

COMMUNITY INFORMATION EXCHANGE AGENCY BRIEFS
(February 19, 2020)

Information contained in this handout is "For Information Purposes Only." References to private organizations and their activities do not imply endorsement by the U.S. Government, Department of Army, or Fort Bragg.

1, Army Community Service - Barbara Trower-Simpkins, Director

Phone: (910) 396-8682/8683, **Website:** www.bragg.armymwr.com/programs/acs

a. Employment Readiness Program – Elizabeth Dailey

Phone: (910) 396-1425/2390, **Email:**

Website: www.bragg.armymwr.com/programs/erp

The Employment Readiness Program services military spouses and Family Members in preparing for the job market or advancing their career prospects. Please call 910-396-1425/2390 or visit <https://braggerp.checkappointments.com/> to arrange a one-on-one appointment or register for a class. Most classes and appointments take place on the 3rd Floor of the Soldier Support Center.

(1) Combined Resume Writing Workshop- Mar 1, 17 & 31, 9-4pm – Students will spend the morning portion of class learning the ins & outs of a civilian resume. After the afternoon break, the focus will shift to the federal resume and navigating USA Jobs. Information on spousal preference will be provided. For information on childcare, please call to register.

(2) Federal Resume Writing Workshop- Apr 14 & 28, 9-4pm- This full day class will provide students with the needed information to develop a strong federal resume. Classroom time will touch on navigating a job listing on USA Jobs, finding the questionnaire, determining the desired job series, and learning about the new way to self-certify for spousal preference. The afternoon portion of the workshop will provide students with a hands-on opportunity to begin their USA Jobs resume, search job postings, and understand the required documentation needed to apply. For information on childcare, please call to register.

(3) Civilian Resume Writing Workshop- Apr 16 & 30, 9-4pm- Students will spend the morning with an Employment Specialists learning how to translate their skills and abilities into a solid working resume that can be used to apply for their desired profession in the civilian workforce. The instructor will highlight major barriers that applicants face while applying for jobs and identifying some local job trends. Students will then get the opportunity to use the computer lab and receive assistance in building and editing a working civilian resume. For information on childcare, please call to register.

(4) Teen Workforce Development- Feb 25 and Mar 3, 10, 17, 24 & 31 and Apr 7, 21, & 28 4:30-5:30- This class alternates between Chay and Tolson Youth Activity Centers. Students in grades 8-12 will explore career options, work on resume building, and practice interview skills in hopes of making them job ready. This class is conducted in partnership with Child and Youth Services. **All registration is done through CYS.**

b. Mobilization, Deployment & Stability Support Operations (MDSSO) – Martha Brown

Phone: (910) 907-3490, **Email:** martha.serranobrown2.civ@mail.mil **Website:**

<http://bragg.armymwr.com/us/bragg/programs/mdsso/>

(1) Soldier and Family Readiness Group Center (SFRGC) – located at 236 Interceptor Street, Pope Field. Room reservation requests can be made by calling 910-432-3742. Hours of operation are Monday-Friday from 8:00 am–5:00 pm with after-hours available upon request. FRG trainings are held at this location or upon request in the unit area. All training reference HQDA EXORD 233-19 and video conferencing is available. For additional information contact us at 910-432-3742, or visit us on the **Website:** <http://bragg.armymwr.com/us/bragg/programs/frgcenter/>

(2) Care Team Training – Mar 5, Apr 2, and May 7, 9-11 am SFRGC. Learn how to establish this team to prepare for trauma in the unit, whether it's a Family Member or Soldier. Registration is encouraged by calling 432-3742 or go to <http://bragg.armymwr.com/us/bragg/programs/register-ac-class/>.

(3) SFRG Leader – Mar 12, Apr 9, May 14, 9-11 am SFRGC. Students will review the FRG mission outlined in AR 608-1, Appendix J; learn how to communicate with Families; and determine how leaders can advocate mission readiness. FRG Key Leader In-Processing also available. Registration is encouraged by calling 432-3742 or go to <http://bragg.armymwr.com/us/bragg/programs/register-ac-class/>.

(4) SFRG Super Saturday – Mar 14, Apr 11, May 9, 8 am – 5 pm. SFRGC. Join us for two powerful FRG training courses covering all three major FRG trainings – FRG LEADER, KEY CONTACT, and INFORMAL FUNDS CUSTODIAN as well as two vital classes for commanders, leaders and volunteers - CARE TEAM and COMMAND TEAM TRAINING – FRG Leader 8 am – 12 pm, Care Team, 8-10 am, Command Team, 10 am – 12 pm, Lunch 12-1 pm, Key Contact 1-3 pm, Fund Custodian 3-5 pm. . Registration is encouraged by calling 432-3742 or go to <http://bragg.armymwr.com/us/bragg/programs/register-ac-class/>

(5) SFRG Key Contact – Feb 20, Mar 19, Apr 16, 9-11 am SFRGC. Designed to prepare volunteers for key contact duties. Learn how to communicate with Families, assist the Command, and fit into a successful FRG. Registration is encouraged by calling 432-3742 or go to <http://bragg.armymwr.com/us/bragg/programs/register-ac-class/>

(6) SFRG Informal Fund Custodian – Mar 17, Apr 21, May 19, 9-11 am. SFRGC. Designed for FRG Leaders, Treasurers, Fundraising Coordinators, Command Representatives, and any member managing FRG funds. Registration encouraged, 432-3742 or <http://bragg.armymwr.com/us/bragg/programs/register-ac-class/>.

(7) FRL Training – Feb 26 and May 27, 8 am – 5 pm. SFRGC. For Soldiers who are assigned as Family Readiness Liaisons for their unit. This training meets all the FORSCOM requirements to fill this position. Learn your role in the Total Army Family Program. Registration is encouraged by calling 432-3742 or go to <http://bragg.armymwr.com/us/bragg/programs/register-ac-class/>.

