

COL Bartley, Garrison Commander



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PURPOSE

Community Outreach

The Fort Leonard Wood Community Information Forum is designed to be an information exchange and dialogue between the Garrison and the Fort Leonard Wood community on a range of topics and interests.

The intent is to gain a better understanding of community issues, share information, upcoming events, and network to improve quality of life for Service Members, Families, Civilians and Retirees.







AGENDA

- Opening Remarks / Garrison Commander or Representative
- Panel Speakers
- Brief by Exception
- Open Forum to follow / Questions & answers

Community Information Forum ICE – Questions/Comments

If you have any questions, you would like addressed, you can submit them through ICE at https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447

Or click the QR code







SEPTEMBER IS...



COMMUNITY RESOURCES

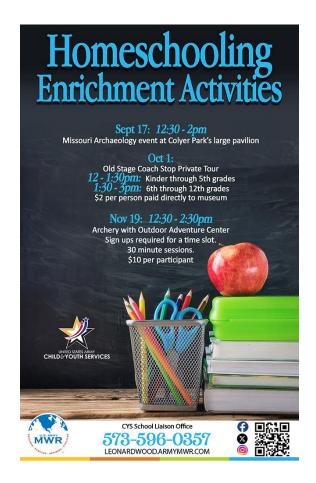
What We Offer & Where to Find It

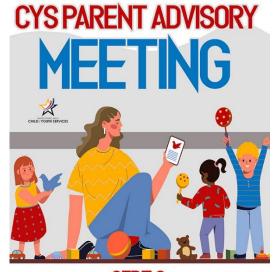




DFMWR / CHILD & YOUTH SERVICES







SEPT 9BLDG 470, ROOM 1129, 12 PM

Do you have questions or concerns about CYS you've wanted to ask? Come visit us and meet with the entire CYS management team to discuss upcoming events for CYS as a whole as well as open the floor up to patrons' questions.

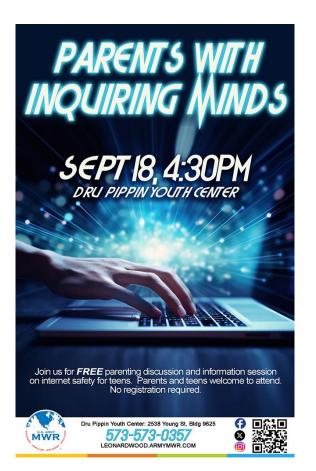


573-596-0238













Bldg 2290 FLWK Road Fort Leonard Wood, MO 65473 573-596-4223

DFMWR / BUSINESS & RECREATION





Services/Activities

RV Camping
Paintball
Archery
Trap/Skeet
Park reservations
Privatized Horse Boarding
Float Trips
Deliveries

Rentals/Equipment Checkout

Bounce Houses
Grills
Dunk Tanks
Horseshoes
Cornhole
Tents
Sleeping Bags
Camping Accessories

Axe Throwing Mobile to you!

2 hours - \$400 Additional Hour - \$100

Retail

Compound and Crossbows
Hunting Accessories
Firearms
Fishing
Paintball
Camping







SEPT 14, 11AM-3PM OUTDOOR ADVENTURE CENTER

FREE to attend! •Fun Activities • Demonstrations • Bounce Houses • Concessions Competitions • Resources • \$1,000+ in door prizes

TEST YOUR SKILLS

Iron Buck & Trap Shoot Competitions—HUGE prizes for each category!

Advanced registration for Iron Buck & Trap Shoot: \$20 each, from Sept 1-13. Day-of registration: \$25 each

Iron Buck open to all ages. Trap Shoot open to 14+ with parent.

Bows available for rent on a first come, first served basis. Shotguns included in registration price.

Competition times & more found online.





OAC: BLDG 2290 FLW K ROAD
573-596-4223





Check out www.mdc.mo.gov for more hunting information!





