Darnall Medical Center, Santa Fe Ave.
- Bldg. 36051 • Soldier & Family Assistance Center, 62nd Street
- Bldg. 50012 • Community Events & Bingo Center, Clear Creek Road.

ACS Resilience Team Building Activities

## SPRING INTO ACTION FITNESS EXPO

March 7<sup>th</sup>  
10 a.m. - 11:30 a.m.

Open to All DOD ID Card Holders  
Applied Functional Fitness Center  
Building 12018, Old Ironsides & 33rd St.

Did you have a New Year's resolutions...  
Lost your motivation...and returned to your old habits?  
Come join us to get physically, mentally and financially fit!

- TRX Workout
- Whole Food Plant-based Eating
- High Intensity Interval (HIIT) Training
- AFB Resources
- Financial Fitness
- Health & Fitness Information

Check out the Climbing Wall, Alpha Warrior Rig & Well Beats workouts.

Hood.ArmyMWR.com

To register call 254-288-3794 or email: [usarmy.hood.incom-fmwr.list.sfrb@mail.mil](mailto:usarmy.hood.incom-fmwr.list.sfrb@mail.mil)  
or visit the III Corps & Fort Hood Programs Facebook page & respond to the event.  
Individuals who require assistance or accommodation due to a disability, call the ACS SFRB office at (254) 288-2794.

FORT HOOD ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM

## MOVIE EXTRAVAGANZA

LIGHTS, CAMERA, ACTION!

### "How to Train a Dragon 3"

Come join us for a fun filled free matinee for the whole Family!  
Bring your blanket, pillow or mat to relax and enjoy!

March 14<sup>th</sup>  
1:30 - 3:00 p.m.

Oveta Culp Hobby Soldier & Family Readiness Center  
Building 18000, Battalion Ave.

For more information, call (254) 287-6070 or email: [usarmy.hood.incom-fmwr.list.ACS-EFMP@mail.mil](mailto:usarmy.hood.incom-fmwr.list.ACS-EFMP@mail.mil).  
Individuals who require assistance or accommodation due to a disability, call the ACS EFMP office at (254) 287-6070.

## Workshops, Play Groups and Much More! March Calendar of Events 2020

### Army Community Service

## A HAND-UP FOR SOLDIERS

IT'S WHAT WE DO.

**CAMPAIGN**  
1 March - 15 May 2020

AER is your tool in times of need.  
Talk to your chain of command or local AER officer if you need help.

Stand with your squad and make a small monthly gift to the Army's own charity.

Visit us online at [armyemergencyrelief.org](http://armyemergencyrelief.org)

**ARMY  
EMERGENCY RELIEF**  
SOLDIERS HELPING SOLDIERS SINCE 1942

Real-Life Solutions for Successful Army Living

## 287-4ACS

<https://hood.ArmyMWR.com>  
[www.MyArmyOneSource.com](http://www.MyArmyOneSource.com)  
[www.militaryonesource.mil](http://www.militaryonesource.mil)  
1-800-342-9647

