

# 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](#)



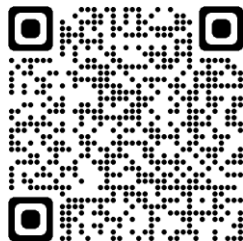
## [CRIMINAL INVESTIGATION DIVISION \(CID\)](#)

[Army CID Home](#)



## [DeCA CLEAR CREEK COMMISSARY](#)

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



## [DeCA WARRIOR WAY COMMISSARY](#)

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



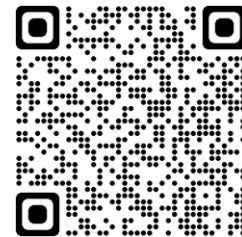
## [DENTAL COMMAND \(DENTAC\)](#)

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



## [DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION](#)

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



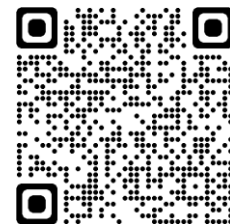
## [DIRECTORATE OF HUMAN RESOURCES \(DHR\)](#)

[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](#)



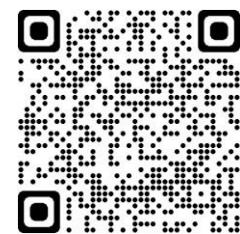
## [FISHER HOUSE](#)

[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

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## [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](mailto: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

### APRIL 2025



APRIL IS  
**CHILD ABUSE PREVENTION**  
MONTH

[www.armymwr.com/child-abuse-prevention-month](http://www.armymwr.com/child-abuse-prevention-month)

*Your Connection to Community Information*

**287-4ACS (4227)**

<https://cavazos.armymwr.com/categories/community-support>

<https://www.ArmyMWR.com/acs>

[www.militaryonesource.mil](http://www.militaryonesource.mil)

1-800-342-9647





ACS Family Advocacy Program 15th Military Intelligence  
OPEN TO ALL DOD ID CARD HOLDERS

# "Pride and Service: A Lion King Movie Night"

April 10, 2025  
6:00pm - 8:00pm

## CINEMA

### MOVIE TIME

Phantom Forge Center  
934 S. 65th St., Bldg. 4501  
Fort Cavazos, TX 76544

To register, call: (254) 288-4783 or (254) 287-1763

ACS Family Advocacy New Parent Support Program  
OPEN TO DOD ID CARD HOLDERS

# Saturday, Play Morning

## "Be Your Favorite Character"

(Wear your favorite Character)

### 26 April 2025

#### 9:30 am - 11:00 am

6602 Tank Destroyer Blvd.  
Fort Cavazos, TX 76544

- Join Us for a special Saturday Play Morning.
- Educational, and fun activities for parents with children 0-3 years old.
- Great activity for children to play, capitalizing on developing social and motor skills.
- Opportunity for parents to network.

"Celebrating Military Children and Youth: Building Stronger Character and Relationships"

For more information call: (254) 287-2286 or (254) 553-2157

ACS Family Advocacy Program  
OPEN TO THE MILITARY AND SURROUNDING COMMUNITIES

# Child Abuse Prevention Run/Walk Event

Saturday  
April 5th, 2025  
8:00 AM - 9:30 AM

Purser Family Park  
100 West Mountain Lion Road  
Harker Heights, TX 76548

In partnership with  
Harker Heights Police Department  
Healthy Homes Program

For more information call  
(254) 287-3583 or 287-1863

# Reporting Domestic Violence or Child Abuse

24/7 Hotline  
254-287-CARE (2273)

ACS Family Advocacy Program  
OPEN TO ALL DOD ID CARD HOLDERS

# Salute to Family Films: RIO 2

April 25, 2025  
6:00pm - 7:30pm

Main Post Chapel  
Bldg. 320, Tank Destroyer Blvd.  
Fort Cavazos, TX 76544

## MOVIE NIGHT

ACS Family Advocacy Program host's a Child Abuse Prevention Month family movie night social event where families gather to watch a movie together.

