



# FRG E-NEWS

## Front Line News



A list of locations on Fort Benning that can be reserved by Family Readiness Groups (FRG) can be found at the end of this news letter. There are locations all over Fort Benning. Some locations are approved for Kids-on-Site child care.

These locations would be great for a Christmas or New Years FRG gathering!  
A point of contact for each location is provided on the list.

## Military Family Life Consultants (MFLC)

Fort Benning's MFLC's are ready to help Soldiers, Family members, and DA civilian employees with personal, Family, and occupational issues. MFLC services are FREE and CONFIDENTIAL. The MFLC's can meet you at a locations that are convenient for you, including locations on and off post! For a complete directory of MFLC's serving Fort Benning and to learn more about this service, see the last page of this newsletter.



## Spotlight

Wishing you all a very happy holiday season and a

A HAPPY  
NEW YEAR



## Calendar of Events



### December

- 3 CARE Meeting
- 4 FRG Informal Fund
- 5 FRG Leader Trng
- 5 Key Caller Trng
- 6 1SG / CDR Course

### January

- 7 CARE Meeting
- 15 FRG Leader Trng
- 15 Key Caller Trng
- 16 FRG Informal Fund



**POC for E-News**  
**Perry Tripp**  
**706-545-2449**



**ACS  
Points of Contact**

**Information & Referral**  
706-545-4043 / 7517

**Volunteer Coordinator**  
Starla De Saussure  
706-545-3016 / 4043

**Hearts Apart Program**  
Lisa Marie Jones  
706-545-0403 / 8785

**Mobilization/Deployment**  
706-545-0380 / 5485

**Newcomers' Orientation**  
Linda White  
706-545-4485 / 4365

**Army Emergency Relief  
(AER)**  
706-545-4043

**Army Family Team Bldg**  
Lorraine Campbell  
706-545-4043

**Employment Readiness Program classes**

Job Strategy Workshop - 5 DEC and 16 JAN  
Resume/Federal Resume Class - 12 DEC and 30 JAN

For information or to RSVP, call 706-545-4043



**Civilian Personnel Advisory Center**

Staff members of the Fort Benning Civilian Personnel Advisory Center (CPAC) will host an informational briefing for military spouses on Wednesday, 15 January 2014, from 1000 to 1130, in McGinnis-Wickam Hall, Room E-106. The briefing will provide information on Executive Order 13473 which became effective September 11, 2009 and is intended to provide military spouses an opportunity to obtain employment with the Federal government. In addition, the following will be addressed: spouse preference, how to apply, and highlight which documents should be submitted along with the resume. Questions will be entertained as well.

All spouses interested in attending, please **contact Deb Quick at 706-545-3517**.



**HOLIDAY PARTY**

*December 5 | 5-7pm  
ACS Auditorium, Bldg 7*

*Come out for an evening of music, holiday crafts, and more. Refreshments will be served. Space is limited. Registration required no later than November 29. To register, call 706-545-5521/2679.*

*Thank you to our Sponsor the Fort Benning Community Spouses Club.*



- FOR:
- \*INFORMATION
  - \*PROGRAMS
  - \*SERVICES
  - \*CONNECTIVITY

[www.myarmyonesource.com/](http://www.myarmyonesource.com/)

[www.benningmwr.com/acs.php](http://www.benningmwr.com/acs.php)

## Family Advocacy Program – Victim Advocates

The Family Advocacy Program, building 241, has three victim advocates to assist with victims/clients needing crisis intervention and victim advocacy services. Most of the time, there is at least one victim advocate in the building. However, victim advocates may be out of the office as duty requires to assist clients at appointments, court, SJA, SWS, etc. The victim advocates have a sign in/out log on their door in case a walk-in stops by and the victim advocate is out of office. If a victim advocate is in session with a client, they may or may not answer the telephone. It is important that victims feel comfortable and receive undivided attention, and the victim advocates try to provide the best customer service to them.

