



FRG E-NEWS

Front Line News

SPOUSE RESILIENCE TRAINING

Have you heard about spouse resilience training but don't really know what it's all about? Are you a little curious to learn more???

Let me help...

Resilience training helps people:

- understand the thoughts, emotions, and behaviors of themselves and others;
- Identify and use their personal character strengths to overcome challenges;
- Learn communication strategies that strengthen relationships

❖For more information or to enroll for a class, call Army Community Service at 706-545-4043.



Spotlight

Army Community Service offers FREE CHILD CARE for Spouse Resilience Training

April 24, 2014 (Thu)

Hunting the Good Stuff

May 14, 2014 (Wed-evening)

Personal & Family Resilience

May 20-22, 2014 (Tue - Thu)

Three days of resilience skills

For information and to enroll, call **706-545-4043**



Calendar of Events

April

- 8 CARE Meeting
- 16 FRG Informal Fund
- 17 FRG Leader Tng.
- 17 Key Caller Tng.
- 24 Resilience Tng.

May

- 6 CARE Meeting
- 14 FRG Leader Tng.
- 14 Key Caller Tng.
- 14 Resilience Tng.
- 15 FRG Informal Fund
- 20-22 Resilience Tng.

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 / 4043

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

Army Emergency Relief
706-545-4043

Army Family Team Bldg
Lorraine Campbell
706-545-4043



Employment Readiness Program Classes

Job Strategy Workshop - Apr 10 and May 08
Resume/Federal Resume - Apr 24 and May 22

For information and to enroll, call 706-545-4043



Civilian Personnel Advisory Center (CPAC)

CPAC has started giving their informational brief for military spouses on a quarterly basis. The next one will be offered in June.

For inquiries, please contact Deb Quick at 706-545-3517.

Do You Know Military OneSource?

~THIS IS GREAT FOR FIRST TERMERS ~



The February 2014 eMagazine asks, "Do You Know Military OneSource?"

The resources available through Military OneSource, may just surprise you!!!

This issue of eMagazine provides information on how service members and their children can take the pledge to save, get financially fit, the latest Sesame Workshop resource for Families, Medicaid waivers for Families with special needs, how to have a smooth move, and teen dating violence awareness. It also includes articles highlighting the just launched military student online complaint system, enabling military students to report misleading behavior by education institutions, information about accessing the survivor benefits reports online, and the new Spouse Ambassador Network.

Visit <http://apps.militaryonesource.mil/mcfc/emag> to read about the Latest updates and information

The next issue will be published in April.

www.myarmyonesource.com/

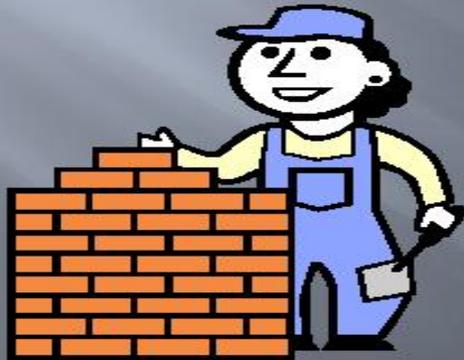


- FOR:
- *INFORMATION
 - *PROGRAMS
 - *SERVICES
 - *CONNECTIVITY

“ A Man without Education is like a Building without Foundation ”



Come Build Your Foundation at the Fort Benning College Fair



Main PX, 23 April, 1000-1400

Representatives from on-post colleges, over 30 off-post colleges, ACAP & many more! This event is open to the Fort Benning Community. For more information, call 706-545-7397



OUTDOOR RECREATION'S
Upcoming Events

- Women's Fishing Clinic April 9
- Horsemanship April 12
- Family Fishing Night April 15
- Paintball at the Woodlands April 18
- Kayak 101 April 22
- Bark to the Park April 24
- Kings Pond Campouts April 16 | May 17

For more info 706-545-9636

MOVIE
under the **STARS**

April 11, 18 & 25
8:30pm | Wetherby Field

Stay tuned to BenningMWR.com for updates and movies!

