

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](#)



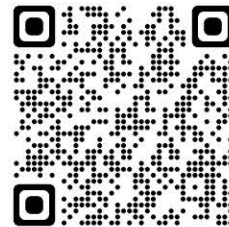
AMERICAN RED CROSS

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



BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

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



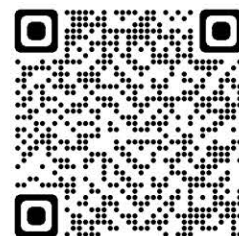
CARL R. DARNALL ARMY MEDICAL CENTER

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



CAVALRY FAMILY HOUSING

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



Fort Cavazos Community Information Sheet

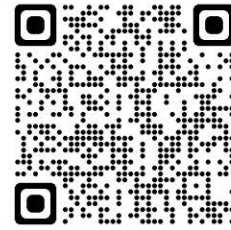
CHILD & YOUTH SERVICES (CYS)

[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](#)



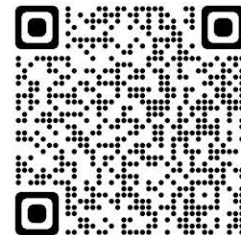
DENTAL COMMAND (DENTAC)

[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

| | |
|---|---|
| <p><u>DIRECTORATE OF PUBLIC WORKS</u> <u>Directorate of Public Works :: U.S. Army Fort Cavazos</u></p>  | <p><u>EDUCATION SERVICES DIVISION (ESD)</u> <u>Education Services Division :: U.S. Army Fort Cavazos</u></p>  |
| <p><u>EQUAL EMPLOYMENT OPPORTUNITY (EEO)</u> <u>Equal Employment Opportunity Program :: U.S. Army Fort Cavazos</u></p>  | <p><u>EXCHANGE</u> <u>Shopmyexchange.com</u></p>  |
| <p><u>FISHER HOUSE</u> <u>Texas: Carl R. Darnall Army Medical Center - Fisher House Foundation</u></p>  | <p><u>FORT CAVAZOS STANDALONE NETWORK ENTERPRISE CENTER (NEC)</u> <u>Fort Cavazos Standalone Network Enterprise Center :: U.S. Army Fort Cavazos</u></p>  |
| <p><u>GARRISON CHAPLAIN OFFICE</u> <u>Religious Support Office :: U.S. Army Fort Cavazos</u></p>  | <p><u>INSTALLATION TRANSPORTATION OFFICE (ITO)</u> <u>Installation Transportation Office :: U.S. Army Fort Cavazos</u></p>  |

Fort Cavazos Community Information Sheet

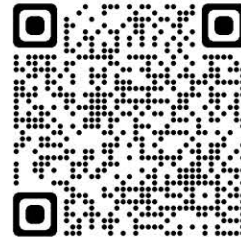
OFFICE OF THE STAFF JUDGE ADVOCATE (SJA)

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) 287-4471 or e-mail: usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil

Army Community Service
Family Advocacy Program
New Parent Support Program

Shaken Baby Syndrome Class

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

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
FAP | New Parent Support Program

Infant Care

Every 2nd 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-fmwrclistsacs-efmp@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

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.cavazos.imcom-fmwrclistsacs-efmp@army.mil

ACS - Exceptional Family Member Program

EFMP ORIENTATION

2nd Tuesday of the Month
10:00 a.m. – 11:30 a.m.

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

Shoemaker Center, Building 36000, 2nd Floor, Shoemaker Lane
For more information and to register, call (254) 287-6070 or Email: usarmy.cavazos.imcom-fmwrclistsacs-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

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

2nd 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.cavazos.imcom-fmwrclistsacs-efmp@army.mil

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.

10:00 am - 11:30 am

| | | |
|-----------|-----------|-----------|
| Jan 3, 17 | May 1, 15 | Sep 4, 18 |
| Feb 7, 21 | Jun 5, 26 | Oct 2, 16 |
| Mar 6, 20 | Jul 3, 17 | Nov 6, 20 |
| Apr 3, 17 | Aug 7, 21 | Dec 4, 18 |

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 10 | Apr 10 | Jul 10 | Oct 9 |
| Feb 14 | May 8 | Aug 14 | Nov 13 |
| Mar 13 | Jun 12 | Sep 11 | Dec 11 |

Shoemaker Center,
36000 Shoemaker Ln. 2nd Floor

For information and to register, call (254) 288-2089 or email: usarmy.cavazos.imcom-fmwrclistsacs-erb@army.mil

FORT CAVAZOS ARMY VOLUNTEER CORPS

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 VIRTUAL CLASS

| | | | |
|------------------|--------------|-------------------|------------------|
| 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-fmwrclistsacs-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 assesses the Total Army's VOICE (Voice of the Soldier) and identifies issues related to the current mission. Leaders will support the AFAP Process, a process that will require that leaders (commanders) to respond more quickly to soldier problems, implement good ideas and quality policies.

