

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-fmwrc-efmp@army.mil



Individuals who require assistance or accommodations due to a disability, contact providing program.



FORT CAVAZOS ARMY COMMUNITY SERVICE
EXCEPTIONAL FAMILY MEMBER PROGRAM





Family Support

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-fmwrc.list.acs-efmp@army.mil
Individuals who require assistance or accommodation due to a disability, please call the ACS EFMP office at (254) 287-6070.

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



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

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

Need more information? Contact Donna Tomsic at 254-287-0027 or usarmy.cavazos.usag.list.paio@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. **Level 1: Military Knowledge (M)** Discover how to decipher Army acronyms, official community resources, and how to use them to your advantage.
2. **Level 2: Personal Growth and Resilience (G)** Discover how to overcome and grow how to take problems, and how to resolve personal conflict.
3. **Level 3: 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.




Contact the AFAP office for questions or for additional information: 254-287-1127 or Email: usarmy.cavazos.imcom-fmwrc.list.acs-afap@army.mil



Cavazos.ArmyMWR.com

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



Individuals who require assistance or accommodation due to a disability, contact ACS ERB at (254) 288-2089

FORT CAVAZOS ARMY VOLUNTEER CORPS

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








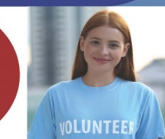
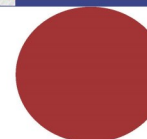
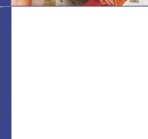

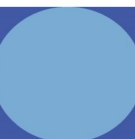










This training provides step-by-step instruction on how to use VMIS to track volunteers and maintain volunteer records.

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

VMIS OPOC training will not be held on Federal or training holidays











Individuals who require assistance or accommodation due to a disability, contact ACS AVC at (254) 287-2327



VOLUNTEER APPRECIATION WEEK

SHINING A LIGHT ON OUR VOLUNTEERS

April 21-27, 2024



armymwr.com/vaw

CONTRIBUTING TO READINESS

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 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 their 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 formation.


PROVEN RESULTS

- TRANSFERABILITY OF MONTGOMERY GI BILL (MGB) 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://fms.armyfamilyteamportal.com> or, scan the QR code






FORT CAVAZOS ARMY COMMUNITY SERVICE

Real-Life Solutions for Successful Army Living

TRAINING AND OUTREACH INITIATIVES

April 2024

















APRIL IS CHILD ABUSE PREVENTION MONTH

Everyone plays a role in keeping our children safe and healthy. Learn more at militaryonesource.mil


Discipline can help or hurt. Know the difference.

Connect with others. Learn about parenting resources like the New Parent Support Program, counseling, and more at your local Military and Family Support Center or Military OneSource at 800-342-9647.

Children deserve to be protected. If you see child abuse or neglect, call your installation Family Advocacy Program or the National Child Abuse Hotline at 800-422-4453.





UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
ArmyMWR.com/child-abuse-prevention-month
Family Advocacy New Parent Support Program: (254)-287-2286



Your Connection to Community Information

287-4ACS (4227)



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
April 25	March 27
July 24	May 28
October 23	June 26
	September 25
	November 27
	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.imcom-fmwrc.list.sfrb@army.mil

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

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.imcom-fmwrc.list.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 2024

KEY CONTACT TRAINING

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

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

COMMAND TEAM TRAINING (CDT/1565)

January 10	July 10
February 7	August 7
March 6	September 11
April 3	October 2
May 8	November 5
June 4	December 4

9:00 am – 12:00 pm
Virtual

Addresses partnership roles, reviews funding basics, volunteer management and recruiting concepts.

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.imcom-fmwrc.list.sfrb@army.mil

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

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

Individuals who require assistance or accommodations due to a disability, contact ACS MDSSO at (254) 288-2794

Open to All DoD ID Card Holders

Financial Readiness Workshops

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

Individuals who require assistance or accommodations due to a disability, contact Financial Readiness Branch

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 2nd & 4th 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

Individuals who require assistance or accommodations due to a disability, please contact the Army Community Service Family Advocacy Program at (254) 288-2092

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 2nd 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

Individuals who require assistance or accommodations due to a disability, please contact the ACS FAP at (254) 288-2092

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

Individuals who require assistance or accommodations due to a disability, contact the ACS FAP at (254) 288-2092

Open to all DoD ID Card Holders

Army Community Service / Family Advocacy Program

Stress, Anger & Conflict Management Workshop

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

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

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. 9136, at the corner of Old Ironsides Ave. & 20th Street

2nd & 4th 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

Individuals who require assistance or accommodations due to a disability, please contact the ACS FAP at (254) 287-6505

To Register: Call: (254) 618-7827 / 288-2092 or Email: 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 - 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

Individuals who require assistance or accommodation due to a disability, contact the ACS FAP at (254) 287-5066

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) 286-6774 or 288-2092 or email: usarmy.cavazos.id-readiness.list.acs-fap-training@army.mil

Individuals who require assistance or accommodation due to a disability, contact the ACS FAP at (254) 287-5066

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

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 2nd 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-fmwrc.list.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

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

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
EXCEPTIONAL FAMILY MEMBER PROGRAM

Open to Military Families with Special Needs

EFMP Family Support MONTHLY WORKSHOP

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-fmwrc.list.acs-efmp@army.mil

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