

# 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](#)



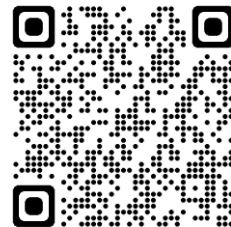
## AMERICAN RED CROSS

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



## BETTER OPPORTUNITY FOR SOLDIERS (BOSS)

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



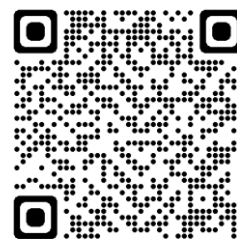
## CARL R. DARNALL ARMY MEDICAL CENTER

[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](#)



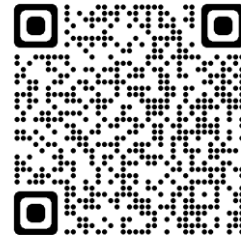
## [DENTAL COMMAND \(DENTAC\)](#)

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



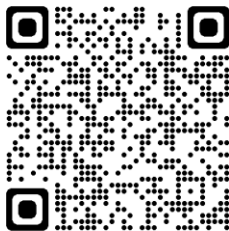
## [DIRECTORATE OF FAMILY MORALE WELFARE AND RECREATION](#)

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



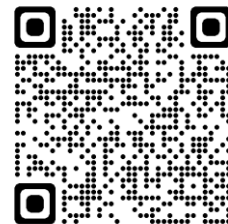
## [DIRECTORATE OF HUMAN RESOURCES \(DHR\)](#)

[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](#)



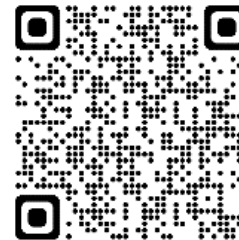
## EQUAL EMPLOYMENT OPPORTUNITY (EEO)

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



## EXCHANGE

[Shopmyexchange.com](http://Shopmyexchange.com)



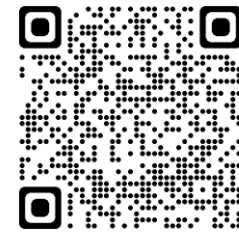
## FISHER HOUSE

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



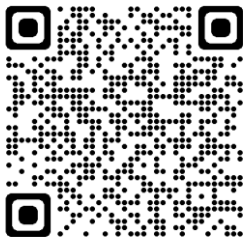
## FORT CAVAZOS STANDALONE NETWORK ENTERPRISE CENTER (NEC)

[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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<p><b><u>OFFICE OF THE STAFF JUDGE ADVOCATE (SJA)</u></b> <a href="#">Office of the Staff Judge Advocate :: III Armored Corps &amp; Fort Cavazos (army.mil)</a></p> 	<p><b><u>PUBLIC AFFAIRS OFFICE (PAO)</u></b> <a href="#">Public Affairs Office :: U.S. Army Fort Cavazos</a></p> 
<p><b><u>TRANSITION ASSISTANCE PROGRAM</u></b> <a href="#">Transition Assistance Program :: U.S. Army Fort Cavazos</a></p> 	<p><b><u>UNITED SERVICE ORGANIZATION (USO)</u></b> <a href="#">USO Fort Cavazos</a></p> 

Note: Agency names and websites that appear in blue are hyperlinks. For additional information contact: Army Community Service Community Information Services at (254) 287-4471 or e-mail: [usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.community-services-council@army.mil)

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

FORT CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM

Open to Military Families with Special Needs

### EFMP Family Support

#### RESOURCE CONNECTIONS SUPPORT GROUP

This is for parents/children who have a disability and desire to make connections with others and share their knowledge

- Obtain information through Subject Matter Expert (SME) guest speakers
- Connect with EFMP Staff for information and resources

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

FORT CAVAZOS ARMY COMMUNITY SERVICE  
EXCEPTIONAL FAMILY MEMBER PROGRAM

Open to Military Families with Special Needs

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

## COME AND CONNECT AT THE NEWCOMERS ORIENTATION

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

YOU CAN ATTEND WITHOUT YOUR SOLDIER



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

Information from 30+ On/Off-post Agencies  
Child & Youth Services, TRICARE, Housing, Employment Opportunities, and much more!

Commanding General/Garrison Remarks  
Need more information? Contact Donna Tomsic at 254-287-0027 or [usarmy.hood.usag.list.pa@army.mil](mailto:usarmy.hood.usag.list.pa@army.mil)

## Fort Cavazos Employment Readiness PROGRAM

### 2024 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 3, 17	May 1, 15	Sep 4, 18
Feb 7, 21	Jun 5, 26	Oct 2, 16
Mar 6, 20	Jul 3, 17	Nov 6, 20
Apr 3, 17	Aug 7, 21	Dec 4, 18

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 10	Apr 10	Jul 10	Oct 9
Feb 14	May 8	Aug 14	Nov 13
Mar 13	Jun 12	Sep 11	Dec 11

Shoemaker Center,  
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)

## SERVICE TO SCHOOLS

### Career Information Session

COME JOIN US!

**FEBRUARY 13, 2024 | 11:00 A.M.**  
ARMY COMMUNITY SERVICE CLASSROOM  
BLDG. 36000 2ND FLOOR, STE. 2502, RM. 2551

Killeen ISD is partnering with Fort Cavazos to help transitioning soldiers and family members. Information regarding what is needed to become a teacher will be provided. Please RSVP using the QR code.

