

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](#)



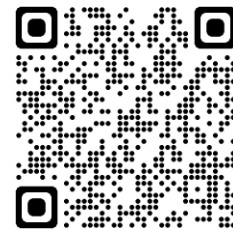
AMERICAN RED CROSS

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



BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

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



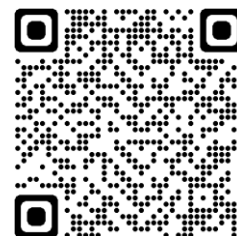
CARL R. DARNALL ARMY MEDICAL CENTER

[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](#)



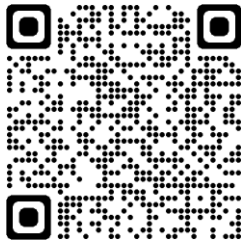
[CRIMINAL INVESTIGATION DIVISION \(CID\)](#)

[Army CID Home](#)



[DeCA CLEAR CREEK COMMISSARY](#)

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



[DeCA WARRIOR WAY COMMISSARY](#)

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



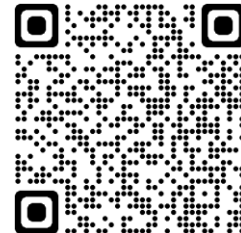
[DENTAL COMMAND \(DENTAC\)](#)

[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



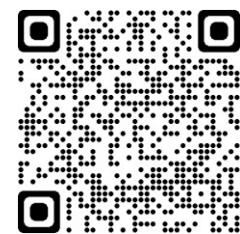
FISHER HOUSE

[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

FORT CAVAZOS ARMY VOLUNTEER CORPS
Volunteer Management Information System (VMIS)
ORGANIZATION POINT OF CONTACT (OPOC)
TRAINING CY 2024

This training provides step-by-step instruction on how to use VMIS to track volunteers and maintain volunteer records.

10:00 am – 11:30 am
VIRTUAL CLASS

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

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

ARMY FAMILY ACTION PLAN

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

THE PROCESS
 AFAP provides training in a VOICE to change the standard of living and working conditions in the current environment. Learn critical and support the AFAP process. It provides real-time information that enables commanders to respond more readily to member problems, implement goal plans and guide policy formation.

PROVEN RESULTS

- TRANSFERABILITY OF MONTGOMERY GI BILL (MGIB) BENEFITS TO DEPENDENTS
- FAMILY CARE PLAN PROVIDER ACCESS TO INSTALLATIONS
- PATERNITY LEAVE FOR SOLDIERS
- CREATION OF FAMILY READINESS GROUPS, BETTER OPPORTUNITY FOR SINGLE SOLDIER (SOSS) 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-fmwrvc.list.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

1. Identify military knowledge (S) classes that will help you advance your personal or professional development.
2. Complete the registration and you will receive a confirmation email with the course details.
3. Complete the course and you will receive a certificate of completion.

Contact the AFTB office for questions or for additional information: 254.287.1127 or email: usarmy.cavazos.imcom-fmwrvc.list.acs-afap@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.

Volunteer Training

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

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

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 and don'ts and responsibilities.

Extended Team Training (EFTT)

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

9:00 am – 12:00 pm Virtual

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

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-fmwrvc.list.SFRB@army.mil

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

RESILIENCE SKILLS

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

1st & 2nd Thursday of Each Month
10:00 a.m. - 11:30 a.m.

Open to All DoD ID Cardholders

For more information and to Register call: (254) 288-2794 or Email: usarmy.cavazos.imcom-fmwrvc.list.sfrb@army.mil

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO) CY 2024

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

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

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

CASUALTY RESPONSE (CARE) TEAM TRAINING

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

5:30 pm – 8:30 pm Virtual
9:00 am – 12:00 pm In-Person

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-fmwrvc.list.SFRB@army.mil

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

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

9:00 am – 3:30 pm In-Person

Identifies roles, responsibilities, acquires CFRRs with the challenges and opportunities related to their position. Identifies available resources, enhances the connection between CFRRs, their Command teams, and service providers.

Rear Detachment Operations (RDO) Course

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

9:00 am – 4:30 pm In-Person (Active Duty)
12:30 pm – 4:30 pm Virtual Class (NG/RC Only)

For Active Duty, National Guard and Reserve Component Soldiers serving in rear detachment roles. Requests for student enrollment must be initiated by the Unit Schools NCO.

Registration required, for more information and to register, call (254) 288-2794 or Email: usarmy.cavazos.imcom-fmwrvc.list.SFRB@army.mil

Open to All DOD ID Card Holders

Financial Readiness Workshops

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

Clears, times, and discounts any subject to change. Call for details.

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

Individuals who require assistance or accommodation due to a disability, contact Financial Readiness Branch

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 287-CITY (2489)
 Financial Management Classes, Personal Financial Counselors

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

HOME BUYING Seminar
11 December 2024

9:30 am - 11:00 a.m. or 1:30 pm - 3:00 p.m.

