

Fort Cavazos Community Information Sheet

III ARMORED CORPS

[III Armored Corps :: U.S. Army Fort Cavazos](#)



III ARMORED CORPS PHANTOM FORGE CENTER

[III Armored Corps Phantom-Forge-Center](#)



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](#)



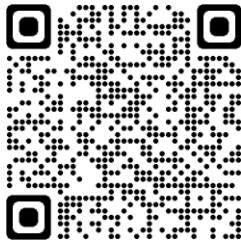
CRIMINAL INVESTIGATION DIVISION (CID)

[Army CID Home](#)



DeCA CLEAR CREEK COMMISSARY

[Fort Cavazos - Clear Creek | Commissaries](#)



DeCA WARRIOR WAY COMMISSARY

[Fort Cavazos - Warrior Way | Commissaries](#)



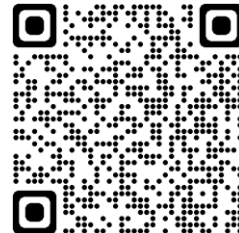
DENTAL COMMAND (DENTAC)

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



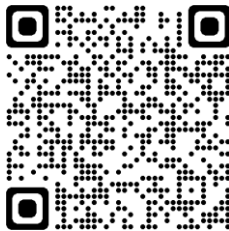
DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION

[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](#)



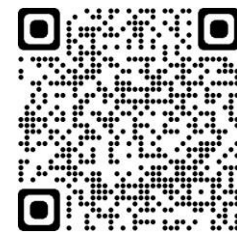
FISHER HOUSE

[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

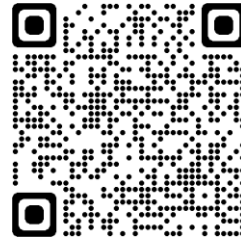
OFFICE OF THE STAFF JUDGE ADVOCATE (SJA)

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) 553-1593 or e-mail: usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil

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 (MDSSO) 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

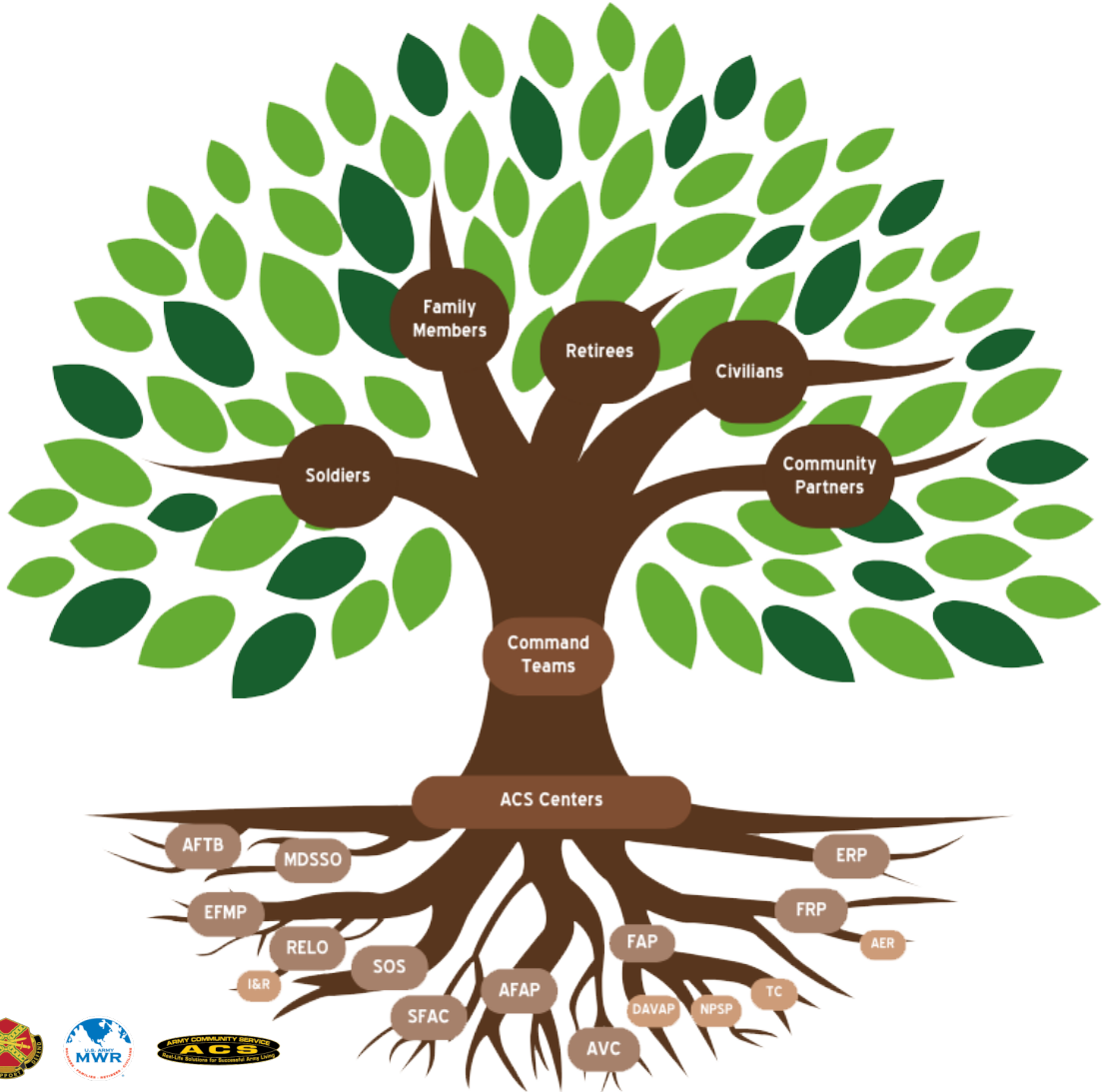
Survivor Outreach Services (SOS)
288-9533 / 553-0376

