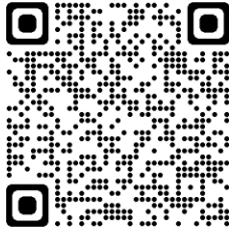


Fort Cavazos Community Information Sheet

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](#)



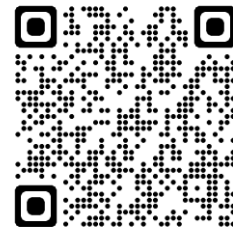
AMERICAN RED CROSS

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



BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

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



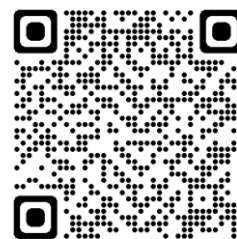
CARL R. DARNALL ARMY MEDICAL CENTER

[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](#)



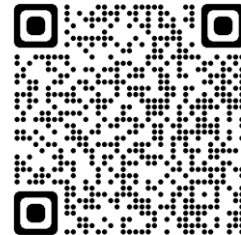
DENTAL COMMAND (DENTAC)

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



DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION

[Home :: Ft. Cavazos :: US Army MWR](#)



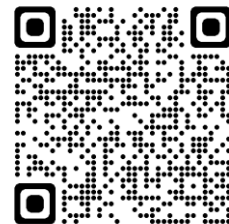
DIRECTORATE OF HUMAN RESOURCES (DHR)

[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](#)



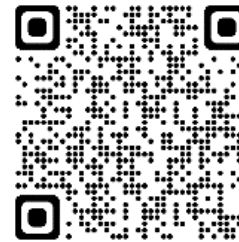
EQUAL EMPLOYMENT OPPORTUNITY (EEO)

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



EXCHANGE

Shopmyexchange.com



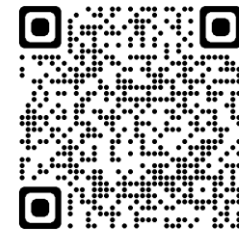
FISHER HOUSE

[Texas: Carl R. Darnall Army Medical Center - Fisher House Foundation](#)



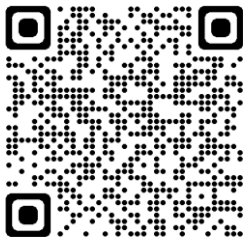
FORT CAVAZOS STANDALONE NETWORK ENTERPRISE CENTER (NEC)

[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

FORT CAVAZOS ARMY COMMUNITY SERVICE
EXCEPTIONAL FAMILY MEMBER PROGRAM

Open to Military Families with Special Needs



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

FORT CAVAZOS ARMY COMMUNITY SERVICE
EXCEPTIONAL FAMILY MEMBER PROGRAM

Open to Military Families with Special Needs



EFMP Family Support

RESOURCE CONNECTIONS SUPPORT GROUP

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

2nd Wednesday of each month
 9:30 a.m. — 10:30 a.m.
 (Registration Required for Participation)

For more information and to register (254) 287-6070 or email: usarmy.cavazos.imcom-fmwrc.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.

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-fmwrc-efmp@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

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, Kyleen

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

ARMY FAMILY TEAM BUILDING

Professional Development Courses at your fingertips.

Learn specific skills that help advance personal or professional development

- Military Life...What Does It Mean?
- Exploring Personality Traits
- Successful Team Dynamics
- Overcoming Stress
- Winning at Time Management
- Examining your Leadership Style
- Effective Communication for Leaders
- Supporting Others through Coaching and Mentoring
- And more...

Registration Required

- Level I: Military Knowledge (10) Discover how to decipher Army acronyms, office community resources, allow better financial advice, and understand the goal and impact of the Army mission on daily life.
- Level II: Personal Growth and Wellbeing (10) Discover how to manage and grow from life's problems, and how to resolve personal conflict.
- Level III: Leadership Development (12) Thrive in the Army and develop life by expanding academic skills and effective communication techniques and learning to mentor others into leadership positions.

