

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 \(armymwr.com\)](#)



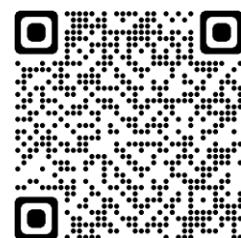
CARL R. DARNALL ARMY MEDICAL CENTER

[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](#)



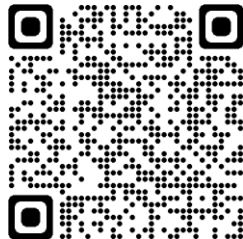
CRIMINAL INVESTIGATION DIVISION (CID)

[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](#)



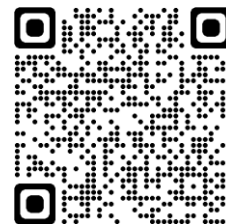
DIRECTORATE OF HUMAN RESOURCES (DHR)

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

COACHING AREAS

PERFORMANCE COACHING

CAPABILITIES

Performance Enhancement: Skills based in performance psychology and are aimed at improving measurable performance.

- ★ Energy Management
- ★ Focus
- ★ Motivation
- ★ Confidence
- ★ Mindset
- ★ Team Building



Academic Performance: Skills aimed at improving performance in the classroom in their study, memory retention and test taking.

- ★ Take more effective notes
- ★ Spend less time reading
- ★ Understand mindset



Resilience Training Support: Skills based in positive psychology aimed at helping individuals and units bounce back from and thrive in the face of adversity.

- ★ **Applied Resilience Training**—Performance Experts offer coaching to assist unit MRT in exploring ways of incorporating resilience skills into existing trainings.
- ★ **QA/QE**—Performance Experts offer coaching for improving knowledge about resilience and effective teaching strategies to unit MRT.
- ★ **Deployment Cycle Resilience Training**—Performance Experts provide the certification course for unit MRT to conduct Pre-and Post-Deployment resilience training.

★ **Build Unit Cohesion:** Build cohesive teams with stronger connections and effective communication techniques to foster a culture of trust.



- ★ **Optimize Performance**
Develop skills to think, feel, and act in a manner that optimizes performance. Increase your self-awareness and be more confident in demanding environments and with occupational and combat-specific tasks.
- ★ **Enhance Resilience**
Strengthen your ability to cope with adversity, adapt to change, and thrive under challenging conditions. Resilience is a process that requires adoption of productive thoughts, actions, and habits that can be learned.

★ **Unit Training**—Performance Experts offer coaching to cater to specific unit performance needs.

★ **Individualized Coaching**—Performance Experts offer individualized (one-on-one) coaching to cater to specific personal performance needs.

★ **OPD and NCOPD**—Performance Experts serve as guest speakers at select OPD and NCOPD events.

★ **FRG**—Performance Experts serve as guest speakers at select FRG events.

★ **Leadership Development Course**—Performance Experts offer leaders an opportunity to reflect on their leadership style and employ evidence-based leadership skills to forge cohesive Army units that are strong and resilient.

★ **ENGAGE**—Performance Experts provide bystander intervention to teach what those critical choice points are and how to help a battle buddy before a problem escalates.

★ **GRIT**—Performance Experts offer a four-hour training targeted at platoon-level leadership to create and foster a culture of trust in their platoon.

★ **Great Teams**—Performance Experts offer coaching to develop strong, cohesive organizations to improve group dynamics and team success.



PERFORM TO YOUR POTENTIAL

Here are some areas Performance Experts can provide coaching in:

★ Soldier Tasks

- Weapons Qualifications
- Army Combat Fitness Test (ACFT)
- CLS (Combat Lifesaver)

★ Unit Tasks

- Battle Drills
- Simulation Center
- STX, Complex Field Problems
- Gunnery and LFX (Live Fires)

★ Competitions

- EIB
- EFMB
- Boards
- Warrior Games
- Best Warrior/Medic
- Races (Marathons)

★ Schools

- Ranger
- Air Assault Course
- College



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

FIND OUT MORE

The Fort Cavazos R2 Performance Center is located at:

Shoemaker Center
BLDG 36000
Darnall Loop 5th Floor, RM 5100
Fort Cavazos, Texas 76544

Our training and coaching services are available to all Department of Defense Personnel, including Civilians and Family members.

