





WE ARE THE ARMY'S HOME



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



Controlled by: HQ IMCOM Controlled by: AMIM-G3 CUI Category: OPSEC Limited Dissemination Control: DL ONLY POC: john.doe.civ@army.mil/210.466.0014



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

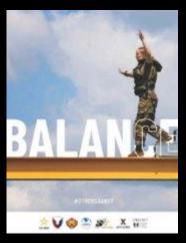




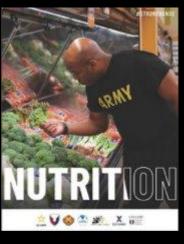


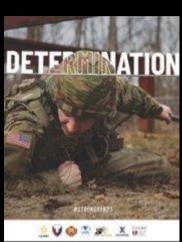
MAY IS...

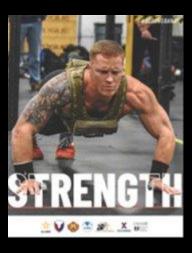
Fitness & Sports Month

















DFMWR / BUSINESS & RECREATION

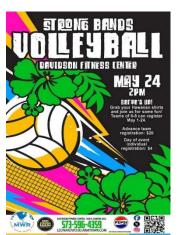




Balance: 1 May – 10 May **A**ctivity: 11 May – 17 May **N**utrition: 18 May – 24 May

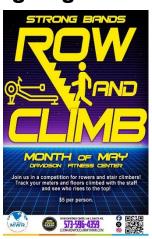
Determination: 25 May – 31 May

Strength: 1 Jun – 7 Jun



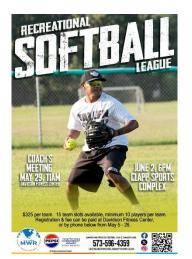








Free Pop-Up Event



Tuesday Trivia Starts May 6 Facebook.com/FamilyMWR

QR Code is on every flyer & Experience MWR Books armymwr.com/strongbands





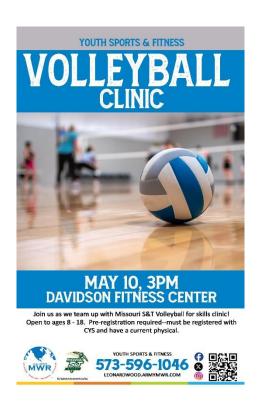


DFMWR / CHILD & YOUTH SERVICES









To register, call Parent Central Services at 573-596-2838 Monday-Friday 0730-1630 Bldg. 470, Room 1126



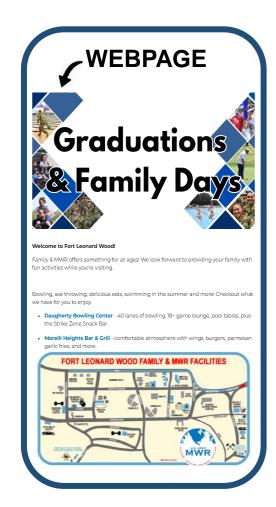


MWR MARKETING



INFO FOR FAMILIES OF GRADUATING SOLDIERS

- Things to do while spending time with their Soldier
- Where to get assistance with booking travel arrangements
- Includes a map for graduations & FLW locations



SCAN FOR THE MOST UPDATED INFORMATION





BEST LINK TO SHARE

<u>leonardwood.armymwr.com/happenings/graduations-and-family-days</u>





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















ACS



ARMY EMERGENCY RELIEF(AER)

Annual Campaign March 1 through June 14

- Goals Are: 100% awareness of AER Assistance 50% donation rate from Soldiers \$250,000 in campaign donations

- AER Officer and staff to coordinate on-post campaign
- AER Campaign staff to brief IET Soldiers and collect funds
- Cadre Soldiers will have a rep in each Unit for campaign level

Think of ACS when... You are looking for Family programs, selfhelp, 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



Campaign Status as of 1 May 2025

- 39% Soldier Donations
- \$96K Raised

To reach our goal:

- \$154K Donated
- 3500 Soldier Donations

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











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 Events:

- 3 May Phase 2 Boat Safety Class
- 8 & 22 May Board Study
- 8 & 22 May BOSS Meeting
- 10 May BOSS Paintball
- 19 May Blood Drive







Contact your BOSS Rep!