FLEA MARKET

MAY 3 | 8AM-2PM

TO BE A VENDOR GO TO BENNINGMWR.COM

MOTHER'S DAY BRUNCH
AT THE BENNING CLUB

SUNDAY, MAY 11
10AM-1:30PM

Reservations are recommended. Call 706-682-0640 for seating times or reserve online at BenningMWR.com.

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

OPERATION READY
Resources for Educating About Deployment and You

A Message for FRG Leaders, Volunteers, and Commanders

It has been acknowledged the Volunteer Management Information System (VMIS) is "broken" and not functioning at full capacity for our dedicated volunteers. Until the technical issues can be rectified as a whole or individually, please be aware you can email the Army Volunteer Corps Program Manager (AVC PM) your hours and they will be notated, tracked, and updated on VMIS. In order for the AVC PM to retroactively log your hours, please utilize the DA form 4713 as a tool to record your hours and fax or email it to the AVC PM. You DO NOT have to specify "daily" hours, but please, at a minimum, provide monthly or yearly totals as these hours will be updated as "period" hours in VMIS.

If you have specific questions regarding the nominations for the upcoming Volunteer Recognition Ceremony, please contact Starla De Saussure at starla.l.desaussure.civ@mail.mil, 706-545-3016, or fax the information to 706-545-2545.
Army Volunteer Corps/Army Family Action Plan Program Manager
Army Community Service



Training Opportunities for Volunteers



ARMY OneSource

1-877-811-2769

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

Learn to search for volunteer positions, apply for positions, enter volunteer hours and maintain Volunteer Service Records.

April 8	1:00 PM Eastern Time
April 16	3:00 PM Eastern Time
April 24	12:00 PM Eastern Time
April 29	3:00 PM Eastern Time

Learn to create volunteer positions, accept volunteer applications, manage volunteers, certify volunteer hours and utilize reporting tools.

April 9	1:00 PM Eastern Time
April 17	2:00 PM Eastern Time
April 22	12:00 PM Eastern Time
April 30	1:00 PM Eastern time

GENERAL ARMY ONESOURCE (AOS)

Social Networking and Services Locator

Introduction to ARMYbook, the social networking tool created for Army Soldiers and their Families. Learn to use the AOS forums and blogs, as well as the Services Locator Pool.

April 10	2:00 PM Eastern Time
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To register for classes:

- 1) Go to www.myarmyonesource.com/calendar
- 2) Click on the class you want to attend
- 3) Click on "attend class" (lower right hand corner)

Military Child Education Coalition (MCEC)

MCEC is delighted to offer a series of online courses for anyone concerned with the well-being of our nation's military-connected children and youth. These concise, practical trainings offer an excellent opportunity to connect with others invested in supporting military families during challenging times. Designed for family members, caregivers, educators or professionals working with military children, the courses are adaptable and portable to fit individual situations. The first course, The Journey from "Welcome Home" to Now: Reunion, Reconnecting, Routine, features dynamic instructors who identify potential reintegration stressors, suggest supportive activities and strategies, and emphasize service and "giving back" as an important trait to ensure opportunities to thrive.

The soon-to-be released second offering, "Helping Military Children Discover Their S.P.A.R.C. (Strength, Potential, Aspirations, Resourcefulness, Confidence)" takes a look at what motivates students to bring their very best efforts to all their education endeavors, and develops guidelines to ensure that happens. The courses offer Continuing Education Units (CEUs), and can be taken as schedules permit.

Click here for a list of MCEC online trainings.

<http://militarychild.us1.list-manage2.com/track/click?u=61f9f730f3ae525ca9b494f0&id=abbe464bb1&e=49b6c43637>

Army Family Team Building (AFTB) Classes



April

LEVEL:	DATE:	TIME:
Level K	April 9 -10	0930 - 1430
MCCC SLC**	April 28 - 2 May	0930 - 1430

May

LEVEL:	DATE:	TIME:
MCCC SLC**	April 28 - 2 May	0930 - 1430
Level K	May 7 - 8	0930 - 1430
Level G	May 13 - 15	0930 - 1430

All classes are held in Bldg 224 Classroom 149-150 and we have new hours for the courses (0930 - 1430)