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

JUNE 2025



Your Connection to Community Information

287-4ACS (4227)

<https://cavazos.armymwr.com/categories/community-support>
<https://www.ArmyMWR.com/acs>
www.militaryonesource.mil
1-800-342-9647



SCAN ME
FOLLOW US ON FACEBOOK



SCAN ME
DIGITAL TRAINING AND OUTREACH INITIATIVES

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

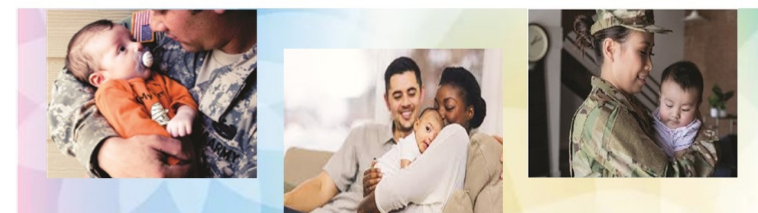
Individuals who require assistance or accommodations due to disability, please contact the New Parent Support Program office at 254-287-2286

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-fmwr.list.acs-npsp@army.mil

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.id-readiness.list.acs-efmp@army.mil

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

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.id-readiness.list.acs-efmp@army.mil

Individuals who require assistance or accommodation due to a disability, 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

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 have desired to make connections with others and share their knowledge.
- Obtain information through classes and Subject Matter Experts (SME) guest speakers.
- Connect with EFMP Staff for information and resources.

For more information and to register (254) 287-6070 or email: usarmy.cavazos.id-readiness.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 all
DOD ID Card Holders

2nd & 4th Thursday of every month
9:00 a.m. – 4:30 p.m.
Registration Required

Army Community Service / Family Advocacy Program

Stress, Anger & Conflict Management Workshop

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

To Register: Call: (254) 618-7827 / 288-2092
Email: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil
Certificates of completion available

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: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil

Individuals who require assistance or accommodation due to a disability, call (254) 288-2094

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

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

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

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

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

U.S. ARMY

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

ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

IDENTITY THEFT and SCAMS Workshop

"Knowledge is Security. Take Control of Your Personal Information!"