PROVEN RESULTS

- TRANSFERABILITY OF MONTGOMERY GI BILL (MGIB) 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 CHICAGO CENTERS
- FEDERAL EMPLOYMENT MILITARY SERVICE PREFERENCE

How can you submit an issue?
Visit: <https://forms.armyfamilyactionplan.com> or use the QR code

For additional information call (254) 287-1177 or email: usarmy.cavazos.imcom-fmwrclistsacs-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. Complete Military Knowledge (MK) Questionnaire to assess your knowledge, skills, and abilities, and to identify areas for improvement.
2. Complete Personal Growth and Wellness (PGW) Questionnaire to assess your personal and professional well-being.
3. Complete Leadership Assessment (LA) Questionnaire to assess your leadership skills and abilities.

Contact the ACTB office for questions or for additional information: 254-282-1177 or email: usarmy.cavazos.imcom-fmwrclistsacs-afap@army.mil

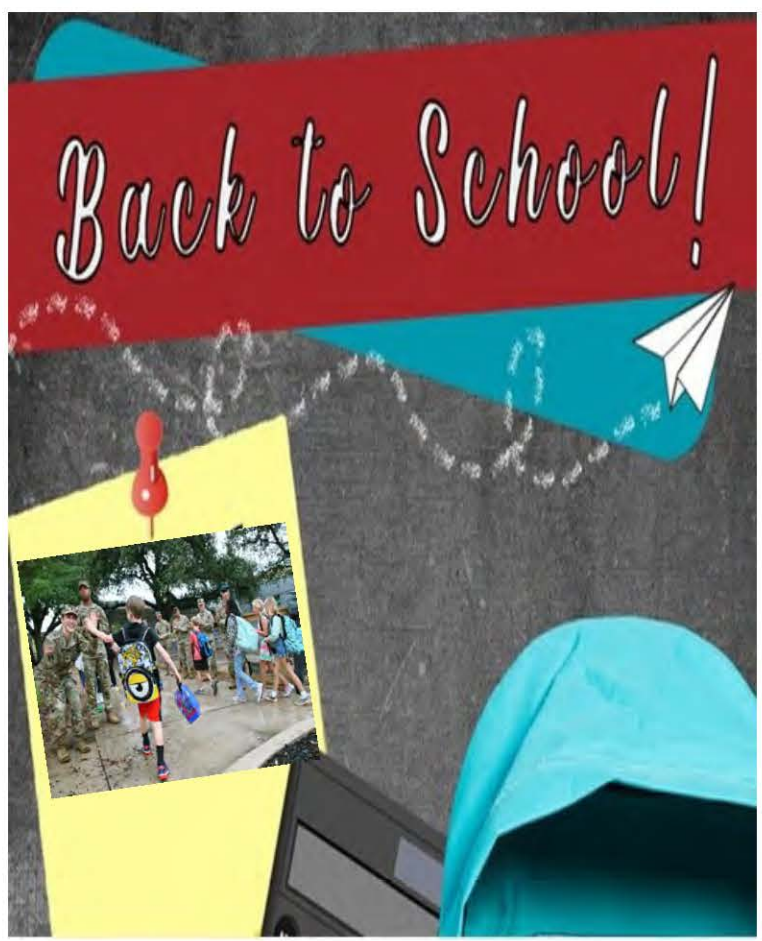
ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

TRAINING AND OUTREACH INITIATIVES

AUGUST 2024



Your Connection to Community Information

287-4ACS (4227)

<https://Cavazos.Army.mwr.com>
www.armyfamilywebportal.com
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.

CASUALTY RESPONSE (CARE) TEAM TRAINING

| VIRTUAL | IN-PERSON |
|------------|--------------|
| January 24 | February 28 |
| April 25 | March 27 |
| July 24 | May 28 |
| October 23 | June 26 |
| | August 28 |
| | September 25 |
| | November 27 |
| | 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-fmwr-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, acquires 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 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-fmwr-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 Virtual 8:30 am - 11:30 am In-Person

Addresses the roles and responsibilities, expectations of key contact volunteers through scenarios and resource discussion.

COMMUNITY TEAM READINESS COURSE

| | |
|------------|--------------|
| January 10 | July 2 |
| February 7 | August 7 |
| March 6 | September 11 |
| April 3 | October 2 |
| May 8 | November 6 |
| June 12 | December 4 |

9:00 am - 12:00 pm In-Person

Identifies roles and responsibilities. Defines advisor lines and boundaries.

FAMILY READINESS ADVISOR TRAINING

| | |
|------------|-------------|
| January 10 | August 15 |
| February 7 | November 21 |

9:00 am - 12:00 pm In-Person

Identifies roles and responsibilities. Defines advisor lines and boundaries.

