

## Helpful ACS Numbers

ACS Volunteer Program / Army Volunteer Corps	287-8657 287-2327
Army Emergency Relief (AER)	553-3101
Consumer Affairs Office / Financial Management Classes	287-CITY (2489)
Army Family Action Plan (AFAP) / Army Family Team Building (AFTB)	287-1127
Employment Readiness Program	287-6067 288-2089
Exceptional Family Member Program (EFMP)	287-6070
Family Advocacy Program (FAP)	286-6774 286-6775
Family Assistance Center (FAC)	288-7570
Military Family Life Counselor (MFLC)	553-4705
Mobilization & Deployment	288-2794
New Parent Support Program - Parenting Classes	287-2286
Soldier and Family Assistance Center	286-5768

## 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. 18000 - Oveta Culp Hobby Soldier & Family Readiness Center, Legends Way
- Bldg. 36000 - Shoemaker Center, 2nd Floor, Shoemaker Lane
- Bldg. 36051 - Soldier and Family Assistance Center

## Reporting Domestic Violence or Child Abuse

24/7 Hotline

254-287-CARE (2273)

Hood.ArmyMWR.com



Open to all DOD ID Card Holders

• 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

Army Community Service / Family Advocacy Program

## Stress, Anger & Conflict Management Workshop

To Register: Call: (254) 618-7827 / 288-2092 or Email: usarmy.hood.incom-fmwrclistacs-fap-training@mail.mil

Hood.ArmyMWR.com

Army Community Service Family Advocacy Program

## BOOT CAMP

### For New and Expectant Dads

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

Some of the topics to be covered are:

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

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

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

Hood.ArmyMWR.com

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 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.hood.incom-fmwrclistacs-fap-training@mail.mil

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

Hood.ArmyMWR.com

Fort Hood Army Community Service  
FAP | New Parent Support Program

## Infant Care

AUGUST 12, 2022  
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.hood.incom-fmwrclistacs-npsp@mail.mil  
Individuals who require accommodation due to disability, please contact ACS FAP, NPSP

ACS FAP CSTD #1

VERSION 2

Army Community Service Family Advocacy Program  
New Parent Support Program

## Shaken Baby Syndrome Class

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

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

## Workshops, Activities and Trainings

# Army Community Service

Real-Life Solutions for Successful Army Living

## August 2022

## Calendar of Events



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# BACK TO SCHOOL

## BE SAFE. BE SMART.

Your Connection to Community Information

## 287-4ACS (4227)

<https://facebook.com/FHFamilyPrograms>

<https://hood.ArmyMWR.com>

[www.armyfamilywebportal.com](http://www.armyfamilywebportal.com)

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

1-800-342-9647



# Army Community Service Calendar of Events

## Monday - Tuesday, August 1 - 2

### Community Resource Course

9:00 am - 2:30 pm • Bldg. 18000 • Call: 288-2794

## Wednesday, August 3

### Command Team SFRG Training (CDRs/1SGs)

9:00 am - 12:00 pm • Virtual Class • Call: 288-2794

### SFRG Informal Fund Custodian Training

5:30 pm - 8:30 pm • Bldg. 18000 • Call: 288-2794

## Thursday, August 4

### SFRG Key Contact Training

8:30 am - 11:30 am • Virtual Class • Call: 288-2794

## Monday - Wednesday, August 8 - 10

### Rear Detachment Operations (RDO) Course

9:00 am - 4:30 pm • Registration Required • Call: 288-2794

## Tuesday, August 9

### Exceptional Family Member Program Orientation

10:00 am - 11:30 am • Registration Required • Call: 287-6070

## Wednesday, August 10

### SFRG Volunteer Training

8:30 am - 12:00 pm • Bldg. 18000 • Call: 288-2794

## Thursday, August 11

### Resilience Skills (Effective Praise & ACR)

10:00 am - 11:00 am • Virtual Class • Call: 288-2794

## Tuesday - Wednesday, August 16 - 17

### Command Family Readiness Representative (CFRR) Training

9:00 am - 3:30 pm • Bldg. 18000 • Call: 288-2794

## Thursday, August 18

### Family Readiness Advisor Training (SR Spouses)

9:00 am - 2:30 pm • Bldg. 18000 • Call: 288-2794

## Wednesday, August 24

### Care Team Training

8:30 am - 12:00 pm • Bldg. 18000 • Call: 288-2794

### Community Services Council Meeting

10:30 am - 12:00 pm • Bldg. 5764 • Call: 553-1593

## Monthly Recurring Classes and Workshops

### Tuesday, August 9 & 23

### Volunteer Management Information System (VMIS) Organization Point of Contact (OPOC) Training

10:00 am - 11:30 am • Virtual Class • Call: 287-2327



GOLD STAR CHILDREN'S DAY

Monday, August 1st, 2022

## REMEMBER & HONOR

### GOLD STAR CHILDREN

Open to All DOD ID Card Holders

## Financial Readiness Workshops

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

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

## Fort Hood Army Community Service Exceptional Family Member Program

Open to Military Families with Special Needs

## EFMP Family Support

RESOURCE CONNECTIONS SUPPORT GROUP

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

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

For more information and to register (254) 287-6070 or email: [usarmy.hood.incom-fmwrclist.acs-efmp@mail.mil](mailto:usarmy.hood.incom-fmwrclist.acs-efmp@mail.mil)



## Fort Hood Employment Readiness PROGRAM

### Navigating USAJOBS and Creating Your Federal Resume

Interested in applying for Federal Jobs? 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.

Every 1st Thursday of the Month  
9 am to 11 am  
Shoemaker Center, Building 36000  
2nd Floor, Room N212

This class will have limited seating.  
To register, call (254) 449-3677 or email [usarmy.hood.incom-fmwrclist.acs-erb@mail.mil](mailto:usarmy.hood.incom-fmwrclist.acs-erb@mail.mil)

Where Career Success Begins

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

For more information and to register, call (254) 287-6070 or email: [usarmy.hood.incom-fmwrclist.acs-efmp@mail.mil](mailto:usarmy.hood.incom-fmwrclist.acs-efmp@mail.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 2<sup>nd</sup> Wednesday of every month, 9:00 a.m. - 4:00 p.m.

To Register:  
Call: (254) 618-7584/288-2092 or Email: [usarmy.hood.incom-fmwrclist.acs-fap-training@mail.mil](mailto:usarmy.hood.incom-fmwrclist.acs-fap-training@mail.mil)

## CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

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

Sprocket Auto Craft Center  
Bldg. 2138, at the corner of Old Houston 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.hood.incom-fmwrclist.acs-fap-training@mail.mil](mailto:usarmy.hood.incom-fmwrclist.acs-fap-training@mail.mil)

## Military Family Life Counselors

Going through some things and need to talk to someone?

MFLCs are licensed professional clinicians. Non-medical counseling services are provided onsite, telephonically and virtually with Zoom video 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

## Monthly Recurring Classes and Workshops

### Tuesday, August 2, 9, 16, & 23

### Family Violence Prevention Training (PT)

9:30 am - 11:00 am, 1:30 pm - 3:00 pm • Call: 288-2092

### Wednesday, August 3 & 24

### Explore, Learn, and Play "Storybook & Craft Time"

10:00 am - 10:30 am • Virtual Class • Call: 287-2286

### Thursday, August 4 & 18

### Blended Families Workshop

9:00 am - 12:00 pm • Bldg. 18000 • Call: 287-5066