

# Fort Cavazos Community Information Sheet

## III ARMORED CORPS

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



## III ARMORED CORPS PEOPLE FIRST CENTER

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



## III ARMORED CORPS INSPECTOR GENERAL (IG)

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



## ARMY COMMUNITY SERVICE

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



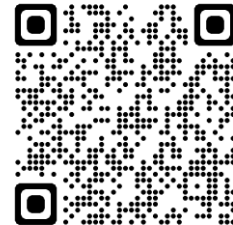
## AMERICAN RED CROSS

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



## BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

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



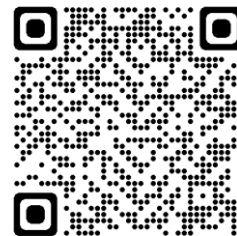
## CARL R. DARNALL ARMY MEDICAL CENTER

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



## CAVALRY FAMILY HOUSING

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



# Fort Cavazos Community Information Sheet

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

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



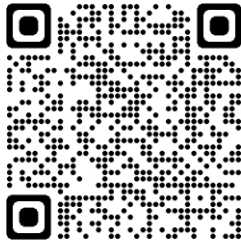
## **CRIMINAL INVESTIGATION DIVISION (CID)**

[Army CID Home](#)



## **DeCA CLEAR CREEK COMMISSARY**

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



## **DeCA WARRIOR WAY COMMISSARY**

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



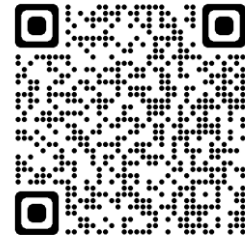
## **DENTAL COMMAND (DENTAC)**

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



## **DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION**

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



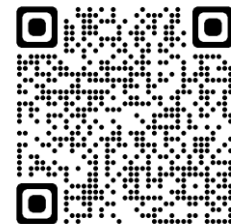
## **DIRECTORATE OF HUMAN RESOURCES (DHR)**

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



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

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



# Fort Cavazos Community Information Sheet

## **DIRECTORATE OF PUBLIC WORKS**

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



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

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



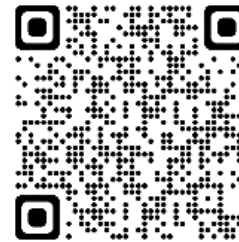
## **EQUAL EMPLOYMENT OPPORTUNITY (EEO)**

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



## **EXCHANGE**

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



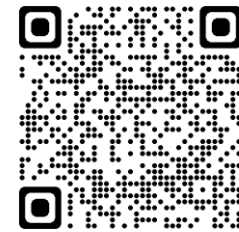
## **FISHER HOUSE**

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



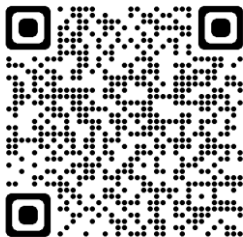
## **FORT CAVAZOS STANDALONE NETWORK ENTERPRISE CENTER (NEC)**

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



## **GARRISON CHAPLAIN OFFICE**

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



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

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



# Fort Cavazos Community Information Sheet

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<p><b><u>OFFICE OF THE STAFF JUDGE ADVOCATE (SJA)</u></b> <a href="#">Office of the Staff Judge Advocate :: III Armored Corps &amp; Fort Cavazos (army.mil)</a></p> 	<p><b><u>PUBLIC AFFAIRS OFFICE (PAO)</u></b> <a href="#">Public Affairs Office :: U.S. Army Fort Cavazos</a></p> 
<p><b><u>TRANSITION ASSISTANCE PROGRAM</u></b> <a href="#">Transition Assistance Program :: U.S. Army Fort Cavazos</a></p> 	<p><b><u>UNITED SERVICE ORGANIZATION (USO)</u></b> <a href="#">USO Fort Cavazos</a></p> 

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

ACS - Exceptional Family Member Program

## EFMP ORIENTATION

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

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

Shoemaker Center, Building 36000, 2<sup>nd</sup> Floor, Shoemaker Lane  
For more information and to register, call: (254) 287-6070 or Email: [usarmy.cavazos.imcom-fmwr-c-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwr-c-efmp@army.mil)

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

Fort Cavazos (ACS) Exceptional Family Member Program and Special Olympics Texas

## HEART OF TEXAS AREA BOWLING COMPETITION

November 17, 2023  
In-School Bowlers  
10:00 a.m. - 3:00 p.m.  
Opening Ceremony: 10:15 a.m.

