### **III ARMORED CORPS**

III Armored Corps :: U.S. Army Fort Hood



### **III ARMORED CORPS PHANTOM FORGE CENTER**

**III Armored Corps Phantom-Forge-Center** 



### **III ARMORED CORPS INSPECTOR GENERAL (IG)**

<u>Inspector General :: III Armored Corps & Fort Hood</u> (army.mil)



### **ARMY COMMUNITY SERVICE**

ACS :: Ft. Hood :: US Army MWR



### **AMERICAN RED CROSS**

<u>Heart of Texas Chapter | Central & South Texas Region |</u>
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 Hood TX Housing | Cavalry Family Housing | Fort Hood TX (cavalryfh.com)



### **CHILD & YOUTH SERVICES (CYS)**

CYS :: Ft. Hood :: US Army MWR



### **CRIMINAL INVESTIGATION DIVISION (CID)**

**Army CID Home** 



### **DeCA CLEAR CREEK COMMISSARY**

Fort Hood - Clear Creek | Commissaries



### **DeCA WARRIOR WAY COMMISSARY**

Fort Hood - Warrior Way | Commissaries



### **DENTAL COMMAND (DENTAC)**

<u>Carl R. Darnall Army Medical Center > Health Services > Dental (tricare.mil)</u>



# DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION

Home :: Ft. Hood :: US Army MWR



### **DIRECTORATE OF HUMAN RESOURCES (DHR)**

Directorate of Human Resources :: U.S. Army Fort Hood



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

<u>Directorate of Plans, Training, Mobilization & Security :: U.S. Army Fort Hood</u>



### **DIRECTORATE OF PUBLIC WORKS**

Directorate of Public Works :: U.S. Army Fort Hood



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

Education Services Division :: U.S. Army Fort Hood



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

Equal Employment Opportunity Program :: U.S. Army Fort Hood



#### **EXCHANGE**

Shopmyexchange.com



### **FISHER HOUSE**

<u>Texas: Carl R. Darnall Army Medical Center - Fisher House</u>
<u>Foundation</u>



# FORT CAVAZOS STANDALONE NETWORK ENTERPRISE CENTER (NEC)

Fort Hood Standalone Network Enterprise Center :: U.S. Army For Enterprise Center



### **GARRISON CHAPLAIN OFFICE**

Religious Support Office :: U.S. Army Fort Hood



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

Installation Transportation Office :: U.S. Army Fort Hood



### Fort Hood Community Information Sheet

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

Office of the Staff Judge Advocate :: III Armored Corps & Fort Hood (army.mil)



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

Public Affairs Office :: U.S. Army Fort Hood



### TRANSITION ASSISTANCE PROGRAM

<u>Transition Assistance Program :: U.S. Army Fort Hood</u>



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

**USO Fort Hood** 



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: <a href="mailto:usarmy.hood.id-readiness.list.community-services-council@army.mil">usarmy.hood.id-readiness.list.community-services-council@army.mil</a>

# ROAD to Resilience: A DBT Group



# Regulation, Observation, Acceptance, Dialectics

TUESDAY, 9/2 5:30 - 7:30 P.M.

ROAD to Resilience is a DBT (Dialectical Behavior Therapy) group designed to help participants build emotional strength and self-awareness. Through structured DBT-informed skills and support, participants will explore tools for greater emotional balance, healthier relationships, and a more grounded sense of self.

- 3 modules total; each module runs for 4 weeks
- Clients are not required to complete all three modules
- Sessions start on the first Tuesday of each month, beginning September 2, 2025
- In-person at the Cohen Clinic at Endeavors, Killeen
- 1103 West Stan Schlueter Loop, Bldg A, Ste 100, Killeen, TX 76549

## **CONTACT US TO LEARN MORE**



# **Parenting STAIR**

Adapting a Trauma-Focused Parenting Intervention for Military-Connected Mothers and Their Children

Do your everyday problems bring about strong feelings that get in the way of being the kind of parent you want to be? It's okay to ask for help!