If a victim advocate is on the telephone or out of the office, the voicemail will answer. If you are assisting a caller and it is an emergency, call 911. If the caller/client needs immediate attention and a victim advocate is not available, Social Work Service, building 2625 Soldier's Plaza, is the next point of contact at 706-545-1661 or 706-545-3308. Victim advocates will return telephone calls promptly. Contact information follows:

- Patricia Cunningham, 706-626-2614; [Patricia.a.cunningham22.civ@mail.mil](mailto:Patricia.a.cunningham22.civ@mail.mil)
- Qundia Ragland, 706-545-3202; [Qundia.t.ragland.civ@mail.mil](mailto:Qundia.t.ragland.civ@mail.mil)
- Laura Mills, 706-545-7594; [laura.a.mills12.civ@mail.mil](mailto:laura.a.mills12.civ@mail.mil)

V/r,  
Rebecca Welch, LMSW, LPC  
Family Advocacy Program Manager



**HOLIDAY BRUNCH**  
AT THE BENNING CLUB

SUNDAY, DECEMBER 8  
10AM-1:30PM

Reservations are highly recommended.  
Call 706-682-0640 for seating times.

**SANTA at RIVERSIDE**  
December 12, 5-8pm

The evening activities include a visit with Santa, refreshments, face painting and games!

[benningmwr.com](http://benningmwr.com)

**TREES FOR TROOPS**

December 12  
Wetherby Field  
10:30am-6pm

One FREE Christmas tree will be given to Active Duty Soldiers and family members with ID cards  
(limited availability, one tree per household).

**Santa Car Wash Special**

Unlimited car washes at MWR facilities for \$1 apiece  
Check [BenningMWR.com](http://BenningMWR.com)



# Are you aware of the changes that have been made to the Virtual Family Readiness Group (vFRG)?

**First** – it has become very simple to create a vFRG site.

- 1) Go to the Army FRG site (<http://www.armyfrg.org>). (Note: Army FRG and vFRG refer to the same thing)
- 2) Click on "Create an FRG."
- 3) Fill out the form for your site.

That was pretty easy! – but there is more!



## **SECURITY**

vFRG provides a secure means of distributing unit information. This can be very useful if your FRG has difficulty recruiting a sufficient number of volunteers to make calls to Families and to ensure the security of information. And, vFRG's security is consistent unlike social media sites whose privacy settings are subject to change over time.

## **SERVICES**

vFRG offers services to help train new administrators to assist transferring vFRG sites to new administrators, even if the former administrator has already departed. These are very valuable services since Army Families are on the move.

vFRG allows you to post announcements and pictures the same as social media sites. However, vFRG allows you to do much more such as, create a calendar, a download center, frequently asked questions (FAQs); hold a forum; provide links to other sites; access current news; a photo gallery; post cards; services locator; streaming video; and conduct surveys.

If you are looking for a secure website to post a wide range of information, documents, photos, schedules, and more, then vFRG is a good choice.

## **TAILORED TO YOUR UNIT**

vFRG allows you to create a page that reflects the specific needs of your unit using the "Page Builder" option as well as the option to organize all of your material in a way that makes it easy for your users to find information.

## **THE FUTURE**

There is the eArmy Family Messaging System (eAFMS). The expectation for the future is that eAFMS will be merged with vFRG which will require units to have a site on vFRG in order to use eAFMS.

If you have specific questions about these changes to the vFRG, please contact:

Brian P. Evans, Catapult Technology

1-877-494-1047 or email: [brian.evans@catapulttechnology.com](mailto:brian.evans@catapulttechnology.com)





# Relocation Readiness Program



## Newcomers Orientation

ACS Newcomers Orientation is every Wednesday morning. Come join us to see what the Fort Benning community has to offer you. Registration begins at 0830 and the Orientation is from 0900 – 11:00. Location: Bldg 7 (7117 Baltzell Ave). Spouses welcome.

## PCS Brief

ACS Relocation offers a monthly PCS briefing that should not be missed by single soldiers and families alike! Have your questions answered and get way-ahead to make your transition smooth and enjoyable! Our briefings will be held on Thurs Dec 19<sup>th</sup> & Jan 23<sup>rd</sup> , from 08:30-11:00 at Bldg 7. Please call ACS Relocation to reserve your spot. (706) 545-4485/0403.

**Frugal Fridays** The 2<sup>nd</sup> Friday of every month beginning in January, ACS Outreach will offer a Coupon Swap Session! Bring in those coupons you have that you won't use and trade with others for things you do use! Budget sheets and Couponing Tips handouts will be available on site!

