





WE ARE THE ARMY'S HOME







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





JULY IS...

WELCOME TO FORT LEONARD WOOD!

Resources Recreation Resiliency



What you need to thrive at Fort Leonard Wood





DFMWR / BUSINESS & RECREATION





local and national attractions--and many tickets purchased through our office are the lowest prices available! We are happy to assist with booking your travel arrangements and can often secure Military discounts for all-inclusive resorts, hotel stays, flights. cruises, vacation packages, and rental cars. Stop by the office to pick up free local travel guides to surrounding cities and states!

> SCAN THE QR CODE to get more info on ticketing and travel with Family and MWR's Leisure Travel Services!



LEISURE TRAVEL SERVICES, 14145 N. Dakota Ave, Bldg 490 573-329-8587 LEONARDWOOD.ARMYMWR.COM









WUSKIOK

Pershing Community Center

Prior to family day, graduating Soldiers and families can gather to enjoy a delicious meal

and earn funds for their unit!

Call to schedule your banquet today





Family and MWR is your one-stop shop of recreational outlets and resources for service members, their families, retirees, and civilians.

Our Fort Leonard Wood team offers a plethora of programs such as golf, bowling, paintball, swimming, sports tournaments, volunteer opportunities, and so much more!



What's happening this month? Scan this code to find out about upcoming events with MWR



Stay connected with MWR! Scan this code to follow us on social media:





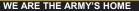


The WAQ program enables Service Members to reach a "new stage of normal" by diminishing boredom and high-risk behavior, through outdoor recreation. Contact Outdoor Adventure Center for more information! 573-596-4223

Facebook.com/FamilyMWR









DFMWR / CHILD & YOUTH SERVICES



CHILD & YOUTH SERVICES



Child & Youth Services (CYS) recognizes the challenges of our Soldiers and their Families. By offering quality programs for children, youth and students, CYS supports the Army Family by reducing the conflict between mission readiness and parental responsibility. Whenever you need it and wherever you are, CYS is prepared to make life better for Army Families.

<u>School Age Center</u>: SAC provides a quality, accredited program that is tailored to meet the needs of youth in grades K-5 and their families by offering before-school, after-school or before and after school care.

Middle School Teen Program: Offers after-school activities for youth 6th grade-12th grade. Open Monday through Friday until 1800.

<u>Child Development Center:</u> Providing quality full-time and childcare for children 6 weeks through 5 years of age. Monday through Friday 0530-1730.

<u>Youth Sports:</u> Fall sports season is around the corner! Track, soccer, baseball, cheer, and bowling starts on 4 September. Spring registration will begin in mid-October.

<u>School Support Services:</u> Provides Army school-aged youth with educational opportunities, resources, and information necessary to achieve academic success.

<u>Family Child Care:</u> Provides in-home care by certified caregivers occupying government quarters as a childcare option for parents seeking a small group setting.

<u>Parent Central Services:</u> A one stop shop for all things children related. In our office, you can register your children for all the programs above, get your teen registered for a babysitter's course, pick up a list of our certified babysitters, or the list of off post childcare options.



**



MWR MARKETING



INFO FOR FAMILIES OF **GRADUATING SOLDIERS**

- Things to do while spending time with their Service Member
- Where to get assistance with booking travel arrangements
- Includes a map for graduations & FI W locations



SCAN FOR THE MOST UPDATED INFORMATION





BEST LINK TO SHARE

leonardwood.armymwr.com/happenings/graduations-and-family-days





STAY RESILIENT WITH FLW MWR RECREATION OPPORTUNITIES



Contact FLW MWR to come to your footprint and provide information about what MWR offers.

Available to

- Brief permanent party
- Brief training courses like BOLC, AIT, etc.
- Host an informational table at your ORG Day, etc.
- Don't see something on this list? Let's talk about it

CONTACT NIA DICKINSON AT NIAKOREEN.M.DICKINSON.NAF@ARMY.MIL OR 573-337-2649



















The Better Opportunities for Single Service Members (BOSS)

Program supports the overall quality of life for the single Service Members and helps to maintain and improve Soldier readiness.