# Army Community Service Calendar of Events

## Monday, March 2

**Community Resource Course (Day 1 of 2)**  
8:30 am – 2:30 pm • Bldg. 18000 • Register: 288-2794

## Tuesday, March 3

**Community Resource Course (Day 2 of 2)**  
8:30 am – 2:30 pm • Bldg. 18000 • Register: 288-2794

**R.E.A.L. SFRG Foundations/ Informal Fund Custodian Training**  
8:30 am – 11:30 pm • Bldg. 18000 • Register: 288-2794

## Wednesday, March 4

**NPSP Boot Camp for New & Expectant Dads**  
9:00 am – 12:00 pm • Bldg. 18000 • Call: 287-2286

## Tuesday, March 10

**R.E.A.L. SFRG Foundations/SFRG Leader Training (Day 1 of 2)**  
5:30 pm – 8:30 pm • Bldg. 18000 • Register: 288-2794

**Exceptional Family Member Program Orientation**  
10:00 am – 11:30 am • Bldg. 36000 • Call: 287-6070

## Wednesday, March 11

**R.E.A.L. SFRG Foundation/SFRG Leader Training (Day 2 of 2)**  
5:30 pm – 8:30 pm • Bldg. 18000 • Register: 288-2794

**Shaken Baby Syndrome Class**  
11:00 am – 12:00 pm • Bldg. 36000  
6:00 pm – 7:00 pm • Bldg. 36035 • Call: 287-2286

**Resource Connection - EFMP Virtual Support Group**  
11:30 am – 12:30 pm • Facebook • Call: 287-6070

## Thursday, March 12

**Stress, Anger, & Conflict Resolution Management Workshop**  
8:00 am – 4:00 pm • Bldg. 18000 • Call: 618-7827 or 288-2092

**Thursday Morning with Dr. Tom**  
9:30 am – 10:30 am • Virtual on Facebook • Call: 287-6070

## Wednesday, March 18

**R.E.A.L. SFRG Foundations/Key Contact Training**  
8:30 am – 11:30 am • Bldg. 18000 • Register: 288-2794

**R.E.A.L. Command Team SFRG Training (CDR's/1SGs)**  
9:00 am – 12:00 pm • Bldg. 18000 • Call: 288-2794

**Exceptional Family Member Program Bowling Night**  
5:00 pm – 7:00 pm • Bldg. 49010 • Call: 287-6070

## Thursday, March 19

**Exceptional Family Member Program Workshop**  
9:30 am – 11:00 am • Bldg. 36000 • Call: 287-6070

**CARE Team Training**  
8:30 am – 2:30 pm • Bldg. 18000 • Register: 288-2794

## Friday, March 20

**Commander/1SG Spouse Program**  
8:30 am – 12:00 pm • Bldg. 18000 • Call: 288-2794

## Saturday, March 21

**Exceptional Family Member Program Fashion Show**  
1:00 pm – 3:00 pm • Bldg. 4250 • Call: 287-6070

## Wednesday, March 25

**Community Service Council Meeting**  
10:30 am – 12:00 pm • Bldg. 50012 • Call: 553-1593

**Shaken Baby Syndrome Class**  
11:00 am – 12:00 pm • Bldg. 36000  
6:00 pm – 7:00 pm • Bldg. 36035 • Call: 287-2286

## Thursday, March 26

**Resilience Lunch & Learn (Put it in Perspective)**  
11:30 am – 1:00 pm • Bldg. 18000  
Registration required/Lunch provided, call: 288-2794

**Stress, Anger & Conflict Resolution Management Workshop**  
8:00 am – 4:00 pm • Bldg. 18000 • Call: 618-7827 or 288-2092

## Saturday, March 28

**Exceptional Family Member Program Spring Festival**  
10:00 am – 2:00 pm • Bldg. 320 • Call: 287-6070

## Monday, March 30

**Community Resource Course (Day 1 of 2)**  
8:30 am – 2:30 pm • Bldg. 18000 • Register: 288-2794

## Tuesday, March 31

**Community Resource Course (Day 2 of 2)**  
8:30 am – 2:30 pm • Bldg. 18000 • Register: 288-2794

**ARMY FAMILY TEAM BUILDING**  
Professional Development Courses at your fingertips.

Learn specific skills that help advance personal or professional development

- Military Life...What Does it Mean?
- Exploring Personality Traits
- Successful Team Dynamics
- Overcoming Stress
- Winning at Time Management
- Examining your Leadership Style
- Effective Communication for Leaders
- Supporting Others through Coaching and Mentoring
- And more...

Log onto [www.myarmyonesource.com](http://www.myarmyonesource.com)

- 1 ▶ If you do not have an account, click on Register at the top right hand screen, and follow prompts to register. If you have an account, log in.
- 2 ▶ Hover your cursor over FAMILY PROGRAMS AND SERVICES on the left side of the screen and click on the ONLINE TRAINING link.
- 3 ▶ Scroll down and click on the VISIT THE ARMY ONESOURCE ONLINE LEARNING MANAGEMENT SYSTEM link located on the left side of the screen under the list of trainings. This will bring you to the Online Learning Center page. (You may need to use Chrome to access online training).
- 4 ▶ Select a course and begin your training. One you have completed your training, you will be able to print your training certificate.

