

# Fort Cavazos Community Information Sheet

## III ARMORED CORPS

<https://home.army.mil/cavazos/index.php/units-tenants/iii-corps>



## III ARMORED CORPS PEOPLE FIRST CENTER

<https://home.army.mil/cavazos/index.php/units-tenants/iii-corps/people-first-center>



## AMERICAN RED CROSS

<https://www.redcross.org/local/texas/central-and-south-texas.html>



## ARMY COMMUNITY SERVICE

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



## BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

<https://cavazos.armymwr.com/programs/boss>



## CARL R. DARNALL ARMY MEDICAL CENTER

<https://darnall.tricare.mil>



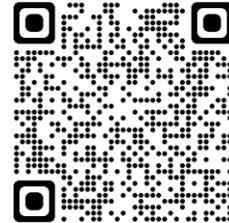
## CHILD & YOUTH SERVICES (CYS)

<https://cavazos.armymwr.com/categories/cys-services>

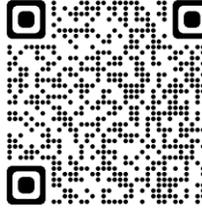


## CRIMINAL INVESTIGATION DIVISION (CID)

<https://www.cid.army.mil/units-by-state.html#sec26>



# Fort Cavazos Community Information Sheet

<p><b><u>DeCA CLEAR CREEK COMMISSARY</u></b> <a href="https://commissaries.com/shopping/store-locations/fort-cavazos-clear-creek">https://commissaries.com/shopping/store-locations/fort-cavazos-clear-creek</a></p> 	<p><b><u>DeCA WARRIOR WAY COMMISSARY</u></b> <a href="https://commissaries.com/shopping/store-locations/fort-cavazos-warrior-way">https://commissaries.com/shopping/store-locations/fort-cavazos-warrior-way</a></p> 
<p><b><u>DENTAL COMMAND (DENTAC)</u></b> <a href="https://darnall.tricare.mil/Health-Services/Dental">https://darnall.tricare.mil/Health-Services/Dental</a></p> 	<p><b><u>DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION</u></b> <a href="https://cavazos.armymwr.com/">https://cavazos.armymwr.com/</a></p> 
<p><b><u>DIRECTORATE OF HUMAN RESOURCES (DHR)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources">https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources</a></p> 	<p><b><u>DIRECTORATE OF PLANS, TRAINING, MOBILIZATION &amp; SECURITY (DPTMS)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/DPTMS">https://home.army.mil/cavazos/units-tenants/Garrison/DPTMS</a></p> 
<p><b><u>DIRECTORATE OF PUBLIC WORKS</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/DPW">https://home.army.mil/cavazos/units-tenants/Garrison/DPW</a></p> 	<p><b><u>EDUCATION SERVICES DIVISION (ESD)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources/education-services-division">https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources/education-services-division</a></p> 

# Fort Cavazos Community Information Sheet

<p><b><u>EQUAL EMPLOYMENT OPPORTUNITY (EEO)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/equal-employment-opportunity-program">https://home.army.mil/cavazos/units-tenants/Garrison/equal-employment-opportunity-program</a></p> 	<p><b><u>EXCHANGE</u></b> <a href="http://Shopmyexchange.com">Shopmyexchange.com</a></p> 
<p><b><u>FISHER HOUSE</u></b> <a href="https://fisherhouse.org/programs/houses/current-houses/texas-carl-r-darnall-army-medical-center/">https://fisherhouse.org/programs/houses/current-houses/texas-carl-r-darnall-army-medical-center/</a></p> 	<p><b><u>FORT HOOD FAMILY HOUSING</u></b> <a href="http://www.cavalryfh.com/?fbclid=IwAR2P0nOxnXWaEpx_m3veTtHie5H4F5KRP-S9NdnGxJ1larCENrBGd_ZUyWA">http://www.cavalryfh.com/?fbclid=IwAR2P0nOxnXWaEpx_m3veTtHie5H4F5KRP-S9NdnGxJ1larCENrBGd_ZUyWA</a></p> 
<p><b><u>GARRISON CHAPLAIN OFFICE</u></b> <a href="https://home.army.mil/cavazos/units-tenants/Garrison/religious-support">https://home.army.mil/cavazos/units-tenants/Garrison/religious-support</a></p> 	<p><b><u>INSPECTOR GENERAL (IG)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/iii-corps/iii-corps-inspector-general">https://home.army.mil/cavazos/units-tenants/iii-corps/iii-corps-inspector-general</a></p> 
<p><b><u>INSTALLATION TRANSPORTATION OFFICE (ITO)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/installation-transportation-office">https://home.army.mil/cavazos/units-tenants/installation-transportation-office</a></p> 	<p><b><u>NETWORK ENTERPRISE CENTER (NEC)</u></b> <a href="https://home.army.mil/cavazos/units-tenants/nec">https://home.army.mil/cavazos/units-tenants/nec</a></p> 

