

Open to all DOD ID Card Holders

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

Army Community Service / Family Advocacy Program

Stress, Anger & Conflict Management Workshop

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

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
803 S. 91st, at the corner of Old Fort Cavazos 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

CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

OPEN TO SINGLE SOLDIERS

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
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-fmwr.list.acs-npsp@army.mil
Individuals who require accommodation due to disability, please contact ACS FAP, NPSP

Fort Cavazos Army Community Service - Family Advocacy Program

Preparing for Marriage

Participants will qualify for the State of Texas 72-hour Exemption and will receive a \$60 discount on Texas marriage license.

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

- 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

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

Army Community Service
Family Advocacy Program

BOOT CAMP

For New and Expectant Dads

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

Some of the topics to be covered are:

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

For more information and to register: Call the New Parent Support Program (254) 287-2286
Individuals who require assistance or accommodations due to disability, please contact the New Parent Support Program office at 254-287-2286

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
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

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

- Level 1: Military Knowledge (10) Discover how to decipher Army acronyms, utilize community resources, obtain letterhead, financial matters, and understand the goal and impact of the Army mission outside the life.
- Level 2: Personal Growth and Resilience (10) Discover how teams form and grow, how to solve problems, and how to resolve interpersonal conflicts.
- Level 3: Leadership Development (10) Thrive in the Army and Civilian life by expanding leadership skills and effective communication techniques and learning to mentor others in leadership positions.

Contact the AFTR office for questions or for additional information: 254-287-1127 or Email: usarmy.cavazos.imcom-fmwr.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

NOVEMBER 2024

NOVEMBER
MILITARY FAMILY MONTH
Celebrating the Strength of our Families

Your Connection to Community Information

287-4ACS (4227)

<https://Cavazos.Armymwr.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	August 28
April 25	March 27	November 27
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

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, 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 detachments 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

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, call management and expectations of Key Contact volunteers through scenarios and resource discussion.

COMMAND TEAM TRAINING (COTR/ISSC)

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.

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.

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 *Virtual* **8:30 am – 11:30 am** *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

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

Financial Readiness Workshops

Open to All DOD ID Card Holders

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

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

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

HEART OF TEXAS AREA BOWLING COMPETITION

Fort Cavazos (ACS) Exceptional Family Member Program and Special Olympics Texas

November 15, 2024
In-School Bowlers
10:00 a.m. - 3:00 p.m.
Opening Ceremony: 10:15 a.m.

November 16, 2024
Community Bowlers
9:30 a.m. - 2:30 p.m.
Opening Ceremony: 9:45 a.m.

All athletes will bowl two games
Come and Support our Athletes

Phantom Warrior Lanes
Santa Fe Ave.
Bldg. 49010 Ft. Cavazos, TX

Eligibility: All registered athletes

For information and to RSVP, call (254) 287-6070 or email: usarmy.cavazos.imcom-fmwrc.list.acs-efmp@army.mil
Individuals who require assistance or accommodation due to a disability, contact the ACS EFMP office at (254) 287-6070

EFMP Family Support MONTHLY WORKSHOP

Open to Military Families with Special Needs

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-fmwrc.list.acs-efmp@army.mil

EFMP Family Support RESOURCE CONNECTIONS SUPPORT GROUP

Open to Military Families with Special Needs

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-fmwrc.list.acs-efmp@army.mil

EFMP ORIENTATION

ACS - Exceptional Family Member Program

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-fmwrc.list.acs-efmp@army.mil

THE NETWORK

Fort Cavazos Employment Readiness Program
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-fmwrc.list.acs-erb@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.

Jan 3, 17	May 1, 15	Sep 4, 18
Feb 7, 21	Jun 5, 16	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.

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-fmwrc.list.acs-erb@army.mil

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. 210
565th St.

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