

# Fort Cavazos Community Information Sheet

## III ARMORED CORPS

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



## III ARMORED CORPS PHANTOM FORGE CENTER

[III Armored Corps Phantom-Forge-Center](#)



## 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 \(armymwr.com\)](#)



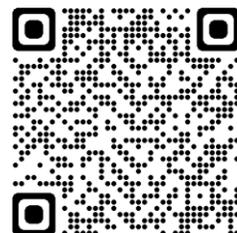
## CARL R. DARNALL ARMY MEDICAL CENTER

[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](#)



## [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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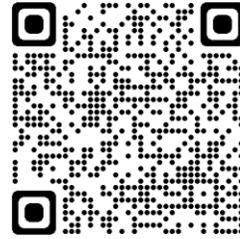
## [OFFICE OF THE STAFF JUDGE ADVOCATE \(SJA\)](#)

[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) 553-1593 or e-mail: [usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil)

## 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 / 286-6775

**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

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



# FORT CAVAZOS ARMY COMMUNITY SERVICE

*Real-Life Solutions for Successful Army Living*

## TRAINING AND OUTREACH INITIATIVES

# JUNE 2025



*Your Connection to Community Information*

## 287-4ACS (4227)

<https://cavazos.armymwr.com/categories/community-support>

<https://www.ArmyMWR.com/acs>

[www.militaryonesource.mil](http://www.militaryonesource.mil)

1-800-342-9647



SCAN ME

FOLLOW US ON FACEBOOK



SCAN ME

DIGITAL TRAINING AND OUTREACH INITIATIVES



Army Community Service  
Family Advocacy Program

# BOOT CAMP

For New and Expectant Dads

**First Tuesday of Each Month**  
9:00 am - 12:00 pm

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 disability, please contact the New Parent Support Program office at 254-287-2286

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-fmwrc.list.acs-npsp@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.acs-npsp@army.mil)

Individuals who require accommodation due to disability, please contact ACS FAP, NPSP

Army Community Service  
Family Advocacy Program  
New Parent Support Program

# Shaken Baby Syndrome Class

2<sup>nd</sup> & 4<sup>th</sup> 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 disability, please contact the New Parent Support Program office at 254-287-2286

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.id-readiness.list.acs-efmp@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-efmp@army.mil)

Open to Military Families with Special Needs

# FORT CAVAZOS ARMY COMMUNITY SERVICE EXCEPTIONAL FAMILY MEMBER PROGRAM

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

EFMP Family Support  
MONTHLY WORKSHOP

3<sup>rd</sup> Thursday of each month  
9:30 a.m. – 11:00 a.m.

For more information and to register, call (254) 287-6070 or email: [usarmy.cavazos.id-readiness.list.acs-efmp@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-efmp@army.mil)

Individuals who require assistance or accommodation due to a disability, call the ACS EFMP office at (254) 287-6070.

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 have desired to make connections with others and share their knowledge.
- Obtain information through classes and Subject Matter Experts (SME) guest speakers.
- Connect with EFMP Staff for information and resources.

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

Individuals who require assistance or accommodation due to a disability, please call the ACS EFMP office at (254) 287-6070.

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

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

For dates, location 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)

Individuals who require assistance or accommodation due to a disability, call (254) 288-2094

Open to all  
DOD ID Card Holders

# Stress, Anger & Conflict Management Workshop

2<sup>nd</sup> & 4<sup>th</sup> Thursday of every month  
9:00 a.m. – 4:30 p.m.  
Registration Required

Army Community Service / Family Advocacy Program

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

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

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)

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

Victims of Domestic Violence

24/7 Hotline  
254-702-4953

OPEN TO SINGLE SOLDIERS

# EXPECT RESPECT

DATING VIOLENCE PREVENTION EDUCATION FOR SINGLE SOLDIERS

1<sup>st</sup> 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
- Dating Pressures
- Relating to People
- Assertive Communication

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)

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.

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)

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

## ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

# IDENTITY THEFT and SCAMS Workshop

*"Knowledge is Security. Take Control of Your Personal Information!"*

- Essential Knowledge & Tools:** Learn how to protect your personal information effectively.
- Identity Theft Awareness:** Understand the risks and recognize warning signs.
- Actionable Safeguards:** Discover practical steps to prevent identity theft.
- Recovery Strategies:** Proven methods to regain control if you ever fall victim.