- Essential Knowledge & Tools:** Learn how to protect your personal information effectively.
- Identity Theft Awareness:** Understand the risks and recognize warning signs.
- Actionable Safeguards:** Discover practical steps to prevent identity theft.
- Recovery Strategies:** Proven methods to regain control if you ever fall victim.

MS TEAMS
6:00 pm - 7:00 pm

24 June 2025
26 August 2025
25 November 2025

For more information and to register call: **254-287-6831** or email: usarmy.cavazos.id-readiness.list.acs-frb@army.mil

OPEN TO ALL DOD ID CARD HOLDERS

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 and investing, 1:30-3:00pm
Cases, times, and locations are subject to change. Call for details.

Army Community Service (ACS)
Financial Readiness Program (FRP)
254-287-2489

Shoemaker Center, Bldg. 36000, 2nd Floor, Room N212

Individuals who may require assistance or special accommodations due to disability, call (ACS) FRP at 254-287-2489

OPEN TO ALL DOD ID CARD HOLDERS

ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

CAR BUYING WORKSHOP

Tips and strategies for purchasing a car in inflationary and recessionary times

- 26 Mar 2025
- 27 August 2025
- 28 May 2025
- 20 November 2025

2:00 pm - 3:00 pm

Shoemaker Center
Building 36000, 2nd Floor, Room N212

For more information and to register, call: **254.288.6868** or email: usarmy.cavazos.id-readiness.list.acs-frb@army.mil

Fort Cavazos Financial Readiness Program (FRP)

2025 MONTHLY FINANCIAL MILESTONE TRAINING

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
2nd Thursday, 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

OPEN TO ALL DOD ID CARD HOLDERS

ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

HOME BUYING Workshop

10:00 am - 11:00 am

26 March 2025
28 May 2025
27 August 2025

Who Should Attend?

- ✓ **First-time homebuyers**
- ✓ **Military families & veterans**
- ✓ **Anyone looking to purchase a home**

Shoemaker Center
Building 36000, 2nd Floor, Room N212

For more information and to register, call: **254.288.6868** or email: usarmy.cavazos.id-readiness.list.acs-frb@army.mil

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.id-readiness.list.acs-erb@army.mil

Where Career Success Begins

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.

10:00 am - 11:30 am

Jan 15	May 7, 21	Sep 3, 17
Feb 5, 19	Jun 4, 18	Oct 1, 15
Mar 5, 19	Jul 2, 16	Nov 5, 19
Apr 2, 16	Aug 6, 20	Dec 3, 17

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

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

For information and to register, call (254) 288-2089 or Email: usarmy.cavazos.id-readiness.list.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.id-readiness.list.acs-avc@army.mil

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

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 (30) Discover how to become an Army professional, understand the Army mission and the impact of the Army mission on daily life.
- 2) Level 2: Personal Growth and Resilience (30) Discover how to transform and grow, how to solve problems, and how to resolve personal conflict.
- 3) Level 3: Leadership Development (30) Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership positions.

Contact the AFTR office for questions or for additional information: 254.287.1127 or Email: usarmy.cavazos.incom-fmwcr.list.acs-afap@army.mil

Cavazos.ArmyMWR.com

ARMY FAMILY ACTION PLAN

Change begins with you

IT'S TIME TO SUBMIT YOUR IDEAS!

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 GILL (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 CHILDCARE CENTERS
- FEDERAL EMPLOYMENT MILITARY SPOUSE PREFERENCE

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

For Additional information call (254) 287-1127 or email: usarmy.cavazos.id-readiness.list.afap@army.mil

Open to All Service Members Spouses and Family Members

FORT CAVAZOS TRIO

Community Road Show

"Strong Families, Strong Warriors"

Saturday 7 JUNE 25
1:00 P.M. - 4:00 P.M.