Call (573) 596-6913 or find us on Facebook and Instagram at Fort Leonard Wood BOSS

Upcoming July Events:

Saturdays - Soldier Showdown 7

4th of July Concessions @ Gammon Field

10th & 24th BOSS Meetings

19th - BOSS Paintball







Contact your BOSS Rep!





DHR- ARMY SUBSTANCE ABUSE PROGRAM

ASAP: BLDG 486, 573-596-0938 // EAP: BLDG 486, 573-596-7199

ΔSΔΡ

Education/Campaigns: Substance Misuse Prevention/Suicide Prevention

Service Members:

Annual Training (Substance Misuse/Suicide Prevention)
Leaders Training/Commander Risk Reduction Toolkit (CRRT)
Unit Deterrence Leader (UDL)/ADAPT: Prime for Life

- <u>Family Members</u>: ACE Circle of Support/ REACH/
 Campaign Awareness Tables at SFRG events/BSRT events
 EAP Services for adult family members of SMs/Retirees
- <u>Civilians:</u> Annual Training-Personal Readiness/Supervisor Training EAP Services to organizations and individuals



Crisis hotline for all mental health issues, Dial 988, Press 1



EAP provides screening, shortterm counseling and referral for substance abuse, health emotional/behavioral, martial or any life challenges. POC: Guy Caley

Campaigns/Events:

Ready and Resilient (R2) Fairs FY26 (OCT 7, 2025/MAY 21, 2026)

APR: Alcohol Awareness Month

SEP: Suicide Prevention Awareness Month

OCT: Substance Abuse Awareness Month/Red Ribbon Week DEC: National Drunk, Drugged Driving (3D) Awareness Month

Interactive training tools available for Unit and Community events.







CRG: List resources for FLW community, located on FLW Homepage or link:

https://crg.health.mil/guides/tradoc/leonardwood/Pages/default.aspx





Ready to be the healthiest Ready to be the healthiest Ready to be the healthiest andlor most fit version of andlor most fit version of yourself?







- VO2 Testing
- **BODY COMPOSITION**
- ✓ WEIGHT MANAGEMENT

- ✓ NUTRITION
- ✓ STRESS MANAGEMENT
- ✓ And more....

Services are open to all Service Members, Retirees, DOD Civilians, and Dependents of Active Duty

Find your motivation with the help of the Armed Forces Wellness Center!



14122 Third Street **BLDG 350** 573-596-9677





Hours of Operation:

Monday-Thursday 0700-1050, 1150-1600 Friday 0700-1050 & 1150-1300

Call 573-596-9677 to Schedule!









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



Coming to the FLW Education Center this Fall!!

44 new undergraduate and graduate degree and certificate programs; 2 new universities

- AAS in Medical Assisting
- BS in Early Childhood Development
- BS in Cybersecurity Management
- MS in Nursing
- Master of Public Administration
- MBA with Emphasis in Human Resources
- MBA with Emphasis in Project Management
- Certified Associate in Project Management (CAPM)
- Agile Certified Practitioner (ACP)
- · Lean Six Sigma-Green Belt

Contact Us: 573-596-0172









SPOUSES RESOURCE CENTER

July 2025 Class Schedule:

 July 15, 2025 @ 10:00 AM MILITARY ONE SOURCE

Learn about the \$4,000 MyCAA financial assistance and other Military OneSource resources available to spouses' pursuing licenses, certifications, or associate degrees.

July 30, 2025 @ 9:00 AM
CIVILIAN HUMAN RESOURCE AGENCY
(CHRA)

A federal employment workshop covering USAJOBS navigation and career tips for military spouses.

 July 24, 2025 @ 11:30 AM BRAVE HEART STRONG HOMES

Explore common parenting challenges, access family-strengthening tools, and gain strategies to enhance parenting skills



Operation Heart Link

Operation Heart Link is an initiative of the Spouse Resource Center that embeds trained ambassadors within Solider Family Readiness Groups (SFRGs) to bridge the gap between military families and essential support services. These ambassadors strengthen communication, promote resilience, and ensure families are connected to the resources they need to thrive. **Contact Ms. Edwards**: **573-842-9881**









VA BENEFITS ADVISOR

VA Benefits Advisors are available to conduct One-on-One assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career:

- **Disability and Compensation**
- VA Health Care
- Education
- **Insurance (Dental and Life)**
- **Home Loan Guaranty**
- **Pension**
- **Personalize Career Planning and Guidance**
- **Veteran Readiness and Employment**
- **Find Local Support**

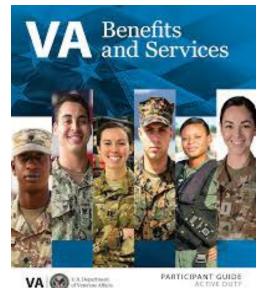
Ami Witherspoon

Site Lead (Contractor) Room 1108, Bldg. 470 Fort Leonard Wood, MO Team CALIBRE **Veterans Benefits Administration** 571-461-8691 (cell)

Ami.witherspoon.ctr@vatap.calibresys.com







Office Hours: 0800 – 1600 **Monday through Friday**

Please do not send any Personally Identifiable Information (PII) or Protected Health Information (PHI), including medical records, social security numbers, driver's license information, education and employment history, passport information, DD Form 214, to VA Benefits Advisors.





ARMY CRIMINAL INVESTIGATION DIVISION

Internet Safety/General Information:

- * Information Booth will be set up in the Main PX on 3 July 25, from 0930 1330.
- * Another Booth will be set up at the Mini Mall on 24 July 25, from 0930 1330.
- * Information pamphlets/flyers that will be available:
- Services/Capabilities of Dept. of the Army CID
- NCMEC Internet Safety and Awareness
- Sexual Assault Awareness and How to Report to the local CID office
- Domestic Violence Education and Awareness

To Make a Report:

FLMO MP Desk: 573-596-6141

DACID tip line: p3tips.com







Religious Support Office



Fort Leonard Wood Vacation Bible School

July 21-25, 2025 0900-1200 Main Post Chapel





Going into Kindergarten thru 6th grade

Howdy, partners! Welcome to Wonder Junction! There's no greater joy than to praise the name of the Lord all day long. But how can your kids do that if they don't know who Jesus is or what he's done for them?

At Wonder Junction, we marvel at Jesus and live for his glory as we enjoy Bible lessons, crafts, science, games, drama, snacks and music.

Kick-off - Sunday, 20 July at 1630-1730 Meet teachers, check registration info, pick up T-shirt iron-on, and snacks.

POC: Martha Strong, martha.a.strong.civ@army.mil 573-596-0089 or 715-572-4324

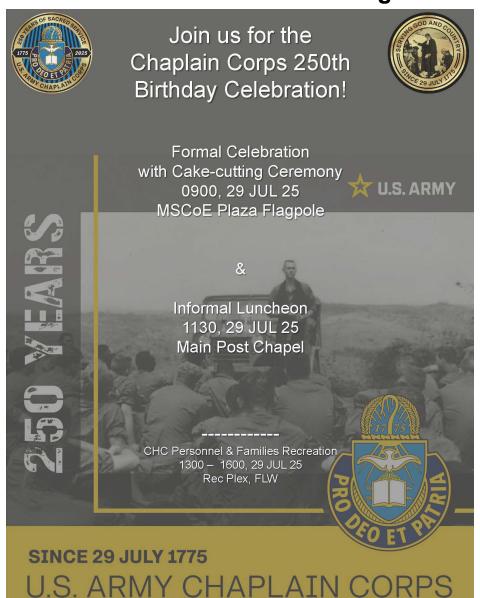


Connect with a community of Middle and High School Youth. Use the QR codes to find a calendar of weekly Summer activities

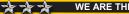




Religious Support Office











Religious Support Office

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

Pagan Service

North Iowa Chapel

Every other Sunday (Eff 2 March) 0800-0900

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 Somera,
ramelo.b.somera.mil@army.mil

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: 3 Sept-5 Nov

****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 3 Sept - 5 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 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



YOUTH Warriors

Warriors 4 Christ, 1 – 5 Grade @ Faith Skills, Fall 3 Sept-5 Nov

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:

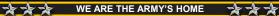
https://www.facebook.com/fortleonardwoodRSO/

Website:

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











- The Exchange Administrative Office, bldg. 498, is comprised of the Recruiting Office, Services and Vending Office, the General Manager's Office and a 24/7 self-service market. We are located behind the Post Office through the black/glass doors. Anyone looking for employment opportunities, vending opportunities for small businesses or with general questions can always visit the Administrative Office.
 - Monday Friday from 0730 to 1600
 - •The 24/7 market is located near the front entrance and is always open to ALL.
- •The Exchange participates in the Bi-weekly Newcomers Welcome Briefing located inside the USO building. •Every other Thursday at 1100
- •Each Exchange Facility has a map on the wall inside the entrance and tri-fold map brochures for customers to take, notating all the food and shopping facilities we currently offer as well as phone numbers and directions.
- •There is an outside illuminated map, accessible 24/7, located outside of the main entrance of bldg. 490.
- •ALL VISITORS to the installation, regardless of CAC Card or service status, ARE ELIGIBLE to purchase food and beverages (non-alcoholic) from any food or retail facility on FLW.
- •Our Main Food Court options include: Ichiban Japanese Hibachi, Tater Patch, Panda Express, Sbarro Pizza, Charley's Subs, Auntie Annes Pretzels, and Dunkin Donuts.
- •Our Mini Mall Food Court options include: Qdoba Mexican Eats, Starbucks Coffee, and Jimmy Johns Subs.
- •Pizza Hut is in bldg. 1711 by Specker Barracks, Slim Chickens and Hunts Brothers Pizza in the South Express bldg. 1605 and a drive thru Dunkin Donuts at the North Express bldg. 150.
- •We also have a Firestone Tire Service in bldg. 150.
- •We offer an assortment of personal/medical care facilities inside the Main Exchange Mall bldg. 487, including Optometry, The Optical Shop, Hair Studio, UPS store, GLWACH Pharmacy, Janz Medical Supply Store, and GNC (bldg. 487 and bldg. 490).
- •We offer extended shopping benefits and tax-free shopping for most retirees online at www.shopmyexchange.com and on the installation, please see an associate for specific details.





Hours of Operation:

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

Upcoming Events:

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:

*Sunday, July 6th at 11am: Service Member in Training USO Backyard Break for the Brave.

*Friday, July 11th at 9:30am: USO Coffee Connections
*Friday, July 11th at 11am: Service Member Dine & Unwind
*Saturday, July 12th at 9am: Stuffy Sleepover Pancake Breakfast
*Wednesday, July 23rd at 10am: Summertime Craft Social
*Friday, July 25th at 11am: Service Member Dine & Unwind
*Wednesday, August 6th at 10am: Summertime Craft Social

HTTPS://MISSOURI.USO.ORG

(573) 329-2039

POC: Kelly Brownfield kbrownfield@uso.org

USO MISSOURI TRANSITION ASSISTANCE FREE TO ALL SERVICEMEMBERS AND FAMILIES

- MENTORSHIP
- COURSERA AND IBM SKILLSOFT
- EMPLOYMENT ASSISTANCE
- CIVILIAN AND FEDERAL RESUMES
- FINANCIAL READINESS
- VA BENEFITS
- LINKED IN PREMINUM

AND MUCH MORE!!

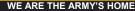
Let our Team help reach your goals! Our services are 100% free and available to ALL Service Members, ACTIVE DUTY, ARNG, USAR, and SPOUSES. Stop by the USO @ Building 805 Iowa Ave, right next to Nutter Field House OR Register for an appointment @ www.uso.org/transitions or call 573-432-6625, appointments can also be completed over the phone. VALID Military ID required.

. You can also scan the QR code below to get started!



















Have you ever wondered where the brown paper bags that you can purchase at the Fort Leonard Wood Commissary go?

ASYMCA FLW
13900 Replacement Avenue
Fort Leonard Wood
Phone: (573) 329-4513
Hours of Operation: M-F
9:00am to 3:00pm

Those bags go directly to the Fort Wood Marketplace Food Pantry here at the Fort Leonard Wood ASYMCA.

The ASYMCA is not a part of the Department of Defense or any of its components and it has no Government status.

Website





Facebook





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 DWMO / 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 https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447 Or click the QR code



☆ U.S. ARMY

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.

<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.i.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









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







Information is Key

Important Webpages

- Fort Leonard Wood Webpage 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 <u>facebook.com/ortleonardwoodRSO</u>







Backup Slide

