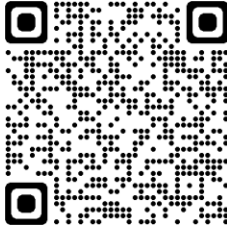


# Fort Cavazos Community Information Sheet

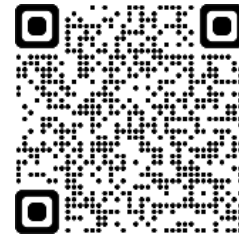
## III ARMORED CORPS

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



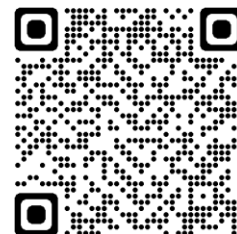
## CARL R. DARNALL ARMY MEDICAL CENTER

[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](#)



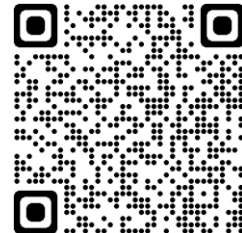
## DENTAL COMMAND (DENTAC)

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



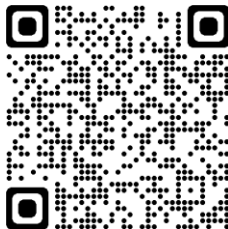
## DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION

[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](#)



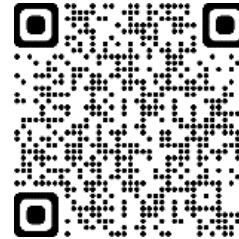
## [EQUAL EMPLOYMENT OPPORTUNITY \(EEO\)](#)

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



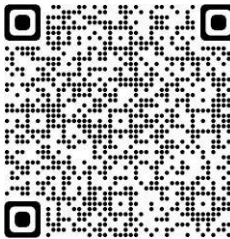
## [EXCHANGE](#)

[Shopmyexchange.com](#)



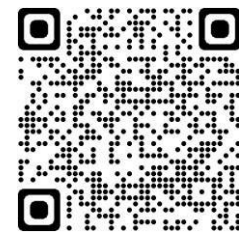
## [FISHER HOUSE](#)

[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

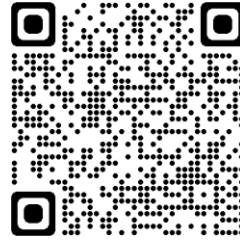
## OFFICE OF THE STAFF JUDGE ADVOCATE (SJA)

Office of the Staff Judge Advocate :: III Armored Corps & Fort Cavazos (army.mil)



## PUBLIC AFFAIRS OFFICE (PAO)

Public Affairs Office :: U.S. Army Fort Cavazos



## TRANSITION ASSISTANCE PROGRAM

Transition Assistance Program :: U.S. Army Fort Cavazos



## UNITED SERVICE ORGANIZATION (USO)

USO Fort Cavazos



Note: Agency names and websites that appear in blue are hyperlinks. For additional information contact: Army Community Service Community Information Services at (254) 287-3663 or e-mail: [usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.community-services-council@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.

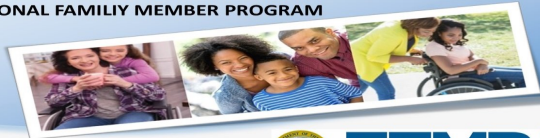


**Topics Include**

- 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-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

Open to Military Families with Special Needs  
**FORT CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM**



**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)  
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 CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM**



**EFMP Family Support**

**RESOURCE CONNECTIONS  
SUPPORT GROUP**

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

- This is for parents/children who have a disability and 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)  
Individuals who require assistance or accommodation due to a disability, please call the ACS EFMP office at (254) 287-6070.

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

Open to Active Duty Service Members, Retirees, and Military Spouses

# Be Your Own Boss

SEP 23-26, 2024  
8:30 a.m. - 1:30 p.m.

Space is limited!  
Registration deadline September 19, 2024  
To register (254) 288-2089 or (254) 287-1127 or email [usarmy.cavazos.imcom-fmwrc.list.acs-erb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.acs-erb@army.mil)

Before you start your own business, take the first step & attend this 4-day beginner business start-up workshop!  
There will be three scholarships awarded to receive business coaching, which will be awarded at Shark Tank!

Central Texas College - Fort Cavazos Campus  
Building 3200, Room 212, 72nd Street  
Next to Casey Memorial Library

Fort Cavazos  
**Employment Readiness PROGRAM**

2024 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.