November 18, 2023  
Community Bowlers  
9:30 a.m. - 2:30 p.m.  
Opening Ceremony: 9:45 a.m.

All athletes will bowl two games  
*Come and Support our Athletes*

Phantom Warrior Lanes  
Santa Fe Ave.  
Bldg. 49010 Ft. Cavazos, TX

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

## COME AND CONNECT AT THE NEWCOMERS ORIENTATION

Join Us Every Thursday for the Newcomers Orientation at The Lone Star Conference Center  
9:00am - 1:00pm  
YOU CAN ATTEND WITHOUT YOUR SOLDIER

with **Free Onsite Child Care (8:30am - 1:00pm)**  
**Free Boxed Lunch**

Information from 30+ On/Off-post Agencies  
Child & Youth Services, TRICARE, Housing, Employment Opportunities, and much more!

Commanding General/Garrison Remarks

Need more information? Contact Donna Tomsic at 254-287-0027 or [usarmy.hood.usag.list.pajo@army.mil](mailto:usarmy.hood.usag.list.pajo@army.mil)

## Fort Cavazos Employment Readiness PROGRAM

### 2023 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 5, 18	May 4, 17	Sep 6, 20
Feb 2, 15	Jun 1, 21	Oct 4, 18
Mar 2, 15	Jul 5, 19	Nov 1, 15
Apr 6, 19	Aug 2, 16	Dec 6, 20

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 4	Apr 5	Jul 12	Oct 11
Feb 1	May 3	Aug 9	Nov 8
Mar 1	Jun 14	Sep 13	Dec 13

Shoemaker Center,  
36000 Shoemaker Ln. 2nd Floor

For information and to register, call (254) 288-2089, 287-6067 or Email: [usarmy.cavazos.imcom-fmwr-c.list.ACS-ERB@army.mil](mailto:usarmy.cavazos.imcom-fmwr-c.list.ACS-ERB@army.mil)

Cavazos.ArmyMWR.com

## 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 I: Military Knowledge (MK) Discover how to decipher Army keywords, office communication, abbreviations, and understand the goal and impact of the Army mission and life.
2. Level II: Personal Growth and Resilience (PG) Discover how to transform and grow, how to solve problems, and how to resolve personal conflict.
3. Level III: Leadership Development (LD) Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership positions.

Contact the AFTB office for questions or for additional information: 254-287-1127 or Email: [usarmy.cavazos.imcom-fmwr-c.list.acv-af@army.mil](mailto:usarmy.cavazos.imcom-fmwr-c.list.acv-af@army.mil)

Cavazos.ArmyMWR.com

## Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT (OPOC) TRAINING CY 2023

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

10:00 am – 11:30 am

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

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

Cavazos.ArmyMWR.com

## HELPFUL ACS NUMBERS

ACS Volunteer Program / Army Volunteer Corps 287-8657

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

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

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

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

Exceptional Family Member Program (EFMP) 287-6070

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

Family Assistance Center (FAC) 288-7570

Military Family Life Counseling (MFLC) 553-4705

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

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

Soldier and Family Assistance Center 286-5768

Survivor Outreach Services 288-9533, 553-0376

## 24/7 HOTLINES

Commanding General (CG) Hotline 254. 618.7486

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

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

Suicide Prevention National 800. 273.8255 or Dial 988

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

EO and Harassment Hotline 254. 291.5717

Veterans Crisis Line National 800. 273.8255 (press 1)

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

Duty Chaplain Hotline 254. 289.2531

## ACS Locations

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

## Financial Readiness Workshops

Open to All  
DOD ID Card Holders

1<sup>st</sup> and 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 & Investing, 1:30 - 3:00 pm

Classes, times, and locations are subject to change. Call for details.