# Fort Cavazos Community Information Sheet

---

## [PUBLIC AFFAIRS OFFICE \(PAO\)](#)

<https://home.army.mil/cavazos/units-tenants/Garrison/public-affairs>



## [STAFF JUDGE ADVOCATE \(SJA\)](#)

<https://home.army.mil/cavazos/units-tenants/iii-corps/office-staff-judge-advocate-iii-corps-and-fort-cavazos>



## [TRANSITION ASSISTANCE PROGRAM](#)

<https://home.army.mil/cavazos/units-tenants/Garrison/directorate-human-resources/Transition-Assistance-Program>



## [UNITED SERVICE ORGANIZATION \(USO\)](#)

<https://fortcavazos.uso.org/>



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  
[usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.community-services-council@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 12	August 23
September 27	October 4
November 8	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](mailto:usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil)

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

# RESILIENCE SKILLS

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

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

Open to All DoD ID Cardholders

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

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)  
Command Team Support (2023)

## 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 23 – 25	September 26
December 11 – 13	November 28

9:00 am – 4:30 pm      12:30 pm – 4:30 pm  
In-Person (Active Duty)      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](mailto:usarmy.cavazos.imcom-fmwrc.list.sfrb@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](mailto:usarmy.hood.usag.list.paio@army.mil)

## Soldier and Family Readiness Group Training (SFRG) CY 2023

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

**KEY CONTACT TRAINING**

January 5	February 2
March 2	April 6
May 4	June 1
July 6	August 3
September 7	October 31
November 2	December 7

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

**VOLUNTEER TRAINING**

January 10	February 9
March 7	April 12
May 9	June 7
July 11	August 9
September 12	October 11
November 8	December 13

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

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

**COMMAND TEAM TRAINING (CDTs/ISGs)**

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
August 2	July 5
October 4	September 6
December 6	November 2

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

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

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-fmwrc.list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.sfrb@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	287-6067 288-2089
Exceptional Family Member Program (EFMP)	287-6070
Family Advocacy Program (FAP) / Relationship Enrichment, Preparing for Marriage, Common Sense Parenting	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, 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

## Report Domestic Violence or Child Abuse

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

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-fmwrc.list.sfrb@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.sfrb@army.mil)

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

# June 2023

248<sup>th</sup> U.S. ARMY  
**ARMY BIRTHDAY**

Loyalty · Duty · Respect · Selfless Service

Honor · Integrity · Personal Courage

EST 1775

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

## 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.

**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.

**10:00 am - 11:30 am**

Jan 5, 18	May 4, 17	Sep 7, 20
Feb 2, 15	Jun 1, 21	Oct 5, 18
Mar 2, 15	Jul 6, 19	Nov 2, 15
Apr 6, 19	Aug 3, 16	Dec 7, 20

**9:00 am - 10:30 am**

Jan 4	Apr 5	Jul 5	Oct 4
Feb 1	May 3	Aug 2	Nov 1
Mar 1	Jun 7	Sep 6	Dec 6

Workforce of Central Texas  
300 Cheyenne Drive, Killeen

Shoemaker Center,  
36000 Shoemaker Ln. 2nd Floor

For information and to register, call (254) 288-2089 or Email: [usarmy.cavazos.imcom-fmwr.list.acs-erb@army.mil](mailto:usarmy.cavazos.imcom-fmwr.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**

