

# 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 \(armymwr.com\)](#)



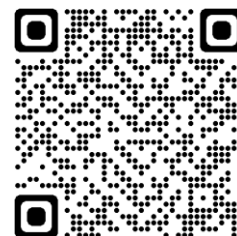
## CARL R. DARNALL ARMY MEDICAL CENTER

[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](#)



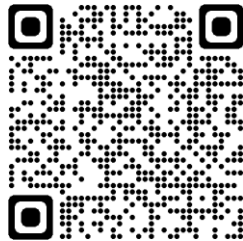
## CRIMINAL INVESTIGATION DIVISION (CID)

[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](http://Shopmyexchange.com)



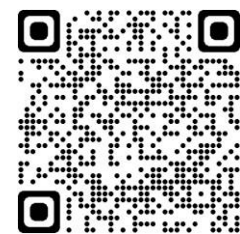
## [FISHER HOUSE](#)

[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)

# FORT CAVAZOS TRIO

Community Road Show

## “Strong Families Strong Warrior”

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

### Saturday

# 22 FEB 25

4:00 P.M. - 7:00 P.M.

**BRONCO YOUTH CENTER  
BLDG. 6602, TANK DESTROYER BOULEVARD**

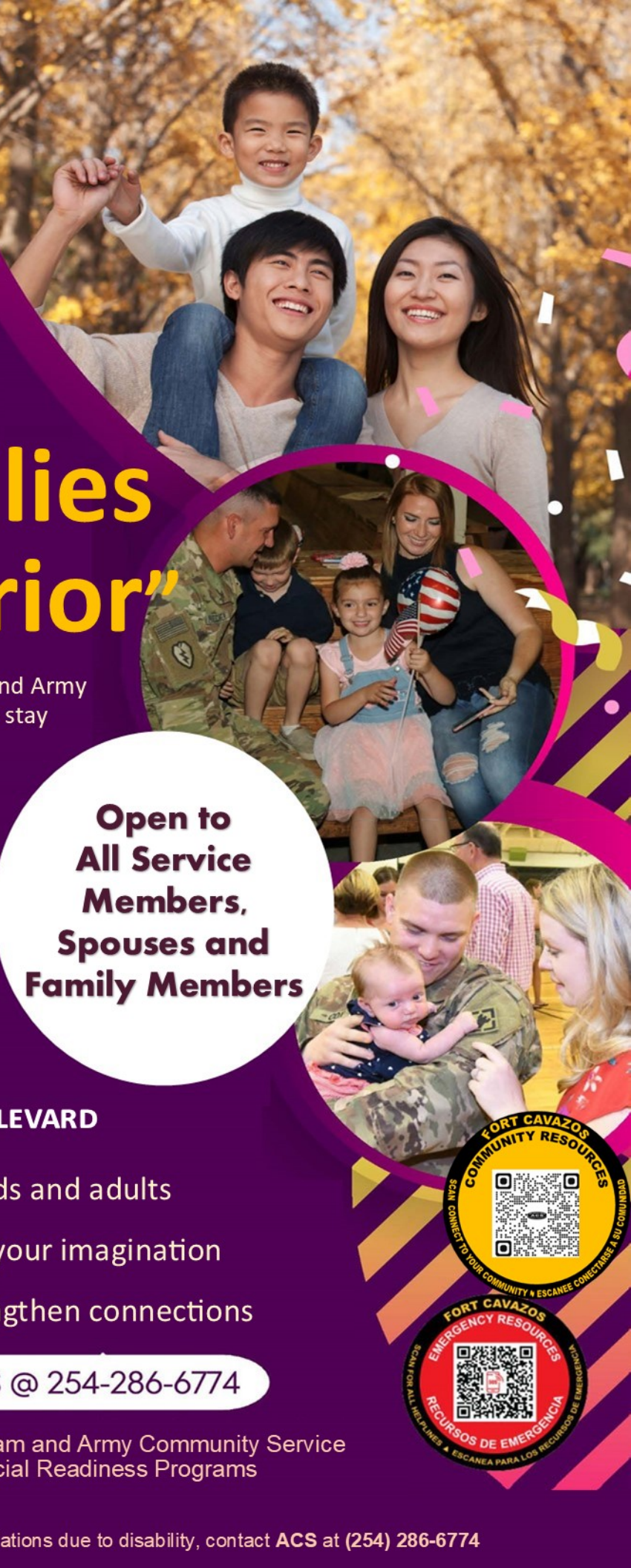
- **Fun Games & Competitions** for kids and adults
- **Creative Arts & Crafts** to unleash your imagination
- **Team-building Challenges** to strengthen connections