Operation Supplement Safety

Lists the DoD banned supplements and gives information about safe use of workout and dietary supplements. Website: https://www.opss.org

Support for Those Who Want to Make a Change

TooMuchtoLose.org Help and tips about illicit drug use. ownyourlimits.org Responsible Drinking

ycq2.org Tobacco cessation

All of these are DoD campaign websites.

EAP Focus on MS Teams

1300 May 27 "Spirituality and Well-Being" 1300 June 24 "Sleep and Mental Health."

988 Hotline

Suicide, Mental Health Crisis, Substance Abuse Crisis. Dial 1 for the Veterans' and Active Duty Crisis Line





GLWACH Nutrition Care Division



What we offer?

- Individual
 Appointments (no referral needed)
- Group Classes
- Body Composition Assessment & Interpretation (by appointment)
- Unit Briefs
- Community Events

Who is Eligible?

- Active Duty (all services)
- National Guard/Reserves (on orders)
- Military Retirees*
- Active Duty/Retiree Family Members*
- DA/DOD Civilians*

*Must be Tricare Prime Beneficiaries and in DEERS

Clinic Information:

Phone: 573-596-1762

Location: Basement, Room

12 (near Dining Facility

Entrance)

Meet Our Team:

- 1LT Patrick Downing, MS, RDN, LN
- Sherry Neal, MS, RDN, LD, CLC
- Danielle Carter, MPH, RDN, LDN







Ready to be the healthiest Ready to be the healthiest rersion of yourself?







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

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

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!







^{**}services are open to all service members, retirees, DOD civilians, and dependents of active duty**



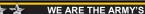


Transition Assistance Program (TAP)

- Recruit Military: May 22, 2025, Pershing Community Center FLW, 11:00 AM - 3:00 PM
- Open to all Transitioning Service Members, Retirees, Veterans, Family Members, DA Civilians, and FLW Community
- Career Opportunities: Project Management, Human Resources, Logistics, Health Care, IT & More
- Employment Navigator Partnership Program: Resumes, Mock Interviews, Career Exploration, Elevator Pitch...

TAP Office: 573-596-0175









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



Save the Dates:

- Nurses' Pinning Ceremony 7 May 1800, Lincoln Hall Auditorium
- 3rd Annual Education Fair 5 June 1000, AAFES Mini Mall
- 40th Annual College Graduation Ceremony 8 August 1000, Lincoln Hall Auditorium
- Warrant Officer Brief 14 May 1130, Truman Education Center
- Green to Gold Brief 20 May 1200, Truman Education Center
- June BSEP class is now open for registration!

New Degree and Certificate Programs Available:

- 5 Undergrad Degrees
- 8 Undergrad Certifications
- 12 Graduate Degrees
- 10 Graduate Certificates

Programs Include:

- Master's in Nursing
- Medical Assisting (Associate)
- Education of Young Children
- Master's in Public Administrations
- Mental Health for First Responders (Certificate)

Contact Us: 573-596-0172







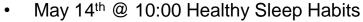
SPOUSES RESOURCE CENTER



Location: BLDG 470, RM 2222

Hours: Monday –Thursday

0800-1600



- May 15th @ 1000 Managing Anxiety in Uncertain Times
- May 22nd @1000 Recruit Military Job Fair
- May 22nd @ 11:30 Parental Support Group
- May 18th @ 0900 Federal Resume / USA Jon Overview









Fort Leonard Wood Vacation Bible School

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



Marvel at Jesus, Live for His Glory

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 yer kids do that if they don't know who Jesus is or what he's done for them?

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

Register: https://www.facebook.com/FLWVBS/ or https://flw2025vbs.myanswers.com/ wonderjunction

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

Military Kids Thrive

Sunday, 18 May 0900 - 1000 or 1030-1130 Main Post Chapel Donuts & Army Life!