1. Earn Military Knowledge (2) Demonstrate to the instructor/Army community, with community resources, other leader-based resources, and understand the goal and impact of the Army mission on daily life.
2. Earn Personal Growth and Resilience (2) Demonstrate how to transition and grow how to solve problems, and how to resolve personal conflict.
3. Earn Leadership Development (3) Demonstrate to the instructor/Army community, with community resources, other leader-based resources, and understand the goal and impact of the Army mission on daily life.

Contact the AFTR office for questions or for additional information: 254.287.1127 or Email: [usarmy.cavazos.imcom-fmwr.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.imcom-fmwr.list.acs-fap-training@army.mil)

## 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.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.imcom-fmwr.list.acs-fap-training@army.mil)

## 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

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

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

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

## EFMP Family Support

Open to Military Families with Special Needs

**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-fmwr.list.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwr.list.acs-efmp@army.mil)

## EFMP Family Support MONTHLY WORKSHOP

Open to Military Families with Special Needs

**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-fmwr.list.acs-efmp@army.mil](mailto:usarmy.cavazos.imcom-fmwr.list.acs-efmp@army.mil)

## ACS - Family Advocacy Program Family Violence Prevention Training

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

**Tuesdays**  
9:30 a.m. - 11:00 a.m.  
or  
1:30 p.m. - 3:00 p.m.  
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](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

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

## Stress, Anger & Conflict Management Workshop

Army Community Service / Family Advocacy Program

**2nd & 4th Thursday of every month**  
9:00 a.m. - 4:30 p.m.  
Registration Required

Topics include:

- Signs and symptoms of stress
- Stress management techniques
- Anger and conflict management

For more information and 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)

## 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.

Topics include:

- 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

For more information and to register, call 254-286-5338 / 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)

## 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.

For more information and to register, call: (254) 618-7443 / 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)

## CAR SEAT SAFETY INSPECTION

Rear Facing • Forward Facing • Booster • Seatbelt

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 Brazos Ave. & 20th Street

**2nd & 4th 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 FAP | New Parent Support Program Infant Care

New and expectant parents learn skills that cover the basic care for infants. This class is both instructional and hands-on.

**Every 2nd Thursday of the month, 1:00 p.m. – 2:30 p.m.**

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](mailto:usarmy.cavazos.imcom-fmwr.list.acs-npsp@army.mil)

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

## 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

## 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

## 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

## PERFORM TO YOUR POTENTIAL

Here are some areas Performance Experts can provide coaching in:

### ★ Soldier Tasks

- Weapons Qualifications
- Army Combat Fitness Test (ACFT)
- CLS (Combat Lifesaver)

### ★ Unit Tasks

- Battle Drills
- Simulation Center
- STX, Complex Field Problems
- Gunnery and LFX (Live Fires)

### ★ Competitions

- EIB
- EFMB
- Boards
- Warrior Games
- Best Warrior/Medic
- Races (Marathons)

### ★ Schools

- Ranger
- Air Assault Course
- College

## FIND OUT MORE

The Fort Hood R2 Performance Center is located at:

Shoemaker Center  
BLDG 36000  
Darnall Loop 2nd Floor, RM 2502  
Fort Hood, Texas 76544

Our training and coaching services are available to all Department of Defense Personnel, including Civilians and Family members.

For more information or to schedule training, contact the Fort Hood R2 Performance Center Manager:

William Soto  
SotoWM@magellanfederal.com  
Office Phone: 254-288-4372

## ONLINE RESOURCES

**Army Resilience Directorate:**  
<https://www.armyresilience.army.mil>

**Facebook:** [@ArmyResilience](http://www.facebook.com/ArmyResilience)

**Twitter:** [@ArmyResilience](http://www.twitter.com/ArmyResilience)

**ArmyFit/Azimuth Check:**  
<https://armyfit.army.mil>

Place Business Card Here



FORT HOOD

**R2** PERFORMANCE  
**CENTER**



**OPTIMIZE MENTAL  
READINESS**



**ARMY  
RESILIENCE  
DIRECTORATE**

# COACHING AREAS

# PERFORMANCE COACHING

# CAPABILITIES

**Performance Enhancement:** Skills based in performance psychology and are aimed at improving measurable performance.

- ★ Energy Management
- ★ Focus
- ★ Motivation
- ★ Confidence
- ★ Mindset
- ★ Team Building



**Academic Performance:** Skills aimed at improving performance in the classroom in their study, memory retention and test taking.