**ACS Social Sessions** – ACS Outreach will provide one hour Social Events with different themes to promote ACS Programs! Thursday, Jan 30<sup>th</sup> from 1030-1130 "Meet, Greet & Chocolate Treats" - Coffee & Chocolate Tasting: Enjoy a variety of coffee and chocolate samples! This is a time where community members can interact with one another and the ACS staff to learn more about their programs. Thursday, Feb 20<sup>th</sup> from 1030-1130 "Taste the Greatness" - Healthier Eating Lifestyles : ACS Outreach and EFMP partners with the MACH Nutrition Program to offer a glimpse into several healthier eating options to include Paleo, Gluten-Free, Diabetic, Green Smoothies and more. Attendees can sample a variety of different healthy recipes and take home a small recipe pamphlet of the recipes provided on site. MACH Nutritionist & EFMP will be on hand to provide information on available resources for clients who benefit from dietary changes.

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## What's best for your unit?

### An FRG Informal Fund or a Private Organization

To help make this decision, ask yourself what you want to use these funds for. Units that only want funds to support FRG social activities can use either an FRG informal fund or a private organization. Some units, however, may want funds that they can use to support other activities. An example of this might be a TRADOC unit that wants money for FRG activities but also to support social events for their students, such as in Officer Candidate School, or Infantry / Armor Officer Basic Courses. In this case, a private organization is the better choice. FRG informal funds can only be used for the FRG membership and as specified in the FRG informal fund standard operating procedure. Some units prefer a private organization because fund raising is less restrictive than for an FRG informal fund.

For more information about FRG Informal Funds, you can call Army Community Service at **706-545-4043**.

# **Fort Benning Child, Youth & School Services (CYSS) - Alternative Child Care Options**



**CYSS has compiled a list of alternative care options below. For additional information, call Parent Central Services at 706-545-2079.**

The babysitter referral list is maintained by Parent Central Services and updated monthly. Babysitters are ages 12-18 and are trained through SKIES Unlimited or the American Red Cross to provide childcare in your residence. The babysitter and Family determine rates.

## **Kids On Site/Short Term Alternative Child Care | Bldg 104, Marchant Avenue | 706-545-2079**

Offers hourly childcare for children between 6 weeks and 12 years old when parents attend Command sponsored events on site, such as Strong Bonds, FRG meetings, memorial services, etc. CYSS employees provide childcare in various on post settings, including DFMWR facilities, chapels, and more.

## **Parents on Site/Volunteer Child Care in a Unit Setting | Bldg 104, Marchant Avenue | 706-545-2079**

Offers training to interested Family Members and Soldiers. Parents on Site participants are trained and certified annually to provide childcare services within their own Unit/Organization or for others. Care can be provided in various on-post settings approved through CYSS. The purpose for care can be anything from FRG meetings, trainings to social events. There is no cost for the training or coordination, only a commitment of time.

## **Hourly Care at 1<sup>st</sup> Division Child Development Center | Bldg 1051, 1<sup>st</sup> Division Road | 706-545-6656**

Offers hourly care for ages 6 weeks to 12 years. Hourly care appointments can be made up to two weeks in advance weekdays between 800 and 1700 and walk-ins are welcome based on vacancies.

## **Hourly Care at School Age Center | K – 5<sup>th</sup> Grade | 2653 Ingersoll Street | 706-545-3605**

Offers before and after school programs, field trips, summer care and camps during school vacations. Hourly care is available before school 0530-0830 and after school 1530-1830. Hourly care is also offered on school holidays an planning days 0530-1830. Please call SAC for reservations.

## **Middle School & Teen | 6<sup>th</sup> – 12<sup>th</sup> Grade | Bldg 1056, 7110 McIvor Street | 706-545-3540**

Offers a variety of fun and educational classes, activities, and events for students in grades 6-12. The program touches on four areas: Leisure and Recreation Activities; Mentoring, Intervention, and Support Services; Life Skills, Citizenship and Leadership Opportunities; and Sports and Fitness. Teens registered with CYSS can participate in open recreation at no charge. Hours vary please contact the program for current schedule of events and open recreation.

## **Family Child Care (FCC) | Ages 4 weeks to 12 years | Bldg 1056, 7110 McIvor Street | 706-545-3070**

Full-day, part-day, hourly, weekend and even 24-hour child care is provided by trained and certified home care providers. FCC is ideal for families with non-traditional work schedules or intermittent care needs.