**MS TEAMS**  
**6:00 pm - 7:00 pm**

**24 June 2025**  
**26 August 2025**  
**25 November 2025**

For more information and to register call: **254-287-6831** or email: [usarmy.cavazos.id-readiness.list.acs-frb@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-frb@army.mil)

**OPEN TO ALL DOD ID CARD HOLDERS**

## Financial Readiness Workshops

Open to All DOD ID Card Holders

**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 and investing, 1:30-3:00pm  
Classes, times, and locations are subject to change. Call for details.

Army Community Service (ACS)  
Financial Readiness Program (FRP)  
**254-287-2489**

Shoemaker Center, Bldg. 36000, 2nd Floor, Room N212

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

## Fort Cavazos Financial Readiness Program (FRP)

# 2025 MONTHLY FINANCIAL MILESTONE TRAINING

Major Life Events (disabling condition)  
**2<sup>nd</sup> Monday, 1330-1430**

Thrift Savings/Continuation Pay  
**1<sup>st</sup> Tuesday, 0900-1000**

Promotion of Service member  
**1<sup>st</sup> Tuesday, 1330-1430**

Permanent Change of Station  
**2<sup>nd</sup> Thursday, 1300-1430**

Marriage  
**2<sup>nd</sup> & 3<sup>rd</sup> Wednesday, 1030-1130**

Divorce  
**1<sup>st</sup> Thursday, 1330-1430**

Vesting in Thrift Savings Plan  
**1<sup>st</sup> Thursday, 1430-1530**

Birth of First Child  
**1<sup>st</sup> Thursday, 1430-1530**

Pre & Post-Deployment  
By request

To register call: **(254) 288-6868**, scan the QR code or email: [usarmy.cavazos.id-readiness.list.acs-frb@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-frb@army.mil)  
Shoemaker Center, Bldg. 36000, 2nd Floor, Room 212

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. Vesting in Thrift Savings Plan (TSP) - Soldiers will learn how to manage and update their TSP account and vesting. Continuation 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. Promotion of Service member - (E-5 & below or O-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 efficiently. 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 freezes. Training can be completed online at the Army Family Web Portal (AFWP): <https://olms.armyfamilywebportal.com>

Individuals who require assistance or special accommodations due to disability, call (254) 288-6868

## Fort Cavazos Employment Readiness Program

# THE NETWORK

A Newcomers Employment Training Workshop

**Tuesdays, 9:30 am - 11:00 am**  
Shoemaker Center, Bldg. 36000  
Shoemaker Lane 2nd floor, Suite 2502

**This workshop offers up-to-date information on employment opportunities, job market trends, education, career exploration and volunteer resources.**

For more information, call **(254) 288-2089** or Email: [usarmy.cavazos.id-readiness.list.acs-erb@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-erb@army.mil)

Where Career Success Begins

## Fort Cavazos Employment Readiness PROGRAM

### 2025 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, structure, and create detailed content for your Federal Resume.

**10:00 am - 11:30 am**

Jan 15	May 7, 21	Sep 3, 17
Feb 5, 19	Jun 4, 18	Oct 1, 15
Mar 5, 19	Jul 2, 16	Nov 5, 19
Apr 2, 16	Aug 6, 20	Dec 3, 17

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

Shoemaker Center, Bldg. 36000  
Shoemaker Ln. 2nd Floor

For information and to register, call **(254) 288-2089** or Email: [usarmy.cavazos.id-readiness.list.acs-erb@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-erb@army.mil)

Individuals who require assistance or accommodation due to a disability, contact ACS ERP at (254) 288-2089

## ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

# CAR BUYING WORKSHOP

OPEN TO ALL DOD ID CARD HOLDERS

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

**26 Mar 2025**

**28 May 2025**

**27 August 2025**

**20 November 2025**

**2:00 pm - 3:00 pm**

**Shoemaker Center**  
**Building 36000, 2nd Floor, Room N212**

For more information and to register, call: **254.288.6868** or email: [usarmy.cavazos.id-readiness.list.acs-frb@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-frb@army.mil)

## ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

# HOME BUYING Workshop

OPEN TO ALL DOD ID CARD HOLDERS

**10:00 am - 11:00 am**

**26 March 2025**

**28 May 2025**

**27 August 2025**

**Who Should Attend?**

- ✓ **First-time homebuyers**
- ✓ **Military families & veterans**
- ✓ **Anyone looking to purchase a home**

**Shoemaker Center**  
**Building 36000, 2nd Floor, Room N212**

For more information and to register, call: **254.288.6868** or email: [usarmy.cavazos.id-readiness.list.acs-frb@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-frb@army.mil)

## 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 develop Army awareness, utilize command resources, obtain letter from your address, and understand the goal and impact of the Army Mission and the role of the Army Family.
- 2) Level 2 Personal Growth and Resilience (PR) Discover how to transform and grow, how to solve problems, and how to resolve personal conflicts.
- 3) Level 3 Leadership Development (LD) Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques, learning to mentor others into leadership positions.

Contact the AFTR office for questions or for additional information: 254-287-1127 or Email: [usarmy.cavazos.incom-fmwr.list.acs-afap@army.mil](mailto:usarmy.cavazos.incom-fmwr.list.acs-afap@army.mil)

Cavazos.ArmyMWR.com

## ARMY FAMILY ACTION PLAN

Change begins with you

IT'S TIME TO SUBMIT YOUR IDEAS!

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 provides the Total Army a VOICE in shaping their 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 (MIGB) 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://lms.armyfamilywebportal.com> or scan the QR code

For Additional information call **(254) 287-1127** or email: [usarmy.cavazos.id-readiness.list.afap@army.mil](mailto:usarmy.cavazos.id-readiness.list.afap@army.mil)

## FORT CAVAZOS TRIO

Community Road Show

# "Strong Families, Strong Warriors"

**Saturday**  
**7 JUNE 25**  
**1:00 P.M. - 4:00 P.M.**

**MAIN POST CHAPEL**  
**BLDG. 320, E. Tank Destroyer BLVD.**  
**FORT CAVAZOS, TEXAS 76544**

Emphasizes the importance of balancing home and Army life. Focus on providing families with the tools to stay resilient and thrive in all aspects of life.

**Fun Games & Competitions** for kids and adults  
**Creative Arts & Crafts** to unleash your imagination  
**Team-building Challenges** to strengthen connections  
**Families can earn CYS Parent Participation Points**

For More information call **SP2 @ (254) 287-5245, ACS @ (254) 286-6774**

A collaboration with Suicide Prevention Program and Army Community Service Family Advocacy and Financial Readiness Programs

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 2<sup>nd</sup> 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)

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

Army Community Service / Family Advocacy Program

# Blended Families Workshop

Education and support for any family

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

Individuals who require assistance or accommodation due to a disability, contact the ACS FAP office at (254) 287-5066

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)

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 2<sup>nd</sup> & 4<sup>th</sup> 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)

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

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

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

Sprocket Auto Craft Center  
859-9138, at the corner of Old Ironsides Ave. & 20th Street

2<sup>nd</sup> & 4<sup>th</sup> 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)

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# Active ParentTeen

You & your Teen

Come and enhance your ability to guide your teen through their challenges. Additionally, this class will provide your 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 1<sup>st</sup> & 3<sup>rd</sup> Thursday every month 9:00 a.m. - 11:00 a.m.

Phantom Forge Center  
565th St., Bldg. 4501 | Rm. 219  
Fort Cavazos, TX

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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

Going through some things and need to talk to someone?

# Military Family Life Counselors

MFLCs are licensed professional clinicians. Non-medical counseling services are provided onsite to walk-ins, or telephonically for Military Personnel and their Families.

For assistance:  
Monday - Friday from 8am - 5pm  
Call 254-553-4705

MFLC Can HELP!!!