(8) SFRG Advisor Training. This class is offered by unit or individual request. The Readiness Essentials for Army Leaders (R.E.A.L.) Advisor Training course is designed to be a foundational course on Family Readiness and Family Readiness Groups. The course covers the Department of Defense definition of Family Readiness and how the Army SFRG can assist commanders in meeting their mission of executing a unit Family Readiness program. The training provides basic information on the different roles within the SFRG from the command team to the different volunteer positions. This class is strongly recommended to spouses of new commanders who have little or no FRG experience.

(9) FRG Command Team Training. This class is offered by unit or individual request. The Readiness Essentials for Army Leaders (R.E.A.L.) Command Team training is targeted towards Company Commanders and First sergeants, but is also informative for Brigade and Battalion Commanders and Command Sergeants Major. This 2 hour course delineates the roles and responsibilities of the command team regarding how to leverage the SFRG to execute the Family Readiness mission. Topics include: Family Readiness, Mission Essential Tasks for SFRGs, SFRG Elements and Operations, Communications, Volunteer Management, SFRG Funding, and Resources.

c. Exceptional Family Member Program - Trisha Newton

Phone: (910) 907-3395/396-8682, **Email:** trisha.m.newton.civ@mail.mil

Website: <http://www.bragg.armymwr.com/programs/efmp>

(1) Respite Program - Are you an Army Family? Does a Family member with special needs? Are they enrolled in EFMP? Could you use a break? If you answered yes to all 4 questions, your Family member could qualify for up to 25 hours of respite per month. For more information, call (910) 907-3395.

(2) EFMP Coffee & Conversations – Mar 5 & Apr 2, 9:00 a.m. – 10:00 a.m., Hammond Hills Community Center. Join EFMP at the Hammond Hills Community Center for a morning cup of coffee and great conversations. For more information, call (910) 907-3405.

(3) Let it Grow – Mar 30, 10:00 a.m. – 11:00 a.m., Soldier and Family Readiness Group Center. Join EFMP for a spring themed activity day. We will be conducting a germinating seed experiment, dissecting a flower and completing a scavenger hunt. Come have fun with EFMP learning all about spring, nature, plants and insects! For more information, call (910) 643-7517.

(4) EFMP Conversations: Autism Spectrum Disorder – Apr 15, 11:00 a.m. – 12:00 p.m., Hammond Hills Community Center. Come meet and share with others who provide support for loved ones diagnosed with Autism Spectrum Disorder. For more information, call (910) 907-3405.

(5) EFMP Conversations Down Syndrome – Mar 18, 11:00 a.m. – 12:00 p.m., Hammond Hills Community Center. Come meet and share with others who provide support for loved ones diagnosed with Down syndrome. For more information, call (910) 907-3405.

d. Family Advocacy Program - Mr. Tom Hill

Phone: (910) 396-5521/4175, Email: thomas.m.hill.civ@mail.mil

Website: <http://www.bragg.armymwr.com/programs/fap>

Most classes are held on the third floor, Soldier Support Center, Building #4-2843. Please call (910) 396-5521 for registration and childcare information.

(1) Active Parenting First Five Years: Mar 2 & 4, Apr 14 & 16, 1 pm – 4 pm (Participants must complete all six hours for credit). Your child's first years are so important, don't you agree? This class will help you make the most of them by showing you ways to nurture your child with a combination of freedom and nonviolent discipline. This course looks at each stage of development and how you can better interact and understand your child's natural curiosity and creativity at each stage. The course also covers understanding tantrums, encouraging good behavior, instilling consequences and how to prepare your children for school success.

(2) Positive Discipline: Mar 3 & 5, Apr 15 & 17 (en Espanol), 9 am – 12 pm, Apr 7 & 9, 1 pm – 4 pm (Participants must complete all six hours for credit). This class teaches parents to help their children develop a sense of responsibility, self-discipline, creative cooperation and problem-solving skills. Attendees learn how to defuse power struggles, promote open communication and empower their children to be accountable for their own actions and choices.

(3) ScreamFree Parenting: Feb 24, 26 & 28, Mar 23, 25 & 27, Apr 20, 22 & 24, 9 am – 1 pm (Participants must complete all twelve hours for credit). ScreamFree Parenting is not just about lowering your voice but also raising your integrity as a parent. It's about learning to calm your emotional response and focus on your own behavior. By staying cool, calm and connected with your children, you begin to operate less through emotions and more from values and principles.

(4) Co-Parenting Children of Divorce and Custody: Mar 10 & 12, 1 pm – 4 pm, Apr 14 & 16, 9 am – 12 pm (Participants must complete all six hours for credit). This course teaches parents who reside separately how to raise their children cooperatively and more effectively with one another by focusing on the best interests of the children. Attendees will learn the benefits of separating personal conflicts from their role as parents and discuss visitation boundaries, the economic impact and responsibility of co-parenting as well as how to talk to children about divorce and separation.

(5) Active Parenting of Teens: Mar 18 & 20, 9 am – 12 pm (Participants must complete all six hours for credit). The challenge of successfully ushering children through their teen years has always been among parent' hardest-won achievements. Active Parenting of Teens provides the guidance and support necessary to turn those challenges into opportunities for growth. In the class participants will learn methods of discipline, skills for clear, honest communication, concrete strategies to prevent risky behavior and how to be an encouraging parent.

(6) Stress Management: Apr 9, 9 am – 11 am (Participants must complete both hours for credit). Identify stressors and symptoms of stress as well as how to select and implement stress management skills to overcome stressors of any kind. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you.

(7) Anger Management: Mar 19, Apr 1, 9 am – 1 pm (Participants must complete all three hours for credit). This one-session class provides attendees with the skills necessary to help evaluate, understand and control their anger. Learn to control your response to any situation by taking control of your emotions.

(8) Living with Anger: Mar 12, 9 am – 12 pm (Participants must complete all three hours for credit). Attendees can expect to build upon the skills learned in the Anger Management workshop by taking a personalized approach to behavior and personality management. By obtaining a deeper understanding of the root of their anger, attendees will be empowered to create and maintain more peaceful environments.

