Community Information Forum APRIL 2025



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Ms. Megan O'Donoghue Director, Family and Morale, Welfare and Recreation U.S. Army Installation Management Command



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.







- 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







U.S. ARMY





DFMWR / CHILD & YOUTH SERVICES MONTH OF THE MILITARY CHILD



CYS Events: 1st MOMC Kick-Off 5th Color Run 14th MOMC Spirit Week 15th Purple Out Competition 18th MOMC Family Dance Night 26th MOMC Palooza

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Month Of The Military Child (MOMC)

was established in 1986 to honor the children of our service members and the sacrifices they make. Today Child Development Centers across CYS will welcome over 200,000 children daily, which is a substantial increase from MOMC's creation. This is why FLW CYS will continue this tradition during the month of April by facilitating our own events to honor these outstanding children.



SAFETY





Children Safety Priority # 1









DFMWR / BUSINESS & RECREATION

Program Spotlight



Call today, we'd love to host your event!

Event Spotlight





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DHR/ASAP



April is Alcohol Awareness Month

Check Your Alcohol Use:

- Set a daily and weekly drinking limit
- Write down your limit and keep it with you
- Record how much you drink each day
- Avoid situations and triggers that cause you to drink
- Ask a friend to help you stay within your limit

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AWARENES

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Talk with a doctor about your alcohol use

What is a Standard Drink?

- 12 ounces of beer (5% alcohol content).
- 8 ounces of mait liquor (7% alcohol content).
- 5 ounces of wine (12% alcohol content).
- 1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, vodka, rum, tequila, whiskey, brandy).

samhsa.gov/find-help/atod/alcohol



More adolescents use alcohol than tobacco products, nicotine vaping, or marijuana



THE DRUNK DRIVING PREVENTION PROGRAM OPERATES:

- •FRIDAY TO SATURDAY 1900 0500
- •SATURDAY TO SUNDAY 1900 0500

•SUNDAY BRUNCH 1100 - 1500 VOLUNTEERS ALSO SUPPORTS UNIT EVENTS



Upcoming ASAP Events/Campaigns: April: Alcohol Awareness Month Tables

during month at various locations. **April 10th-** National Alcohol Screening Day- #NationalAlcoholScreeningDay ASAP Main Phone: (573) 596-0938





Alcoholics Anonymous Fort Leonard Wood, Rule 62 Group



Bldg. 608 (**Main Post Chapel**), Room 132 Corner of Constitution Ave & Minnesota Ave <u>Monday</u>, <u>Wednesday</u> & <u>Friday 12:00 hrs</u>.

Contact for Information: Tommy H. (253) 363-3306, Amy S. (573) 528-4935





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 <u>After Hours</u>: GLWACH Emergency Department ***Call 911
- National Suicide Prevention Lifeline 988, press 1 for military (24/7) Text: 838255 or Chat: <u>https://www.veteranscrisisline.net</u>
- DES Military Police Desk: 911 or (573) 596-6141
- Military & Family Life Counselors (Service Members and Family Members) (573) 596-0212 (ACS main phone) <u>https://www.militaryonesource.mil/confidental-help/mflc</u>
- 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 <u>www.militaryonesource.mil</u>

Local help/websites:

- FLW Alcoholics Anonymous, Main Post Chapel, M,W,F 1200 hours Tommy H. (253) 363-3306 and Amy S. (573) 528-4935 <u>http://www.aadistrict9mo.com</u>
- Operation Supplement Safety: <u>https://www.opss.org</u>
- Alcohol- Own Your Limits: <u>https://www.ownyourlimits.org</u>
- Drugs- Too Much to Lose: <u>https://www.toomuchtolose.org</u>
- Directorate of Prevention, Resilience and Readiness <u>https://www.armyresilience.army.mil</u>

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-F 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/guides/tradoc/leonardwood





- Information available at https://home.army.mil/wood/Garrison/weather
 - Instructions to set up Alert! messaging for CAC and non-CAC users to send notifications to work computer screen, email (work and home), telephone (work and home), and text messages
 - > Definitions of inclement weather/other emergency operating status messages
 - Protective action information

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Emergency and weather hotline telephone numbers



- Current weather conditions available at <u>https://home.army.mil/wood/Garrison/weather/snair</u>
 - > Daily forecast and current hazardous weather watches and warnings
 - Current road conditions across FLW



