

# Fort Cavazos Community Information Sheet

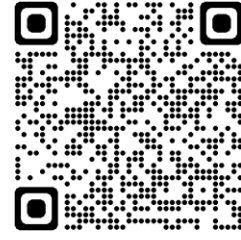
## III ARMORED CORPS

<https://home.army.mil/cavazos/index.php/units-tenants/iii-corps>



## III ARMORED CORPS PEOPLE FIRST CENTER

<https://home.army.mil/cavazos/index.php/units-tenants/iii-corps/people-first-center>



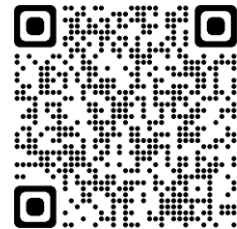
## AMERICAN RED CROSS

<https://www.redcross.org/local/texas/central-and-south-texas.html>



## ARMY COMMUNITY SERVICE

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



## BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

<https://cavazos.armymwr.com/programs/boss>



## CARL R. DARNALL ARMY MEDICAL CENTER

<https://darnall.tricare.mil>



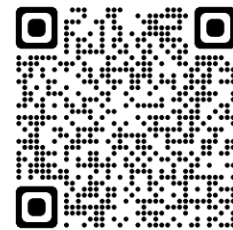
## CHILD & YOUTH SERVICES (CYS)

<https://cavazos.armymwr.com/categories/cys-services>



## CRIMINAL INVESTIGATION DIVISION (CID)

<https://www.cid.army.mil/units-by-state.html#sec26>



# Fort Cavazos Community Information Sheet

<p><b><u>DeCA CLEAR CREEK COMMISSARY</u></b> <a href="https://commissaries.com/shopping/store-locations/fort-cavazos-clear-creek">https://commissaries.com/shopping/store-locations/fort-cavazos-clear-creek</a></p> 	<p><b><u>DeCA WARRIOR WAY COMMISSARY</u></b> <a href="https://commissaries.com/shopping/store-locations/fort-cavazos-warrior-way">https://commissaries.com/shopping/store-locations/fort-cavazos-warrior-way</a></p> 
<p><b><u>DENTAL COMMAND (DENTAC)</u></b> <a href="https://darnall.tricare.mil/Health-Services/Dental">https://darnall.tricare.mil/Health-Services/Dental</a></p> 	<p><b><u>DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION</u></b> <a href="https://cavazos.armymwr.com/">https://cavazos.armymwr.com/</a></p> 
<p><b><u>DIRECTORATE OF HUMAN RESOURCES (DHR)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources">https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources</a></p> 	<p><b><u>DIRECTORATE OF PLANS, TRAINING, MOBILIZATION &amp; SECURITY (DPTMS)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/DPTMS">https://home.army.mil/cavazos/units-tenants/Garrison/DPTMS</a></p> 
<p><b><u>DIRECTORATE OF PUBLIC WORKS</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/DPW">https://home.army.mil/cavazos/units-tenants/Garrison/DPW</a></p> 	<p><b><u>EDUCATION SERVICES DIVISION (ESD)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources/education-services-division">https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources/education-services-division</a></p> 

# Fort Cavazos Community Information Sheet

<p><b><u>EQUAL EMPLOYMENT OPPORTUNITY (EEO)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/equal-employment-opportunity-program">https://home.army.mil/cavazos/units-tenants/Garrison/equal-employment-opportunity-program</a></p> 	<p><b><u>EXCHANGE</u></b> <a href="http://Shopmyexchange.com">Shopmyexchange.com</a></p> 
<p><b><u>FISHER HOUSE</u></b> <a href="https://fisherhouse.org/programs/houses/current-houses/texas-carl-r-darnall-army-medical-center/">https://fisherhouse.org/programs/houses/current-houses/texas-carl-r-darnall-army-medical-center/</a></p> 	<p><b><u>FORT HOOD FAMILY HOUSING</u></b> <a href="http://www.cavalryfh.com/?fbclid=IwAR2P0nOxnXWaEpx_m3veTtHie5H4F5KRP-S9NdnGxJ1larCENrBGd_ZUyWA">http://www.cavalryfh.com/?fbclid=IwAR2P0nOxnXWaEpx_m3veTtHie5H4F5KRP-S9NdnGxJ1larCENrBGd_ZUyWA</a></p> 
<p><b><u>GARRISON CHAPLAIN OFFICE</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/religious-support">https://home.army.mil/cavazos/units-tenants/Garrison/religious-support</a></p> 	<p><b><u>INSPECTOR GENERAL (IG)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/iii-corps/iii-corps-inspector-general">https://home.army.mil/cavazos/units-tenants/iii-corps/iii-corps-inspector-general</a></p> 
<p><b><u>INSTALLATION TRANSPORTATION OFFICE (ITO)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/installation-transportation-office">https://home.army.mil/cavazos/units-tenants/installation-transportation-office</a></p> 	<p><b><u>NETWORK ENTERPRISE CENTER (NEC)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/nec">https://home.army.mil/cavazos/units-tenants/nec</a></p> 

