



Community Information Forum MAY 2025



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

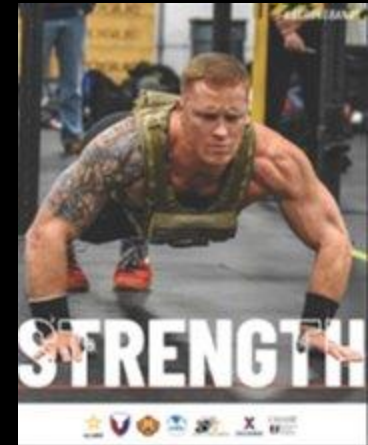
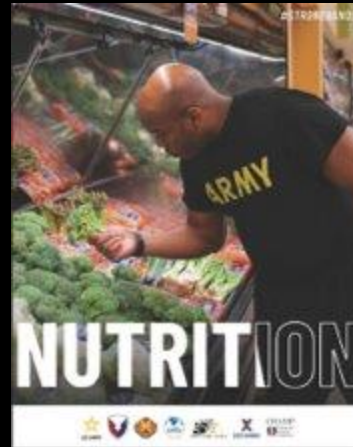
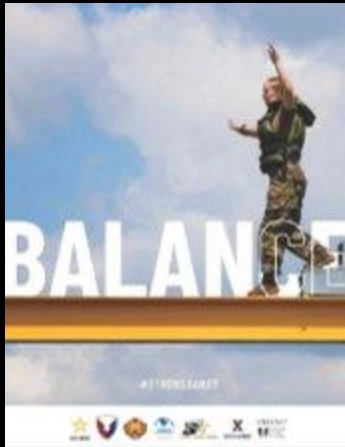
If you have any questions, you would like addressed, you can submit them through ICE at <https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447>
Or click the QR code





MAY IS...

Fitness & Sports Month



WE ARE THE ARMY'S HOME

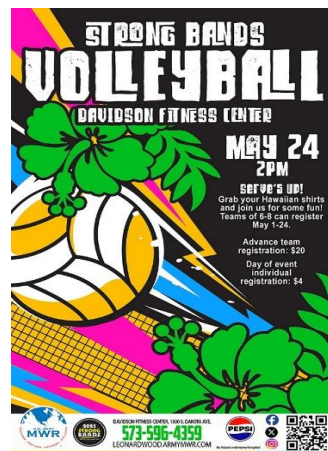




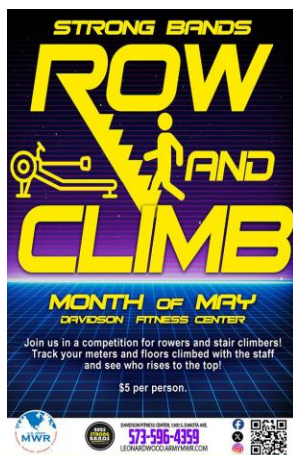
DFMWR / BUSINESS & RECREATION



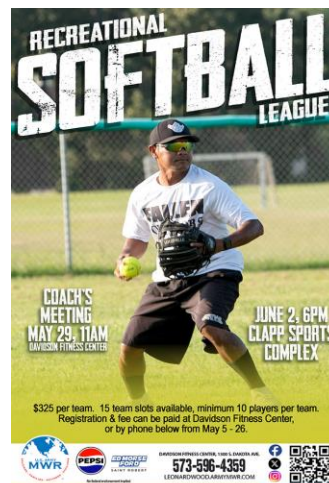
Balance: 1 May – 10 May
Activity: 11 May – 17 May
Nutrition: 18 May – 24 May
Determination: 25 May – 31 May
Strength: 1 Jun – 7 Jun



Ongoing Program



Free Pop-Up Event



Tuesday Trivia
Starts May 6

[Facebook.com/FamilyMWR](https://www.facebook.com/FamilyMWR)

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



WE ARE THE ARMY'S HOME



HOMESCHOOL ENRICHMENT FIELD DAY



MAY 13, 12:30PM
STONE MILL SPRING RECREATION AREA

Come on out for a variety of fun lakeside activities like field games and fishing! Register at CYS Parent Outreach Services at the number below.
Parking is about 1/2 mile from site on a gravel path.