- Lebanon FM 103.7 KJEL (only station manned 24/7)
- Rolla FM 99.7 KTTR
- St. Robert/Waynesville FM 97.9 KFBD/FM 98.9 KFLW/FM 102.3 KIIK
- POCs:
 - Mr. Matt Mertz at (573) 563-6190, or email: <u>matthew.a.mertz.civ@army.mil</u>
 - Mr. Tim Mann at (573) 563-7135, or email: <u>timothy.c.mann.civ@army.mil</u>

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04 APR 2025 Strike Out Sexual Assault (Daughtery Bowling Alley @ 1100

10 APR 2025 SHARP Resource Table(PX) @ 1100-1300

11 APR 2025 Burnout/ Vicarious Trauma Thurman Hall RM 2213 @0930

12 APR 2025 Turn It Teal Zumba (Davidson Fitness Center @ 0900

11 APR 2025 Bounce Out Sexual Assault (PX Parking Lot Area) Collaborating with Month of the Military Child (1500-1700)

24 APR 2025 SHARP Resource Table (PX) @ 1100-1300

25 APR 2025 Moral Injury and SAAPM "Step Forward Expo" (Main Post Chapel) @ 1000-1600





Services are <u>FREE</u> to all service members, retirees, DOD civilians, and dependents of active duty & retirees!



9:00 Stress Management Class



Improve your wellness with the help of the Armed Forces Wellness Center!







9:00 Healthy Sleep Habits Class

Hours of Operation: Monday-Thursday 0700-1050, 1150-1600 Friday 0700-1050 & 1150-1300



Call for an appointment today! 573-596-9677

14122 Third Street BLDG 350







A Happy April to all military children from age 1 to 101 !

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Harry S. Truman Army Education and Personnel Testing Center College and University Center



- ✤ 8 APR at 1400 AMEDD Virtual Brief at the Truman Education Center
- ✤ 15 APR at 1000 Education Q&A at the SRC
- ✤ 15 APR at 1200 Green to Gold
- ✤ 16 APR at 1130 Warrant Officer Brief hosted by CCWO Registe
- ✤ 7 MAY at 1800 Lincoln University Pinning Ceremony at Lincoln Hall Auditorium
- ✤ 5 JUN from 1000-1300 Annual Education Fair at the Mini Mall
- 8 AUG 40th Annual Combined Colleges and Universities Graduation Ceremony at Lincoln Hall Auditorium



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



SPOUSES RESOURCE CENTER

Brave Hearts and Strong Homes

- This is a informal, friendly an inclusive group that offers open discussions and mutual support among parents and peers.
- Join us to explore common challenges that all parents may face.
- Gain access to resources, strengthen family bonds, and enhance parenting skills through a variety of resources and diverse topics.

Do you want some Support?

Fort Leonard Wood and partnering agencies will be hosting a FREE parental support group for service members and spouses.

U.S. ARMY

Day: Fourth Thursday every month (Beginning March 27th, 2025) Time: 11:30 - 12:30 Location: Bldg 470 RM 2222 (Spouse Resource Center

More info :

573-596-3196 usarmy.leonardwood.id-training.mbx.usag-îlw-dbr-spg@army.mil Appril 2025

9th @ 1000

27th

@ 11:30

Armed Forces Wellness Center

Join us for a comprehensive Meals in Minutes class. Learn how to create quick & healthy meals to help improve your nutrition each day. Each class provides recipe ideas and meal prep techniques.

Education Center Learn what options you have to achieve higher education, credentialing, and certificate options for career development.(Education Counselor On Site to answer your questions)

15th @ 1000

Brave Hearts & Strong Homes in us to explore common challenges

in us to explore common challenges that all hts face. Gain access to resources strengthen amily, bonds, and enhance parenting skills.

Civilian Human Resource Agency (CHRA) Join us for a USAJOBS overview and federal resume overview.

^{a)}30th @ 0900



More Info : 573-596-3196/6066 Volunteer Opportunities Available!





RELIGIOUS SUPPORT OFFICE







Saturday, 12 April 0900 - 1200 At Main Post Chapel A Joint Chapel Event



Families of toddlers through 5th graders are invited to explore the events of the week leading up to Easter including a **Palm Sunday** parade, taste foods prepared for the **Passover**, visit the **Garden of Gethsemane** where Jesus prayed, visit Pilots Palace on **Good Friday** and the tomb on **Easter morning**.

Along the way meet disciples, Roman soldiers and an angel who tell you about the events of the week, enjoy **crafts**, **collect stickers**, join an Easter **egg hunt** and **door prize baskets**.



