

Fort Hood Community Information Sheet

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)

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



ARMY COMMUNITY SERVICE

[ACS :: Ft. Hood :: 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 \(armymwr.com\)](#)



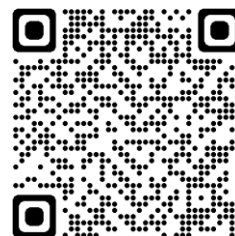
CARL R. DARNALL ARMY MEDICAL CENTER

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



CAVALRY FAMILY HOUSING

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



Fort Hood Community Information Sheet

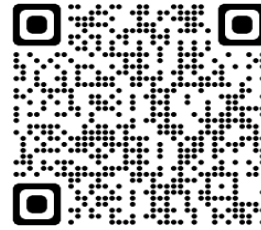
CHILD & YOUTH SERVICES (CYS)

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



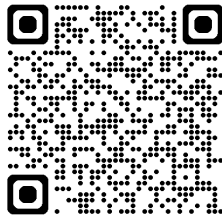
CRIMINAL INVESTIGATION DIVISION (CID)

[Army CID Home](#)



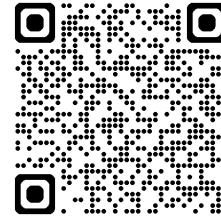
DeCA CLEAR CREEK COMMISSARY

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



DeCA WARRIOR WAY COMMISSARY

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



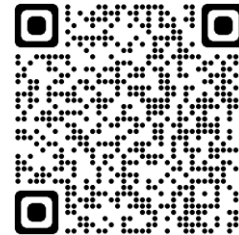
DENTAL COMMAND (DENTAC)

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



DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION

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



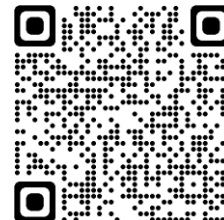
DIRECTORATE OF HUMAN RESOURCES (DHR)

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



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

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



Fort Hood Community Information Sheet

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



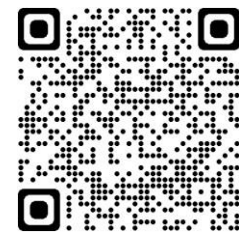
FISHER HOUSE

Texas: Carl R. Darnall Army Medical Center - Fisher House
Foundation



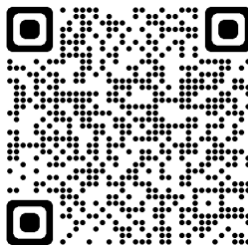
FORT HOOD STANDALONE NETWORK ENTERPRISE CENTER (NEC)

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



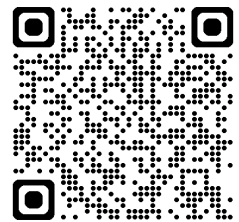
GARRISON CHAPLAIN OFFICE

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



INSTALLATION TRANSPORTATION OFFICE (ITO)

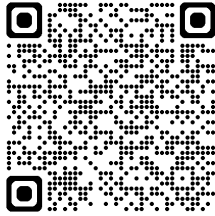
Installation Transportation Office :: U.S. Army Fort Hood



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](#)

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



[UNITED SERVICE ORGANIZATION \(USO\)](#)

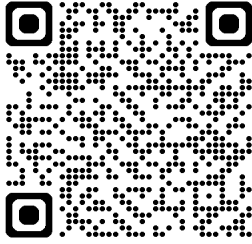
[USO Fort Hood](#)



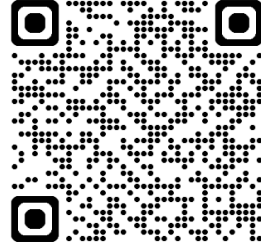
Note: Agency names and websites that appear in blue are hyperlinks. For additional information contact: Army Community Service Community Information Services at (254) 287-4471 or e-mail: usarmy.hood.id-readiness.list.community-services-council@army.mil

