



Community Information Exchange

January 2026 “Wellness”

*** We Are The Army's Home ***



USAG Fort Benning

Community Information Exchange



Family



Partners

Mission



CELEBRATING 250 YEARS OF READINESS

WELCOME



**FORT BENNING
GARRISON COMMAND TEAM**



COMMUNITY CALENDAR UPDATE

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black=Fort Benning Blue= MWR/ACS Purple= Garrison Red= Change/Holiday Green= Housing/Community/Schools Orange= Commissary / AAFES Gray=Off-Post Events https://www.calendarcolumbusga.com/tile				1 New Years Day Federal Holiday New Year's Catholic Mass @MPC (0900)	2 HBL	3
4	5	6 Community Info Exchange, ACS (1000-1100)	7 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @MPC (1715-1930)	8 PWOC @ TIC Annex (0900)	9 Romance Book Club, Long Library (1600)	10
11	12	13	14 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	15 PWOC @ TIC Annex (0900)	16 Training Holiday for Dr. Martin Luther King Jr.	17 Beginner Pistol Training Course, RSC (0900)
18	19 Dr. Martin Luther King Jr. Federal Holiday	20	21 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	22 PWOC @ TIC Annex (0900)	23	24 Decade Dash 5K + Polar Plunge (0900)
25	26	27	28 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	29	30 CG Golf Scramble (1200)	31 Atlanta Day Trip with ODR (0800)



WE ARE THE ARMY'S HOME



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Community Info Exchange, ACS (1000-1100)	4 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o)	5 Outdoor Skills Camp, Russ Pond (1700)	6	7 Beginner Pistol Training Course, RSC (0900) Lifeguard Training Course, Breezeway Pool (0900) Super Bingo, MWR Bingo (1100)
8 Lifeguard Training Course, Breezeway Pool (0900) Super Bowl Party, IBar (1700)	9	10	11 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) Valentine's Pickleball Tourney (1800) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	12 Painting with a Twist for Couples, IBar (1730) PWOC @ TIC Annex (0900)	13 Training Holiday for Presidents Day Babysitting Basics Course, Youth Sports (0830) No School (DoDEA, MCSD)	14 Lifeguard Training Course, Breezeway Pool (0900)
15 Lifeguard Training Course, Breezeway Pool (0900)	16 Presidents Day Federal Holiday	17 No School (All Schools, except Russell Cty)	18 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	19 Outdoor Skills Camp, Russ Pond (1700) Right Arm Night, IBar (1600) PWOC @ TIC Annex (0900)	20 Ladies Pistol Shoot, RSC (1500)	21 Thriftin Adventure to Opelika with ODR (0830)
22	23	24	25 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	26 Painting with a Twist for Parent & Child, IBar (1730) PWOC @ TIC Annex (0900)	27 CG Golf Scramble (1200)	28 Hot Dog Run 5k, Zuckerman Rd Dog Park (0900)
Black=Fort Benning Blue= MWR/ACS Purple= Garrison Red= Change/Holiday Green= Housing/Community/Schools Orange= Commissary / AAFES Gray=Off-Post Events https://www.calendarcolumbusga.com/tile						



WE ARE THE ARMY'S HOME





Guest SPEAKERS



U.S. ARMY



Employee Assistance Program (EAP)



WE ARE THE ARMY'S HOME



Frederick Smith
DHR-ASAP & Employee Assistance Program Coordinator
Fort Benning
U.S. Army Installation Management Command

As of: 15 JUL 2025

Employee Assistance Program (EAP)

Controlled by: HQ IMCOM

Controlled by: AMIM-G3

CUI Category: OPSEC

Limited Dissemination Control: DL ONLY

POC:Frederick.smith247.civ@army.mil/706.545.5718

^{cui}

Employee Assistance Program (EAP)

- **What Does The Program Offer:** The Employee Assistance Program (EAP) provides confidential, appropriate and timely problem-screening services, as well as referral and follow-up services with health care providers when appropriate
 - Counseling and support for employees who may be experiencing issues such as Substance Abuse, Mental Health or Emotional Issues, and/or Workplace Issues
 - Support for supervisors who are faced with employees who have performance problems
 - Training for civilian employees and their supervisors
- **Who Qualifies:** Employees & their family members, Military Retirees and their family members, Family Members of Active-Duty service members
- **When Can I Come:** Generally, employee are permitted to see the EAP during work hours (0800-1600). Self, Informal, and supervisor referrals are accepted
- **Where:** 35 Ridgway Loop, Bldg. 35, Rm 108
- **Why:** Goal of the program is to increase productivity, job satisfaction & employee retention

Join us for TRIO Training



Every 2nd Tuesday in FY26!

Training will be held on the 2nd Tuesday of each selected month in FY26.

In-Person (Bldg 35, Room 160)

18 Nov 25 @ 0900
13 Jan 26 @ 0900
10 Mar 26 @ 0900
12 May 26 @ 0900
11 Aug 26 @ 0900

MS Teams

9 Dec 25 @ 0900
10 Feb 26 @ 0900
14 Apr 26 @ 0900
9 Jun 26 @ 0900
8 Sep 26 @ 0900

[Click Here To Register](#)

Or

[Use The QR Code Below Register](#)



Per AR 350-1, every Army Soldier and Civilian is required to receive SHARP training and Personal Readiness each FY, which includes Suicide Prevention & Army Substance Abuse.

If you have issues with registration, send an email to:
frederick.smith247.civ@army.mil or
jamisena.l.tarver.civ@army.mil



How To Contact EAP

Phone: (706) 545-5718

or

Email: frederick.smith247.civ@army.mil



WE ARE THE ARMY'S HOME





MILITARY & FAMILY LIFE COUNSELING

FOR WHEREVER YOU ARE IN LIFE.

