

COMMUNITY INFORMATION EXCHANGE AGENCY BRIEFS
(April 19, 2017)

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.

REGISTER NOW FOR THE 5th ANNUAL SPOUSE WELLNESS CONFERENCE ON MAY 11!!!
Cost is \$7 and includes lunch and conference goodies! Child care is available at no cost with early registration (must be registered with CYS).

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

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

a. Employment Readiness Program - Cecelia Wallace

Phone: (910) 396-1425/2390, **Email:** cecelia.m.wallace.civ@mail.mil

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

****Registration required for all workshops. Visit <https://checkappointments.com/book/braggerp> to register for the Federal and Private Sector Resume Workshops. Limited childcare provided for workshop attendees; children must be registered with CYSS prior to the date of the workshop and parents are responsible for reserving childcare slots.**

(1) 2-Day Private Sector Resume – May 1, 15, 22; Jun 5, 19, 26; Jul 17, 24, 31; 9:00 a.m. - 4:00 p.m., Soldier Support Center. The private sector resume focuses on techniques and methods for job seekers to showcase relevant skills in a targeted resume. This workshop also teaches job seekers the steps they should take before writing a resume such as having a clear job target in mind and a roadmap of what is required to land that type of job. Target audience: job seekers interested in working in the private or non-profit sector, and job seekers who are uncertain about their career path.

(2) Federal Resume Workshop –Jul 19, 26; Aug 2, 16, 23, 30; 9:00 a.m. – 4:00 p.m. The Federal Resume Workshop fills quickly but one-on-one appointments are available. If you need assistance prior to the next open workshop, please call 910-396-1425/239 to schedule an appointment.

b. Mobilization, Deployment & Stability Support Operations (MDSSO) - David Stamper

Phone: (910) 907-3490, **Email:** david.l.stamper3.civ@mail.mil

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

(1) Family Readiness Group Center – 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. All FRG trainings are held at this location.
Website: <http://bragg.armymwr.com/us/bragg/programs/frgcenter/>

(2) FRG Essentials – May 9, 9-11 a.m.; Jun 6, 9-11 a.m. Family Readiness Group Center. This class serves as an introduction into the Family Readiness Group (FRG). 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-acs-class/>.

(3) FRG Key Caller – May 9, 9-10 a.m.; Jun 15, 9-10 a.m. Family Readiness Group Center. Designed to prepare volunteers for key caller 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-acs-class/>

(4) FRG Treasurer Training – May 4, 11:30 a.m. - 1:30 p.m.; Jun 21, 9-11 a.m. Family Readiness Group Center. 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-acs-class>.

(5) Care Team Training – Apr 19, 11 a.m. - 1 p.m.; May 4, 9-11 a.m.; Jun 1, 9-11 a.m. Family Readiness Group Center. 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-acs-class/>.

(6) Commander's, First Sergeants & Senior Advisors FRG Training – Apr 25, 9 a.m. - 12 p.m.; Jun 20, 9 a.m. - 12 p.m. Family Readiness Group Center. Training for Commanders, 1SGs, Senior Advisors and other key leaders based on the requirements of AR 608-1, Appendix J. creating and operating an FRG in compliance with Army standards. Registration is encouraged by calling 432-3742 or go to <http://bragg.armymwr.com/us/bragg/programs/register-acs-class/>.

(7) FRG Super Saturday – Apr 22, 9 a.m.-5 p.m.; May 13, 9 a.m.-5 p.m., Jun 17, 9 a.m.-5 p.m. Family Readiness Group Center. Join us for this powerful FRG training course covering all four major FRG trainings – Essentials 9-11a.m., Key Caller 11a.m.-12p.m., Lunch 12-1 p.m., Treasurer 1-3 p.m., and Care Team 3-5 p.m. Choose the training you want or take all four. Registration is encouraged by calling 432-3742 or go to <http://bragg.armymwr.com/us/bragg/programs/register-acs-class/>.

(8) FRL Training – May 16-18, 9 a.m.-5 p.m. Family Readiness Group Center. 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-acs-class/>.

(9) Online FRG Training: Essentials, Key Caller, Treasurer, RDC Commander's FRG Training. FRG Training is now offered online and satisfies the volunteer requirement for training. Training is located at <http://bragg.armymwr.com/us/bragg/programs/frgcenter/>

c. Exceptional Family Member Program - Trisha Newton

Phone: (910) 907-3395/396-2749, **Email:** trisha.m.newton.civ@mail.mil

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

(1) Autism Support Group – First Wednesday of the month, 8:30 a.m. – 10:00 a.m. The Clubhouse at Linden Oaks. Do you love someone with autism and could use the support of others who understand, join us for our monthly support group. For more information, call (910)907-5624.

(2) Respite Program - Are you an Army Family? Do you have a Family member with special needs? Is your Family member enrolled in EFMP? Could you use a break? If you answered yes to all 4 questions, your Family member could qualify for up to 40 hours of respite per month. For more information please call (910) 907-3395.

(3) Autism Spectrum Disorder – Home & School – Working Towards Independence – Apr 26, 9:30 a.m. to 11:30 a.m., 3rd Floor SSC. Registration is required. Call (910) 907-5624 for additional information and registration.