Parent Outreach Services
573-596-0238
LEONARDWOOD.ARMYMWR.COM



MINI SPORTS

SEASON RUNS JUN 4 - JUL 19
REGISTER MAY 2 - 30



AGES 3-4

Current year's sports physicals required for all participants.


Kids spend two weeks learning the skills of each sport:
Basketball, T-Ball, Soccer. \$30 per child, t-shirt included.
Sessions are 45 min on Wednesdays at 5:30pm or Saturdays 9 or 10am.
Register at Parent Central: 573-596-0238



Youth Sports & Fitness
573-596-1046
LEONARDWOOD.ARMYMWR.COM





YOUTH SPORTS & FITNESS VOLLEYBALL CLINIC




MAY 10, 3PM
DAVIDSON FITNESS CENTER

Join us as we team up with Missouri S&T Volleyball for skills clinic!
Open to ages 8 - 18. Pre-registration required--must be registered with CYS and have a current physical.

Youth Sports & Fitness
573-596-1046
LEONARDWOOD.ARMYMWR.COM



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

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



WE ARE THE ARMY'S HOME



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



GOLF



TRAP SHOOT



PAINTBALL



AXE THROW



BOWL



SWIM



WE ARE THE ARMY'S HOME





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, 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



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)





**BETTER OPPORTUNITIES
FOR SINGLE SERVICE MEMBERS**



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!



WE ARE THE ARMY'S HOME



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
and/or most fit version of
yourself?



The best part?
Our services are
FREE!



- ✓ 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!



WE ARE THE ARMY'S HOME



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



DAV | **RECRUIT MILITARY** | **TRANSITION**
ASSISTANCE PROGRAM

**MILITARY COMMUNITY
HIRING EVENT**

Local, Statewide, National, and Remote Opportunities Available

THURSDAY, MAY 22, 2025 | 11AM - 3PM CT

FORT LEONARD WOOD
Pershing Community Center
16593 Piney Hills Dr. Bldg. 4109, Fort Leonard Wood, MO 65473

CAREER OPPORTUNITIES

Project Management | Human Resources
Transportation / Logistics | Healthcare
Management / Supervision | Information
Technology | Government & more....


SCAN ME

For more details, visit rmvets.com/LW0525

 [recruit_military](#)  [recruitmilitary](#)  [recruitmilitary](#)  [recruitmilitary](#)

No Federal or DoD endorsement implied



***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 14th @ 10:00 Healthy Sleep Habits
- 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



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, 405-906-9994

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/newweb/garrison/chaplain.html>



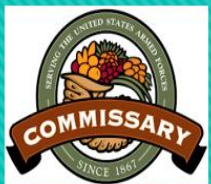
POC: Martha Strong 573-596-0089/ Martha.a.strong.civ@army.mil



WE ARE THE ARMY'S HOME



- 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.



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!



WE ARE THE ARMY'S HOME



**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](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 PREMIUM

AND MUCH MORE!!

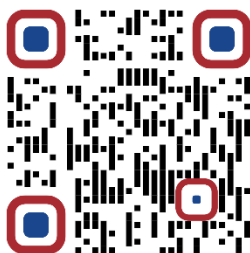
Let our Team help reach your goals! Our services are 100% free and available to ALL Service Members, ACTIVE DUTY, ARNG, USAR, and SPOUSES. Stop by the USO @ Building 805 Iowa Ave, right next to Nutter Field House OR Register for an appointment @ www.uso.org/transitions or call 573-432-6625, appointments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

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

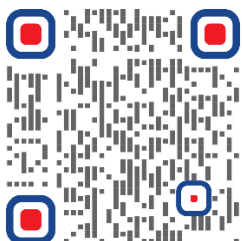


The Armed Services YMCA Fort Leonard Wood provides free or low-cost programs and services for military children, spouses, and the family unit to help ease the unique challenges of military life.

Website



Facebook



HELP ME LEARN/ HELP ME GROW

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

OPERATION KID COMFORT

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




CONNECT
WITH YOUR COMMUNITY

Get your installation services and post information on the **NEW** Digital Garrison app on your smartphone or tablet.

DG DIGITAL GARRISON
POWERED BY   

Download on the App Store
GET IT ON Google play

 **MAKE THE CONNECTION**

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





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

**WE
NEED
YOU!**

ICE



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



[ICE :: Fort Leonard Wood \(disa.mil\)](https://disa.mil/ICE)



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