Shoemaker Center, Bldg. 36000 1st Floor, Room 1463

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

For more information and to register, call: 254.288.6868 or Email: usarmy.CAVAZOS.imcom-fmwrvc.list.acs-frb@army.mil

Individuals who require assistance or accommodation due to a disability, contact the ACS FRB office at (254) 288-6868



FORT CAVAZOS
ARMY COMMUNITY SERVICE
Real-Life Solutions for Successful Army Living

TRAINING AND OUTREACH INITIATIVES
DECEMBER 2024

OPEN TO ALL DOD ID CARD HOLDERS

OPERATION "Holiday Shield" RESILIENCY Workshop

Friday DECEMBER 6, 2024
10:00 a.m. – 11:30 a.m.
 Shoemaker Center, Bldg. 36000
 Shoemaker Lane, RM 2551

A special event designed to help military service members and their families build resiliency and preparedness during the holidays.

- Expert advice on managing finances
- Navigating holiday stress.
- Healthy relationship tips
- Tips on Holiday safety

For more information and to Register call (254) 288-2794, 553-2741, Scan the QR Code or email: usarmy.cavazos.id-readiness.list.sfrb@army.mil

Individuals requiring assistance or accommodations due to a disability, call (254) 287-2286

Your Connection to Community Information

287-4ACS (4227)
<https://Cavazos.Army.mwr.com>
www.armyfamilywebportal.com
www.militaryonesource.mil
 1-800-342-9647

QR codes for social media and registration.

TRAINING AND OUTREACH

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

ACS - Family Advocacy Program

Family Violence Prevention Training

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

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

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

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

Fort Cavazos Army Community Service - Family Advocacy Program

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

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 5 65th St.

For more information: 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

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

Common Sense PARENTING

Individuals with children 4 to 12 years old interested in discussing parenting issues will learn skills to encourage positive behavior, discourage negative behavior and to teach their children alternatives to problem behavior.

Classes are held on 2nd & 4th Wednesday of every month, 9:30 a.m. - 11:30 a.m.

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

Fort Cavazos Army Community Service - Family Advocacy Program

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.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 a disability, please contact the New Parent Support Program office at 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

Certified technicians will provide up-to-date information about car seat installations & hands-on education on 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
Mag. 9116, at the corner of Old Soldiers 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

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

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

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

Open to Military Families with Special Needs

FORT CAVAZOS ARMY COMMUNITY SERVICE EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Family Support MONTHLY WORKSHOP

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

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

ACS - Exceptional Family Member Program

EFMP ORIENTATION

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

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

Shoemaker Center, Building 36000, 2nd Floor, Shoemaker Lane

For more information and to register, call: (254) 287-6070 or Email: usarmy.cavazos.id-readiness.list.acs-efmp@army.mil

Fort Cavazos Employment Readiness PROGRAM

2024 CAREER TRAINING

Navigating USAJOBS and Creating Your Federal Resume

Join us as we go through the USAJOBS website and learn tips on how to format, structure, and create detailed content for your Federal Resume.

10:00 am - 11:30 am

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

Workforce of Central Texas
300 Cheyenne Drive, Killeen

MARKETING ME: Interviewing Skills

Make a great impression in your next job interview? Review effective communication skills, interview preparation, valuable questions during the interview and salary negotiation.

9:00 am - 10:30 am

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

Shoemaker Center, 36000 Shoemaker Ln. 2nd Floor

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

FORT CAVAZOS MILITARY SPOUSES



Enroll in a research study about peer support groups for military spouses!

The REACH study is recruiting military spouses and committed partners stationed at Fort Cavazos to be part of a peer-led group. Participants can earn up to \$150. Participants of REACH groups will have the opportunity to...

- ✓ **Share challenges, strategies and successes** of being a military spouse.
- ✓ **Receive and provide support and guidance** to peers.
- ✓ **Connect with relevant resources** that support individual and family wellness.

GET INVOLVED

Apply today by visiting <https://bit.ly/4cCvztb> or scan the QR code.



What to Expect

STUDY OVERVIEW

OVERVIEW

The REACH program consists of 8 support group sessions. A curriculum will serve as a guide for peer group leaders to facilitate weekly peer support sessions with spouses and partners of active-duty service members.

GROUPS

Groups include 6-8 spouses / committed partners and are facilitated by 2 peer leaders.



Scan for more information about the study

GET INVOLVED

Apply today by visiting <https://bit.ly/4cCvztb> or scan the QR code.



SESSION 1

Sharing Our Stories

SESSION 2

Taking Care of Ourselves

SESSION 3

Military Life

SESSION 4

Navigating Tough Times

SESSION 5

Burnout & Boundary Setting

SESSION 6

Seeking Help to Maintain Our Wellness

SESSION 7

Love & Relationships

SESSION 8

Showing Up as Yourself