DFMWR / ARMY COMMUNITY SERVICE

Community Resources



ACS Family Advocacy Stress and Anger Management

- New four-week course every month
- Every Wednesday at ACS
- Anger Management (12:00pm 1:30pm)
- Stress Management (2:00pm 3:30pm)
- Prevention Education type instruction
- Confidential support and resources
- Open to SM, DA Civ, Ret, Adult FM

Think of ACS when...You are looking for Family programs, self-help, prevention briefings and classes, or for connection and networking with others

- SOS: Grief and financial support for survivors
- FAP: Family focused educational courses and support
- EFMP: Education & Medical Support
- FRP: Financial Management
- · RRP: PCS Moving Support
- I&R: Services Briefings

Think of ACS when...You are looking for Family programs, self-help, prevention briefings and classes, or for connection and networking with others.

Family Advocacy Program: Parenting Class and Victim Support services

Exceptional Family Member Program:

Medical & Education support

Relocation Readiness: CONUS and

OCONUS PCS support

Financial Readiness: Budgeting, Saving,

and Investing services

Survivor Outreach Services: Surviving Family member support groups. Grieving and Financial services

Call (573) 596-0212 or find us on Facebook at Fort Leonard Wood Army Community Service (ACS)





Five Dimensions of Personal Readiness

List of resources under each dimension with activities that enhance resilience skills and increase personal readiness.

Unit and Installation Resources EMOTIONAL PHYSICAL SOCIAL FAMILY SPIRITUAL READINESS READINESS READINESS READINESS READINESS Family Advocacy Embedded Behavloral R2 Performance Alcohol and Substance Unit Chaplains Program (FAP) . Family Life Chaplains Health (EBH) Centers (MRT-PEs) Abuse Program (ASAP) Military and Family Community Spiritual/ Military Family Life Holistic Health and Sexual Harassment/ Life Counseling (MFLC) Counselors (MFLC) Fitness (H2F) Assault Response and Religious Organizaprogram Substance Use Army Wellness Prevention (SHARP) tions Soldier & Family Disorder Clinical Care Centers (AWC) Equal Employment Readiness Groups (SUDCC) Ready and Resilient Opportunity/Equal (SFRG) (R2) Military OneSource Opportunity (EEO/EO) Child and Youth Services Primary Care Manager Sponsorship (CYS) (PCM) Transition Assistance Child Development InTransition Program Program (TAP) Centers (CDC) Employee Assistance Army Community Strong Bonds Program (EAP) Service (ACS) Exceptional Family R2 Performance Transition Assistance Member Program Centers (MRT-PEs) Program (EFMP) R2 Performance Army Community Centers (MRT-PEs) Service (Employment and Financial Readiness) Supporting Unit Commanders

Army Substance Abuse Program

(ASAP) ensures that Command Teams, Service Members, Family Members and Civilian Employees are aware of and how to mitigate high-risk behaviors. ASAP would like to provide resource information to improve personal readiness and resilience.

Upcoming ASAP Events/Campaigns:

September: Suicide Prevention Month We are Stronger Together, Connect to Protect.

October: Substance Abuse Prevention Month/ Red Ribbon Week (23-31 OCT) R2 Fair: 22 OCT 0900-1300 hrs. MPC

ASAP Main Phone: (573) 596-0938





Fort Leonard Wood Resilience Resources

Emergency Resources

 GLWACH Behavioral Health and Substance Use Disorder Clinical Care (573) 596-0522. Basement Rm 61. M-F Walk-In 0800-1600 After Hours: GLWACH Emergency Department ***Call 911

National Suicide Prevention Lifeline 988, press 1 for military (24/7)

Text: 838255 or Chat: https://www.veteranscrisisline.net

DES Military Police Desk: 911 or (573) 596-6141

Military & Family Life Counselors (Service Members and Family Members) (573) 596-0212 (ACS main phone) https://www.militaryonesource.mil/confidental-help/mflc

- Family Life Chaplain, Bldg. 340 Duty Hours: (573) 596-2127/2695 After Hours Duty CH: (573) 563-6126
- SHARP FLW 24/7 Hotline: (573) 855-1327 DOD Safe 877-995-5247
- Military One Source (24/7) 1-800-342-9647 www.militaryonesource.mil

Local help/websites:

- FLW Alcoholics Anonymous, Main Post Chapel, M,W,F 1200 hours Tommy H. (253) 363-3306 and Jenna M. (970) 390-5725 http://www.aadistrict9mo.com
- Operation Supplement Safety: https://www.opss.org
- Alcohol Own Your Limits: https://www.ownyourlimits.org
- Drugs Too Much to Lose: https://www.toomuchtolose.org
- Directorate of Prevention, Resilience and Readiness https://www.armyresilience.army.mil