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

Cavazos.ArmyMWR.com

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

## FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

## TRAINING AND OUTREACH INITIATIVES

# NOVEMBER 2023

## NOVEMBER MILITARY FAMILY MONTH

Celebrating the Strength of our Families

UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND  
A subordinate of Army Materiel Command  
ArmyMWR.com/MFM

U.S. ARMY

## Your Connection to Community Information

# 287-4ACS (4227)

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

TRAINING AND OUTREACH

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

**CY 2023**

#### COMMUNITY RESOURCE COURSE

9:00 am – 2:30 pm

January 9 – 10	May 1 – 2	August 28 – 29
February 6 – 7	June 5 – 6	October 2 – 3
March 6 – 7	July 10 – 11	November 6 – 7
April 3 – 4	August 7 – 8	December 4 – 5

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

#### CASUALTY RESPONSE (CARE) TEAM TRAINING

VIRTUAL	IN-PERSON
January 25	February 22
March 29	April 26
May 24	June 21
July 26	August 23
October 25	September 27
	November 13
	December 13

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

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

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

### Soldier and Family Readiness Group Training (SFRG) CY 2023

#### KEY CONTACT TRAINING

January 5	February 2
March 2	April 6
May 4	June 1
July 26	August 3
October 25	September 7
	November 2
	December 7

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

#### VOLUNTEER TRAINING

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

5:30 pm – 8:30 pm Virtual  
8:30 am – 12:00 pm In-Person

#### COMMAND TEAM TRAINING (COMT/1500)

January 11	August 2
February 1	September 13
March 8	October 4
April 5	November 1
June 14	December 6
July 12	

9:00 am – 12:00 pm Virtual

#### INFORMAL FUND CUSTODIAN

February 1	January 4
April 5	March 16
June 7	May 3
July 11	August 2
September 12	October 4
November 7	December 6

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.

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

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

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

### Command Family Readiness Representative (CFRR) Training

March 21 – 22  
April 18 – 19  
May 16 – 17  
June 13 – 14  
July 18 – 19  
August 15 – 16  
September 19 – 20  
October 17 – 18  
November 13 – 14

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

April 24 – 26	March 28
June 26 – 28	May 23
August 21 – 23	July 25
October 23 – 25	September 26
December 11 – 13	November 28

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

### RESILIENCE SKILLS

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

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

Open to All DOD ID Cardholders

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

### 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) 618-7827 or Email: [usarmy.cavazos.imcom-fmwrc-list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc-list.sfrb@army.mil)

### 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.  
Shoemaker Center  
Shoemaker Lane, Bldg. 36000

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

For information and to register call: (254) 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)

### Stress, Anger & Conflict Management Workshop

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

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

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

### 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) 287-5066 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

### 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 254-286-5338 / 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)

### 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) 618-7443 / 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)

### CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

Open to Military Families with Children 0-3 years old  
Army Community Service/Family Advocacy Program  
New Parent Support Program

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

For more information call: (254)287-2286

### 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

### BOOT CAMP For New and Expectant Dads

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

Some of the topics to be covered are:

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

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

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

### 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

### 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

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

Open to Military Families with Special Needs

## EFMP Family Support MONTHLY WORKSHOP

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

Topics to be covered are:

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

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

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

Open to Military Families with Special Needs

## EFMP Family Support

#### RESOURCE CONNECTIONS SUPPORT GROUP

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

This is for parents/children who have a disability and desire to make connections with others and share their knowledge  
Obtain information through Subject Matter Expert (SME) guest speakers  
Connect with EFMP Staff for information and resources

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



## **Killeen Food Care Center**

### **Information Sheet**

We are a faith-based, non-profit 501C3 organization, now in our **36th** year. The Food Care Center was founded in 1987 by a collaborative effort between the local 1<sup>st</sup> Baptist Church and St. Joseph's Catholic Church. Our mission is "standing in the gap created by hunger."