Military and Family Life Counselor Program Brief

Presented by
Military and Family Life Counselors



Agenda



- Military and Family Life Counseling Program Overview
- MFL Counselor Qualifications and Services
- MFL Counselor for Adults
- MFL Counselor for Children
- Confidentiality
- Conclusion



MILITARY & FAMILY
LIFE COUNSELING

Objectives

- Understand the services the MFLC program provides
- Name MFLC credentials
- Identify the settings MFLCs perform their work
- Define the MFLC scope of practice
- Discuss MFLC services for adults and children
- Recognize confidentiality and limitations



MILITARY & FAMILY
LIFE COUNSELING

Program Overview

- Non-medical, short-term counseling
- Available worldwide
- Address common life stressors
- Walk around, non-traditional settings
- Ready to meet service members' needs



MILITARY & FAMILY
LIFE COUNSELING

Who MFLCs Serve

Service members – all branches

- Active duty
- National Guard
- Reserves
- Coast Guard when activated by the Navy

Families

Survivors

Expeditionary civilian workforce and family



MILITARY & FAMILY
LIFE COUNSELING

MFLCs Are:

Doctorate and master's
level providers

Board certified
Licensed clinical providers

Licensed clinical psychologists
Licensed marriage and family therapists
Licensed professional counselors
Licensed clinical social workers



MILITARY & FAMILY
LIFE COUNSELING

MFLC Location and Settings

Located at:

- Installation family centers
- On-demand events
- Surge – support of significant events
- Child/youth programs
- Schools
- Summer camps

Practice Methods:

- Face-to-face non-medical counseling
 - Individual
 - Groups
- Workshops
- Presentations



MILITARY & FAMILY
LIFE COUNSELING

MFLCs Assist With Life Stressors Via Non-medical Counseling

Marital and relationship issues

Communication

Stress and anger management

Parent/child relationships

Grief/loss

Deployment/reintegration



MILITARY & FAMILY
LIFE COUNSELING

Situations Outside of MFLC Scope:

Active suicidal or
homicidal
thoughts

Crisis situations

Post-traumatic
stress disorder and
traumatic brain
injury

Substance abuse
and addiction

Domestic abuse
and child abuse

Fitness-for-duty
evaluations

Depression and
long-term
counseling



MILITARY & FAMILY
LIFE COUNSELING

Confidential



MILITARY & FAMILY
LIFE COUNSELING

Thank You!

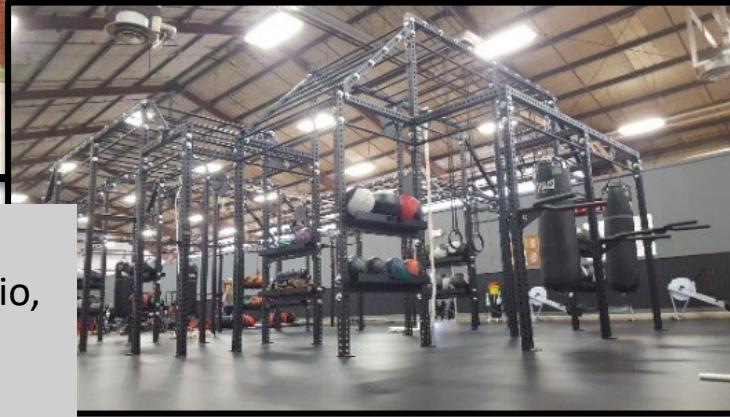
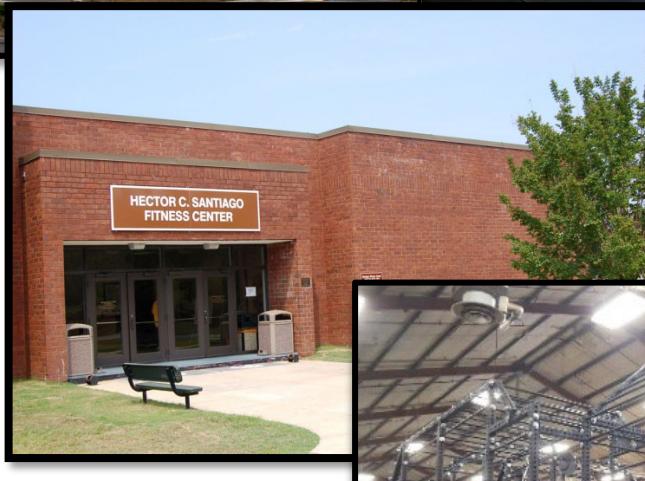
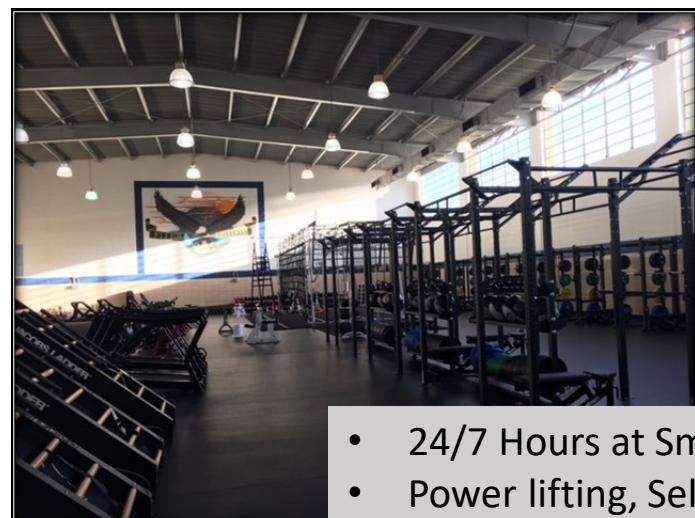
www.MilitaryOneSource.mil | 800-342-9647



**MILITARY & FAMILY
LIFE COUNSELING**

FITNESS CENTERS

Smith, Audie Murphy, Kefurt, Whittington, Santiago



- 24/7 Hours at Smith and Whittington
- Power lifting, Selectorized Equipment, Cardio, Benches, much more
- Fitness Classes
- Personal Training

Aquatics

Smith, Briant Wells, Breezeway (Summer) and Carey (Summer)



- Swim lessons
- Open Rec Swim
- Lap Swim
- Mission Swim



Sports – Commanders Cup, Sports Above Intramurals



- Flag Football
- Basketball
- Softball
- Soccer
- Volleyball



Fitness Programs



Get Moving This December!

As we head into the New Year, let's stay active together!

Join us for our new exciting **30 for 30 Wellness Program**:

Move for just 30 minutes a day for 30 days!