Additional Prevention Resources

Army Substance Abuse Program

Substance Abuse/Misuse Prevention, Education, Drug Testing and Campaigns (573) 596-0938, Bldg. 486 M-F 0730-1600

Employee Assistance Program (DOD Civilian and Family Members) Short Term Non-Medical Counseling, Referrals, Workplace Consultations (573) 596-7199, Bldg. 486 Mon-Fri 0730-1600

Army Community Service
Family Advocacy, EFMP, Financial Readiness, Relocation, Employment, SOS (573) 596-0212, Bldg. 486 M-É 0730-1630

Armed Forces Wellness Center (AFWC)
Body Composition, Physical Fitness Assessment, Health Coaching,
Stress Management Training, General Wellness Classes (573) 596-9677, Bldg. 350 M-R 0700-1600. F 0700-1300

R2 Performance Center

Customized performance training, MRT-coping skills, Engage (573) 563-4174, Bldg. 350 M-F 0800-1600

Transition Assistance Program (TAP)

Career Assessment. Connection to Resources, help families transition (573) 596-0175, Bldg.470, Room 2219 M-F 0730-1630

Community Resource Guide (CRG) (On/Off Post Resources)

https://crg.health.mil/quides/tradoc/leonardwood

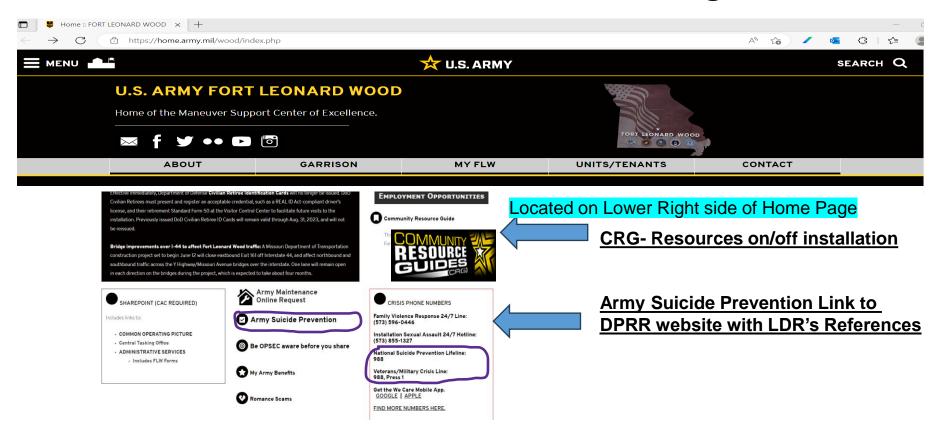
POC: Malia Nemetz, ASAP, (573) 596-6754

Updated: 16 FEB 2024





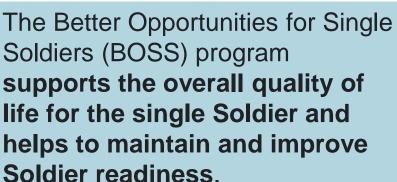
Fort Leonard Wood Home Page











Call (573) 563-5967 or find us on Facebook and Instagram at Fort Leonard Wood BOSS



Upcoming Events:

2 Sept- BOSS Bigshot Trip

4 & 18 Sept- BOSS Board Study

5 & 19 Sept- BOSS Meetings

21 Sept- BOSS Conceal Carry Class

24 Sept- BOSS Cooking Class

28 Sept- BOSS Paintball

Volunteer Opportunities Available!!!









SPOUSES RESOURCE CENTER

- 11 SEP at 1000 join the AFWC for a class on metabolism.
- 12 SEP at 1300 PENMAC will share information to help you become a substitute teacher.
- 16 SEP from 1800-2000 is our Speed Friending event!
- 18 SEP at 1300 come join Military One Source and learn about the MYCAA \$4,000 financial assistance to eligible military spouses for the pursuit or maintenance of a license, certification, or associate's degree.
- 25 SEP at 0900 explore options for employment with NAF at the USAJOBS overview and federal resume review.

