Fort Leonard Wood

Health Promotion, Risk Reduction & Suicide Prevention

Community Resource Guide

- Resource Agencies for Support of Unit and Family Prevention, Intervention, Treatment and Education Efforts
- Address & Phone Numbers for Support Agencies
- Document to be updated quarterly

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Use of This Guide

This guide is written to serve as a reference for contacting agencies responsible for providing assistance to families in the prevention and intervention of high-risk Soldier/Family member behaviors and other support resources. Off-post resources are listed so that families have a full range of the resources available with the Fort Leonard Wood area. High risk behaviors or Family crises are not beneficial to combat or operational effectiveness or efficiency. Dealing with them early will assist in providing Soldier and Family Resiliency within the Fort Leonard Wood Community.

This guide is set up so that you may look up a risk factor and see all the resources that can be applied to help reduce risks. Each page/section is organized as follows:

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I Definition of the risk factors listed

II Primary staff agencies responsible for assistance in providing intervention, prevention, treatment, and education measures

III All services available with a brief description; address; and phone number

Understanding Interventions and Preventions:

An intervention is an orchestrated attempt by one, or often, many people (usually Family and friends) to get someone to seek professional help with an addiction or some kind of traumatic event or crisis. The term intervention is most often used when the traumatic event involved addiction to suicide, drugs, or other items.

A prevention is a program of activities directed at improving general well-being and often involving specific protection for selected purposes or diseases, such as immunization; while primary prevention is the avoidance of the onset of disease by behavior modification (e.g., limiting alcohol intake) or treatment (e.g., routine childhood immunization).

The Fort Leonard Wood Community has many programs, services and facilities on the installation that can provide intervention and prevention measures for Soldiers and Family Members. Other programs simply offer treatment and education services to Units, individual Soldiers and Family members. This guide is a work in progress by which we inform our Families of the Army's Health Promotion, Risk Reduction and Suicide Prevention efforts on the installation.

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Fort Leonard Wood Community Resource Guide

Emergency Contact Listings

AREA CODE (573)
DSN (676)

Emergency - 911

Ambulance - 596-2155

Emergency Dental Service - 596-2157

Emergency Medical Service - 596-2157

Explosive Ordnance Disposal - 596-2818

Family Violence Response Line **(Report All Child Abuse/ Neglect and Domestic Violence)** - 596-0446

Fire Department **(Non-Emergency)** - 596-0883

Fort Leonard Wood Operator - 596-0131

Installation Operations Center - 563-4045

Military Intelligence - 596-0598

Military Police - 596-6141

Poison Control Center 1-800-222-1222

Red Cross - 596-0300

Sexual Assault Response Line
(Report All Sexual Assault Incidents) - 596-0446

Staff Duty Office - 563-6126

Work Order Desk (Engineering & Housing) - 596-0333

Quality of Life Hotline - 563-5433

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Emergency Information

Emergency Info

GLWACH Emergency Room:
573-596-0456
St. John's ER (Lebanon):
417-533-6350
St. John's Clinic (Waynesville):
573-336-1500
Phelps County Regional Medical Center (Rolla):
573-458-8899
Poison Center:
800-222-1222
Domestic Violence:
800-283-8401
Sheriff (Pulaski County):
573-774-6196
Police:
Crocker: 573-736-2211
Dixon: 573-759-6610
Richland: 573-765-4144
St. Robert: 573-336-4700
Rolla: 573-364-1212
Waynesville: 573-774-2414

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Crisis Line

Chaplain's Crisis Line (thru Staff Duty Officer):
573-563-6126
Child Abuse:
1-800-422-4453
Domestic Violence:
1-800-392-0210
Pulaski Crisis Center:
1-877-774-2628
Se**xual Assault:**
573-596-0446
Suicide Crisis:
1-800-811-4760
Good Samaritan Resource Center:
573-774-5113

Prevention Line

Chaplain's Crisis Line:
573-855-4146
Military Police:
573-596-6141
Suicide Prevention Lifeline:
800-273-8225
Crime Stoppers:
800-729-8477

Child Abuse

Definition: Physical, sexual or emotional mistreatment of children. Most child abuse occurs in a child's home; however, it can also occur in the organizations, schools or communities with which the child interacts. There are four major categories of child abuse: neglect, physical abuse, psychological/emotional abuse, and child sexual abuse.

On-Post Resources

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Army Community Service (ACS) Programs: ACS provides a wide range of programs to address and prevent Child Abuse. Information for all programs listed below is available by contacting Fort Leonard Wood's ACS:

486 Replacement Avenue
Ft. Leonard Wood, MO 65473
573-596-0212 (Voice)
573-596-596-0551 (Fax)
866-802-6710 (Toll Free)
www.fortleonardwoodmwr.com/acs.php

Parenting From the Heart: A six-week parenting class that explores different parenting styles. Parents learn age appropriate discipline strategies and effective communication techniques.

Bundles of Joy: A six week class designed for new and expecting parents to learn creative ways to care for babies. Explore ways of bonding, swaddling, and comforting your baby. Learn to budget for the new addition to the Family, child proof your home, and understand child safety precautions.

Play Morning: Open play morning time designed to help children develop gross and fine motor skills. Children from newborn to age five are eligible to participate. Parents and children interact together and with other children and their parents.

Bright Start: Play group designed to develop fine and gross motor skills, boost verbal and visual recognition, and promote socialization. Children between the ages of newborn and three years are eligible to participate.

Couples In Arms: A relationship enhancement workshop designed to teaches couples how to Talk Without Fighting, Support Your Relationship, and Build a Relationship That Lasts.

Anger Danger: A 6 week anger management workshop designed to assist with everyday hassles. Topics include: Anger Defined, What Causes Anger, Stress Less, and Who Controls Your Anger.

Love & Logic: For military Families with children between the ages of newborn and 6 years of age who would like to learn how to parent without anger, lectures, threats, and many warnings.

Stress Management: A 4 week workshop designed to teach participants to identify stressors and to learn creative ways to minimize and cope with everyday stress, effective time management, foods that reduce stress, and techniques that work in conjunction with your busy lifestyle.

New Parent Support Program (NPSP): Home Visits Professional home visitors provide supportive and caring services to Military Families who are expecting, or have children through the age of three years. The home visitor can talk about your concerns as a parent or parent-to-be, and help you learn to cope with stress, isolation, post deployment reunions, and the everyday demands of parenthood in the privacy of your home.

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Military and Family Life Consultant Program: Provides short term, problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. For further information, call 573-855-3269; (573) 855-3283; or (573) 212-0739.

Family Advocacy Support Program (Victim Advocacy): Victim advocates represent the interests of all domestic violence/sexual assault victims and provide direct support and assistance.

Chaplain's Office: Provides a variety of programs and services to assist in avoiding and addressing a variety of problematic issues. Services are available from your unit chaplain, the Family Life Chaplain, or the Installation Chaplain. Installation Chaplain's Office, Bldg 6501, 573-596-2127 or Family Life Chaplain, Bldg 6501, Room 27, 573- 596-0088.

Army Substance Abuse Program (Clinical): Provides guidance and leadership on alcohol and other drug policy issues.

Bldg 470
Room: 1105
Fort Leonard Wood, MO
573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

Office of the Staff Judge Advocate: Provides professional legal support to the local community.

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Bldg. 412
Fort Leonard Wood, MO

Legal Assistance Office: Counsels and assists military personnel and their dependants regarding the legal aspects of most social issues. Building 315, Room 117, 573-596-0629.

Litigation Division: Prosecutes civilians on FLW property and counsels victims of domestic violence and/or sexual assault. 573-596-0676

General Leonard Wood Army Community Hospital:

126 Missouri Ave
Fort Leonard Wood, MO 65473
573-596-1507

Confidential Reporting Line for Family Violence and Sexual Assault: 596-0446

Behavioral Medicine: Social Work Clinic (Family Advocacy): Deliver Individual, Marital, Family, and Group interventions for Military Families At Risk for Child and/or Spousal abuse; assess referred events of Child and/or Spousal Abuse on and off the installation and provide or refer for appropriate clinical interventions to facilitate family safety and functioning for members of the Military Community. Social Work Services, General Leonard Wood Army Community Hospital, Main Bldg, Suite 61-1, 573-596-1507.

Off-Post Resources

Hotlines:

Missouri Child Abuse & Neglect Reporting Hotline:

1-800-392-3738 (in Missouri)
573-751-3448 (outside of Missouri)

Runaway Hotline (Missouri Children's Division, Child Protective Services)

1-800-RUNAWAY

Return Services Visitation Program Hotline: 1-800-831-6863
http://www.battlefieldmo.org/pages/police_domestics

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Directories

AARDVARC: An Abuse, Rape and Domestic Violence Aid and Resource Directory with listings by county in Missouri).
http://www.aardvarc.org/dv/states/modv.shtml

211 Missouri: A comprehensive web-based directory funded by the United Way providing a wealth of resources to address basic human needs, physical/mental issues, work initiatives, needs of senior citizens, the disabled, youth, and families.
http://www.211missouri.org

Domestic Violence Shelters:

Missouri Department of Social Services Directory:
http://www.dss.mo.gov/dfas/taxcredit/pdf/dvshelters.pdf

COPE House: A not-for-profit agency in Lebanon, Missouri that provides safe shelter and related services to victims of domestic violence and their children, 201 Lawson Ave, Lebanon, MO 65536-3772, (417) 532-2885.
http://copeoflebanon.com/

Good Samaritan Resource Center, Genesis House: A non-denominational Christian organization, operating the Genesis battered women's shelter along with community and emergency services for men, women and children. (573-774-2628).
http://www.goodsam-genesis.org/

Russell House: Provides a variety of services including advocacy, a shelter, counseling, and support groups (1001 Laguille Ct, Rolla, MO 65402, (573) 364-0579, Toll Free: 1-800-998-8340, Fax: 1-573-364-1824, e-mail: contact@russellhouse.info).

http://www.russellhouse.info

Services

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Missouri Victim Assistance Network (MoVA): A non-profit organization whose mission is to promote fair treatment for victims of crime. P.O. Box 2232, Jefferson City, MO 65102, 1-800-698-9199, E-Mail: mova_net@yahoo.com.

http://mova.missouri.org/

Pulaski County Kid's Harbor: A multifunctional program responding to reports of child abuse serving ten counties in Missouri. Provide a child-friendly atmosphere for children who may be victims of neglect, sexual, physical and emotional abuse. 181 Eastlawn Ave. Suite 1-B, PO Box 767, St. Robert, MO 65584.

http://kidsharbor.typepad.com

Missouri Department of Social Services: Responsible for coordinating programs to provide public assistance to children and their parents, access to health care, child support enforcement assistance and to provide specialized assistance to troubled youth. While many programs give needed financial assistance and services, other units work toward reducing financial dependency of the citizens on government.

http://www.dss.mo.gov

Missouri Department of Social Services, Children's Division: Focuses on Adoption, Foster Care, Child Abuse and Neglect Hotline, Family Centered Services, Intensive In-Home Services.

http://www.dss.mo.gov/cd/index.htm

Missouri Department of Social Services, Children's Division Local Offices:

Pulaski County; 712 Historic 66 West, Waynesville, MO 65583, 573-774-6121;
Phelps County, 1111 Kings Highway, Rolla, MO 65401, 573-368-2340;
Texas County, 16798 Oak Hill Drive, Houston, MO 65483, 417-967-4551;
Laclede County, 2639 South Jefferson, Lebanon, MO 65536, 417-532-3137;
Green County, 149 Park Central Square, Springfield, MO 65806, 417-895-6000, Option 2;
Dent County, 800 W. Scenic Rivers Blvd, Salem, MO 65560, 573-729-4137;
Camden County, 146 Rodeo Road; Camdenton, MO 65020; 573-346-3363

Citizens Against Domestic Violence: PO Box 673, Camdenton, MO 65020, 314_346-2633.

Big Brothers / Big Sisters: Facilitates a one-to-one relationship with an adult role model and provides financial assistance for personal and scholastic needs. 800 North Providence Rd, Suite 110 Columbia, MO 65203, Phone: 573-874-3677 or 866-738-3208, Fax: 573-874-3679.

http://www.bigbro.com/

or

http://www.bbbs.org/site/c.hiKRL9POLtF/b.3986387/k.1EBF/Big_Brothers_Big_Sisters_of_Central_Missouri.htm

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Boys & Girls Town of Missouri: A non-profit organization dedicated to caring for its children and families located in Springfield, St. James & Columbia. 13160 County Rd 3610, St. James, MO 65559, 573-265-3251, Fax: 573-265-5370, admissions@great-circle.org.

http://www.bgtm.org

Child Advocacy Center: Takes a coordinated approach is taken in response to allegations of child sexual and physical abuse in an 18-county service area. At the CAC, Forensic Interviewers, investigators, law enforcement and medical personnel form a team to make decisions about the investigation, treatment and prosecution of each child abuse case.

http://www.childadvocacycenter.org/index.php

Missouri Kids First: A statewide network of individuals, programs, and organizations committed to protecting Missouri's Children by improving the response to child victims and ending the cycle of abuse in our communities. Mission is to provide the resources, training, support and public awareness necessary to end child abuse in Missouri.

http://kidsfirst.typepad.com/kidsfirst/child_advocacy_center/

Family Violence Center: Provides shelter, advocacy, and education to women and children who are victims of domestic violence and promotes the principle that all individuals have the right to a life free from abuse. P.O. Box 5972, Springfield, MO 6580, fvc@familyviolencecenter.org.

http://www.familyviolencecenter.org/

Missouri Coalition Against Domestic and Sexual Violence: A statewide membership coalition of organizations and individuals working to end violence against women and their children through direct services and social and systemic change**.**

http://www.mocadsv.org/dv101/

Forest Institute (Robert J. Murney Clinic): A teaching clinic committed to meeting the needs of the citizens of southwest Missouri that lack access to mental health services. This is accomplished through community partnerships, an income-based fee structure, individual, couples, family and group therapies, as well as psycho-educational courses.

http://www.forest.edu

National Alliance on Mental Illness: The nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness through support, education, and advocacy. NAMI is a national organization with state organizations and local affiliates in more than 1,100 communities. 1-800-950-NAMI (6264) or 703-524-7600, 3803 N. Fairfax Dr., Ste 100, Arlington, VA 22203.

(http://www.nami.org

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Touch Point Autism Services: Provides training for professionals, parents, and families with children on the autism spectrum. 314-432-6200, info@touchpointautism.org, 1101 Olivette Executive Parkway, St. Louis, MO 63132.

http://www.touchpointautism.org

Citizens Against Domestic Violence/Victim Outreach Center (Camdenton): Provides assistance for a variety of needs (sheltering, donations, individual and family support services). 1-888-809-7233 or 573-346-9630; 45 5th Street, Camdenton, MO 65020.

Comprehensive Human Services (The Shelter): Services offered include an emergency shelter, a Hotline, crisis intervention, support groups, and counseling. P.O. Box 1367, Columbia Missouri, 1-800-548-2480 or 573-875-1370.

www.boonecountysafeshelter.com

Rape & Abuse Crisis Service: Provides direct services to persons who are victims of domestic violence, sexual assault and/or stalking. Offers shelter services to provide physical safety and facilitate services for those victims of abuse. Service area includes Cole, Gasconade, Maries, Miller, Moniteau, Morgan, Osage, Southern Boone and Callaway Counties. P.O. Box 416, Jefferson City, MO 65102, 1-800-303-0013, E-Mail: racs@racsjc.org573-634-4911.

http://www.racsjc.org

Legal Resources

Legal Services of Missouri: Directory of Legal Services to low-income and elderly people in Missouri.

http://www.lsmo.org/Home/PublicWeb

25th Judicial Circuit Court: Provides general information on legal issues and court services

http://www.courts.mo.gov

Court Appointed Special Advocates for Children(CASA): CASA volunteers are appointed by judges to watch over and advocate for abused and neglected children, to make sure they don't get lost in the overburdened legal and social service system or languish in inappropriate group or foster homes. Volunteers stay with each case until it is closed and the child is placed in a safe, permanent home. For many abused children, their CASA volunteer will be the one constant adult presence in their lives. The National CASA Association is a network of 1,000 program offices that are recruiting, training and supporting volunteers to represent the best interests of abused and neglected children in the courtroom and other settings.

http://www.casaforchildren.org

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Abuse (Domestic)

On-Post Resources

Army Community Service (ACS) Programs: ACS provides a wide range of programs to address and prevent Child Abuse. Information for all programs listed below is available by contacting Fort Leonard Wood's ACS:

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486 Replacement Avenue
Ft. Leonard Wood, MO 65473
573-596-0212 (Voice)
573-596-596-0551 (Fax)
866-802-6710 (Toll Free)
www.fortleonardwoodmwr.com/acs.php

Confidential Reporting Line for Family Violence and Sexual Assault: 573-596-0446

Parenting From the Heart: A six week parenting class which explores different parenting styles. Parents learn age appropriate discipline strategies and effective communication techniques.

Bundles of Joy: A six week class designed for new and expecting parents to learn creative ways to care for babies. Explore ways of bonding, swaddling, and comforting your baby. Learn to budget for the new addition to the Family, child proof your home, and understand child safety precautions.

Play Morning: Open play morning time designed to help children develop gross and fine motor skills. Children from newborn to age five are eligible to participate. Parents and children interact together and with other children and their parents.

Bright Star: Play group designed to develop fine and gross motor skills, boost verbal and visual recognition, and promote socialization. Children between the ages of newborn and three years are eligible to participate.

Couples In Arms: A relationship enhancement workshop designed to teaches couples how to Talk Without Fighting, Support Your Relationship, and Build a Relationship That Lasts.

Anger Danger: A 6 week anger management workshop designed to assist with everyday hassles. Topics include: Anger Defined, What Causes Anger, Stress Less, and Who Controls Your Anger.

Love & Logic: For military Families with children between the ages of newborn and 6 years of age who would like to learn how to parent without anger, lectures, threats, and many warnings.

Stress Management: Teach participants to identify stressors and to learn creative ways to minimize and cope with everyday stress, effective time management, foods that reduce stress, and techniques that work in conjunction with your busy lifestyle.

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New Parent Support Program (NPSP) Home Visits: Professional home visitors provide supportive and caring services to Military Families who are expecting, or have children through the age of three years. The home visitor can talk about your concerns as a parent or parent-to-be, and help you learn to cope with stress, isolation, post deployment reunions, and the everyday demands of parenthood in the privacy of your home.

Military Family Life Consultants: Provides short term, situation, problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. For more information, call (573) 855-3269; (573) 855-3283; or (573) 212-0739

Victim Advocacy Program: Victim advocates represent the interests of all domestic violence/sexual assault victims and provide direct support and assistance.

Chaplain's Office: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief, and spiritual, etc. Information is confidential. Bldg 6501, 573-596-2127.

Shelter from the Storm Sexual Assault Survivors Support Group: A Facilitator lead support group, promotes healing from a spiritual perspective. Open to any individual who has been a victim of sexual assault. Building 6501, Indiana Avenue, 573-596-0089

Family Life Chaplain: Bldg 6501, Room 27, 573-596-0088

Army Substance Abuse Program, Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently

serving active duty military only. Self referrals are encouraged. Building 470, Suite 1105, 573-596-0119.

Staff Judge Advocate

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues. Building 315, 573-596-0629.

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Litigation Division: Prosecutes civilians on FLW property and counsels victims of domestic violence and/or sexual assault. Building 315, 573-596-0629.

Victim Witness Liaison Program: Provides assistance in obtaining restraining orders, "transitional compensation" benefits, restitution, liaising with employer, command, and the court system, etc., Building 315, Suite 573-596-0629.

General Leonard Wood Army Community Hospital, Social Work Clinic (Family Advocacy): Deliver Individual, Marital, Family, and Group interventions for Military Families At Risk for Child and/or Spousal abuse; assess referred events of Child and/or Spousal Abuse on and off the installation and provide or refer for appropriate clinical interventions to facilitate family safety and functioning for members of the Military Community. Social Work Services, General Leonard Wood Army Community Hospital, Main Bldg , Suite 61-1, 126 Missouri Ave, FLW, MO 65473, 573-596-1507.

Family Advocacy: Deliver Individual, Marital, Family, and Group interventions for Military Families At Risk for Child and/or Spousal abuse; assess referred events of Child and/or Spousal Abuse on and off the installation and provide or refer for appropriate clinical interventions to facilitate family SAFETY and functioning for members of the Military Community.