(4) Painting for Relaxation – May 16, 9:00 a.m. to 11:00 a.m., 3rd Floor SSC. Registration is required. Call (910) 643-6993 for additional information and registration.

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/us/bragg/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) Parenting 1- to 4-Year-Olds: May 2, 3 & 4, Jun 6, 7 & 8, 1 pm – 3 pm (Participants must attend all three days). Every parent strives to be a loving parent as well as an effective authority figure in their home. In this course, instructors discuss how to care for and discipline children through different ages and stages of growth. Participants will learn discipline methods that work, how to prevent tantrums and other melt-downs, and ways to build a loving bond with their children.

(2) ScreamFree Parenting: Apr 24, 26 & 28, May 22, 24 & 26, Jun 26, 28 & 30, 9 am – 1 pm (Participants must attend all three days). 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.

(3) Co-Parenting Children of Divorce and Custody: May 9, Jun 13, 9 am – 12 pm (Participants must pick up a booklet prior to class and complete required assignment prior to attending class). 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. Upon successful completion of this course, you will receive a certificate of completion to submit in court, if needed.

(4) Couples Communication: Apr 27, May 25, Jun 22, 9 am – 4 pm. This one session class helps participants avoid behaviors that prevent you from building a healthy and loving relationship with your significant other. Participants explore how to move from constantly playing the “blame game” to using problem solving methods and effective communication to grow trust and support as a couple.

(5) Anger Management: May 3, Jun 7, 9 am – 12 pm. 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.

(6) Living with Anger: May 9, Jun 20, 1 pm – 4 pm. 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.

(7) Stress Management: Apr 19, May 17, Jun 21, 9 am – 11 am. This one-session class helps attendees 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.

(8) 1-2-3 Magic: May 10 & 11, Jun 12 & 16, 1 pm – 4 pm (Participants must attend both days). Participants will learn how to discipline without arguing, yelling or spanking; how to stop obnoxious behaviors quickly; and how to end battles over any necessary routine including bedtime, cleaning messy rooms, lying, doing chores or homework.

(9) Surviving Your Adolescents: May 16, 17 & 18, 1 pm – 4 pm (Participants must attend all three days). In Surviving Your Adolescents, participants will explore how to manage teen risk-taking, learn to “let go” of their 13-18 year olds, how to improve relationships with their teenagers, manage the “snub,” and when and where to find more help.

(10) Launching Hope: Jun 13 & 15, 1 pm – 4 pm (Participants must attend both days). Every parent wants their teenagers to grow into happy, healthy, productive adults who keep good relationships with their parents along the way. This class walks participants through the steps necessary to help prepare their teenagers for the real world.

(11) 24/7 Dad: Apr 24, 26 & 28, May 22, 24 & 26, Jun 26, 28 & 30, 1:30 pm – 4:30 pm (Participants must attend all three days). Dads are one of the most important role models in their children's lives. This class focuses on skills men need in order to make a positive difference and be involved fathers, 24 hours a day, 7 days a week. The class focuses on key fathering characteristics and helps men develop the attitude, knowledge and skills necessary to get and stay involved with their children.

(12) Positive Discipline: May 2 & 4, Jun 6 & 8, 9 am – 12 pm (Participants must attend both days). 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.

(13) ScreamFree Marriage: Apr 25, May 23, Jun 27, 9 am – 4 pm. Making a marriage stand the test of time takes both partners knowing how to handle conflict and knowing to protect each other's best interests. Instructors will guide couples to new levels of intimacy by showing them how to relate to each other in a calm, cool and connected way; regardless of how their "other half" acts.

(14) Single and Dating: May 11, Jun 15, 9 am – 12 pm. Attracting the wrong types of people? Stop revolving and start evolving in relationships! Focus on the dynamics of dating and learn how to find the right partner for you.

(15) Active Parenting for Stepfamilies: Apr 18, 19 & 20, 1 pm – 4 pm (Participants must attend all three days). Combining families can be a challenging, yet very rewarding process. This three-day workshop provides participants with the valuable skills necessary to help members of the family balance the different aspects of stepfamily life; the marriage, children and parenting partnerships.

(16) Spring Fling with Corvias, Apr 21 (Rain Date Apr 28), 3 pm – 6 pm: Child Abuse Month Awareness Event at Main Post Housing Areas.

(17) Spring Fling with Corvias, May 5 (Rain Date May 12), 3 pm – 6 pm: Child Abuse Month Awareness Event at Linden Oaks Community Center.

e. New Parent Support Program - Sue O'Brien

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

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

(1) Play Morning at Pope: 2nd and 4th Monday, 10 am- 11:30 am, Pope Community Center (51 Skytrain 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 & 3rd 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.*

(3) Play Morning at Linden Oaks: 3rd Thursday, 10 am – 11:30 am, The Lodge at Linden Oaks Community Center (1 Hilltopper St.). 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. *Registration is not required. Please bring your child's shot record.*