We have no qualifying criteria; when people say they are hungry and need food, we provide it—and always at no cost. We provide 35-40 pounds of food per client visit which equates to enough food for 30 meals or 10 days of food. Clients can get assistance once each month and we never charge our clients for groceries.

In FY '22, we provided groceries for over 93,000 clients(all-time record), distributing over 2,600,000 pounds of food. We continue to see increased need for groceries during these uncertain times brought on by inflation and supply chain issues. We will serve over 100,000 people in need in FY2023 for the first time in our 36 year history.

20% of our clients are military related (active duty and/or retired/veteran).

20% of our clients are children.

20% of our clients are seniors.

We belong to the community as we are funded by individual, local business, church, and service organization donations and we're fueled by local volunteers.

We have only 6 paid staff and 100+ volunteers who work well over 1,200 volunteer hours each month.

We can provide one meal for the cost of 17 cents. So, for each \$1 donation we can buy 6 meals. Our fundraising and administrative costs are less than 5% of our total budget.

Our hours of operation are 9:00AM – 1:00PM, Tuesday through Friday, and 4:00PM -6:00PM on the first and third Fridays of each month.

Please call (254)554-3400 with any questions or comments. Our web site is [www.foodcare.org](http://www.foodcare.org) and our e-mail is: [foodcare@embarqmail.com](mailto:foodcare@embarqmail.com). Donations can be made at our website at [www.foodcare.org](http://www.foodcare.org) or by check sent to P.O. Box 1656, Killeen, TX 76540-1656. You may also review photographs and stories celebrating supporters, volunteers, and clients on our Food Care Center Facebook page.



## ***Food Care Center***

*210 N. 16th Street - P.O. Box 1656*

*Killeen, Texas 76540-1656*

*“standing in the gap created by hunger”*

**Q:** Where is the Food Care Center located?

**A:** The Food Care Center’s physical address is 210 N. 16<sup>th</sup> Street; it is located to the east of downtown Killeen, three blocks behind the post office on 10<sup>th</sup> Street.

**Q:** What are the hours of operation for the Food Care Center?

**A:** The Food Care Center is open to clients from 9:00 am until 1:00 pm, Tuesdays through Fridays and 4:00 pm – 6:00 pm on the first and third Fridays of the month.

**Q:** How do clients qualify to receive groceries from the Food Care Center?

**A:** There is no qualification required. and never any cost for groceries. This is a faith-based ministry; those who need food will receive food. New clients need to bring with them their photo ID and income information (if applicable). Demographic information is collected from clients to be used in completing grants and providing reports, not for qualification purposes at all. We NEVER charge anyone for groceries.

**Q:** How often can clients come to the Food Care Center?

**A:** Clients may come once each month. They do not have to wait 30 days to return; they just need to wait until another month begins.

**Q:** What types of groceries are provided at the Food Care Center?

**A:** Clients will shop in four different food areas: packaged and canned goods, bread and bakery, meat and dairy, and fruits and vegetables. In each area a volunteer will assist the client in selecting food, based on the following considerations: quantities of each food item available that day, size of the household, and ages of the household members. Each client receives approximately 35-40 pounds of groceries per visit.

**Q:** How may I reach the Food Care Center to ask questions not addressed within this FAQ?

**A:** Please feel free to call the Food Care Center at 254.554.3400. We have a recording designed to answer questions. We answer the telephone between 9:00 am and 1:00 pm, Tuesday through Friday, when the workload allows us to do that. Our e-mail address is [foodcare@embarqmail.com](mailto:foodcare@embarqmail.com) and our website is: [www.foodcare.org](http://www.foodcare.org)



42nd

Holiday



# BAZAAR

NOVEMBER

11

9am - 6pm

KILLEEN CIVIC  
CENTER

3601 S. WS Young Drive,  
Killeen TX, 76542

NOVEMBER

12

10am - 4pm

*Please join Fort Cavazos Spouses' Club for our Winter Wonderland shopping extravaganza!*

Day Ticket, 12 years old and up: \$8

Weekend pass, 12 years old and up: \$10

*Vendors!*

Please use the QR code or head to  
[FortCavazosSpousesClub.org/vendor-holiday-bazaar](https://FortCavazosSpousesClub.org/vendor-holiday-bazaar) to  
review our vendor contract, prices, and policies.  
Reach out to [vendorcoordinator@fortcavazospousesclub.org](mailto:vendorcoordinator@fortcavazospousesclub.org)  
with any questions.



