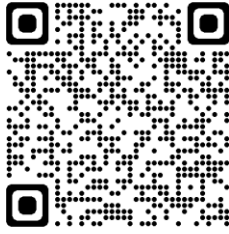


Fort Cavazos Community Information Sheet

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](#)



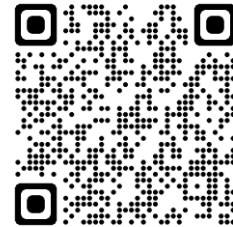
AMERICAN RED CROSS

[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](#)



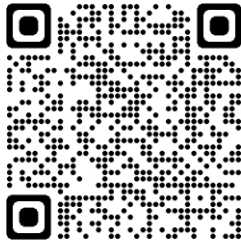
[CRIMINAL INVESTIGATION DIVISION \(CID\)](#)

[Army CID Home](#)



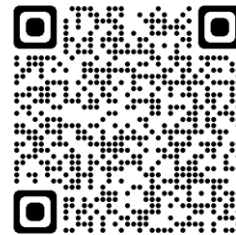
[DeCA CLEAR CREEK COMMISSARY](#)

[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](#)



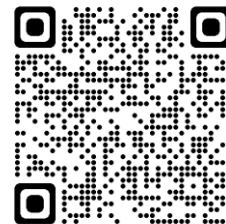
[DIRECTORATE OF HUMAN RESOURCES \(DHR\)](#)

[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](#)



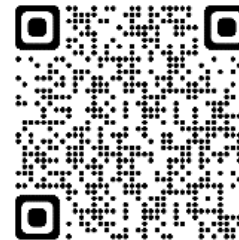
EQUAL EMPLOYMENT OPPORTUNITY (EEO)

[Equal Employment Opportunity Program :: U.S. Army Fort Cavazos](#)



EXCHANGE

Shopmyexchange.com



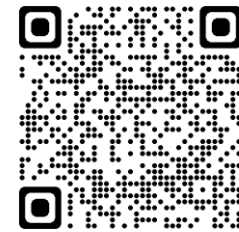
FISHER HOUSE

[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

| | |
|---|--|
| <p><u>OFFICE OF THE STAFF JUDGE ADVOCATE (SJA)</u> Office of the Staff Judge Advocate :: III Armored Corps & Fort Cavazos (army.mil)</p>  | <p><u>PUBLIC AFFAIRS OFFICE (PAO)</u> Public Affairs Office :: U.S. Army Fort Cavazos</p>  |
| <p><u>TRANSITION ASSISTANCE PROGRAM</u> Transition Assistance Program :: U.S. Army Fort Cavazos</p>  | <p><u>UNITED SERVICE ORGANIZATION (USO)</u> USO Fort Cavazos</p>  |

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

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-fmwr-cfmp@army.mil

Fort Cavazos Employment Readiness PROGRAM

2023 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 5, 18 | May 4, 17 | Sep 6, 20 |
| Feb 2, 15 | Jun 1, 21 | Oct 4, 18 |
| Mar 2, 15 | Jul 5, 19 | Nov 1, 15 |
| Apr 6, 19 | Aug 2, 16 | Dec 6, 20 |

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 4 | Apr 5 | Jul 12 | Oct 11 |
| Feb 1 | May 3 | Aug 9 | Nov 8 |
| Mar 1 | Jun 14 | Sep 13 | Dec 13 |

Shoemaker Center,
36000 Shoemaker Ln. 2nd Floor

For information and to register, call (254) 288-2089, 287-6067 or Email: usarmy.cavazos.imcom-fmwr-c.list.ACS-ERB@army.mil

FORT CAVAZOS ARMY VOLUNTEER CORPS

Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT (OPoC) TRAINING CY 2023

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

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

For more information and to register, call (254) 287-2327, 287-8657 or Email: usarmy.cavazos.imcom-fmwr-c.list.AVC@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. Complete Military Knowledge 101 Checklist form to receive Army orientation, all the community resources, and other key information, and understand the goal and mission of the Army support center (ASC).
2. Email: usarmy.cavazos.imcom-fmwr-c.list.AVC@army.mil to receive the registration link and access to the virtual class.
3. Complete the registration form (2) There is a fee for this course. It is required to have a DOD ID card and a valid email address. The course is available to active duty and reserve components and is available to active duty and reserve components.