Community Leaders Information Sheet

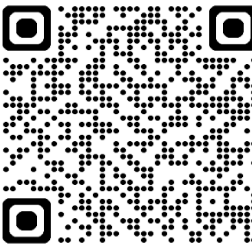
CITY OF BELTON



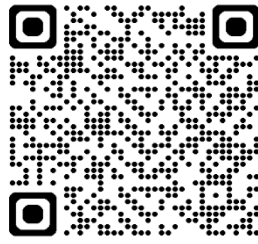
CITY OF COPPERAS COVE



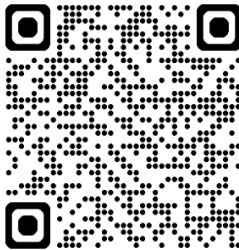
CITY OF GATESVILLE



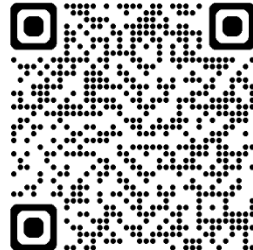
CITY OF HARKER HEIGHTS



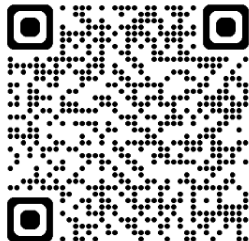
CITY OF KILLEEN



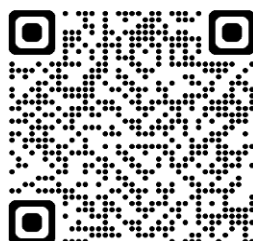
CITY OF LAMPASAS



CITY OF NOLANVILLE



CITY OF TEMPLE





Fort Hood Exchange Recruiting Office
Bldg. 49020 Santa Fe Ave.
254-532-9514

NOW HIRING

**SCAN
TO LEARN
MORE**



OR VISIT [APPLYMYEXCHANGE.COM](https://www.applymyexchange.com)



EXCHANGE



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
287-2489 / 288-6868

Military Family Life Counseling (MFLC) Non-Clinical Counseling
553-4705 / 254-287-9931

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)
254-553-2464

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)
254-206-1157

Housing / Barracks Life / Health / Safety Hotline 254-289-2531

Duty Chaplain Hotline 254-289-2531

ACS LOCATIONS

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



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

PAUSE

What's Inside Matters.



FORT HOOD ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

TRAINING AND OUTREACH INITIATIVES

OCTOBER 2026



DOMESTIC VIOLENCE AWARENESS MONTH

What's Inside Matters

You deserve to feel safe, loved and protected in your relationship and in your home. What's inside your relationship matters, and support is available.

Connect with FAP for support, resources and guidance. Reach out to your installation FAP office today and take the first step toward a safer, stronger future.

U.S. ARMY National Domestic Violence Hotline 800.799.SAFE (7233) www.armyresilience.army.mil
www.militaryonesource.mil/resources/tools/domestic-abuse-victim-advocate-locator/



DOMESTIC VIOLENCE AWARENESS MONTH

PAUSE

You Have the Power to Choose

Be mindful of your thoughts, feelings and behaviors to recognize unhealthy patterns early. Take time to pause, reflect and control your reactions before situations escalate. Build skills that support emotional resilience and healthy relationships.

FAP offers confidential tools, resources and support to help you build stronger, safer relationships. Start building a healthy, respectful path today. Contact your installation FAP office.

U.S. ARMY National Domestic Violence Hotline 800.799.SAFE (7233) www.armyresilience.army.mil
www.militaryonesource.mil/resources/tools/domestic-abuse-victim-advocate-locator/



Your Connection to Community Information

287-4ACS (4227)

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

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

www.militaryonesource.mil

1-800-342-9647



Open to all Military Personnel, Spouses, & Expectant Parents

BOOT CAMP^{FY27} for Growing Families

Are you expecting the birth
or adoption of a child?

A fun, hands-on class for
expecting parents

LEARN & PRACTICE

- Baby care basics
- Feeding & safe sleep
- Soothing and coping with crying
- What to expect after baby arrives
- Helpful Fort Hood resources
- Emotional & physical aspects of pregnancy
- Maternal & paternal mental health & warning signs



1st & 3rd Tuesday
0900-1500



Comanche Chapel
52024 Tank Destroyer Blvd
Fort Hood, TX 76544



REGISTRATION REQUIRED

254-287-2286

usarmy.hood.id-wh.list.acs-nps@army.mil

Individuals requiring assistance or accommodations due to disabilities call 254-287-2286.