(9) Couples Communication: Feb 27, Mar 26, Apr 23, 9 am – 4 pm (Participants must complete all seven hours for credit). Avoid destructive patterns that prevent you from building and maintaining a healthy, loving, and compassionate relationship with your significant other. Participants explore how to move from constantly playing the “blame game” to using constructive problem solving methods and effective non-verbal communication together to establish trust and support within a loving relationship.

e. New Parent Support Program - Sue O'Brien

Phone: (910) 396-7951, **Email:** susan.e.obrien6.civ@mail.mil

Website: <http://bragg.armymwr.com/programs/npsp>

(1) NPSP Play Group: 2nd Monday, 10 am- 11:30 am, Corregidor Court Community Center (301 N. Dougherty Drive). An interactive playgroup for babies, newborn to 36-months-old, that helps parents learn developmentally appropriate play techniques and helps children improve their social, cognitive and motor skills. Structured activities include singing and dancing, story time, craft projects and free play. Special break-away sessions just for families with multiples! *Registration is not required. Please bring your child's shot record.*

(2) 0 to 1 Baby Fun Play Morning: 1st Tuesday, 10 am – 11:30 am, Corregidor Court Community Center (301 N. Dougherty Drive). Babies are born ready to learn and you can help! This fun, interactive class will show parents of babies from birth to 12-months-old how babies think, feel and learn, and how they can make every day parenting moments count. Limited childcare is available for older siblings. Please call for information. *Registration is not required. Please bring your child's shot record.*

f. Financial Readiness Program - Mrs. Lynn Olavarria

Phone: (910) 396-2507, **Email:** lynn.a.olavarria.civ@mail.mil

Website: <http://www.bragg.armymwr.com/programs/frp>

(1) Budget & Debt Management Class, 12 Mar and 9 Apr from 1:30 pm – 4:30 pm, 3rd floor, Soldier Support Center. Complete an individual or Family budget analysis; develop a personal financial spending plan; learn tips on getting out of debt and staying out of debt; discuss how to manage money better; utilize resources; and start saving & investing for the future. Please call **396-2507/7289** to register.

(2) First Term PCS “Money and Moving” Class, Mar 3 and Apr 7, (9:00 am – 10:30 am); Mar 5, and Apr 2, (1:30pm-3:00pm), 3rd floor, Soldier Support Center. This class is a must for all those First Term Soldiers who have never PCS'd before. Learn about all the benefits authorized and how to ensure for a successful move. Call **396-2507/7289** to register.

(3) Savings & Investment: Blended Retirement System (BRS) for Uniformed Service, Apr 30th, 9:00 – 12:00 pm, 3rd floor of Soldier Support Center, Wing B. BRS for uniform services personnel offers important information about how to save and invest for your future and what options are available under the new retirement system. Please call **396-2507/7289** to register.

(4) Commercial Solicitation Briefing, Mar 9, and Apr 13, 1:30 pm – 2:15 pm, 3rd floor, Soldier Support Center. Learn what's required to process a request for a solicitation permit. Home-based business entrepreneurs should begin their venture by attending this class. Please call **396-2507/7289** to register.

(5) Shred It & Forget It, April 16, 2020, 9:00am-12:00pm. This event allows Soldiers and their Family members to shred unwanted personal documents such as bank and credit card statements, tax records, and medical documents to avoid becoming a victim of identity theft. To make an appointment, call **396-2507/7289**.

(6) Credit Review/Repair Class, Apr 3, 2020, from 9:00 am – 12:00 am, 3rd floor, Soldier Support Center. Learn how to understand credit reports, credit scoring and ways to improve your credit. Join us and learn how to increase your credit score. Call **396-2507/7289** to register or schedule.

(7) Savings & Investment: Thrift Savings Plan (TSP) for Federal Employees, Mar 26, and Aug 27 from 9:00 – 12:00 pm, 3rd floor, Soldier Support Center. BRS for uniform services personnel offers important information about how to save and invest for your future and what options are available under the new retirement system. Please call **396-2507/7289** to register.

(8) One on One Budget Counseling. We offer budget counseling for our military community to help establish a budget or just refine your current budget. Our counselors offer ideas and information on ways to help "Pay Yourself First." Do you want to pay down your debt? We provide guidance on ways to accomplish your financial goals. To make an appointment, call **396-2507/7289**.

(9) Army Emergency Relief (AER) Assistance. AER offers Interest Free loans and sometimes grants for active duty, retirees and their Family members (ID card holders). Remember that necessary dental work for dependents can be granted at 50%; and emergency travel where the Soldier is placed on emergency leave due to illness or death of an immediate Family member can be granted at 50%. Updated addition – Re-Licensure and recertification fees for spouses following a PCS move. Contact the AER office for details.

(10) Commercial Solicitation. AR 210-7 and FB Policy# 35 governs Commercial Solicitation on Fort Bragg. It is unauthorized to solicit anyone on Fort Bragg to sell your products or services without a Solicitation Permit. For information on a permit for a Home Based Business (HBB), please contact our office or to report a solicitation issue, please contact Robert A. Saltkield at 907-3675, or e-mail robert.a.saltkield.civ@mail.mil or contact the Installation Solicitation Officer (ISO), Lynn Olavarria at 907-3410, or e-mail lynn.a.olavarria.civ@mail.mil

g. Army Volunteer Corps Coordinator - Alice Stephens

Phone: (910) 396-2458/8160, **Email:** alice.d.stephens.civ@mail.mil

Website: www.bragg.armymwr.com/programs/avc

(1) VMIS UPDATE IS COMING - EVENTUALLY!! ☺ Stay tuned for specific instructions and training dates in order to access the new system and transfer your current data!!

(2) Iron Mike Award Nomination Deadlines. Nominations for upcoming quarters are due as follows: period of Jan-Mar are due 3 Apr; Apr-Jun are due 7 Jul; Jul-Sep are due 2 Oct. ***NO EXTENSIONS ARE GRANTED!***.. Please ensure that CURRENT registration/hour documentation information is current in VMIS, and DD2793 is uploaded into the volunteer VSR PRIOR to submission. HOURS FOR THE LAST MONTH OF THE QUARTER must be logged and certified. Incomplete nominations, duplicate write-ups from previous awards, or nomination write ups that do not reflect the nomination period will be disapproved and sent back to the unit/agency. The ceremonies are typically scheduled the last Wednesday of the month, pending confirmation on command calendars.