For more information or to schedule training, contact the Fort Cavazos R2 Performance Center Manager:

Bill Loggins
LogginsW@MagellanFederal.com
Office Phone: 254-288-4372

ONLINE RESOURCES

Army Resilience Directorate:
www.armyresilience.army.mil

Facebook: www.facebook.com/ArmyResilience

Twitter: www.twitter.com/ArmyResilience

Instagram: www.instagram.com/armyresilience

LinkedIn:
www.linkedin.com/company/u-s-army-resilience-directorate

ArmyFit/Azimuth Check:
<https://armyfit.army.mil>



For More Information



Training Request Form



FORT CAVAZOS

R2 PERFORMANCE
CENTER



**OPTIMIZE MENTAL
READINESS**



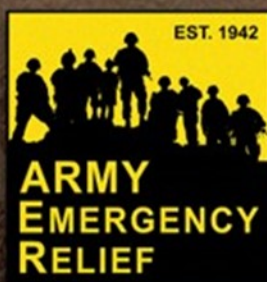
ARMY EMERGENCY RELIEF

ANNUAL CAMPAIGN MARCH 1 - JUNE 14



**AER CELEBRATES THE U.S. ARMY'S
250 YEARS OF BRAVERY AND SERVICE**

HONORING THE PAST *250* 1775 - 2025 SECURING THE FUTURE



SCAN THE QR CODE TO DONATE TO YOUR FORT CAVAZOS AER

HELPFUL ACS NUMBERS

ACS Volunteer Program / Army Volunteer Corps (AVC)
287-8657 / 287-2327

Army Emergency Relief (AER)
Emergency Financial Assistance
553-3101 / 553-3102

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

Employment Readiness Program (ERP) 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

Financial Readiness Branch (FRP)
Financial Counseling and Management Classes
287-CITY (2489) / 288-6868

Military Family Life Counseling (MFLC) Non-Clinical Counseling
553-4705

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

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

Soldier and Family Assistance Center (SFAC)
286-5768

Survivor Outreach Services (SOS)
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

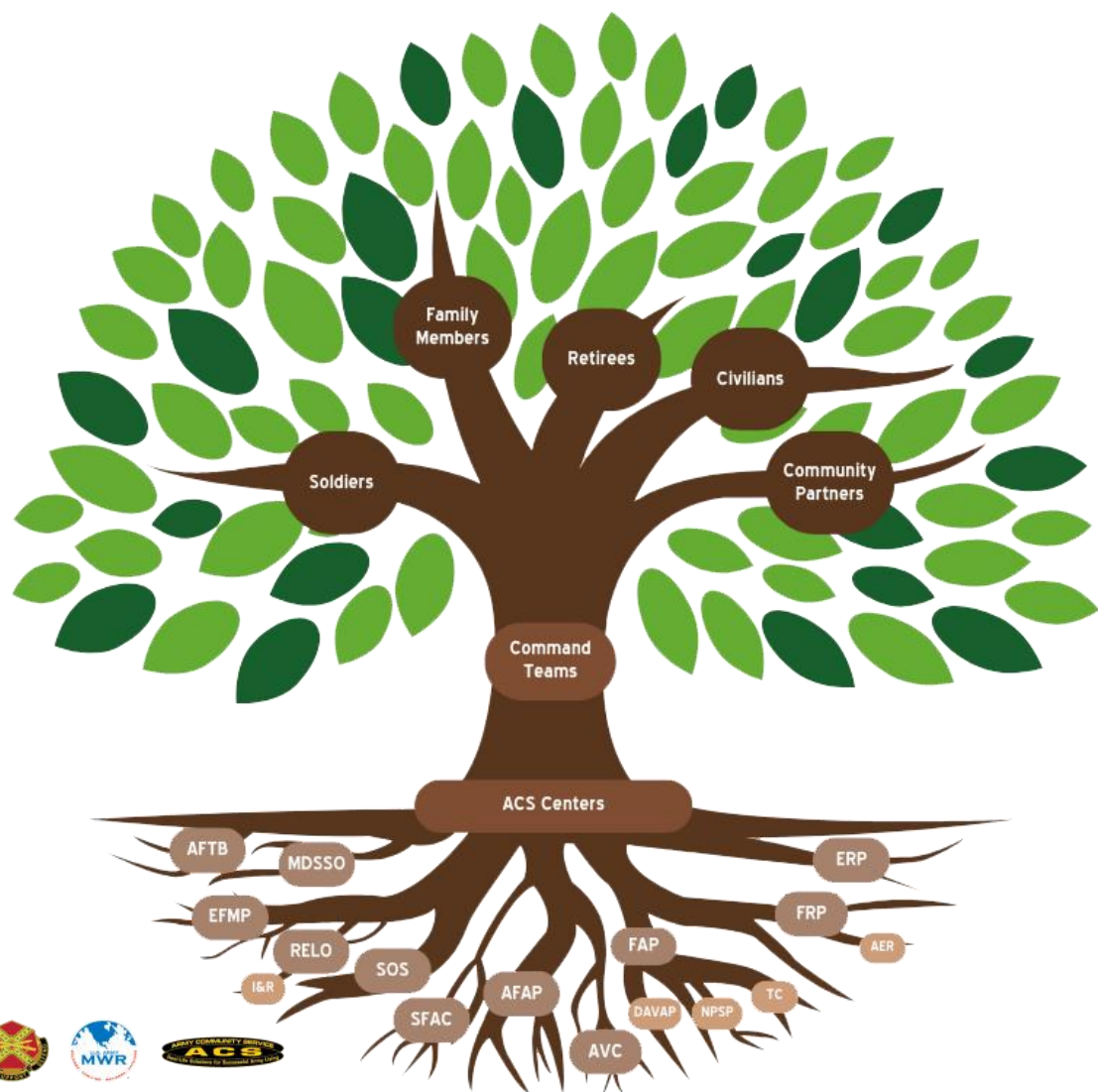
Veterans Crisis Line National 800-273-8255 (press 1)