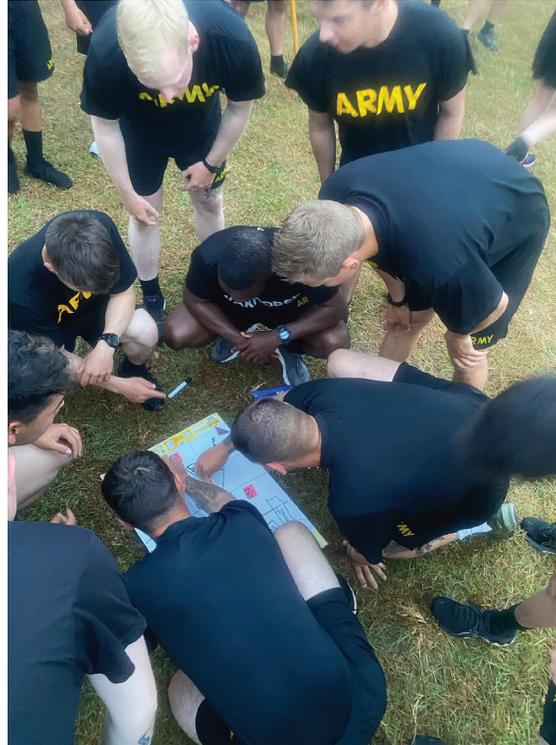
- ★ Take more effective notes
- ★ Spend less time reading
- ★ Understand mindset



**Resilience Training Support:** Skills based in positive psychology aimed at helping individuals and units bounce back from and thrive in the face of adversity.

- ★ **Applied Resilience Training**—Performance Experts offer coaching to assist unit MRT in exploring ways of incorporating resilience skills into existing trainings.
- ★ **QA/QE**—Performance Experts offer coaching for improving knowledge about resilience and effective teaching strategies to unit MRT.
- ★ **Deployment Cycle Resilience Training**—Performance Experts provide the certification course for unit MRT to conduct Pre-and Post-Deployment resilience training.

★ **Build Unit Cohesion:** Build cohesive teams with stronger connections and effective communication techniques to foster a culture of trust.



- ★ **Optimize Performance**  
Develop skills to think, feel, and act in a manner that optimizes performance. Increase your self-awareness and be more confident in demanding environments and with occupational and combat-specific tasks.
- ★ **Enhance Resilience**  
Strengthen your ability to cope with adversity, adapt to change, and thrive under challenging conditions. Resilience is a process that requires adoption of productive thoughts, actions, and habits that can be learned.

★ **Unit Training**—Performance Experts offer coaching to cater to specific unit performance needs.

★ **Individualized Coaching**—Performance Experts offer individualized (one-on-one) coaching to cater to specific personal performance needs.

★ **OPD and NCOPD**—Performance Experts serve as guest speakers at select OPD and NCOPD events.

★ **FRG**—Performance Experts serve as guest speakers at select FRG events.

★ **Leadership Development Course**—Performance Experts offer leaders an opportunity to reflect on their leadership style and employ evidence-based leadership skills to forge cohesive Army units that are strong and resilient.

★ **ENGAGE**—Performance Experts provide bystander intervention to teach what those critical choice points are and how to help a battle buddy before a problem escalates.

★ **GRIT**—Performance Experts offer a four-hour training targeted at platoon-level leadership to create and foster a culture of trust in their platoon.

★ **Great Teams**—Performance Experts offer coaching to develop strong, cohesive organizations to improve group dynamics and team success.

