

# Fort Cavazos Community Information Sheet

## III ARMORED CORPS

[III Armored Corps :: U.S. Army Fort Cavazos](#)



## III ARMORED CORPS PEOPLE FIRST CENTER

[People First Center :: III Armored Corps & Fort Cavazos \(army.mil\)](#)



## III ARMORED CORPS INSPECTOR GENERAL (IG)

[Inspector General :: III Armored Corps & Fort Cavazos \(army.mil\)](#)



## ARMY COMMUNITY SERVICE

[ACS :: Ft. Cavazos :: US Army MWR](#)



## AMERICAN RED CROSS

[Heart of Texas Chapter | Central & South Texas Region | American Red Cross](#)



## BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

[Better Opportunity for Single Soldiers \(armymwr.com\)](#)



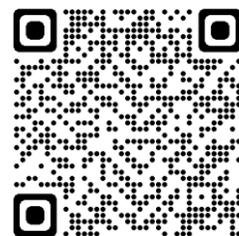
## CARL R. DARNALL ARMY MEDICAL CENTER

[Home \(tricare.mil\)](#)



## CAVALRY FAMILY HOUSING

[Fort Cavazos TX Housing | Cavalry Family Housing | Fort Cavazos TX \(cavalryfh.com\)](#)



# Fort Cavazos Community Information Sheet

## CHILD & YOUTH SERVICES (CYS)

[CYS :: Ft. Cavazos :: US Army MWR](#)



## CRIMINAL INVESTIGATION DIVISION (CID)

[Army CID Home](#)



## DeCA CLEAR CREEK COMMISSARY

[Fort Cavazos - Clear Creek | Commissaries](#)



## DeCA WARRIOR WAY COMMISSARY

[Fort Cavazos - Warrior Way | Commissaries](#)



## DENTAL COMMAND (DENTAC)

[Carl R. Darnall Army Medical Center > Health Services > Dental \(tricare.mil\)](#)



## DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION

[Home :: Ft. Cavazos :: US Army MWR](#)



## DIRECTORATE OF HUMAN RESOURCES (DHR)

[Directorate of Human Resources :: U.S. Army Fort Cavazos](#)



## DIRECTORATE OF PLANS, TRAINING, MOBILIZATION & SECURITY (DPTMS)

[Directorate of Plans, Training, Mobilization & Security :: U.S. Army Fort Cavazos](#)



# Fort Cavazos Community Information Sheet

## **DIRECTORATE OF PUBLIC WORKS**

[Directorate of Public Works :: U.S. Army Fort Cavazos](#)



## **EDUCATION SERVICES DIVISION (ESD)**

[Education Services Division :: U.S. Army Fort Cavazos](#)



## **EQUAL EMPLOYMENT OPPORTUNITY (EEO)**

[Equal Employment Opportunity Program :: U.S. Army Fort Cavazos](#)



## **EXCHANGE**

[Shopmyexchange.com](http://Shopmyexchange.com)



## **FISHER HOUSE**

[Texas: Carl R. Darnall Army Medical Center - Fisher House Foundation](#)



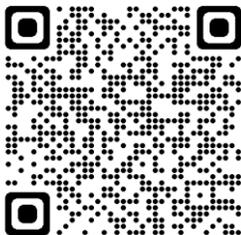
## **FORT CAVAZOS STANDALONE NETWORK ENTERPRISE CENTER (NEC)**

[Fort Cavazos Standalone Network Enterprise Center :: U.S. Army Fort Cavazos](#)



## **GARRISON CHAPLAIN OFFICE**

[Religious Support Office :: U.S. Army Fort Cavazos](#)



## **INSTALLATION TRANSPORTATION OFFICE (ITO)**

[Installation Transportation Office :: U.S. Army Fort Cavazos](#)



# Fort Cavazos Community Information Sheet

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## **OFFICE OF THE STAFF JUDGE ADVOCATE (SJA)**

[Office of the Staff Judge Advocate :: III Armored Corps & Fort Cavazos \(army.mil\)](#)



## **PUBLIC AFFAIRS OFFICE (PAO)**

[Public Affairs Office :: U.S. Army Fort Cavazos](#)