After 5pm or anytime Saturday and Sunday  
Military OneSource (800) 342-9647

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

## Command Team Support (2025)

### Command Family Readiness Representative (CFRR) Training

January 28 - 29	February 11 - 12	March 11 - 12	April 15 - 16	May 13 - 14	June 17 - 18	July 15 - 16	August 12 - 13	September 23 - 24	October 21 - 22	November 11 - 12
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 24 - 26	February 26
April 21 - 23	April 23
June 23 - 25	June 25
August 25 - 27	August 27
October 27 - 29	October 29
December 8 - 9	December 9

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

For Active Duty, National Guard and Reserve Component Soldiers serving in rear detachment roles. Requests 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.id-readiness.list.sfrb@army.mil](mailto:usarmy.cavazos.id-readiness.list.sfrb@army.mil)

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## CY 2025

### COMMUNITY RESOURCE COURSE

9:00 am - 2:30 pm

January 6 - 7	June 2 - 3	October 6 - 7
February 3 - 4	June 30 - July 1	November 3 - 4
March 3 - 4	August 4 - 5	December 1 - 2
April 7 - 8	September 8 - 9	

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

### CASUALTY RESPONSE (CARE) TEAM TRAINING

January 22	July 23	February 26	August 27
April 30	October 22	March 26	September 10
		May 28	November 19
		June 25	December 10

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.id-readiness.list.sfrb@army.mil](mailto:usarmy.cavazos.id-readiness.list.sfrb@army.mil)

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

# RESILIENCE SKILLS

Open to All DoD ID Cardholders

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

1<sup>ST</sup> & 2<sup>ND</sup> THURSDAY OF EACH MONTH  
1:00 P.M. - 2:30 P.M.

For more information call: (254) 288-2794 or Email: [usarmy.cavazos.id-readiness.list.sfrb@army.mil](mailto:usarmy.cavazos.id-readiness.list.sfrb@army.mil)

Individuals who may require assistance or special accommodations due to disability, contact (ACS) MDSSO at (254) 288-2794

# Soldier and Family Readiness Group Training (SFRG) CY 2025

KEY CONTACT TRAINING

January 22	February 12
April 30	March 12
July 23	May 14
October 22	June 11
	August 13
	September 10
	November 12
	December 10

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

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

VOLUNTEER TRAINING

January 8	February 12
March 12	April 16
May 7	June 18
July 9	August 20
September 10	October 22
November 12	December 17

5:30 pm - 8:30 pm Virtual | 8:30 am - 11:30 am Virtual

Identifies daily operations, practices and expectations for new Volunteers, Soldiers and Family members.

COMMAND TEAM TRAINING (CDTs/1SGs)

January 8	July 2
February 5	August 6
March 5	September 3
April 2	October 1
May 8	November 5
June 12	December 3

9:00 am - 12:00 pm Virtual

Addresses the partnership role between the command team and SFRG volunteers; reviews the basics of SFRG funding; offers volunteer management and recruiting concepts.

FAMILY READINESS ADVISOR TRAINING

February 20
May 21
August 20
November 19

9:00 am - 2:30 pm In-Person

Identifies roles and Responsibilities. Defines advisor lanes and boundaries.

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OPEN TO ACTIVE DUTY SERVICE MEMBERS, MILITARY FAMILIES, RETIREES, AND DOD CIVILIANS

# Spoken Word and the ARTS

## 27 June 2025

Samuel Adams Brewhouse, Bldg. 5782  
24th St. & Tank Destroyer  
Doors open at 4:00pm  
Show time 4:30pm - 7:00pm

Musicians, Poets, Singers, Dancer's and Rappers  
Show off your talent and bring your fans!

Open MIC ~ 18+  
No profanity, No sexual, graphic, obscene explicit or racial comments or lyrics. No abusive lyrics, hateful or intended to defame anyone or any organization.

For more information call ACS (254) 288-2794  
Scan the QR code

Individuals who require assistance or accommodations due to a disability, contact the ACS at (254) 288-2794

# Description of Services

## What makes up our virtual Intensive Outpatient Program (IOP)?

Up to 9–12 hours of treatment per week for 9-12 weeks:

- 3 hours of curated groups, 3 times per week
- 1 hour of individual therapy per week
- 1 hour of family therapy per week
- Psychiatric care and medication management as needed and where available

## What is our admissions & intake process?

- Clients receive a personalized treatment plan based on:
  - Condition
  - Age
  - Evidence-based treatment modality
  - Lived experiences
- We're also proud to offer specialized curricula for BIPOC, LGBTQIA+, and neurodivergent clients, and specialized programming for perinatal clients and the military community