Army Community Service Family Advocacy Program New Parent Support Program

CHILDREN'S CLOTHING SWAP

Children Grow Fast... Clothes Don't!

Come join us for a fun and free kids' clothing swap! Bring gently used clothes your little ones have outgrown and take home something new-to-you.

All clothes left over will be donated.

2026 CLOTHING DROP OFF

Jan 28 • Apr 15 • Oct 28	Jul 29
Bronco Youth Center	Main Post Chapel Gym
9:30am-11:00am	9:00am-11:00am

2026 SWAP SCHEDULE

Jan 30 • Apr 17 • Jul 31 • Oct 30
Shoemaker Center, Bldg 36000, Cafeteria, Basement Floor
2:00pm - 2:30pm - Swap for Donors
2:30pm - 4:00pm - Swap Open for All

DONATIONS ACCEPTED

- Clothing sizes 4T & below
- Gently Used Clothing
- Freshly Washed Clothing

ITEMS NOT ACCEPTED

- Undergarments, Socks, Shoes
- Toys or Books

Contact Us

Individuals requiring assistance or accommodations due to disability:
Call (254) 287-2286



Fort Hood 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**

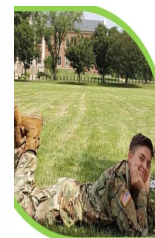
9:00 a.m. - 4:00 p.m.



Hood.ArmyMWR.com

- » 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.hood.id-readiness.list.acs-fap-training@army.mil



OPEN TO
SINGLE SOLDIERS

FORT HOOD ARMY COMMUNITY SERVICE - FAMILY ADVOCACY PROGRAM

EXPECT RESPECT

DATING VIOLENCE PREVENTION EDUCATION FOR 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
- 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



U.S. ARMY



National Domestic Violence Hotline
800.799.SAFE (7233)

www.armyresilience.army.mil

www.militaryonesource.mil/resources/tools/domestic-abuse-victim-advocate-locator/



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

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

MFLC Can HELP!!!

Victims of
Domestic
Violence

24/7 Hotline

254-702-4953



Report
Domestic Violence
or Child Abuse

24/7 Hotline

254-287-CARE (2273)



Open to all
DOD ID Card Holders

Army Community Service / Family Advocacy Program

**Stress, Anger
& Conflict Management
Workshop**

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

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

Hood.ArmyMWR.com

To Register: Call: (254) 618-7827 / 288-2092 or Email: usarmy.hood.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 additional information call: (254) 286-6774 / (254) 288-2092 or
Email: usarmy.hood.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

Open to Military Families with Special Needs

FORT HOOD ARMY COMMUNITY SERVICE
EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Family Support

**RESOURCE CONNECTIONS
SUPPORT GROUP**

2nd 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.

To register (254) 287-6070 Scan the QR code or
email: usarmy.hood.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.

Open to Military Families with Special Needs

FORT HOOD ARMY COMMUNITY SERVICE
EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Family Support

MONTHLY WORKSHOP

3rd 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

To register, call (254) 287-6070, Scan the QR code or
email: usarmy.hood.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.

ACS - Exceptional Family Member Program

EFMP ORIENTATION

2nd 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, 2nd Floor, Shoemaker Lane

To register, call: (254) 287-6070, Scan the QR code or Email
usarmy.hood.id-readiness.list.acs-efmp@army.mil

Individuals who require assistance or accommodations due to a disability, contact providing program.

DOMESTIC VIOLENCE AWARENESS MONTH

PAUSE

You Have the Power to Choose

Families face stress from busy schedules, parenting demands, transitions and everyday challenges. Taking time to pause, reflect and manage emotions can help prevent conflict before it escalates. Healthy relationships are built through communication, patience and emotional awareness.

FAP offers confidential tools, resources and support to help Families strengthen relationships and build safer, healthier home environments. Contact your installation FAP office.