## **TRANSITION ASSISTANCE PROGRAM**

[Transition Assistance Program :: U.S. Army Fort Cavazos](#)



## **UNITED SERVICE ORGANIZATION (USO)**

[USO Fort Cavazos](#)



Note: Agency names and websites that appear in blue are hyperlinks. For additional information contact: Army Community Service Community Information Services at (254) 287-4471 or e-mail: [usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil)

Fort Cavazos Army Community Service  
FAP | New Parent Support Program

# Infant Care

Every 2<sup>nd</sup> Thursday of the month, 1:00 p.m. – 2:30 p.m.

New and expectant parents learn skills that cover the basic care for infants. This class is both instructional and hands-on.



**Topics Include**

- Burping
- Umbilical cord care
- Swaddling
- Bathing
- Diapering and changing
- Soothing Techniques for the crying infant
- Infant feedings and feeding schedules

For more information or to register, call (254) 287-2286  
Email: [usarmy.cavazos.imcom-fmwrcl.acs-npsp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-npsp@army.mil)  
Individuals who require accommodation due to disability, please contact ACS FAP, NPSP

Open to Military Families with Special Needs

**FORT CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM**

**EFMP Family Support  
MONTHLY WORKSHOP**  
3<sup>rd</sup> Thursday of each month  
9:30 a.m. – 11:00 a.m.

Topics to be covered are:

- Housing accommodation issues
- Tricare benefits information
- Post High School alternatives
- School issues (academic behaviors IEPs, ARDs and 504 plans)
- Medical Assistance Information and Adaptive Technology

For more information and to register, call (254) 287-6070 or email [usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil)  
Individuals who require assistance or accommodation due to a disability, please call the ACS EFMP office at (254) 287-6070.

ACS - Exceptional Family Member Program

# EFMP ORIENTATION

2<sup>nd</sup> Tuesday of the Month  
10:00 a.m. – 11:30 a.m.

Learn about community resources, respite care, advocacy, programs and services available for Military Families with special needs.

Shoemaker Center, Building 36000, 2<sup>nd</sup> Floor, Shoemaker Lane

For more information and to register, call (254) 287-6070 or Email: [usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil)

Open to Military Families with Special Needs

**FORT CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM**

**EFMP Family Support**

**RESOURCE CONNECTIONS SUPPORT GROUP**

2<sup>nd</sup> Wednesday of each month  
9:30 a.m. – 10:30 a.m.  
(Registration Required for Participation)

This is for parents/children who have a disability and desire to make connections with others and share their knowledge

- Obtain information through Subject Matter Expert (SME) guest speakers
- Connect with EFMP Staff for information and resources

For more information and to register (254) 287-6070 or email: [usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil)

Fort Cavazos  
**Employment Readiness PROGRAM**

**2024 CAREER TRAINING**

**Navigating USAJOBS and Creating Your Federal Resume**

Join us as we go through the USAJOBS website and learn tips on how to format a structure, and create detailed content for your Federal Resume.

10:00 am - 11:30 am

|           |           |           |
|-----------|-----------|-----------|
| Jan 3, 17 | May 1, 15 | Sep 4, 18 |
| Feb 7, 21 | Jun 5, 26 | Oct 2, 16 |
| Mar 6, 20 | Jul 3, 17 | Nov 6, 20 |
| Apr 3, 17 | Aug 7, 21 | Dec 4, 18 |

Workforce of Central Texas  
300 Cheyenne Drive, Killeen

**MARKETING ME: Interviewing Skills**

Make a great impression in your next job interview? Review effective communication skills, interview preparation, valuable questions during the interview and salary negotiation.

9:00 am - 10:30 am

|        |        |        |        |
|--------|--------|--------|--------|
| Jan 10 | Apr 10 | Jul 10 | Oct 9  |
| Feb 14 | May 8  | Aug 14 | Nov 13 |
| Mar 13 | Jun 12 | Sep 11 | Dec 11 |

Shoemaker Center,  
36000 Shoemaker Ln. 2<sup>nd</sup> Floor

For information and to register, call (254) 288-2089 or [usarmy.cavazos.imcom-fmwrcl.acs-erb@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-erb@army.mil)

**Military Spouse Employment Partnership**  
Career Expo & Hiring Fair

Attention Military & Veteran Spouses!  
This Expo is for you!