Off Post Resources

Missouri Department of Social Services, Family Support Division: Responsible for coordinating programs to provide public assistance to children and their parents, access to health care, child support enforcement assistance and to provide specialized assistance to troubled youth. While many programs give needed financial assistance and services, other units work toward reducing financial dependency of the citizens on government. P.O. Box 2320, Jefferson City, MO 65102, 573-751-3221

http://www.dss.mo.gov/fsd

or

http://www.dss.mo.gov

(contains an excellent resource locator)

COPE House: A not-for-profit agency in Lebanon, Missouri that provides safe shelter and related services to victims of domestic violence and their children, 201 Lawson Ave, Lebanon, MO 65536-3772, (417) 532-2885

http://copeoflebanon.com/

Good Samaritan Resource Center, Genesis House: A non-denominational Christian organization, operating the Genesis battered women's shelter along with community and emergency services for men, women and children. (573-774-2628)

http://www.goodsam-genesis.org/

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Russell House: Provides a variety of services including advocacy, a shelter, counseling, and support groups (1001 Laguille Ct, Rolla, MO 65402, (573) 364-0579, Toll Free: 1-800-998-8340, Fax: 1-573-364-1824, e-mail: contact@russellhouse.info)

http://www.russellhouse.info

AARDVARC: An Abuse, Rape and Domestic Violence Aid and Resource Directory with listings by county in Missouri)

http://www.aardvarc.org/dv/states/modv.shtml

Missouri Victim Assistance Network (MoVA): a non-profit organization whose mission is to promote fair treatment for victims of crime. P.O. Box 2232, Jefferson City, MO 65102, 1-800-698-9199, mova_net@yahoo.com

http://mova.missouri.org/

Legal Services of Missouri: Directory of Legal Services to low-income and elderly people in Missouri.

http://www.lsmo.org/Home/PublicWeb

25th Judicial Circuit Court: Provides general information on legal issues and court services

http://www.courts.mo.gov

Pulaski County Kid's Harbor: A multifunctional program responding to reports of child abuse serving ten counties in Missouri. Provide a child-friendly atmosphere for children who may be victims of neglect, sexual, physical and emotional abuse. 181 Eastlawn Ave. Suite 1-B, PO Box 767, St. Robert, MO 65584

Big Brothers / Big Sisters: Facilitates a one-to-one relationship with an adult role model and provides financial assistance for personal and scholastic needs. 800 North Providence Rd, Suite 110Columbia, MO 65203, Phone: 573-874-3677 or 866-738-3208, Fax: 573-874-3679.

http://www.bigbro.com

OR

http://www.bbbs.org/site/c.hiKRL9POLtF/b.3986387/k.1EBF/Big_Brothers_Big_Sisters_of_Central_Missouri.htm

Boys & Girls Town of Missouri: A non-profit organization dedicated to caring for its children and families located in Springfield, St. James & Columbia. 13160 County Rd 3610, St. James, MO 65559, 573-265-3251, Fax: 573-265-5370, admissions@great-circle.org

http://www.bgtm.org

Child Advocacy Center: Takes a coordinated approach is taken in response to allegations of child sexual and physical abuse in an 18-county service area. At the CAC, Forensic Interviewers, investigators, law enforcement and medical personnel form a team to make decisions about the investigation, treatment and prosecution of each child abuse case.

http://www.childadvocacycenter.org/index.php

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Missouri Kids First: A statewide network of individuals, programs, and organizations committed to protecting Missouri's Children by improving the response to child victims and ending the cycle of abuse in our communities. Mission is to provide the resources, training, support and public awareness necessary to end child abuse in Missouri.

http://kidsfirst.typepad.com/kidsfirst/child_advocacy_center

Women Infants and Children (WIC): A special supplemental nutrition program that provides services to pregnant women, new mothers, infants and children up to their 5th birthday. Primary services include health screening, risk assessment, nutrition education and counseling, and referrals to health care. Supplemental food is provided at no cost to participants.

http://www.dhss.mo.giv/wic

and

http://gis.dhss.mo.gov/website/ags_wicprovider/wicprovider.html (locator map)

Court Appointed Special Advocates (CASA): CASA volunteers are appointed by judges to watch over and advocate for abused and neglected children, to make sure they don't get lost in the overburdened legal and social service system or languish in inappropriate group or foster homes. Volunteers stay with each case until it is closed and the child is placed in a safe, permanent home. For many abused children, their CASA volunteer will be the one constant adult presence in their lives. The National CASA Association is a network of 1,000 program offices that are recruiting, training and supporting volunteers to represent the best interests of abused and neglected children in the courtroom and other settings.

http://www.casaforchildren.org

Family Violence Center: provides shelter, advocacy, and education to women and children who are victims of domestic violence and promotes the principle that all individuals have

the right to a life free from abuse. P.O. Box 5972, Springfield, MO 6580, fvc@familyviolencecenter.org

http://www.familyviolencecenter.org/

Parenting Life Skills Center: A child abuse and neglect prevention program. Offerings include programs to help families at risk for child abuse and neglect, domestic unrest or violence. 600 S. Jefferson, Springfield, MO 65806, 417-831-9596

www.parentinglifskills.com

or

www.bgtm.org

Missouri Coalition Against Domestic and Sexual Violence: A statewide membership coalition of organizations and individuals working to end violence against women and their children through direct services and social and systemic change.

http://www.mocadsv.org/dv101/

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Forest Institute (Robert J. Murney Clinic): A teaching clinic committed to meeting the needs of the citizens of southwest Missouri that lack access to mental health services. This is accomplished through community partnerships, an income-based fee structure, individual, couples, family and group therapies, as well as psycho-educational courses.

http://www.forest.edu

National Alliance on Mental Illness: The nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness through support, education, and advocacy. NAMI is a national organization with state organizations and local affiliates in more than 1,100 communities. 1-800-950-NAMI (6264) or 703-524-7600, 3803 N. Fairfax Dr., Ste 100, Arlington, VA 22203

(http://www.nami.org

Touch Point Autism Services: Provides training for professionals, parents, and families with children on the autism spectrum. 314-432-6200, info@touchpointautism.org, 1101 Olivette Executive Parkway, St. Louis, MO 63132

http://www.touchpointautism.org

Citizens Against Domestic Violence: PO Box 673, Camdenton, MO 65020, 314-346-2633

Comprehensive Human Services (The Shelter): Services offered include an emergency shelter, a Hotline, crisis intervention, support groups, and counseling. P.O. Box 1367, Columbia Missouri, 1-800-548-2480 or 573-875-1370

www.boonecountysafeshelter.com

Rape & Abuse Crisis Service: Provides direct services to persons who are victims of domestic violence, sexual assault and/or stalking. Offers shelter services to provide physical safety and facilitate services for those victims of abuse. Service area includes Cole, Gasconade, Maries, Miller, Moniteau, Morgan, Osage, Southern Boone and Callaway Counties. P.O. Box 416, Jefferson City, MO 65102, 1-800-303-0013, E-Mail: racs@racsjc.org, 573-634-4911

http://www.racsjc.org

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Citizens Against Domestic Violence/Victim Outreach Center (Camdenton): Provides assistance for a variety of needs (sheltering, donations, individual and family support services). 1-888-809-7233 or 573-346-9630; 45 5th Street, Camdenton, MO 65020.

No Web Site

Abuse (Drug and Alcohol)

On-Post Resources

ARMY COMMUNITY SERVICE
486 REPLACEMENT AVE., FLW, MO 65473
Phone: 573-596-0212 Fax: 573-329-4545
Toll Free: 866-802-6710
www.fortleonardwoodmwr.com/acs.php

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MFLC: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc.

Chaplain's Office, Bldg 6501, 573-596-2127

Family Life Chaplain, Bldg 6501, Room 27, 573-596.0088

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief, and spiritual, etc. Information is confidential.

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

Staff Judge Advocate, Bldg 315, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependents regarding the legal aspects of most social issues, Building 315, Room 117, 573-596-0629

Army Substance Abuse Program: Building 470, Room 1105, 573-596-0119.

Employee Assistance Program (EAP): Confidential screening, short-term counseling and referral services for a wide range of personal issues including substance abuse. Populations served include civilian employees, their family members, military family members, and military retirees. The EAP also provides consultation for supervisors of civilian employees. For more information call: 573-596-0938 or stop by Bldg. 470, Room 1105.

Army Substance Abuse Program Prevention Services: Provides a wide range of substance abuse prevention education to military units, and organizations that serve the military community. Classes, displays, video resources and drunk driving prevention resources are available. For more information call: 573-596-0938 or stop by Bldg. 470, Room 1105.

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ADAPT (Alcohol and other Drug Prevention Training): A 12 hour course targeted at individuals who have run into trouble with drugs and alcohol. This class invites participants to make informed choices about their use of drugs and alcohol. Participants are normally referred through ASAP clinical services. For more information call: 573-596-0938 or stop by Bldg. 470, Room 1105.

Off Post Resources

Addiction Search: A source of addiction related research on drug rehabilitation and alcohol treatment programs, treatment centers and addiction recovery information. Toll Free Recovery Hotline: 1-800-559-9503

http://addictionsearch.com

Missouri Department of Mental Health, Division of Alcohol and Drug Abuse: The single state agency responsible for overseeing a statewide network of publicly-funded substance abuse prevention, treatment, and recovery support services. 573-751-4942 or adammail@dmh.mo.gov

http://www.dmh.mo.gov/ada

Missouri Department of Mental Health, Division of Alcohol and Drug Abuse – Substance Abuse Traffic Offenders Program (SATOP): A statewide network of comprehensive, accessible, community-based education and treatment options for consumers arrested in Missouri for alcohol- and drug-related driving offenses. Mission is to inform and educate drivers, promote safe and responsible decision-making, motive individuals for personal change and growth, and contribute to public health and safety.

http://www.dmh.mo.gov/ada/satop

Narcotics Anonymous (NA): A twelve-step program focusing on addiction, modeled after Alcoholics Anonymous. NA describes itself as a "fellowship or society of men and women for who drugs has become a major problem." The program is group-oriented, and is based on the Twelve Steps and The Twelve Traditions, adapted from AA.

http://www.na.org

or

http://www.midmissourina.org

Al-Anon/Alateen: An international fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

www.al-anon.alateen.org

or

www.midmissourina.org

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Drug Awareness and Resource Team Services (DARTS) of Pulaski County: Provides drug education programs and rehabilitation resources. P.O. Box 4454, Waynesville, MO 65583, pulaskicountydarts@yahoo.com

www.dartsofpulaskicounty.org

State Department of Mental Health, Division of Alcohol and Drug Abuse: Plans and funds prevention, treatment and rehabilitation programs for alcohol and other drug abuse;

http://dmh.mo.gov/ada

Alcoholics Anonymous: An international mutual aid movement claiming more than two million members, declaring its primary purpose is to stay sober and help other alcoholics achieve sobriety. 1931 E. Battlefield Street, Suite 124-C, Springfield, MO 65807, 417-823-7125, aa-columbia_mo@hotmail.com

http://www.aa.org

http://aa.columbia.missouri.org

Pathways Community Behavioral Healthcare, Inc: A not-for-profit community mental health center providing a full continuum of care and access to services across Missouri through 32 office locations. 704 W. Historic Route 66, Suite 201., Waynesville, MO 65583, 573-774-3121.

http://www.pathwaysonline.org

Mothers Against Drunk Driving: A non-profit organization that seeks to stop drunk driving, support those affected by drunk driving, prevent underage drinking, and overall push for stricter alcohol policy. 511 E. Carpenter Freeway, Suite 700, Irving, TX 75062, 1-800 GET-MADD

http://www.madd.org

Southeast Missouri Community Treatment Center: A community-based, nonmedical provider of supportive residential and outpatient substance abuse, mental health, co-occurring disorders treatment services.

http://www.semoctc.org

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Piney Ridge Treatment Center: A 60-bed residential treatment center located in Waynesville, Missouri. Primary Focus: Mental health and substance abuse services. 1000 Hospital Road, Waynesvile, MO 65583, 573-774-5353

http://www.amicarebehavioral.com/piney_mo.htm

Sigma House of Springfield: Mission is to provide quality substance abuse or addiction rehabilitation services. 800 S. Park Avenue, Springfield, MO 65802, 417-862-3339

http://sigmahouse.org

Cox Health Center for Addictions: A hospital-based treatment center operating with the philosophy and goal of providing quality care and programs for those whose lives have been affected by addictive disease. 1423 N. Jefferson Avenue, Springfield, MO 65802, 417-269-2273

http://www.coxhealth.com/body.cfm?id=1897

Accidents

On Post Resources

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Army Substance Abuse Program, Building 470, Room 1105, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

Staff Judge Advocate, Bldg 315, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues. Building 315, Room 117, 573-596-0629

Claims Office: Handles monetary claims against the government stemming from accidents/damage caused by government operators.

Safety Office, Bldg 1000. Suite 107, 573-596-0116

Motorcycle Safety: All persons operating motorcycles on the installation, and Soldiers operating motorcycles off the installation, must attend required motorcycle safety courses, provided by the MSCoE Safety Office (MSO). There are 3 types of courses, Beginning Riders Course, Experienced Riders Course, and Military Sport bike Riders Course. The courses are free of charge for all military personnel and DoD civilian employees and area available to dependents and retirees on a space-available basis. To register, call MSO or go to **https://airs.lmi.org/default.aspx** and select Northeast Region and then Fort Leonard Wood.

Child Car Safety Seat Inspections: Inspections of child car safety seats, to ensure that they are correctly installed. Also, the seat is checked, to ensure that it has not been recalled and that it is the correct type of seat for the child's size. Inspections are performed by a Certified Child Car Safety Seat Technician.

Directorate of Emergency Services, Bldg 580, North Dakota Ave. FLW, MO 65473, 573-596-0886

Fire Prevention and Education: Provides fire prevention and educational services to units, community members and residents of FLW. Assists to determine regulatory compliance and identify safety hazards in the work place and home.

Directorate of Family, and Morale, Welfare and Recreation, Bldg 2290, Room, FLW, MO 65473, 573-596-4223

Hunter Safety: Hunter education provides a foundation in hunting safety and ethics that helps hunters focus on more than just being successful in the pursuit of game. Hunter education strives to instill responsibility, improve skills and knowledge, and encourage the involvement of beginner and veteran hunters. Responsible, ethical behavior and personal involvement are both essential to the survival of hunting. This course is recommended for motivated students age 14 and older with good reading and comprehension skills who have some firearm and hunting knowledge or experience. However, students 11 years old and older may be tested and certified in this course.

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Concealed Weapons Class: The Outdoor Adventure Center hosts a series of Missouri Concealed Carry Classes throughout the year. This minimum 8 hr course of instruction is the first step in acquiring a MO CCW (concealed carry weapon) endorsement, including weapons qualification on the range. Students must be at least 23 years of age to attend this course. Concealed Carry Permits (CCP), regardless of state of issuance, are not authorized or recognized on Fort Leonard Wood. See FLW Reg 190-6 for transportation requirements and authorized purposes.

American Red Cross, 496 Replacement Ave., FLW, MO 65473, 573-59.-0300 or 1-877-272-7337

Emergency Message Service: The American Red Cross links members of the U.S. Armed Forces with their families during a crisis. Twenty-four hours a day, 365 days a year, the Red Cross quickly sends emergency communications to deployed service members on behalf of their family.

American Red Cross (Crisis Counseling): 573-364-3947

http://www.redcross-capitalarea.org
or
http://www.redcross-ozarks.org
or
http://www.redcross.org

Off Post Resources

Texas County Emergency Management: Mission is to protect the lives and property of all residents when major disasters threaten public safety in Texas County. 210 N. Grand Avenue, Houston, MO, 573-261-0569

www.texascountymissouri.org/emergency_management.html

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Assault (Sexual)

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212, Fax: 573-596-0551, Toll Free: 866-802-6710

Military Family Life Consultants (MFLC): Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. For further information, call (573) 855-3269; (573) 855-3283; or (573) 212-0739.

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Sexual Assault Response & Prevention Program: Provides awareness for the prevention of sexual assault, and if the assault occurs, the provision of information, services, and support is given to the victim; there is a coordination and integration of victim services and provision of training to military units. For further information, contact Army Community Service, Building 486; 573-596-0212; 573-596-4318; 573-596-1229; 573-596-4220

Chaplain's Office, Bldg 6501, 573-596-2127,

Shelter from the Storm Sexual Assault Survivors Support Group: A facilitator led support group, promotes healing from a spiritual perspective. Open to any individual who has been a victim of sexual assault. Building 6501, Indiana Avenue. 573-596-0089

Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief, and spiritual, etc. Information is confidential.

Army Substance Abuse Program, Building 470, Room 1105, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

Staff Judge Advocate, Bldg 315, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues. Building 315, Room 117, 573-596-0629

Litigation Division: Prosecutes civilians on FLW property and counsels victims of domestic violence and/or sexual assault.

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General Leonard Wood Community Hospital, 126 Missouri Ave, FLW, MO 65473, 573-596-1507:

Confidential Reporting Line for Family Violence and Sexual Assault 573-596-0446

Sexual Assault Support: Provides behavioral health individual counseling and coordination of healthcare resources for victims of Sexual Assault. Restricted Reporting option available for Active Duty, Dependents and Civilians. Immediate interventions to address trauma (RTS) and medical (STD, Physical Injury) concerns. Contact Social Work Services, Behavioral Health Division, Main Hospital, Suite 61-1, 126 Missouri Avenue, Fort Leonard Wood Missouri, 573-596-1507.

Staff Judge Advocate, Building 315, 573-596-0203

Victim Witness Liaison Program: Provides assistance in obtaining restraining orders, "transitional compensation" benefits, restitution, liaising with employer, command, and the court system, etc.