MAIN POST CHAPEL
BLDG. 320, E. Tank Destroyer BLVD.
FORT CAVAZOS, TEXAS 76544

Emphasizes the importance of balancing home and Army life. Focus on providing families with the tools to stay resilient and thrive in all aspects of life.

Fun Games & Competitions for kids and adults
Creative Arts & Crafts to unleash your imagination
Team-building Challenges to strengthen connections
Families can earn CYS Parent Participation Points

For More information call: SP2 @ (254) 287-5245, ACS @ (254) 286-6774

A collaboration with Suicide Prevention Program and Army Community Service Family Advocacy and Financial Readiness Programs

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

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

Individuals who require assistance or accommodation due to a disability, contact the ACS FAP office at (254) 287-5066

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

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

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

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. 9138, 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

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

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.

Phantom Forge Center
S 65th St., Bldg. 4501 | Rm. 219
Fort Cavazos, TX

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

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

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!!!

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

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
April 21 - 23
June 23 - 25
August 25 - 27
October 27 - 29
December 8 - 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.id-readiness.list.sfrb@army.mil

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

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

COMMUNITY RESOURCE COURSE

9:00 am - 2:30 pm

January 6 - 7
February 3 - 4
March 3 - 4
April 7 - 8

June 2 - 3
June 30 - July 1
August 4 - 5
September 8 - 9

October 6 - 7
November 3 - 4
December 1 - 2

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

CASUALTY RESPONSE (CARE) TEAM TRAINING

VIRTUAL
5:30 pm - 8:30 pm

IN-PERSON
9:00 am - 12:00 pm

January 22
April 30

July 23
October 22

February 26
March 26
May 28
June 25

August 27
September 10
November 19
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.id-readiness.list.sfrb@army.mil

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

Soldier and Family Readiness Group Training (SFRG) CY 2025

KEY CONTACT TRAINING

January 22
April 30
July 23
October 22

February 12
March 12
May 14
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
March 12
May 7
July 9
September 10
November 12

February 12
April 16
June 18
August 20
October 22
December 17

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

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

INFORMAL FUND CUSTODIAN

January 8
March 12
May 14
July 9
September 10
November 12

February 12
April 9
June 11
August 13
October 8
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'ts and fund custodian responsibilities.

COMMAND TEAM TRAINING (CDRs/1SGs)

January 8
February 5
March 5
April 2
June 12

July 2
August 6
September 3
October 1
November 5
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 20
May 21
August 20
November 19

9:00 am - 2:30 pm In-Person

Identifies roles and Responsibilities. Defines advisor lanes and boundaries.

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.id-readiness.list.sfrb@army.mil

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

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.id-readiness.list.sfrb@army.mil

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

OPEN TO ACTIVE DUTY SERVICE MEMBERS, MILITARY FAMILIES, RETIREES, AND DOD CIVILIANS

Spoken Word and the ARTS

27 June 2025

Samuel Adams Brewhouse, Bldg. 5782
24th St. & Tank Destroyer
Doors open at 4:00pm
Show time 4:30pm - 7:00pm

Guest Performers:
1st Cavalry Division
Axe Band

Musicians, Poets, Singers, Dancers and Rappers
Show off your talent and bring your fans!

Open MIC ~ 18+
No profanity, No sexual, graphic, obscene, explicit or racial comments or lyrics. No abusive lyrics, hateful or intended to defame anyone or any organization.

For more information call ACS (254) 288-2794
Scan the QR code

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

REGISTER HERE

Description of Services

What makes up our virtual Intensive Outpatient Program (IOP)?

Up to 9–12 hours of treatment per week for 9–12 weeks:

- 3 hours of curated groups, 3 times per week
- 1 hour of individual therapy per week
- 1 hour of family therapy per week
- Psychiatric care and medication management as needed and where available

What is our admissions & intake process?

- Clients receive a personalized treatment plan based on:
 - Condition
 - Age
 - Evidence-based treatment modality
 - Lived experiences
- We're also proud to offer specialized curricula for BIPOC, LGBTQIA+, and neurodivergent clients, and specialized programming for perinatal clients and the military community

Who do we serve?