\*Open to all DoD ID card holders, but geared towards active duty & veteran Spouses

Thursday  
May 9, 2024  
10:00am - 2:00pm

Fort Cavazos Phantom Warrior Center  
761<sup>st</sup> Tank Battalion Ave  
Fort Cavazos, TX 76544

For more information: [workforce@army.mil](mailto:workforce@army.mil) or [www.armymwr.com](http://www.armymwr.com)

Please Register:

FORT CAVAZOS ARMY VOLUNTEER CORPS

# Volunteer Management Information System (VMIS)

ORGANIZATION POINT OF CONTACT (OPOC)  
TRAINING CY 2024

This training provides step-by-step instruction on how to use VMIS to track volunteers and maintain volunteer records.

10:00 am – 11:30 am

|                  |              |                   |                  |
|------------------|--------------|-------------------|------------------|
| January 9 & 23   | April 9 & 27 | July 9 & 23       | October 8 & 22   |
| February 13 & 27 | May 14 & 28  | August 13 & 27    | November 12 & 26 |
| March 12 & 26    | June 11 & 25 | September 10 & 24 | December 10      |

For more information and to register, call (254) 287-2327, 287-8657 or Email: [usarmy.cavazos.imcom-fmwrcl.acs-vmis@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-vmis@army.mil)

**ARMY FAMILY ACTION PLAN**

“BE AN AGENT OF CHANGE”

AFAP is a process that invites members of the Total Army to be agents of change by establishing and improving programs and services, developing and changing policies and regulations, creating legislation and amending laws.

**THE PROCESS**

AFAP invites the Total Army a VOICE in shaping the standards of living and identifying issues related to the current environment. Leaders trust and support the AFAP Process it provides real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas and guides policy formation.

**PROVEN RESULTS**

- TRANSFERABILITY OF MONTGOMERY GI BILL (MGBI) BENEFITS TO DEPENDENTS
- FAMILY CARE PLAN PROVIDER ACCESS TO INSTALLATIONS
- PATERNITY LEAVE FOR SOLDIERS
- CREATION OF FAMILY READINESS GROUPS, BETTER OPPORTUNITY FOR SINGLE SOLDIER (BOSS) AND ARMY FAMILY TEAM BUILDING (AFTB) PROGRAM.
- AVAILABILITY OF AUTHORIZED TRICARE PROVIDERS
- TRAUMATIC BRAIN INJURY (TBI) REHABILITATION PROGRAM
- IN-STATE COLLEGE TUITION
- AUDIO / VISUAL SURVEILLANCE IN CHILDCARE CENTERS
- FEDERAL EMPLOYMENT MILITARY SPOUSE PREFERENCE

How can you submit an issue?  
Visit: <https://mfa.armyfamilywebportal.com>, scan the QR code

For additional information call (254) 287-1127 or email: [usarmy.cavazos.imcom-fmwrcl.acs-afap@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-afap@army.mil)

**HELPFUL ACS NUMBERS**

ACS Volunteer Program / Army Volunteer Corps 287-8657

Army Emergency Relief (AER) / Emergency Financial Assistance 553-3101

Financial Readiness Branch / Consumer Affairs 287-CITY (2489)  
Financial Management Classes, Personal Financial Counselors

Army Family Action Plan / Army Family Team Building 287-1127

Employment Readiness Program / Job Search Assistance, Resume Writing, Career Skills 287-6067  
288-2089

Exceptional Family Member Program (EFMP) 287-6070

Family Advocacy Program (FAP) / Relationship Enrichment, Preparing for Marriage, Common Sense Parenting, Car Seat Inspection 286-6774  
286-6775

Family Assistance Center (FAC) 288-7570

Military Family Life Counseling (MFLC) 553-4705

Mobilization, Deployment & Stability Support Operations SFRG Training, Resilience Skills, Community Resource Course 288-2794