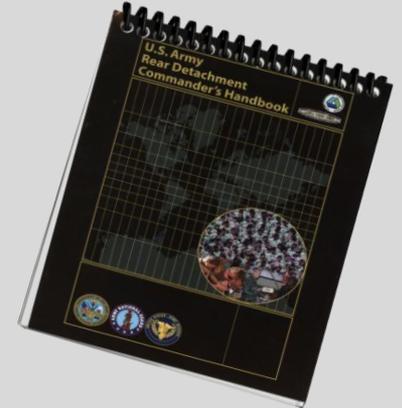


For further information, please call Lorraine Campbell at 706-545-4043 / 2794 or e-mail at lorraine.campbell@us.army.mil

**Maneuver Captains Career Course Spouse Leader Course



Family Readiness Commanders, Platoon Leaders and FRG Leaders ~ Best Practices ~



Introduce Yourself to Family Members / Attend FRG Meetings

- Demonstrates your concern for their well-being
- Makes you more approachable for Families to request information / assistance
- Fosters a positive perception of unit leadership

Introduce Family Members to Others in Their Soldier's Platoon

- Develop a sense of belonging/membership to the unit through the Soldier's platoon
- Helps Families learn the "language" specific to the Soldier's work center and occupation
- Shows Families their Soldier's work area to become more familiar with their Soldier's duties

Help Families Establish Realistic Expectations

Inform them of:

- their Soldier's duty hours
 - unit requirements that impact Soldiers and possibly Families
 - their Soldier's role/responsibilities
- ✓ Let Soldiers and Families know that they must work together to meet the challenges of being an Army Family.
- ✓ Let Soldiers and Families know that they should expect periodic changes to work schedules and Soldier requirements.

Source: DA Operation READY Rear Detachment Commander's (RDC) Handbook

Would you like to read more? Send an e-mail to me and I'll e-mail the RDC Handbook to you!

perry.r.tripp.civ@mail.mil

MARCH / APRIL CLASSES 2014

MAY / JUNE CLASSES 2014



ARMY COMMUNITY SERVICE CLASS SCHEDULE MARCH/APRIL 2014

Army Family Team Building

Level K
March 5-6, 6 - 8 p.m.
April 9-10, 9 - 2:30 p.m.
Conference Room, Bldg 359

Level L
March 18-20, 9 - 2:30 p.m.
Conference Room, Bldg 359

Army Volunteer Corps

Recruitment & Recognition:
How to Get Volunteers & Keep Them
March 6, 10 - 11 a.m.
ACS Training Room, Bldg 7

Dealing With Difficult Behaviors
March 6, 11 - Noon
ACS Training Room, Bldg 7

Team Building
April 15, 10 - 11 a.m.
ACS Training Room, Bldg 7

VMIS 101: Volunteer Management
Information System for Volunteers
April 24, 6 - 7 p.m.
ACS Training Room, Bldg 7

VMIS 102: Volunteer Management
Information System for OPOCs
April 15, 11 - Noon
February 6, 11 - Noon
ACS Training Room, Bldg 7

Employment Readiness

Job Strategy Workshop
March 13, 8 - 11:30 a.m.
April 10, 8 - 11:30 a.m.
ACS Training Room, Bldg 7

Federal Resume/Resume Class
March 27, 8 - 11:30 a.m.
April 24, 8 - 11:30 a.m.
ACS Training Room, Bldg 7

Exceptional Family Member Program

EFMP Support Group
March 3, 11 - Noon
April 7, 11 - Noon
ACS, Bldg 7

Family Resilience Training

Personal & Family Resilience
March 19, 6 - 8 p.m.
Conference Room, Bldg 359

Building Mental Toughness Part II/
Building Character Strengths
March 27, 9:30 - 2:30 p.m.
Conference Room, Bldg 359

Hunting The Good Stuff &
Building Mental Toughness
April 24, 9:30 - 2:30 p.m.
Conference Room, Bldg

Financial Readiness

Budgeting
Every Monday
8:15 - 9:30 a.m.
ACS, Bldg 7
(no class on Federal or
Training Holidays)

Checking Account
Maintenance
Every Monday
9:30 - 10:30 a.m.
ACS, Bldg 7
(no class on Federal or
Training Holidays)