Contact the AFB office for questions or for additional information: 254.287.1127 or Email: usarmy.cavazos.imcom-fmwrc.list.acs-efap@army.mil

Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT (OPC) 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-fmwrc.list.avc@army.mil
 Individuals who require assistance or accommodation due to a disability, contact ACS AVC at (254) 287-2327

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

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

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

Open to Active Duty Service Members, Retirees, and Military Spouses

Be Your Own Boss

SEPT 25-28
 8:30 a.m. - 1:30 p.m.

Space is limited! Registration deadline September 22, 2023 To register (254) 288-2089 or 254-287-1127 or email usarmy.cavazos.imcom-fmwrc.list.acs-erb@army.mil

Before you start your own business, take the first step & attend this 4-day beginner business start-up workshop!


There will be three scholarships awarded to receive business coaching, which will be awarded at Shark Tank!

Central Texas College
 Fort Cavazos Campus
 Building 3200, Room 218, 72nd Street

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
SEPTEMBER 2023



Sunday, September 24th, 2023

REMEMBER & HONOR
 GOLD STAR MOTHERS & FAMILIES

They are enduring and resilient legacies of their service member's sacrifice to our Nation.

UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
 A Subordinate of Army Materiel Command
 ArmyMWR.com/survivor-outreach

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

OPEN TO ALL DoD ID CARD HOLDERS

RESILIENCY Fun Fair

Hosted by ACS in partnership with FMWR Apache Arts & Craft Center

Saturday
September 16, 2023
10:00 a.m. - 1:00 p.m.

Apache Arts & Crafts Center
761st Tank Battalion Avenue & 62nd Street Bldg. 2337

Information Tables
Family & Children Activities
Arts & Crafts
Mindfulness Art
Resilience Workshops
Zumba Demo

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

Soldier and Family Readiness Group Training (SFRG) CY 2023

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

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

VOLUNTEER TRAINING

January 10	February 9
March 7	April 12
May 9	June 7
July 11	August 9
September 12	October 11
November 7	December 13

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

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

COMMAND TEAM TRAINING (CDRS/ISSG)

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	June 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 In-Person

Highlights fundraising do's, don'ts and responsibilities.

Command Family Readiness Representative (CFRR) Training

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.

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

Rear Detachment Operations (RDO) Course

April 24 - 26	March 28
June 26 - 28	May 23
August 21 - 23	July 25
October 23 - 25	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-fmwr.list.sfrb@army.mil

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-fmwr.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-fmwr.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) 618-7827 / 288-2092 or Email: usarmy.cavazos.id-readiness.list.acs-fap-training@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. 3600

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 Card Holders

- 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

Army Community Service / Family Advocacy Program

To Register: Call: (254) 618-7827 / 288-2092 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

More Than 90% of car seats are not used correctly!
How confident are you?
Make sure your child is riding safely.

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

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

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

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

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

EXPLORE LEARN & PLAY

Open to Military Families with Children 0-3 years old
Army Community Service/Family Advocacy Program
New Parent Support Program

- 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

Open to Active Duty Service Members, Retirees, and Military Spouses

2023

Be Your Own

BOSS



▶▶ **SEPT 25-28** ◀◀
8:30 a.m.- 1:30 p.m.

Space is limited!

Registration deadline September 22, 2023

To register (254) 288-2089 or 254-287-1127 or email usarmy.cavazos.imcom-fmwrc.list.ACS-ERB@army.mil

- ▶▶▶ **Before** you start your own business, take the first step & attend this 4-day beginner business start-up workshop!
- ▶▶▶▶ There will be three scholarships awarded to receive business coaching, which will be awarded at **Shark Tank!**

Central Texas College
Fort Cavazos Campus
Building 3200, Room 218, 72nd Street



Individuals who require assistance or accommodations due to a disability, contact the ACS Employment Readiness Program at 254-287-6067.