New Parent Support Program / Infant Care, Play Mornings, Shaken Baby, Daddy Bootcamp 287-2286

Soldier and Family Assistance Center 286-5768

Survivor Outreach Services 288-9533  
553-0376

**24/7 HOTLINES**

Commanding General (CG) Hotline 254. 618.7486

Reporting Domestic Violence or Child Abuse 254. 287.CARE (2273)  
National 800. 422.4453

Assistance for Victims of Domestic Violence 254. 702.4953  
National 800. 799.7233

Suicide Prevention National 800. 273.8255  
or Dial 988

Sexual Harassment / Sexual Assault (SHARP) 254. 319.4671  
National 877. 995.5247

EO and Harassment Hotline 254. 291.5717

Veterans Crisis Line National 800. 273.8255  
(press 1)

Housing / Barracks Life / Health / Safety Hotline 254. 206.1157

Duty Chaplain Hotline 254. 289.2531

**ACS Locations**

- Bldg. 36000 - Shoemaker Center, 2<sup>nd</sup> Floor, Shoemaker Lane
- Bldg. 36051 - Soldier and Family Assistance Center

**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...

**Registration Required**

1. Level 1: Military Knowledge (MK) Discover how to decipher Army acronyms, utilize community resources, attend better than in-network, and understand the goal and impact of the Army's responsibility.
2. Level 2: Personal Growth and Resilience (PG) Discover how to learn from and grow, how to solve problems, and how to make personal growth.
3. Level 3: Leadership Development (LD) Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to create others on leadership positions.

Contact the AFITB office for questions or for additional information: 254-287-1127 or Email: [usarmy.cavazos.imcom-fmwrcl.acs-afap@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-afap@army.mil)

**ARMY COMMUNITY SERVICE  
ACS**  
Real-Life Solutions for Successful Army Living

# FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

## TRAINING AND OUTREACH INITIATIVES MAY 2024

**ARMY COMMUNITY SERVICE  
ACS**  
Real-Life Solutions for Successful Army Living

A SALUTE TO  
OUR MILITARY SPOUSES  
*the force behind the force.*

MILITARY SPOUSE APPRECIATION DAY

**Your Connection to Community Information**

# 287-4ACS (4227)

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

**TRAINING AND OUTREACH**

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)  
CY 2024

**COMMUNITY RESOURCE COURSE**  
9:00 am – 2:30 pm

|                |                  |                |
|----------------|------------------|----------------|
| January 8 – 9  | June 3 – 4       | October 7 – 8  |
| February 5 – 6 | July 8 – 9       | November 4 – 5 |
| March 4 – 5    | August 5 – 6     | December 2 – 3 |
| May 6 – 7      | September 9 – 10 |                |

Local organizations and agencies provide information on resources available to enhance greater self-reliance.

**CASUALTY RESPONSE (CARE) TEAM TRAINING**

| VIRTUAL    | IN-PERSON    |
|------------|--------------|
| January 24 | February 28  |
| April 25   | March 27     |
| July 24    | May 28       |
| October 23 | June 26      |
|            | August 28    |
|            | September 25 |
|            | November 27  |
|            | December 11  |

5:30 pm – 8:30 pm      9:00 am – 12:00 pm

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

For more information and to register, call (254) 288-2794 or Email: [usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil)

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)  
**Command Family Readiness Representative (CFRR) Training**

January 16 – 17  
February 13 – 14  
March 19 – 20  
April 16 – 17  
May 14 – 15  
June 11 – 12  
July 16 – 17  
August 13 – 14  
September 17 – 18  
October 15 – 16  
November 12 – 13

9:00 am – 3:30 pm  
In-Person

Identifies roles, 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.

**Rear Detachment Operations (RDO) Course**

|                  |             |
|------------------|-------------|
| February 26 – 28 | February 28 |
| April 22 – 24    | April 24    |
| June 24 – 26     | June 26     |
| August 26 – 28   | August 28   |
| October 21 – 23  | October 23  |
| December 9 – 11  | December 11 |

9:00 am – 4:30 pm      12:30 pm – 4:30 pm  
In-Person (Active Duty)      Virtual Class (NG/RC Only)

For Active Duty, National Guard and Reserve Component Soldiers serving in rear detachment roles. Registration for student enrollment must be initiated by the Unit Schools NCO.