Off Post Resources

COPE House: A not-for-profit agency in Lebanon, Missouri that provides safe shelter and related services to victims of domestic violence and their children, 201 Lawson Ave, Lebanon, MO 65536-3772, (417) 532-2885

http://copeoflebanon.com

Good Samaritan Resource Center, Genesis House: A non-denominational Christian organization, operating the Genesis battered women's shelter along with community and emergency services for men, women and children. (573-774-2628)

http://www.goodsam-genesis.org/

Russell House: Provides a variety of services including advocacy, a shelter, counseling, and support groups (1001 Laguille Ct, Rolla, MO 65402, (573) 364-0579, Toll Free: 1-800-998-8340, Fax: 1-573-364-1824, e-mail: contact@russellhouse.info)

http://www.russellhouse.info

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Missouri Department of Social Services, Children's Division: Focuses on Adoption, Foster Care, Child Abuse and Neglect Hotline, Family Centered Services, Intensive In-Home Services

http://www.dss.mo.gov/cd/index.htm

Missouri Department of Social Services, Children's Division Local Offices:

Pulaski County; 712 Historic 66 West, Waynesville, MO 65583, 573-774-6121;
Phelps County, 1111 Kings Highway, Rolla, MO 65401, 573-368-2340;
Texas County, 16798 Oak Hill Drive, Houston, MO 65483, 417-967-4551;
Laclede County, 2639 South Jefferson, Lebanon, MO 65536, 417-532-3137;
Green County, 149 Park Central Square, Springfield, MO 65806, 417-895-6000, Option 2;
Dent County, 800 W. Scenic Rivers Blvd, Salem, MO 65560, 573-729-4137;
Camden County, 146 Rodeo Road; Camdenton, MO 65020; 573-346-3363

25th Judicial Circuit Court: Provides general information on legal issues and court services

http://www.courts.mo.gov

Pulaski County Kid's Harbor: A multifunctional program responding to reports of child abuse serving ten counties in Missouri. Provide a child-friendly atmosphere for children who may be victims of neglect, sexual, physical and emotional abuse. 181 Eastlawn Ave. Suite 1-B, PO Box 767, St. Robert, MO 65584

Child Advocacy Center: Takes a coordinated approach is taken in response to allegations of child sexual and physical abuse in an 18-county service area. At the CAC, Forensic Interviewers, investigators, law enforcement and medical personnel form a team to make decisions about the investigation, treatment and prosecution of each child abuse case.

http://www.childadvocacycenter.org/index.php

Missouri Coalition Against Domestic and Sexual Violence: A statewide membership coalition of organizations and individuals working to end violence against women and their children through direct services and social and systemic change.

http://www.mocadsv.org/dv101/

Forest Institute (Robert J. Murney Clinic): A teaching clinic committed to meeting the needs of the citizens of southwest Missouri that lack access to mental health services. This is accomplished through community partnerships, an income-based fee structure, individual, couples, family and group therapies, as well as psycho-educational courses.

http://www.forest.edu

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National Alliance on Mental Illness: The nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness through support, education, and advocacy. NAMI is a national organization with state organizations and local affiliates in more than 1,100 communities. 1-800-950-NAMI (6264) or 703-524-7600, 3803 N. Fairfax Dr., Ste 100, Arlington, VA 22203

http://www.nami.org

Touch Point Autism Services: Provides training for professionals, parents, and families with children on the autism spectrum. 314-432-6200, info@touchpointautism.org, 1101 Olivette Executive Parkway, St. Louis, MO 63132

http://www.touchpointautism.org

Phelps County Regional Medical Center: A full service hospital located in Rolla, Missouri. 573-458-8889

http://www.pcrmc.com

St John's Hospital – Lebanon: An acute care, general medical-surgical hospital, 100 Hospital Drive, Lebanon, MO 65536, 417-533-6100.

www.stjohns.com/lebanon/

Lake Regional Hospital – A community hospital located in Osage Beach, Missouri, 54 Hospital Drive, Osage Beach, MO 65065, 573-348-8000

http://www.lakeregional.com

Citizens Against Domestic Violence: PO Box 673, Camdenton, MO 65020, 888-809-7233 / 573-346-9600

Child Care

On Post Resources

Child, Youth & School (CYS) Services Headquarters, Building 470 Replacement Avenue Suite 1102, FLW, MO 65473, Phone: 573-596-0200; Fax: 573-596-6978.

www.fortleonardwoodmwr.com/cys.php

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4-H Clubs: For children and youth 6 through 18 years of age. This program offers 4-H experiences in fine arts, photography, technology, and citizenship/community service on and off post. Youth participate in local, county, state and national 4-H opportunities. Training and materials are provided through an enterprise relationship with the US Department of Agriculture National 4-H Headquarters. The programs are available in facility based settings on the installation. Building 470, Replacement Avenue Suite 1102 B, Fort Leonard Wood, MO 65473, 573-596-0200/4302.

http://www.fortleonardwoodmwr.com/youthservices.php

Boys and Girls Clubs of America (BGCA): For children and youth 6 through 18 years of age. Facility based BGCA programs and experiences are offered as part of core programming in Army School Age and Youth Programs through an enterprise relationship with the National Office of Boys & Girls Clubs of America. Youth participate in programs promoting success in school, healthy living, skill development, creative arts, sports and fitness, and exploring vocational choices. Building 470, Replacement Avenue Suite 1102 B, Fort Leonard Wood, MO 65473, 573-596-0200/4302.

http://www.fortleonardwoodmwr.com/youthservices.php

Child and Youth Behavioral (CYB) Military and Family Life Consultant (MFLC): Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. Children and youth must be registered with CYS Services. 573-528-4928 or 573-337-1929

Parent to Parent Cadre: The Parent to Parent program provides informative and interactive workshops to groups or organizations. The team members have personal expertise, backed by research. They share practical ideas, proven techniques, and solid resources to support

the military parents/guardians of transitioning school-age children. Building 470, Replacement Avenue Suite 1102 H, Fort Leonard Wood, MO 65473, 573-596-0200/0357,

www.fortleonardwoodmwr.com

School Liaison Officer: The program assists any Military member who has a child or children within local school districts that may have questions or concerns that impact transitioning military students. Building 470, Replacement Avenue Suite 1102 H, Fort Leonard Wood, MO 65473, 573-596-0200/0357.

http://www.fortleonardwoodmwr.com/schoolliaison.php

SKIES Instructional Programs: For children and youth ages 3 through 18 years. This program offers a range of out of school classes, e.g., music, dance, martial arts, gymnastics, technology, life skills and SAT prep designed to complement, expand and support the academic, life skills and athletic experiences children and youth have within Army CYS Services programs and Schools. The program is provided by CYS Services employees and contract instructors in a variety of settings. Children and youth must be registered with CYS Services. Building 470, Replacement Avenue Suite 1102 F, Fort Leonard Wood, MO 65473, 573-596-0200 or 563-3006.

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http://www.fortleonardwoodmwr.com/skies.php

Student to Student: For youth in 9th through 12th grade. The program offers student led and faculty sponsored school based peer support programs for mobile military students transitioning in and out of schools with large military student populations. Building 470, Replacement Avenue Suite 1102 H, Fort Leonard Wood, MO 65473, 573-596-0200/0357.

www.fortleonardwoodmwr.com

The Edge! and Hired! Programs: For children and youth ages 6 through 18 years. This program offers options on-site in Family and Morale, Welfare and Recreation (FMWR) facilities. Includes The Edge! life skills and adventure activities and the Hired! Workforce preparation program for 15 through 18 years. Children and youth must be registered with CYS Services. Building 470, Replacement Avenue Suite 1102 G, Fort Leonard Wood, MO 65473, 573-596-0200 or 596-4324.

http://www.fortleonardwoodmwr.com/youthservices.php

Tutor.com: For children and youth Kindergarten through 1st Year of College. This program offers free online tutoring services to all Army affiliated youth. Tutoring services are accessible 24/7 through the CYS Services' Public Site on Army OneSource. Building 470, Replacement Avenue Suite 1102 H, Fort Leonard Wood, MO 65473, 573-596-0200/0357.

www.fortleonardwoodmwr.com

Fort Leonard Wood Child Development Center, Building 615 Replacement Avenue FLW, MO 65473, 573-596-0210/0197, Fax: 573-596-6978

Character Counts! For children and youth ages 3 through 18 years of age. This program offers ethical behavior training that encourages dialogue about life issues, analysis of personal belief systems, and application of ethical and moral principles to everyday activities. Program training and materials are provided through an enterprise relationship with the Josephson Institute and are available in facility based and quarters based settings on the installation. Building 615 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0210/0197.

www.fortleonardwoodmwr.com

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Full Day Care: Full day child care provided for ages six weeks through Kindergarten. The programs operational hours are Monday through Friday 0530-1730. Children must be registered with CYS Services. Building 615 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0210/0197.

www.fortleonardwoodmwr.com

Hourly Care: Hourly child care is provided for ages six weeks through Kindergarten. Reservations times are available Monday through Friday, 0800-1700. Children must be registered with CYS Services. Building 615 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0210/0197.

www.fortleonardwoodmwr.com

Part Day Preschool: Part Day Preschool is provided for ages three to five years old. The three day PM program operates Monday, Wednesday and Friday, 1230-1530. Children must be registered with CYS Services. Building 615 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0210/0197.

www.fortleonardwoodmwr.com

Strong Beginnings: The Pre-K program is available for children who will be going to Kindergarten the following year. The five day AM program operates Monday through Friday, 0830-1130. Children must be registered with CYS Services. Building 615 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0210/0197.

www.fortleonardwoodmwr.com

Family Child Care, Building 470 Replacement Avenue Room 1125, FLW, MO 65473, 573-596-0185, Fax: 573-596-6978

Character Counts! For children and youth ages 3 through 18 years of age. This program offers ethical behavior training that encourages dialogue about life issues, analysis of personal belief systems, and application of ethical and moral principles to everyday activities. Program training and materials are provided through an enterprise relationship with the Josephson Institute and are available in facility based and quarters based settings on the installation. Building 470, Replacement Avenue Room 1125, Fort Leonard Wood, MO 65473, 573-596-0185.

www.fortleonardwoodmwr.com

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Extended Hours Care, Evening Care, Full Day Care, Hourly Care, Long Term Care, Part Day Care, and Weekend Care: A professional quarters based system offering care to children ages 4 weeks through 12 years. The program provides high quality care in a home style setting with a limited number of children. Children must be registered with CYS Services. Building 470, Replacement Avenue Room 1125, Fort Leonard Wood, MO 65473, 573-596-0185.

www.fortleonardwoodmwr.com

School Age Services, Building 616 Replacement Avenue, FLW, MO 65473, 573-596-0239, Fax: 573-596-6978

4-H Clubs: For children and youth 6 through 18 years of age. This program offers 4-H experiences in fine arts, photography, technology, and citizenship/community service on and off post. Youth participate in local, county, state and national 4-H opportunities. Training and materials are provided through an enterprise relationship with the US Department of Agriculture National 4-H Headquarters. The programs are available in facility based settings on the installation. Building 616 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0239.

www.fortleonardwoodmwr.com

Before and After School Program: The program offers structured and recreational activities to enhance the development of school age children. Transportation is provided to and from designated on post schools. The programs operational hours are Monday through Friday 0530-0830 and 1530-1730. Children must be registered with CYS Services. Building 616 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0239.

www.fortleonardwoodmwr.com

Boys and Girls Clubs of America (BGCA): For children and youth 6 through 18 years of age. Facility based BGCA programs and experiences are offered as part of core programming in Army School Age and Youth Programs through an enterprise relationship with the National Office of Boys & Girls Clubs of America. Youth participate in programs promoting success in school, healthy living, skill development, creative arts, sports and fitness, and exploring

vocational choices. Building 616 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0239.

www.fortleonardwoodmwr.com

Character Counts! For children and youth ages 3 through 18 years of age. This program offers ethical behavior training that encourages dialogue about life issues, analysis of personal belief systems, and application of ethical and moral principles to everyday activities. Program training and materials are provided through an enterprise relationship with the Josephson Institute and are available in facility based and quarters based settings on the installation. Building 616 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0239.

www.fortleonardwoodmwr.com

Full Day Summer Program: The program offers a variety of educational, developmental and fun activities including field trips. Operational hours are Monday through Friday 0530-1730. Children must be registered with CYS Services. Building 616 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0239.

www.fortleonardwoodmwr.com

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Hourly Care: Hourly child care is provided for ages 6-10 years. Reservations times are available on a space available basis Monday through Friday, 0800-1700. Children must be registered with CYS Services. Building 616 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0239.

www.fortleonardwoodmwr.com

Open Recreation: A free program for 1st through 5th grades. Operational days are the 2nd and 4th Saturday of each month (except on Federal Holiday weekends) from 1200-1500. Children must be registered with CYS Services. Building 616 Replacement Avenue, Fort Leonard Wood, MO 65473, 573-596-0239.

www.fortleonardwoodmwr.com

Middle School/Teen Program, Building 9625 Young Street, FLW, MO 65473, 573-596-0209, Fax: 573-596-6978

4-H Clubs: For children and youth 6 through 18 years of age. This program offers 4-H experiences in fine arts, photography, technology, and citizenship/community service on and off post. Youth participate in local, county, state and national 4-H opportunities. Training and materials are provided through an enterprise relationship with the US Department of Agriculture National 4-H Headquarters. The programs are available in facility based settings on the installation. Building 9625 Young Street, Fort Leonard Wood, MO 65473, 573-596-0209.

www.fortleonardwoodmwr.com

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Boys and Girls Clubs of America (BGCA): For children and youth 6 through 18 years of age. Facility based BGCA programs and experiences are offered as part of core programming in Army School Age and Youth Programs through an enterprise relationship with the National Office of Boys & Girls Clubs of America. Youth participate in programs promoting success in school, healthy living, skill development, creative arts, sports and fitness, and exploring vocational choices. Building 9625 Young Street, Fort Leonard Wood, MO 65473, 573-596-0209.

www.fortleonardwoodmwr.com

Character Counts! For children and youth ages 3 through 18 years of age. This program offers ethical behavior training that encourages dialogue about life issues, analysis of personal belief systems, and application of ethical and moral principles to everyday activities. Program training and materials are provided through an enterprise relationship with the Josephson Institute and are available in facility based and quarters based settings on the installation. Building 9625 Young Street, Fort Leonard Wood, MO 65473, 573-596-0209.

www.fortleonardwoodmwr.com

Middle School Program: The program offers a wide range of activities including open recreation, dances, lock-ins, trips and camps. Operational hours during the school year are Monday through Friday from 1430-1900 and Saturday from 1330-2000. Operational hours during the summer and non-school days are Monday through Friday 1200-1900 and Saturday from 1200-2000. Youth must be registered with CYS Services. Building 9625 Young Street, Fort Leonard Wood, MO 65473, 573-596-0209.

www.fortleonardwoodmwr.com

Teen Program: The program offers a wide range of activities including open recreation, dances, lock-ins, trips and camps. Operational hours during the school year are Monday through Friday from 1430-1900 and Saturday from 1330-2200. Operational hours during the summer and non-school days are Monday through Friday 1200-1900 and Saturday from 1200-2200. Youth must be registered with CYS Services. Building 9625 Young Street, Fort Leonard Wood, MO 65473, 573-596-0209.

www.fortleonardwoodmwr.com

Youth Sports and Fitness Program: Offers developmentally appropriate opportunities for children and youth to be engaged in individual and team sports, competitions, skill building clinics, and nutrition and health classes that foster development of life-long healthy habits. Programs are provided by trained CYS Services employees and volunteer coaches in a variety of settings including Youth Centers, MWR Facilities, Schools, community fields and facilities. The program offers seasonal games for children/youth ages 3-18 years including soccer, basketball, flag football, baseball, t-ball, softball and track & field. Mini Sports is offered as a parent and child activity and includes baseball, soccer and basketball. Children and youth must be registered with CYS Services. Building 9625 Young Street, Fort Leonard Wood, MO 65473, 573-596-0209.

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www.fortleonardwoodmwr.com

Parent and Outreach Services, Building 470 Replacement Avenue, Room 1126, FLW, MO 65473, 573-596-0238/0421; Fax: 573-596-6978.

CYSitters: This program offers formal training for teens and adults who provide short term hourly child care in Families own homes for children ages 6 weeks through 12 years of age. Training covers skills needed to safely and appropriately care for children and includes First Aid and CPR, program activities, and the "business" of babysitting. Trained CYSitters receive a certificate of completion and wallet card and may be placed on the CYS Services' babysitter referral list. Building 470, Replacement Avenue Room 1125, Fort Leonard Wood, MO 65473, 573-596-0238/0421.

www.fortleonardwoodmwr.com

Kids on Site: For children and youth ages 6 weeks through 12 years. This program offers short term hourly child care for Families using/attending FMWRC and Command sponsored events e.g., Family Readiness Groups, memorial Services, Yellow Ribbon Events etc. The program is provided by CYS Services employees in a variety of settings. Parents remain on site or are immediately available in an adjacent facility. Building 470, Replacement Avenue Room 1125, Fort Leonard Wood, MO 65473, 573-596-0238/0421.

www.fortleonardwoodmwr.com

Parent Central Services: For children and youth ages 0 through 18 years. This program offers registration, enrollment, records transfer, parent education classes and babysitter training and referral services for Families. To register for any CYS Services program all necessary paperwork will be completed at the time of registration. Up-to-date immunization records, child's SSN and two emergency contacts within the local area are required. Building 470, Replacement Avenue Room 1125, Fort Leonard Wood, MO 65473, 573-596-0238/0421.

www.fortleonardwoodmwr.com

Off Post Resources

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Missouri Ozarks Community Action, Inc: A non-profit community action agency dedicated to helping families and individuals in Camden, Crawford, Gasconade, Laclede, Maries, Miller, Phelps, and Pulaski counties, 306 S. Pine, Richland, MO 65556, 573-765-3263

http://www.mocaonline.org

Head Start: a state-wide non-profit association dedicated to the success of all Missouri children, P.O. Box 817, Jefferson City, MO 65102, 573-884-5078

http://www.moheadstart.org

U.S. Department of Housing and Urban Development: Creates strong, sustainable, inclusive communities and quality affordable homes for all, 400 State Avenue, Room 200, Kansas City, KS 66101-2406, 913-551-5644

http://hud.gov

Public Schools Districts: A variety of services including before- and after-school care

County	District Name	Address1	Address2	City	Zip	Phone
Camden	Stoutland R-II	7584 State Rd T		Stoutland	65567-9302	(417) 286-3711
Camden	Camdenton R-III	119 Service Rd	PO Box 1409	Camdenton	65020-1409	(573) 346-9213
Camden	Climax Springs R-IV	119 Nort Dr		Climax Springs	65324-2535	(573) 347-3905
Camden	Macks Creek R-V	245 State Rd N		Macks Creek	65786-7130	(573) 363-5909
Laclede	Laclede Co. R-I	726 W Jefferson		Conway	65632-8206	(417) 589-2951
Laclede	Gasconade C-4	32959 Hwy 32		Falcon	65470-9502	(417) 532-4821
Laclede	Lebanon R-III	1310 E Rte 66		Lebanon	65536-0000	(417) 532-9141
Laclede	Laclede Co. C-5	16050 Hwy KK		Lebanon	65536-7849	(417) 532-4837
Maries	Maries Co. R-I	161 Fifth St	PO Box 218	Vienna	65582-0218	(573) 422-3304
Maries	Maries Co. R-II	503 W Third St	PO Box 819	Belle	65013-0819	(573) 859-3800
Miller	Eldon R-I	112 S Pine St		Eldon	65026-1576	(573) 392-8000
Miller	Miller Co. R-III	526 School Rd	PO Box 1	Tuscumbia	65082-0001	(573) 369-2375
Miller	St. Elizabeth R-IV	240 Church St	PO Box 68	St Elizabeth	65075-0068	(573) 493-2246
Miller	School Of The Osage	1501 School Rd	PO Box 1960	Lake Ozark	65049-1960	(573) 365-4091
Miller	Iberia R-V	201 Pemberton Dr	PO Box 156	Iberia	65486-0156	(573) 793-6818
Phelps	Newburg R-II	701 Wolf Pride Dr	PO Box C	Newburg	65550-0503	(573) 762-9653
Phelps	Rolla 31	500a Forum Dr		Rolla	65401-4602	(573) 458-0100
Phelps	Phelps Co. R-III	17790 State Rte M		Edgar Springs	65462-8305	(573) 435-6293
Pulaski	Swedeborg R-III	17507 Hwy T		Richland	65556-8389	(573) 736-2735
Pulaski	Richland R-IV	714 E Jefferson		Richland	65556-8202	(573) 765-3241
Pulaski	Laquey R-V	27600 Hwy AA	PO Box 130	Laquey	65534-0130	(573) 765-3716
Pulaski	Waynesville R-VI	200 Fleetwood Dr		Waynesville	65583-2266	(573) 774-6497
Pulaski	Dixon R-I	106 W Fourth St	PO Box A	Dixon	65459-0166	(573) 759-7163
Pulaski	Crocker R-II	601 N Commercial	PO Box 488	Crocker	65452-0488	(573) 736-5000
Texas	Success R-VI	10341 Hwy 17		Success	65570-9605	(417) 967-2597
Texas	Houston R-I	423 W Pine		Houston	65483-1147	(417) 967-3024
Texas	Summersville R-II	400 Rogers St	PO Box 198	Summersville	65571-0198	(417) 932-4045
Texas	Licking R-VIII	125 College Ave	PO Box 179	Licking	65542-0179	(573) 674-2911
Texas	Cabool R-IV	1025 Rogers St	PO Box 613	Cabool	65689-0613	(417) 962-3153
Texas	Plato R-V	10645 Plato Dr	PO Box A	Plato	65552-0010	(417) 458-3333
Texas	Raymondville R-VII	135 W Hwy B	PO Box 10	Raymondville	65555-0010	(417) 457-6237
Adair	Adair Co. R-I	600 Rombauer Ave		Novinger	63559-2477	(660) 488-6411
Adair	Kirksville R-III	1901 E Hamilton St		Kirksville	63501-3904	(660) 665-7774
Adair	Adair Co. R-II	205 W Dewey		Brashear	63533-2429	(660) 323-5272

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Parents as Teachers: A nationwide overarching program philosophy of providing parents with child development knowledge and parenting support. 2228 Ball Drive, St. Louis, MO 63146, 314-432-4330

http://www.parentsasteachers.org

Head Start: Provides grants to local public and private non-profit and for-profit agencies to provide comprehensive child development services to economically disadvantaged children and families, with a special focus on helping preschoolers develop the early reading and math skills they need to be successful in school.

http://eclkc.ohs.acf.hhs.gov/hslc

Division of Child Support Enforcement (State of Missouri): Assists with locating parents, establishing paternity, establishing child and medical support orders, monitoring and enforcing compliance with child and medical support orders, reviewing and initiating modification of support orders and distributing support collections, 1800-859-7999, 1111 Kingshighway, Suite D, Rolla, MO 65401

http://www.dss.mo.gov/cse

Local Churches and other Houses of Worship (for specific information contact the Chaplain's Office or your local telephone directory).