DOMM Website

U.S. ARMY National Domestic Violence Hotline 800.799.SAFE (7233) www.armyresilience.army.mil

www.militaryonesource.mil/resources/tools/domestic-abuse-victim-advocate-locator/

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



Fort Hood 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 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 1st & 3rd Thursday every month
9:00 a.m. - 11:00 a.m.

Phantom Forge Center 5 65th St., Bldg. 4501 | pm.
219 Fort Hood, TX



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



ARMY FAMILY ACTION PLAN

Change begins with you

IT'S TIME TO SUBMIT YOUR IDEAS!



For additional information call (254) 287-4127 or email: usarmy.hood.id-readiness.list.acs-fap@army.mil

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 guide policy formation.

PROVEN RESULTS

- Translating Army Community Care (ACC) benefits to dependents
- Family care plan provides access to installations
- Partnership award for soldiers
- Creation of family readiness groups, Better Opportunities for Single Soldiers (BOSS) and Army Family Team Building (AFTB) program
- Availability of authorized "leave providers"
- Traumatic brain injury rehabilitation program
- Visiting college tuition
- Audio and visual surveillance in childcare centers
- Federal equipment military spouse guidance

How can you submit an issue?

Visit: <https://militaryfamilyactionplan.com> or scan the QR code



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

- Level I: Military Knowledge (K)** Discover how to decipher Army acronyms, utilize community resources, attain better financial readiness, and understand the goal and impact of the Army mission on daily life.
- Level II: Personal Growth and Resiliency (G)** Discover how teams form and grow, how to solve problems, and how to resolve personal conflict.
- Level III: Leadership Development (L)** Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership positions.

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



Contact the AFTB office for questions or for Additional Information: 254-287-1127 or Email: usarmy.hood.id-readiness.list.acs-afb@army.mil

V3

Fort Hood Employment Readiness Program

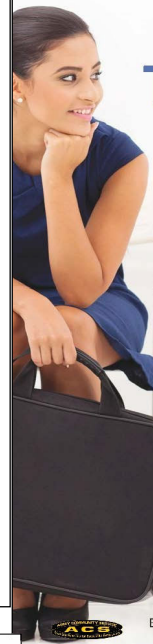
THE NETWORK

A Newcomers Employment Training Workshop
Where Career Success Begins

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) 288-2080 or Email: usarmy.hood.id-readiness.list.acs-erb@army.mil
Individuals who require assistance or accommodation due to a disability, contact ACS ERB at (254) 288-2080



Fort Hood Employment Readiness PROGRAM



2026 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 7, 21 May 6 Sep 2, 16
Feb 4, 18 Jun 3, 17 Oct 7, 21
Mar 4, 18 Jul 1, 15 Nov 4, 18
Apr 1, 15 Aug 5, 19 Dec 2, 16

Workforce of Central Texas
300 Cheyenne Drive, Killeen

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



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

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

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



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

Fort Hood Army Community Service • Family Advocacy Program

Common Sense PARENTING

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

Classes are held on 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.hood.id-readiness.list.acs-fap-training@army.mil



Individuals who require assistance or accommodation due to a disability, please contact 947 Army Community Service Family Advocacy Program at (254) 288-2080



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
845 11th St. (at corner of 1st and 11th St.)

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

To schedule an appointment, please call (254) 287-4050 / 288-2092 / 287-1762 or email: usarmy.hood.id-readiness.list.acs-fap-training@army.mil

CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt



Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT (OPOC) TRAINING CY 2026

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

13:30 pm - 15:00 pm

January 7 & 21 May 5 September 2 & 16
February 4 & 18 June 3 & 17 October 7 & 21
March 4 & 18 July 1 & 15 November 4 & 18
April 15 August 5 & 19 December 2 & 16

For more information and to register, call (254) 287-2327, 287-4067 or Email: usarmy.hood.id-readiness.list.acs-vmis@army.mil

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



VIRTUAL CLASSES

DOMESTIC VIOLENCE AWARENESS MONTH | FACT SHEET

October is Domestic Violence Awareness Month, a time to reinforce the importance of domestic abuse prevention and teach people across the Army community skills for healthy relationships.