## **ImAlone Program | 706-545-2079**

The *ImAlone* Program is a workshop offered free of charge that focuses on safety skills like how to identify an emergency, who to call for help, and how to be responsible when a parent is not around. Each session is offered on selected days when youth are out of school with some after school dates as well. Call Parent Central for dates and times of upcoming sessions.

## **CYSS Special Openings | 706-545-2079**

CYSS provides monthly special openings at Main Post Child Development Center and School Age Center. Saturday Getaways for 2014 will be held 0900-1400 on 18 January 2014, 15 March 2014, 17 May 2014, 19 July 2014, and 20 September 2014. Kids Night Out hours are 1700-2200 and will be held on 14 December 2013, 15 February 2014, 12 April 2014, 14 June 2014, 16 August 2014. Participants must be registered with CYSS and reservations are required one week prior to the event. SGA and KNO rates are \$20 per child per event and snack is provided.

Contact Parent Central for reservations or more information 706-545-2079.

***\*Please refer to the Fort Benning Home Alone Policy for guidelines on supervised, monitored and self-care.***

# Fort Benning

## Religious Services and Activities

The Infantry Chapel (7070 Sigerfoos St.)	Liturgical Protestant Worship	Sunday	9:00 & 11:00 a.m.
	Spanish Roman Catholic Mass	Sunday	12:30 p.m.
	Islamic Prayer Services	Contact SPC Rahimov at 706-325-3059	
MCoE Main Post Chapel (7381 Ingersoll St.)	Roman Catholic Mass	Sunday	9:00 a.m.
	Protestant Sunday School	Sunday	9:30 a.m.
	Contemporary Protestant (Crossroads)	Sunday	11:00 a.m.
	Roman Catholic Mass	Mon.-Fri.	Noon
	Roman Catholic Mass	Saturday	4:30 p.m.
	Protestant Christian Family Education	Wednesday	6:00 p.m.
Sightseeing Road Chapel (6531 Way St.)	Protestant Gospel Worship	Sunday	11:00 a.m.
	Protestant Sunday School	Sunday	9:30 a.m.
	Adult Bible Study	Wednesday	7:00 p.m.
	Contemporary Protestant (Freefall)	Sunday	9:00 a.m.
Airborne Chapel (6541 Thorson Ave.)			
Faith Middle School	Roman Catholic Faith Formation	Sunday	10:30 a.m.
Kelley Hill Chapel (8810 Watkins Ave.)	Contemporary Protestant (Velocity)	Sunday	11:00 a.m.
McGinnis-Wickham Hall Interfaith Prayer Room (Room #5023)		Open during duty hours for individual prayer	
Other Locations	Jewish Shabbat	Contact CH (CPT) Ruderman at 762-207-0052	

### Catholic Women of the Chapel (CWOC)

CWOC ministers to Roman Catholic Women associated with the military who attend Mass at chapel. CWOC provides spiritually enriching programs which enable women to minister to one another and the community. Strong and lasting friendships are built. For more information please call the Director of Religious Education at 706-545-0797.

### Chaplain's Soldier and Family Counseling Center

The Center offers absolutely confidential pastoral counseling. The Center also offers many classes to include Marriage Enrichment the first Friday of each month, The 5 Love Languages, Fighting Fair, Stress Management, PTSD related classes and support groups. Call 706-545-1760 for more information or to make an appointment.

### Protestant Women of the Chapel (PWOC)

PWOC meets every Thursday from 9:30 a.m. to noon in the MCoE Main Post Chapel (across the street from the movie theatre on Ingersoll street). Free watch care is available for children 6 months and up. PWOC is open to all women and is a great opportunity to worship, learn about Christ, study God's word, and make friends. Please visit the PWOC facebook page for more information at: <https://www.facebook.com/pages/Fort-Benning-> or call 706-545-0797.



# MARRIAGE 101

Friday, 6 December 2013

From 0900-1600

At MCoE Main Post Chapel

For more info or to register call

706-545-1760

Instructor: CH (MAJ) Darren Chester

Fort Benning Family Life Chaplain

**A FREE WORKSHOP TO GIVE YOU THE TOOLS TO MAKE, AND KEEP, YOUR MARRIAGE STRONG.**

FREE CHILDCARE  
PROVIDED ON SITE



To register call 706-545-1760

20 December 2013  
0900 – 1600  
MCoE Main Post  
Chapel

## Surviving YOUR ADOLESCENTS

How to Manage and  
*Let Go Of*  
Your 13-18 Year Olds



"Surviving Your Adolescents" offers guidelines for handling the complex situations and dilemmas teenagers often present. It is intended to be concrete and down-to-earth, offering specific suggestions – many of which can be applied immediately. Each family will receive a "Surviving Your Adolescents" book to support information learned in class.