Available 24/7 at your leisure.  
Contact the AFTB office for questions or for additional information: 254-287-1127 or Email: [usarmy.hood.imcom-fmwrc.list.acs-aftb@mail.mil](mailto:usarmy.hood.imcom-fmwrc.list.acs-aftb@mail.mil)

Hood.ArmyMWR.com

**CAR SEAT SAFETY INSPECTION**

Certified technicians will provide up-to-date information about car seat installations & hands-on education for your child's safety.

2020 SCHEDULE  
10 January • 24 January  
7 February • 21 February  
6 March • 20 March  
3 April • 24 April  
8 May • 29 May  
5 June • 26 June  
10 July • 24 July  
7 August • 28 August  
11 September • 25 September  
16 October • 30 October  
6 November • 20 November  
11 December

\*Dates and location may be subject to change

To schedule an appointment, please call (254) 287-6505 / 288-2092 / 287-1763 or email: [usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil](mailto:usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil)

Individuals who require assistance or accommodations due to a disability, please contact the Army Community Service Family Advocacy Program at (254) 288-2092.

Sprocket Auto Craft Center  
Bldg. 9138, at the corner of Old Ironsides Ave. & 20th Street

Hood.ArmyMWR.com

Fort Hood Army Community Service • Family Advocacy Program

**Common Sense PARENTING**

Individuals with children 4 to 12 years old interested in discussing parenting issues will learn skills to encourage positive behavior, discourage negative behavior and to teach their children alternatives to problem behavior.

Classes are held on **2<sup>nd</sup> & 4<sup>th</sup> Tuesday** of every month,  
**9:30 a.m. - 11:30 a.m.**  
Oveta Culp Hobby Soldier and Family Readiness Center (Building 18000)

To Register:  
Call: (254) 618-7443/288-2092 or Email: [usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil](mailto:usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil)

Individuals who require assistance or accommodations due to a disability, please contact the Army Community Service Family Advocacy Program at (254) 288-2092.

Hood.ArmyMWR.com

All DOD ID Cards Holders

Fort Hood Army Community Service Family Advocacy Program

**First Wednesday of Each Month**  
9:00 a.m. - 4:00 p.m.  
Oveta Culp Hobby Soldier & Family Readiness Center  
Bldg. 18000, Battalion Ave.

**Preparing for Marriage**

Participants will qualify for the State of Texas 72 hour Exemption and will receive a \$60 discount on Texas marriage license.

- Discuss important topics of commitment
- Understand your partner's expectations and role
- Learn the impact of personal beliefs
- Consider cultural differences
- Acquire conflict resolution styles
- Gain insight about financial decision
- Recognize the importance of support systems

To register, call 254-286-5338 / 288-2092, or email: [usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil](mailto:usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil)

Hood.ArmyMWR.com

Fort Hood Army Community Service - Family Advocacy Program

**RELATIONSHIP ENRICHMENT Workshop**

Building a Healthy Relationship  
Discovering Your Personality  
Understanding Expectations in Your Relationship  
Improving Communication & Intimacy  
Supporting Your Partner

Classes are held the **2<sup>nd</sup> Wednesday** of every month,  
**9:00 a.m. - 4:00 p.m.**  
Oveta Culp Hobby Soldier and Family Readiness Center,  
(Building 18000)

To Register:  
Call: (254) 618-7584/288-2092 or Email: [usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil](mailto:usarmy.hood.imcom-fmwrc.list.acs-fap-training@mail.mil)

Individuals who require assistance or accommodations due to a disability, please contact the ACS FAP at (254) 288-2092.

Hood.ArmyMWR.com

Classes, times, and locations are subject to change call for details. Individuals who require assistance or accommodations due to a disability, contact providing program.