(5) Newborn Safety and Vaccine Safety, Apr 5, and Apr 19, May 3 and May 17 and June 7 and June 21 6 pm – 8 pm, Weaver Auditorium, Womack Army Medical Center. Interactive class to increase awareness/ education for new parents regarding safety needs for infants and "Ask the Vaccinologist: Everything You Want to Know Before You Vaccinate Your Child." *Registration is not required*

(6) New Mom's Fitness and Fun Workshop, New classes starting Apr 17, May 8 and June 9, 9 am- 10 am. This is a total fitness program that moms can do with their babies. The routine includes power walking or running with intervals of strength and body toning using resistance bands, the stroller and the environment. Instructors add songs and activities into the routine to entertain and engage the baby while moms are led through a series of exercises. This unique program also provides moms an opportunity to meet other moms and make new friends. Pre-registration is required.

f. Financial Readiness Program - Mrs. Lynn Olavarria

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

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

(1) Budget & Debt Management Class, May 18, and June 15, 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) Personal Financial Management Training (PFMT) May 11, 8am - 5pm, ground floor, Soldier Support Center. Classes are also taught at Brigade level by request. These classes focus on eight lessons of sound money management: Principles of Personal Finance; Planning & Budgeting; Banking & Checking Accounts; Using Credit Wisely; Insurance; Savings & Investing; Large Purchases; and Consumer Scams. Spouses are welcome. Call **396-2507/7289** to register or schedule.

(3) First Term PCS "Money and Moving" Class, May 4, and Jun 1, Jul 6, 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.

(4) Command Financial Non-Commissioned Officer Class, Apr 24-28, 8:00 am - 5:00 pm, 3rd floor, Soldier Support Center. The program provides Commanders an opportunity to have education, training, counseling and referral procedures within their units, which will promote, enhance and maintain Soldier personal financial readiness. Soldiers attending must have 12 months stabilization for SSG and above in good standing. Please call **396-2507/7289** to register.

(5) Credit Report Review/Repair Class, Aug 24, 1:30 pm – 4:30 pm, 3rd floor, Soldier Support Center. Learn tips on how to improve and fix your credit report and score. Call **396-2507/7289** to register or schedule.

(6) CFNCO Refresher Course, Jun 19, from 9:00 am – 5:00 pm. Please call **396-2507/7289** to register. This class is for certified CFNCOs.

(7) Thrift Savings Plan (TSP). For Uniformed Soldiers, Jun 8, 1:30pm to 4:30pm, 3rd floor, Soldier Support Center. The Thrift Savings Plan (TSP), for uniform services, offers important information on how to save and invest for your future. Get started by attending one of our classes and let your money start working for you. To register, call 396-2507-7289.

(8) Thrift Savings Plan (TSP). For Federal Employees, Jul 20, 1:30pm to 4:30pm, 3rd floor, Soldier Support Center. The Thrift Savings Plan (TSP), for federal employees, offers important information on how to save and invest for your future. Get started by attending one of our classes and let your money start working for you. To register, call 396-2507-7289.

(9) 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**.

(10) Army Emergency Relief (AER) Assistance. AER offers NO interest loans and sometimes grants for Active Duty, Retirees and their Family members (ID card holders). If you need emergency financial assistance, make AER your first stop. Please call 396-2507/7289 for more information.

(11) Fort Bragg Commercial Solicitation. AR 210-7 and FB Policy#40 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. To report solicitation issues or to apply for a permit, 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

(12) Consumer Complaints - If you have been a victim of unfair business practices and have tried to resolve the issue to no avail, contact the Financial Readiness Office to file a consumer complaint. Call **396-2507/7289**.

(13) Financial Literacy Month is the entire month of April. Many classes throughout the month are geared towards educating our military community on the latest information concerning your financial preparedness. We are also offering Shred It and Forget It Day on April 20. Shred your unwanted personal documents such as personnel, credit, medical, and tax records, bank statements, etc. Avoid being a victim of identity theft!! To make an appointment, call 907-3670 or 396-2507.

(14) Army Emergency Relief (AER) 2017 Campaign runs from Mar 1 thru May 15 – Each year AER holds an annual campaign to provide awareness about AER and what they can provide by way of emergency financial assistance to Active Duty/Retirees and their Family members (ID cards holders). One third of what AER receives must be through donation in order to remain tax exempt. The Fort Bragg AER office provided over 4.2 million dollars in emergency financial assistance to our military community in 2016. Our 2017 goal is to reach \$400k and 100% contact with all our assigned Soldiers during this year's campaign. Questions about donating or information can be directed to the Financial Readiness Program (AER Office) at 396-2507/72889.

g. Army Volunteer Corps Coordinator - Alice Stephens

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

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

****NATIONAL VOLUNTEER WEEK IS APRIL 24-28! Information is being sent through regular mail the week of March 20. If you do not receive a packet by March 31, please contact your OPOC as your mailing information is likely not in the system or is incorrect, OR you are not registered and have not been logging hours!**

(1) Iron Mike Award Nomination Deadlines. Nominations for upcoming quarters are due as follows: period of Apr-Jun are due Jul 7; Jul-Sep are due 6 Oct. 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.

(2) 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.