Registration required, for more information and to register, call (254) 288-2794 or Email: [usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil)

**Soldier and Family Readiness Group Training (SFRG) CY 2024**

**KEY CONTACT TRAINING**

|            |             |
|------------|-------------|
| January 24 | February 1  |
| April 25   | March 7     |
| July 24    | May 2       |
| October 23 | June 6      |
|            | August 1    |
|            | September 5 |
|            | November 7  |
|            | December 5  |

5:30 pm – 8:30 pm      8:30 am – 11:30 am  
Virtual      In-Person

Addresses the roles and responsibilities, call management and expectations of Key Contact volunteers through scenarios and resource discussion.

**COMMAND TEAM TRAINING (COTM/1500)**

|            |              |
|------------|--------------|
| January 10 | July 10      |
| February 7 | August 7     |
| March 6    | September 11 |
| April 3    | October 2    |
| May 2      | November 6   |
| June 4     | December 4   |

9:00 am – 12:00 pm  
Virtual

Addresses partnership roles, reviews funding basics, volunteer management and recruiting concepts.

**INFORMAL FUND CUSTODIAN**

|              |             |
|--------------|-------------|
| January 10   | February 7  |
| March 6      | April 10    |
| May 8        | June 12     |
| July 10      | August 14   |
| September 11 | October 9   |
| November 13  | December 11 |

5:30 pm – 8:30 pm      8:30 am – 11:30 am  
Virtual      Virtual

Highlights fundraising do's, don'ts and responsibilities.

Fort Cavazos Army Community Service  
Mobilization, Deployment & Stability Support Operations (MD&SSO)  
For more information and to register, call (254) 288-2794 or Email: [usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil)

Fort Cavazos Army Community Service - Mobilization, Deployment & Stability Support Operations (MD&SSO)

# RESILIENCE SKILLS

Learn skills that will help you adapt to the everyday ups and downs of military life.

**1st & 2nd Thursday of Each Month**  
10:00 a.m. - 11:30 a.m.

Open to All DoD ID Cardholders

For more information and to Register call: (254) 288-2794 or Email: [usarmy.cavazos.imcom-fmwrc-list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc-list.sfrb@army.mil)

Signs and symptoms of stress  
Stress management techniques  
Anger and conflict management

Open to All DOD ID Card Holders

# Financial Readiness Workshops

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

2nd Tuesday  
Saving & Investing, 1:30 - 3:00 pm

Class times and locations are subject to change. Call for details.

Army Community Service (ACS)  
Financial Readiness Branch (FRB)  
254-287-2489

Fort Cavazos 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 2nd & 4th Wednesday of every month,  
9:30 a.m. - 11:30 a.m.

To Register:  
Call: (254) 286-6774 / 288-2092 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

Fort Cavazos 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 2nd Wednesday of every month,  
9:00 a.m. - 4:00 p.m.

To Register:  
Call: (254) 286-6774 / 288-2092 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

ACS - Family Advocacy Program

# Family Violence Prevention Training

Soldiers are required to attend one 90-minute training session per fiscal year. Family members and DA Civilians are encouraged to attend.

Classes are held **Tuesdays**  
9:30 a.m. - 11:00 a.m. or 1:30 p.m. - 3:00 p.m.  
Palmer Auditorium Bldg. 334, 31st Street

Additional training dates and locations are available upon Unit / Agency request

For information and to register call: (254) 286-6774 / 288-2092 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

Open to all DOD ID Card Holders

# Stress, Anger & Conflict Management Workshop

2nd & 4th Thursday of every month  
9:00 a.m. - 4:30 p.m.

Registration Required

To Register: Call: (254) 618-7827 / 288-2092 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

Open to All DOD ID Card Holders

# CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

More Than 90% of car seats are not used correctly!  
How confident are you?  
Make sure your child is riding safely.

2nd & 4th Friday of every month,  
9:00 a.m. - 12:00 p.m.