Instructor: Chaplain Darren Chester  
Fort Benning Family Life Chaplain

Free Childcare  
Provided on Site

### GOALS

Improve your day  
to day  
communication

Make better  
decisions and  
resolve issues  
skillfully

Increase  
satisfaction in your  
relationship

Instructor:  
CH (MAJ) Darren  
Chester  
Fort Benning  
Family Life  
Chaplain

## COUPLE COMMUNICATION<sup>®</sup> I Program

**A FREE WORKSHOP TO BUILD  
COMMUNICATION SKILLS FOR THE  
MILITARY MARRIAGE**

Childcare Provided On Site

**15 November 2013  
MCoE Main Post Chapel  
0900-1600**

**For more info or to Register Call  
706-545-1760**

"Club" is a Christian youth ministry for all Fort Benning teenagers (grades 6-12). It is a place where teens can safely be themselves, positively fellowship with other teens, and learn about God's love for them. Club Beyond offers mission trips, fun events, "The Shack" and lunch get together's during the year. Most importantly, Club Beyond offers military teens a chance to grow in a relationship with the one TRUE friend who walks with them and will never leave them, no matter where the Army may take them.

### Weekly Activities:

Monday: 1600-1730 - 6<sup>th</sup> Grader Club @ **The Shack**

Tues: 1345-1445 - Middle School Club @ **Faith Middle School**

1800-1930 - High School Club @ **The Shack**

Wed.: 1800-1930 - 6<sup>th</sup> – 12<sup>th</sup> Graders **Bible Study @ The Shack**

Thurs: 1230-1330- Home School Lunch (call for information)

**Call Steve Paquette at 706-681-8948 for more information.**

**For more information, contact:  
Fort Benning Family Life Center  
706-545-1760**

# FREE Time

CYSS offers occasional childcare on Saturdays at Main Post CDC and School Age Center (children separated by age group). The cost is \$20 per child. Spouses of deployed Soldiers may use four hours of their Army Family Covenant (AFC) card. Registrations are required one week prior.

## SATURDAY GETAWAYS

9am to 2pm | September 21 and November 9

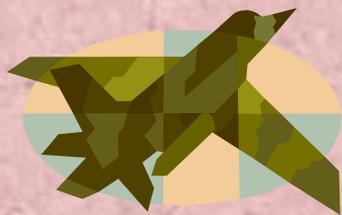
## KIDS NIGHT OUT

5pm to 10pm | October 19 and December 14

Reservations are required one week prior. To make reservations, visit Parent Central, Bldg 104 Marchant Ave, or [www.benningmwr.com](http://www.benningmwr.com).

For more information, call 706-545-2079.





# A BATTLE BUDDY's Guide to Suicide Prevention



## SUICIDE WARNING CLUES

- Relationship problems
- Substance abuse
- Exaggerated fears – anxiety–depression
- Anger or moodiness
- Writing or talking about death
- Withdrawal / isolation
- Impulsive, dangerous actions
- Perceived loss of military career
- Late or absent to formation
- Sudden purchase of firearms

 **National suicide prevention hotline: 1-800-273-TALK (8255)**

Fort Benning Family Life Chaplain: Duty hours, 706-545-1760; After duty hours, 706-545-2218.

# Locations for FRG's to meet on Post

August 19, 2013

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Community Locations for Family Readiness Groups to meet with and without a Kids-on-Site.