Child Care Resource and Referral: A not-for-profit program and operating agency of the Council of Churches of the Ozarks providing assistance in locating quality child care. Serving 28 counties in South Central and Southwest Missouri, 1910 E. Meadowmere, Springfield, MO 65804, 417-887-3545.

www.ccochildcare.org

Missouri Child Care Aware Resource Network: Coordinates the activities and services of child care resource and referral agencies throughout Missouri.

http://www.moccrrn.org

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American Red Cross Child Care Reimbursement Program

http://www.redcross.org

Missouri Department of Social Service (Missouri Adoption Subsidy and Subsidized Guardianship Program), A subsidy-based program based on income, P.O. Box 88, Jefferson City, MO 65103

http://www.dss.mo.gov/cd/adopt/masp.htm

Greene County Health Department: Provides multiple child care resources and information, 417-864-1686, 227 E. Chestnut Expressway, Springfield, MO 65802

http://www.springfieldmo.gov/health/childcare.html

National Association of Child Care Resource & Referral Agencies:

Works with over 700 state and local Child Care Resource and Referral agencies nationwide covering 99% of all US zip codes, 1515 N. Courthouse Rd, 11th floor, Arlington, VA 22201, 703-341-4100

http://www.naccrra.org

GSA and U.S. Army Partnership for Affordable Child Care:

The United States Army and the General Services Administration partnered in 2002 to provide accredited, quality, affordable child care for US Army members. This agreement includes Active Duty Members, activated US Army Reserve, activated Army National Guard Soldiers, Army Department of Defense civilian employees, as well as Marine, Air Force and Naval personnel assigned to the US Southern Command. The Program was created to assist qualifying personnel, who use a Federal Child Care Center, by providing financial assistance for their child care. Qualifying members are able to use any Federal Child Care Center and will be eligible for child rates comparable to those charged as if they were receiving care at a military child care facility. The benefit is nontaxable to the member and is paid directly to the child care facility on behalf of the qualifying member. Members who use the benefit while in an Active Duty Status are eligible to continue to receive the benefit for an additional 90 days upon return from Active Duty., 1500 East Bannister Road, Room 1061, Kansas City, MO 64131, 816-823-4578, All questions on eligibility and application for the subsidy should be addressed to the GSA Heartland Finance Center at (816) 823-4578 or via email: army.childcare@gsa.gov

http://www.gsa.gov/portal/content/100862

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Communication and Information

On Post Resources

ACS, 486 Replacement Ave., FLW, MO 65473, 573-596-0212 Fax: 573-596-0551, Toll Free: 866-802-6710

www.fortleonardwoodmwr.com/acs.php

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Army Family Team Building (AFTB): Level I provides training on basic military concepts, Family Readiness Groups, financial readiness, problem solving, and much more! Level II expands skills needed for managing deployment stress, communicating effectively, and developing resiliency skills. Level III focuses on professional growth, identifying strengths and weaknesses, and building on the positive attributes that will make you an effective leader.

AFTB also offers Spouse Seminars, the Drill Sergeant Spouse seminar and Command Spouse Seminar. These seminars are designed to help Spouses understand the roles and responsibility that their Soldier have and offer tools and skills to help them in their perspective roles in order to support their Soldier , their Families and themselves.

Hearts Apart: Offers support for waiting Families by linking Family Members and children with other Families who are left behind due to the sponsor's mission requirements.

Army Volunteer Corps (AVCC): Promotes and strengthens volunteerism by uniting community volunteer efforts and supporting professional management. It encompasses a multitude of organizations that support our military community.

Family Readiness Group Liaison: This training covers FRG basics, regulations, communication, key callers, managing funds, volunteers, etc.

Information and Referral: It is the main source for information for the FLW Installation. Provides Soldiers and Family Members with any information or assistance they may need or will refer them to the appropriate agency for assistance.

Survivor Outreach Services Program: Comprehensive program is designed to ensure continued support as needed and desired by eligible Family Members for the duration of their immediate and long term care requirements in the following areas: Army benefits, financial counseling, grief counseling and support services, estate planning, will preparation, probate

planning, assistance in the preparation of estate related tax documents, and life skills education for the Surviving Family Members of Fallen Warriors.

Newcomer's Orientation: Provides information about the post and the surrounding area every 3rd Wednesday of the month, January-November.

Army Family Action Plan (AFAP):): The Army Family Action Plan (AFAP) is a grassroots process that allows members of the community the opportunity to raise issues that affect and impact their quality of life. AFAP issues from the field provide a snapshot of the well-being concerns of Soldiers and families. AFAP improves standards of living for Soldiers, families, all military personnel and DoD employees. The Army Family Action Plan is truly your chance to let your voice be heard! Individuals interested in becoming a part of the AFAP experience by service as a delegate should contact the Fort Leonard Wood AFAP Program Coordinator at (596) 573-0212

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Tour de Fort: Provides an informational tour of Fort Leonard Wood.

House Next Door: A place where Family Members of Active Duty Military, Military Reserve Units, and National Guard units can meet to learn new skills and make new friends. There are several services and classes available at no cost for spouses to enjoy. Classes include cooking, sewing, ceramics, embroidery, FREE Yard Sale, bingo, basket weaving, and Gowns Galore.

Country Specific/Overseas Orientations: Provides specific information to Service Members and their Families for Alaska, Germany, Korea, and Hawaii. Mandatory for AIT Service Members PCS'ing to overseas locations.

Individual PCS Planning: One-on-one consultation for anyone needing assistance planning their move. Receive information on housing, budgeting, jobs, finance, moving with children, general moving preparation, and many other moving related topics.

Foreign Born Spouse Support: Addresses questions and concerns regarding Immigration, Naturalization, or learning the English language for Family Members.

Sponsorship Training: Sponsorship training is offered to units upon request. A good sponsor can make a difference between smooth transitions and bad experiences.

SOS: Provides long term, connection and communication with families of Fallen Soldiers. Services are free and confidential. Helps to connect Survivors with a wide range of local resources that include, but are not limited to, support groups dealing with loss and grief, programs specific to Military Survivor Families--especially children, financial management and planning, advocate for Survivor with local organizations and agencies.

Chaplain's office

Widowed Support Program: Serves surviving spouses of Active-Duty, Retirees, and Disabled American Veterans of all branches of the military to provide practical information needed to assist in positive resolution of the grief experience. This program provides an initial grief support packet and offers continued bereavement support, telephone support services, luncheons and seminars, an Outreach Volunteer to help with the adjustments of widowed hood, a monthly newsletter, outreach training and workshops, as well as an advocate, as needed, to help in resolving on-going issues.

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Anyone who is a the spouse of military member can become part of the program by contacting the Widowed Support Office and can remain a member of the program for as long as they wish.

The Widowed Support Program Office is located in the Installation Chaplains building, Pershing Elementary School, Bldg 6501, Indiana Avenue. The direct number is (573) 596-7367.

American Red Cross, 496 Replacement Ave., FLW, MO 65473, 573-596-0300; 1-877-272-7337.

Emergency Message Service: The American Red Cross links members of the U.S. Armed Forces with their families during a crisis. Twenty-four hours a day, 365 days a year, the Red Cross quickly sends emergency communications to deployed service members on behalf of their family.

Off Post Resources

Chambers of Commerce *(all are hyperlinked – click CTRL plus the link to access)*

Camdenton, Missouri Chamber of Commerce
Columbia, Missouri Chamber of Commerce
Cuba, Missouri Chamber of Commerce
Houston, Missouri Chamber of Commerce
Jefferson City, Missouri Chamber of Commerce
Lake Ozark, Missouri Chamber of Commerce
Lebanon, Missouri Chamber of Commerce
Marshfield, Missouri Chamber of Commerce
Osage Beach, Missouri Chamber of Commerce

Ozark, Missouri Chamber of Commerce
Rolla, Missouri Chamber of Commerce
Saint Charles, Missouri Chamber of Commerce
Saint Robert, Missouri Chamber of Commerce
Salem, Missouri Chamber of Commerce
Springfield, Missouri Chamber of Commerce
Sunrise Beach, Missouri Chamber of Commerce
Waynesville, Missouri Chamber of Commerce

Friends of the Fort; A committee of the Lebanon Area Chamber of Commerce, 186 N. Adams, Lebanon, Missouri 65536, 417-588-3256

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http://www.lebanonmissouri.com/

Phelps for the Fort: A joint effort of the Rolla and St. James Chambers of Commerce, who have partnered with the Association of the United States Army (AUSA) to direct Phelps County's response to the opportunities presented by the anticipated growth of the military community at Ft. Leonard Wood. 1311 Kingshighway, Rolla MO 65401, 573- 364-3577

http://www.rollachamber.org/the-chamber/committees/phelps-for-the-fort

Committee of Fifty: Local area business owners and others who are dedicated to providing support to the installation through direct actions, lobbying elected officials for resources and legislative action

Pulaski County Growth Alliance (PCGA): Purpose is to create a better place to live for current and future residents of Pulaski County by increasing the social, economic, educational, health related and recreational opportunities for all by acting collectively to increase local capacity to respond to local needs, 573-336-2123.

http://www.pulaskicountymo.com

Toastmasters: a nonprofit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking and leadership skills. Through its thousands of member clubs, Toastmasters International offers a program of communication and leadership projects designed to help men and women learn the arts of speaking, listening, and thinking.

Fort Leonard Wood Toastmasters, Truman Education Ctr., Bldg. 499 Rm. 20, 21 or 22 (look for our sign), Fort Leonard Wood, MO, 65473, United States, 573-563 5582, Meeting Time: 11:35 a.m., Tues.

Waynesville-St. Robert Area Toastmasters, 573-774-2728, or email at: info@wsrtoastmasters.com;

http://www.wsrtoastmasters.com/contactus.html

Pulaski Fine Arts Association (Theater on the Square), Waynesville, MO, 573-855-6223.

http://www.pfaa.org

National Park Service:
http://www.nps.gov/state/MO/index.htm

Missouri State Parks:
http://mostateparks.com/

Missouri Tourism:
http://www.visitmo.com/

Pulaski County Web Site:
http://www.visitpulaskicounty.org/

Local Information (Pulaski County Web):
http://www.pulaskicountyweb.com/

Waynesville Recreational Opportunities:
http://www.visitpulaskicounty.org/waynesville.asp#top_list

Pulaski County Recreational Opportunities:
http://www.visitpulaskicounty.org/outdoors.asp

Hunting and Fishing: Missouri Department of Conservation
http://mdc.mo.gov/

Miscellaneous Information: University of Missouri Extension Office

http://extension.missouri.edu

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Community Development

On Post Resources

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ACS, 486 Replacement Ave., FLW, MO 65473, 573-596-021, Fax: 573-596-0551, Toll Free: 866-802-6710.
www.fortleonardwoodmwr.com/acs.php

Army Family Action Plan (AFAP) The Army Family Action Plan (AFAP) is input from the people of the Army to Army leadership. It's a process that lets soldiers and families say what's working, and what isn't - AND what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention and it gives them the opportunity to quickly put plans into place to work toward resolving the issues.

Army Volunteer Corps (AVCC): Promotes and strengthens volunteerism by uniting community volunteer efforts and supporting professional management. It encompasses a multitude of organizations that support our military community.

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Sponsorship Training: Sponsorship training is offered to units upon request. A good sponsor can make a difference between smooth transitions and bad experiences.

Chaplain's Office, Bldg 6501, 573-596-2127

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Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

Worship and Religious Education: Fort Leonard Wood Religious Support Operations offers a wide variety of worship, Bible Study, and discipleship opportunities. This link provides the services offered. Programs include Bible Study, Worship (Catholic, Protestant, Lutheran, Episcopal, LDS, Jewish, Muslim and Buddhist), Sunday Night Live (Innovative Protestant Religious Education Program for all ages), Catholic CCD, Youth Programs, Women's Studies (Protestant Women of the Chapel (PWOC), and Sacred Heart Women of Chapel (MCCW), Knights of Columbus, Serra Club, Vacation Bible School and Protestant Men of the Chapel.)

For events, times and locations, copy and paste into web browser:
http://www.wood.army.mil/ch/Worship%20Schedule%20and%20map.htm

Widowed Support Program: Serves surviving spouses of Active-Duty, Retirees, and Disabled American Veterans of all branches of the military to provide practical information needed to assist in positive resolution of the grief experience. This program provides an initial grief support packet and offers continued bereavement support, telephone support services, luncheons and seminars, an Outreach Volunteer to help with the adjustments of widowed hood, a monthly newsletter, outreach training and workshops, as well as an advocate, as needed, to help in resolving on-going issues. Anyone who is a the spouse of military member can become part of the program by contacting the Widowed Support Office and can remain a member of the program for as long as they wish. The Widowed Support Program Office is located in the Installation Chaplains building, Pershing Elementary School, Bldg 6501, Indiana Avenue. The direct number is (573) 596-7367.

Customer Relationship Management Program, 573 563 5114

ICE: Immediate Service Provider resolution process - focusing on individuals. ICE allows customer feedback directly to Service Provider Manager (SPM) and direct response from SPM to customer if requested. There are 130 Service Providers on Fort Leonard Wood (FLW). Customers can submit ICE comments through 95 hard copy/box locations, via internet (any computer access), and through 15 KIOSK located strategically throughout FLW.

Community FIRST (Feedback, Issues, Resolutions, Solutions, Today): This is a quarterly resolution process designed to provide continuous feedback to the FLW community on issues that cannot be resolved using ICE. Focuses on constituents. Quarterly focus groups are also conducted, covering each constituent once a year. Community issues are presented to the quarterly Installation Action Council (IAC) for resolution.

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Army Community Service, 486 Replacement Ave, FLW, MO 65473, Phone: 573-596-0212; Fax: 596-0551, Toll Free: 866-802-6710
www.fortleonardwoodmwr.com/acs.php

SOS: Provides long term, connection and communication with families of Fallen Soldiers. Services are free and confidential. Helps to connect Survivors with a wide range of local resources that include, but are not limited to, support groups dealing with loss and grief, programs specific to Military Survivor Families--especially children, financial management and planning, advocate for Survivor with local organizations and agencies.

Crime

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, Phone: 573-596-0212; Fax: 573-596-0551; Toll Free: 866-802-6710
www.fortleonardwoodmwr.com/acs.php

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Military Family Life Consultants (MFLC): Provides short term, situation, problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739.

Army Substance Abuse Program, Building 470, Room 1105, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

Staff Judge Advocate, Bldg 315, 573-596-0203, BLDG 315, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues. Building 315, Room 117, 573-596-0629

Provost Marshal's Office, Bldg 1000, 261 East 19th Street, Fort Leonard Wood, Mo 65473, 573-596-1821

Armed Forces Disciplinary Control Board: The AFDCBs receives reports of off post establishments and investigates matters concerning eliminating conditions, which adversely affect the health, safety, welfare, morale, and discipline of the Armed Forces.

Off Post Resources

Waynesville Police Department: 201 North Street Waynesville, Missouri 65583, 573-774-2414, or 911

http://waynesvillepd.org

St. Robert Police Department: 194 Eastlawn Avenue, Suite A, St. Robert Missouri, 65584, 336-4700 or 451-2000, ext. 1501 for Police Dispatch

http://www.saintrobert.com/Police_Dept/index.htm

Pulaski County Sherriff: 301 Historic 66 East Suite 136, Waynesville, MO 65583, 573-774-6196, Emergency: 911, Email jbking@pcsheriff2.com

http://www.pcsheriff2.com/

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Missouri Highway Patrol:

http://www.mshp.dps.missouri.gov/MSHPWeb/Root/index.html

25th Circuit Court, Juvenile Division:

http://www.familycourt.us/juvenile_court.php

Deployment Reintegration

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, Phone: 573-596-0212; Fax: 573-596-0551; Toll Free: 866-802-6710
www.fortleonardwoodmwr.com/acs.php

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Couples in Arms: A relationship enhancement workshop designed to teaches couples how to Talk Without Fighting, Support Your Relationship, and Build a Relationship That Lasts.

Stress Management: Teach participants to identify stressors and to learn creative ways to minimize and cope with everyday stress, effective time management, foods that reduce stress and techniques that work in conjunction with your busy lifestyle.

Military Family Life Consultants: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. For further information, call 573-855-3269; 573-855-3283; or 573-212-0739

Family Readiness Group Liaison: This training covers FRG basics, regulations, communication, key callers, managing funds, volunteers, etc.

Anger Danger: A 6 week anger management workshop designed to assist with everyday hassles. Topics include: Anger Defined, What Causes Anger, Stress Less, and Who Controls Your Anger.

Hearts Apart: Offers support for waiting Families by linking Family Members and children with other Families who are left behind due to the sponsor's mission requirements.

Soldier and Family Assistance Center(SFAC): Sponsors mutual support, a welcoming environment, and healing for Warriors in Transition (WTs) and their Families by providing the best social, financial, educational, personal, and pastoral services available. Their efforts are aimed at fostering dignity and independence, enabling the WTs in their transition back to duty or to service as a vital member of the community.

Deployment Support: Provide Individual, Marital, Family and Group interventions to assist military active duty and family members through pre-deployment, sustainment and post deployment phases of the deployment cycle.

Rear Detachment Commander Training: This training covers basics for Rear Detachment Commanders, focusing on support to families during deployment.

Pre-Deployment Training for Families: Training focus is on issues affecting families during deployment, i.e., spouse battlement, public affairs, Tri-care, finances, casualty assistance, American Red Cross, and children's issues.

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Post-Deployment Training for Families: Training is focused on reunion of spouse and children with SM. Post-Deployment Spouse Battlement. Coping with change and financial issues.

Care Team Training: This training is for Care Team volunteers in the unit that will stand up in the event of a crisis situation for a unit family. Training focuses on understanding grief, appropriately providing assistance, and supporting the family.

SOS: Provides long term, connection and communication with families of Fallen Soldiers. Services are free and confidential. Helps to connect Survivors with a wide range of local resources that include, but are not limited to, support groups dealing with loss and grief, programs specific to Military Survivor Families--especially children, financial management and planning, advocate for Survivor with local organizations and agencies

Chaplain's Office, Bldg 6501, 573-596-2127

Dave Ramsey's Financial Peace University: Learn how to live debt free by using Scripture and Biblical values in maintaining financial integrity for you and your family's well being. Building 6501, Indiana Avenue. 573-596-0089

Shelter from the Storm Sexual Assault Survivors Support Group
Facilitator lead support group, promotes healing from a spiritual perspective. Open to any individual who has been a victim of sexual assault. Building 6501, Indiana Avenue 573-596-0089

Widowed Support Program: Serves surviving spouses of Active-Duty, Retirees, and Disabled American Veterans of all branches of the military to provide practical information needed to assist in positive resolution of the grief experience. This program provides an initial grief support packet and offers continued bereavement support, telephone support services, luncheons

and seminars, an Outreach Volunteer to help with the adjustments of widowed hood, a monthly newsletter, outreach training and workshops, as well as an advocate, as needed, to help in resolving on-going issues. Anyone who is a the spouse of military member can become part of the program by contacting the Widowed Support Office and can remain a member of the program for as long as they wish. The Widowed Support Program Office is located in the Installation Chaplains building, Pershing Elementary School, Bldg 6501, Indiana Avenue. The direct number is (573) 596-7367.

Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief, and spiritual, etc. Information is confidential.

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Directorate of Family and Morale, Welfare, and Recreation, Bldg. 2290, FLW, Missouri, 573-596-4223

www.fortleonardwoodmwr.com

Warrior Adventure Quest: Warrior Adventure Quest combines existing high-adventure outdoor recreation activities such as skydiving, paintball, ropes courses, rock climbing, mountain biking, stock car racing, skiing, and others, with Battlement training to help Soldiers make the adjustment back to a calmer paced lifestyle. 573 596-4223

Staff Judge Advocate, Bldg 315, Room 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues. Building 315, Room 117, 573-596-0629.

Behavioral Health Division, General Leonard Wood Community Hospital, 126 Missouri Ave, FLW, MO 65473, 573-596-0522:

Confidential Reporting Line for Family Violence and Sexual Assault 573-596-0446

Deployment Support: Provide Individual, Marital, Family and Group interventions to assist military active duty and family members through pre-deployment, sustainment and post deployment phases of the deployment cycle.

Rear Detachment Commander Training: This training covers basics for Rear Detachment Commanders, focusing on support to families during deployment.

Pre-Deployment Training for Families: Training focus is on issues affecting families during deployment, i.e., spouse battlement, public affairs, Tri-care, finances, casualty assistance, American Red Cross, and children's issues.

Post-Deployment Training for Families: Training is focused on reunion of spouse and children with SM. Post-Deployment Spouse Battlement. Coping with change and financial issues.