**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.

Jan 3, 17	May 1, 15	Sep 4, 18	Jan 10	Apr 10	Jul 10	Oct 9
Feb 7, 21	Jun 5, 26	Oct 2, 16	Feb 14	May 8	Aug 14	Nov 13
Mar 6, 20	Jul 3, 17	Nov 6, 20	Mar 13	Jun 12	Sep 11	Dec 11
Apr 3, 17	Aug 7, 21	Dec 4, 18				

Workforce of Central Texas, 300 Cheyenne Drive, Killeen  
Shoemaker Center, 36000 Shoemaker Ln, 2nd Floor

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

**Volunteer Management Information System (VMIS)  
ORGANIZATION POINT OF CONTACT (OPOC)  
TRAINING CY 2024**

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

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

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

**ARMY FAMILY ACTION PLAN**

AFAP is a process that invites members of the Total Army to be agents of change by establishing and improving programs and services, developing and changing policies and regulations, creating legislation and amending laws.

**THE PROCESS**  
AFAP provides the Total Army a VOICE in shaping their standards of living and identifying issues related to the current environment. Leaders trust and support the AFAP Process it provides real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas and guides policy formation.

**PROVEN RESULTS**

- TRANSFERABILITY OF MONTGOMERY GI BILL (MGB) BENEFITS TO DEPENDENTS
- FAMILY CARE PLAN PROVIDER ACCESS TO INSTALLATIONS
- PATERNITY LEAVE FOR SOLDIERS
- CREATION OF FAMILY READINESS GROUPS, BETTER OPPORTUNITY FOR SINGLE SOLDIER (BOSS) AND ARMY FAMILY TEAM BUILDING (AFTB) PROGRAM.
- AVAILABILITY OF AUTHORIZED TRICARE PROVIDERS
- TRAUMATIC BRAIN INJURY (TBI) REHABILITATION PROGRAM
- IN-STATE COLLEGE TUITION
- AUDIO/VISUAL SURVEILLANCE IN CHILD CARE CENTERS
- FEDERAL EMPLOYMENT/MILITARY SPOUSE PREFERENCE

How can you submit an issue?  
Visit: <https://fms.armyfamilywebportal.com>, scan the QR code.

For additional information call (254) 287-1127 or email: [usarmy.cavazos.imcom-fmwrc.list.acs-afap@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.acs-afap@army.mil)

**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

**ARMY FAMILY TEAM BUILDING**  
Professional Development Courses at your fingertips.

Learn specific skills that help advance personal or professional development

- Military Life...What Does It Mean?
- Exploring Personality Traits
- Successful Team Dynamics
- Overcoming Stress
- Winning at Time Management
- Examining your Leadership Style
- Effective Communication for Leaders
- Supporting Others through Coaching and Mentoring
- And more...

**Registration Required**

- 1) Level 1: Military Knowledge (MK) Discover how to decipher Army acronyms, utilize community resources, attend better stress management, and understand the goal and impact of the Army's professional life.
- 2) Level 2: Personal Growth and Resilience (PG) Discover how to learn from and grow, how to solve problems, and how to make personal growth.
- 3) Level 3: Leadership Development (LD) Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to create ideas into leadership positions.

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

**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  
SEPTEMBER 2024**

**REMEMBER & HONOR**  
GOLD STAR MOTHERS & FAMILIES

To learn more about the symbols of honor that Gold Star Mothers and Families wear, visit [armymwr.com/survivor-outreach](http://armymwr.com/survivor-outreach)

*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 2024

**COMMUNITY RESOURCE COURSE**  
9:00 am – 2:30 pm

January 8 – 9	July 8 – 9	November 4 – 5
February 5 – 6	August 5 – 6	December 2 – 3
March 4 – 5	September 9 – 10	
June 3 – 4	October 7 – 8	

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

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**CASUALTY RESPONSE (CARE) TEAM TRAINING**

VIRTUAL		IN-PERSON	
January 24	February 28	August 28	
April 25	March 27	September 25	
July 24	May 28	November 27	
October 23	June 26	December 11	

5:30 pm – 8:30 pm      9:00 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)

### ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO) Command Team Support (2024)

**Command Family Readiness Representative (CFRR) Training**

January 16 – 17	February 13 – 14
March 19 – 20	April 16 – 17
May 14 – 15	June 11 – 12
July 30 – 31	August 13 – 14
September 17 – 18	October 15 – 16
November 12 – 13	