### What is the Parenting STAIR, or PSTAIR, study?

Our study team is partnering with the **Steven A. Cohen Military Family Clinic at Endeavors** to assess PSTAIR, a promising evidence-based treatment that aims to help military-connected mothers manage feelings of overwhelm, distress, or anger that sometimes come up in daily life after experiencing something difficult or stressful. The goal is to help moms better connect with their young children and manage their behavior effectively.



### Where does the PSTAIR study take place?

PSTAIR study treatments will be delivered at the **Cohen Clinic at Endeavors**, **Killeen**, which provides in-person and virtual high-quality, accessible, and integrated mental health care to veterans, active duty service members (with a TRICARE referral), and military families. It is part of the Cohen Veterans Network, a national not for profit organization serving veterans and military families across the U.S.



The Steven A. Cohen Military Family Clinic at Endeavors 1103 West Stan Schlueter Loop, Building A, Suite 100 Killeen, TX 76549 254-213-7847

www.endeavors.org/cohen-clinic-killeen

## What would participation involve?

- 12-16 weekly treatment sessions with a Cohen Clinic at Endeavors provider, including some in which your child may be present
- Three 1-hour online assessments with the study team and three 15-30-minute online observed play sessions with your child
- Compensation of up to a total of \$150 in Amazon gift cards for completing assessments and observed play sessions

### **Eligible moms:**

- Are service members/ veterans or spouses of service members/veterans
- Have a child ages 2-10
- Speak and understand English or Spanish
- Have difficulties related to stressful life experiences in their past

Interested?
Contact the Cohen
Clinic at Endeavors at
254-213-7847
to find out if PSTAIR
might be a good
fit for you and
your family

### **HELPFUL ACS NUMBERS**

ACS Volunteer Program / Army Volunteer Corps (AVC) 287-8657 / 287-2327

Army Emergency Relief (AER) Emergency Financial Assistance 553-3101 / 553-3102

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

Employment Readiness Program (ERP) 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 / 288-2092

Family Assistance Center (FAC) 288-7570

Financial Readiness Branch (FRP)
Financial Counseling and
Management Classes

287-CITY (2489) / 288-6868

Military Family Life Counseling (MFLC) Non-Clinical Counseling 553-4705

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

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

Soldier and Family Assistance Center (SFAC) 286-5768

Survivor Outreach Services (SOS) 288-9533 / 553-0376

Commanding General (CG) Hotline

Reporting Domestic Violence or Child Abuse

Assistance for Victims of Domestic Violence

Suicide Prevention

Sexual Harassment / Sexual Assault (SHARP)

**EO and Harassment Hotline Veterans Crisis Line** 

Housing / Barracks Life / Health / Safety Hotline

Duty Chaplain Hotline

254-618-7486

254-287-CARE (2273) National 800-422-4453

254-702-4953

National 800- 799-7233

National 800- 273-8255 or Dial 988

254-319-4671

National 877-995-5247 254- 291-5717

National 800-273-8255 (press 1)

(51633 1)

234-200-1137

254-289-2531

### **ACS LOCATIONS**

24/7 HOTLINES

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



## FORT HOOD ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

# TRAINING AND OUTREACH INITIATIVES SEPTEMBER 2025



Your Connection to Community Information



FOLLOW US ON

https://hood.armymwr.com/categories/community-support https://www.ArmyMWR.com/acs www.militaryonesource.mil

287-4ACS (4227)



1-800-342-9647 DIGITAL TRAINING



### First Tuesday of Each Month

9:00 am - 12:00 pm

#### 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







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





Army Community Service

2nd & 4th Tuesday

of every month

11:00 am - 11:30 am

Family Advocacy Program

**New Parent Support Program** 

**Topics Include** 

· Burping · Umbilical cord care

Bathing • Diapering and changing • Soothing Techniques for the crying infant

Infant feedings and feeding schedules



**Shaken Baby** 

Syndrome

to take the class!

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

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

the New Parent Support Program office at 254-287-2286





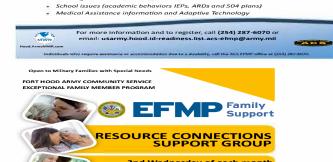






# MONTHLY WORKSHOP

#### Topics to be covered are:



- 2nd Wednesday of each month
- This is for parents/children who have a disability and have desired to make con-with others and share their knowledge.