Challenges of being Military Kids

- Donuts for the family
- Discovering support builds resilience
- Identify support resources as a family and discover ways to support others
- •Guest speaker: Dr. Becky Powell

 Two Sessions Being Offered

 RSVP by 12 May to DRE Martha Strong,

 Martha.a.strong.civ@army.mil,

 573-596-0089 or text 715-572-4324





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

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: 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 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

YOUTH

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

Youth of the Chapel, 6-12 Grade Sun, 1620-1800 & 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/fortleo nardwoodRSO/

Website:

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





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









- The previous Furniture Store, located in Bldg. 490, is having a Blowout sale of all the remaining furniture and appliances in stock. There is also additional clearance furniture located in the Main Exchange Breezeway.
- The Main Exchange will be having a huge CLEARANCE event all month long on toys, outdoor living supplies, lawn mowers, power tools, etc. while supplies last. All items are in the main raceways inside the Main Exchange and are clearly marked SALE/CLEARANCE.
- The Patriot Pet contest will run 1-31 May, posters with the requirements are located inside Bldg. 490 and the Main Exchange. Last year we had a FLW Winner! Show us your best patriotic pet photo and enter to win BIG prizes.
- The Main Exchange will have 0% Interest + no payments for 12 months on ANY Sporting Goods Purchase of \$699 or more. (May 23 - June 15)
- The Main Exchange will have a Kellanova Salute to the Military Sweepstakes, enter to win \$25 in Kellanova **snacks.** (May 1-31)
- The Main Exchange will have an additional 10% OFF, with the use of your Military Star Card, on all clothing, shoes, handbags, accessories, fine jewelry, fashion jewelry and watches (May 16-18)
- Exchange Services is hosting a "Day of Pampering" event at the Main Exchange 9 May from 1100 1300, honoring Mothers, with lots of giveaways, Enter-to-win opportunities and special sales for that perfect gift for Mom.
- 5.11 Brand will be having an additional 20% Anniversary sale 6-13 May.



U.S. ARMY





May 14-17, 2025









Commissary Highlights for May 2025:

- May 1-13: Pepsi **Exclusive** Sidewalk Sale!
- Summer **Beverage Promo** kicks off!
- Cinco De Mayo deals

Great Deals & Great Savings for the Most Deserving Customers!

Demo's, Samples, Raffles & Giveaways!!!

Easy as a Piece of CAKE





Download APP



Sign-up for FREE



START SAVING!







Hours of Operation:

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

Upcoming Events:

Friday, May 2nd, 1100: Service Member Dine & Unwind

Saturday, May 4th, 0900-1530: USO Day at the Movies

Friday, May 9th, 0930: USO Coffee Connections

Saturday, May 10th, 1000: USO Craft Time for Mom

Sunday, May 11th, 0900-1530: USO Day at the Movies

Tuesday, May 13th, 1030 – 1300: USO Spouses Day at the Park

Friday, May 16th, 1100: Service Member Dine & Unwind

Friday, May 16th, 1730: USO Date & Paint Night

Sunday, May 18th, 0930-1530: USO Day at the Movies

Wednesday, April 21st, 1100: USO Bingo Bash: Homeschool Edition

Sunday, May 25th, 0900-1530: USO Day at the Movies

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

USO MISSOURI TRANSITION ASSISTANCE EREE TO ALL SERVICEMENREPS

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!









OUR CORE PROGRAMS & SERVICES

the ADMED SERVICES VIMO

The Armed Services
YMCA Fort Leonard
Wood provides free or
low-cost programs and
services for military
children, spouses, and
the family unit to help
ease the unique
challenges of military
life.









HELP ME LEARN/ HELP ME GROW

Quality and afordable preschool and pre-k to help prepare little learners for future success.

OPERATION KID

Partnering with military spouse owned company, Little Bug, The ASYMCA is proud to offer the gift of comfort to your child during difficult times.

EARN A BIKE SUMMER EDITION

This health and wellness program is a parent/guardian child collaboration consisting of: exercise, nutritious meals and fun activities. For elementary and middle school children.

FOOD ASSISTANCE

Helps to combat this issue in the community we serve by providing access to free supplemental food items and additional household items.

OPERATION LITTLE LEARNERS

An interactive education program that offers parents and their children 18months-5yrs an opportunity to learn and grow.

OPERATION SUMMER CAMP

Operation Summer Camp is provided through the Gateway Region YMCA's Camp Lakewood and is open to military children ages 8-16.

OPERATION DEPLOY YOUR DRESS

Operation Deploy Your Dress offers free formalwear (new and gently used) to military ID card holders.

OPERATION RIDE HOME

Financial assistance to active duty junior enlisted military and their families to travel home for the holidays.







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











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 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









Backup 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.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





Interactive Customer Evaluation (ICE)



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