**MAIN POST** – FRG meeting facilities with Kids-on-Site

TIC Chapel Annex	Bldg 101A, 50+ people child capacity - 25	706-545-2050	No fee**
MCoE Main Post Chapel	Bldg 1680, 50+ people child capacity - 30	706-545-0938	No fee**
Sightseeing Road Chapel	Bldg 2820, 50+ people child capacity - 20	706-545-2169	No fee**
Benning Conference Center	Bldg 128, 50+ people child capacity - 25	706-682-0640	See MCoE Policy Memo 215-1-6*
Freedom Hall	Bldg 2411, 100+ people child capacity - 75	706-545-0642 ask for Pat Lewis Alt: # 545- 7910	0800-1630 (M-F) No fee. After 1630 & Weekends fee for use
Army Community Service	Bldg 7, 50+ people child capacity - 20	706-545-4043	No fee

**MAIN POST** – FRG meeting facilities without Kids-on-Site

Sayers Memorial Library	Bldg 93, 20 people	706-545-4911	No fee
Huddle House Restaurant	7290 Ingersoll St., 50 people	706-683-0066	fee for use
Family Entertainment Center	Bldg 2785, 50 people	706-545-4272 Call after 1:00 pm	See MCoE Policy Memo 215-1-6*

**FMWR PAVILIONS** – FRG meeting facilities without Kids-on-Site

Kings Pond Pavilion	30 people	706-545-7978	No fee
Twilight Pavilion	Large facility, 100+ people (3200 sq. ft.)	706-545-7978	No fee
Russ Pond (large) Pavilion	50 people	706-545-7978	No fee
Russ Pond (small) Pavilion	30 people	706-545-7978	No fee
Blue Field Pavilion	40 people	706-545-1853	No fee

\* MCoE Policy Memo, 215-1-6 (29 February 2012), Mission and Social Functions Conducted at Family and Morale, Welfare and Recreation Facilities or Using Family and Morale, Welfare and Recreation Unit Funds.

\*\* AR165-1, Army Chaplain Corps Activities, (Dec 2009).

August 19, 2013

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Community Locations for Family Readiness Groups to meet with and without a Kids-on-Site.

**SAND HILL** – FRG meeting facilities with Kids-on-Site

Sand Hill Recreation Center	Bldg 3308, 50+ people child capacity - 15	706-544-9161	See MCoE Policy Memo 215-1-6*
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**SAND HILL** – FRG meeting facilities without Kids-on-Site

Soldiers Chapel	Bldg 3420, 45 people	706-544-9601	No fee**
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**KELLEY HILL** – FRG meeting facilities with Kids-on-Site

Kelley Hill Recreation Center	Bldg 9079 Child capacity 10	706-544-3079	See MCoE Policy Memo 215-1-6*
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**KELLEY HILL** – FRG meeting facilities without Kids-on-Site

Kelley Hill Chapel	Bldg 9023, 35 people	706-544-3070	No fee**
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**HARMONY CHURCH** – FRG meeting facilities with Kids-on-Site

Harmony Church Recreation Center	Bldg 4203, 50 people (child capacity 20) Closed Monday & Tuesday	706-626-1265	See MCoE Policy Memo 215-1-6*
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\* MCoE Policy Memo, 215-1-6 (29 February 2012), Mission and Social Functions Conducted at Family and Morale, Welfare and Recreation Facilities or Using Family and Morale, Welfare and Recreation Unit Funds.

\*\* AR165-1, Army Chaplain Corps Activities, (Dec 2009).

POC for this listing is Perry Tripp – 706-545-2449



## Military & Family Life Consultants (MFLC)

~ providing confidential assistance to Ft. Benning's Families ~  
available on and off post

- **Fort Benning Garrison**            706-566-1033 and 706-505-7751
  
- **Children, Youth and School Services**            706-969-9886
  
- **Fort Benning Schools:**
- White and Dexter Elementary Schools            706-969-9856
  
- McBride Elementary School            706-969-9859
  
- Wilson Elementary School            706-969-9862
  
- Stowers Elementary School            706-302-9363
  
- Loyd Elementary School            706-969-9882
  
- Faith Middle School            706-969-9852
  
- Chattahoochee High School            706-969-9876
  
- **3<sup>rd</sup> Brigade, 3<sup>rd</sup> IN Div**            706-987-9142
  
- **75<sup>th</sup> Ranger Regiment**            762-822-1450

For information about MFLC services, you may call an MFLC or Perry Tripp at Army Community Service – 706-545-2449.

## ACS Points of Contact

### Information & Referral 706-545-4043 / 7517

**Army Emergency Relief (AER)**  
706-545-4043

**Volunteer Coordinator**  
706-545-3016 / 4043

**Hearts Apart Program**  
706-545-0404 / 4043

**Newcomers Orientation**  
706-545-4043

**Mobilization & Deployment**  
706-545-0380 / 5485

**Army Family Team Building**  
706-545-4043