**OPEN TO** SINGLE SOLDIERS



#### 1st Thursday of Each Month

2:00 p.m. - 3:00 p.m. Upon Request

Learn what to look for in a relationship and what relationship red flags you should

Coping Skills | Jealousy

A school-based program for Preventive Teen Dating Violence, Promoting Safe

Preventing Dating Violence

call (254) 618-7586 / 288-2092 or

Communication Skills •

and Healthy Relationships in Middle and High School

Safe & Healthy Emotional Relationship

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

Healthy Dating Skills

Dating Pressures

Dating Pressures Relating to People

Assertive Communication

For more information: call (254) 286-6774, 288-2092 or email: usarmy.hood.id-readiness.list.acs-fap-training@army.mil



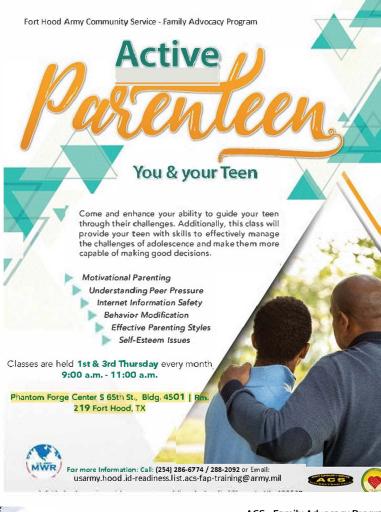














### ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

• Essential Knowledge & Tools: Learn how to protect your personal information eff



Tips and strategies for purchasing a car in inflationary and recessionary times

. 26 Mar 2025 . 28 May 2025

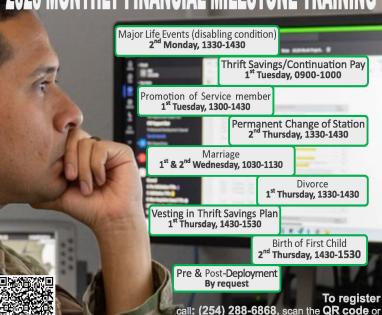
. 20 November 2025

. 27 August 2025

2:00 pm - 3:00 pm

Shoemaker Center Building 36000, 2nd Floor, Room N212

# 2025 MONTHLY FINANCIAL



Financial Planning for Initial Permanent Change of Station - Soldiers (E1 to E4 & O-1 to O-3) learn, develop and manage spending plans and credit while examining impacts of special pay and entitlements associated with a change in duty station. esting in Thrift Savings Plan (TSP) - Soldiers will learn how to manage and update their TSP account and vesting. tion Pay - Soldiers under the Blended Retirement System (BRS) who are currently eligible or within 12 months of receiving Continuation Pay will learn the components of BRS, importance of planning for retirement & how to calculate continuation pay.

: usarmy.hood.id-readiness.list.acs-frb@army.mil

Shoemaker Center, Bldg. 36000, 2nd Floor, Room 212

Promotion of Service member - (E-5 & below or 0-4 & below) learn how income changes related to promotion, options for increased income, updating spending plan, effect on TSP contributions and reevaluating financial goals. Marriage, divorce, birth of first child) - Soldiers will learn how to update DEERS, check their LES for accuracy, update spending plan, address TRICARE concerns, and how to access additional resources

Major Life Events (disabling condition) - Soldiers will learn how to address the financial implications of dealing with a disabling sickness or conditions and gain insight to manage their finances more efficie Pre & Post Deployment - Soldiers will learn importance of creating and managing spending plans for pre & post

deployment, as well as Servicemembers Civil Relief Act and how to protect their credit with credit fre raining can be completed online at the Army Family Web Portal (AFWP); https://olms.armyfamilywebportal.com









Individuals who may require assistance or special accommodations due to disability, call (ACS) FRP at 254-287-2489

### Fort Hood **Employment**Readiness PROGRAM







Learn specific skills that help advance personal development

Military Life...What Does It Mean?