Identity Theft -
What Do I Do Now?
March 6, Noon - 2 p.m.
ACS, Bldg 7

Budgeting in the Dark
March 19, 6 - 7 p.m.
ACS Bldg 7

Understanding Credit
Reporting
April 10, Noon - 2 p.m.
ACS, Bldg 7

Understanding Credit
Reporting
April 10, Noon - 2 p.m.
ACS, Bldg 7

Mobilization & Deployment

FRG Leader Training
March 5, 8:30 - 9:30 a.m.
April 17, 1:30 - 2:30 p.m.
ACS Training Room, Bldg 7

Key Caller Training
March 5, 10 - 11:30 a.m.
April 17, 3 - 4:30 p.m.
ACS Training Room, Bldg 7

FRG Informal Fund
March 6, 1:30 - 3 p.m.
April 16, 8:30 - 10 a.m.
ACS Training Room, Bldg 7

FRG Volunteer Training
March 18, 5:30 - 7:30 p.m.
ACS Training Room, Bldg 7

Family Advocacy: New Parent Support Program

Cutie Crawlers
(6 weeks - 1 year)
Every Wednesday
March 5, 12, 19, 26
April 2, 9, 16, 23, 30
9:30 - 11 a.m. Bldg 9806

Terrific Toddlers
Every Tuesday
March 4, 11, 18, 25
April 1, 8, 15, 22, 29
1 - 2:30 p.m. Bldg 9806

Every Thursday
March 6, 13, 20, 27
April 3, 10, 17, 24
9:30 - 11 a.m. Bldg 9806

Relocation Readiness

Newcomer's Orientation
Every Wednesday
March 5, 12, 19, 26 9 - 11 a.m.
April 2, 9, 16, 23, 30 9 - 11 a.m.
ACS Auditorium, Bldg 7
Soldiers & Spouses welcome!

PCS/Overseas Briefing
Fourth Thursday of the Month
March 27, 8:30 - 11 a.m.
April 24, 8:30 - 11 a.m.
ACS Auditorium, Bldg 7

Citizen Study Group
Mondays & Wednesdays, 1 - 2 p.m.
ACS Bldg 7

Sponsorship Training
Every Wednesday
March 5, 12, 19, 26 1 - 2 p.m.
April 2, 9, 16, 23, 30 1 - 2 p.m.
ACS Auditorium, Bldg 7

Community Activities
Resource Exchange (CARE)
First Tuesday of the month
March 4, 10:15 - 11:15 a.m.
*April 8, 10:15 - 11:15 a.m.
ACS Auditorium, Bldg 7

* Due to Spring Break

ACS Outreach

Social Sessions
Frugal Fridays: Coupon Swap Group
March 14 10 - 11 a.m.
April 11 10 - 11 a.m.
ACS Training Room, Bldg 7

Georgia On My Mind: Travel Tips
March 28, 10:30 - 11:30 a.m.
ACS Auditorium, Bldg 7

Bloom Where You're Planted:
Garden Prep Tips
April 17, 10:30 - 11:30
ACS Auditorium, Bldg 7

ARMY COMMUNITY SERVICE CLASS SCHEDULE MAY/JUNE 2014

Army Family Team Building

Level K
May 7-8, 6 - 8 p.m.
June 4-5, 9:30 - 2:30 p.m.
Bldg 224

Level G
May 13-15, 9:30 - 2:30 p.m.
Bldg 224

Level L
June 17-19, 9:30 - 2:30 p.m.
Bldg 224

Army Volunteer Corps

Building an Effective Volunteer
Program
May 15, 10 - 11 a.m.
ACS Training Room, Bldg 7

Engaging Youth in Volunteerism
May 29, 6 - 7 p.m.
ACS Training Room, Bldg 7

VMIS 101: Volunteer Management
Information System for Volunteers
June 19, 6 - 7 p.m.
ACS Training Room, Bldg 7

VMIS 102: Volunteer Management
Information System for OPOCs
May 15, 11 - Noon
ACS Training Room, Bldg 7

Employment Readiness

*Pre-registration required
for these sessions

Job Strategy Workshop
May 8, 8 - 11:30 a.m.
June 12, 8 - 11:30 a.m.
ACS Training Room, Bldg 7

Federal Resume/Resume Class
May 22, 8 - 11:30 a.m.
June 26, 8 - 11:30 a.m.
ACS Training Room, Bldg 7