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

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



Individuals who require assistance or special accommodations due to disability, contact ACS at (254) 286-6774



**Open to  
All Service  
Members,  
Spouses and  
Family Members**



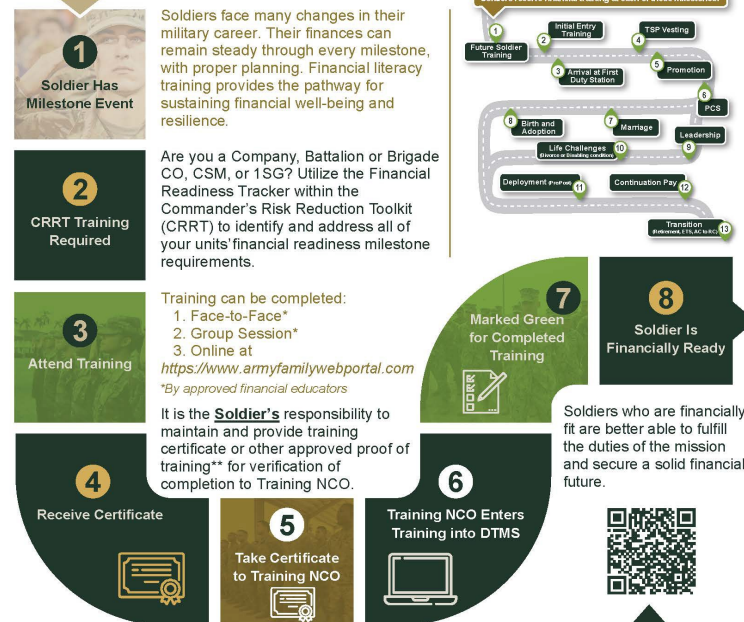
# Financial Readiness Common Military Training

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

## Financial Readiness Workshops

Open to All DOD ID Card Holders

**1<sup>st</sup> and 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

Classes, times, and locations are subject to change. Call for details.

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

Cavazos.ArmyMWR.com

## 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 the Total Army a VOICE in shaping the standards of living and identifying issues related to the current environment. Leaders trust and support the AFAP Process it provides real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas and guides policy for action.

### PROVEN RESULTS

- TRANSFERABILITY OF MONTGOMERY GI BILL (MGBB) BENEFITS TO DEPENDENTS
- FAMILY CARE PLAN PROVIDER ACCESS TO INSTALLATIONS
- PATERNITY LEAVE FOR SOLDIERS
- CREATION OF FAMILY READINESS GROUPS, BETTER OPPORTUNITY FOR SINGLE SOLDIER (BOSS) AND ARMY FAMILY TEAM BUILDING (AFTB) PROGRAM.
- AVAILABILITY OF AUTHORIZED TRICARE PROVIDERS
- TRAUMATIC BRAIN INJURY (TBI) REHABILITATION PROGRAM
- IN-STATE COLLEGE TUITION
- AUDIO / VISUAL SURVEILLANCE IN CHILDCARE CENTERS
- FEDERAL EMPLOYMENT MILITARY SPOUSE PREFERENCE