Exploring Personality Traits
Successful Team Dynamics

- Winning at Time Management - Examining your Leadership Style

Effective Communication for Leaders Supporting Others through Coaching and Mentoring Registration Required 1 Level I: Military Knowledge (K) Discover how to

ecipher Army acronyms, utilize community resource attain better financial readiness, and understand the goal and impact of the Army mission on daily life

2 Level II: Personal Growth and Resiliency (G)
Discover how teams form and grow, how to solve problems, and how to resolve personal conflict.

3 ▶ Level III: Leadership Development (L) Thrive in Level III: Leadership Development (L) Inrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership

> AFTB Train the Trainer (TTT) Volunteers help administer the program and teach classes. Get training on platform skills, the adult learner and









Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT TRAINING CY 2025

This training provides step-by-step instruction on how to use VMIS to track

10:00 am - 11:30 am

January 14 & 28 May 13 & 27 February 11 & 25 June 10 & 24

March 11 & 25 July 8 & 22

September 9 & 23 October 14 & 28 November 18

December 2 & 16

For more information and to register, call (254) 287-2327, 287-8657 or Email: usarmy.hood.id-readiness.list.avc@army.mil

August 12 & 26



April 8 & 22



**ARMY FAMILY ACTION PLAN** 

Change begins with you

IT'S TIME TO SUBMIT YOUR IDEAS!



the current environment. Leaders trust and support the AFAP Process it provide real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas and guides policy formation

### TRANSFERABILITY OF MONTGOMERY GI BILL (MGIB) 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.

TRAUMATIC BRAIN INJURY (TBI) REHABILITATION PROGRAM

IN-STATE COLLEGE TUITION

AUDIO / VISUAL SURVEILLANCE IN CHILDCARE CENTERS

AVAILABILITY OF AUTHORIZED TRICARE PROVIDERS

FEDERAL EMPLOYMENT MILITARY SPOUSE PREFERENCE

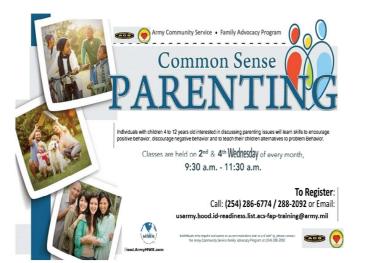


For Additional information call (254) 287-1127 or email: usarmy.id.readiness-fmwrc.list.acs-afap@army.mil

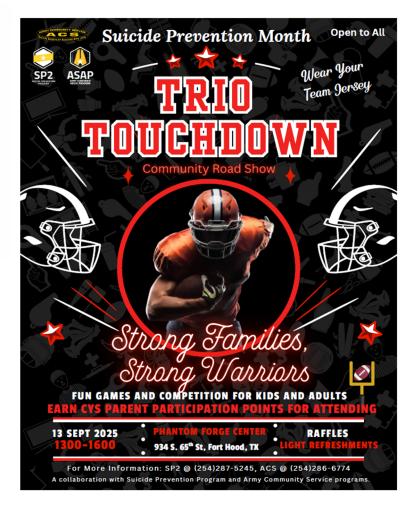
















- ξ Educational, fun activities for children
- ξ Interactive play capitalizing on developing social and motor skills
- ξ Opportunity for parents to network, learn and share experiences

# Wednesdays

For more information call: (254)287-2286

9:30 am - 11:00 am

**Bronco Youth Center** Bldg. 6602 Tank Destroyer Blvd

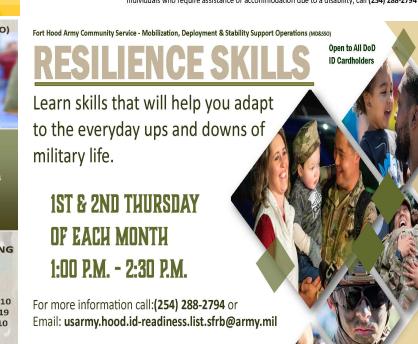








Individuals who require assistance or accommodation due to a disability, call (254) 288-2794



Individuals who may require assistance or special accommodations due to

disability, contact (ACS) MDSSO at (254) 288-2794