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



FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

TRAINING AND OUTREACH INITIATIVES

MARCH 2025

Your Connection to Community Information

287-4ACS (4227)

<https://Cavazos.Armymwr.com>
www.armyfamilywebportal.com
www.militaryonesource.mil
1-800-342-9647



Open to All DOD ID Card Holders

Financial Readiness Workshops

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

For more information contact,
Army Community Service (ACS)
Financial Readiness Program (FRP)
254-287-2489

Shoemaker Center, Bldg. 36000, Room N212

Classes, times, and locations are subject to change, call for details.
Individuals who may require assistance or special accommodations due to disability, call (ACS) FRP at 254-287-2489

2025 MONTHLY FINANCIAL MILESTONE TRAINING

Fort Cavazos Financial Readiness Program (FRP)

- Major Life Events (disabling condition) 2nd Monday, 1330-1430
- Thrift Savings/Continuation Pay 1st Tuesday, 0900-1000
- Promotion of Service member 1st Tuesday, 1330-1430
- Permanent Change of Station 1st Tuesday, 1300-1430
- Marriage 2nd & 3rd Wednesday, 1030-1130
- Divorce 1st Thursday, 1330-1430
- Vesting in Thrift Savings Plan 1st Thursday, 1430-1530
- Birth of First Child 1st Thursday, 1430-1530
- Pre & Post-Deployment By request

To register call: (254) 288-6868, scan the QR code or email: usarmy.cavazos.id-readiness.list.acs-frb@army.mil
Shoemaker Center, Bldg. 36000, 2nd Floor, Room 212

Financial Planning for Initial Permanent Change of Station - Soldiers (E1 to E4 & O-1 to O-3) learn, develop and manage spending plans and credit while examining impacts of special pay and entitlements associated with a change in duty station.
Vesting in Thrift Savings Plan (TSP) - Soldiers will learn how to manage and update their TSP account and vesting.
Continuation Pay - Soldiers under the Blended Retirement System (BRS) who are currently eligible or within 12 months of receiving Continuation Pay will learn the components of BRS, importance of planning for retirement & how to calculate continuation pay.
Promotion of Service member - (E-5 & below or O-4 & below) learn how income changes related to promotion, options for increased income, updating spending plan, effect on TSP contributions and reevaluating financial goals.
Marriage, divorce, birth of first child) - Soldiers will learn how to update DEERS, check their LES for accuracy, update spending plan, address TRICARE concerns, and how to access additional resources.
Major Life Events (disabling condition) - Soldiers will learn how to address the financial implications of dealing with a disabling sickness or conditions and gain insight to manage their finances more efficiently.
Pre & Post Deployment - Soldiers will learn importance of creating and managing spending plans for pre & post deployment, as well as Servicemembers Civil Relief Act and how to protect their credit with credit freezes.
Training can be completed online at the Army Family Web Portal (AFWP): <https://olms.armyfamilywebportal.com>