# Fort Cavazos Community Information Sheet

---

## [PUBLIC AFFAIRS OFFICE \(PAO\)](#)

<https://home.army.mil/cavazos/units-tenants/Garrison/public-affairs>



## [STAFF JUDGE ADVOCATE \(SJA\)](#)

<https://home.army.mil/cavazos/units-tenants/iii-corps/office-staff-judge-advocate-iii-corps-and-fort-cavazos>



## [TRANSITION ASSISTANCE PROGRAM](#)

<https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources/Transition-Assistance-Program>



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

<https://fortcavazos.uso.org/>



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  
[usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.community-services-council@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
- December 7

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 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

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

**COMMAND TEAM TRAINING (COTR/150s)**

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

9:00 am – 12:00 pm Virtual

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

**INFORMAL FUND CUSTODIAN**

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

5:30 pm – 8:30 pm Virtual  
8:30 am – 11:30 am Virtual

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

Fort Cavazos Army Community Service  
Mobilization, Deployment & Stability Support Operations (MD&SSO)  
For more information and to register, call (254) 288-2794 or Email: [usarmy.cavazos.imcom-fmwrcc.list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrcc.list.sfrb@army.mil)

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

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

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

## Command Family Readiness Representative (CFRR) Training

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)  
Command Team Support (2023)

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

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

## 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.paio@army.mil](mailto:usarmy.hood.usag.list.paio@army.mil)

## 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
5:30 pm – 8:30 pm	November 15
	December 13
	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-fmwrcc.list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrcc.list.sfrb@army.mil)

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

### 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

## Report Domestic Violence or Child Abuse

24/7 Hotline  
254-287-CARE (2273)

Cavazos.ArmyMWR.com

## FORT CAVAZOS

# ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

### TRAINING AND OUTREACH INITIATIVES

## July 2023

# HAPPY BIRTHDAY

## JULY 25

# Celebrating 58

## Years of service

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

## Fort Cavazos Employment Readiness PROGRAM

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.

**2023 CAREER TRAINING**

**Navigating USAJOBS and Creating 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 2, 19	Aug 2, 16	Dec 6, 20

Workforce of Central Texas  
300 Cheyenne Drive, Killeen

**MARKETING ME: Interviewing Skills**

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-fmwrclists.acs-erb@army.mil](mailto:usarmy.cavazos.imcom-fmwrclists.acs-erb@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. Earn Military Knowledge (20) (Share how to structure Army accounts, utilize community resources, offer better financial advice, and understand the goal and impact of the Army mission on daily life)
2. Earn Personal Growth and Resilience (20) (Share how transitions and growth have to be made, and how to resolve personal conflict)
3. Earn Leadership Development (20) (Share the role and importance of the reporting leader role and effective communication techniques used to mentor others into leadership positions)

Contact the AFTR office for questions or for additional information: 254.287.1127 or Email: [usarmy.cavazos.imcom-fmwrclists.acs-afap@army.mil](mailto:usarmy.cavazos.imcom-fmwrclists.acs-afap@army.mil)

## 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-fmwrclists.acs-avc@army.mil](mailto:usarmy.cavazos.imcom-fmwrclists.acs-avc@army.mil)

## 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

## 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-fmwrclists.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrclists.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

## 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-fmwrclists.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrclists.acs-efmp@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.  
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.lists.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.lists.acs-fap-training@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 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.cavazos.id-readiness.lists.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.lists.acs-fap-training@army.mil)

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

## 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

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

For more information and to register, call (254) 618-7827 / 288-2092 or Email: [usarmy.cavazos.id-readiness.lists.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.lists.acs-fap-training@army.mil)

## 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.

**First Wednesday of Each Month**  
9:00 a.m. - 4:00 p.m.

**All DOD ID Cards Holders**

- 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.lists.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.lists.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) 618-7443 / 288-2092 or Email: [usarmy.cavazos.id-readiness.lists.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.lists.acs-fap-training@army.mil)

## CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

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  
Bldg. 9718, at the corner of CMI Roadway Ave. & 28th 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.lists.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.lists.acs-fap-training@army.mil)

## 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-fmwrclists.acs-npsp@army.mil](mailto:usarmy.cavazos.imcom-fmwrclists.acs-npsp@army.mil)  
Individuals who require accommodation due to disability, please contact ACS FAP, NPSP

## 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

## 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

## 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