You can lift weights, go for a walk, stretch, do yoga or Pilates, dance, play with your dog—whatever gets you moving and having fun!

Keep track of your daily activity on this calendar and return it back to Smith Fitness Center to earn a FREE prize—a stylish Nalgene water bottle!

Participation is FREE but make sure to submit your completed calendar by January 15, 2026.

Let's kick off the New Year with energy and enthusiasm!

Ready to take on the challenge? Sign up now!

#30Minutes30Days #SmithFitnessCenter #StayActive

For any questions or more information, contact Jamie Milburn at jamie.m.milburn.naf@army.mil.



FITNESS PROGRAMS:
FITNESS CLASSES
PERSONAL TRAINING
UNIT/GROUP RESERVATIONS FOR CLASSES
FREE FITNESS INCENTIVES

<https://www.facebook.com/FortBenningFitness>

Runs/Special Events



5K RUNNING SERIES

Decade Dash - Jan 24th

HOT DOG 5K - Feb 28th

Run to Remember - May 16th

Dash and Splash - July 25th



OTHER FUN FITNESS CHALLENGES

Polar Plunge - Jan 24th

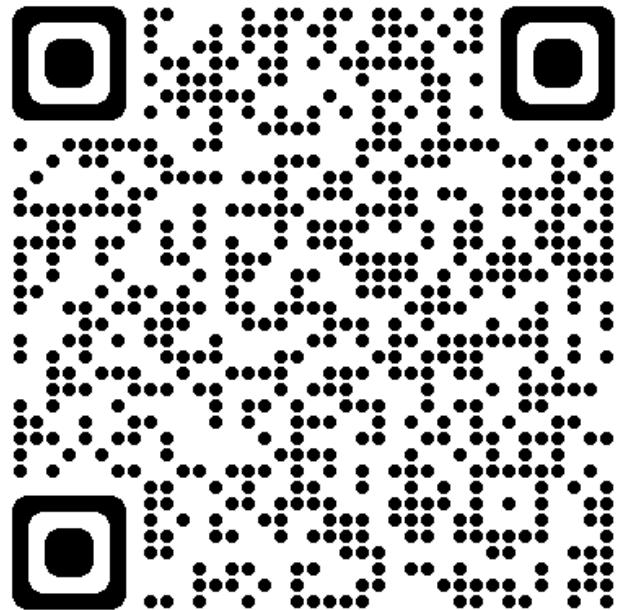
March Fitness Challenge - March 14th

9/11 Memorial Stair Climb

DIRNDL DASH 5K and Lederhosen Leap 10K - Oct 17th

Sports, Fitness and Aquatics

benning.armymwr.com





Armed Forces Wellness Centers

Overview

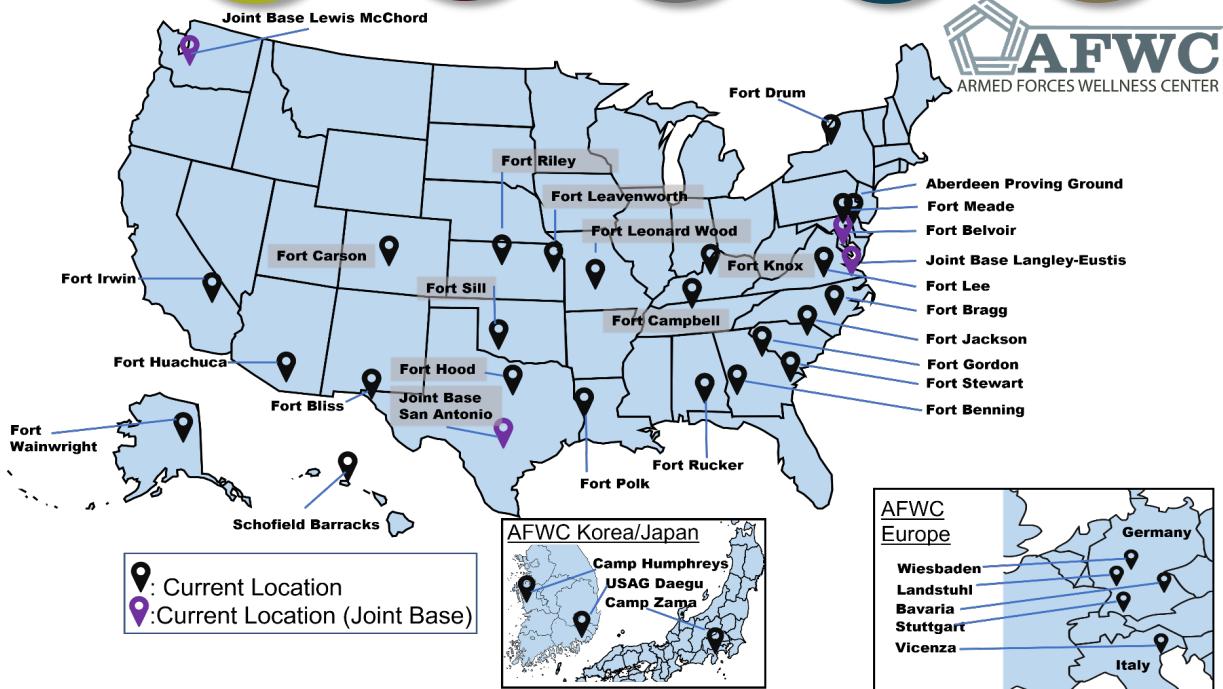
Doug Terza



For over 1.5 million visits, the Armed Forces Wellness Centers (AFWCs) have provided healthy behavior change through evidenced-based health education / health coaching and advanced fitness testing technology for all Service Members, Family Members, Retirees, and DoD Civilians.

Services **improve health and build readiness** by targeting the behaviorally-modifiable factors most likely to result in chronic disease, injury and / or performance issues.