BLDG 470 Room 2222

573-596-3196

Monday- Friday 0800-1600

Questions? Email Us: usarmy.leonardwood.id-training.mbx.usag-flw-dhr-ed-center@army.mil







Healthcare Resources

MANAGE PRESCRIPTIONS



- Start Home Delivery
- ✓ Request refills
- Set up auto-refills
- Download the Express Scripts App

DEERS / MIL CONNECT



- Update your phone, email family members, etc.
- Enroll in text/email notification
- ✓ Verify healthcare coverage

GENESIS PATIENT PORTAL



- ✓ Communicate directly with your healthcare team
- ✓ Access test results
- ✓ Download note from doctor visit

NURSE ADVICE LINE

- √ 24/7 RN access
- ✓ Know where to go. ER or PCM?
- ✓ Home health options
- ✓ Locate closest urgent care
- ✓ Documents in your EHR



HEALTHNET SERVICES

- ✓ Referrals to civilian providers
- ✓ Billing inquiries
- Changing your enrollment plan or PCM



PATIENT, FAMILY PARTNERSHIP

- Be a voice for the community
- ✓ Help us improve
- ✓ Bring your ideas
- ✓ Share your experiences
- ✓ Build trust

Coordinate with patient advocate





★ U.S. ARMY

RELIGIOUS SUPPORT OFFICE





Counseling Resource Need Someone to talk to Family Life Chaplain Burriss Call 573-596-2695



RELIGIOUS SUPPORT OFFICE



Fall Faith Skills

Family, Faith, Fellowship 1730 Dinner 1815 - 1930 Class Weds 4 Sept – 6 Nov Adult classes on variety of topics & Children's class and Childcare More Info on classes:

facebook.com/fortleonardwoodRSO

Financial Peace University: Military Edition



Sign up for the course is held at the following orientation: 4 Sept @ 1730 PM Classes - 11 Sept - 6 Nov @1730 Main Post Chapel Rm 130 www.facebook.com/FPUFLW/

Protestant Women of the Chapel

Tues 9AM @ Main Post Chapel Fellowship, Bible studies, Childcare and **Homeschool Room**

pwocflw@gmail.com

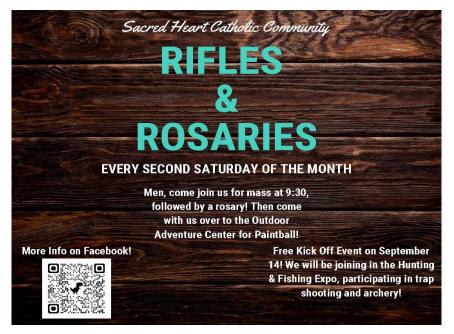


Scan the QR Code to be directed to our Linktree

Catholic Women of the Chapel

Wed 5:30 PM @ Main Post Chapel Fellowship, Bible studies, Childcare





POC: Martha Strong, DRE martha.a.strong.civ@army.mil or 6-0089





RELIGIOUS SUPPORT OFFICE

CATHOLIC WORSHIP

Catholic Mass

Soldier Memorial Chapel (SMC) 0900 - Sunday

Adoration

Soldier Memorial Chapel (SMC) 1730, 1st Friday of each month

Confessions

0830 (Prior to Mass) Sundays - SMC and Mon-Fri after 1200 Weekday Mass

Baptisms

By appt: 573-596-3913

Catholic Baptism Class

4th Sunday following 0900 Mass

Weekday Mass

Soldier Memorial Chapel 1200, Mon - Fri (except training/Federal holidays)

Holy Day of Obligation masses will be offered at 1200 and 1800

SUNDAY PROTESTANT WORSHIP

Gospel Protestant

1000 - Central Iowa Chapel

Traditional Protestant Service

1030 - Soldier Memorial Chapel

Crossroads Community Contemporary Service

1100 - Specker Chapel (Bldg 1712)

Resurrection Anglican Fellowship

0900 - Sundays South Iowa Chapel

Church of Jesus Christ of Latter-day Saints Sacrament Meeting (IET)