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

## Fort Cavazos Employment Readiness PROGRAM

### 2025 CAREER TRAINING

#### Navigating USAJOBS and Creating Your Federal Resume

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

10:00 am - 11:30 am  
Jan 15, Feb 5, 19, Mar 5, 19, Apr 2, 16  
May 7, 21, Jun 4, 18, Jul 2, 16, Aug 6, 20  
Sep 3, 17, Oct 1, 15, Nov 5, 19, Dec 3, 17

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

Workforce of Central Texas  
300 Cheyenne Drive, Killeen

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

For information and to register, call (254) 288-2089 or Email: [usarmy.cavazos.imcom-fmwrclist.ACS-ERB@army.mil](mailto:usarmy.cavazos.imcom-fmwrclist.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.imcom-fmwrclist.ACS-ERB@army.mil](mailto:usarmy.cavazos.imcom-fmwrclist.ACS-ERB@army.mil)

Where Career Success Begins

## FORT CAVAZOS ARMY VOLUNTEER CORPS

### Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT (OPOC) TRAINING CY 2025

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

10:00 am - 11:30 am

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

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

## 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 (1) Discover how to develop Army awareness, 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 Resilience (2) Discover how to transform and grow how to solve problems, and how to resolve personal conflict.
- Level III: Leadership Development (3) Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership positions.

Contact the AFTB office for questions or for additional information: 254.287.1127 or Email: [usarmy.cavazos.imcom-fmwrclist.acs-afap@army.mil](mailto:usarmy.cavazos.imcom-fmwrclist.acs-afap@army.mil)



# FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

## TRAINING AND OUTREACH INITIATIVES

# FEBRUARY 2025

## FORT CAVAZOS TRIO

Community Road Show

# "Strong Families Strong Warrior"

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

**Saturday 22 FEB 25**  
4:00 P.M. - 7:00 P.M.

Open to All Service Members, Spouses and Family Members

BRONCO YOUTH CENTER  
BLDG. 6602, TANK DESTROYER BOULEVARD

- Fun Games & Competitions for kids and adults
- Creative Arts & Crafts to unleash your imagination
- Team-building Challenges to strengthen connections

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

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

## Your Connection to Community Information

# 287-4ACS (4227)

<https://Cavazos.ArmyMWR.com>  
[www.armyfamilywebportal.com](http://www.armyfamilywebportal.com)  
[www.militaryonesource.mil](http://www.militaryonesource.mil)  
1-800-342-9647

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

2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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

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) 286-6774 or 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  
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

Open to Military Families with Special Needs

FORT CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM

## 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-fmwrcl.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil)

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

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)

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](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

Open to Military Families with Special Needs

FORT CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM

## 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

2<sup>nd</sup> 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-fmwrcl.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-efmp@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 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  
Bldg. 9138, at the corner of Old Horseshoe 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)

## CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

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-fmwrcl.acs-npsp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-npsp@army.mil)  
Individuals who require accommodation due to disability, please contact ACS FAP, NPSP

OPEN TO SINGLE SOLDIERS

FORT CAVAZOS ARMY COMMUNITY SERVICE - FAMILY ADVOCACY PROGRAM

## EXPECT RESPECT

DATING VIOLENCE PREVENTION EDUCATION FOR SINGLE SOLDIERS

1<sup>st</sup> 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-fmwrcl.acs-fap-training@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.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

1<sup>st</sup> 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)

Army Community Service  
Family Advocacy Program

## BOOT CAMP For New and Expectant Dads

2<sup>nd</sup> 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

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-fmwrcl.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-efmp@army.mil)

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

## RESILIENCE SKILLS

Open to All DoD ID Cardholders

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

1<sup>ST</sup> & 2<sup>ND</sup> THURSDAY OF EACH MONTH  
1:00 P.M. - 2:30 P.M.

For more information call: (254) 288-2794 or Email: [usarmy.cavazos.imcom-fmwrcl.acs-sf@army.mil](mailto:usarmy.cavazos.imcom-fmwrcl.acs-sf@army.mil)

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