AFWC Clients' top goals for seeking services:

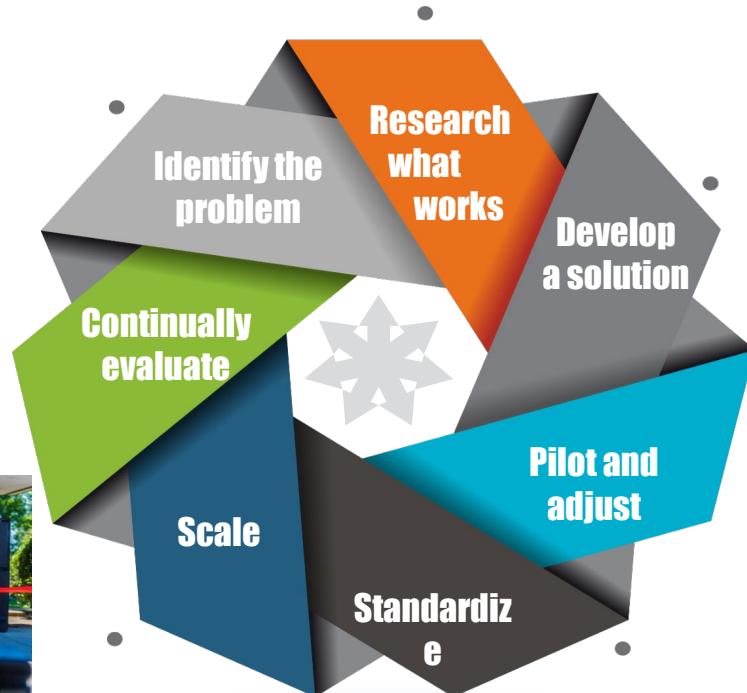


Improving Health and Building Readiness... Anytime, Anywhere – Always!



Armed Forces Wellness Centers Optimized Program Model

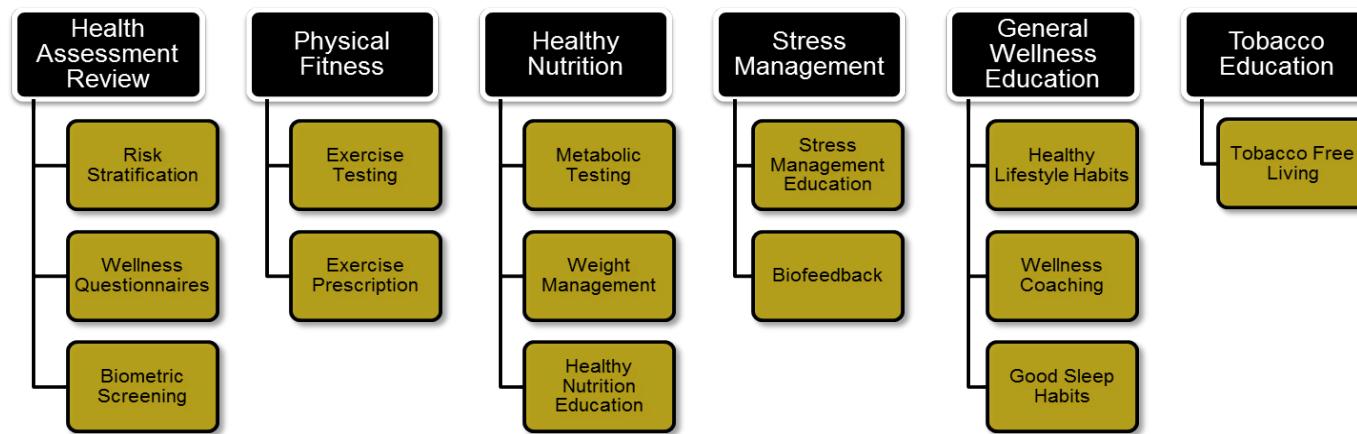
Empowers Clients to Improve Their Health and Build Readiness at Enterprise Scale



Improving Health and Building Readiness...Anytime, Anywhere – Always!

AFWC Core Programs

- Six standardized core programs that are in alignment with U.S. Community Preventive Services Task Force recommendations and designed to holistically empower clients to improve health and build readiness
- AFWC program based on over 186 peer reviewed studies and built on evidenced-informed practice
- Program standards are built into GS performance elements, reinforced through consistent program monitoring, and routinely assessed through AFWC location technical assisted visits (TAVs) by headquarters staff



Improving Health and Building Readiness...Anytime, Anywhere – Always!



Contact Us!!



- Building 9257
- Hours 0700-1600
 - Closed 1200-1300
 - Closed Federal Holidays
- 706 544 9142



Improving Health and Building Readiness...Anytime, Anywhere – Always!



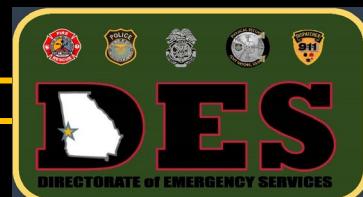


PANEL MEMBERS REPORT



*** We Are The Army's Home ***

Directorate of Emergency Services





Access Control Construction Updates

Plumley ACP (I-185, Lindsey Creek Parkway)

- Passive Vehicle Barrier construction begins in January 2026

Grange ACP (Legacy Blvd)

- Passive Vehicle Barrier construction begins in January 2026

Cash ACP (Sand Hill) – Active Vehicle Barrier (AVB) testing

- Passive Vehicle Barrier construction is pending bids

Childers ACP - Eddy Bridge (LAAF)

- Passive Vehicle Barrier construction is pending bids

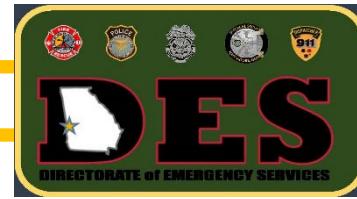
Quarterly PMI

- Requires raising and lowering each barrier
- 20 - 26 FEB 25

**Do not go over the barrier above posted speed limit or
damage to your vehicle may occur.**

Note: Updates are posted to the Garrison Social media pages.

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Weapons Registration

MANDATORY:

On Post Resident: **24-hour registration requirement** from the time you bring the firearm on post.

Off Post Resident: hunting or use of installation ranges (MWR).

AAFES Purchases: 3-day wait period

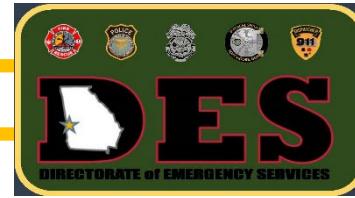


Registration:

1. Complete FB FM (DES) Form 190-11-R. (Firearms Registration Form)
2. Requires your Commander's approval and signature, email or drop off to DES.

