



ESOURCE CONNECTIONS

2nd Wednesday of each month 9:30 a.m. - 10:30 a.m. ration Required for Participation



EFMP Family Support **MONTHLY WORKSHOP**

3rd Thursday of each month

Topics to be covered are:

- Tricare benefits information
- Post High School alternatives School issues (academic behaviors IEPs, ARDs and 504 plans)
- Medical Assistance information and Adaptive Technolog



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



HELPFUL ACS NUMBERS

ACS Volunteer Program / Army Volunteer Corps	287-8657
Army Emergency Relief (AER) / Emergency Financial Assistance	553 -3101
Financial Readiness Branch / Consumer Affairs Financial Management Classes, Personal Financial Counselors	287-CITY (2489)
Army Family Action Plan / Army Family Team Building	287-1127
Employment Readiness Program / Job Search Assistance, Resume Writing, Career Skills	287-6067 288-2089
Exceptional Family Member Program (EFMP)	287-6070
Family Advocacy Program (FAP) / Relationship Enrichment, Preparing for Marriage, Common Sense Parenting, Car Seat Inspection	286-6774 286-6775
Family Assistance Center (FAC)	288-7570
Military Family Life Counseling (MFLC)	553-4705
Mobilization, Deployment & Stability Support Operations SFRG Training, Resilience Skills, Community Resource Course	288-2794
New Parent Support Program / Infant Care, Play Mornings, Shaken Baby, Daddy Bootcamp	287-2286
Soldier and Family Assistance Center	286-5768
Survivor Outreach Services	288-9533 553-0376

24/7 HOTLINES

254. 618.7486

254. 289.2531

Commanding General (CG) Hotline

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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

ACS Locations

Bldg. 36000 - Shoemaker Center, 2nd Floor, Shoemaker Lane

•Bldg. 36051 - Soldier and Family Assistance Center



PROVEN RESULTS

Duty Chaplain Hotline

- IN-STATE COLLEGE TUITION

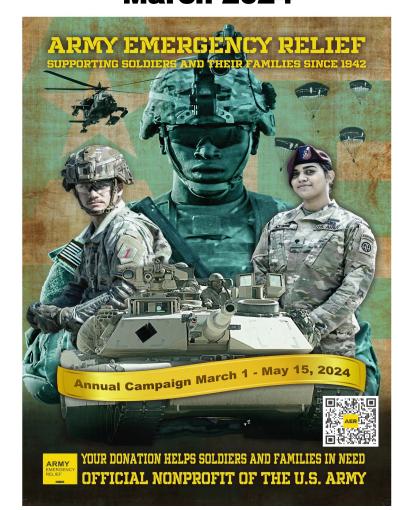




FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

TRAINING AND OUTREACH INITIATIVES **March 2024**



Your Connection to Community Information

287-4ACS (4227)

https://Cavazos.Armymwr.com www.armyfamilywebportal.com www.militaryonesource.mil 1-800-342-9647









RESILIENCE 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 Dol

For more information and to Register call:

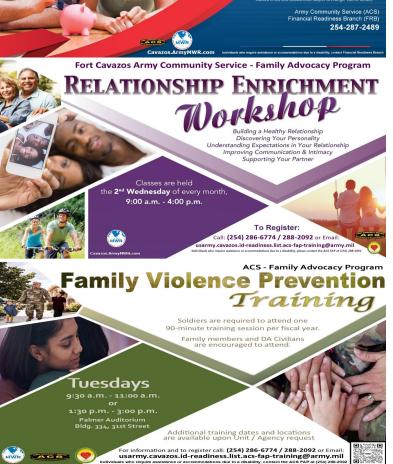
(254) 288-2794 or Email

Soldier and Family Readiness Group Training (SFRG) CY 2024

> Fort Cavazos Army Community Service obilization, Deployment & Stability Support Operations (MD&sso or more information and to register, call (254) 288-2794 or Email: usarmy.cavazos.imcom-fmwrc.list.SFRB@army.mil













Make sure your child is riding safely Sprocket Auto Craft Center

2nd & 4th Friday of every month,

9:00 a.m. - 12:00 p.m.

Army Community Service/Family Advocacy Program
New Parent Support Program



ξ Educational, fun activities for children

ξ Interactive play capitalizing on developing social and motor skills

ξ Opportunity for parents to network, learn and share experiences

Wednesdays

9:30 am - 11:00 am

Bronco Youth Center

For more information call: (254)287-2286



Family Advocacy Program

First Tuesday of Each Month

9:00 am - 12:00 pm

For New and Expectant Dads

This class educates new and expectant fathers on parental roles and responsibilities 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 change
 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

Fort Cavazos Army Community Service
FAP | New Parent Support Program

Infant Care



Every 2nd Thursday of the that cover the basic care for infants. This month, 1:00 p.m. - 2:30 p.m.







Topics Include

· Burping · Umbilical cord care

Bathing • Diapering and changing • Soothing Techniques for the crying infant

Infant feedings and feeding schedules

For more information or to register, call (254) 287-2286
Email: usarmy.cavazos.imcom-fmwrc.list.acs-npsp@army.mil





New Parent Support Prog

Shaken Baby Syndrome

11:00 am - 11:30 am

ery or at discharge from Carl R. Darnall Army

Classes, times, and locations are subject to change call for details. Individuals who require assistance or accommodations due to a disability, contact providing program.