(3) Youth Iron Mike Award for Volunteer Service. Nominations for youth volunteers will be accepted along the same timeline as adult volunteers. The hour minimum for youth volunteers varies from the adult requirement, however the other basic criteria remains the same. Youth must also be registered and document hours in the VMIS at www.myarmyonesource.com.

(4) BRAGG 'N BUCKS PROGRAM – “Cash In” Your Volunteer Hours. Revisions to the incentive program will be with new items replacing those that have “sold out.” The program is in place to reward those volunteers who log their hours each month. Earn points to “purchase” items such as portfolios, tumblers, bags, and more.

h. Army Family Action Plan (AFAP) – Cathy Mansfield

Phone: (910) 396-8194, **Email:** Catherine.m.mansfield.civ@mail.mil

Website: <http://bragg.armymwr.com/programs/afap>

(1) DO YOU HAVE AFAP/TOWN HALL ISSUES TO SUBMIT??? You can do so at anytime by visiting the link on our web page... <http://bragg.armymwr.com/programs/afap> Be sure to add specifics and it would be helpful to add your contact information. None of your information will be shared – this is just in case we need clarification or need to ask additional questions.

(2) Due to the elimination of the AFAP manager position, there will no longer be a formal AFAP Conference at Fort Bragg. Issues can still be submitted via various forums, i.e. town hall, web, email, or in person.

(3) What is considered an AFAP issue? Army-wide issues that may affect quality of life for Soldiers, their Families, Army retirees, and Department of the Army civilian employees. Your ideas can be submitted at any time online at: <http://bragg.armymwr.com/programs/afap>.

(4) Keep submitting your GREAT IDEAS! The next **INSTALLATION TOWN HALL** will be held on Wednesday, 19 Aug 2020 in conjunction with the Community Information Exchange. The Town Hall will also be streamed live via Facebook on the Fort Bragg, NC page.

i. Army Family Team Building - Dee Ann Rader

Phone: (910) 396-AFTB (2382) or (910) 907-3393, **Email:** deeann.m.rader.civ@mail.mil

Website: www.bragg.armymwr.com/programs/aftb

Army Family Team Building (AFTB) is a fun, interactive program designed for the Military Family to enhance one's knowledge of the military and develop leadership skills. Classes are free and open to everyone. Limited free childcare is offered on a first come, first serve basis. For the current schedule or to register for classes call 396-AFTB (2382), or register online at the website above.

(1) “Military Life...What’s In It For Me?” – Mar 3, 8:30 am - 2:30 pm. This class introduces the basic skills/knowledge needed to be successful in your military life.

(2) “The Power Of...?” – Apr 7, 8:30 am – 3:00 pm. Leadership looks different for everyone. Develop qualities helpful if pursuing a leadership position either personally or professionally.

j. Resilience Academy - Dee Ann Rader

Phone: (910) 907-3393, **Email:** deeann.m.rader.civ@mail.mil

Website: www.bragg.armymwr.com/programs/acs

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity. This course will enhance mental toughness, optimal performance, strong leadership and goal achievement. Classes are free and open to everyone. Limited free childcare is offered on a first come, first serve basis. For the current schedule or to register for classes call 396-5521, or register online at the website above.

(1) “Building Connections” – Feb 19, 9 am – 11:30 am. Develop an assertive communication style and learn how to be a joy multiplier.

(2) “The Resilience Academy” – Mar 17-19, 9 am – 5 pm. This self-development opportunity offers skills to help cope with everyday challenges in life.

(3) **“Crush Negativity” – Apr 15, 9 am – 11 am.** Learn to gain control of your emotions and reactions by identifying “heat of the moment” thoughts.

k. Relocation Readiness Program - Calvin Farlow

Phone: (910)396-8682/8683, **Email:** calvin.w.farlow.civ@mail.mil

Website: www.bragg.armymwr.com/programs/rrp

(1) **New Fort Bragg Installation Guides Available.** The latest edition of the Fort Bragg Installation Guide now includes the Answers Unlimited! Up to 10 copies may be picked up from the Community Support Connection (main information desk, first floor Soldier Support Center lobby), or the 3rd Floor ACS. Please call in advance to schedule a pickup of more than 10 copies - call 396-8682 or 396-8683 to arrange a time for a pick up at the Soldier Support Center loading dock area. You must provide your own manpower and vehicle to load/transport the guides. If you have any questions, please do not hesitate to call ACS at 396-8682 or 396-8683.

(2) **Newcomers’ Orientation and Bus Tour.** Information available on schools, housing, employment, medical care, recreation, welcome packets and many other community services. Bus tour of the installation is provided. Orientation is held at the ***Soldier Support Center, 3rd Floor, first Tuesday of the month,*** 9 am – 11:30 am. Call 907-3507 to register. **REGISTRATION IS REQUIRED.**

Pope Newcomers Orientation. 3rd Wednesday, 8:00 am – 4:00 pm. Mandatory for incoming Air Force personnel. For more information please call 394-2538.

Heart Link. Designed as a one-stop resource for basic life in the Air Force for new key spouses and newly married Air Force spouses. Held semi-annually. For more information please call 394-2538.