*Firearms must be transported in a gun case, unloaded, and not in plain view from outside the vehicle. If the vehicle has a trunk the firearm must be transported in the trunk. Ammunition must be separated from the firearm.

We Are The Army's Home





≡ MENU

★ U.S. ARMY

SEARCH

DIRECTORATE OF EMERGENCY SERVICES (DES)

The Directorate of Emergency Services plans, directs and provides law and order, fire and emergency services, and protection operations in support of Fort Moore and Maneuver Center of Excellence in order to provide a safe and secure environment for the Servicemembers, civilians, and families that work, live, or visit Fort Moore. The Directorate is made up of the Police/Provost Marshal Office and Fire and Emergency Services Division.

- Access Control
- Animal Control
- Fire Department
- Hunting Enforcement
- MP Investigations
- MP Operations
- MP Working Dogs
- Physical Security
- Police Reports
- Off-Limits Area
- Tickets & Towing
- Weapon Registration

DIRECTORATE OF EMERGENCY SERVICES (DES)

Primary: 706-545-5223
Secondary: 706-545-5222

Sunday	Closed
Monday	8 a.m. - 5 p.m.
Tuesday	8 a.m. - 5 p.m.
Wednesday	8 a.m. - 5 p.m.
Thursday	8 a.m. - 5 p.m.
Friday	8 a.m. - 5 p.m.
Saturday	Closed

BLDG 215
Wold Avenue
Fort Moore Georgia 31905

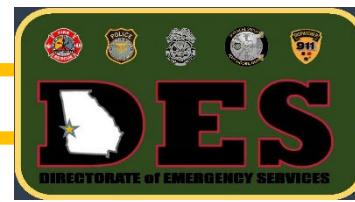
DES CRIME STATISTICS

Directorate of Emergency Services (DES)
Forms:

- DES Contact information
- MWD Support
- Access Information
- Weapons Registration
- LE Records
- Off Limits

<https://home.army.mil/benning/About/garrison/des>

We Are The Army's Home





Martin Army Community Hospital (MACH)

January 2026

Preventive Screenings

Mammogram Screening Recommendations

- Full-field digital mammography proven to be effective in early detection; MACH equipped with digital or 3D Mammography
- Clinical & annual screening mammograms recommended for women age 40 -74
- Earlier mammograms for women with certain risk factors, i.e., family history or genetic mutations (BRCA 1 &2)
- Women less than age 30, ultrasound is modality of choice
- Men can get breast cancer; any breast complaints are evaluated with mammograms

Call Mammography at 762-408-2079/2080 to schedule an appointment

Prostate Exam Recommendations

- No immediate family history (one degree of separation)
- Age 55 and then yearly thereafter through age 69
- Immediate family history (one degree of separation)
- Age 45 and then yearly thereafter
- Your PCM (primary care manager) can perform the prostate exam

GI Screening Recommendations

- No immediate family history (one degree of separation)
- Age 45 and then every five years thereafter with a clean colonoscopy screening
- If the colonoscopy screening reveals polyps, anticipate repeat colonoscopy in three years per your provider's guidance
- Immediate family history (one degree of separation)
- 10 yrs prior to youngest family member's diagnosis
- Your PCM (primary care manager) refers you to GI

Pap Smear Recommendations

- Women age 21-65 complete a Pap Smear (cervical cancer screening) every 3 years
- Women age 30-65 complete an HPV or HPV + Pap Smear every 5 years; or Pap Smear alone every 3 years
- Exclusion-women with hysterectomy (absence of uterus/cervix or absence of cervix) or agenesis of cervix (no development of cervix)
- Performed by primary care provider or referred to Women's Health (conditions of the female organ)



Service Animals

- Service animals, when properly documented and specifically trained to aid an individual with a disability, are welcome at MACH.
- If you need a service animal and are unsure about bringing your service animal to MACH, please talk to MACH's Beneficiary Services at 762-408-2598/2599.
- If you are allergic to a specific type of animal and that type of animal is present at MACH in the form of a service animal nearby while you are at MACH, please let the staff know about your allergy so that we can accommodate both you and the individual in need of his/her service animal.



MACH Holiday Schedule

- **Martin Luther King Jr. Day**
 - 16 January, minimal staffing day, all services open with diminished capacity
 - 19 January, holiday, ER and Inpatient Services open
- **President's Day**
 - 13 February, minimal staffing day, all services open with diminished capacity
 - 17 February, holiday, ER and Inpatient Services open



QUESTIONS?



Improving Health and Building Readiness. Anytime, Anywhere — Always





FOR THE PEOPLE WHO SERVE.™



U.S. ARMY

USO Calendar

2026
JANUARY

Fort Benning
Physical Address:
6861 Wold Ave
Building 109



USO FORT BENNING

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Events:

- 6: Crumbl Cookie Tuesday (Icon: Cookies)
- 7: Lunch with Jones 11:30 AM-1 PM (Icon: Fork and Knife)
- 13: Crumbl Cookie Tuesday (Icon: Cookies)
- 18: Martin Luther King Jr. Day (Icon: Martin Luther King Jr. statue)
- 19: Center Closed
- 20: Crumbl Cookie Tuesday (Icon: Cookies)
- 21: Lunch with Jones 11:30 AM-1 PM (Icon: Fork and Knife)
- 26: Family Game Night 5-7 PM (Icon: Game board)
- 27: Crumbl Cookie Tuesday (Icon: Cookies)

Center Closed: 1, 8, 19

Hours of Operation:

Monday - Friday 9AM - 6PM
Saturday 10AM - 3PM





U.S. ARMY

USO Events

USO YOUTH PROGRAMS

OPERATION: TODDLER TIME AT OXBOW MEADOWS



This January, we're trying something new! Instead of meeting at the USO Center, USO Toddler Time is heading out on a special field trip to Oxbow Meadows Environmental Center.

**January 15th
10:00 AM - 11:00 AM**

Join us for a cozy winter morning featuring:

- Nature-themed stories
- Songs and movement
- Hands-on exploration (winter-style!)