(3) Volunteer Manager Training – open to all those who supervise Army Volunteers in their agency (includes those authorized private organizations listed in VMIS). Training includes Organization Point of Contact training for the Volunteer Management Information System, Awards Writing, Basics of Volunteer Management, and more. The 2017 schedule is available on the web at www.bragg.armymwr.com/us/bragg/programs/avc

(4) BRAGG 'N BUCKS PROGRAM – “Cash In” Your Volunteer Hours – NEW ADDITIONS ADDED AS OF OCT 1. 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) - Fay Gioia

Phone: (910) 396-4447, **Email:** fay.c.gioia2.civ@mail.mil

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

(1) Army Family Action Plan Conference. Army-wide issues that may affect quality of life for Soldiers, their Families, Army retirees, and Department of the Army civilian employees can be submitted at any time via the website. <http://bragg.armymwr.com/us/bragg/programs/afap>. Based on the nature of the submitted issue, it may be addressed at the Installation Town Hall meeting or at the AFAP Conference.

(2) Installation Town Hall. We are accepting submissions for the Aug 2017 Town Hall. Put your thinking caps on and let us know your great ideas on how to improve the quality of life on the installation. <https://bragg.armymwr.com/us/bragg/programs/community-town-hall>

(3) Track Submitted AFAP and Town Hall Issues: Have an issue that you would like to check the status on? AFAP issue can be tracked at: <https://bragg.armymwr.com/us/bragg/programs/afap> Fort Bragg Installation Town Hall issues can be tracked at: <https://bragg.armymwr.com/us/bragg/programs/community-town-hall>

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/us/bragg/programs/aftb

Army Family Team Building (AFTB) is a fun, interactive program designed for the Army 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 Knowledge” (formerly Level I) – two day class offered **May 3-4, Jun 7-8, 8:30 a.m. - 2:30 p.m.** Military Knowledge introduces the basic skills/knowledge needed to be successful in your military life.

(2) “Personal Growth” (formerly Level II) - three day class offered **Apr 18-20, Jun 20-22, 8:30 am – 2:30 pm.** Personal Growth encourages growth into a community leader.

(3) “Leadership Development” (formerly Level III) – two day class offered **May 17-18, 8:30 a.m. – 2:30p.m.** Leadership Development teaches the participant more advanced leadership skills.

j. Resilience Academy - Dee Ann Rader

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

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

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity. It is built on a set of core competencies enabling mental toughness, optimal performance, strong leadership and goal achievement.

(1) **Full Curriculum Training** – three days, Apr 25, 26, and May 2, 9 am – 5 pm; all training is held at the FRG Center unless otherwise stated.

(2) **“Spouse’s Battle Buddy Training”** – May 23, 9 am – 2:30 pm. As spouses and Family members, we have “battle buddies” who are there to lean on during deployments, FTXs, challenging days and life accomplishments. Spend the day learning a few resilience skills while taking advantage of free childcare.

(3) **“Think “Pause”itive”** – Jun 27, 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/us/bragg/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 907-3499 to register. **REGISTRATION IS REQUIRED.**

Pope Newcomers Orientation and Bus Tour. 3rd Wednesday, 8:30 am – 4:00 pm. Mandatory for incoming Air Force personnel. For more information please call 394-2538.

Heart Link. 2nd Thursday, 8:30 am – 12 pm. Designed as a one-stop resource for basic life in the Air Force for new key spouses and newly married Air Force spouses. For more information please call 394-2538.

(3) **CONUS/OCONUS Pre-Move Brief, May 16, Jun 13, 9 am - 11:30 am.** Receive valuable information on transportation, housing, finance, legal claims, budget planning and more. Limited childcare if available. For more information or to register, please call 432-4602. **REGISTRATION IS REQUIRED**

(4) **Moving with Children. Apr 26, 9 am – 10:30 am.** Learn how to transition smoothly with children in grades K-12 with tips, guidance, and strategies. This class will help you get organized and provide information necessary to support your child's education throughout your career. Call 907-3499 to register. **REGISTRATION IS REQUIRED**

(5) **International Spouse Orientation, May 9, 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**

(6) **USCIS Workshop, Jun 13, 9 am - 11:30 am.** Obtain information on citizenship and immigration services; call 396-6120 to register. **REGISTRATION IS REQUIRED**

(7) **Total Army Sponsorship Program Training, Apr 27, May 26, Jun 22, 9 am – 10:30 am.** Learn the principles of support, standards of service, policies, functions, and tasks governing the program in order to pave the way for a smooth transition from losing to gaining installations. Training is provided in accordance with AR-600-8-8. Call 432-4602 to request group/unit or desk side training or to register for the above dates. **REGISTRATION IS REQUIRED**

(8) 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 necessary. For more information, please call 907-3499/432-4602.

(9) 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.

(10) 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.

(11) 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.

(12) 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

I. Soldier and Family Assistance Center (SFAC), Martha Brown, Director

Phone: (910) 643-6652/6653, **Email:** martha.s.brown13.civ@mail.mil

Website: <http://bragg.armymwr.com/us/bragg/programs/sfac>

(1) The Soldier and Family Assistance Center (SFAC), is the one stop for information and referral needs for all Soldiers in Transition (ST) and their Families, assigned or attached to the Warrior Transition Battalion (WTB). The WTB/ST Priority Card, issued in the SFAC, will allow Soldiers to be first in line at the Womack Pharmacy and Laboratory, preference given at the Education Center, ID Card Facility and ACS programs. The SFAC is located in the WTB Complex, Building 4-2133, Normandy Drive. Soldiers in the Medical Board process also have access to the SFAC. Briefings are available every Wednesday, 9:30 a.m. (except for the 2nd Wednesday of the month), to make Soldiers aware of the programs that can assist them and their Families during this time of transition.