Contact the AFTR office for registration, or for additional information: 254-287-1127 in Email: usarmy.cavazos.imcom-fmwr-c.list.AVC@army.mil

ARMY COMMUNITY SERVICE / FINANCIAL READINESS BRANCH

HOME BUYING Seminar

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

6 December 2023

9:30 am - 11:00 am
or
1:30 pm - 3:00 pm

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

For more information and to register, call 254.288.6668 or Email: usarmy.cavazos.imcom-fmwr-c.list.acs-frb@army.mil

EXPECT RESPECT

Army Community Service / Family Advocacy Program

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

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

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

(254) 618-7586 / 288-2092 or usarmy.cavazos.imcom-fmwr-c.list.acs-fap-training@army.mil

COME AND CONNECT AT THE NEWCOMERS ORIENTATION

Join Us Every Thursday for the Newcomers Orientation at The Lone Star Conference Center 9:00am - 1:00pm

YOU CAN ATTEND WITHOUT YOUR SOLDIER

with Free Onsite Child Care (8:30am - 1:00pm)
Free Boxed Lunch

Information from 30+ On/Off-post Agencies
Child & Youth Services, TRICARE, Housing, Employment Opportunities, and much more!

Commanding General/Garrison Remarks

Need more information? Contact Donna Tomsic at 254-287-0027 or usarmy.hood.usag.list.paio@army.mil

HELPFUL ACS NUMBERS

ACS Volunteer Program / Army Volunteer Corps 287-8657

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

Financial Readiness Branch / Consumer Affairs
Financial Management Classes, Personal Financial Counselors 287-CITY (2489)

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

Employment Readiness Program / Job Search Assistance, Resume Writing, Career Skills 287-6067
288-2089

Exceptional Family Member Program (EFMP) 287-6070

Family Advocacy Program (FAP) / Relationship Enrichment, Preparing for Marriage, Common Sense Parenting, Car Seat Inspection 286-6774
286-6775

Family Assistance Center (FAC) 288-7570

Military Family Life Counseling (MFLC) 553-4705

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

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

Soldier and Family Assistance Center 286-5768

Survivor Outreach Services 288-9533
553-0376

24/7 HOTLINES

Commanding General (CG) Hotline 254. 618.7486

Reporting Domestic Violence or Child Abuse 254. 287.CARE (2273)
National 800. 422.4453

Assistance for Victims of Domestic Violence 254. 702.4953
National 800. 799.7233

Suicide Prevention National 800. 273.8255
or Dial 988

Sexual Harassment / Sexual Assault (SHARP) 254. 319.4671
National 877. 995.5247

EO and Harassment Hotline 254. 291.5717

Veterans Crisis Line National 800. 273.8255
(press 1)

Housing / Barracks Life / Health / Safety Hotline 254. 206.1157

Duty Chaplain Hotline 254. 289.2531

ACS Locations

- Bldg. 36000 - Shoemaker Center, 2nd Floor, Shoemaker Lane
- Bldg. 36051 - Soldier and Family Assistance Center

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

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

DECEMBER 2023

Happy Holidays and Season Greetings

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 2023

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

| | | |
|----------------|--------------|----------------|
| January 9 – 10 | May 1 – 2 | August 28 – 29 |
| February 6 – 7 | June 5 – 6 | October 2 – 3 |
| March 6 – 7 | July 10 – 11 | November 6 – 7 |
| April 3 – 4 | August 7 – 8 | December 4 – 5 |

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

CASUALTY RESPONSE (CARE) TEAM TRAINING

| | |
|----------------|------------------|
| VIRTUAL | IN-PERSON |
| January 25 | February 22 |
| March 29 | April 26 |
| May 24 | June 21 |
| July 26 | August 23 |
| October 25 | September 27 |
| | November 15 |
| | December 13 |

5:30 pm – 8:30 pm
8:30 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

Soldier and Family Readiness Group Training (SFRG) CY 2023

KEY CONTACT TRAINING

| | |
|------------|-------------|
| January 5 | February 2 |
| March 2 | April 6 |
| May 4 | June 1 |
| July 26 | August 3 |
| October 25 | September 7 |
| | November 2 |
| | December 7 |

5:30 pm – 8:30 pm Virtual
8:30 am – 11:30 am In-Person

Addresses the roles and responsibilities, and management and inspections of Key Contact volunteers through scenarios and resource discussion.