(3) **CONUS/OCONUS Pre-Move Brief, Mar 10, Apr 14, 9 am - 11:30 am.** Receive valuable information on transportation, housing, finance, legal claims, budget planning and more. Limited childcare if available. For more info or to register, please call 432-4602/907-3507. **REGISTRATION REQUIRED.**

(4) **International Spouse Orientation, Mar 10, 9 am - 11:30 am.** Obtain information on medical services, employment, citizenship and immigration services, getting a driver's license, English as a Second Language classes and more. Call 396-6120 to register. **REGISTRATION IS REQUIRED**

(5) **USCIS Workshop, April 14, 9 am - 11:30 am.** Obtain information on citizenship and immigration services; call 396-6120 to register. **REGISTRATION IS REQUIRED**

(6) **PCS Pre-Move Counseling.** One on one assistance with information regarding PCS moves to include transportation, housing, finance, claims, budget planning, spouse employment, installation booklets/information, and more. Walk-ins are welcome, no appointment required but recommended. For more information, please call 432-4602/907-3507.

(7) **Hearts Apart Program.** Stay connected while your sponsor is away on an unaccompanied tour, deployment, or temporary duty assignment (TDY) with newsletters, informative emails, events, and meetings geared towards supporting waiting Families. For more information, call 396-8682/8683.

(8) **Army Integrated Family Support Network.** Wherever you go, stay connected to the military services. For more information on the closest military services available to you, call 396-8682/8683.

(9) **Lending Closet.** Basic household items are available for Soldiers and Families arriving or leaving Fort Bragg while their household goods are in transit. Please bring a copy of assignment orders and an ID card. Items available include: pots, pans, dishes, irons, ironing boards, infant car seats, high chairs, appliances, and more. We are located in Bldg. 8-7006, corner of Letterman and Ord Streets. Call 396-6013 for more information. **Closed every day from 11:30 am – 12:30 pm for lunch.**

(10) Airborne Attic. Facility operates from donations of clean, good, and usable items. Donations are tax deductible. Soldiers E-4 and below can obtain household items free of charge. We are located in Bldg. 8-7006, corner of Letterman and Ord Streets. For more information or to donate items, call 907-2842.
Closed every day from 11:30 am – 12:30 pm for lunch.

n. Survivor Outreach Services (SOS), Charlotte Watson, Program Manager
(910) 643-2979, Email: charlotte.m.watson.civ@mail.mil

Located across from the Soldier Support Center on Normandy, Survivor Outreach Services' mission is to advocate on behalf of all Families who have suffered the loss of a Soldier and to educate the community about the services provided. The program strives to build a unified support program which embraces and reassures Survivors that they are continually linked to the Army Family for as long as they desire. We provide an avenue of resources to include support groups, monthly newsletters, information briefs, and social activities.

(1) Support Group – First Thursday of every month, 10 a.m. - 11 a.m. A support group held at the SOS building for surviving spouses of active duty Soldiers.

(2) Gold Star & Surviving Spouses Event, Apr 5, 2 p.m. - 5 p.m.

(3) Run, Honor, Remember 5 k, May 16, 0800. Hedrick Stadium infield will be lined with over 7,500 boots displaying names and units of all service members who died in combat since 9/11 and service members who have a connection to North Carolina.

2. Army & Air Force Exchange Service (Exchange) – Bill Shoffner, General Manager

Phone: 910-436-3535; Email: shoffner@aafes.com

NORTH POST MAIN EXCHANGE – Trish Jones, 910-436-4888, email: jonestrish@aafes.com

SOUTH POST MAIN EXCHANGE – Dale Killip, 910-436-2166, email: Killipdo@aafes.com

No information provided.

3. American Red Cross (ARC) – Jeannette Salcedo, Service to the Armed Forces Regional Program Manager

Phone: (910) 396-1231 x3/396-7815, Fax: (910) 396-6489

Email: Jeannette.Salcedo@redcross.org or bragg@redcross.org

Website: <http://www.redcross.org/SAF>

a. Adult Volunteer Program – American Red Cross Volunteer Applications are now done on-line. Please follow this link to apply and attend the on-line orientation:
<http://www.redcross.org/local/eastern-north-carolina>

b. Pet Visitation Program – The program is a volunteer pet visitation from certified animals and their handlers. Must be certified through “American Kennel Club Canine Good Citizen.” Contact Cindy.Taylor3@redcross.org or call (910) 907-7124.

c. Hospitality Program – Red Cross volunteers provide daily hospitality carts (hygiene items, books, magazines, newspaper and DVDs) to hospital patients. Red Cross volunteers also provide patients with a light refreshment cart to include cookies donated by Fort Bragg units. Please contact Cindy.Taylor3@redcross.org or call (910) 907-7124.

d. Dental Assistant Program (DAP) – This program is for military dependents 18 years or older, must be an American citizen and an active Red Cross volunteer with at least 25 hours documented. The DAP students are trained in the dental clinic on Fort Bragg. This program provides a portable career for dependents to take with them from post to post. Please contact WAMC SAF Manager, Cindy.Taylor3@redcross.org or call (910) 907-7124.

e. **Green Ramp** – Unit Commanders must email a memo requesting Red Cross support at unit deployments and re-deployments to Jeannette.Salcedo@redcross.org or bragg@redcross.org.

f. **Warrior Transition Outreach Program** – Red Cross volunteers work with the WTB by providing a wide range of support from material assistance to volunteer support of events and programs. Please contact Jeannette Salcedo - Jeannette.Salcedo@redcross.org or bragg@redcross.org

g. **Briefing, Fairs, Workshops and Outreach** – For deployments, re-deployments, unit safety days, FRG and Senior Leadership (*Reconnection Workshops, Coping With Deployments, Get to Know Us Before You Need Us, and Health and Safety Courses*). Please contact Jeannette Salcedo - Jeannette.Salcedo@redcross.org or bragg@redcross.org (910) 396-1231 ext.: 3.

h. **VAVS and Veteran Programs** – Red Cross provides volunteers for the Veteran Affairs Hospital in Fayetteville to assist in the various departments. We are also building a veteran program to assist the many veterans in our community. Please contact Jeannette.Salcedo@redcross.org or call (910) 396-1231 x 3.

i. **Youth Outreach Program** – For youth 13 – 17 years of age. The youth attend a meeting once monthly to plan and discuss the upcoming outreach project. The youth will attend at least one community outreach event monthly. For more information, call our Fayetteville office (807 Carol Street) at (910) 910-867-8151 or email Tracey.Kohut@redcross.org

j. **Emergency Communication Messages** – Red Cross provides timely, factual reports about Family emergencies, such as a death, illness or birth, to service members wherever they are stationed. Please call 1-877-272-7337 or online at www.redcross.org/HeroCareNetwork (for emergencies only 24/7).

k. **Financial Assistance (Referrals)** – Staff and volunteers provide referrals to the Military Aid Societies and community based agencies able to assist military members and their families. Please call (910) 396-1231, ext. 3; after hours please call 1-877-272-7337 (emergencies only 24/7).