[https://go.joinhandshake.com/events/1429183/share\\_preview](https://go.joinhandshake.com/events/1429183/share_preview)

## Volunteer Management Information System (VMIS) ORGANIZATION POINT OF CONTACT (OPOC) TRAINING CY 2024

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

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

## ACS Locations

- Bldg. 36000 - Shoemaker Center, 2nd Floor, Shoemaker Lane
- Bldg. 36051 - Soldier and Family Assistance Center

## 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. Lowest Military Knowledge (50) Discount from the regular Army Academy online community resources, after basic financial training, and on-site class fee and most of the Army mission on day 10
2. Lowest Personal Health and Wellness (50) Discount from training and gym fees to take part in and your fitness is guaranteed
3. Lowest Leadership Development (50) Bonus to the Army and other life by expanding leadership skills and effective communication techniques and being to receive other leadership positions

Contact the A1T1 office for questions or for additional information: 254.282.2117 or Email: [usarmy.cavazos.imcom-fmwrc.list.acs-af@army.mil](mailto:usarmy.cavazos.imcom-fmwrc.list.acs-af@army.mil)

Cavazos.ArmyMWR.com



# FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

## TRAINING AND OUTREACH INITIATIVES

# FEBRUARY 2024



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

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)  
CY 2024

### COMMUNITY RESOURCE COURSE

9:00 am - 2:30 pm

January 8 - 9	June 3 - 4	October 7 - 8
February 5 - 6	July 8 - 9	November 4 - 5
March 4 - 5	August 5 - 6	December 2 - 3
May 6 - 7	September 9 - 10	

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

### CASUALTY RESPONSE (CARE) TEAM TRAINING

VIRTUAL	IN-PERSON	
January 24	February 28	August 28
April 25	March 27	September 25
July 24	May 28	November 27
October 23	June 26	December 11

5:30 pm - 8:30 pm      9:00 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.incom-fmwrc.list.sfrb@army.mil](mailto:usarmy.cavazos.incom-fmwrc.list.sfrb@army.mil)

ACS / Mobilization, Deployment & Stability Support Operations (MD&SSO)  
Command Team Support (2024)

### Command Family Readiness Representative (CFRR) Training

January 16 - 17  
February 13 - 14  
March 19 - 20  
April 16 - 17  
May 14 - 15  
June 11 - 12  
July 16 - 17  
August 13 - 14  
September 17 - 18  
October 15 - 16  
November 12 - 13

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 26 - 28	February 28
April 22 - 24	April 24
June 24 - 26	June 26
August 26 - 28	August 28
October 21 - 23	October 23
December 9 - 11	December 11

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

Open to all DOD ID Card Holders

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

### Stress, Anger & Conflict Management Workshop

Army Community Service / Family Advocacy Program

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)

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

### RESILIENCE SKILLS

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

Open to All DOD ID Card Holders

### Financial Readiness Workshops

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

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

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)

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

### Soldier and Family Readiness Group Training (SFRG) CY 2024

#### KEY CONTACT TRAINING

January 24	February 1
April 25	March 7
July 24	May 2
October 23	June 6
	August 1
	September 5
	November 7
	December 5

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

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

#### INFORMAL FUND CUSTODIAN

January 10	February 7
March 6	April 10
May 8	June 12
July 10	August 14
September 11	October 9
November 13	December 11

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.incom-fmwrc.list.sfrb@army.mil](mailto:usarmy.cavazos.incom-fmwrc.list.sfrb@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) 618-7584/288-2092 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.

- Discuss important topics of commitment
- Understand your partner's expectations and role
- Learn the impact of personal beliefs
- Consider cultural differences
- Acquire conflict resolution styles
- Gain insight about financial decisions
- Recognize the importance of support systems

To register, call 254-286-5338 / 288-2092, or email: [usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil](mailto:usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil)

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

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) 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) 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)

Certified technicians will provide up-to-date information about car seat installations & hands-on education on 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. 9118, at the corner of Old Fort Blvd. & 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) 287-6500 / 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

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

# HERO BOX



**HEROBOX CONNECTS DEPLOYED SERVICE MEMBERS WITH SPONSORS AT HOME TO SEND CARE PACKAGES**

Register and provide your APO, deployment dates, and make a wish list to receive boxes!

No cost or obligation, just support and connection

register at [herobox.org/heroes](https://herobox.org/heroes)





# Military Spouse Federal Resume Writing Information Session



**Thursday, February 1, 2024**  
**10 – 11 a.m. and 1 – 2 p.m. CT**



 **320 761st Tank Battalion | Fort Cavazos, TX 76522**  
Main Post Chapel

Join the Veterans Benefits Administration (VBA) and Army Community Service (ACS) for this informative in-person event to learn:

- How to prepare your federal resume
- How to apply for a Legal Administrative Specialist (LAS) position



Qualified candidates will be invited to attend our in-person hiring event in March where on-the-spot job offers will be made!



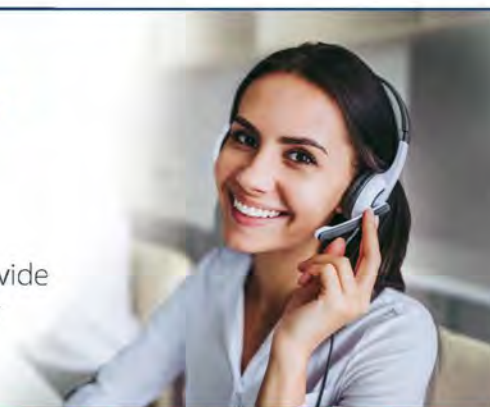
## REGISTRATION IS REQUIRED

Space is limited. Please scan or click the QR code to register for this event.



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**U.S. Department of Veterans Affairs**  
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