To register, call: (254) 618-7586 or (254) 618-7827

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 2<sup>nd</sup> & 4<sup>th</sup> 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

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

### Command Team Support (2025)

#### 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	February 26 April 23 June 25 August 27 October 29 December 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.imcom-fmwrclist.sfrb@army.mil

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

# Soldier and Family Readiness Group Training (SFRG) CY 2025

### KEY CONTACT TRAINING

January 22 April 23 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 14 July 9 September 10 November 12	February 19 April 16 June 18 August 20 October 22 December 17
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 (2025)

January 8 February 5 March 5 April 2 May 8 June 12	July 2 August 6 September 3 October 1 November 5 December 3
9:00 am – 12:00 pm Virtual	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 19 May 21 August 20 November 19
9:00 am – 12:00 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.imcom-fmwrclist.sfrb@army.mil

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

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

### CY 2025

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

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

#### 1:00 P.M. - 2:30 P.M.

For more information call: (254) 288-2794 or Email: usarmy.cavazos.imcom-fmwrclist.sfrb@army.mil

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

### CASUALTY RESPONSE (CARE) TEAM TRAINING

VIRTUAL 5:30 pm – 8:30 pm	IN-PERSON 9:00 am – 12:00 pm
January 22 April 23	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.imcom-fmwrclist.sfrb@army.mil

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

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!!!



**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.imcom-fmwrc.list.ACS-ERB@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.ACS-ERB@army.mil)

Where Career Success Begins

**ARMY FAMILY TEAM BUILDING** **VIRTUAL CLASS**

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 (K)** Discover how to decipher Army acronyms, utilize community resources, attain better financial readiness, and understand the goal and impact of the Army mission on daily life
- Level II: Personal Growth and Resiliency (G)** Discover how teams form and grow, how to solve problems, and how to resolve personal conflict.
- Level III: Leadership Development (L)** Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership positions.

AFTB Train the Trainer (TTT) Volunteers help administer the program and teach classes. Get training on platform skills, the adult learner and methods of instruction.

Contact the AFTB office for questions or for Additional information: 254-207-1127 or Email: [usarmy.cavazos.imcom-fmwrc.list.acs-afbt@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.acs-afbt@army.mil)

Cavazos.ArmyMWR.com

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 us at: [usarmy.Cavazos.imcom-fmwrc.list.acs-fap-training@army.mil](mailto:usarmy.Cavazos.imcom-fmwrc.list.acs-fap-training@army.mil)

Individuals who require assistance or accommodation due to a disability, call (254) 288-2092

**Victims of Domestic Violence**

24/7 Hotline  
**254-702-4953**

MWR ACS

**Fort Cavazos Employment Readiness PROGRAM**

**ARMY FAMILY ACTION PLAN**

Change begins with you

Open to all DOD ID Card Holders

**2<sup>nd</sup> & 4<sup>th</sup> Thursday of every month**

**9:00 a.m. — 4:30 p.m.**

**Registration Required**

Army Community Service / Family Advocacy Program

**EXPECT RESPECT**

DATING VIOLENCE PREVENTION EDUCATION FOR SINGLE SOLDIERS

OPEN TO SINGLE SOLDIERS

FORT CAVAZOS ARMY COMMUNITY SERVICE - FAMILY ADVOCACY PROGRAM

**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.imcom-fmwrc.list.acs-fap-training@army.mil](mailto:usarmy.Cavazos.imcom-fmwrc.list.acs-fap-training@army.mil)

**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 11	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.imcom-fmwrc.list.ACS-ERB@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.ACS-ERB@army.mil)

**ARMY COMMUNITY SERVICE AFAP**

AFAP is a process that invites members of the Army Family to be agents of change. Establish and improve programs and services, develop and change policies and regulations, create legislation and amend laws.

SUBMIT YOUR AFAP ISSUE

Since 1983, over 700 issues have been raised at the Department of the Army level — and those have resulted in over 500 improvements for Soldiers, Families, and Army communities.