4. Armed Services YMCA Fort Bragg – Jack Clevesy, Executive Director; Michelle Baumgarten, Associate Executive Director

Phone: (910) 436-0500, Fax: (910) 436-0018, Email: JClevesy@asymca.org, mbaumgarten@asymca.org

Website: <http://www.asymca.org/fort-bragg-home>

Facebook: Armed Services YMCA – Fort Bragg

a. **Food Pantry.** Open to any active duty military member/Family stationed at Fort Bragg. No referral needed, open Monday – Friday 9-4pm. We will never share your information with chain of command or sell to third parties. Non-perishable items only in stock. Please also feel free to donate non-perishable items to the pantry.

b. **Before/After School Care.** Held at Highland Elementary near Cameron/Sanford, before and after school care is provided at affordable rates to alleviate the stress of finding care so military spouses can work or pursue educational opportunities. Drop-in care and weekly care now available!

c. **Bragg Worthy Gowns.** Bragg Worthy Gowns has a wide variety of formal dresses in various styles and cuts (no male attire) available in sizes 0 – 26. If you find one you like, you may borrow it for a nominal fee of \$10. Dresses must be dry cleaned before they are returned. This service is available for all DoD ID card holders and is available during regular business hours (Monday – Friday 9am – 4pm) or by special appointment. Stop by our location at 2411 Rodney Trail, Building 2 on Fort Bragg.

d. **Operation Kid Comfort.** This program is open the families with a deployed service member who are stationed in North or South Carolina. Each child will receive a personalized quilt or pillowcase (dependent on age) with photos of the deployed service member. This program is completely free and volunteer quilters throughout the country assemble these quilts. More information, including how to register, available on our website.

e. Children's Waiting Room. This is a NEW program that launched at Womack Army Medical Center in the OB/GYN clinic. Children's Waiting Room is a child watch program located inside Womack Army Medical Center that allows parents to attend scheduled appointments without the stress of having to find child care outside of the hospital. This program improves access to health care by removing lack of child care as a barrier. When families have the ability to drop off their children inside the hospital at no cost or low cost, they are more likely to attend scheduled appointments, and in locations with a Children's Waiting Room, hospital administrators report a drop in no-show rates. Providing this program allows service members and spouses to make their health and well-being a priority.

This program currently operates only for OB/GYN appointments between the hours of 8 am - 12 pm Monday, Tuesday, Thursday, and Friday and 10 am - 12 pm on Wednesday. To secure your spot, please visit: <https://www.asymca.org/ft-bragg-sign-in>

5. Association of Bragg Spouses

Email: FortBraggABS@gmail.com

Website: www.FortBraggABS.org

Facebook: FortBraggABS **Instagram:** fortbraggabs

a. Mission. The mission of the Association of Bragg Spouses is to encourage personal growth, serve our community, and be supportive of one another wholeheartedly. Our many volunteer hours along with dollars raised result in our ability to help provide charitable donations to worthwhile causes, as well as scholarships to military spouses and dependent children. Membership in ABS is available to spouses of active duty service members of the United States Armed Forces assigned to, and residing in, the Fort Bragg Area. Associate memberships are available to military retiree spouses. At ABS we take our motto, "Growing, Serving, Supporting" to heart.

b. Monthly Events. Regularly scheduled events such as luncheons are held on the third Thursday of most months at the Iron Mike Conference Center. Please see our website for additional details.

c. Special Events. Join us for our biggest fundraiser of the year, and what is sure to be THE biggest party of the year! Our **Very Important Charity Event – VICE Night** – is coming up at the end of this month. Help celebrate the 21st Century's version of the Roaring 20s by joining us for our Great Gatsby themed dinner and live auction event at the Iron Mike Conference Center on February 29. Tickets are on sale now. Please see our website for additional details.

d. Scholarship and Welfare Grants. Applications are now being accepted for the Welfare Grant and Scholarship programs. Full details and applications are available on our website.

e. Membership. Reduced cost memberships are now available for the remainder of the 2019-2020 board year.

6. Bragg 'N Barn Thrift Shop, Cindy Lamb, Manager

Phone: (910) 907-4053, **Email:** fbthriftshop@aol.com

Website: www.fbthriftshop.com

a. VOLUNTEERS NEEDED at the Fort Bragg Thrift Shop! Volunteers are asked to serve a minimum of two hours at a time, any Tuesday through Saturday between the 9 am - 2 pm. Benefits include: reimbursement of child care expenses; first opportunity for paid job openings; and first look at newly consigned items. Stop by the store and ask for a volunteer application to get started! We are located in Building 2-2412, Woodruff Street.

b. Consignment hours are Tuesday-Saturday from 9 am to 1 pm. The new store hours are Tuesday – Saturday, 9 am to 2 pm. You may consign up to 28 items per day for 7 days. Please call the store to get more information.

c. First Friday of each month is **FREE FRIDAY FOR E-4 AND BELOW**. You are allow 10 free items. Color are Blue, White and Red.