To schedule an appointment, please call (254) 287-6505 / 288-2092 / 287-1763 or email [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

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

Army Community Service / Family Advocacy Program

# EXPECT RESPECT

A school-based program for Preventive Teen Dating Violence, Promoting Safe and Healthy Relationships in Middle and High School

- Healthy Dating Skills
- Dating Pressures
- Safe & Healthy Emotional Relationship
- Preventing Dating Violence
- Communication Skills

Prevention based awareness education for students, parents, teachers, and school administrators.

Fort Cavazos Army Community Service - Family Advocacy Program

# Active Parentteen

You & your Teen

Come and enhance your ability to guide your teen through their challenges. Additionally, this class will provide you teen with skills to effectively manage the challenges of adolescence and make them more capable of making good decisions.

Motivational Parenting  
Understanding Peer Pressure  
Internet Information Safety  
Behavior Modification  
Effective Parenting Styles  
Self-Esteem Issues

Classes are held 1st & 3rd Thursday every month  
9:00 a.m. - 11:00 a.m.

People First Center, Bldg. 4501, Rm. 219  
565th St.

For more information call: (254) 286-6774 / 288-2092 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

Fort Cavazos Army Community Service - Family Advocacy Program

# Preparing for Marriage

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

All DOD ID Cards Holders  
First Wednesday of Each Month  
9:00 a.m. - 4:00 p.m.

- 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 decisions
- Recognize the importance of support systems

To register, call (254) 286-6774 / 288-2092 or email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

Army Community Service / Family Advocacy Program

# Blended Families Workshop

Education and support for any family

1st and 3rd Thursday of Each Month  
9:00 am - 12:00 pm

Topics include:

- Defining family member roles
- Navigating relationships or marriage
- Strategies for overcoming everyday challenges
- Building healthy connections and loving bonds

For more information and to register, call (254) 286-6774 or 288-2092 or email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

Army Community Service Family Advocacy Program

# BOOT CAMP

For New and Expectant Dads

This class educates new and expectant fathers on parental roles and responsibilities, and helps them develop strategies to adopt and cope with a new baby. Boot Camp is an interactive workshop for Dads only. Hooah!

Some of the topics to be covered are:

- Introduction to pregnancy and lifestyle changes
- Effective strategies for helping mom and baby
- Basic infant care and bonding for dads
- Shaken Baby Syndrome prevention
- Coping strategies for crying infants and small children

For more information and to register: Call the New Parent Support Program (254) 287-2286

Individuals who require assistance or accommodations due to a disability, please contact the New Parent Support Program office at 254-287-2286

Open to Military Families with Children 0-3 years old

Army Community Service/Family Advocacy Program  
New Parent Support Program

# EXPLORE LEARN & PLAY

- Educational, fun activities for children
- Interactive play capitalizing on developing social and motor skills
- Opportunity for parents to network, learn and share experiences

**Wednesdays**  
9:30 am - 11:00 am

Bronco Youth Center  
Bldg. 6602 Tank Destroyer Blvd

For more information call: (254)287-2286

Army Community Service Family Advocacy Program  
New Parent Support Program

# Shaken Baby Syndrome Class

2nd & 4th Tuesday of every month  
11:00 am – 11:30 am

The Shaken Baby Syndrome prevention education class is mandatory for all new parents and must be completed either prior to delivery or at discharge from Carl R. Darnall Army Medical Center. Must be 32 weeks or beyond in the pregnancy to take the class!

For more information and to register call (254) 287-2286

Individuals who require assistance or accommodations due to a disability, please contact the New Parent Support Program office at 254-287-2286

# Calling all military families!



Military Family  
Advisory Network

## Have you recently moved to Fort Cavazos?

Need help restocking your pantry? The Military Family Advisory Network (MFAN) is here to help you settle into your new home and community.

### WHO:

Military families who have moved to Fort Cavazos in the past 90 days

### WHAT:

FREE PCS Pantry Restock Box that includes pantry staples and household goods

### HOW:

Visit one of our partner locations to sign up and receive your box!