Exceptional Family Member Program

EFMP Support Group
May 5, 11 - Noon
June 2, 11 - Noon
ACS, Bldg 7

Family Resilience Training

Family Resilience Training
May 20-22, 9:30 - 2:30 p.m.
Conference Room, Bldg 359

Building Mental Toughness Part II/
Building Character Strengths
June 26, 9:30 - 2:30 p.m.
Conference Room, Bldg 359

Personal & Family Resilience/
Hunting The Good Stuff &
May 14, 6 - 8 p.m.
Conference Room, Bldg

Financial Readiness

Budgeting
Every Monday
8:15 - 9:30 a.m.
ACS, Bldg 7
(no class on Federal or
Training Holidays)

Checking Account
Maintenance
Every Monday
9:30 - 10:30 a.m.
ACS, Bldg 7
(no class on Federal or
Training Holidays)

Budgeting for Baby
*This class partners with FRG
May 8, Noon - 2 p.m.
ACS, Bldg 7

Home Buying Seminar
June 12, 6 - 7 p.m.
ACS Bldg 7

Mobilization &
Deployment
FRG Leader Training
May 14, 8:30 - 9:30 a.m.
June 11, 5:30 - 7:30 p.m.
June 18, 8:30 - 9:30 a.m.
ACS Training Room, Bldg 7

Key Caller Training
May 14, 10 - 11:30 a.m.
June 18, 10 - 11:30 a.m.
ACS Training Room, Bldg 7

FRG Informal Fund
May 15, 1:30 - 3 p.m.
June 18, 10 - 11:30 a.m.
ACS Training Room, Bldg 7

Care Team Member Training
May 14, 1:30 - 3 p.m.
ACS Training Room, Bldg 7

ACS Outreach Social Sessions

Frugal Fridays:
Coupon Swap Group
May 9, 10 - 11 a.m.
June 13, 10 - 11 a.m.
ACS Training Room, Bldg 7

Meet, Greet & Sweet Treats
May 15, 10:30 - 11:30 a.m.
ACS Auditorium, Bldg 7

Calm, Cool & Creative!
June 20, 10:30 - 11:30
ACS Auditorium, Bldg 7

Relocation Readiness

Newcomer's Orientation
Every Wednesday
May 7, 14, 21, 28 9 - 11 a.m.
June 4, 11, 18, 25 9 - 11 a.m.
ACS Auditorium, Bldg 7
Soldiers & Spouses welcome!

PCS/Overseas Briefing
Fourth Thursday of the Month
May 22, 8:30 - 11 a.m.
June 26, 8:30 - 11 a.m.
ACS Auditorium, Bldg 7

Citizen Study Group
Mondays & Wednesdays, 1 - 2 p.m.
ACS Bldg 7

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May 7, 14, 21, 28 1 - 2 p.m.
June 4, 11, 18, 25 1 - 2 p.m.
ACS Auditorium, Bldg 7

Community Activities
Resource Exchange (CARE)
First Tuesday of the month
May 6, 10:15 - 11:15 a.m.
ACS Auditorium, Bldg 7

Family Advocacy: New Parent Support Program

Budgeting for Baby
*This class partners with Financial
Readiness
May 8, Noon - 2 p.m.
ACS, Bldg 7

Cutie Crawlers
(6 weeks - 1 year)
Every Wednesday
May 7, 14, 21, 28
June 4, 11, 18, 25
9:30 - 11 a.m. Bldg 9806

Terrific Toddlers
Every Tuesday
May 6, 13, 20, 27
June 3, 10, 17, 24
1 - 2:30 p.m. Bldg 9806

Every Thursday
May 8, 15, 22, 28
June 5, 12, 19, 26
9:30 - 11 a.m. Bldg 9806

7117 Baltzell Ave, Bldg 7
Fort Benning, GA 31905
706-545-4043/7517
Monday - Friday
8 a.m. - 4:30 p.m.





TRICARE® Service Center

Walk-in Service No Longer Provided as of April 1

The "I want to..." section at www.tricare.mil is your gateway to:

- Enroll in or Purchase a Plan
- Change Your Primary Care Manager
- File or Check a Claim
- See What's Covered
- View Referrals and Prior Authorizations
- Compare Plans
- Find a Doctor
- Manage Prescriptions

Contact Information

TRICARE Regional Contractors

Get enrollment assistance and answers to questions through your regional contractor's Web site or toll-free call center.