1300-1500 - Sundays South Iowa Chapel

OTHER SERVICES

Buddhist Service

1900-2000 Thursdays North Iowa Chapel

Islamic Religious Education

0800-1000 - Sundays Main Post Chapel, Room 162

Islamic Friday Prayer

1215-1245 - Fridays Fellowship Rm Central Iowa Chapel

Pagan Service

Sundays - 0800-0900 North Iowa Chapel

RELIGIOUS EDUCATION

Catholic Religious Education Classes

1115 - 1245 Sundays (Sep-May) Bldg 608 - Main Post Chapel K - 8th grades, Confirmation POC: Annie Gasway, 573-596-3913

Religion Class for Adults (OCIA)

1015 Sundays (Sep-May) Bldg 608 - Main Post Chapel POC: CH Stephen Cotter, 573-596-2657

Faith Skills

(For Family, Faith & Fellowship) Main Post Chapel (MPC) Wednesdays, 1730-1930 POC: DRE - Martha Strong 596-0089 Email martha.a.strong.civ@army.mil Fall Session: 4 Sep - 6 Nov 2024

****This Worship Schedule is for permanent party services. For IET, please see your BDE Chaplain.****



STUDIES

Protestant Women of the Chapel (PWOC)

Tuesdays, 0900-1130, Main Post Chapel For more information: pwocflw@gmail.com or https://facebook.com/fortleonardwoodpwoc/

Catholic Women of the Chapel (CWOC)

@ Faith Skills, Fall 4 Sep-6 Nov POC: Marielle King @ 734-904-1933 or email

cwocflw@gmail.com

Navigators Bible Study

Weds, 1800-2000, Specker Chapel POC: Chief Chrisman, 573-596-4948, matthew.d.chrisman.mil@army.mil Facebook: https://www.facebook.com/flwnavs

Crossroads Men's Study

Fridays - 1730 Specker Chapel POC: Chief Chrisman,

matthew.d.chrisman.mil@armv.mil

YOUTH

Warriors 4 Christ, 1 - 5 Grade @ Faith Skills. Fall 4 Sep - 6 Nov

Youth of the Chapel, 6-12 Grade

Weds, 1800-2000

Bldg 608 - Main Post Chapel POC: Patrick Smiley

psmiley@clubbeyond.org, 405-906-

Sponsoring Chaplain: CH Darrell Burriss

573-596-2695

For more information on religious services and events please visit our websites.

Facebook:

https://www.facebook.com/fortleonar dwoodRSO/

Website:

http://www.wood.army.mil/newweb/ garrison/chaplain.html







AAFES





Hair Studios



THE ALTERATIONS PLACE









EARN 4 POINTS PER \$1!*

ON YOUR TOTAL EXPRESS PURCHASE THAT INCLUDES A SNACK AVENUE ITEM WITH MILITARY STAR. Includes roller gell, sandwiches, baisary, for any and grown.

SEPTEMBER 1 – 30, 2024

TAKE 5° OFF PER GALLON OF FUEL WITH MILITARY STAR **



Upcoming Events:

- Hasbro Game Event at the Main PX Sept. 21st 1200-1300
- Main PX VIP Beauty Box Release Event Sept. 26th 1100-1400







Hours of Operation:

Monday – Wednesday: 0900 - 1500 Thursday – Sunday: 0830-1600

Building 805 Iowa Ave.

Upcoming Events:

*Friday, Sept. 6th: Service Member Dine & Unwind at 1100.

*Saturday, Sept. 7th: USO Brightening Your Community at 1500.

*Sunday, Sept. 8th: NFL Watch Party at 1200.

*Thursday, Sept. 12th: USO Coffee Connections at 0930.

*Friday, Sept. 13th: USO Spouses Craft Social at 1100.

*Saturday, Sept. 14th: College Football Watch Party at 1100.

*Sunday, Sept. 15th: NFL Watch Party at 1200.

*Friday, Sept. 20th: Service Member Dine & Unwind at 1100.

*Saturday, Sept. 21st: USO CLOSED

*Sunday, Sept. 22nd: NFL Watch Party at 1200.

*Saturday, Sept. 28th: USO Gaming Tournament: Oversized Edition at 1200.

*Saturday, Sept. 28th: College Football Watch Party at 1100.

*Sunday, Sept. 29th: NFL Watch Party at 1200.

*Saturday, Oct. 5th: USO Special Delivery Baby Shower at 1100.

