

Military Knowledge

Military Life . . . What Does It Mean?

Understand the mission, commitment required, and challenges of military life in order to define realistic expectations to positively impact their military experience.

Military Acronyms and Terms

Communicate by employing military specific language, terms, acronyms and time with Army personnel, DA Civilians, and contractors in a military environment.

Chain of Command

Comprehend military structure including rank, chain of command, and basic unit organization to successfully interact within the military community.

Customs, Courtesies, Ceremonies, and Traditions

Understand and exhibit appropriate behavior in accordance with proper military customs, courtesies and protocol in daily military life leading to personal satisfaction and a sense of belonging.

Military Social Functions

Apply the skills needed to assist in feeling comfortable with social aspects of the military lifestyle.

Military Benefits and Entitlements

Differentiate between available benefits and provided entitlements to select the most favorable to meet individual needs.

Introduction to Soldier Family Readiness Groups

Understand the mission; structure and purpose of the Soldier Family Readiness Group identifying the benefits SFRGs bring to the Total Military Community.

Military Family Preparedness

Discuss the importance of family preparedness including legal preparation, financial preparation, preparing for emergencies and maintaining accurate record keeping of important documents.

Resiliency, Be The Bouncing Ball

Discuss the definition and characteristics of resilience and develop strategies to increase personal resilience.

Personal Growth and Resiliency

Successful Team Dynamics

Appraise relationships and interpret healthy personal and professional relationships.

Growing Through Change

Examine change and determine strategies for positively managing change in their personal and professional lives.

Resiliency During Crisis and Grief

Define resiliency during crisis and grief and understand the stages of the grieving process. Examine and determine appropriate coping strategies as well as identify resources within their own personal, military, local, and community environments.

Personal Growth and Resiliency

Overcoming Stress

Examine stress and employ stress reduction techniques to increase resiliency and reduce the effects of stress within their personal and professional lives.

Winning at Time Management

Acquire time management skills and techniques to prioritize activities in their personal and professional lives.

Time to Serve: The Volunteer Experience

Explore the importance of volunteerism within the military and civilian communities and the benefits to both the volunteer and the organizations they serve.

Heading Toward Leadership

Distinguish various leadership characteristics and examine leader-follower relationships in their personal and professional groups.

Leadership Development

Leadership Through Understanding Needs

Analyze the behaviors associated with Maslow's Hierarchy of Needs and identify motivational strategies to help fulfill those needs. Evaluate the importance of group needs and create a personal action plan to meet both individual and group needs.

Examining your Leadership Style

Identify their innate leadership approach and examine the alternative styles of others in order to incorporate various approaches into their personal and professional lives. Construct communication strategies to successfully convey information as leaders to teams or individuals.

Effective Communication for Leaders

Construct communication strategies to successfully convey information as leaders to teams or individuals.

Developing Great Meetings

Select elements and techniques needed to successfully develop and conduct meetings in personal and professional venues.

Establishing Team Dynamics

Discuss ways leaders can build strong and cohesive teams, by capitalizing on a positive attitude, understanding their role in the stages of team development, building commitment within the team, and being aware of the characteristics of an effective team.

Resolving Conflict

Explore causes and benefits of conflict and will develop approaches to conflict management. Through practical exercises the learner will apply conflict management approaches.

Virtual Meetings: Tips and Techniques

Identify key elements to conduct a virtual meeting and devise strategies to effectively manage a virtual meeting.

Leadership Development

Supporting Others through Coaching and Mentoring

Differentiate between the role of a coach and the role of a mentor, assess his/her strengths and challenges as a coach and as a mentor, examine behaviors of a leader as a coach and as a mentor, and identify effective feedback techniques to incorporate into his/her leadership repertoire to enhance his/her effectiveness in leadership roles.

Building Healthy Relationships

Family Violence Prevention Training (Family Violence PT)

An interactive portrayal that heightens awareness of the prevention of Family violence by identifying the signs of abusive behavior and encourages reporting, for referral and intervention response.

Relationship Enrichment Workshop

Workshop is designed to assist couples build a healthier more resilient union through personality discovery, understanding expectations, and resolving conflict by learning and putting into practice communication skills and techniques for long term support of the relationship.