- | | | |
|--|---|--|
| <p>N North Region
Health Net Federal Services, LLC
1-877-TRICARE (1-877-874-2273)
www.hnfs.com</p> | <p>S South Region
Humana Military, a division of
Humana Government Business
1-800-444-5445
Humana-Military.com</p> | <p>W West Region
UnitedHealthcare Military & Veterans
1-877-988-WEST (1-877-988-9378)
www.uhc.militarywest.com</p> |
|--|---|--|

<http://milconnect.dmdc.mil>

Update your e-mail and mailing addresses in DEERS and view eligibility, enrollment information, enrollment cards, and important correspondence about your benefits.



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BR061BEO1144W



TRICARE® Service Centers

WALK-IN SERVICE NO LONGER PROVIDED AS OF APRIL 1

TRICARE offers many convenient resources for customer support

As TRICARE beneficiaries increasingly access electronic, Internet, and toll-free customer service features, the need for walk-in locations has lessened. As a result, walk-in customer service at TRICARE Service Centers (TSCs) located within the 50 United States will no longer be provided as of April 1, 2014. Due to the unique needs of overseas beneficiaries, TSCs outside of the United States will continue to offer walk-in service. To view TSC change information and sign up for e-mail updates, visit www.tricare.mil/tsc.

BACKGROUND

Few, if any, commercial health plans offer walk-in customer service. When TRICARE began almost 20 years ago, walk-in customer service at the TSCs was viewed as critical to the program's success. As a result, TRICARE regional contractors operate nearly 200 TSCs in the United States, with the majority at military hospitals and clinics. Now that TRICARE is a mature program and beneficiaries increasingly use more convenient Internet and toll-free phone options, continuing walk-in customer service at TSCs is no longer cost-effective. The majority of walk-in visits to TSCs are for enrollment, billing, primary care manager changes, and general information on benefits and plans—all of which can be handled through Web sites, mobile applications, or by calling toll-free call centers operated by the regional contractors.

SUPPORT TO MILITARY HOSPITALS AND CLINICS WILL CONTINUE

TRICARE regional contractors will continue beneficiary and military hospital and clinic customer service support before, during, and after implementation of the TSC initiative. Regional contractors will coordinate with individual military facilities for services such as briefings and distribution of materials, among other support services.

COST SAVINGS

Walk-in customer service in the TSCs is the most expensive option for the government to provide customer support to our beneficiaries. Those services cost approximately \$51 million per year. The elimination of walk-in service at U.S. TSCs on April 1, 2014, will save an estimated \$254 million over five years. This change supports the Department of Defense's (DoD's) efforts to manage the rising cost of providing health care for TRICARE's 9.6 million beneficiaries without making changes to benefits, fees, or beneficiary cost-shares.

CONVENIENT ACCESS TO SERVICE AND SUPPORT

Beneficiaries can easily manage their benefits at home or on the go via secure Web sites. On www.tricare.mil, the "I want to..." section allows beneficiaries to:

- Enroll in or purchase a plan
- File or check a claim
- View referrals and prior authorizations
- Find a doctor
- Change primary care managers
- See what's covered
- Compare plans
- Manage prescriptions

Beneficiaries can also inquire about health care benefits, get answers to questions, and get enrollment assistance by contacting their regional contractor.

Additional service and support options are listed on the following page.

This fact sheet is not all-inclusive. For additional information, please visit www.tricare.mil.

A Message from Fort Benning's Soldier and Family Counseling Center

My name is Karen Linden and I am the Administrative Support Assistant for the Chaplain Counseling Center. I just wanted to send you a quick note about our free unlimited services available to help Soldiers, Family members and DoD Civilians. We provide free, completely confidential and unlimited counseling sessions. We can see people individually, as a couple, family, and even individual children. We have a **new location** located near Little Caesars, **Bldg 974**. Feel free to call for more information or to schedule an appointment. Also, please feel free to forward this information to anyone that you feel could use our services.