**OPERATION  
APPRECIATION**

# WILD WEST NIGHT

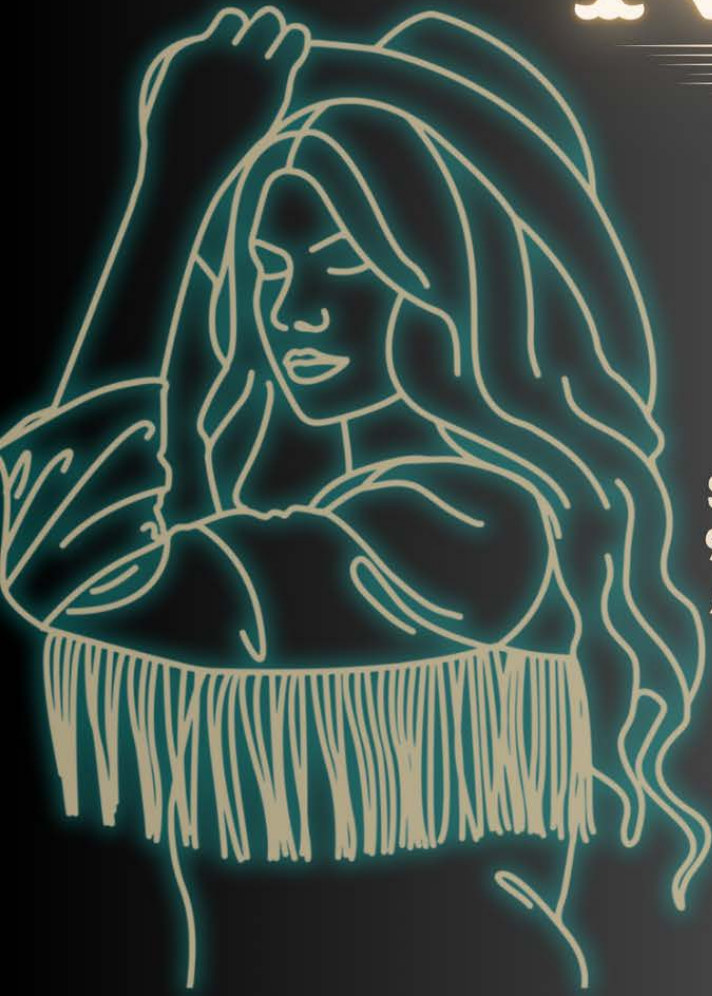


90'S  
COUNTRY

MARCH 1, 2024

LONE STAR  
CONFERENCE CENTER

SADDLE UP IN YOUR BEST  
90S COUNTRY GETUP FOR  
A FUN CASINO NIGHT TO  
RAISE FUNDS FOR  
SCHOLARSHIPS AND  
COMMUNITY GRANTS.





BECOME A MEMBER OF THE  
**FORT  
CAVAZOS  
SPOUSES'  
CLUB**

**INTERESTED IN GIVING BACK TO FORT CAVAZOS  
AND THE SURROUNDING COMMUNITY?**

The Fort Cavazos Spouses' Club promotes the morale and welfare of soldiers, families, and our community by hosting various events throughout the year.

Membership costs:  
E1-E5: \$20.00  
E6-up, and retirees: \$30.00



See our Facebook page or our website for more information, or open the QR code to join today!

[WWW.FACEBOOK.COM/FCSPOUSESCLUB](https://www.facebook.com/fcspousesclub)  
[FHSC.WILDAPRICOT.ORG](http://FHSC.WILDAPRICOT.ORG)