Preparing for Marriage

Assists individuals in identifying Commitment, Expectations, Roles, Impact of Beliefs from your Family of Origin, Stress and Anger, and the importance of Support Systems within the Military Family.

Blended Family Workshop

Support for any Family in which a parent has remarried and a new Family is created. Stepparents and stepchildren who may face unique challenges will find support and education in this program.

Expect Respect

An educational class used to learn the difference between healthy and abusive relationships for the prevention of dating violence and promoting safe and healthy relationships.

24/7 Hotlines

Reporting Domestic Violence or Child Abuse	254. 287.CARE (2273)
Assistance for Victims of Domestic Violence	254. 702.4953 800. 799.7233 National
Duty Chaplain Hotline	254. 289.2531
Suicide Prevention	800. 273.8255 National 988
Sexual Assault (SHARP) / Sexual Harassment	254. 319.4671 877. 995.5247 National
Veterans Crisis Line	800. 273.8255 (press 1)
Military OneSource	800.342.9647



Fort Cavazos Army Community Service IS A READINESS MULTIPLIER



**Committed to Building Resilient
Families through personalized education,
prevention, and services**

254-287-4ACS (4227)

**[https://cavazos.armymwr.com/categories/
community-support](https://cavazos.armymwr.com/categories/community-support)**



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Stress Life Skills Training
Personal, Family and Professional Stress

DEPLOYMENT/REINTEGRATION/REUNION
Pre/Post Deployment Resilience Training for Spouses & Soldiers
Adaptive training using resilience skills to overcome the difficulties of deployment, redeployment and reintegration.

Reunion/Reintegration for Families
Training explores setting realistic expectations in the reintegration process.

Relationship Enrichment Workshop
Workshop is designed to assist couples build a healthier more resilient union through personality discovery, understanding expectations, and resolving conflict by learning and putting into practice communication skills and techniques for long term support of the relationship.

Stress/Anger/Conflict Management
Assists participants in recognizing the causes and effects of stress and introduces them to a wide array of stress management techniques. The workshop also focuses on anger management and conflict resolution techniques.

FINANCIAL CHALLENGES

Budget Debt Management
Establishes strategies for managing personal debt.
Credit Booster
Reading and understand your credit report. Learn how a credit score is established, how to improve your score and how to understand the calculation of finance charges and how to lower your interest rate.

Saving and Investing
Explores how to achieve financial freedom. Learn the basics of compound interest, stocks, bonds, and mutual funds and basic investing techniques.

Command Team and Support

Commander Desk Side Briefing
A required presentation in an individual setting, that provides commanders with important information about ACS including mandatory requirements i.e. Family Advocacy Program.
Family Advocacy Leadership Training
Professional development for Officers and NCOs.
Command Financial Specialist and Family Advocacy Specialist Program (CFS/FASP)
Each battalion size element assigns a Soldier to serve as a CFS/FAS who serves as a liaison for the command with Soldiers and Families in the prevention and intervention of systemic family/financial issues.

Command Team and Support

Unit Small Roundtable Discussion Group
“Talk, Listen Learn Roundtable” meaningful group discussion on social trends and issues that are engaging and helpful to participants enhancing their work/life toolkits.

Rear Detachment Operations (RDO) Course
Offers information provided by subject matter experts for Active Duty, National Guard, and Reserve Component Soldiers serving in rear detachment roles.

Commander and 1SG Spouse Program
Designed to help Command Team spouses/significant others understand the importance of their role and increases knowledge of the choices and contributions they can make to support the mission.

Unit Family Violence Prevention Training
Required annual training for Soldiers IAW AR 608-18 Army Family Advocacy Program. Training educates Soldiers on the dynamics of family violence, reporting, prevention and resources.

Command Team SFRG Training
Commanders/1SGs receive insight into SFRG operations and their role for enhancing Soldier and Family readiness. Addresses the partnership role between the command team and SFRG volunteers, reviews the basics of funding, volunteer management and recruiting concepts.