Have a super day!
Take care,



Mrs. Karen Linden
CIV, Administrative Support Assistant
Soldier and Family Counseling Center
Family Life Chaplain Training Center
706-545-1760

Fort Benning Religious Services and Activities



The Infantry Chapel (TIC) (7070 Sigerfoos St.)	Traditional Protestant Worship	Sunday	9:00 a.m.	
	Liturgical Protestant Worship	Sunday	11:00 a.m.	
MCoE Main Post Chapel (7381 Ingersoll St.)	Spanish Roman Catholic Mass	Sunday	12:30 p.m.	
	Islamic Prayer Services	Contact SPC Rahimov at 706-325-3059		
	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.
	Airborne Chapel (6541 Thorson Ave.)	Protestant Sunday School	Sunday	9:30 a.m.
Adult Bible Study		Wednesday	7:00 p.m.	
Contemporary Protestant (Freefall)		Sunday	9:00 a.m.	
TIC Chapel Annex (Building 102)	Roman Catholic Faith Formation	Sunday	10:30 a.m.	
Kelley Hill Chapel (8810 Watkins Ave.)	Contemporary Protestant (Velocity)	Sunday	11:00 a.m.	
McGinnis-Wickam 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		
	Buddhist	Contact the Garrison Chaplain's Office		



APRIL is Child Abuse Awareness Month Events, Activities, & Family Highlights



APRIL 2014

1—30 April: Students at Fort Benning schools created artwork to illustrate the theme “My Military Family”. Their drawings will be on display at the Fort Benning Commissary & PX throughout April. We encourage you to stop by and enjoy “Military Families” as expressed through the eyes of our children!

1st: Pinwheel Parade: All Child Care Centers
Wonder why you'll see blue pinwheels this month? Blue pinwheels are the national symbol for Child Abuse Prevention/Awareness.

2nd: “Strike Out Child Abuse”, Main Post Bowling Center, 1500-1800. Enjoy a game of bowling as we support child abuse awareness and provide great Family fun! Free shoe rental & games are \$1.50/each.

3rd: Dating Safety for Teens: A.S.E-Avoid, Survive, Escape. Audie Murphy Gym, 1300-1500. We know you already have power.....learn how to keep it through education, prevention and practice! **For more info and to register, call 706-626-2614.**

8th: Child Identification Fingerprinting (FAP & MP's)—Wallet ID Card Kit for parents, PX, 1330-1630. Parents, nothing is more important than the safety of your children. Obtain information on abduction prevention and utilize Child ID's to help keep your children safe.

10th: “The Five Love Languages of Children”—FREE book available for parents at BLDG 241 or at ACS, BLDG 7, 0800-1600. Do you express love, respect, and affection to your child in a way they can understand? With this book, discover tips for understanding how your child gives, receives, and interprets love.

12th: Spring Eggstravaganza, 1000-1300, Lawn at Riverside — 100 Vibbert Avenue. Join MWR for this free Family event with the Easter Bunny! Enjoy egg hunts, face painting, crafts, prizes, and more. The FAP staff will see you there!

14th-18th: Child Safety Activity Books, FREE, available at BLDG 241, 0800-1600. These books provide a great Family activity to educate both children and parents about specific safety education and tips for children.

15th: Free Seminar—Discover the power of “ScreamFree Parenting”! *Having children is joyous and rewarding. Parenting children can sometimes feel, well, not so joyous.* This seminar provides resources to help you maintain calm, keep your cool, and enjoy your children! Time & location: 1800-1930, Benning Club. *Free childcare available (limited) @ 1st Div CDC (must reserve in advance).

***To register for the seminar, and to reserve childcare, call 706-545-9857.**

16th: “Strike Out Child Abuse”, Main Post Bowling Center, 1500-1800. Enjoy a game of bowling as we support child abuse awareness and provide great Family fun! Free shoe rental & games are \$1.50/each.

17th & 18th: You've Got MAGIC—Motivation, Abilities, Goodness, Integrity, and Character! Magician Tommy Johns will perform shows for Fort Benning Elementary School students. **For more information, call 706-626-2614 or 706-545-3202.**

21st-22nd: Safety Education—“That Puppet Guy”, Lee Bryan, will provide a safety education class to children enrolled at CYSS & School Age Center, 0930 & 1500.