"PAUSE" encourages Soldiers, Army Civilians and Family members to recognize when they are stressed, manage their own emotions and take intentional action to stop and think before they do something that escalates a situation. Self-awareness is key, and regulating yourself is a sign of strength.

Why "PAUSE" Matters

Everyday challenges can place stress on relationships, including:

- Finances.
- Trust issues.
- Parenting struggles.
- Major life changes.
- Permanent change of station moves.
- Transitions and time apart.

You Have the Power to Choose

"PAUSE" emphasizes taking control of your:

- Thoughts.
- Emotions.
- Behaviors.

By pausing in difficult moments, you can:

- Respond calmly instead of reacting in anger.
- Reduce conflict.
- Strengthen relationships.
- Prevent harm before it happens.

Recognize the Signs

Pause when you notice:

- Rising frustration or anger.
- Feeling overwhelmed or out of control.
- Escalating tension in a relationship.
- Difficulty managing emotions.

Taking a moment to pause can change the outcome.

Take Action

You have the strength to choose.

Learn how to manage emotions and build healthy relationships with [FAP resources](#). Connect with your local FAP office for support. The [Domestic Abuse Victim Advocate locator](#) provides contact information for domestic abuse Victim Advocates.

www.militaryonesource.mil/resources/tools/domestic-abuse-victim-advocate-locator/



National Domestic Violence Hotline
800.799.SAFE (7233)

www.armyresilience.army.mil

DVAM Website:



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

Command Team Support (CY 2026)
Command Family Readiness Representative (CFRR) Training

January 13 – 14
February 17 – 18
March 17 – 18
April 14 – 15
May 12 – 13
June 16 – 17
July 14 – 15
August 18 – 19
September 15 – 16
October 27 – 28
November 17 – 18

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 23 – 25
April 27 – 29
June 29 – July 1
August 24 – 25
October 26 – 28

9:00 am – 4:30 pm
Virtual

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.hood.id-readiness.list.sfrb@army.mil

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

Soldier and Family Readiness Group Training (SFRG) CY2026

KEY CONTACT TRAINING

January 21, April 29, July 22, October 21, February 11, March 11, May 13, June 10, August 12, September 9, November 4, December 9

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 14, March 11, May 13, July 8, September 9, February 18, April 15, June 17, August 19, October 21, November 18, December 16

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 (CORE/ISS)

January 6, February 3, March 3, April 7, May 5, June 2, July 7, August 4, September 1, October 6, November 5, December 8

9:00 am – 11:00 am
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 18, May 20, August 19, November 18

8:30 am – 12:00 pm
In-Person

Identifies roles and responsibilities. Defines advisor lanes and boundaries.

INFORMAL FUND CUSTODIAN

January 14, March 11, May 13, July 8, September 9, February 11, April 8, June 10, August 12, October 7, November 18, December 9

5:30 pm – 8:30 pm
Virtual

8:30 am – 11:30 am
Virtual

Highlights SFRG Informal Fund and fundraising do's and don'ts and fund custodian responsibilities.

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

For more information and to register, call (254) 288-2794 or Email: usarmy.hood.id-readiness.list.sfrb@army.mil

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

CY 2026

COMMUNITY RESOURCE COURSE

9:00 am – 2:30 pm

February 2 – 3, March 2 – 3, March 30 – 31, June 1-2, June 29 – 30, August 3 – 4, August 31 – Sept 1, November 2 – 3, December 7 – 8

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

CASUALTY RESPONSE (CARE) TEAM TRAINING

VIRTUAL
5:30 pm – 8:30 pm

IN-PERSON
9:00 am – 12:00 pm

January 21, April 29, July 22, October 21, February 25, March 25, May 19, June 23, August 25, September 22, November 10, December 15

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.hood.id-readiness.list.sfrb@army.mil

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

Fort Hood Army Community Service - 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.

1ST WEDNESDAY OF EACH MONTH
1:00 P.M. - 2:30 P.M.