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Off Post Resources:

Operation Military Kids: The U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment. Regardless of whether Families are experiencing deployment for the first time, the second time or another in a series of multiple deployments. OMK's goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being. U.S. Army Family & Morale, Welfare and Recreation Command, ATTN: Operation: Military Kids, 4700 King Street, 4th Floor, Alexandria, VA, E-Mail:

support@operationmilitarykids.org

Operation Homefront (OH): Provides emergency financial and other assistance to the families of our service members and wounded warriors. Operation Homefront
8930 Fourwinds Drive, Suite 340, San Antonio, Texas 78239.

http://www.operationhomefront.net

Chambers of Commerce (all are hyperlinked – click CTRL plus the link to access)

Camdenton, Missouri Chamber of Commerce
Columbia, Missouri Chamber of Commerce
Cuba, Missouri Chamber of Commerce
Houston, Missouri Chamber of Commerce
Jefferson City, Missouri Chamber of Commerce
Lake Ozark, Missouri Chamber of Commerce
Lebanon, Missouri Chamber of Commerce
Marshfield, Missouri Chamber of Commerce
Osage Beach, Missouri Chamber of Commerce
Ozark, Missouri Chamber of Commerce
Rolla, Missouri Chamber of Commerce
Saint Charles, Missouri Chamber of Commerce

Saint Robert, Missouri Chamber of Commerce
Salem, Missouri Chamber of Commerce
Springfield, Missouri Chamber of Commerce
Sunrise Beach, Missouri Chamber of Commerce
Waynesville, Missouri Chamber of Commerce

Friends of the Fort: A committee of the Lebanon Area Chamber of Commerce, 186 N. Adams, Lebanon, Missouri 65536, 417-588-3256

http://www.lebanonmissouri.com/

Phelps for the Fort: A joint effort of the Rolla and St. James Chambers of Commerce, who have partnered with the Association of the United States Army (AUSA) to direct Phelps County's response to the opportunities presented by the anticipated growth of the military community at Ft. Leonard Wood. 1311 Kingshighway, Rolla MO 65401, 573- 364-3577

http://www.rollachamber.org/the-chamber/committees/phelps-for-the-fort

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Disabilities

On Post Resources:

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212, Fax: 573-596-0551, 866-802-6710
www.fortleonardwoodmwr.com/acs.php

Basics: In partnership with National Alliance of Mental Illness (NAMI), ACS is offering a six week educational workshop for parents or caregivers of a child or adolescent who has been diagnosed with a brain disorder. Topics include: Crisis Identification and Intervention Techniques, Real Life Situations and Solutions, and Coping Skills.

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Staff Judge Advocate, Bldg 315, 573-596-0203.

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues.

Off Post Resources

Network of Care: A highly interactive, single information place where consumers, community-based organizations and municipal government workers all can go to easily access a wide variety of important information. The resources in this "virtual community" include a fast, comprehensive Service Directory; links to pertinent Web sites from across the nation; a comprehensive, easy-to-use Library; a political advocacy tool; community message boards; and many others. Trilogy Integrated Resources LLC, 1101 Fifth Ave., Suite 250, San Rafael, CA 94901, Phone: 415-458-5900, Email: nocinformation@networkofcare.org
http://www.networkofcare.org

Choices for People: Provides year round instructional programs and support services designed to aid individuals with disabilities in developing essential life skills. These skills promote inclusion, independence, self-sufficiency, and productivity; and aim to maximize the individual's quality of life in the least restrictive environment possible. 1815 Forum Drive, Rolla, MO 65401, 573-364-7444, ceocpc@fidmail.com.
http://www.choicesforpeoplecenter.org

National Alliance of the Disabled: An online informational and advocacy organization dedicated to working toward gaining equal rights for the disabled in all areas of life.

http://www.naotd.wheelboat.com

National Alliance on Mental Illness: The nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness through support, education, and advocacy. NAMI is a national organization with state organizations and local affiliates in more than 1,100 communities. 1-800-950-NAMI (6264) or 703-524-7600, 3803 N. Fairfax Dr., Ste 100, Arlington, VA 22203

http://www.nami.org

Missouri Division of Vocational Rehabilitation: Operates under the Missouri Department of Elementary and Secondary Education. The Division is made up of three core programs: Vocational Rehabilitation (VR), Disability Determination Services (DDS), and Independent Living (IL). 1101 W. Kingshighway, P.O. Box 550. Rolla, MO 65404, 573-368-2266

http://www.dese.mo.gov/vr

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Missouri Alliance for Home Care: Missouri's largest trade association representing the interests and concerns of home health agencies, home care companies, hospices, and private duty companies. 2420 Hyde Park, Suite A, Jefferson City MO 65109, mahc@homecaremissouri.org

http://www.homecaremissouri.org

OATS Transit: Provides transportation for transportation disadvantaged Missourians so they can live independently in their communities. 2501 Maguire Blvd., Ste 101, Columbia, MO 65201, 573-443-4516

http://www.oatstransit.org/index.php

Missouri Ozarks Community Action, Inc: A non-profit community action agency dedicated to helping families and individuals in Camden, Crawford, Gasconade, Laclede, Maries, Miller, Phelps, and Pulaski counties, 306 S. Pine, Richland, MO 65556, 573-765-3263

http://www.mocaonline.org

County Health Departments:

http://www.dhss.mo.gov/LPHA/LPHAs.html

Pulaski County Health Department
101 12th Street
Crocker, MO 65452 (Central District)
Telephone: 573/736-2217
Fax: 573/736-5370

www.pulaskicountyhealth.com

Phelps/Maries County Health Dept.
200 North Main, Suite G51
Manager of Community Care Clinic
Rolla, MO 65401 (Central District)
Telephone: 573/458-6010
Fax: 573/458-6060

http://www.phelpscountyhealth.com

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Texas County Health Department
950 North Highway 63, Suite 500
Houston, MO 65483 (Southeastern District)
Telephone: 417/967-4131/2
Fax: 417/967-5700
WIC: 417/967-4269
Website: http://texas.lphamo.org
Debbie Pleimling, RN-Director

pleimd@lpha.mopublic.org

Laclede County Health Department
405 Harwood Avenue
Lebanon, MO 65536 (Central District)
Administrative Office: 417/532-2135
Nursing/Medical Records: 417/532-2134
WIC: 417/532-1271
Environmental: 417/532-3477
Fax: 417/532-6095 (Admin Office and Nursing/Medical Records)
Fax: 417/532-1470 (WIC and Environmental)

www.lacledecountyhealth.com

Springfield-Greene County Public Health Center
227 East Chestnut Expressway
Springfield, MO 65802 (Southwestern District)
Telephone: 417/864-1658
Fax: 417/864-1099
Administration: 417/864-1657
Sandra Bell, RN, Administrator

BellS@lpha.mopublic.org

Dent County Health Center
601 South MacArthur
Salem, MO 65560 (Central District)
Telephone: 573/729-3106

Fax: 573-729-3546

Camden County Health Department
1976 North Business Route 5
P.O. Box 816
Camdenton, MO 65020 (Central District)
Telephone: 573/346-5479 or 5492
Fax: 573/346-0173

Missouri Department of Health and Senior Services, Special Healthcare Needs: Provides statewide health care support services, including service coordination, for children and adults with disabilities, chronic illness and birth defects. P.O. Box 570, Jefferson City, MO 65102, 573-751-6246, E-Mail: info@dhss.mo.giv

http://www.dhss.mo.gov/SHCN

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Missouri Department of Mental Health, Division of Developmental Disabilities: Provides services to those with developmental disabilities such as mental retardation, cerebral palsy, head injuries, autism, epilepsy, and certain learning disabilities. 573-751-4054, E-Mail: ddmail@dmh.mo.gov

http://www.dmh.mo.gov/dd

Gingerbread House Incorporated: Offers home and support services for persons living with profound mental and severe physical challenges, and offers family-style living in a home environment. 1401 Truman Ave., Rolla, MO 65401, 573-364-4398

http://www.gingerbreadhouseinc.com

Missouri Association of County Developmental Disabilities Services: Provides developmental disability information in the state of Missouri and around the world. MACDDS is a leader in local initiatives for people with developmental disabilities. The organization is comprised of 51 county boards that provide local services for the developmentally disabled.

http://www.macdds.org/

http://www.macdds.org/county_info.html (contains links to county resources)

Family Village, a web site listing multiple State and Regional disability resources
http://www.familyvillage.wisc.edu/comm/missouri.html

Lions Club International: A service club that plans and participates in a wide variety of service projects to include disability programs (e.g., services for the Blind; Diabetes prevention/treatment; and hearing/vision impairments). Additional information and club locator at:

http://www.lionsclubs.org

Missouri Department of Elementary and Secondary Education, Sheltered Workshops: Provides a directory of sheltered workshops (organizations that provide employment opportunities for people with disabilities). 573-751-5739, E-Mail: webreplyspe@dese.mo.gov

http://dese.mo.gov/divspeced/shelteredworkshops

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Shriners International: A fraternal organization best known for the Shriners Hospitals for Children. 2900 Rocky Point Dr., Tampa, FL 33607, 818-281-0300 or 1-800-237-5055

http://www.shrinershq.org

Missouri Department of Social Services: Responsible for coordinating programs to provide public assistance to children and their parents, access to health care, child support enforcement assistance and to provide specialized assistance to troubled youth. While many programs give needed financial assistance and services, other units work toward reducing financial dependency of the citizens on government. P.O. Box 1527, Jefferson City, MO 65102-1527

http://www.dss.mo.gov

See Directory at: http://www.dss.mo.gov/offices.htm

Lake of the Ozarks Development Center, 1867 S State Highway 5; Camdenton, MO 65020; (573) 346-4574

The Arc: A national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families. Programs encompass all ages and spectrums from autism, Down Syndrome, Fragile X, and various other developmental disabilities. 1660 L street NW, Suite 301, Washington D.C. 20036, 202-534-3700 or 1-800-433-5255, E-Mail: info@thearc.org

http://www.thearc.org

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Network of Care: A highly interactive, single information place where consumers, community-based organizations and municipal government workers all can go to easily access a wide variety of important information. The resources in this "virtual community" include a fast, comprehensive Service Directory; links to pertinent Web sites from across the nation; a comprehensive, easy-to-use Library; a political advocacy tool; community message boards; and

many others. Trilogy Integrated Resources LLC, 1101 Fifth Ave., Suite 250, San Rafael, CA 94901, Phone: 415-458-5900, Email: nocinformation@networkofcare.org

http://www.networkofcare.org

Missouri Developmental Disability Resource Center: A program of the University of Missouri, Kansas City's Institute for Human Development. MODDRC offers a network of support options. Institute for Human Development, UCE, 215 W. Pershing, Kansas City, MO 64108, 816-235-1763 or 1-800-444-0281 or E-Mail: moddrc@umkc.edu

http://www.moddrc.org

Southwest Center for Independent Living: A private, not-for-profit organization established in Springfield, MO to provide services, advocacy, and resources for people with disabilities. Advocates social change and provides a full range of independent living services.

http://www.swcil.org

Tri-County Center for Independent Living A not-for-profit organization designed to assist persons with disabilities achieve and maintain as much independence as desired in the setting of their choice. douglas@fidmail.com

http://www.tricountycenter.com

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Also see comprehensive resource listing at

http://www.tricountycenter.com/resources.htm

Disabled Citizen Alliance for Independence: A community-based Center for Independent Living, has been serving the needs of people with various disabilities. All services are free. P.O. Box 675, Viburnum, MO 65566, 573-244-5402 or 1-866-797-6080.

http://www.disabledcitizensalliance.org

Independent Living Resource Center: A consumer oriented, not-for-profit agency serving Callaway, Camden, Cole, Miller, Moniteay, Morgan, and Osage counties by providing community based services for persons with all types of disabilities. 920R N. Business Rt. 5, Camdenton, MO 65020, 1-877-317-9011.

http://www.ilrcjcmo.org

Divorce

On Post Resources:

Army Community Service, 486 Replacement Ave., FLW, MO 65473 573-596-0212, Fax: 573-596-0551, 1-866-802-6710

www.fortleonardwoodmwr.com/acs.php

Couples in Arms: A relationship enhancement workshop designed to teaches couples how to talk Without Fighting, Support Your Relationship, and Build a Relationship That Lasts.

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Military Family Life Consultants (MFLC): Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. For additional information, call (573)855-3269; (573)855-3283; or (573) 212-0739

Chaplains Office, Bldg 6501, 573-596-2127

Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief, and spiritual, etc. Information is confidential.

Army Substance Abuse Program, Building 470, Room 1105, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

Staff Judge Advocate, Building 315, Room, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues.

General Leonard Wood Community Hospital, 126 Missouri Ave, FLW, MO 65473, 573-596-1507:

Social Work Clinic (Family Advocacy): Delivers Individual, Marital, Family, and Group interventions for Military Families, At Risk for Child and/or Spousal abuse; assesses referred events of Child and/or Spousal Abuse on and off the installation and provides or refers for appropriate clinical interventions to facilitate family safety and functioning for members of the Military Community. Social Work Services, General Leonard Wood Army Community Hospital, Main Bldg, Suite 61-1, 573-596-1507

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Confidential Reporting Line for Family Violence and Sexual Assault 573-596-0446

Marriage and Family Support: Provide Marital and Family interventions via couple, group and seminar presentations to newly married and established couples experiencing communicative dissonance in their relationships.

Off Post Resources

Divorce Online: Provides free articles and information on the financial, legal, psychological, real-estate, and other aspects of divorce.

http://www.divorceonline.com

Divorce Support Support: Provides divorce information on family law topics such as divorce, child custody, visitation, child support, alimony, and property division.

http://www.divorcesupport.com

FindLaw: Provides legal information, lawyer profiles, and a community to help with legal decisions.

http://www.findlaw.com

Free Advice: A commercial web site providing a variety of legal content.

http://www.freeadvice.com

NoLo: A commercial web site providing a variety of legal content:
http://www.nolo.com

Divorce Net: A commercial web site offering legal information and referral.
http://www.divorcenet.com

Divorce Care: Offers support groups throughout the USA and other countries.
http://www.divorcecare.com

Divorce Source: A commercial web site dealing with divorce
http://www.divorcesource.com

Divorce Wizards: Provides online self-help services.
http://www.divorcewizards.com

Legal Services of Southern Missouri: Provides free legal representation to low income clients in civil legal problems, handling cases relating to public benefits, housing, unemployment compensation, family, consumer, education, employment, and health.
http://www.lsmo.org

Legal Aid of Western Missouri: Provides essential legal services to low-income citizens, 1125 Grand Avenue, Suite 1900, Kansas City, MO 64106
http://www.lawmo.org

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Educational Awareness

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, Phone: 573-596-0212; Fax: 573-596-0551, 1-866-802-6710
www.fortleonardwoodmwr.com/acs.php

SOS: Provides long term, connection and communication with families of Fallen Soldiers. Services are free and confidential. Helps to connect Survivors with a wide range of local resources that include, but are not limited to, support groups dealing with loss and grief, programs specific to Military Survivor Families--especially children, financial management and planning, advocate for Survivor with local organizations and agencies.

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Chaplain's Office, Bldg 6501, 573-596-2127
Dave Ramsey's Financial Peace University Learn how to live debt free by using Scripture and Biblical values in maintaining financial integrity for you and your family's well being. Building 6501, Indiana Avenue 573-596-0089

Worship and Religious Education: Fort Leonard Wood Religious Support Operations offers a wide variety of worship, Bible Study, and discipleship opportunities. This link provides the services offered. Programs include Bible Study, Worship (Catholic, Protestant, Lutheran, Episcopal, Jewish, Muslim and Buddhist), Sunday Night Live (Innovative Protestant Religious Education Program for all ages), Catholic CCD, Youth Programs, Women's Studies (Protestant Women of the Chapel (PWOC), Sacred Heart Women of Chapel (MCCW), Knights of Columbus, Serra Club, Vacation Bible School and Protestant Men of the Chapel.) For events, times and locations, copy and paste into web browser:
http://www.wood.army.mil/ch/Worship%20Schedule%20and%20map.htm

Off Post Resources:

Military Spouse Career Advancement Accounts (MyCAA), a possible $6,000 grant for military spouses: Go to web site below for more information; create account; then call 1-800-342-9647 to discuss with a counselor
http://www.militaryonesource.com

Post 9/11 GI Bill and possible transferability of benefits to dependents

http://www.gibill.va.gov

Waynesville School District: Adult & Community Education Classes: Provides the opportunity to obtain new or upgraded skills.
http://www.waynesville.k12.mo.us/schools/career_center/continuing_education/

Ozarks Literacy Council: Provides individual tutoring for adult English speaking low-level or non-readers and English for speakers of other languages. Reading advocacy and child and family literacy programs reach special-needs, at-risk, pre-school, and school age children. All services are free and confidential, 430 South Ave, Suite 200, 886.5499.
http://www.ozarksliteracy.org

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Employment

On-Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, Phone: 573-596-0212 Fax: 573-596-0551, Toll Free: 866-802-6710
www.fortleonardwoodmwr.com/acs.php

MFLC: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739

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Does it Pay to Work: Participants are encouraged to consider the pros and cons associated with employment, within and outside the home.

Career Exploration: The Career Exploration class allows participants the opportunity to engage in discussion to better understand the process of developing a career plan by assessing career goals, skills and abilities to make an ordinary job into a satisfying career.

How to Work With Others: This is an interactive session where participants learn more about how they work, how others work and ways to work together.

Interviewing Techniques: This session offers participants the opportunity to experience an interview in a "mock" setting. Interview strengths and weaknesses are discussed with each participant following the interview session.

Job Search Techniques: This session offers participants guidance for completing job applications and ways to identify key skills for a successful job search. This is an interactive session so bring your ideas to share with the group!

Resume Writing Made Simple: Participants will have the opportunity to learn how to create a simple resume in the correct format and to identify the important key skills that will help them get into the job market.

Applications and Cover Letters: This class will teach the correct way to put a job application together and how to format a cover letter that will catch the attention of an employer.

Dress for Success: This class will instruct participants on how to dress for the initial interview in order to get the job they want and the "do's" and "don'ts" on dressing properly in the work place.

Off-Post Resources

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AmeriCorps: Made up of several different programs (AmeriCorps State and National; AmeriCorps VISTA, and AmeriCorps NCCC each with its own focus and structure. More details on web site below:

http://www.americorps.gov

Missouri Career Source: Provides a variety of resources for job seekers, employers, and workforce professionals.

http://www.missouricareersource.com

Choices for PeopleCenter: Provides year round instructional programs and support services designed to aid individuals with disabilities in developing essential life skills.

http://www.choicesforpeoplecenter.org

Veterans Administration: Provides a variety of benefits including disability compensation, pension, education, survivor, medical, burial, home loans, life insurance, and vocational rehabilitation.

http://www.va.gov

Missouri Division of Vocational Rehabilitation: Provides three core programs: Vocational Rehabilitation, Disability Determination Services, and Independent Living. Programs are dedicated to providing quality services and increasing independence.

http://dese.mo.gov/vr

Missouri Division of Workforce Development: Provides services for businesses and job seekers through the Missouri Career Centers and missouricareersource.com. The division works with a number of strategic partners to "skill up" Missouri's workforce for today's business and industry needs.

http://www.ded.mo.gov/wfd/

AND

Missouri Career Center Directory **https://worksmart.ded.mo.gov/**

Missouri Department of Labor and Industrial Relations: Assists with benefits for unemployed workers and provides a variety of career center services.

http://www.Labor.mo.gov

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Find Jobs By Zip: an online job resource.

http://www.findjobsbyzip.com

Pulaski County Work Connections: A job bank, 704 Historic Route 66 West, Unit 101, Waynesville, MO 65583

www.servicelocator.org

Financial Issues

On-Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-021, Fax: 573-596-0551, 1-866-802-6710

www.fortleonardwoodmwr.com/acs.php

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AER Loans/Grants: Provide emergency financial assistance in the form of no interest loans or grants. Assistance is provided for basic living needs, emergency leave, funeral assistance or other allowable costs. Applicants must meet eligibility requirements.

Smart Money: Participants will learn how to prepare and follow a monthly budget, develop a spending plan, manage a checking or debit card account, handle basic debt and credit considerations, and participate in hands-on practices and scenarios.

Money and the Move: Learn ways to plan and prepare to be financially ready for your PCS move. Information is provided on developing spending plans, entitlements, travel costs; weight allowances, movers, etc. are all included in this presentation.

First Termer's Financial Readiness Course: Learn about all aspects of money management including spending plans, credit/debt management, online banking, basic investing, and many other financial topics. First Termer's is a mandatory class for E-1 through E-4 upon entry into the Armed Services.