ArmyMWR.com/AFAP

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](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)  
 Certificates of completion available

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](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)



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 2<sup>nd</sup> 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-fmwrclist.acs-npsp@army.mil](mailto:usarmy.cavazos.imcom-fmwrclist.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

2<sup>nd</sup> & 4<sup>th</sup> 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

2<sup>nd</sup> 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, 2<sup>nd</sup> Floor, Shoemaker Lane

For more information and to register, call: (254) 287-6070 or Email: [usarmy.cavazos.imcom-fmwrclist.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrclist.acs-efmp@army.mil)

Open to Military Families with Special Needs

## FORT CAVAZOS ARMY COMMUNITY SERVICE EXCEPTIONAL FAMILY MEMBER PROGRAM

For more information contact,  
Army Community Service (ACS)  
Financial Readiness Program (FRP)  
254-287-2489

Shoemaker Center, Bldg. 36000, Room N212

Classes, times, and locations are subject to change, call for details.  
Individuals who may require assistance or special accommodations due to disability, call (ACS) FRP at 254-287-2489

## EFMP Family Support

### MONTHLY WORKSHOP

3<sup>rd</sup> 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-fmwrclist.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrclist.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

2<sup>nd</sup> 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-fmwrclist.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrclist.acs-efmp@army.mil)

Open to All DOD ID Card Holders

# Financial Readiness Workshops

3<sup>rd</sup> Wednesday  
Budget Debt Management, 9:30 – 11:00 am  
Credit Booster, 1:30 – 3:00 pm

2<sup>nd</sup> Tuesday  
Saving & Investing, 1:30 – 3:00 pm

For more information contact,  
Army Community Service (ACS)  
Financial Readiness Program (FRP)  
254-287-2489

Shoemaker Center, Bldg. 36000, Room N212

Classes, times, and locations are subject to change, call for details.  
Individuals who may require assistance or special accommodations due to disability, call (ACS) FRP at 254-287-2489

## FINANCIAL READINESS

The Army is dedicated to providing Soldiers and their Families with high-quality food, resources, financial education, and counseling throughout their careers.

**MAKE YOUR DOLLARS STRETCH:**

- Understand your financial well-being for better budgeting. Start with learning your financial well-being score.
- Access free financial counseling services. Financial Counselors can help you create a spending plan, manage personal finances and credit/debt management.
- Enroll in prevention education classes to learn about consumer affairs and personal financial management.
- Apply for Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps). Visit <http://www.fns.usda.gov/snap/state-directory> or speak with a Financial Counselor on your installation. For additional information, visit Food Security Resources and Support Programs.
- Enroll in the Women, Infants and Children (WIC) program. WIC provides supplemental food, health care referrals, and nutrition education for pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.
- Apply for the Basic Needs Allowance (BNA), which provides a supplemental monthly allowance for eligible service members with dependents who qualify.
- Attend "Meals in Minutes" classes to learn how to prepare affordable, nutritious meals at your installation's Army/Armed Forces Wellness Centers.
- Use on-base dining facilities whenever possible. Spouses and dependents of Soldiers in pay grades E-1 through E-4 can eat at dining facilities at the discount rate.
- Remember emergency financial assistance is available for eligible categories of assistance.

**RESOURCES**

- Visit Army's website for financial literacy "Secure the Financial Frontline" at [www.FinancialFrontline.org](http://www.FinancialFrontline.org).
- Find free, professional counselors at <https://fired.usalearning.gov/prcMap> and <https://installations.militarysource.mil/>.
- Learn more about the Financial Readiness Program (FRP). Contact your local installation ACS center or Family Service Center for more information, or visit the resource locator library at <https://myarmybenefits.usarmy.mil/benefit-library/resource-locator>.
- Get educated on Army Emergency Relief programs like grants, interest-free loans, and scholarships to promote readiness and help relieve financial distress of Soldiers and their Families. <https://www.armyemergencyrelief.org/offices/>.