### Armed Services YMCA

110 Mountain Lion Road  
Harker Heights, TX 76548



### Food Care Center

210 North 16th Street  
Killeen, TX 76541



### The Steven A. Cohen Military Family Clinic at Endeavors

1103 W Stan Schlueter Loop, Bldg A, Ste. 100  
Killeen, TX 76549

Made possible in part by:



Walmart  org

Find additional pick up locations at  
[mfan.org/thenetwork](https://mfan.org/thenetwork)





**THE**  
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for Military Kids

# With You All the Way!

## DEALING WITH DEPLOYMENT



The **With You All the Way (WYATW)! Dealing With Deployment Program** was developed to address common issues that children ages 6 and up experience when a family member is deployed. Two million children have experienced at least one parent's deployment and many families are separated for several years due to multiple deployments.

The **Comfort Crew** wants military kids to know they are not alone. Our mission is to provide programs and resources to help military kids and their family connect and build resiliency in the face of extraordinary challenges.

The Deployment Kit can be requested online at [www.comfortcrew.org/resources](http://www.comfortcrew.org/resources). Once the information has been verified and approved, the Comfort Kit will be shipped directly and at no cost to the military family.

### WYATW! DEPLOYMENT PROGRAM INCLUDES:

- A WYATW! Deployment Kit full of resiliency building strategies: access to an animated movie to let kids know they aren't alone, a journal to express their feelings, a family guidebook for parents, a plush bear to provide comfort and companionship, and items designed to keep the family connected
- Follow up support every 45 days throughout the deployment cycle: video on how to most effectively utilize the kit components, survey for collecting data on our impact, coloring pages, and other recommended resources
- Information on our follow up resource prior to returning from deployment
- Access to the Comfort Crew Academy, our new virtual learning and resiliency platform for military kids and their parents. <https://academy.comfortcrew.org>

### KEY NUMBERS

- 2 Million: Children Affected
- 400 Thousand: Children Served
- 4: The average number of deployments per family
- The overwhelming majority of survey participants indicated that the deployment kit was helpful (98%) and that they would recommend The Comfort Crew to a friend or family member (99%).



### TESTIMONIAL

"My step-daughter has been very depressed since her dad was deployed. You comforted her, listened to her, and gave her a few tips on how to deal with her feeling instead of being bullied by them. She immediately wrote her dad and planned what they were going to do when he comes back. Thank you, thank you, thank you." — Military Spouse



**The Taking Care of You (TCOY)! Support for Kids of Injured Heroes Program** was developed to address common issues that children ages 6 and up experience when a family member returns from a deployment with a visible and/or invisible injury. The children of these wounded warriors often do not have the tools to express their feelings about their parent's injuries.

**The Comfort Crew** wants military kids to know they are not alone. Our mission is to provide programs and resources to help military kids and their family connect and build resiliency in the face of extraordinary challenges.

The Taking Care of You! Support for Kids of Injured Heroes Kit can be requested online at [www.comfortcrew.org/resources](http://www.comfortcrew.org/resources). Once the information has been verified and approved, the Comfort Kit will be shipped directly and at no cost to the military family.

## TCOY! SUPPORT FOR KIDS OF INJURED HEROES PROGRAM INCLUDES:

- A Taking Care of You! Kit full of resiliency building strategies: access to an animated movie to let kids know they aren't alone, a journal to express their feelings, a family guidebook for parents, and a plush mouse to provide comfort and companionship.
- Follow up support every 45 days for a year following the delivery of the kit: Video on how to most effectively utilize the kit components, Survey for collecting data on our impact, coloring pages, and other recommended resources.
- Access to the Comfort Crew Academy, our new virtual learning and resiliency platform for military kids and their parents. <https://academy.comfortcrew.org>

## KEY NUMBERS

- 2.3 Million Hidden Helpers: children and youth who live in homes with wounded, injured, or ill service members and veterans.
- 20 Thousand: Children Served with TCOY! Comfort Kits
- The overwhelming majority of survey participants indicated that the TCOY Kit was helpful (84%) and that they would recommend The Comfort Crew to a friend or family member (96%).