Credit Made Simple: Everything you want and need to know about credit management, debt reduction, credit reports, credit scores, and how to use credit.

Saving and Investing: Designed for those interested in consistent saving and ways to invest their finances. Discussions about TSP, IRA's, saving plans, and other methods.

Car Buying: A class for those who are planning to buy a car, used or new. What to look for in price comparisons, CARFAX, negotiating, paying sales tax in Missouri, warranties, etc.

Home Buying Issues: For those thinking about buying a home, what to look for and ask for from prices, market trends, negotiations, inspections, warranties, foreclosures, bank properties, moving day and beyond.

Does it Pay to Work: Participants are encouraged to consider the pros and cons associated with employment, within and outside the home.

Career Exploration: The Career Exploration class allows participants the opportunity to engage in discussion to better understand the process of developing a career plan by assessing career goals, skills and abilities to make an ordinary job into a satisfying career.

Emergency Food Voucher Program: Provides assistance for Service Members experiencing financial hardship or have not received pay. Vouchers are good only at the commissary and only for food for DEERS enrolled dependents.

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Military Family Life Consultants (MFLC): Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739.

Chaplain's Office, Bldg 6501, 573-596-2127

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Family Life Chaplain, Bldg 6501, Room 27, 573- 596- 0088

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief, and spiritual, etc. Information is confidential.

Army Substance Abuse Program, Building 470, Room 1105, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

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Staff Judge Advocate, Building 315, Room, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues.

Tax Center: Assists military and dependents in completing and tendering their tax return. Volunteers manning the stations usually do not provide tax advice.

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212, Fax: 573-573-596-0551, 1-866-802-6710.

www.fortleonardwoodmwr.com/acs.php

Loan Closet: For Soldiers with Family Members on PCS orders, basic household items are available to borrow while Families are in transition. Typical items include pots and pans, dishes, silverware, irons, ironing boards, sleeping pads, port-a-cribs, high chairs, and infant/toddler seats.

SOS: Provides long term, connection and communication with families of Fallen Soldiers. Services are free and confidential. Helps to connect Survivors with a wide range of local resources that include, but are not limited to, support groups dealing with loss and grief, programs specific to Military Survivor Families--especially children, financial management and planning, advocate for Survivor with local organizations and agencies.

Off-Post Resources

Ambassadors for Children (Greene County Kid's Closet): Mission is to enhance the quality of services and support provided to abused and neglected children.

http:///www.ambassadors4children.blogspot.com

Council of Churches of the Ozarsk: A variety of services and agencies including support for abused and neglected children, a food program, child care resource and referral, handyman services, emergency food and clothing, adult day care,and an ombudsman program. Primarily oriented toward residents of Greene County.

http://www.ccozarks.org

Salvation Army: Provides a variety of services to those in need, 102 E. 4th Street, Rolla, MO 573-308-1000

http://www.salvationarmy.org

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Underprivileged School Children's Fund, Springfield Board of Education: Provides for needy, at-risk children in Springfield Publis Chools, providing medical services, clothing, and shoes.

http://springfieldpublicschoolsmo.org/attendance/upscf.htm

Ozarks Food Harvest: Transforms hunger into hope. A foodbank that serves 29 counties in the Ozarks, 2810 N. Cedarbrook Avenue, Springfield, MO 65801, 417-865-3411

http://www.ozarksfoodharvest.org

Social Security: Social Security Office Locator at:

https://secure.ssa.gov/apps6z/FOLO/fo001.jsp

http://www.ssa.gov/

OR

http://www.socialsecurity.gov/

United Way: Improves lives by mobilizing the caring power of communities around the world to advacne the common good.

http://unitedwaysouthcentralmo.org/partners

United Way 211 Directory of Services

http://www.211missouri.org

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Grief Support

On-Post Resources

Survivor Outreach Services Program: Comprehensive program is designed to ensure continued support as needed and desired by eligible Family Members for the duration of their immediate and long term care requirements in the following areas: Army benefits, financial counseling, grief counseling and support services, estate planning, will preparation, probate planning, assistance in the preparation of estate related tax documents, and life skills education for the Surviving Family Members of Fallen Warriors.

Widowed Support Program: Serves surviving spouses of Active-Duty, Retirees, and Disabled American Veterans of all branches of the military to provide practical information needed to assist in positive resolution of the grief experience. This program provides an initial grief support packet and offers continued bereavement support, telephone support services, luncheons and seminars, an Outreach Volunteer to help with the adjustments of widowed hood, a monthly newsletter, outreach training and workshops, as well as an advocate, as needed, to help in resolving on-going issues. Anyone who is a the spouse of military member can become part of the program by contacting the Widowed Support Office and can remain a member of the program for as long as they wish. The Widowed Support Program Office is located in the Installation Chaplains building, Pershing Elementary School, Bldg 6501, Indiana Avenue. The direct number is (573) 596-7367.

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Military Family Life Consultants: Provides short term, situation, problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc.

Health

On-Post Resources

General Leonard Wood Army Community Hospital (GLWACH):

Emergency Room: 573-596-0456
Automated Pharmacy Refill Line: 573-596-0128
Hospital Information Line: 573-596-1490
Hospital Front Desk: 573-596-0035
Clinic Appointments: 1-866-299-4234
Patient Representative: 573-596-0418

TRICARE Appointment Line: 866-299-4234 or 573-596-1490

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Army Community Service, 486 Replacement Ave. FLW, MO 65473, Phone: 573-596-0212; Fax: 573-596-0551; 1-866-802-6710

www.fortleonardwoodmwr.com/acs.php

Military Family Life Consultants (MFLC): Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739.

Community Health Resource Center, 126 Missouri Avenue, Fort Leonard Wood, MO 65473, 573-329-1901 or 573 329 1935/1901

Hypertension/High Blood Pressure: Teach participants how to beat high blood pressure. Discuss prevention, early detection and control. Review what the blood pressure numbers indicate, how & where to check your blood pressure.

Early Pregnancy/Pet Lecture: Discuss first and second trimester, fetal development including conception to delivery, what to expect at prenatal check-ups, routine labs, ultrasounds, pet integration lecture from veterinary clinic.

Informed Childbirth: Series of 4 classes typically beginning at 28 weeks. Class #1 topics include: Shaken Baby Syndrome, SIDS, pre-term labor, anatomy of female pelvis, timing contractions, stages & phases of labor, engagement, effacement, dilation, station, coping strategies. Class #2 topics include: Epidurals, amnihook, intrauterine pressure catheter, internal scalp lead. Class #3 topics include: Tour of mother/baby unit, Head Nurse mother/baby unit or staff discusses when to come to hospital, what to pack, admission process, length of hospital stay, visitation policy. Active Duty topics including: convalescent leave, breastfeeding/pumping & returning to work, profiles, birth certificate and enrollment in DEERS. Class #4 topics include: Unplanned C-sections, empathy belly, proper body mechanics, what to expect during the post partum period. Bring a pillow and water bottle to class. Coach's are encouraged to attend but not required. Each session includes breathing exercises.

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Infant CPR: Participants will learn what to do if their newborn stops breathing and will practice infant CPR on manikins until they feel confident. Class also covers what to do if baby is choking, how to check an infant's pulse, and overall safety. This class is geared toward expectant parents, siblings, grandparents, and babysitters.

Breastfeeding: Participants will learn breastfeeding techniques, discuss breast pumping, how to heat stored breast milk, types of bottles, nipples, use/non use of pacifiers, local area support group (La Leche group, Lactation educators, NPSP, ACS, PAT, and mother/baby staff).

Infant Care: Participants learn the basics of properly caring for an infant. Learn how to give a baby a bath, hair washing, umbilical cord care before cords falls off and afterwards, normal skin color vs. abnormal, normal color stools depending on breastfeeding vs. bottle feeding, when to change diaper, what to take in diaper bag when going out. Participants are given a thermometer to take home and provided instruction on proper technique.

Breast Pumping Techniques: *Participants interested in pumping full or part-time will learn successful breast pumping techniques. Discussions include pumping when returning to work, storing milk, pumping schedules, staying hydrated. Demonstrations of various types of pumps are included.*

PPPT Education: Weekly educational session for active duty participants. Topics vary weekly and include experts from JAG, Chaplains Office, ACS, Parents as Teachers, Nurses for Newborns, New Parent Support Program and others. Highly encouraged for all pregnant and Active Duty (enlisted & officers).

Diabetes Management: Participants will obtain skills to manage this controllable disease through discussion of treatment, potential complications, exercise, and diabetes self-care. The Registered Dietitian instructs on how to follow a well-managed, healthy diet and make lifestyle changes to improve diabetes management.

Journey for Control: New, interactive type 2 diabetes management class. Participants actively participate in class instruction. The emphasis is on signs/symptoms of low and high blood sugar, exercise, nutrition, and making lifestyle changes. Includes pharmacist and nutritionist discussions.

Glucometer: A review session designed to help participants diagnosed with diabetes who have been issued a glucometer. Discussion is tailored to the needs of the participant but includes proper use of the glucometer in order to prevent further complications to the newly diagnosed diabetic.

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Self-Care: This program will provide information on avoiding illness, the importance of healthy habits, using methods in class to take care of minor illnesses at home while avoiding an unnecessary hospital visit, making lifestyle changes for yourself and your family, pharmacist will discuss over the counter medications and how to use the self-care pharmacy, filling out forms, and getting self-care card, enabling you to get up to 5 self-care meds per family per week at no cost.

Tobacco Cessation: Participants are taught modification techniques in order to quit and avoid using tobacco products. Emphasis is on behavioral and social support when quitting cigarettes and smokeless tobacco. Topics include finding healthy alternatives, and making lifestyle changes. Discussion includes side effects of nicotine patches/gum, and wellbutrin. Participants meet with a pharmacist to discuss medications.

Sleep Remedies: Participants learn coping strategies when unable to sleep, productive ways to end sleepless nights and to become more productive in your jobs and home; learn relaxation techniques and ideas that work.

Humor in the Workplace: Learn coping strategies of how to get along with your customers and fellow co-workers. Brings joy, humor, laughter, and a way to release those tensions and become a productive member of your team. One hour of just plain FUN!

Nutritious Weigh: Learn the basics of healthy eating with focus on weight management and the importance of physical activity. Taught at GLWACH by a Registered Dietitian.

Heart Healthy Nutrition: This class is open to all beneficiaries but specifically targets those who have current diagnoses of high cholesterol, Hyperlipidemia, hypertension (high blood pressure), hypertriglyceridemia and/or cardiovascular disease. Learn how to modify your

dietary and behavioral patterns to improve your heart health. Taught at GLWACH by a Registered Dietitian.

Weigh to Stay: An intensive, three-tiered approach to Active Duty weight management. Three group counseling sessions are tailored to improve a soldier's abilities to lose weight safely and to meet and maintain Army military standards. Taught at GLWACH by Army Registered Dietitians.

Asthma Awareness: A class for adults and parents of children with asthma (age 9 and older). Class topics include causes, signs and symptoms of asthma as well as proper usage of the metered dose inhaler, peak flow meter and spacer.

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STD Prevention: Discuss the disease threat posed by various sexually transmitted infections with a focus on prevention and methods of preventing exposure. Covers disease transmission and proper use of condoms.

HIV Prevention: Reviews the latest research findings regarding HIV and AIDS. Discusses the disease threat with a focus on prevention.

Personal Hygiene: Covers proper hand-washing and skin care in order to prevent infection and spread of communicable disease.

Soldier Self-Care: Reduce training time lost by soldiers waiting to receive medical care. Empower soldiers to be responsible for personal health. Reduce health care costs by decreasing unnecessary sick call visits.

Medication Management: Classes provided in the Child and Youth center to ensure for safe care of children, prevention of disease and proper administration of approved medications.

Communicable Disease Prevention: Classes provided in the Child and Youth center to ensure for safe care of children, prevention of disease and proper administration of approved medications.

Bloodborne Pathogens: Classes provided in the Child and Youth center to ensure for safe care of children, prevention of disease and proper administration of approved medications.

Babysitter Training: Classes provided in the Child and Youth center to ensure for safe care of children, prevention of disease and proper administration of approved medications.

Seasonal Disease Threats: Army Public health nurses will develop a customized training program based on the latest disease threat. Topics can range from H1N1 to Tick borne disease. The focus will always be on prevention. Discussion will include disease surveillance, disease threat, early recognition and prevention.

DFMWR, Bldg 1609, S. Dakota Ave, Fort Leonard Wood, MO 65473, 573-596-1498

www.fortleonardwoodmwr.com/daugherty.php

Daugherty Bowling Center: The Daugherty Bowling Center offers 40 lanes with automatic scorers and features: open bowling, Xtreme Bowling, bumper bowling for kids, league bowling, bowling parties, a pro shop, snack & beverage bar, video games, and locker rental. Youth and senior discount rates are available.

DFMWR, Bldg 2290, Fort Leonard Wood, MO 65473, 573-596-4223

www.fortleonardwoodmwr.com/outdoor.php

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Outdoor Adventure Center: Fort Leonard Wood has over 60,000 acres available for hunting; deer, turkey, wild hog and an abundance of small game, season for archery, firearms and muzzleloaders. All hunting and fishing state and local licenses & permits available at the Outdoor Adventure Center. You can fish the Big Piney River plus numerous ponds and lakes available on Fort Leonard Wood. The Trout Management areas are open year round.

Warrior Adventure Quest: Warrior Adventure Quest combines existing high-adventure outdoor recreation activities such as skydiving, paintball, ropes courses, rock climbing, mountain biking, stock car racing, skiing, and others, with Battlemind training to help Soldiers make the adjustment back to a calmer paced lifestyle.

DFMWR, Lake of the Ozark Recreation Area, 789 Olney Circle, Linn Creek, MO 65052, 573 346 5640

www.fortleonardwoodmwr.com/lake_ozarks.php

Lake of the Ozarks Recreation Area (LORA): LORA is a great place to get away from all the worries of everyday life. Enjoy camping, boating, swimming, water skiing, fishing and other outdoor activities at Missouri's scenic playground, the Lake of the Ozarks. LORA is located 50 miles Northwest of Fort Leonard Wood on the Grand Glaze Arm of the Lake of the Ozarks. The lake is one of the nation's largest man-made lakes, giving you over 1,300 miles of shoreline to enjoy. When at LORA, you're only a short drive away from many of Missouri's best tourist attractions. There are caves waiting to be explored, amusement and water parks, golf courses, unique gift shops, as well as many fine restaurants and night clubs. It's easy to see why your stay at LORA will be fun and exciting for your entire family. LORA Welcomes Active Duty,

Retired Military, Members of the National Guard and Reserves, DOD Employees with ID cards, Family Members and Fort Leonard Wood Contract Employees.

DFMWR, BLDG 1300, S. Dakota Ave, Fort Leonard Wood, MO 65473, 573 596 4359

www.fortleonardwoodmwr.com/sports.php

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Davidson Fitness Center: The Sports Branch (596-4359) located in the Davidson Fitness Center coordinates a wide range of sports and fitness activities for the installation. In addition to overseeing numerous intramural sports programs, the Sports Branch hosts the annual, National Softball Association tournaments, and Commander's Cup tournaments; 14 softball fields, nine soccer fields, 12 tennis courts highlight the excellent outdoor sports facilities available to post community members. Additional multi-use softball fields, flag football fields, youth athletic fields, and 400-meter all weather track are also available. During summer months, the sports staff oversees the operation of an Olympic-sized outdoor pool (with a 50-foot water slide) on Constitution Avenue. Pool parties, swimming lessons and lifeguard training are available. The Davidson Fitness Center is a state of- the-art facility that provides fitness equipment and programs for the entire family. The 63,000-square-foot facility has basketball, racquetball and volleyball courts; an indoor 25-meter swimming pool; an elevated indoor running track; Nautilus and free weights, cardiovascular equipment, a cardio fitness theater; six locker rooms, towel service and equipment check-out. Group fitness classes are offered six days a week at a variety of times. The Personal Trainer Program is available to provide one-on-one consultation and guidance. Authorized patrons can purchase recreational Swim passes. Call 596-4359 for more information.

www.fortleonardwoodmwr.com/pv.php

DFMWR, FLW 20 (off Water Intake Rd), Fort Leonard Wood, MO, 65473, 573-329-4770

Piney Valley Golf Course: 18 hole, par 72 course runs through a beautiful valley along the Big Piney River, and is open year round, weather permitting. The course is open to the public and features a driving range, putting green, chipping area, pro shop, snack bar and lessons.

www.fortleonardwoodmwr.com/pershing.php

DFMWR, Bldg 4109, Piney Hills Dr., Fort Leonard Wood, MO 65473, 573 329 6500

Pershing Community Center: The Pershing Community Center is available for catered events, Special Events, Training and classes. It offers a variety of rooms for your personal or professional functions. The Community Center also features Blackjack Bar and Grill a nice neighborhood bar complete with dining operations.

DFMWR, Bldg 490, Fort Leonard Wood, MO 65473, 573-329-8587

www.fortleonardwoodmwr.com/itr.php

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Information, Ticketing, and Registration Office (ITR): Offers avenues for Recreational opportunities on and off the installation at a low cost to the patron.

Chaplain's Office, Bldg 6501, 573-596-2127

Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

Worship and Religious Education: Fort Leonard Wood Religious Support Operations offers a wide variety of worship, Bible Study, and discipleship opportunities. This link provides the services offered. For events, times and locations, copy and paste into web browser: **http://www.wood.army.mil/ch/Worship%20Schedule%20and%20map.htm**

Programs include Bible Study, Worship (Catholic, Protestant, Lutheran, Episcopal, LDS, Jewish, Muslim and Buddhist) Youth Programs, Women's Studies (Protestant Women of the Chapel (PWOC), Sacred Heart Women of Chapel (MCCW), Knights of Columbus and Protestant Men of the Chapel.)

Community Health Resource Center, 126 Missouri Avenue, Fort Leonard Wood, MO 65473, 573 329 1901 or 573 329 1935/1901

Soldier Self-Care: Reduce training time lost by soldiers waiting to receive medical care. Empower soldiers to be responsible for personal health.

Staff Judge Advocate, Bldg 315, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependants regarding the legal aspects of most social issues.

Army Community Service, 486 Replacement Ave., FLW, MO 65473 573-596-0212; 1-866-802-6710; Fax: 573-596-0212

www.fortleonardwoodmwr.com/acs.php

New Parent Support Program (NPSP) Home Visit: Professional home visitors provide supportive and caring services to Military Families who are expecting, or have children through the age of three years. The home visitor can talk about your concerns as a parent

or parent-to-be, and help you learn to cope with stress, isolation, post deployment reunions, and the everyday demands of parenthood in the privacy of your home.

Emergency Food Voucher Program: Provides assistance for Service Members experiencing financial hardship or have not received pay. Vouchers are good only at the commissary and only for food for DEERS enrolled dependents.

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American Red Cross, Bldg 496, Replacement Ave, Fort Leonard Wood, MO 65473, 573 596 0300

CPR/AED/First Aid Class: Held at Ft. Leonard Wood the 2nd Saturday of every month.

Off-Post Resources

Missouri Department of Social Services, Family Support Division (Missouri Health Net): Provides medical services to persons who meet certain eligibility requirements.

http://www.dss.mo.gov/fsd/msmed.htm

TRICARE: 1-888-874-9378

http://www.tricare.mil

Defense Enrollment Eligibility Reporting System (DEERS): Includes over 23 million records pertaining to active duty and reserve military and their family members, military retired, DoD Civilians and Contractors, 400 Gigling Road, Seaside, CA 93955, 1-800-538-9552

http://www.dmdc.osd.mil/deers

AIDS Project of the Ozarks: Provides education & services including primary medical care, Dental care, mental health and substance abuse services (serves 29 counties in MO)

http://www.aidsprojectoftheozarks.org

Greene County Health Departnemt: Provides a variety of health-related services including environmental services, community health and epidemiology, and maternal/child and family health. 1-417-864-1658, or health@springfieldmo.gov

http://www.springfieldmo.gov/health/healthEducation.html

Local Gyms and Fitness Centers: Refer to the phone directory for a listing of available commercial resources.