22nd: Child Identification Fingerprinting (FAP & MP's)—Wallet ID Card Kit for parents, PX, 1330-1630. Parents, nothing is more important than the safety of your children. Obtain information on abduction prevention and utilize Child ID's to help keep your children safe.

29th: Kite Flying Day, SKIES, 1500. Go Fly a Kite.....and let the message soar about keeping our children safe! Kites are provided.

30th: Dating Safety for Teens: A.S.E-Avoid, Survive, Escape, Audie Murphy Gym, 1630-1830. We know you already have power.....attend this self- defense course to learn how to keep it through education, prevention and practice! **For more info and to register, call 706-626-2614.**

The Fort Benning Family Advocacy Program (FAP) provides information and education to support strong, self-reliant Soldiers and Families through effective Family programs enhancing the safety of the Family and the community through the prevention of child abuse and domestic violence. For more information, visit Family Advocacy at BLDG 241, Baltzell Ave, or call 706-626-2614.



PREVENTION= POWER!!



We know you've already got the power.....but learn cool ways for keeping it!

A.S.E.—AVOID, SURVIVE, ESCAPE

Teen Self Defense Classes

April 3: 1300—1500
April 30: 1630—1830
Audie Murphy Gym

To register and for more information, please contact the Family Advocacy Program: 706-626-2614 or visit us at BLDG 241, Baltzell Avenue.





April is Sexual Assault Awareness Month!



R2IT, presented by Soldiers from the 44th Medical Brigade, Fort Bragg, offer an **EXCITING** new approach to SHARP awareness that goes beyond safety briefs or PowerPoint slides. Enjoy theater and interactive discussions!

Relevant and Realistic Interactive Training (R2IT)



24 April 2014
Shows at 1000 and 1300
ACS Auditorium,
BLDG 7 (Baltzell Ave.)

All Service Members, Family Members, and DA Civilians are invited.

No reservations necessary!

For more information or if you have questions, please contact Mr. Mason at 706-545-8738.



COMPREHENSIVE SOLDIER & FAMILY FITNESS (CSF2) TRAINING



Fort Benning, Home of the MCoE



Be at your best when it matters the most.

Tuesday – Thursday
0900-1300

Lessons taught include:

- (MSF) Mental Skills Foundation
- (BC) Building Confidence
- (AC) Attention Control
- (EM) Energy Management
- (GS) Goal Setting
- (IM) Integrating Imagery

- **Who:** Family members
- **What:** 12 hr CSF2 Family Member Development course combining instruction of Enhance Performance, LEP and MRT skills
- **When:** 15-17 Apr 2014 13-15 May 2014
- **Where:** Bldg 328, Brown Hall, 7250 Ingersoll St., Fort Benning
- **Why:** Life is full of those moments in family life, social life, sporting life, and work, where we need to perform our best. We can teach you ways to be at your best when it matters the most.

706.626.8563 / 706.545.0236
usarmy.benning.tradoc.mbx.resilience@mail.mil



April is Sexual Assault Awareness Month!

Sexual Assault in an Army community contributes to fear and distrust among our Army Family. This year's theme for Sexual Assault Awareness Month is "Accountability is seen and heard: Speak Up!"

Be sure to join us in wearing jeans on "Denim Day", 23 April 2014



"Denim Day" is a sexual assault/rape prevention education campaign. An Italian court judge in 1999 stated that women can't be raped when wearing tight jeans, as consent would be required to remove them.

Make a social statement with your fashion on this day and wear jeans as a visible means of raising awareness against misconceptions that surround sexual assault and sexual harassment.

Would you like more information?

Please call the Fort Benning Sexual Harassment/Assault Response & Prevention:

706-566-7393 or the DoD Safe Helpline: 1-877-995-5247.





Military and Family Life Consultants (MFLC)

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

- **Fort Benning Garrison** 706-566-1033 and 706-505-7751
- **Child, Youth & 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
 - Mount Olive School 706-325-0881
- **3rd Brigade, 3rd IN Div** 706-987-9142
- **75th 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
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 / 4043

Army Family Team Building
706-545-4043