Individuals who require assistance or special accommodations due to disability, call (254) 288-6868

Fort Cavazos Employment Readiness Program

THE NETWORK

A Newcomers Employment Training Workshop

Tuesdays, 9:30 am - 11:00 am
Shoemaker Center, Bldg. 36000
Shoemaker Lane 2nd floor, Suite 2502

This workshop offers up-to-date information on employment opportunities, job market trends, education, career exploration and volunteer resources.

For more information, call (254) 288-2089 or Email: usarmy.cavazos.imcom-fmwrclist.ACS-ERB@army.mil

Where Career Success Begins

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 CHILDCARE CENTERS
- FEDERAL EMPLOYMENT MILITARY SPOUSE PREFERENCE

For additional information call (254) 287-1127 or email: usarmy.cavazos.imcom-fmwrclist.acs-afap@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

- Level I: Military Knowledge (K)** Discover how to decipher Army acronyms, utilize community resources, attain better financial readiness, and understand the goal and impact of the Army mission on daily life
- Level II: Personal Growth and Resiliency (G)** Discover how teams form and grow, how to solve problems, and how to resolve personal conflict.
- Level III: Leadership Development (L)** Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership positions.

AFTB Train the Trainer (TTT) Volunteers help administer the program and teach classes. Get training on platform skills, the adult learner and methods of instruction.

Contact the AFTB office for questions or for Additional information: 254-287-1127 or Email: usarmy.cavazos.imcom-fmwrclist.acs-aftb@army.mil

Cavazos.ArmyMWR.com

FINANCIAL READINESS

CONTACT US AT:
Army Community Service
Financial Readiness Branch
BLDG 36000, Shoemaker Center
36000 Shoemaker Lane, 2nd Floor
USAG Fort Cavazos, TX
(254) 287-2489

The Army is dedicated to providing Soldiers and their Families with high-quality food, resources, financial education, and counseling throughout their careers.

MAKE YOUR DOLLARS STRETCH:

- Understand your financial well-being for better budgeting. Start with learning your financial well-being score.
- Access free financial counseling services. Financial Counselors can help you create a spending plan, manage personal finances and credit/debt management.
- Enroll in prevention education classes to learn about consumer affairs and personal financial management.
- Apply for Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps). Visit <http://www.fns.usda.gov/snap/state-directory> or speak with a Financial Counselor on your installation. For additional information, visit [Food Security Resources and Support Programs](https://myarmybenefits.us.army.mil/benefit-library/resource-locator).
- Enroll in the Women, Infants and Children (WIC) program. WIC provides supplemental food, health care referrals, and nutrition education for pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.
- Apply for the Basic Needs Allowance (BNA), which provides a supplemental monthly allowance for eligible service members with dependents who qualify.
- Attend "Meals in Minutes" classes to learn how to prepare affordable, nutritious meals at your installation's Army/Armed Forces Wellness Centers.
- Use on-base dining facilities whenever possible. Spouses and dependents of Soldiers in pay grades E-1 through E-4 can eat at dining facilities at the discount rate.
- Remember emergency financial assistance is available for eligible categories of assistance.

RESOURCES

- Visit Army's website for financial literacy "Secure the Financial Frontline" at www.FinancialFrontline.org.
- Find free, professional counselors at <https://finred.uslearning.gov/pfcMap> and <https://installations.militaryonesource.mil/>.
- Learn more about the Financial Readiness Program (FRP). Contact your local installation ACS center or Family Service Center for more information, or visit the resource locator library at <https://myarmybenefits.us.army.mil/benefit-library/resource-locator>.
- Get educated on Army Emergency Relief programs like grants, interest-free loans, and scholarships to promote readiness and help relieve financial distress of Soldiers and their Families. <https://www.armyemergencyrelief.org/offices/>.