Bundle up and join us for this exciting winter adventure!



USO COFFEE CONNECTIONS

**JAN 23
1000-1130**

NEW YEAR PAINT & SIP



USO.org/CoffeeConnections



U.S. ARMY

USO Events

X @USOOGG

 [DISCORD.GG/THEUSC](https://discord.gg/theusc)

 [TWITCH.TV/THEUSO](https://twitch.tv/theuso)

USO GAMING

JAN 26
1700-1900

FAMILY GAME NIGHT



The USO logo is a blue square with the letters "USO" in white. There are four white stars, two on each side of the letters, with a thin white border around the entire square.

USO.org/GAMING
OBAL USO GAMING PARTNERS



FOLLOW US ON *social media*



SCAN ME



SCAN ME



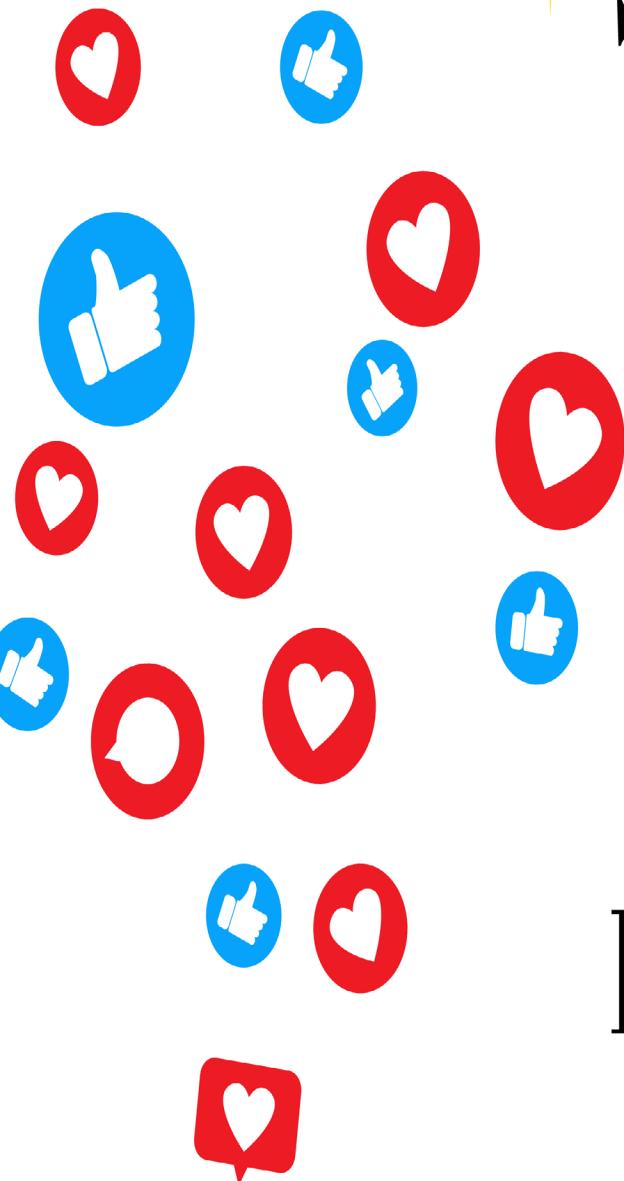
@USO Fort Benning

THANKS FOR SUPPORTING US!

The Villages



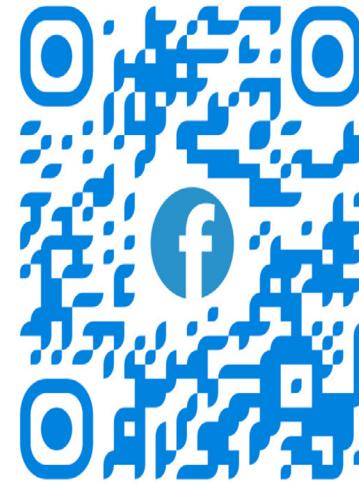
Socials



Stay up to date on:

- Events
- Closures
- Pool Hours
- Contests!
- Surveys

Follow us !



Your Fort Benning Commissary...how may we help you?



Your Commissary...It's Worth the Trip!



HEALTHY LIVING



Dietitian Approved Thumb

Learn how to fill your basket with healthy choices



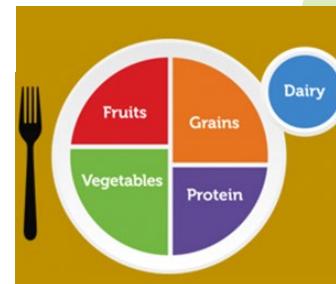
Thinking Outside the Box

View recipes specially crafted by the DeCA Dietitian.



Dietitian Approved Fuels

Grab-n-go Dietitian Approved Fueling Stations.



**BUILD your
Basket with us!**



DIETITIAN APPROVED THUMB (DAT)
shelf tags make it easy to identify foods that are nutrient dense from lean proteins, healthy fats and whole grains. Look for the DAT shelf labels while shopping the Commissary.



THINKING OUTSIDE THE BOX (TOTB) Our easy and economical dietitian approved meal solutions are designed to save time in the kitchen. All align with the Dietary Guidelines for Americans and include scientifically credible health and nutrition information with tips on how to improve the quality of the diet.



FUELING STATIONS are grab-n-go dietitian approved nutritious and high performance snacks and meals. They are great for fueling and refueling before and after a workout and an alternate to using the drive thru.



The application period for the 2026-2027 academic year will open on December 10, 2025 and close on February 11, 2026. Recipients will be notified of their status by mail on or about May 15, 2026. Due to the volume of applications, non-recipients are not notified.

The **Scholarships for Military Children Program** is designed to award scholarships annually at each commissary operated by the Defense Commissary Agency worldwide, with funding provided through generous contributions.

For the 2026-2027 academic year, **500 scholarships valued at \$2,000 each** will be awarded. At least one recipient will be selected at every commissary location where qualified applications are received. Additional awards are allocated on a prorated basis, meaning commissaries with larger applicant pools may have more than one recipient.