Command Family Readiness Representative (CFRR) Training
Identifies roles and responsibilities, acquaints CFRRs with the challenges and opportunities related to their position. Identifies available resources. Enhances the connection between CFRRs, their Command teams and service providers.

SFRG Volunteer Training
Identifies daily operations, practices and expectations for new volunteers, Soldiers and Family Members.

SFRG Key Contact Training
SFRG Key Contact Training (Unit Requested) for volunteers in SFRG Key Contact positions. Addresses roles and responsibilities, call management and expectations of Key Contact volunteers through scenarios and resource discussion.

SFRG Informal Fund Custodian
Highlights SFRG informal fund and fundraising do’s and don’ts and fund custodian responsibilities.

Community Resource Course
Local organizations and agencies provide information on resources/services available to enhance greater self reliance.

Casualty Response (CARE) Team
Addresses the roles, responsibilities and functions of CARE Team volunteers. Explains the support partnership between the command and volunteers in the event of a crisis.

Soldier and Family Resilience Activities

Resilience Skills
Learn each month about one of the 14 Master Resilience Training (MRT) Skills to help you grow and thrive in the face of challenges and bounce back from adversity. MRT skills help build resilience through the core competencies of self-awareness, self-regulation, optimism, mental agility, strength of character, and connections.

Quarterly Resilience Expos
Resilience events that help Soldiers and Families enjoy activities that empower and build resilience holistically i.e. yoga, meditation, arts, exercise, team building.

Soldier and Family Support Services

Spouse Employment Assistance
Provides resource information on available local, national and international employment opportunities, job market trends, education, career exploration, resume writing, and interviewing techniques.

Army Volunteer Corps
Opportunities for volunteers (Service members, Civilians, and Family members) to contribute to various organizations and support their local communities.

Community Information Services (Information & Referral)
Provides installation commanders, Soldiers and Families with information regarding military and civilian community resources.

Army Family Web Portal
Provides content that will help you stay up-to-date with ACS news, announcements, and events, learn about the available ACS Family Programs, and access the software applications that support those programs. www.armyfamilywebportal.com

Exceptional Family Member Program
Provides comprehensive and coordinated community support, housing, educational, medical, and personnel services to Families with special needs. Soldiers on active duty enroll in the program when they have a Family member with a physical, emotional, developmental, or intellectual disorder requiring specialized services. The enrollment process is conducted at Carl R. Darnell Medical Center.

Soldier and Family Assistance Center
A one-stop location built to equip and aid Wounded, Ill, and Injured Soldiers who are assigned or attached to Soldier Recovery Units, and retiring Soldiers.

Survivor Outreach Services
Designed to provide long term support to surviving Families of Fallen Soldiers.

Parenting Life Skills Training

ScreamFree Parenting
Helps parents learn to focus on themselves while staying both calm and connected with their children.

Common Sense Parenting
Parents are taught skills that help them encourage positive behavior discourage negative behavior, and teach alternatives to problematic behavior.

Shaken Baby Syndrome Prevention Education
Provides Shaken Baby Syndrome prevention through parent education, public awareness, and professional training. Available to parents, caregivers and childcare professionals.

Infant Care
New and expecting parents learn skills that cover the basic care for infants. Parents will learn about various topic such as infant feedings, burping, bathing, diapering, swaddling, and soothing techniques. This class is both instructional and hands-on.

Daddy Boot Camp
An interactive workshop that educates new and expectant fathers in parental roles and responsibilities to help them develop strategies to adapt and cope with a new baby.

Explore, Learn & Play
Educational and fun activity for parents with children 0-3 years old. This is a great activity for children to play, capitalizing on developing social and motor skills, and for parents to network.

Child Passenger Safety Program
Certified technicians educate participants on the many safety aspects and proper installation of child safety seats. Inspections are conducted twice a month and are open to all military ID card holders. Child must be present to ensure proper fitting.

Child Safety
This program provides education on child safety issues to include: internet safety, personal awareness, bullying, and identification kits.

Home Visitation
Licensed Masters-level Social Workers and Registered Nurses are available to meet with new parents or experienced parents with a new baby to provide support and education to Military Families with children up to 3 years old to include while the mother is prenatal.