THIS IS OUR ARMY. www.armyresilience.army.mil @ArmyResilience

Financial Readiness Common Military Training

Guide To Record Training Completion

Scan code for more information or visit www.FinancialFrontline.org

Milestone Training Requirements

Financial Readiness Common Military Training must be conducted using the Army's specific standardized training covering the topic areas of basic finance, consumer protections, planning for the future, compensation and benefits, saving and investing and major purchases, aligned with the personal and professional training milestones across the military life cycle.

- 1 Soldier Has Milestone Event**
Soldiers face many changes in their military career. Their finances can remain steady through every milestone, with proper planning. Financial literacy training provides the pathway for sustaining financial well-being and resilience.
- 2 CRR Training Required**
Are you a Company, Battalion or Brigade CO, CSM, or 1SG? Utilize the Financial Readiness Tracker within the Commander's Risk Reduction Toolkit (CRR) to identify and address all of your units' financial readiness milestone requirements.
- 3 Attend Training**
Training can be completed:
1. Face-to-Face
2. Group Session*
3. Online at <https://www.armyfamilywebportal.com>
*By approved financial educators
- 4 Receive Certificate**
It is the Soldier's responsibility to maintain and provide training certificate or other approved proof of training** for verification of completion to Training NCO.
- 5 Take Certificate to Training NCO**
- 6 Training NCO Enters Training into DTMS**
- 7 Marked Green for Completed Training**
- 8 Soldier Is Financially Ready**
Soldiers who are financially fit are better able to fulfill the duties of the mission and secure a solid financial future.

**Completion of training consists of a certificate, a unit training roster, and/or a signed checklist by an approved financial educator.

View resources at the QR code above for how to record the training into the Digital Training Management System (DTMS) to track completion and access the Financial Readiness Tracker.

Fort Cavazos Employment Readiness PROGRAM

2025 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.

10:00 am - 11:30 am	9:00 am - 10:30 am
Jan 15	Jan 8
May 7, 21	May 11
Sep 3, 17	Sep 10
Feb 5, 19	Feb 12
Jun 4, 18	Jun 11
Oct 1, 15	Oct 8
Mar 5, 19	Mar 12
Jul 2, 16	Jul 9
Nov 5, 19	Nov 12
Apr 2, 16	Apr 9
Aug 6, 20	Aug 13
Dec 3, 17	Dec 10

Workforce of Central Texas
300 Cheyenne Drive, Killeen

Shoemaker Center, Bldg. 36000
Shoemaker Ln. 2nd Floor

For information and to register, call (254) 288-2089 or Email: usarmy.cavazos.imcom-fmwrclist.ACS-ERB@army.mil

Individuals who require assistance or accommodation due to a disability, contact ACS ERP at (254) 288-2089

Fort Cavazos Army Volunteer Corps

Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT (OPOC) TRAINING CY 2025

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

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

Individuals who require assistance or accommodation due to a disability, contact ACS AVC at (254) 287-2327

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)
Command Team Support (2025)
Command Family Readiness Representative (CFRR) Training

January 28 – 29
 February 11 – 12
 March 11 – 12
 April 15 – 16
 May 13 – 14
 June 17 – 18
 July 15 – 16
 August 12 – 13
 September 23 – 24
 October 21 – 22
 November 11 – 12

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 24 – 26	February 26
April 21 – 23	April 23
June 23 – 25	June 25
August 25 – 27	August 27
October 27 – 29	October 29
December 8 – 9	December 9

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-fmwrclst.sfrb@army.mil

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

Soldier and Family Readiness Group Training (SFRG) CY 2025

KEY CONTACT TRAINING

January 22	February 12
April 23	March 12
July 23	May 14
October 22	June 11
	August 13
	September 10
	November 12
	December 10

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 8	February 19
March 12	April 16
May 14	June 18
July 9	August 20
September 10	October 22
November 12	December 17

5:30 pm – 8:30 pm
Virtual

8:30 am – 11:30 am
In-Person

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

COMMAND TEAM TRAINING (CDR/1SG)

January 8	July 2
February 5	August 6
March 5	September 3
April 2	October 1
May 8	November 5
June 12	December 3

9:00 am – 12:00 pm
Virtual

Addresses the partnership role between the command team and SFRG volunteers; reviews the basics of SFRG funding; offers volunteer management and recruiting concepts.