Phelps County Regional Hospital: A regional hospital operating from its main facility in Rolla, MO. 1000 W. Tenth Street, Rolla, MO 65401, 573-458-8899

http://www.pcrmc.com

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Texas County Memorial Hospital: A sixty-bed, general acute care institution offering medical care for all primary care needs. 1333 S. Sam Houston blvd., Houston, MO 65483, 417-967-3311.

http://www.tcmh.org

St. John's Hospital: An acute care, 62-bed general medical-surgical hospital located in Lebanon, MO. 100 Hospital Drive, Lebanon, MO 65536, 417-533-6100

http://www.stjohns.com/lebanon

Lake Regional Health System: Provides comprehensive health care services throughout the Lake of the Ozarks area. 54 Hospital Drive, Osage Beach, MO 65065, 573-348-8000

http://www.lakeregional.com

Cox Health: Offers a variety of medical services through a network of hospitals and clinics. 417-269-3000.

http://www.coxhealth.com

Weight Watchers: An international company that offers various dieting products and services to assist weight loss and maintenance. See web site for specific locations in your community.

http://www.weightwatchers.com

Curves Weight Management: Mission is to help women become strong, and healthy through diet and exercise. See web site for specific locations in your community.

http://www.curves.com

Department of Veterans Affairs: Provides a variety of services including medical centers, and information on health issues such as wellness, diseases, and public health issues.

http://va.gov

Missouri Department of Health and Senior Services: Provides a variety of health-related resources including a directory of local public health agencies.

http://www.dhss.mo.gov/LPHA/index.html

PCRC Smile Mobile (a mobile dental service from Phelps County Regional Medical Center. Provides free dental care to low-income children. 1000 W. 10th St., Rolla, MO 65401, 573-458-8899.

http://www.pcrmc.com/About/SmileMobile.aspx

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Springfield/Greene County Health Clinic (Springfield-Greene County Health Department. Provides a variety of resources pertaining to maternity, sexually-transmitted diseases, community health, immunizations, environmental services, nursing services, and health education. 227 E. Chestnut Expressway, Springfield, MO 65802, 417-864-1099:

http://www.springfieldmo.gov/health

The Kitchen: Helps meet the needs of those affected by poverty and homelessness. Services include: housing, food, counseling, healthcare, education, youth services, clothing, advocacy, life skills, and homelessness prevention. Provides free medical and dental care for people with low income, no health insurance and no other resources to help with their medical needs

http://www.thekitcheninc.org/clinic.php

Housing

On-Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212; 1-866-802-6710; Fax: 573-596-0551.

www.fortleonardwoodmwr.com/acs.php

Loan Closet: For Soldiers and Family Members on PCS orders, basic household items are available to borrow while Families are in transition. Typical items include pots and pans, dishes, silverware, irons, ironing boards, sleeping pads, port-a-cribs, high chairs, and infant/ toddler seats.

New Parent Support Program (NPSP) Home Visits: Professional home visitors provide supportive and caring services to Military Families who are expecting, or have children through the age of three years. The home visitor can talk about your concerns as a parent or parent-to-be, and help you learn to cope with stress, isolation, post deployment reunions, and the everyday demands of parenthood in the privacy of your home.

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Staff Judge Advocate, Bldg 315, 573-596-0203

Legal Assistance Office: This office has the ability to counsel and assist military and their dependents regarding the legal aspects of most social issues.

Claims Office: Handles monetary claims against the government stemming from accidents/damage caused by government operators.

Balfour Beatty Communities at Fort Leonard Wood, 573 329 3105; 24-Hour service: 573 329 4000

http://www.Ftlwoodfamilyhousing.com

Balfour Beatty Communities at Fort Leonard Wood: Balfour Beatty Communities at Fort Leonard Wood offer you a picturesque tranquil setting with close in amenities. Featuring 2, 3 and 4 bedroom homes our legacy, renovated, and recently constructed homes offer full size washer and dryer hook ups, energy efficient dishwasher and frost free refrigerators (some

with ice makers) as well as central air and heat. Select homes offer basements, garages and private carports along with microwaves and walk in closets.

You will enjoy the three neighborhood community centers with large meeting rooms, fitness areas, and 2 splash parks along with newly constructed playgrounds.

For more information about our community and to view floor plans of our housing, please visit our website at: ftlwoodfamilyhousing.com.

Off-Post Resources

Habitat for Humanity: an international, non-governmental organization devoted to building decent, affordable housing. The organization's mission is to eliminate poverty housing and homelessness from the world and to make decent shelter a matter of conscience and action.

http://www.habitat.org

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Missouri Housing Development Commission: Strengthens communities and the lives of Missourians through the financing, development, and preservation of affordable housing. 4625 Lindell, Suite 300, St. Louis, MO 63108, 314-877-1350.

http://www.mhdc.com

Department of Housing and Urban Development: Creates strong, sustainable, inclusive communities and quality affordable homes for all. Web site offers a variety of information sources concerning the purchase and rental of housing.

http://portal.hud.gov/portal/page/portal/HUD

U.S. Dept of Agriculture, Rural Development Housing & Community Facilities Programs: An agency of the US Department of Agriculture that runs programs intended to improve the economy and quality of life in rural America. Rural Development administers loans, loan guarantees, and grants through multiple programs.

(http://www.rurdev.usda.gov

Lebanon Housing Authority: provides housing, development, and assistance services, 1225 Maple Ln, Lebanon, MO 65536-3593, 417-532-4912

State Department of Social Services, Homelessness Prevention and Rapid Re-Housing Program: Assists individuals who are or are at risk of becoming homeless.

http://www.dss.mo.gov/arra/hprp/

or

http://www.hudhre.info

Hunger

Off-Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212; 1-866-802-6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

Emergency Food Voucher Program: Provides assistance for Service Members experiencing financial hardship or have not received pay. Vouchers are good only at the commissary and only for food for DEERS enrolled dependents.

Off-Post Resources:

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Missouri Department of Social Services - Food Distribution Programs: Provides basic information on USDA Food Distribution Programs.

http://www.dss.mo.gov/fsd/fdist/

Food Stamp Information (Legal Services of Missouri): Provides comprehensive information on the Missouri Food Stamp Program.

http://www.lsmo.org/Home/PublicWeb/Library/Documents/1084997283.86/doc_Food%20Stamps%20(4.1).htm

OR

http://www.dss.mo.gov/fsd/fstamp

Share the Harvest: A charitable meat donation program focusing on venison

http://mdc.mo.gov/hunt/deer/share/

Angel Food Ministries: A non-profit, non-denominational organization dedicated to providing food relief and financial support to communities throughout the United States.

http://www.angelfoodministries.com

Good Samaritan Resource Center: A non-denominational Christian organization, operating the Genesis battered women's shelter along with community and emergency services for men, women, and children.

http://www.goodsam-genesis.org

The Food Bank for Central & Northeast Missouri: Columbia, MO Phone: 573-474-1020; Prepared Foods, Fresh Produce, Back Pack, Repack Bulk, Salvage, Purchase Program, TEFAP, CSFP, Other Service : Off Site Pantry Shopping, Mobile Pantry, Non Food Distribution

http://www.sharefoodbringhope.org

Ozarks Food Harvest*: Springfield, MO Phone*: 417.865.3411; Back Pack, Kids Cafes, Purchase Program, TEFAP, CSFP, CACFP, SFSP, Mobile Pantry, Non Food Distribution, Nutrition Education, Food Stamps, On-Site Agency Shopping, Senior Congregate

http://www.ozarksfoodharvest.org

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Marriage

On-Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473
Phone: 573-596-0212; 1- 866-802-6710; Fax: 573-596-0551
www.fortleonardwoodmwr.com/acs.php

Couples in Arms: A relationship enhancement workshop designed to teaches couples how to talk Without Fighting, Support Your Relationship, and Build a Relationship That Lasts.

Army Family Team Building (AFTB): Level I provides training on basic military concepts, Family Readiness Groups, financial readiness, problem solving, and much more! Level II expands skills needed for managing deployment stress, communicating effectively, and developing resiliency skills. Level III focuses on professional growth, identifying strengths and weaknesses, and building on the positive attributes that will make you an effective leader.

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Military Family Life Consultants (MFLC): Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739

Chaplain's Office, Bldg 6501, 573-596-2127

Family Life Chaplain, Bldg 6501, Room 27, 573- 596-0088

Pre-Martial Counseling/Class: Pre-Marital Class is held the first Friday of each month and is a Pre-requisite for wedding ceremonies held in FLW chapels and conducted by military chaplains. Class will begin at 0830 in room 29 at bldg 6501 Indiana Ave., Installation Chaplain's Building. Chaplain will respond to question and concerns for marriage preparations. Pastors or chaplains - who perform wedding ceremony for couples, may also have other requirements for preparation before marriage. It is the couple's responsibility to know what other requirements the chaplain, pastor, priest may require.

Family Life Chaplain or Sponsor's Unit Chaplain: Chaplain provides marriage counseling to assist couple to reconcile, work through marital issues or provide avenue for other professional counseling. Information spoken to chaplain is confidential.

Strong Bond Retreats: Brigade Chaplains offer Strong Bonds retreats that are designed to enrich a couple's marital relationship. Retreats are offered at different times throughout year based on availability of funds. Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training. Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

http://www.strongbonds.org/skins/strongbonds/display.aspx

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Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief. and spiritual, etc. Information is confidential.

Army Substance Abuse Program, Building 470, Room 1105, 573-596-0119.

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

DFMWR, Outdoor Adventure Center, Bldg 2290, FLW K, Fort Leonard Wood, MO 65473, 573 596 4223

www.fortleonardwoodmwr.com/outdoor.php

Warrior Adventure Quest: Warrior Adventure Quest combines existing high-adventure outdoor recreation activities such as skydiving, paintball, ropes courses, rock climbing, mountain biking, stock car racing, skiing, and others, with Battlemind training to help Soldiers make the adjustment back to a calmer paced lifestyle.

General Leonard Wood Community Hospital, 126 Missouri Ave, FLW, MO 65473, 573-596-1507: Social Work Clinic (Family Advocacy): Deliver Individual, Marital, Family, and Group interventions for Military Families At Risk for Child and/or Spousal abuse; assess referred events of Child and/or Spousal Abuse on and off the installation and provide or refer for appropriate clinical interventions to facilitate family SAFETY and functioning for members of the Military Community. Social Work Services, General Leonard Wood Army Community Hospital, Main Bldg, Suite 61-1, 573-596-1507.

Confidential Reporting Line for Family Violence and Sexual Assault 573-596-0446

Marriage and Family Support: Provide Marital and Family interventions via couple, group and seminar presentations to newly married and established couples experiencing communicative dissonance in their relationships.

Off-Post Resources

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Operation US, The Healthy Marriage project of Southwest Missouri: Forest Institute of Professional Psychology has received a five year, $5.2 million grant from the U.S. Department of Health and Human Services Administration for Children and Families to provide healthy marriage/healthy relationship education for persons in a 29 county area of southwest Missouri. Target groups include 1) high school students, 2) engaged couples, couples in serious dating relationships, and persons interested in marriage, 3) unwed expectant mothers and fathers, 4) married couples, and 5) couples at risk for divorce.

http://www.operationus.org/aboutus/22-grantdescription.html

Mental Well Being

On-Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212; 1-866-802-6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

MFLC: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739

Chaplain's Office, Bldg 6501, 573-596-2127

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Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

Fort Leonard Wood Religious Support Operations: Offers a wide variety of worship, Bible Study, and discipleship opportunities. This link provides the services offered. For events, times and locations, copy and paste into web browser: **http://www.wood.army.mil/ch/Worship%20Schedule%20and%20map.htm** Programs include Bible Study, Worship (Catholic, Protestant, Lutheran, Episcopal, Jewish, Muslim and Buddhist), Sunday Night Live (Innovative Protestant Religious Education Program for all ages), Catholic CCD, Youth Programs, Women's Studies (Protestant Women of the Chapel (PWOC), Sacred Heart Women of Chapel (MCCW), Knights of Columbus, Serra Club, Vacation Bible School and Protestant Men of the Chapel.)

Religious Educations Protestant Sunday School and Catholic Confraternity of Christian Doctrine, (CCD), RCIA & RCIC (Sep to May): Protestant Sunday School: An age-grade Sunday School for ages 4 through adult. Age-specific Bible study and corresponding activities are provided to prepare spiritually for living life to the fullest. Adult studies include Biblical principles for financial management and Christian discipleship. Time: 6:00-7:30 pm at Building 6501, Indiana Avenue.

CCD: An Age-grade 3 years and older, Catholic Confraternity of Christian Doctrine, RCIA and RCIC provides studies, corresponding activities to prepare spiritually for learning Catholic Christian Doctrine. Time: 11:00-12:30 at Building 6501, Indiana Avenue.

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Youth Ministry: Catholic Youth Program meets each Sunday 5 PM at building 590, across the Iowa AVE from Soldier Memorial Chapel.
Protestant Youth of the Chapel meet Tuesdays and Wednesdays at building 6501. PYOC exists to reach students, to help them grow in their faith, to share their gifts, and to honor God with their Lives. Middle School, Tuesdays, 1700-1800, Pershing Elementary School, Bldg 6501, Indiana Avenue. High School, Wednesdays, 1900-2030, Pershing Elementary School, Bldg 6501, Indiana Avenue.

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Protestant Women of Chapel: Protestant Women of the Chapel meets Tuesdays, 0900-1200, Pershing Elementary School, Bldg 6501, Indiana Avenue. A small group Bible study and fellowship time for women. Topics focus on Christian discipleship and marriage and family. Child Watchcare is provided. For more information, copy and paste the following link in web browser:

www.ftleonardwoodpwoc.wordpress.com

Catholic Women Ministries: Sacred Heart Catholic Community provides a full range of Ministry and Discipleship programs for Women. MCCW meets on Mondays, 0900-1115, Pershing Elementary School, Bldg 6501, Indiana Avenue. A small group Study and fellowship time for women.

http://www.wood.army.mil/ch/Catholic/sacred_heart_parish.htm

Catholic Men Ministries; Knights of Columbus: Sacred Heart Catholic Community provides a full range of Ministry and Discipleship programs for Men. Knights of Columbus meets the 3rd Tuesday/Month at 1900, Bldg 590, 573-261-0093

http://www.wood.army.mil/ch/Catholic/sacred_heart_parish.htm

Widowed Support Program: Serves surviving spouses of Active-Duty, Retirees, and Disabled American Veterans of all branches of the military to provide practical information needed to assist in positive resolution of the grief experience. This program provides an initial grief support packet and offers continued bereavement support, telephone support services, luncheons and seminars, an Outreach Volunteer to help with the adjustments of widowed hood, a monthly newsletter, outreach training and workshops, as well as an advocate, as needed, to help in resolving on-going issues. Anyone who is a the spouse of military member can become part of the program by contacting the Widowed Support Office and can remain a member of the program for as long as they wish. The Widowed Support Program Office is located in the Installation Chaplains building, Pershing Elementary School, Bldg 6501, Indiana Avenue. The direct number is (573) 596-7367.

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief and spiritual, etc. Information is confidential.

Army Substance Abuse Program, Bldg 470, Room 1105, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

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DFMWR, Bldg 1383, Nebraska Ave., Fort Leonard Wood, MO 65473, 573-596-0243

www.fortleonardwoodmwr.com/auto.php

Auto Crafts: The Auto Craft Shop offers: 9 flat car bays 5 lift car bays, mechanics, a vehicle storage lot, a coin operated car wash, a computerized and manual information center, safety equipment (including eye and ear protection, OSHA eye wash areas), basic car care classes and on site car repair.

DFMWR, 1609, S. Dakota Ave, Fort Leonard Wood, MO 65473, 573 596 1498

www.fortleonardwoodmwr.com/daugherty.php

Daugherty Bowling Center: The Daugherty Bowling Center offers 40 lanes with automatic scorers and features: open bowling, Xtreme Bowling, bumper bowling for kids, league bowling, bowling parties, a pro shop, snack & beverage bar, video games, and locker rental. Youth and senior discount rates are available

DFMWR, Bldg 2290, FLW K, Fort Leonard Wood, MO 65473, 573 596 4223

www.fortleonardwoodmwr.com/outdoor.php

Outdoor Adventure Center: Fort Leonard Wood has over 60,000 acres available for hunting; deer, turkey, wild hog and an abundance of small game, season for archery, firearms and muzzleloaders. All hunting and fishing state and local licenses & permits available at the Outdoor Adventure Center. You can fish the Big Piney River plus numerous ponds and lakes available on Fort Leonard Wood. The Trout Management areas are open year round.

DFMWR, Lake of the Ozark Recreation Area, 789 Olney Circle, Linn Creek, MO 65052, 573 346 5640

www.fortleonardwoodmwr.com/lake_ozarks.php

Lake of the Ozark Recreation Area: LORA is a great place to get away from all the worries of everyday life. Enjoy camping, boating, swimming, water skiing, fishing and other outdoor activities at Missouri's scenic playground, the Lake of the Ozarks. LORA is located 50 miles Northwest of Fort Leonard Wood on the Grand Glaze Arm of the Lake of the Ozarks. The lake is one of the nation's largest man-made lakes, giving you over 1,300 miles of shoreline to enjoy. When at LORA, you're only a short drive away from many of Missouri's best tourist attractions. There are caves waiting to be explored, amusement and water parks, golf courses, unique gift shops, as well as many fine restaurants and night clubs. It's easy to see why your stay at LORA will be fun and exciting for your entire family. LORA Welcomes Active Duty, Retired Military, Members of the National Guard and Reserves, DOD Employees with ID cards, Family Members and Fort Leonard Wood Contract Employees.

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DFMWR, Bldg 1300, S. Dakota Ave, Fort Leonard Wood, MO 65473, 573 596 4359

www.fortleonardwoodmwr.com/sports.php

Davidson Fitness Center: The Sports Branch (596-4359) located in the Davidson Fitness Center coordinates a wide range of sports and fitness activities for the installation. In addition to overseeing numerous intramural sports programs, the Sports Branch hosts the annual, National Softball Association tournaments, and Commander's Cup tournaments; 14 softball fields, nine soccer fields, 12 tennis courts highlight the excellent outdoor sports facilities available to post community members. Additional multi-use softball fields, flag football fields, youth athletic fields, and 400-meter all-weather track are also available. During summer months, the sports staff oversees the operation of an Olympic-sized outdoor pool (with a 50-foot water slide) on Constitution Avenue. Pool parties, swimming lessons and lifeguard training are available. The Davidson Fitness Center is a state of- the-art facility that provides fitness equipment and programs for the entire family. The 63,000-square-foot facility has basketball, racquetball and volleyball courts; an indoor 25-meter swimming pool; an elevated indoor running track; Nautilus and free weights, cardiovascular equipment, a cardio fitness theater; six locker rooms, towel service and equipment check-out. Group fitness classes are offered six days a week at a variety of times. The Personal Trainer Program is available to provide one-on-one consultation and guidance. Authorized patrons can purchase recreational Swim passes. Call 596-4359 for more information.

DFMWR, FLW 20 (Off Water Intake Rd), Fort Leonard Wood, MO 65473, 573-329-4770

www.fortleonardwoodmwr.com/pv.php

Piney Valley Golf Course: 18 hole, par 72 course runs through a beautiful valley along the Big Piney River, and is open year round, weather permitting. The course is open to the public and features a driving range, putting green, chipping area, pro shop, snack bar and lessons.

DFMWR, Bldg 4109, Piney Hills Dr, Fort Leonard Wood, MO 65473, 573-329 -6500

www.fortleonardwoodmwr.com/pershing.php

Pershing Community Center: The Pershing Community Center is available for catered events, Special Events, Training and classes. It offers a variety of rooms for your personal or professional functions. The Community Center also features Blackjack Bar and Grill a nice neighborhood bar complete with dining operations.

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DFMWR, Bldg 490, Fort Leonard Wood, MO 65473, 573-329-8587

www.fortleonardwoodmwr.com/itr.php

Information, Ticketing, and Registration Office (ITR): Offers avenues for Recreational opportunities on and off the installation at a low cost to the patron

Army Community Service, 486 Replacement Ave., FLW, MO 65473; 573-596-0212; 1-866.802.6710; Fax: 573-329-4545

www.fortleonardwoodmwr.com/acs.php

Victim Advocacy Program: Is designed to ensure each person who is a victim of domestic violence is provided support and assistance through the services of a Victim Advocate. The FLW Family Advocacy Program provides Victim Advocates who provide direct services to individual victims of spouse abuse and represent the interests of victims.

Sexual Assault Response & Prevention Program: Provides awareness for the prevention of sexual assault, and if the assault occurs, the provision of information, services, and support is given to the victim; there is a coordination and integration of victim services and provision of training to military units.

Parenting From the Heart: A six week parenting class which explores different parenting styles. Parents learn age appropriate discipline strategies and effective communication techniques.