COMMUNION CLASS (1 HOUR)

| | |
|------------|--------------|
| January 11 | August 2 |
| February 1 | September 13 |
| March 8 | October 4 |
| April 5 | November 1 |
| June 14 | December 6 |
| July 12 | |

9:00 am – 12:00 pm Virtual

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

INFORMAL FUND CUSTODIAN

| | |
|--------------|------------|
| February 1 | January 4 |
| April 5 | March 16 |
| June 7 | May 3 |
| July 11 | August 2 |
| September 12 | October 4 |
| November 7 | December 6 |

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

Highlights fundraising details, don'ts and responsibilities.

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

Command Family Readiness Representative (CFRR) Training

March 21 – 22
April 18 – 19
May 16 – 17
June 13 – 14
July 18 – 19
August 15 – 16
September 19 – 20
October 17 – 18
November 13 – 14

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

| | |
|------------------|--------------|
| April 24 – 26 | March 28 |
| June 26 – 28 | May 23 |
| August 21 – 23 | July 25 |
| October 17 – 18 | September 26 |
| December 11 – 13 | November 28 |

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-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

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) 618-7584/288-2092 or Email: usarmy.cavazos.imcom-fmwrc-list.sfrb@army.mil

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.
Shoemaker Center, Shoemaker Lane, Bldg. 36000

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

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

Stress, Anger & Conflict Management Workshop

Open to all DOD ID Cardholders

- 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

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

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) 287-5066 or email: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil

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 254-286-5338 / 288-2092, or email: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil

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) 618-7443 / 288-2092 or Email: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil

CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

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

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

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

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

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

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

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

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



MILITARY STUDENT CONSULTANT



As a premier resource that addresses challenges associated with the military lifestyle, an MCEC **Military Student Consultant** is a trusted professional resource during times of transition and throughout the deployment cycle, providing individualized support services for parents, educators, and administrators.

An MSC personally responds to every phone call or submission on our MCEC website at MilitaryChild.org/contact.

"I would not have been able to navigate the tangled mess of information without your assistance."

Response from MSC survey

MSCs advocate for and provide support to students and parents who experience academic or social-emotional challenges and need direct problem-solving support resources. Critical areas MSCs routinely respond to include:

- **TRANSITION SUPPORT:** Academic, developmental, and/or social-emotional
- **RELOCATIONS:** PCS, deployments, retirements, and/or families who are leaving the service.
- **ACADEMICS:** Credit transfers or transcript evaluations
- **READINESS:** Academic (school, colleges, and universities), career, work, and/or overall life readiness
- **EXCEPTIONAL FAMILIES:** Support with EFMP, IEP, and/or 504



MSCs are highly specialized education professionals who provide personalized concierge support directly to students, parents, or professionals who serve military-connected (Active-Duty, National Guard, Reserve, ROTC cadre, recruiter, and veteran) families, no matter where they are located in the world.

Through partnerships and collaboration with installation school liaison officers, EFMP coordinators, state-level Department of Education student services, Military Interstate Children's Compact Commissioners (MIC3), and other MCEC programs, MSCs provide wrap-around individualized transition and relocation support services to assist military-connected students, families, and professionals with real-world transitional barriers associated with the military lifestyle.

MilitaryChild.org/contact

(254) 953-1923

msc@MilitaryChild.org



HOVER & DISCOVER

Open the camera app on your mobile phone to hover over the QR code. Click the link and learn more about MCEC's MSCs.



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**THE USAA
FOUNDATION**