THIS IS OUR ARMY. [www.armyresilience.army.mil](http://www.armyresilience.army.mil) @ArmyResilience

Fort Cavazos Financial Readiness Program (FRP)

## 2025 MONTHLY FINANCIAL MILESTONE TRAINING

Major Life Events (disabling condition)  
2<sup>nd</sup> Monday, 1330-1430

Thrift Savings/Continuation Pay  
1<sup>st</sup> Tuesday, 0900-1000

Promotion of Service member  
1<sup>st</sup> Tuesday, 1330-1430

Permanent Change of Station  
1<sup>st</sup> Tuesday, 1300-1430

Marriage  
2<sup>nd</sup> & 3<sup>rd</sup> Wednesday, 1030-1130

Divorce  
1<sup>st</sup> Thursday, 1330-1430

Vesting in Thrift Savings Plan  
1<sup>st</sup> Thursday, 1430-1530

Birth of First Child  
1<sup>st</sup> 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](mailto:usarmy.cavazos.id-readiness.list.acs-frb@army.mil)  
Shoemaker Center, Bldg. 36000, 2<sup>nd</sup> 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

## ARMY EMERGENCY RELIEF

### ANNUAL CAMPAIGN MARCH 1 - JUNE 14

## AER CELEBRATES THE U.S. ARMY'S 250 YEARS OF BRAVERY AND SERVICE

### HONORING THE PAST 1775-2025 SECURING THE FUTURE

ARMY EMERGENCY RELIEF

SCAN THE QR CODE TO DONATE TO YOUR FORT CAVAZOS AER



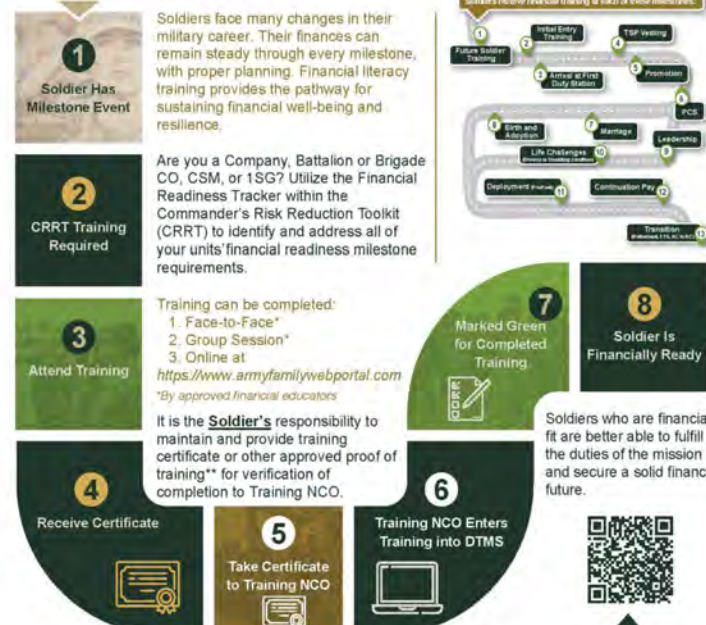
# Financial Readiness Common Military Training

Guide To Record Training Completion



## Milestone Training Requirements

Financial Readiness Common Military Training must be conducted using the Army's specific standardized training covering the topic areas of basic finance, consumer protections, planning for the future, compensation and benefits, saving and investing and major purchases, aligned with the personal and professional training milestones across the military life cycle.



\*\*Completion of training consists of a certificate, a unit training roster, and/or a signed checklist by an approved financial educator.

View resources at the QR code above for how to record the training into the Digital Training Management System (DTMS) to track completion and access the Financial Readiness Tracker.

Updated February 2024

ARMY COMMUNITY SERVICE FINANCIAL READINESS PROGRAM

# CAR BUYING WORKSHOP

OPEN TO ALL DOD ID CARD HOLDERS

## 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](mailto:usarmy.cavazos.id-readiness.list.acs-frb@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 2<sup>nd</sup> 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](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

Certified technicians will provide up-to-date information about car seat installations & hands-on education or your child's safety.