Visit the following website to learn more and apply:
www.fisherhouse.org/programs/scholarship-programs/



ProCamps for Kids Competition Continues: Procter & Gamble, in collaboration with ProCamps, is sponsoring a free military athletic camp for winning bases worldwide, and every commissary has a chance to win. So get into your local commissary where you'll find the P&G and ProCamps for Kids displays for details on how to enter and win.

Commissary Holiday Hours

JANUARY-FEBRUARY 2026



Monday, Jan. 19th **0700-1700**



Monday, Feb. 17th **0700-1700**

Regular Hours: Monday-Saturday 0700-2000, Sunday 1000-2000



Get in Touch

Store Phone: **762-396-5048**

Store Email: **deca.lee.store-ops-grp.list.websitez04fortbenning@mail.mil**

Store Operating Hours:	
Sunday	1000-2000
Monday	0700-2000
Tuesday	0700-2000
Wednesday	0700-2000
Thursday	0700-2000
Friday	0700-2000
Saturday	0700-2000



*Scan QR Code to get one-click access to our
Store Webpage for updates and upcoming events.*

Ft. Benning Exchange

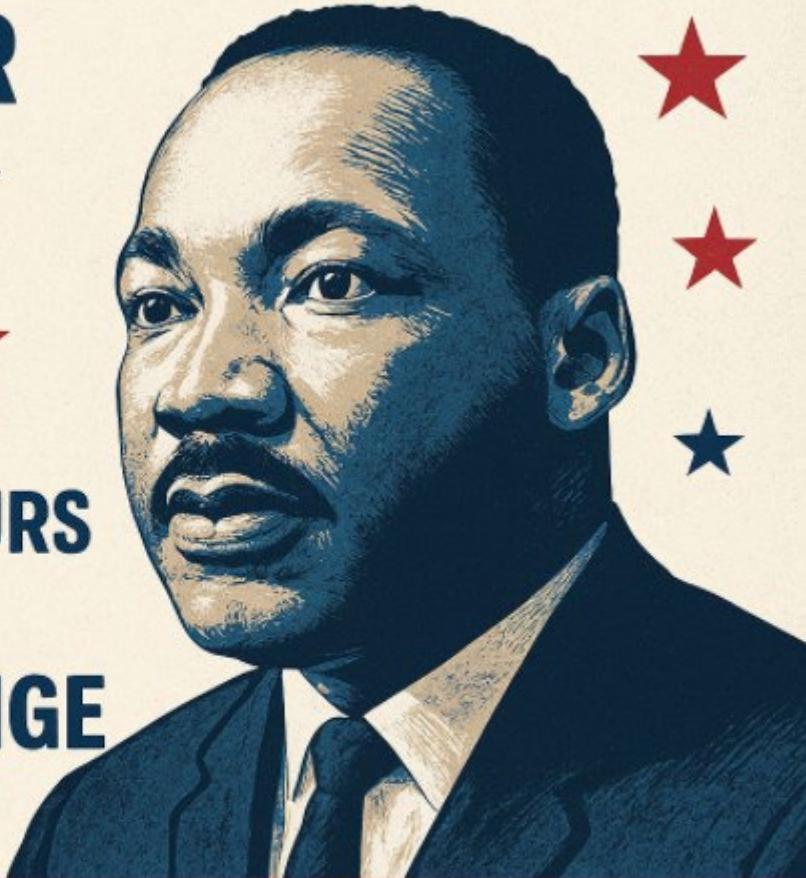
January 2026



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

MARTIN LUTHER ★ KING JR. ★ ★ DAY ★

FOR HOLIDAY STORE HOURS
VISIT THE
FT. BENNING EXCHANGE
SOCIAL MEDIA





TAX PREPARATION BY THE FT. BENNING COMMISSARY

HOURS:

0800-1900 MONDAY – SATURDAY

0900-1700 SUNDAY

SAVE 10%

ON ALL FOOD PURCHASES AT EXCHANGE FOOD FACILITIES



AT THE FT. BENNING MAIN
EXCHANGE BE FIT AREA



ATHLETICA

X EXCHANGE



UNDER ARMOUR



new balance

HOKA

QUESTIONS ?

THANK YOU !

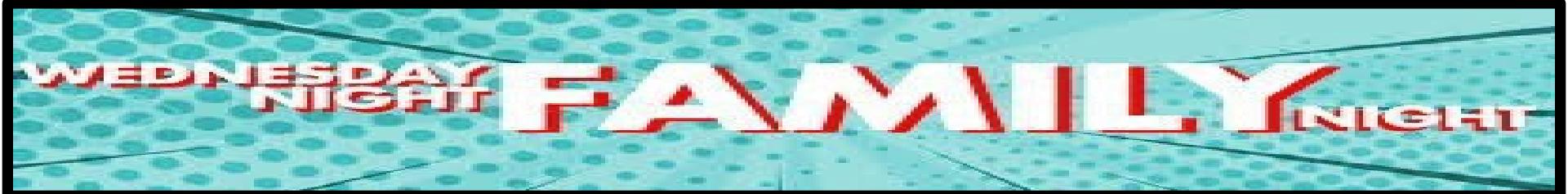


EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

Garrison Chaplain



“Servant Leaders Serving Leaders”



Main Post Chapel

WEDs

Dinner: 5:15-6:00 pm

AWANA: 6:00-7:30 pm

Adult and Teen Bible Studies: 6:00-7:30 pm

**For More Info, please contact Steve Paquette at
(706) 392-2996**

Garrison Religious Support

- ***PWOC (Thurs 0900 @ Infantry Chapel Annex)***
- ***CWOC (Wed 0900 @ MPC)***
- ***MomCo (2nd & 4th Tues 0900 @ Infantry Chapel Annex)***



BATTLE BUDDY RESOURCE CENTER

HOURS OF OPERATION:

TUES: 1200-1400
WED: 1200-1400
THURS: 1500-1800
2ND SAT/MONTH:
1200-1400

BUILDING 16

(706) 545-4817

battlebuddyresourcecenter@gmail.com

The *Battle Buddy Resource Center* (BBRC) is a food & hygiene pantry.

It is available to all DOD ID card holders living on Fort Benning and in the surrounding areas.