Sign up for a time to go through the tour at: Tours leaving at 0900, 0930, 1000, 1030, 1100, or 1130 There are 25 openings at each time to limit group size to keep everything moving along. https://www.signupgenius.com/ go/8050C4AA9AB22A0FE3-55634940-flweaster

POC: Martha Strong DRE martha.a.strong.civ@army.mil or 573-596-0089 or text 715-572-4324 Revelation: The Kingdom Yet to Come

> 19 April 2025 Main Post Chapel



Saturday, 19 April 2025

- There will be NO Mass because it is Holy Saturday!
- Episode 1: 10:00 11:00 AM Introduction (55 Minutes)
- Episode 2: 11:00 AM 12:00 PM Session 1 (53 Minutes)
- Lunch 12:00 to 12:30 PM
- Episode 3: 12:30 1:30 PM Session 2 (60 Minutes)
- Episode 4: 1:30 2:30 PM Session 3 (53 Minutes)
- Questions and Answers: 2:30 3:00 PM

Childcare will be provided from 10 AM to 3 PM!!

Please contact Fr. Cotter at <u>stephen.cotter@archbalt.org</u> if you need childcare for the study by 19 MAR 2025.

POC: Martha Strong 573-596-0089/ Martha.a.strong.civ@army.mil



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RELIGIOUS SUPPORT OFFICE





Fort Leonard Wood Good Friday Services

April 18, 2025	
Protestant	1200
Catholic	1500
Catholic Stations	1730

At Soldier Memorial Chapel

POC: Martha Strong 573-596-0089/ Martha.a.strong.civ@army.mil



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RELIGIOUS SUPPORT OFFICE





EASTER SUNRISE SERVICE

WHERE: CHEMICAL MEMORIAL GROVE

WHEN: 200630APR25

WHO: ALL ARE WELCOME TO COME AND PARTICIPATE.

*LIGHT REFRESHEMENTS PROVIDED

****INCLEMENT WEATHER LOCATION IS SOLDIER MEMORIAL CHAPEL**

POC: Martha Strong 573-596-0089/ Martha.a.strong.civ@army.mil



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"The National Day of Prayer" Service

Date: Thursday, 1 MAY 2025 Time: 0800-0830 Location: Main Post Chapel

Refreshments After The Service For More Information Contact: Religious Support Office: (573) 596-2127





CATHOLIC WORSHIP

Catholic Mass Soldier Memorial Chapel 0900 – Sunday

Adoration Soldier Memorial Chapel-Educ Wing 1730, 1st Friday of each month

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

Baptisms By appt: 573-596-2657

Catholic Baptism Class 4th Sunday following 0900 Mass

Weekday Mass Soldier Memorial Chapel-Educ. Wing 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 1300 – 1500 Sundays Central Iowa Chapel

Islamic Friday Prayer 1215-1245 – Fridays Fellowship Room-Central Iowa Chapel

Jewish Shabbat 1900-2000 Fridays South Iowa Chapel

Pagan Service Every other Sunday (Eff 2 March) 0800-0900 North Iowa Chapel

RELIGIOUS EDUCATION

Catholic Religious Education Classes 1030 – 1200 Sundays (Sep-May) Bldg 608 – Main Post Chapel K – 8th grades, Confirmation

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 Spring Session: 19 Feb – 30 Apr 2025

****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, Spring 19 Feb-30 Apr 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@army.mil

Buddhist: Mindfulness Stress Reduction Fridays, 1200 – 1240 GLWACH Chapel

Rosary – Catholic Prayers Thursdays, 1200 – 1240 GLWACH Chapel

Spanish Bible Study Tuesday, 1800-1930 GLWACH Chapel



RELIGIOUS SUPPORT OFFICE

Warriors 4 Christ, 1 – 5 Grade @ Faith Skills, Spring 19 Feb-30 Apr

Youth of the Chapel, 6-12 Grade Weds, 1800-2000 Bldg 608 – Main Post Chapel POC: Patrick Smiley psmiley@clubbeyond.org, 405-906-9994 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/fortleo nardwoodRSO/

Website: http://www.wood.army.mil/newwe b/garrison/chaplain.html











- Charley's will be hosting an Easter Egg Hunt on April 20th from 1100 1300 in the Main Mall area, Everyone is welcome!
- The Team will be hosting multiple booths at the MOMC Palooza Event on 26 April. We will be offering giveaways, candy and games (mini golf, spin-the-wheel, nerf gun shoot-out, etc.)
- The Main Exchange will be giving away Free Military Child Patches at the Customer Service Counter during the month of April (while supplies last, limit one per child)
- The Main Exchange has a variety of purple shirts, stuffies, accessories, key chains and souvenirs for sale in support of MOMC (while supplies last)
- The Main Exchange and shopmyexchange.com will have an additional 10% OFF All Toys in support of MOMC, March 28 – May 1
- Exchange team members will be wearing purple shirts every Friday in April in support of our Military Children





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Month of the Military Child

Hop on into your *Ft. Leonard Wood Commissary* for all your Easter Needs!!!