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

Sprocket Auto Craft Center  
845 S. 118, at the corner of Old Knoxville Ave. & 20th Street

2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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 1<sup>st</sup> & 3<sup>rd</sup> Thursday every month 9:00 a.m. - 11:00 a.m.

People First Center, Bldg. 4501, Rm. 219  
565th St.

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

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](mailto:usarmy.cavazos.id-readiness.list.acs-frb@army.mil)

## Tax Filing Essentials

### Key Considerations Before You File

Attention Service Members:  
Join us for an informative session designed specifically for service members to help you understand key tax considerations before filing your Federal and State Taxes. Learn about military-specific tax benefits, filing deadlines, document preparation, and deductions that can make a real difference in your financial planning.

13 February, 3 March, 7 April  
1000-1100  
Shoemaker Center Bldg. 36000  
Room N212, 2nd floor

ACS Financial Readiness Program  
254-287-2489 / 254-288-6868

Reserve your spot today! Register online at [usarmy.cavazos.id-readiness.list.acs-frb@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-frb@army.mil)

Army Community Service / Family Advocacy Program

# Blended Families Workshop

Education and support for any family

1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

## Community Services Council Meeting

23 April 2025  
11 a.m. - 12 p.m.

# CSC

Lone Star Conference Center  
24th Street Bldg. 5764

[LIVE https://www.facebook.com/fortcavazosmwr](https://www.facebook.com/fortcavazosmwr)

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](mailto: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





# Gold Star Spouses Day

OPEN TO SURVIVING SPOUSES OF FALLEN MILITARY SERVICE MEMBERS

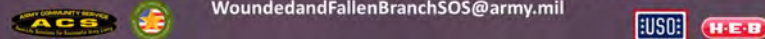
Hosted by: ACS Survivor Outreach Services (SOS), USO & HEB

**April 4, 2025**  
**1:00 pm - 4:00 pm**

Fort Cavazos USO, Bldg. 121  
 761st Tank Battalion Ave.  
 Fort Cavazos, TX 76544

- Fun games
- Group activities
- Therapy dogs
- Refreshments
- Veterans Affairs (VA)
- Retirement Service Office (RSO)
- ACS Financial Readiness Program (FRP)
- Free Tour of the National Mounted Warrior Museum

For more information call: (254) 288-9533, (254) 553-0376 or email:  
 WoundedandFallenBranchSOS@army.mil



VOLUNTEER APPRECIATION WEEK

## SHINING A LIGHT ON OUR VOLUNTEERS

April 20-26, 2025



armymwr.com/vaw

CONTRIBUTING TO READINESS

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.

VIRTUAL CLASS

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.imcom-fmwrclist.AVC@army.mil



# FORT CAVAZOS TRIO

Mini - Road Show

Resilience is a critical factor in maintaining readiness and well-being among service members and their families. In partnership with Suicide Prevention Program, the TRIO Community Road Show was developed to provide interactive, engaging, and practical strategies for enhancing resilience, reducing stress, and strengthening coping strategies, for all ages, with a focus on mental well-being.



## Benefits to Military Members and Families:

- Enhances Readiness
- Strengthens Family Resilience
- Promotes Mental and Emotional Well-being
- Supports Unit and Community Cohesion
- Increases Access to Resources

SP2 @ 254-287-5245 ACS @ 254-286-6774

Hosted in collaboration with Suicide Prevention Program and Army Community Service Family Advocacy Program and Financial Readiness Branch.



DO YOU NEED TO KNOW ABOUT

# Employment, Childcare, Housing and More?

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

COME AND CONNECT AT THE NEWCOMERS ORIENTATION

YOU CAN ATTEND WITHOUT YOUR SOLDIER

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

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

Commanding General/Garrison Remarks

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

### "What spouses are saying..."

- "It's impressive that the General takes the time to do this every week."
- "I really liked hearing what is expected of my Soldier."
- "I was a little worried about coming here - and still am. But I feel a lot better after hearing what you had to say."
- "We didn't get anything like this at our last installation."
- "I had no idea how big the Corps is."