## Who do we serve?

- Clients with a mental health diagnosis or co-occurring mental health/substance use disorder (SUD) diagnosis, including but not limited to:
  - Mood disorders (major depression/bipolar disorder)
  - Anxiety disorders
  - Personality disorders
  - Self-harm issues; suicidal ideation
  - Neurodivergence
  - Trauma/PTSD
  - Postpartum depression
  - Obsessive-compulsive disorder
- Clients who are stepping down from a higher level of care (e.g., ER, residential treatment, psychiatric unit)
- Clients who are stepping up from a lower-level of care (e.g., once-weekly outpatient)

## When are we available?

- Flexible scheduling, including evenings and weekends

## Which insurance plans do we accept?

- Nearly all commercial health plans, including Optum/United Healthcare, Aetna, Cigna, BCBS, TriCare, and regional/local plans
- Medicaid in states where IOP is covered
- Self-pay

## What are our evidence-based practices?

- Dialectical behavior therapy skills (DBT)
- Cognitive behavioral therapy (CBT)
- Mentalization-based therapy (MBT)
- Motivational interviewing (MI)
- Art & music therapy
- Experiential therapies
- Attachment-based family therapy (ABFT)
- Trauma-focused CBT (TF-CBT)
- and more

## Who are our clinical staff members?

- Master's-level clinicians (e.g, LCSW, LPC, LMFT)
- Psychiatrists and Nurse Practitioners
- Experiential therapists (art, movement, dance, yoga)
- Supplemental support from peer advisors and case managers

## Exclusionary criteria

- Active suicidal or homicidal ideation requiring immediate supervision in a closed setting
- Active psychosis, hallucinations, or delusions not controllable or treatable in an outpatient setting
- Active primary eating disorder requiring medical intervention
- Primary SUD diagnosis without co-occurring mental health issues

## How to get started

We're so grateful you're interested in starting the next phase of your healing journey with Charlie Health. We're here to support you with the best treatment possible for your mental health needs.

You can fill out [this quick form](#) to get started with a free assessment, or call us directly at [\(406\) 316-3700](tel:4063163700). We're here to answer your questions and help with insurance verification ASAP.



# Supporting Military Mental Health

You're not alone. We are grateful for your service.

At Charlie Health, our virtual Intensive Outpatient Program (IOP) is designed with you in mind—delivering high-quality mental healthcare wherever you are and when you need it most.

## Why choose Charlie Health?

- Personalized support for military families: Tailored therapy addressing the unique challenges of military life, from deployment to reintegration and beyond.
- No waitlists, no long commutes: Convenient, remote therapy sessions that eliminate long travel times and waiting for appointments.
- Specialized therapists: Experienced therapists who understand the mental health challenges faced by service members and their families, including PTSD, anxiety, and combat stress.
- Comprehensive care: Therapy services for service members and their families, including children, spouses, and parents, ensuring everyone gets the support they need.

## We support service members and their families with:

- Anxiety, depression, and PTSD
- Substance use disorders
- Stress and adjustment issues
- Military sexual trauma
- Suicidal thoughts

Get Started



Reach out for support:  
[www.charliehealth.com](http://www.charliehealth.com)  
(406) 316-3700  
[military@charliehealth.com](mailto:military@charliehealth.com)



# Maternal Mental Health Programming

Charlie Health is proud to offer a curated maternal mental health program for perinatal and postpartum clients. If it's harder to care for yourself and your baby than you thought it would be, we're here to help.

Our program may be right for you if you've experienced symptoms including but not limited to excessive crying spells, feeling like you're not a good mom, severe anxiety, inability to sleep, or withdrawal from family. We offer curated group and personalized individual therapy facilitated by clinicians who have worked with moms like you.

We know that you're busy, tired, and may even feel isolated. That's why we offer:

- Flexible scheduling
- Entirely virtual access
- 20+ free family support groups
- Group sessions with other new moms and parents



Reach out today:  
[www.charliehealth.com](http://www.charliehealth.com)  
(866) 491-5196  
[outreach@charliehealth.com](mailto:outreach@charliehealth.com)