(2) WTB Military Caregiver PEER Forum (Personalized Experiences, Engagement and Resources) is held throughout the year, in the SFAC for caregivers of Soldiers assigned or attached to the WTB. For information on meeting dates and times, please call 643-6653.

(3) Mark your calendars for a celebration in honor of the 10-year anniversary of the Warrior Transition Battalion, June 13-15. Details to come!

(4) The Survivor Outreach Services (SOS) Program has relocated to the SFAC facility. Effective Apr 11, services for both programs are now housed in the WTB Complex on Normandy Drive.

n. Survivor Outreach Services (SOS), Charlotte Watson, Program Manager

(910) 396-0384/643-2979, Email: charlotte.m.watson.civ@mail.mil

WE HAVE MOVED! 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) **Spouse 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) **Parent Support Group** – Second Thursday of every month, 10 a.m. - 11 a.m. A support group held at the SOS building for surviving parents of active duty Soldiers.

(3) **Still Serving While Grieving** – Third Thursday of every month, 11:45 a.m. - 12:45 p.m. A support group held at the SOS building for active duty Soldiers who are grieving the loss of a loved one.

(4) **Suicide/Illness Support Group** – Fourth Thursday of every month, 10 a.m. - 11 a.m. A support group held at the SOS building for surviving parents of active duty Soldiers.

(5) **Money Management Class**– May 9, 9:30 a.m.- 11:00 a.m. Educational financial class instructed by the SOS Financial Counselor that provides survivors skills for budgets and savings.

(6) **Money Management Class**– May 9, 5:30 p.m.- 7:00 p.m. Educational financial class instructed by the SOS Financial Counselor that provides survivors skills for budgets and savings.

(7) **College Prep Class** Jun 20, 1:00 p.m.- 2:30 p.m. Education class instructed by the SOS Financial Counselor that provides survivors with information about college and scholarships for spouses and children..

2. Army & Air Force Exchange Service (Exchange) – Tony Pares, General Manager

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

NORTH POST MAIN EXCHANGE - Eric Desveaux, 910-436-4888, email: Desveaux@aafes.com

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

- Veterans Online Shopping Privileges will start November 11
- Einstein Bagels will open approximately June/July 2017 at the Smoke Bomb Hill Food Court location

3. American Red Cross (ARC) – Jeannette Salcedo, SAF Manager

Phone: (910) 396-1231 x 3/396-7815, Fax: (910) 396-6489

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

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

a. **Adult Volunteer Program** – American Red Cross Volunteer Orientations 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 licensed through “American Kennel Club Canine Good Citizen.” Contact Linda.Daney2@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 Linda Daney, WAMC SAF Manager, Linda.Daney2@redcross.org or call (910) 907-7124.

d. **Dental Assistant Program (DAP)** – This program is for military dependents 18 year old and above, 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 Linda Daney, WAMC SAF Manager, Linda.Daney2@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@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@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 also are building a veteran program to assist the many veterans in our community. Please contact Jeannette Salcedo 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.

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 – Kathy Foxen, Executive Director**

Phone: (910) 436-0500, Fax: (910) 436-0018, Email: kathy.foxen@fortbraggasymca.org

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

Facebook: Armed Services YMCA – Fort Bragg

a. **Healthy Kids Day.** Friday, Apr 28. A YMCA initiative to encourage kids to get up, get out and grow! This event offers family activities and brings community agencies together to offer resources for youth development.

b. **Family Fishing Derby.** Saturday, May 6. An annual event that promotes quality time between military Families. This event offers participants equipment to start the sport of fishing and contests for the biggest catch.

c. **Kids Olympics.** Saturday, Jun 3. An annual summer celebration that promotes the importance of sportsmanship, health, and fitness.

d. **Trunk or Treat.** Saturday, Oct 28. The ASYMCA creates a safe and festive afternoon filled with goodies, games, contests and music for military families. Join the fun by decorating your vehicle and handing out candy.

e. **Festival of Trees.** Friday, Dec 1. An evening cocktail fundraising event featuring extravagantly decorated Christmas trees for auction and raffle, delicious food, and live music.

5. Association of Bragg Spouses

Email: FortBraggABS@gmail.com

Website: www.FortBraggABS.org

Facebook: FortBraggABS

a. **Monthly events** are held on the third Thursday of every month at the Iron Mike Conference Center. Please see our website for details of upcoming events.

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.