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 26 – 28	February 28
April 22 – 24	April 24
June 24 – 26	June 26
October 21 – 23	October 23
December 9 – 11	December 11

9:00 am – 4:30 pm      12:30 pm – 4:30 pm  
In-Person (Active Duty)      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)

### Soldier and Family Readiness Group Training (SFRG) CY 2024

**KEY CONTACT TRAINING**

January 24	February 1
April 25	March 7
July 24	May 2
October 23	June 6
	August 1
	September 5
	November 7
	December 5

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

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

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**COMMAND TEAM TRAINING (COTR/TSO)**

January 10	July 2
February 7	August 7
March 6	September 11
April 10	October 2
May 8	November 6
June 12	December 4

9:00 am – 12:00 pm  
Virtual

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

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**FAMILY READINESS ADVISOR TRAINING**

August 15	November 21
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9:00 am – 12:00 pm  
In-Person

Identifies roles and responsibilities. Defines advisor lanes and boundaries.

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**INFORMAL FUND CUSTODIAN**

January 10	February 7
March 6	April 10
May 8	June 12
July 10	August 14
September 11	October 9
November 13	December 11

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

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)

## 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)

## Financial Readiness Workshops

Open to All DOD ID Cardholders

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

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

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

## Common Sense PARENTING

Fort Cavazos Army Community Service • Family Advocacy Program

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

## RELATIONSHIP ENRICHMENT Workshop

Fort Cavazos Army Community Service - Family Advocacy Program

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: Call: (254) 286-6774 / 288-2092 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

## Family Violence Prevention Training

ACS - Family Advocacy Program

Soldiers are required to attend one 90-minute training session per fiscal year. Family members and DA Civilians are encouraged to attend.

**Tuesdays**  
9:30 a.m. - 11:00 a.m. or 1:30 p.m. - 3:00 p.m.  
Palmer Auditorium Bldg. 334, 31st Street

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

For information and to register call: (254) 286-6774 / 288-2092 or Email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

## Stress, Anger & Conflict Management Workshop

Army Community Service / Family Advocacy Program

Open to all DOD ID Card Holders

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

To Register: Call: (254) 618-7827 / 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

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

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

To schedule an appointment, please call (254) 287-6505 / 288-2092 / 287-1763 or email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

## Blended Families Workshop

Army Community Service / Family Advocacy Program

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 and to register, call (254) 286-6774 or 288-2092 or email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

## Preparing for Marriage

Fort Cavazos Army Community Service - Family Advocacy Program

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.

To register, call (254) 286-6774 / 288-2092 or email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

## BOOT CAMP For New and Expectant Dads

Army Community Service Family Advocacy Program

**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

## 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 avoid.

- Coping Skills
- Dating Pressures
- Jealousy
- Relating to People
- Assertive Communication

For more information: call (254) 286-6774, 288-2092 or email: [usarmy.cavazos.imcom-fmwrc.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.acs-fap-training@army.mil)

## EXPECT RESPECT

Army Community Service / Family Advocacy Program

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) 286-6774, 288-2092 or email us at: [usarmy.cavazos.imcom-fmwrc.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.acs-fap-training@army.mil)

## Shaken Baby Syndrome Class

Army Community Service Family Advocacy Program New Parent Support Program

**2nd & 4th 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

## EXPLORE LEARN & PLAY

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

- 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



Open to Active Duty Service Members, Retirees, and Military Spouses



# Be Your Own

# Boss

MILITARY  
EDITION



▶▶▶ SEP 23-26, 2024 ◀◀◀

8:30 a.m. - 1:30 p.m.

**Space is limited!**

Registration deadline September 19, 2024

To register (254) 288-2089 or (254) 287-1127 or email [usarmy.cavazos.imcom-fmwcr.list.ACS-ERB@army.mil](mailto:usarmy.cavazos.imcom-fmwcr.list.ACS-ERB@army.mil)

- ▶▶▶ **Before** you start your own business, take the first step & attend this 4-day beginner business start-up workshop!
- ▶▶▶▶ There will be three scholarships awarded to receive business coaching, which will be awarded at **Shark Tank!**

Central Texas College - Fort Cavazos Campus  
Building 3200, Room 212, 72nd Street  
Next to Casey Memorial Library



Individuals who require assistance or accommodations due to a disability, contact the ACS Employment Readiness Program at 254-287-6067.