- Clients with a mental health diagnosis or co-occurring mental health/substance use disorder (SUD) diagnosis, including but not limited to:
 - Mood disorders (major depression/bipolar disorder)
 - Anxiety disorders
 - Personality disorders
 - Self-harm issues; suicidal ideation
 - Neurodivergence
 - Trauma/PTSD
 - Postpartum depression
 - Obsessive-compulsive disorder
- Clients who are stepping down from a higher level of care (e.g., ER, residential treatment, psychiatric unit)
- Clients who are stepping up from a lower-level of care (e.g., once-weekly outpatient)

When are we available?

- Flexible scheduling, including evenings and weekends

Which insurance plans do we accept?

- Nearly all commercial health plans, including Optum/United Healthcare, Aetna, Cigna, BCBS, TriCare, and regional/local plans
- Medicaid in states where IOP is covered
- Self-pay

What are our evidence-based practices?

- Dialectical behavior therapy skills (DBT)
- Cognitive behavioral therapy (CBT)
- Mentalization-based therapy (MBT)
- Motivational interviewing (MI)
- Art & music therapy
- Experiential therapies
- Attachment-based family therapy (ABFT)
- Trauma-focused CBT (TF-CBT)
- and more

Who are our clinical staff members?

- Master's-level clinicians (e.g., LCSW, LPC, LMFT)
- Psychiatrists and Nurse Practitioners
- Experiential therapists (art, movement, dance, yoga)
- Supplemental support from peer advisors and case managers

Exclusionary criteria

- Active suicidal or homicidal ideation requiring immediate supervision in a closed setting
- Active psychosis, hallucinations, or delusions not controllable or treatable in an outpatient setting
- Active primary eating disorder requiring medical intervention
- Primary SUD diagnosis without co-occurring mental health issues

How to get started

We're so grateful you're interested in starting the next phase of your healing journey with Charlie Health. We're here to support you with the best treatment possible for your mental health needs.

You can fill out [this quick form](#) to get started with a free assessment, or call us directly at (406) 316-3700. We're here to answer your questions and help with insurance verification ASAP.



Supporting Military Mental Health

You're not alone. We are grateful for your service.

At Charlie Health, our virtual Intensive Outpatient Program (IOP) is designed with you in mind—delivering high-quality mental healthcare wherever you are and when you need it most.

Why choose Charlie Health?

- Personalized support for military families: Tailored therapy addressing the unique challenges of military life, from deployment to reintegration and beyond.
- No waitlists, no long commutes: Convenient, remote therapy sessions that eliminate long travel times and waiting for appointments.
- Specialized therapists: Experienced therapists who understand the mental health challenges faced by service members and their families, including PTSD, anxiety, and combat stress.
- Comprehensive care: Therapy services for service members and their families, including children, spouses, and parents, ensuring everyone gets the support they need.

We support service members and their families with:

- Anxiety, depression, and PTSD
- Substance use disorders
- Stress and adjustment issues
- Military sexual trauma
- Suicidal thoughts

Get Started



Reach out for support:

www.charliehealth.com

(406) 316-3700

military@charliehealth.com



Maternal Mental Health Programming

Charlie Health is proud to offer a curated maternal mental health program for perinatal and postpartum clients. If it's harder to care for yourself and your baby than you thought it would be, we're here to help.

Our program may be right for you if you've experienced symptoms including but not limited to excessive crying spells, feeling like you're not a good mom, severe anxiety, inability to sleep, or withdrawal from family. We offer curated group and personalized individual therapy facilitated by clinicians who have worked with moms like you.

We know that you're busy, tired, and may even feel isolated. That's why we offer:

- Flexible scheduling
- Entirely virtual access
- 20+ free family support groups
- Group sessions with other new moms and parents



Get Started

Reach out today:

www.charliehealth.com

(866) 491-5196

outreach@charliehealth.com