INFORMAL FUND CUSTODIAN

| | |
|--------------|-------------|
| January 10 | February 7 |
| March 6 | April 3 |
| May 8 | June 12 |
| July 10 | August 14 |
| September 11 | October 9 |
| November 13 | December 11 |

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-fmwr-list.sfrb@army.mil

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

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-fmwr-list.sfrb@army.mil

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

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

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 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

Fort Cavazos Army Community Service - Family Advocacy Program

RELATIONSHIP ENRICHMENT Workshop

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

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

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

ACS - Family Advocacy Program

Family Violence Prevention Training

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

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

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

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

Fort Cavazos Army Community Service - Family Advocacy Program

Stress, Anger & Conflict Management Workshop

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

Fort Cavazos Army Community Service - Family Advocacy Program

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 / 287-1765 or email: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil

Fort Cavazos Army Community Service - Family Advocacy Program

EXPECT RESPECT

A school-based program for Preventive Teen Dating Violence, Promoting Safe and Healthy Relationships in Middle and High School

- Healthy Dating Skills
- Dating Pressures
- Safe & Healthy Emotional Relationship
- Preventing Dating Violence
- Communication Skills

Prevention based awareness education for students, parents, teachers, and school administrators.

For dates, location and to register: call (254) 286-6774, 288-2092 or email: usarmy.cavazos.imcom-fmwr-list.acs-fap-training@army.mil

Fort Cavazos Army Community Service - Family Advocacy Program

Active Parentteen

You & your Teen

Come and enhance your ability to guide your teen through their challenges. Additionally, this class will provide your teen with skills to effectively manage the challenges of adolescence and make them more capable of making good decisions.

Motivational Parenting
Understanding Peer Pressure
Internet Information Safety
Behavior Modification
Effective Parenting Styles
Self-Esteem Issues

Classes are held 1st & 3rd Thursday every month 9:00 a.m. - 11:00 a.m.
People First Center, Bldg. 4501, Rm. 219 545th St.

For more information: Call: (254) 286-6774 / 288-2092 or Email: usarmy.cavazos.id-readiness.list.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.

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) 286-6774 / 288-2092 or email: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil

Fort Cavazos Army Community Service - Family Advocacy Program

Blended Families Workshop

Education and support for any family

1st and 3rd Thursday of Each Month
9:00 am - 12:00 pm

Topics include:

- Defining family member roles
- Navigating relationships or marriage
- Strategies for overcoming everyday challenges
- Building healthy connections and loving bonds

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

Fort Cavazos Army Community Service - Family Advocacy Program

EXPECT RESPECT

DATING VIOLENCE PREVENTION EDUCATION FOR SINGLE SOLDIERS

1st Thursday of Each Month
2:00 p.m. - 3:00 p.m. Upon Request

Learn what to look for in a relationship and what relationship red flags you should 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-fmwr-list.acs-fap-training@army.mil

Fort Cavazos 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

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



USFHP Maternity Care

**When you're expecting a new baby,
US Family Health Plan is here for you!**



MC4733

Covered services

- OB-GYN visits throughout pregnancy
- Fetal ultrasounds
- Management of high-risk or complicated pregnancies
- Hospitalization for labor, delivery and postpartum care
- Anesthesia and epidural for pain during labor
- Cesarean sections
- Breast pumps, related supplies and breastfeeding counseling
- Additional services such as lactation specialists and more are available for members within the USFHP provider network.



Costs

Active-duty service members (ADSM) and their families have no costs for maternity care when enrolled in a USFHP Prime plan. All others are subject to copayments and cost shares.

Beneficiaries with a USFHP Prime plan (except ADSMs) can choose to use point-of-service options to refer themselves but may be subject to higher out-of-pocket costs.

Coverage for mom

These services may require referrals or pre-authorizations.

Your civilian primary care manager will collaborate with you to coordinate your maternity care. You are free to choose a network OB/GYN to add to your maternity team. With USFHP you do not need a referral when using an in-network provider for you or your newborn care. If your team determines the pregnancy may be complicated, they can request a USFHP case manager to assist in facilitating care. When setting appointments, state you have USFHP, not "TRICARE." You no longer need to show your Military ID card to access care, only your USFHP Member ID Card information is necessary before starting a relationship with a health care provider or facility.