## TESTIMONIAL

"My dad was gone three times and I felt like he did not know us his family. I sometimes got so sad it hurt inside because it feels like he is not my same dad. But I promise your movie helped a lot. I wrote my ideas down in my journal and my dad read it and you know what he cried. And when he cried I knew that he cared and I felt so much better to know that he got his feelings back and I got my daddy back." -Delissa

[www.comfortcrew.org](http://www.comfortcrew.org) . (512) 372-8359 . @thecomfortcrew



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**Together Again!**  
Helping military families reconnect



**The Together Again (TAGN)! Helping Military Families Reconnect Program** was developed to address common issues that children ages 6 and up experience when a family member is deployed and then returns home. After a prolonged separation everyone has changed! Learning how to live together again and function as a family does not happen automatically.

**The Comfort Crew** wants military kids to know they are not alone. Our mission is to provide programs and resources to help military kids and their family connect and build resiliency in the face of extraordinary challenges.

The Together Again! Helping Military Families Reconnect Kit can be requested online at [www.comfortcrew.org/resources](http://www.comfortcrew.org/resources). Once the information has been verified and approved, the Comfort Kit will be shipped directly and at no cost to the military family.

## **TOGETHER AGAIN! HELPING MILITARY FAMILIES RECONNECT PROGRAM INCLUDES:**

- A Together Again! Kit full of resiliency building strategies: access to an animated movie to let kids know they aren't alone, a journal to express their feelings, a family guidebook for parents, and a plush bear to provide comfort and companionship.
- Follow up support every 45 days for a year following the delivery of the kit: Video on how to most effectively utilize the kit components, Survey for collecting data on our impact, coloring pages, and other recommended resources.
- Access to the Comfort Crew Academy, our new virtual learning and resiliency platform for military kids and their parents. <https://academy.comfortcrew.org>

## **KEY NUMBERS**

- 2 Million Children Affected
- 20 Thousand: Children Served with TAGN Comfort Kits
- The overwhelming majority of survey participants indicated that the TAGN Kit was helpful (89%) and that they would recommend the Comfort Crew to a friend or family member (99%).



## **TESTIMONIAL**

"It helped her to realize that she had feelings and questions that were ok to ask and have answered. It gave us good things to talk about and bring up. We really enjoyed it!"

-Military Spouse

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Helping  
**Military Children**  
Handle Loss



**The Helping Military Children Handle Loss Program** was developed to address common issues that children ages 6 and up experience when there is a death in the family. We want military children who have suffered a loss to receive the support necessary to not only cope with their loss but thrive in the aftermath. This program aims to help military children feel connected and supported during this difficult time.

**The Comfort Crew** wants military kids to know they are not alone. Our mission is to provide programs and resources to help military kids and their family connect and build resiliency in the face of extraordinary challenges.

The Memory Box can be requested online at [www.comfortcrew.org/resources](http://www.comfortcrew.org/resources). Once the information has been verified and approved, the Comfort Kit will be shipped directly and at no cost to the military family.

## HELPING MILITARY CHILDREN HANDLE LOSS PROGRAM INCLUDES:

- A Memory Box full of resiliency building strategies: access to an animated movie to let kids know they aren't alone, a journal to express their feelings, an award-winning book, "What On Earth Do You Do When Someone Dies?", a family guidebook for parents, and a plush mouse to provide comfort and companionship..
- Follow up support every 45 days for a year following the delivery of the kit: Video on how to most effectively utilize the kit components, Survey for collecting data on our impact, coloring pages, and other recommended resources.
- Access to the Comfort Crew Academy, our new virtual learning and resiliency platform for military kids and their parents. <https://academy.comfortcrew.org>

## KEY NUMBERS

- Over 7 Thousand Active Duty Members have died in war since 9/11
- 17: Suicides a Day of Veterans
- 20 Thousand: Children Served with Grief Kits
- The overwhelming majority of survey participants indicated that the Memory Box was helpful (80%) and that they would recommend The Comfort Crew to a friend or family member (80%).



## TESTIMONIAL

"It is an excellent source of information to assist them through this very difficult time in their life." -Harvey, SOS Support Coordinator

"It explains grief in a way that kids understand and gives parents confidence they are saying the right thing."-Parent