7. Chaplains – Chaplain (COL) David Waters, Garrison Chaplain

Phone: (910) 396-1121 E-Mail: david.l.waters2.mil@mail.mil Facebook: search **Fort Bragg RSO**

Ongoing events:

a. **Watters Family Life Counseling Center.** Pastoral counselors are available to help you work through the challenges of life. Office 396-6564 (located across from FORSCOM HQ).

b. **Catholic Activities.** We offer RCIA, Sacramental preparation, Pre-Cana, & Pre-Baptism. The POC is Susan Kroll 394-1804 or susan.l.kroll.ctr@mail.mil. **Faith Formation** meets every Sunday at Bowley Elementary School from 10:45 a.m.-12:15 p.m. during the school year. The POC is Tim McHale at timothy.s.mchale.civ@mail.mil

c. **Youth of the Chapel: Catholic-** Meets Sundays 3:00-4:30 p.m. at All American Chapel for 6th-12th grades. POC: Tim McHale at timothy.s.mchale.civ@mail.mil **Protestant:** meets every Sunday and Tuesday 6:30-8:00 p.m. at Division Memorial Chapel. 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- 8:00 p.m. Also on Wednesday at 9-11 a.m. at the Lodge in Linden Oaks, and Main Post Chapel Annex 11:30 a.m. – 1 p.m. on Thursdays. Email braggpwoc@gmail.org or check Facebook for **Fort Bragg PWOC**.

e. **Protestant Post-wide Family Programs:** Sundays from 6:15-8:00 p.m. at All American Chapel. For more information, please contact Jeff Nevin at jeffrey.m.nevin.civ@mail.mil

Upcoming Events:

a. **Outdoor Life Chapel Service:** Starts Apr 23, Outdoors at Smith Lake MWR Park (10-11a.m.). Planned hike/bike after the service. See our new Facebook page: **Outdoor Life Fort Bragg**. POC is CH (MAJ) Jeff Masengale, jeffery.c.masengale.mil@mail.mil or 941-981-2040.

b. **VBS Sports Camp:** Jun 12-16 at Shughart Middle School (9am-Noon) for ages K-5th grade. Volunteers are from 6th grade graduates and up. POC: Jeff Nevin at jeffrey.m.nevin.civ@mail.mil

c. **VBS Maker Fun Factory:** June 19-23 at Devers Elementary School (9am-Noon) for ages K-6th grade. Volunteers are from 7th grade graduates and up. POC: Jeff Nevin at jeffrey.m.nevin.civ@mail.mil

POC for the CIE notes is jeffery.c.masengale.mil@mail.mil 910-396-7618. Please like our Facebook <https://www.facebook.com/FtBraggRSO/>

8. Defense Commissary Agency, 910-436-2487, Email: Website: www.commissaries.com

South Post Commissary: Paula D. Lewis, 910- 853-7333 ext. 3100 paula.lewis@deca.mil

North Post Commissary: Jerry Hamilton, 910-396-2428, Email: jerry.hamilton@deca.mil

NO UPDATES PROVIDED.

9. Fort Bragg Area Community Foundation – Lory Johnston, President; Gina Botters, 2nd Vice President

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.

b. **Our Meetings.** 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 – Betty Sechrest

Phone: (910) 907- 0200, Email: betty.sechrest@am.dodea.edu

Website: www.am.dodea.edu/bragg

Parent Teacher Conference Days, Non-Student Day for Pre-K Students Only	April 19-20
Parent Teacher Conference Day Grades Pre-K – 8, Non-Student Day	April 21
Pre-K & Kindergarten Registration for School Year 2017-2018	May 4-5
College & Career Ready (CCR) Professional Development, Non-Student Day	May 5
Quarter 4 Interim Reporting Period Grades K-8	May 11
Accelerated Withdraw	May 12
Soldiers In Our Schools Opportunity	May 26
Memorial Day Holiday, Non-Student Day/Non-Teacher Day	May 29
Last Day for Pre-K Students	June 8
Last Student Day for Grades K-8	June 9
Teacher Workday-Non-Student Day	June 12
Pre-K Progress Reports/Grades K-8 Report Cards Mailed Home	June 16

11. Operation Homefront - Andrea Cooper, Programs Manager Carolinas Field Office

Phone: (910) 308-9103, Email: Andrea.Cooper@OperationHomefront.net

Website: www.OperationHomefront.net

a. **Mission.** Operation Homefront provides emergency financial and other assistance to the Families of our service members and Wounded Warriors.

12. **USO of North Carolina Fort Bragg – Renee Lane, Director**

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

Website: www.uso-nc.org

Facebook: @USOofNCFortBragg **Twitter:** @USOofNC

a. **USO of NC Fort Bragg Center** is located on the first floor of the Soldier Support Center, the center has a 12-station Lenovo computer lab available with a printer and CAC readers. The day room offers coffee, snacks, TV and Wi-Fi throughout the day. 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.

b. **WTB Satellite Center** is open at the Warrior Transition Battalion Barracks, first floor for wounded, ill and injured troops. Hours are 5:30 p.m. - 7 p.m., Monday-Thursday, and is supported 100 percent by volunteers. Light meal and refreshments provided by volunteers. Excellent opportunity for unit-support or Family Readiness Group volunteer activity. Contact Bev Jackson bjackson@uso-nc.org.

c. **Fayetteville Travel Center** is located behind security at the Fayetteville Regional Airport and is 100% volunteer supported. This **USO of NC Center** offers PCs equipped with CAC readers; 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 with current military ID card and boarding pass.