Registration for all USO events occur online. Please call or stop by the center to get more information regarding when RSVP's open for each event:

HTTPS://MISSOURI.USO.ORG

(573) 329-2039

POC: Kelly Brownfield kbrownfield@uso.org



Transitions

OFFERING 1:1 VIRTUAL SUPPORT TO TRANSITIONING SERVICE MEMBERS, AGR, & MILSPOUSES

FREE Civilian or Federal Resume Writing

Access to Online Learning Platforms

Personal Branding Workshops

Mentorship Connections

& More Personalized Resources In:

EMPLOYMENT | EDUCATION | VA BENEFITS FINANCIAL READINESS | MENTORSHIP

Register with us today! uso.org/transition





Interactive Customer Evaluation (ICE)



ICE :: Fort Leonard Wood (disa.mil)





Next Community Information Forum

2024 Sessions

- January New Year, Healthy You (Wellness)
- February Transition Services
- March at Main Post Chapel Make a Difference
- April Month of Military Child (Family Focus)
- May Fitness and Sports Month (Strong B.A.N.D.S.)
- June Summer Fun
- July Welcome to FLW
- August Back to School
- September Community Resources
- October Awareness Month
- November SNAIR / Winter Safety
- December (NO Forum due to HBL)

Community Information Forum ICE Comments

Share your comments/concerns by scanning the QR Code



SHARE this month's slides

Scan QR Code & send CIF Slides in your team notes















Information is Key

Topics

- Fort Leonard Wood Web Page home.army.mil/wood/index.php
- Fort Leonard Wood Facebook facebook.com/fortleonardwoodmissouri/
- Family & MWR Website leonardwood.armymwr.com/
- Family & MWR Facebook facebook.com/mwr.ftwood
- AAFES shopmyexchange.com/
- DECA
 - commissaries.com/shopping/store-locations/fort-leonard-wood
- Fort Leonard Wood Religious Support Office facebook.com/fortleonardwoodRSO









BACK UP SLIDES





HOME BASED BUSINESS



Are you operating a Home-Based Business (HBB) on Fort Leonard Wood?

If the answer is YES, is your business REGISTERED?

HBBs include but are NOT limited to:

- Hairdressing and hairstyling
- Home baking and meal preparation
- Pet grooming and pet sitting
- Massage therapy
- Multi-level sales activities
- Retail sales from home

STEP 1: Complete the HBB Application and any additional documentation (like licensing or certifications).

STEP 2: Complete the HBB Lease Addendum – if you need assistance or have questions reach out to your housing POC.

STEP 3: Turn in the Application: Once you've completed your paperwork, submit the application to your Family and MWR, 13486 Replacement Ave, Bldg. 470, Room 1104. You may also email your HBB application and supporting documents to

megan.j.odonoghue.naf@army.mil

Keep a copy of the completed application for your own records.

Family & MWR will route to the Garrison for approval and notify you once a decision is made.

In order to provide **on-post in home CHILD CARE**, you must be Registered through the Family Child Care (FCC)

Program

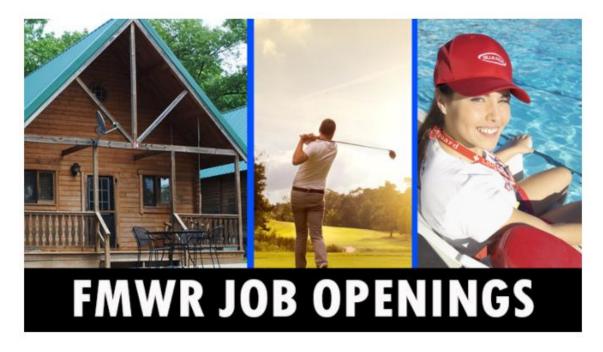
Bldg 470, Room 1125, (573) 596-0185





Join the Family & MWR Team & Make a DIFFERENCE!

Family & MWR is hiring! We want you to join our dynamic team!



WHERE TO APPLY

- Links to Jobs listed here on the MWR Web page at https://leonardwood.armymwr.com/happenings/join-our-team
- Apply online at <u>usajobs.gov</u>, Keyword: NAF
- Contact the NAF HR Office at (573) 596-2017 for more information.