Additional Savings on Pre-Cooked Hams

See the Meat Department for Beef, Pork and Lamb products



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Pre- Order Fruit Baskets and Fruit or Veggie Trays from the Produce Department





Hours of Operation: Monday – Wednesday: 0900-1500 Thursday – Sunday: 0830-1600 Building 805 Iowa Ave.

Upcoming Events:

Sat., April 5th: USO Day at the Movies 0900-1500
Sun., April 6th: All About Bingo 1100-1300
April 7th – 11th: MOMC Culver's Sundae Party
Fri., April 11th: USO Coffee Connections 0930-1030
Sat., April 12th: USO Day at the Movies 0900-1500
Fri., April 18th: Service Member Dine & Unwind 1100 – UTC
Sat., April 19th: USO Day at the Movies 0900-1500
Sun., April 20th: USO Service Member Easter Egg Hunt 0830
Sat., April 26th: USO Dinner with Heroes 1600-1830
Sun., April 27th: USO Day at the Movies 0900-1500

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





ASYMCA



Mon OPENI 3PM-7PM OPEN!! OPEN!! 9AM-12PM 9AM-3PM 16 OPEN!! 17 OPEN!! WALK-INS WALK-INS 9AM-12PM & 4PM-7PM CLOSED ASYMCA OPEN!! DIXON CANDYLAND WALK-INS DDOM BALL 9AM-12PM OPEN!! WALK-INS **9AM-12PM**

Fort Leonard Wood Marketplace Open Shopping April 9, 11AM – 3PM Registration Required



Megan O'Donoghue / 573-596-0118 / megan.j.odonoghue.naf@army.mil



FORT LEONARD WOOD CHAPTER

----- DRUNK DRIVING ------PREVENTION PROGRAM

WHAT IS THE DRUNK DRIVING PREVENTION PROGRAM ?

THE DRUNK DRIVING PREVENTION PROGRAM FOCUSES ON REDUCING SOLDIERS DRIVING UNDER THE INFLUENCE BY PROVIDING A DESIGNATED DRIVER SERVICE. WE PROVIDE A FREE RIDE FOR SOLDIERS WITH VEHICLES. THE PROGRAM AIMS TO PROMOTE ACCOUNTABILITY AND REDUCE INCIDENTS BY FOSTERING A CULTURE OF RESPONSIBILITY AND SUPPORT AMONG SOLDIERS.

NEED A FREE RIDE ?

HE DRUNK DRIVING PREVENTION PROGRAM OPERATES • FRIDAY TO SATURDAY 1900 - 0500 • SATURDAY TO SUNDAY 1900 - 0500 • SUNDAY BRUNCH 1100 - 1500 VOLUNTEERS ALSO SUPPORTS UNIT EVENTS

STEP 1: SIGN THE WAIVER STEP 2: REQUEST SUPPORT



GIVE US A CALL! (573) 452-8595







Next Community Information Forum

2025 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 Bands)
- 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 – Questions/Comments

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









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Information is Key



Topics

- Fort Leonard Wood Web Page home.army.mil/wood/index.php
- Fort Leonard Wood Facebook facebook.com/fortleonardwoodmissouri/
- Family & MWR Web Site
 <u>leonardwood.armymwr.com/</u>
- Family & MWR Facebook
 <u>facebook.com/mwr.ftwood</u>
- AAFES

shopmyexchange.com/

• DECA

commissaries.com/shopping/store-locations/fort-leonard-wood

Fort Leonard Wood Religious Support Office
 <u>facebook.com/fortleonardwoodRSO</u>







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

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

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

<u>STEP 3</u>: 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





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Interactive Customer Evaluation (ICE)



Be a Superhero Today! Sustain or Improve? Tell us what you think.

ICE :: Fort Leonard Wood (disa.mil)





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 <u>leonardwood.armymwr.com/happenings/family-</u> <u>mwr-job-openings</u>
- Apply online at <u>usajobs.gov</u>
- Contact the NAF HR Office at <u>hr1@opm.gov</u>