d. **Volunteers Needed** at the Fort Bragg Center, first floor, Soldier Support Center. The USO of NC Volunteer Program offers opportunities to give back to our troops through center duty, events, homecomings, and other specific program areas. Hours are logged into VMIS and USO of NC systems. Milestone awards are recognized throughout the year and at an annual volunteer recognition dinner. Service members may volunteer to earn hours toward Army community service award. No volunteers under 18 years of age. Interested? Register online: www.Volunteers.USO.org

e. **Story Time** for preschoolers (6 & under) is held monthly at 10 a.m. at the Fort Bragg Center. Space is limited to 40 Families. Check schedule and registration at www.uso-nc.org, or our Facebook page: www.facebook.com/USOofNCFortBragg, or email us at bragg@uso-nc.org. Story Time is held on the fourth Thursday of each month. Upcoming dates are Apr 27 (sold out), May 25, and Jun 22. All children receive a book, participate in a craft, and dress-up time. Light refreshments provided. Contact Bev Jackson, bjackson@uso-nc.org, if you would like to be a guest reader. Check Facebook for sign-up!

DEPLOYMENT & REDEPLOYMENT SUPPORT

a. **Care Packages and Rack Packs** are provided to units deploying downrange and to Single Soldiers redeploying to Fort Bragg. Each pack contains a phone card and enough personal hygiene items for about 2-3 days. Contact us for a request form at least 30 days prior: bragg@uso-nc.org.

b. **Henry Hero Bears** are wonderful comfort toys for children of a deploying service member. Limited supply. Contact us to reserve yours: bragg@uso-nc.org

c. **United Through Reading** is **available to all deploying service members**. Make your reservation today. We have a large library of books to choose from so that you can record a reading of a book for your children. Great keepsake for children while mom or dad is downrange. Contact us before time runs out: bragg@uso-nc.org

WARRIOR & FAMILY PROGRAMS

a. **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. (866) 249-6656 or www.raleigh.ncserves.org.

b. **Transition Summit** hosted by the USO and US Chamber of Commerce for service members and spouses will be held on Apr 25-26, Iron Mike Conference Center. FREE event. Register to attend: www.hiringourheroes.org/events

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

(910) 907-7247, Email: Shannon.p.speightlynch.civ@mail.mil, (Public Affairs Office)

Website: www.wamc.amedd.army.mil

a. **Have Medical Questions? Call the TRICARE Nurse Advice Line.** Sometimes it is difficult to know if and when to seek medical help for acute health problems, so having professional help at a moment's notice is invaluable. The Military Health System's (MHS) new Nurse Advice Line (NAL) for TRICARE beneficiaries does just that. TRICARE beneficiaries in the continental United States, Alaska and Hawaii can call the NAL toll-free twenty-four hours a day, seven days a week. The NAL is a team of registered nurses who are available to answer a variety of urgent healthcare questions. They can help you decide whether self-care is the best option, or if it is better to see a healthcare provider. There will always be a live-person on the line to address beneficiary concerns. The NAL offers a variety of solutions for all TRICARE beneficiaries. For pediatric issues, the NAL will route the beneficiary to a pediatric nurse. If follow-up is necessary or requested, the NAL will call the beneficiary back to check the child's status a few hours later. The NAL will make same-day appointments with the beneficiary's primary care manager (PCM) for TRICARE Prime beneficiaries who are enrolled to Military Treatment Facilities (MTFs). If a same day appointment is not available, the NAL will re-direct the beneficiary to the closest urgent care center, and advise the PCM that an urgent care referral is needed so the patient does not have to worry about paying any point of service co-pays. All other TRICARE beneficiaries who are not enrolled to a MTF will receive professional health advice about their urgent health concern and when to seek urgent care. When calling the NAL, a customer service representative will verify the beneficiary's eligibility through the Defense Enrollment and Eligibility Reporting System (DEERS). Beneficiaries with an acute health care concern or question will be connected with a registered nurse that will ask the beneficiary a series of very standard questions to determine the next steps and allow the NAL nurse to provide the best advice possible. Beneficiaries can still call their PCM or clinic, but the NAL is another option for beneficiaries to access the care they need and want in a timely fashion. To access the NAL, once it launches, dial 1-800-TRICARE (874-2273), select Option 1.

b. You can now communicate with your Primary Care Clinic online using the **Army Medicine Secure Messaging Service (AMSMS) provided by Relay Health**. Of course, you can still call us, or come in for a face-to-face office visit—this is just an added option for you. Our central appointment line is still available at 910-907-APPT (2778). You can also register with TRICARE Online (TOL) to book or cancel your appointments. To learn more about this service, or for instructions on how to register, please read on.

Registering for Online Access To Our Office

The registration process is quick and easy—it should just take a few minutes.

1. You should fill out a Relay Health Registration Form and return it to your clinic. To protect your privacy for this secure messaging service, you must present in person with two forms of identification. A staff member will verify your identity using your military ID card and one additional form of identification.
2. Following the in-person submission of this form, you will receive an email asking you to complete the registration process online. *Please allow us 3-5 working days to process your initial request.*

Is the Online Communication Service Difficult to Use?