You are responsible for ensuring all your care is performed by in-network providers. It is imperative your PCM (office) refer you to USFHP network Specialists or Treatment facilities, if not, it may result in you being responsible for balance billing or Point of Service costs associated with your care. You can access necessary "out-of-network" care with an approved authorization/referral (see member handbook for details).

| Member | Medical Plan |
|-----------------------|--|
| Name JOHN SAMPLE | PCP Office Visit: \$0 Specialty Care: \$0 Emergency Room: \$0 Inpatient Hospital: \$0 |
| ID Number SMPL0001 | |
| Group Name ADFM | |
| | Pharmacy Plan Maxor+ Rx BIN 005377 Rx PCN 10000019 |

| Provider Services | Member Services |
|--|---|
| Submit Medical Claims to: P.O. Box 981696 El Paso, TX 79996 | Member Service 1-800-878-7347 Maxor Plus® 1-800-687-0707 24 Hour Nurse Line 1-800-465-9355 |
| Emergency Care If you are expecting a baby, call the nurse line 24 hours or at an emergency room. If it is not an emergency, call the nurse line. If you are not expecting a baby, call the nurse line 24 hours or at an emergency room. If it is not an emergency, call the nurse line. | Hospital Provider Information Call the primary care manager prior to an elective admission or outpatient procedure to obtain authorization. If the patient holds other commercial health insurance, call that carrier as primary care provider. DO NOT BILL MEDICARE except for ESRD and services not covered by the US Family Health Plan. After Hours Care: Contact your primary care provider after hours service. For nurse advice and answers to your health questions 24 hours a day, contact our Nurse Line 1-800-465-9355. |
| www.christushealthplan.org/us-family-health-plan | |

Important phone numbers

- Member Services: 800-678-7347; TTY 711
- 24-Hour Nurse Line: 800-455-9355
- Mental Health: 800-678-7347; TTY 711
- DEERS: 800-538-9552
- Interpreter Services: 800-678-7347; TTY 711
- Transport (Trustride Medical Transportation): 281-741-7411

Breast pump/DME supplies

Aeroflow

1-844-867-9890

Qualify through Insurance at aeroflowbreastpumps.com

To place your supply order:

1. Go to <https://aeroflowbreastpumps.com/qualify-through-insurance>
2. Complete the application.
 - Input USFHP Member ID #
 - Select "CHRISTUS USFHP" as your insurance carrier.
3. Aeroflow conducts a 3-5-day benefit verification with CHRISTUS USFHP.
4. Aeroflow will email the member a link to place an online order with approved equipment/supplies.
5. Set up online account.
6. Place selection order for approved equipment/supplies.
7. Aeroflow will ship members' order.



Coverage for child

Your new baby must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) within 90 days (120 days if overseas) of birth (or adoption or court appointment). To do this, the parent must go to a Uniformed Services ID card office and present the child's official birth certificate or FS-240 Consular Report of Birth Abroad, record of adoption, or letter of placement of your child into your home by a recognized placement or adoption agency or the court.

Visit <https://ldco.dmdc.osd.mil/ldco> to find a Uniformed Services ID card office in your area.

Once registered in DEERS, your newborn, adopted or court-appointed child of an ADSM may be enrolled in the USFHP plan if child lives in USFHP service area.

Stateside children of ADSMs are eligible to enroll in USFHP Prime as long as:

- They are registered in DEERS.
- They live in a stateside Prime Service Area (PSA)/USFHP Service Area. If they don't live in a service area, the child will be automatically enrolled in TRICARE Select.

Automatic enrollment is not available for children of retirees.

Relocation during pregnancy

If you move and change your address in DEERS, this is a Qualifying Life Event.

If you have USFHP Prime and plan to be out of your current area during your pregnancy for more than 30 days, you may either keep your current USFHP Prime enrollment or transfer your enrollment if you're eligible for USFHP Prime in your new location. If you keep your USFHP Prime enrollment in your original enrolled location, you need to coordinate with your PCM to get referrals for non-emergency health care services in the location you're visiting. To transfer your enrollment, contact USFHP.

Visit www.tricare.mil/lifeevents to learn more.

Lost eligibility

You may lose TRICARE eligibility, including maternity coverage, for various reasons related to life events and sponsor status changes. Depending on the reason for losing eligibility, you may qualify for continued coverage under the Transitional Assistance Management Program or CHCBP. The CHCBP requires premium payments. If you're an ADSM who is pregnant at the time of release from active duty, you may also work with your service (unit personnel and military hospital or clinic administrative channels) to determine if you're eligible for ongoing care at a military hospital or clinic.

Visit www.tricare.mil/maternitycare for more information.



CONTACT YOUR LOCAL NAVIGATOR

Melinda Fletcher
210-460-2056
melinda.fletcher@christushealth.org



To book an
appointment,
please scan
QR code.

An Important Note About TRICARE Program Information. At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military hospital and clinic guidelines and policies may be different than those outlined in this publication. For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic.
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**Christmas
Has Come
Early!**



Christmas in July

**Thursday, July 25th
11am - 1pm
or until gifts run out!**

**No Registration Required
Must have Military ID
Child must be present to
receive a gift!**

**Bldg 50001 Clear Creek Rd
Next to Commissary**

info@santasworkshopgp.org