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

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

Fort Hood Army Community Service Financial Readiness Program

Major Life Events (disabling condition)
2nd Monday, 1330-1430

Thrift Savings/Continuation Pay
1st Tuesday, 0900-1000

Promotion of Service Member
1st Tuesday, 1330-1430

Permanent Change of Station
2nd Thursday, 1900-1430

Marriage
1st & 2nd Wednesday, 1030-1130

Divorce
1st Thursday, 1330-1430

Vesting in Thrift Savings Plan
1st Thursday, 1430-1530

Birth of First Child
2nd Thursday, 1430-1530

Pre & Post Deployment
Upon Request

2026 Monthly Financial Milestone Trainings

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

Trainings will be streamed LIVE on MS Teams.
Registration is required to obtain the MS Teams access link.

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>.

For more information and to register, call: (254) 288-6868 or e-mail: usarmy.hood.id-readiness.list.acs-frb@army.mil

Fort Hood Army Community Service Financial Readiness Program

Wellness Wednesdays
QUARTERLY FINANCIAL CHECK-UP!

Budgeting & Debt Management
7 October 2026, 0930-1030

Saving & Investing
14 October 2026, 0930-1030

Credit Booster
21 October 2026, 0930-1030

Thrift Savings Plan & Blended Retirement System
28 October 2026, 0930-1030

504th EMIB Master Resiliency Center
BLDG 910733 Headquarters Ave
West Fort Hood, TX 76544

Registration is required.
Please call: (520) 669-1037 / 944-4142 / 945-1600 or e-mail usarmy.hood.id-readiness.list.acs-frb@army.mil

OPEN TO ALL DOW ID CARD HOLDERS

Financial Readiness Workshops

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

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

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

Workshops will be streamed LIVE on MS Teams.
Registration is required to obtain the MS Teams access link.

For more information and to register, call: (254) 288-6868 or e-mail: usarmy.hood.id-readiness.list.acs-frb@army.mil

Fort Hood Army Community Service Financial Readiness Program

OPEN TO ALL DOW ID CARD HOLDERS

CAR BUYING WORKSHOP

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

- 25 March 2026
- 24 June 2026
- 23 September 2026
- 2 December 2026

2:00 pm - 3:00 pm

Shoemaker Center
Building 36000, 2nd Floor, Room N212

Workshop will be streamed LIVE on MS Teams.
Registration is required to obtain the MS Teams access link.

For more information and to register, call: (254) 288-6868 or e-mail: usarmy.hood.id-readiness.list.acs-frb@army.mil

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

PAUSE

Before reacting, PAUSE.

U.S. ARMY

National Domestic Violence Hotline number
1.800.799.SAFE (7233)

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.

For dates, location, and to register:
call (254) 618-7586 / 288-2092 or email us at: usarmy.hood.id-readiness.list.acs-fap-training@army.mil

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

OPEN TO ALL DOW ID CARD HOLDERS



ACS FINANCIAL READINESS PROGRAM

HOME BUYING

Seminar



10 December 2026

9:30 a.m. - 11:00 a.m.

1:30 p.m. - 3:00 p.m.

Topics Covered:

- ☒ Understanding the Home Buying Process
- ☒ VA Loan & Mortgage Options
- ☒ Credit & Budgeting for Homeownership
- ☒ Avoiding Common Pitfalls

Shoemaker Center

Building 36000, 1st Floor, Room 1463

Registration is required.

Workshop will be streamed LIVE on MS Teams.



Please call: **520.669.1037** or
email: usarmy.hood.id-wh.list.acs-frb@army.mil



Fort Hood Army Community Service - Family Advocacy Program

RELATIONSHIP ENRICHMENT Workshop

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

Classes are held
the 2nd Wednesday of every month
9:00 a.m. — 4:00 p.m.

To register or for more information
Please call 254-286-6774 / 288-2092
usarmy.hood.id-readiness.list.acs-fap-trainin@army.mil

Individuals who require assistance or accommodations due to a disability, please contact the Army Community Service Family Advocacy Program at (254) 288-2091.

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 ad to register, call (254) 286-6774 or 288-2092
or email: usarmy.hood.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) 287-5006