We think you'll find the messaging service neatly organized and easy to use. The first time you log in, we recommend taking a few seconds to review the Quick Tour presentation that pops up in your browser window.

What Healthcare Services Can I Access Online?

Available services are listed below. Once you select the type of message you'd like to send, you simply compose the message and send it to us. AMSMS IS NOT FOR URGENT OR EMERGENT MATTERS since a RESPONSE MAY NOT BE IMMEDIATE. *Please allow up to 3 business days for routine communications.*

Consult Your Doctor (webVisit™)	Use a webVisit to consult us about non-urgent health conditions or symptoms. In a webVisit, you're presented with a series of questions about your symptoms and other important health information. Your answers help us determine the best course of treatment for you.
Request An Appointment	Request an appointment online and avoid waiting on hold or playing phone tag with our office.
Request Medication Refills	Request a prescription renewal when you need additional refills for a prescribed medication. Once we approve your request, we can electronically route it to the MTF pharmacy for filling.
Request a Lab or Test Result	Ask us to forward information about recent lab results or diagnostic tests to you electronically.
Send Note To Your Doctor	Use this feature to ask routine administrative and health questions.

c. Meridian EpiPen Recall - FORT BRAGG, N.C. – The U.S. Food and Drug Administration is alerting consumers to Meridian Medical Technologies' voluntary recall of 13 lots of EpiPen and EpiPen Jr Auto-Injector products. The recalled product was manufactured by Meridian Medical Technologies, a Pfizer company, and distributed by Mylan Specialty between December 2015 and July 2016.

This recall is due to the potential that these devices may contain a defective part that could result in the devices' failure to activate. Products that potentially contain a defective part are being recalled because of the potential for life-threatening risk if a severe allergic reaction goes untreated.

Please examine your packages, and if you have a product from an affected lot, contact Stericycle at 877-650-3494 to obtain a voucher code for a free replacement product. Present the voucher code at any Womack Army Medical Center Pharmacy and you will receive a replacement. If you have any additional questions regarding this recall, please contact Mylan Customer Relations at 800-796-9526 or customer.service@mylan.com.

Product/Dosage	NDC Number on Carton	NDC Number on Device	Lot Number	Expiration Date
EpiPen Jr 2-Pak® Auto-Injectors, 0.15 mg	49502-501-02	49502-501-01	5GN767	April 2017
EpiPen Jr 2-Pak® Auto-Injectors, 0.15 mg	49502-501-02	49502-501-01	5GN773	April 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	5GM631	April 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	5GM640	May 2017
EpiPen Jr 2-Pak® Auto-Injectors, 0.15 mg	49502-501-02	49502-501-01	6GN215	September 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM082	September 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM072	September 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM081	September 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM088	October 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM199	October 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM091	October 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM198	October 2017
EpiPen 2-Pak® Auto-Injectors, 0.3 mg	49502-500-02	49502-500-01	6GM087	October 2017

d. Primary and Specialty Care Clinic Holiday Hours. All primary care and specialty care clinics will be closed on the dates listed below for training and federal holidays. This includes Clark Health Clinic, Joel Health and Dental Clinic, Robinson Health Clinic, Troop and Family Medical Clinic and Womack Family Medicine Residency Clinic, Fayetteville Medical Home, Hope Mills Medical Home and the Linden Oaks Medical Home.

- **Memorial Day – Friday, May 26 and Monday, May 29**
- **Fourth of July – Monday, Jul 3 and Tuesday, Jul 4**
- **Labor Day – Monday, Sep 4**

To make an appointment at your clinic, please log onto to www.TRICAREOnline.com or call 910-907-APPT (2778). The Emergency Department is always available for emergencies. To reach the Emergency Department, please call 911. To contact an advice nurse 24 hours per day, seven days a week, please call 1-800-TRICARE, option 1.

For more information, please log onto our website at www.wamc.amedd.army.mil, like Womack Army Medical Center on Facebook and follow us on Twitter, YouTube, and Instagram @WomackAMC.

e. Maternity Fair. Join us for the maternity fair on Saturday, April 22 in the clinic mall at the All American Expressway entrance from 9 a.m.- 2 p.m. A multitude of services provided: Childbirth Education, Midwifery Services, Car Seat Safety, Women Infant and Children, Safe Sleep, Breastfeeding Information, Nutrition Care, New Parent Support Program (Baby Basics, Infant Massage, Dads 101, How to Soothe a Crying Baby), P3T, TRICARE, Patient Experience, Vaccine Healthcare Center, American Red Cross, Labor and Delivery Tours, Mother Baby Tours, Neonatal Intensive Care Unit, Social Work, Centering Pregnancy Program, Carolinas Cord Blood Bank, Fertility/REI , Anesthesia, Mom 2 Mom Support Group, Patient Administration, Tobacco Cessation for Parents, Patient Relations Division and Social Media. For more information, call 910-907-7247.

f. Retiree Appreciation Day. Join us for Retiree Appreciation Day on Saturday, October 21 in the clinic mall at the All American Expressway entrance from 9 a.m. – 2 p.m. For more information, please call 910-907-7247.