FAMILY READINESS ADVISOR TRAINING

February 19
May 21
August 20
November 19

9:00 am – 12:00 pm
In-Person

Identifies roles and Responsibilities. Defines advisor lanes and boundaries.

INFORMAL FUND CUSTODIAN

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

5:30 pm – 8:30 pm
Virtual

8:30 am – 11:30 am
Virtual

Highlights SFRG informal fund and fundraising do's and don't's and fund custodian 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-fmwrclst.sfrb@army.mil

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

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

Individuals who require assistance or accommodations due to a disability, please contact the ACS FAP at (254) 288-2092

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. 9136, at the corner of Old Ironsides Ave. & 20th Street

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

Rear Facing • Forward Facing • Booster • Seatbelt

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)
CY 2025

COMMUNITY RESOURCE COURSE

9:00 am – 2:30 pm

January 6 – 7	June 2 – 3	October 6 – 7
February 3 – 4	June 30 – July 1	November 3 – 4
March 3 – 4	August 4 – 5	December 1 – 2
April 7 – 8	September 8 – 9	

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

Fort Cavazos Army Community Service - Mobilization, Deployment & Stability Support Operations (MD&SSO)
RESILIENCE SKILLS
 Open to All DoD ID Cardholders

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

1ST & 2ND THURSDAY OF EACH MONTH
 1:00 P.M. - 2:30 P.M.

For more information call: (254) 288-2794 or Email: usarmy.cavazos.imcom-fmwrclst.sfrb@army.mil

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

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
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
 S 65th St.

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

Individuals who require assistance or accommodations due to a disability, contact the ACS FAP at (254) 288-2092

CASUALTY RESPONSE (CARE) TEAM TRAINING

<i>VIRTUAL</i> 5:30 pm – 8:30 pm	<i>IN-PERSON</i> 9:00 am – 12:00 pm
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January 22	July 23	February 26	August 27
April 23	October 22	March 26	September 10
		May 28	November 19
		June 25	December 10

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-fmwrclst.sfrb@army.mil

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

Open to all DOD ID Card Holders

Army Community Service / Family Advocacy Program
Stress, Anger & Conflict Management Workshop

- 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
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

Individuals who require assistance or accommodations due to a disability, please contact the Army Community Service Family Advocacy Program at (254) 288-2092

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

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

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-fmwrclist.acs-npsp@armymil

Individuals who require accommodation due to disability, please contact ACS FAP, NPSP

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

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-fmwrce-fmp@armymil

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

Open to Military Families with Special Needs

FORT CAVAZOS ARMY COMMUNITY SERVICE EXCEPTIONAL FAMILY MEMBER PROGRAM

For more information and to register, call (254) 287-6070 or email: usarmy.cavazos.imcom-fmwrce-fmp@armymil

Individuals who require assistance or accommodation due to a disability, call (254) 288-2092

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-fmwrce-fmp@armymil

Individuals who require assistance or accommodation due to a disability, please call the ACS EFMP office at (254) 287-6070.

FORT CAVAZOS ARMY COMMUNITY SERVICE
EXCEPTIONAL FAMILY MEMBER PROGRAM

Open to Military Families with Special Needs

EFMP Family Support

RESOURCE CONNECTIONS SUPPORT GROUP

2nd 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-fmwrce-fmp@armymil

Individuals who require assistance or accommodation due to a disability, please call the ACS EFMP office at (254) 287-6070

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

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-fmwrce-list.acs-fap-training@armymil

Individuals who require assistance or accommodation due to a disability, call (254) 288-2092

Reporting Domestic Violence or Child Abuse

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

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@armymil

Individuals who require assistance or accommodations due to a disability, contact the ACS FAP at (254) 288-2092

Victims of Domestic Violence

24/7 Hotline
254-702-4953

OPEN TO SINGLE SOLDIERS

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

For more information: call (254) 286-6774, 288-2092 or email: usarmy.cavazos.imcom-fmwrce-list.acs-fap-training@armymil

Going through some things and need to talk to someone?

Military Family Life Counselors

MFLCs are licensed professional clinicians. Non-medical counseling services are provided onsite to walk-ins, or telephonically 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

MFLC Can HELP!!!