The BBRC seeks to communicate compassion, hope, and support to the community.

FORT BENNING CHAPEL SERVICES

<https://www.benning.army.mil/Garrison/Chaplains/Worship.html>

Worship Service	Service Time	Location
Crossroads	11 a.m. (Sunday)	Main Post Chapel
Gospel Service	10:30 a.m. (Sunday)	Sightseeing Road Chapel
Muslim Service	1245 (Friday)	BLDG 974
Roman Catholic	12 p.m. (Mon-Fri)	Main Post Chapel
Roman Catholic	9 a.m. (Sunday)	Main Post Chapel
Roman Catholic (Spanish)	2:30 p.m. (Sunday)	The Infantry Chapel
St. Paul's Cross	9 a.m. (Sunday)	The Infantry Chapel
Airborne Chapel Service	9 a.m. (Sunday)	Airborne Chapel
Traditional Service	11 a.m. (Sunday)	The Infantry Chapel
Wednesday Family Night	5:15 p.m. (Wednesday)	Main Post Chapel

Directorate of Family and Morale, Welfare and Recreation





U.S. ARMY

DFMWR Update



CYS YOUTH SPORTS
PRIVATE SWIMMING LESSONS
AT SMITH FITNESS CENTER INDOOR POOL

4 SESSIONS PER MONTH | MAX 24 PARTICIPANTS EACH MONTH

Parent & Child
6 Months – 3 Years
30 Minute Sessions
Cost: \$75 PER MONTH

Pre-K Learn to Swim Level 1,2,3
4 – 5 Years
45 Minute Sessions
Cost: \$100 PER MONTH

Learn to Swim Level 1, 2 & 3
6 – 17 Years
45 Minute Sessions
Cost: \$100 PER MONTH

SCAN FOR MORE INFO!

REGISTRATION DATES:

- January Lessons: November 3 – December 19
- February Lessons: January 5 – January 23
- March Lessons: February 2 – February 20
- April Lessons: March 2 – March 20

CALL TO REGISTER!

7110 MCIVER STREET, BLDG. 1056 | 706-545-0522

MWR CHILD YOUTH SERVICES



CYS YOUTH SPORTS
SPRING SPORTS

REGISTRATION DATES: JANUARY 6 - FEBRUARY 14

Kilometer Kids
Season: March 5 – May 16
Ages: 7-14
Cost: FREE

Soccer
Season: March 23 – May 2
Ages: 4-14
Cost: \$50.00

Flag Football CO-ED
Season: March 23 – May 2
Ages: 5-14
Cost: \$50.00

Girls Flag Football
Season: March 23 – May 2
Ages: 10-14
Cost: \$50.00

Cheerleading
Season: March 23 – May 2
Ages: 5-14
Cost: \$50.00

INTERESTED IN BEING A COACH? CALL US TODAY!

MUST BE ENROLLED IN CYS AND HAVE A CURRENT SPORTS PHYSICAL ON FILE BEFORE THE FIRST DAY OF PRACTICE

CALL TO REGISTER! → 706-545-0522/2079 | BENNING.ARMYMWR.COM

MWR CHILD YOUTH SERVICES



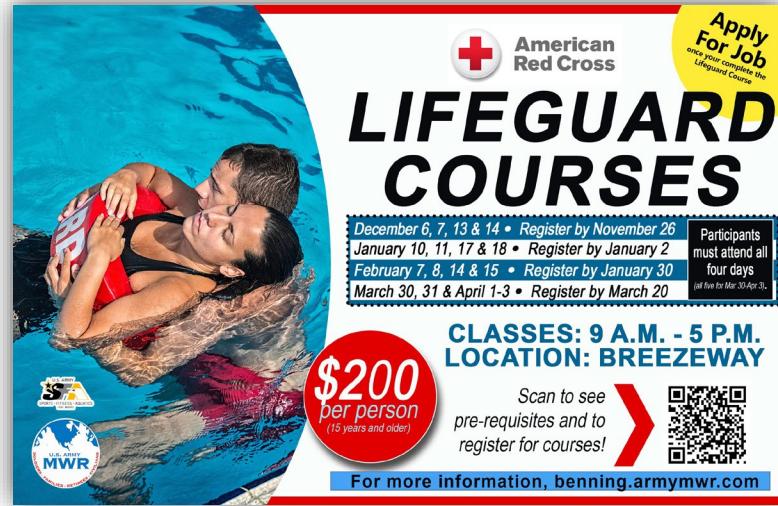


DFMWR Update



Decade Dash 5K
JANUARY 24, 9 A.M.
Breezeway Complex, 977 Lincoln Street, Building 117
Dress up in your favorite decade's attire!
Family friendly course • Register early → 
706-329-1034  benning.armymwr.com

**Ice Breaker
POLAR PLUNGE**
JANUARY 24, 10 A.M.
Breezeway Pool
Stay after the run and
take a plunge in the pool!
REGISTER EARLY 



LIFEGUARD COURSES

American Red Cross

Apply For Job
once you complete the
Lifeguard Course

December 6, 7, 13 & 14 • Register by November 26
January 10, 11, 17 & 18 • Register by January 2
February 7, 8, 14 & 15 • Register by January 30
March 30, 31 & April 1-3 • Register by March 20

Participants must attend all four days
call for the Mar 30-Apr 31

CLASSES: 9 A.M. - 5 P.M.
LOCATION: BREEZEWAY

\$200 per person
(15 years and older)

Scan to see
pre-requisites and to
register for courses! 

For more information, benning.armymwr.com



THE PERFECT MATCH
Pickleball Tournament!



Register: January 26-29



How We Communicate

benning.armymwr.com

MWR Biannual Magazine



Email updates

Never miss a thing. Follow us
on social & sign up for
emails!



Good to know

Information

Spouse Employment Forum



A U.S. Army Garrison Fort Benning Group



Find and share job announcements open to military spouses in Fort Benning and our surrounding communities.

<https://www.facebook.com/groups/425421268601742>

CLOSING REMARKS



**FORT BENNING
GARRISON COMMAND TEAM**



The next Community Information Exchange is
3 February 2026 at 1000, ACS Auditorium!
“Spring Break Fun”