7. Chaplains – Chaplain (COL) Randy Griffin, (910) 396-1121

E-Mail: james.r.griffin22.mil@mail.mil Website: www.bragg.army.mil/chaplain/

a. **Watters Family Life Center.** On post and easy to find. Pastoral counselors are available for counseling to help you work through the challenges of life. POC is CH (LTC) Hoover, 396-6564.

b. **Catholic Activities.** Catholic activities meet at Pope chapel for RCIA, Sacramental preparation, Pre-Cana, Pre-Baptism, Prayer Services, Parish Council, Catholic Staff Meetings, Bible Study and Youth Activities. POC is Susan Kroll 394-1804 or susan.l.kroll.ctr@mail.mil <http://www.facebook.com/pages/Saint-Michael-the-Archangel-Catholic-Community-Fort-Bragg-NC/172817769440727>

c. **Youth of the Chapel: Catholic-** Sundays 2:30-4:00 p.m. at Division Memorial Chapel for 6th-12th grades. POC: Tim McHale at timothy.s.mchale.civ@mail.mil

Protestant: Sundays 5:00-7:00 p.m. at Division Memorial Chapel for 6th-12th grades. POC: Jeff Nevin at jeffrey.m.nevin.civ@mail.mil

d. **Women of the Chapel: Catholic (CWOC):** Thursdays at All American Chapel from 9:30am-Noon for food & fellowship (Childcare provided). POC: Email cwoc.fort.bragg@gmail.com

Protestant (PWOC) - meets Tuesdays at All American Chapel from 9:30am- Noon and 6:30- 8:00pm. Also on Wednesday at 9:00-11:00am at the Lodge in Linden Oaks, and Main Post Chapel Annex 1130-1300 on Thursdays. Email braggpwoc@gmail.org or check Facebook for Fort Bragg PWOC.

e. **Protestant Post-wide Family Program** Sundays from 5:00-7:00 pm at Tolson Youth Center. For more information, please contact Jeff Nevin at jeffrey.m.nevin.civ@mail.mil

f. **Lenten Service Schedule** To obtain the schedule, please call the Religious Support Office at 910-396-1121 or go to our facebook page at <https://www.facebook.com/FtBraggRSO/>

g. **Financial Peace University** Begins Tuesday 25 February at All American Chapel. To register email Mr. David Countryman at FPU-AAChapel2020@hotmail.com

For more information regarding religious activities on post, please call 396-1121 or visit <https://www.facebook.com/FtBraggRSO/>

8. Defense Commissary Agency, 910-853-7333, Email: Website: www.commissaries.com

South Post Commissary: Ervin White, 910- 853-7333 ext. 3100, Ervin.white@deca.mil, Maureen McCarthy, Maureen.mccarthy@deca.mil, Jacqueline Kellman, Jacqueline.kellman@deca.mil
Any questions or concerns, email: FortBraggSouth.commissary@deca.mil

a. Upcoming Events at Ft. Bragg South Commissary

- Fisher House Foundation Scholarships for Military Children online application deadline February 24. Go to www.militaryscholar.org to apply.
- **Sidewalk Sale - March 13, 14, 15**, from 9 a.m. – 6 p.m.
- **March Madness Event sponsored by Unilever - March 21**, 12 noon – 4 p.m. Outdoor events, food and prizes.
- **Vietnam Veteran's Commemorative Luncheon, March 27**, 12 noon – 2 p.m.
- **Carnival of Savings Worldwide Tent Sale, May 1, 2, 3**, 9 a.m. – 6 p.m.

- **Nathan's Family Day Event, May 2, 11 a.m. – 3 p.m.**
 - FREE Nathan's Hot Dogs and Topping Bar
 - Free lunch provided including Nathan's Beef Franks with Nathan's Hot Dog Buns, Toppings, Chips and Beverages
 - Toppings Bar: Five (5) themed toppings bars representing popular cities/regions and recipes
 - Grand Prize Sweepstakes: One (1) winner receives a trip "home" worth \$2,500
 - Commissary Gift Cards raffled throughout event totaling \$350 and one (1) winner receives FREE hot dogs for a year
 - Gift with Purchase Program – Buy 2 Nathan's, Get a FREE Thermal Bag
 - Three Giant (3) Inflatable Bounce Houses and Obstacle Course for kids
 - DJ playing Family-friendly music throughout the event and announcing prizes and freebies
 - Face Painting – free face paint for children
 - Coupons and Giveaways – Magnetic shopping lists, pens, koozies, bead necklaces, bam bam sticks
 - Commissary Sampling Demos
- **Nascar Simulator** sponsored by Unilever, **May 23, 11 a.m. – 3 p.m.** Experience what it is like to drive!

9. Fort Bragg Area Community Foundation

Phone: (910) 583-1709

Website: www.bragg.army.mil/soldiers/fbacf/Pages/default.aspx

Email: fort.bragg.area.comm.foundation@gmail.com

a. Who Are We? The FBACF is a private, non-profit, charitable organization established to provide financial assistance to benefit Soldiers, retirees & their Families, as well as DA Civilians, in the Fort Bragg community. The FBACF is governed by an Executive Board (all volunteer) which meets the third Tuesday of each month. FBACF's General Membership meets once a year in May.

10. Fort Bragg Schools – Connie Baker

Phone: (910) 907- 0200, **Email:** Connie.baker@am.dodea.edu

Website: www.am.dodea.edu/bragg

NO SCHOOL – Teacher PL	March 5
NO SCHOOL for Pre-K Students – Pre-K Teacher Workday	March 9
NO SCHOOL for Pre-K-5 – Parent/Teacher Conferences	March 16
NO SCHOOL for Pre-K – Parent/Teacher Conferences	March 17
NO SCHOOL – Teacher Work Day	March 30
NO SCHOOL – SPRING BREAK	April 13-17
Pre-K & K Registration for School Year 20-21	April 30 – May 1

11. USO of North Carolina –

Phone: (910) 495-1437/1438 CFC-29349

Website: www.uso-nc.org

Facebook, Twitter, Instagram: @USOofNC

Sign-up for monthly newsletter: bit.ly/sandhillsnewsletter

a. Volunteers Needed at the Fort Bragg Center, first floor, Soldier Support Center, Fayetteville Travel Center and WTB. The USO of NC Volunteer Program offers opportunities to give back to our military through center duty, events, homecomings, and other specific program areas. Hours count toward Iron Mike Awards and USO of NC milestones. Service members may volunteer to earn hours toward Army community service award. Volunteers must be 18 years of age. Interested? Register online: www.Volunteers.USO.org

b. **USO of NC Fort Bragg Center** is located on the first floor of the Soldier Support Center, the center has a Lenovo computer lab available with a printer and CAC readers. The day room offers coffee, snacks, TV and Wi-Fi throughout the day. Morale Lunches for service members are weekly. The center is open Monday – Friday, 9 a.m. - 4:30 p.m. to active duty, retirees, and their Family members with a current military ID card.

c. **WTB Satellite Center** is open at the Warrior Transition Battalion Barracks, first floor for wounded, ill and injured troops. Evening hours only with special events. Contact Brian Knight, bknight@uso-nc.org.

d. **Fayetteville Travel Center** is located behind security at the Fayetteville Regional Airport and is 100% volunteer supported. This **USO of NC Center** offers printing and fax service, bottled water, coffee, snacks, comfortable seating, and a family room. The center is open seven days a week and can be reached at 910-482-8200. Active duty, retirees and Family members may access only with current military ID card and a boarding pass.

EVENTS

a. **Morale Lunches** are held for service members only each week in our annex. Check our website for more information or call (910) 495-1437.

b. **Operation Exit Strategy** provides transitioning service members with a full day, free seminar on a variety of topics monthly. Register by emailing: LaTonia McKoy, lmckoy@uso-nc.org.

DEPLOYMENT & REDEPLOYMENT SUPPORT

a. **Deployment Care Packages & Redeployment Rack Packs** are provided to units deploying down range and to Single Soldiers redeploying to Fort Bragg. Each pack contains personal hygiene items for about 2-3 days. Unit or FRG rep, contact us for a request form at least 30 days prior: bragg@uso-nc.org.

b. **Kids Korner** provides a number of activities for Families at Deployment/Redeployment, Organizational Days, Family Days include crafts, banner-making, corn hole, etc. This activity table is manned by USO of NC volunteers and is not a childcare option. Send requests to: bragg@uso-nc.org.

WARRIOR & FAMILY PROGRAMS

a. **USO NC Pathfinder Program** is available for transitioning service members and their families. Assistance with resumes, interviewing skills, education, and employment are a few of the ways our team can help. For more information, contact LaTonia McKoy, lmckoy@uso-nc.org.

b. **NC Serves** is a local and regional network of public, private, and non-profit organizations serving Active Duty, National Guard, Reserve service members and well as veterans and their Families who reside in the Fayetteville/ RDU area. This network can meet a broad array of needs including housing, employment, Family support, legal assistance, financial assistance and more. For more information, call 866-249-6656 or www.raleigh.americaserves.org.

11. Womack Army Medical Center - Shannon Lynch, Public Affairs Specialist

(910) 907-9922, Email: shannon.p.speightlynch.civ@mail.mil

Website: www.wamc.amedd.army.mil

a. Advice Nurse Line.

. Have Medical Questions? Call the TRICARE Nurse Advice Line. Extends overage outside of the continental United States to beneficiaries throughout Europe, the Pacific, and Latin America regions

- Will now have access via a new website:

- www.mhsnurseadvice.com
- Can choose to discuss health concern via telephone call, web chat, or secure video teleconference
- Available via telephone 24 hours a day, 7 days a week by calling
 - 1-800-TRICARE (874-2273) Option 1

b. Urgent Care Referrals. Most TRICARE Prime enrollees no longer need a referral for urgent care visits and point of service charges no longer apply for urgent care claims. This change replaces the previous policy which waived referrals for the first two urgent care visits per year. Active duty service members (ADSMs) should continue to visit military hospitals and clinics for care. ADSMs enrolled in TRICARE Prime Remote who do not live near a military hospital or clinic do not need a referral when seeking an urgent care visit. If you use TRICARE Select or any other TRICARE plan, you may visit any TRICARE-authorized provider, network or non-network, for urgent care.

Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It isn't an emergency and doesn't threaten life, limb or eyesight. If you're unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at 1-800-TRICARE (874-2273)—Option 1. You'll speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider and scheduling an appointment.

If you need care after hours, while traveling or if your primary care manager is unavailable, urgent care is a great option. Contact your regional contractor to help you find an appropriate urgent care facility or provider. You may also use the TRICARE provider search tool.

Any TRICARE Overseas Prime enrollees requiring urgent care while TDY or on leave status in the 50 United States and the District of Columbia, may access urgent care without a referral or an authorization, but the ADSMs must follow-up with their PCM in accordance with applicable DoD and Service regulations concerning ADSM care outside MTFs. This is your benefit. Learn more about the changes and take command of your health!

c. Urgent Care Clinic. The urgent care clinic operates as a walk-in clinic for Tricare Prime enrolled patients. The Urgent Care Clinic's purpose is to provide same-day care for all patients with non-emergent medical conditions. The clinic is located at the All American Expressway entrance of Womack Army Medical Center and open Monday through Friday 7 a.m. to 7 p.m.

d. Maternity Fair. Mark your calendars for our next maternity fair on Saturday, April 4 from 9 a.m. to 2 p.m. Join us for educational booths, tours of labor, delivery, recovery and women's and newborn ward. Classes offered by Army Community Service.

e. ADAPT Program. Looking to add to your Parenting Toolbox? Skills learned in **After Deployment, Adaptive Parenting Tools (ADAPT)** help to build your Families' resilience. **You may be eligible to participate in the ADAPT study to learn these skills if you or your spouse:**

- Are active duty Army stationed at Fort Bragg
- Have experienced at least one deployment in the past five years (regular Army), or two deployments in the past three years (Special Operations)
- Have a child between the ages of 5-12 years old

For more information or to find out if you are eligible, go to www.adapt.umn.edu or call 612-352-7974.

f. Armed Services YMCA Partnership. This new partnership between Womack and the Armed Services YMCA provides child watch for children ages 1-11, for up to one hour during weekday morning OB/GYN appointments. There is no cost to military Families. We are currently gathering data to see how the program might be enhanced and better utilized for Families in the future.