Bundles of Joy: A six week class designed for new and expecting parents to learn creative ways to care for babies. Explore ways of bonding, swaddling, and comforting your baby.

Learn to budget for the new addition to the Family, child proof your home, and understand child safety precautions.

Play Morning: Open play morning time designed to help children develop gross and fine motor skills. Children from newborn to age five are eligible to participate. Parents and children interact together and with other children and their parents.

Bright Start: Play group designed to develop fine and gross motor skills, boost verbal and visual recognition, and promote socialization. Children between the ages of newborn and three years are eligible to participate.

Couples in Arms: A relationship enhancement workshop designed to teaches couples how to talk Without Fighting, Support Your Relationship, and Build a Relationship That Lasts.

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Anger Danger: A 6 week anger management workshop designed to assist with everyday hassles. Topics include: Anger Defined, What Causes Anger, Stress Less, and Who Controls Your Anger.

Love & Logic: For military Families with children between the ages of newborn and 6 years of age who would like to learn how to parent without anger, lectures, threats, and many warnings.

Stress Management: Teach participants to identify stressors and to learn creative ways to minimize and cope with everyday stress, effective time management, foods that reduce stress and techniques that work in conjunction with your busy lifestyle.

Respite Care: Respite Care available for Army and Marine Corp Family Members with medical or educational special needs that are enrolled in the EFMP and meet specific medical criteria.

General Leonard Wood Army Community Hospital, 126 Missouri Ave, FLW, MO 65473; 573-596-1507:

Confidential Reporting Line for Family Violence and Sexual Assault 573-596-0446

Mental Well Being: BH: Provide Individual Therapy, Marital Counseling, Child Psychology, Psychological testing (by referral only), and Medication Management.
CMHS: Identify personnel who are mentally fit for duty IAW Ch. 2, AR 40-501 standards. Recommend that command consider separation of those who are not fit for duty. Provide support

counseling for Perm Party at their specific Brigade for ease of access to care. Emergency care as needed

DFMWR, Bldg 2290, FLW K, Fort Leonard Wood, MO 65473, 573-596-4223

www.fortleonardwoodmwr.com/outdoor.php

Hunter Safety: Hunter education provides a foundation in hunting safety and ethics that helps hunters focus on more than just being successful in the pursuit of game. Hunter education strives to instill responsibility, improve skills and knowledge, and encourage the involvement of beginner and veteran hunters. Responsible, ethical behavior and personal involvement are both essential to the survival of hunting. This course is recommended for motivated students age 14 and older with good reading and comprehension skills who have some firearm and hunting knowledge or experience. However, students 11 years old and older may be tested and certified in this course.

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Concealed Weapons Class: The Outdoor Adventure Center hosts a series of Missouri Concealed Carry Classes throughout the year. This minimum 8 hr course of instruction is the first step in acquiring a MO CCW (concealed carry weapon) endorsement, including weapons qualification on the range. Students must be at least 23 years of age to attend this course. Concealed Carry Permits (CCP), regardless of state of issuance, are not authorized or recognized on Fort Leonard Wood. See FLW Reg 190-6 for transportation requirements and authorized purposes.

DFMWR, Bldg 604, Constitution Ave., Fort Leonard Wood, MO 65473, 573-596-0131 ext: 6 4427

www.fortleonardwoodmwr.com/mwrrecplex.php

Rec Plex: FMWR is committed to providing members of the military community with quality and diverse recreation programming. The RecPlex contains an Olympic-sized outdoor pool (with a 50-foot water slide) and Spray Park to include zero entry pool. Pool parties, swimming lessons and lifeguard training are available. The Rec Plex also includes an 18 hole Mini Golf Course and Go-Kart Track (Coming 2010) plus multi-purpose rooms available to host your next birthday party or Unit function. Rec Plex is open to the public.

DFMWR, Bldg 470, 140 Replacement Ave., Fort Leonard Wood, MO 65473, 573 596 0999

www.fortleonardwoodlodging.com/

Lodging: The role of Army Lodging is to provide quality lodging and hospitality services to eligible patrons for America's Army. Our facilities are comparable to limited service commercial hotel standards and represent quality and consistency from installation to installation.

The Fort Leonard Wood Army Lodging community currently consist of 1656 guestrooms primarily students in a TDY status and families changing assignments.

DFMWR, Bldg 490, Iowa Ave, Fort Leonard Wood, MO 65473, 573-596-0242

www.fortleonardwoodmwr.com/arts.php

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Framing & Engraving Shop: MWR Framing and Engraving Shop offers custom engraving, framing and matting services, along with a complete line of mats and frames. Whether it be a special award, a child's drawing or a priceless print, let the MWR Framing and Engraving Shop preserve your memories.

DFMWR, Bldg 2290, FLW K, Fort Leonard Wood, MO 65473, 573 596 4223

www.fortleonardwoodmwr.com/outdoor.php

Happy Hollow, Colyer Park, East Gate Camping, Stone Mill Spring: Reserve one of Fort Leonard Woods beautiful parks through the Outdoor Adventure Center. There is no cost to reserve the parks.

Colyer Park is centrally located in Fort Leonard Wood on Nebraska Ave and offers coved pavilion and play grounds. Colyer Park, with the exception of special holiday or major unit organization day activities, will generally be on a first-come, first-served basis. The north pavilion and area may be reserved by large groups or organizations.

Happy Hollow is located right off the Big Piney River, and can be reserved in part or in its entirety. The area is off limits to other than approved organizational functions between 2100-0500 hours daily.

East Gate Campground is open for use by all personnel, military or civilian. It is also available to special groups or units such as Boy/Girl Scouts, and some off post groups when reservations are made at and approved.

Stone Mill Spring is primarily a trout management area and as such will not be reserved for unit/organization functions but will be used for small groups or family outings on a first-come, first served basis.

DFMWR, Bldg 6185, Indiana Ave, Fort Leonard Wood, MO 65473, 573 596 4223

www.fortleonardwoodmwr.com/outdoor.php

Horse Stables: Horse stables are available for rent for privately owned horses through Outdoor Adventure Center. Stable include an inside exercise barn and outdoor riding arena. Every horse entering the OAC Stables must complete a 10-day quarantine period.

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DFMWR, Bldg 1000, S. Dakota Ave, Fort Leonard Wood, MO 65473, 573 596 6913

www.fortleonardwoodmwr.com

Special Events: The Special Events & Programming Team scheduled the entertainment venues for Fort Leonard Wood Family and Morale, Welfare, and Recreation.

DFMWR, Bldg 805, Iowa Ave, Fort Leonard Wood, MO 65473, 573-596-0131, ext: 6 4398

www.fortleonardwoodmwr.com/boss.php

BOSS: The Better Opportunities for Single Service Members (BOSS) Program supports the overall quality of single Service Members' lives. BOSS identifies real Service Member well being issues and concerns by recommending improvements through the chain of command. BOSS encourages and assists single Service Members in identifying and planning for recreational and leisure activities. Additionally, it gives single Service Members the opportunity to participate in and contribute to their respective communities. BOSS is a demonstration of the chain of command's commitment to single Service Members. The BOSS Mission is to continually progress and improve the quality of life for single service members (bonafide bachelors, geographical bachelors and single parents) on Fort Leonard Wood. To provide and participate in social, recreational, and educational events, to participate in community service projects, to voice concerns and issues on quality of life, and to be involved with leadership developing activities.

USO: The USO is a private, nonprofit organization whose mission is to provide morale, welfare and recreation-type services to our men and women in uniform. The Fort Leonard Wood USO offers free Wi-Fi, video games, pool, movies in a social atmosphere.
Office Hours:
Thursday & Friday: 12 p.m. – 10 p.m.
Saturday: Noon – 10 p.m.
Sunday: Noon – 6 p.m.

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212, 1-866-802-6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

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SOS: Provides long term, connection and communication with families of Fallen Soldiers. Services are free and confidential. Helps to connect Survivors with a wide range of local

resources that include, but are not limited to, support groups dealing with loss and grief, programs specific to Military Survivor Families--especially children, financial management and planning, advocate for Survivor with local organizations and agencies.

Off-Post Resources

Local Hospitals:

St. John's Clinics	**(http://www.stjohns.com/**)
Phelps County Regional Hospital	(**http://www.pcrmc.com/)**
Texas County Memorial Hospital	(**http://www.tcmh.org/)**
Cox Clinics	**(http://www.coxhealth.com)**

Pathways Community Behavioral Health Care: a not-for-profit community mental health center providing a full continuum of care and access to services across Missouri through 32 office locations. Pathways provides comprehensive mental health and substance abuse treatment and prevention services to pre-adolescent children through older adult populations.

http://www.pathwaysonline.org

National Alliance on Mental Illness: A nation-wide American advocacy group, representing families and people affected by mental illness as a non-profit grass roots organization and has affiliates in every American state and in thousands of local communities in the country. NAMI's mission is to provide support, education, advocacy, and research for people and their families living with mental illness through various public education and awareness activities. The organization is dedicated to improving the lives of individuals and families affected by mental illness. NAMI's support and public education efforts are focused on educating America about mental illness, offering resources to those in need, and insisting that mental illness become a high national priority. Missouri Headquarters is located at the following address:

3405 West Truman Boulevard
Suite 102
Jefferson City, MO 65109-2501

Subordinate offices are located throughout the state in: Boonville, Brentwood, Columbia, Farmington, Jackson, Jefferson City, Joplin, Kansas City, Linn Creek, Moberly, Rolla, and Springfield.

http://www.nami.org

Missouri Department of Mental Health: Addresses Prevention, Treatment, and Promotion of Public Understanding for Missourians with mental illnesses, developmental disabilities, and addictions. Web site includes many resources, links and directions on where to go for assistance. 573-751-4970 or directormail@dmh.mo.gov

http://www.dmh.mo.gov

Suicide Crisis Hotlines:

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1-800-SUICIDE (1-800-784-2433
1-800-273-TALK (1-800-273-8255
1-800-811-4760

Additional Suicide Hotline Numbers at:

http://www.suicidehotlines.com/missouri.html

Veterans Administration, National Center for Post Traumatic Stress Disorder (PTSD): A Center of Excellence for research and education on the prevention, understanding, and treatment of PTSD. Although the center provides no direct clinical care, their purpose is to improve the well-being and understanding of American Veterans. They conduct cutting edge research and apply resultant findings to advance the science and promote understanding of traumatic stress. **The center operates a PTSD Information Line at (802) 296-6300**

http://www.ptsd.va.gov

Missouri Dept of Health and Senior Services: Provides a wealth of information including links to food recalls, emergency response, Womens, Infants and Children (WIC), public health agencies, aging services. Also includes the following hotlines:

Emergency/Disease Reporting (24/7): 1-800-392-0272
Elder Abuse and Neglect Hotline: 1-800-392-0210
Family Care Safety Registry (FCSR): 1-866-422-6872

http://www.dhss.mo.gov

Pregnancy Support Center: Helps women who are facing an unplanned pregnancy. The center claims to be run by a loving group of staff and volunteers who are committed to encouraging, helping, and coming alongside those who find themselves faced with an unplanned pregnancy. 525 S. Washington Ave., Lebanon, MO 65536, 1-800-395-HELP (4357).

http://www.psclebanon.org

Family Counseling Center of Missouri, Inc: A not-for-profit mental health service organization whose mission is to improve the quality of life for individuals, families and communities by helping people make positive changes in their lives and empowering them to make healthy and effective choices. Family Counseling Center's community-based network of programs has been serving individuals and families throughout mid-Missouri since 1972. Provides a variety of residential and outpatient functions including the Cedar Ridge Treatment Center (alcohol and drug dependency), Daybreak Treatment Center (chronic mental illness and substance abuse), the McCambridge Center (chemically-dependent women). Outpatient clinical functions can be found at Booonville, California, Columbia, Fayette, Fulton, Jefferson City, and Linn.

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http://www.fccmo.org

Warm Line: A dedicated 365-day telephone support line for persons with any mental illness. It is operated by trained individuals who have experienced a mental illness, have stabilized, and are in recovery. They provide support, friendship, and assistance to others who are not in a crisis, but who are in distress or dealing with troublesome symptoms from their illness. The hotline also provides provide basic information about accessing community resources and programs. 417-864.3027 or 877-535-4357

http://www.thehopectr.com

Ozarks Counseling Center: Provides quality mental health assistance to men, women, and children of southwest Missouri and the surrounding communities without regard to race, ethnicity, religion, sexual orientation, or socioeconomic considerations. Counseling fees are based on a sliding scale that takes into account annual income and household size. 1550 E. Battlefield, Suite A, Springfield, MO 65804, 417-869-9011, occ@ozarkscounselingcenter.org

http://www.ozarkscounselingcenter.org

Robert J. Murney Clinic (Forest Institute): A teaching clinic committed to meeting the needs of the citizens of southwest Missouri that lack access to mental health services. This is accomplished through community partnerships, an income-based fee structure, individual, couples, family and group therapies, as well as psycho-educational courses. As a not-for-profit training facility for clinical psychologists, Murney Clinic is staffed by a variety of skilled providers. Clinical services are provided by supervised psychological trainees, marriage and family trainees, and interns, as well as licensed psychologists and professional counselors. Specific services include: individual therapy, couples/family therapy, group therapy, and psychological evaluations/additional services, 2885 W. Battlefield, Springfield, MO 65807, Phone: (417) 823-3477 or 1-800-424-7793.

http://www.forest.edu/cr-murney.aspx

Pregnancy

On-Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212, 1-866-802-6710; Fax: 573-596-0551 \

www.fortleonardwoodmwr.com/acs.php

MFLC: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739

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Parenting From the Heart: A six week parenting class which explores different parenting styles. Parents learn age appropriate discipline strategies and effective communication techniques.

Bundles of Joy: A six week class designed for new and expecting parents to learn creative ways to care for babies. Explore ways of bonding, swaddling, and comforting your baby. Learn to budget for the new addition to the Family, child proof your home, and understand child safety precautions.

Chaplain's Office, Bldg 6501, 573-596-2127

Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief and spiritual, etc. Information is confidential.

Community Health Resource Center, 126 Missouri Avenue, Fort Leonard Wood, MO 65473, 573-329-1901 or 573-329-1935/1901

Early Pregnancy/Pet Lecture: Discuss first and second trimester, fetal development including conception to a vaginal delivery, y, routine office visit, routine labs, ultrasounds, pet lecture from vet clinic.

Informed Childbirth: Series of 4 classes, which you sign up for when woman is at 28 weeks. Bring coach, pillow, and water bottle to class. Each class you will practice breathing techniques. Class #1 topics include: Shaken Baby Syndrome, SIDS, pre-term labor, anatomy of female pelvis, timing contractions, stages & phases of labor, engagement, effacement, dilation, station, coping strategies. Class #2 topics include: Epidurals, Show amnihook, intrauterine pressure catheter, internal scalp lead. Class #3 topics include: Tour of mother/baby unit, HN mother/baby unit or staff discusses when to come to hospital, what to bring in Dad's , Mom's and baby's bag, getting admitted, length of stay for C/S vs. vaginal birth, who can visit, Active Duty topics including: con leave, breastfeeding/pumping & returning to work, profiles, birth certificate and enrollment in DEERS. Class #4 topics include: Unplanned C-sections, Dad's wear empathy belly, demonstrate proper body mechanics and DVD on understanding birth. Discuss topics from due date to what happens after birth.

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Infant CPR: Participants will learn what to do if their newborn stops breathing and will practice Infant CPR on manikins until they feel confident. Class also covers what to do if baby is choking, back blows and abdominal thrusts, how to check an infant's pulse, emergency numbers, poison control phone numbers. This class is geared toward expectant parents, siblings, grandparents, and babysitters.

Breastfeeding: Participants will learn breastfeeding techniques, care of inverted nipples or flat nipples, nipple shield use, breasts pumping, storing of breast milk in deep freezer and refrigerator, how to heat stored breast milk, types of bottles, nipples, use/non use of pacifiers, list of phone numbers for babysitter, local area support group (LaLeche group, Lactation educators, NPSP, ACS, PAT, and mother/baby staff).

Infant Care: Provided thermometer, learn how to give a baby a bath, wash female genitalia vs. male genitalia, hair washing, when to submerge in baby bath tub, umbilical cord care before cords falls off and afterwards, normal skin color vs. abnormal, how much formula to feed, when to breastfeed, normal color stools breastfeeding vs. bottle feeding, when to change diaper, what to take in diaper bad when going out.

Breast Pumping Techniques: Participants will learn techniques of successful breast pumping and returning to work, storing milk, pumping schedules, drinking H20, demonstration of an electric breast pump, hand pump, cost, local availability, work site support, talk to your supervisor re: time to pump, breast pads, breastfeeding bras local availability, local certified bra fitter.

Army Community Service, 486 Replacement Ave., FLW, MO 65473; 573-596-0212; 1-866.802.6710; Fax: 573-59-.0551

Parenting From the Heart: A six week parenting class which explores different parenting styles. Parents learn age appropriate discipline strategies and effective communication techniques.

Bundles of Joy: A six week class designed for new and expecting parents to learn creative ways to care for babies. Explore ways of bonding, swaddling, and comforting your baby. Learn to budget for the new addition to the Family, child proof your home, and understand child safety precautions.

Off Post Resources

Birthright of Missouri (Crisis Pregnancy Center & Hotline): A fully independent organization, not affiliated with any church or public agency. Also operates a 24-hour North American hotline, at 1-800-550-4900.

http://birthright.org

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Pregnancy Support Center: Helps women who are facing an unplanned pregnancy. The center claims to be run by a loving group of staff and volunteers who are committed to encouraging, helping, and coming alongside those who find themselves faced with an unplanned pregnancy. 525 S. Washington Ave., Lebanon, MO 65536, 1-800-395-HELP (4357).

http://www.psclebanon.org

Women Infants and Children (WIC): Special Supplemental Nutrition Program for Women, Infants and Children (known as WIC) is a Federal assistance program of the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) for healthcare and nutrition of low-income pregnant women, breastfeeding women, and infants and children under the age of five. The eligibility requirement is a family income below 185% of the U.S. Poverty Income Guidelines. If a person participates in other benefit programs, or has family members who participate in the Food Stamp Program, Medicaid, or Temporary Assistance for Needy Families, they automatically meet the eligibility requirements. This program is unrelated to the USDA's Food Stamp Program.

http://www.wicprograms.org/missouri.html

LaLeche League: An international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. All women interested in breastfeeding are welcome to attend the monthly Group Meetings or call a Leader for breastfeeding help. La Leche League of Missouri also provides health care professionals

with continuing education opportunities and access to the latest research on lactation management. Locations are found throughout Missouri including: Ft. Leonard Wood/Waynesville, Jefferson City, Rolla, and Springfield. 573-336-5281

http://www.llli.org/

Parents as Teachers: Provides a proven home visiting model for the most respected organizations and professionals who serve the evolving needs of families. Supports hundreds of thousands of families in all 50 states as well as many other countries through a proven parent education model featuring intimate, in-home visits with parents and children. 2228 Ball Drive, St. Louis, Mo. 63146, 314-432-4330.

http://www.parentsasteachers.org

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Lutheran Family and Children's Services: A non-profit social services agency, helps families, children and individuals in Missouri experience greater hope and wholeness of life. The services provided by LFCS are open to everyone regardless of race, faith, national origin, gender, or age. Over 80% of the clients served are not of the Lutheran faith. Specific services include: Birth Parent Counseling, child focused, client-centered assistance to families, Foster Care, Adoption Services, Abstinence Only Education Program, and Advocacy.

http://www.lfcsmo.org

PTSD

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473 1-573-596-0212; 1-866-802-6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

MFLC: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739

Chaplain's Office, Bldg 6501, 573-596-2127

Family Life Chaplain, Bldg 6501, Room 27, 573-596-0088

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Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief and spiritual, etc. Information is confidential.

Army Substance Abuse Program. Bldg 470, Room XXXXX, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged.

Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212; 1- 866-802-6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

SFAC: Sponsors mutual support, a welcoming environment, and healing for Warriors in Transition (WTs) and their Families by providing the best social, financial, educational, personal,

and pastoral services available. Their efforts are aimed at fostering dignity and independence, enabling the WTs in their transition back to duty or to service as a vital member of the community.

General Leonard Wood Army Community Hospital, 126 Missouri Ave, FLW, MO 65473, 573-596-0522:

Mental Well Being: Provide Individual Therapy, Group Therapy, Marital Counseling, Child Psychology, Psychological testing (by referral only), and Medication Management. Identify personnel who are mentally fit for duty IAW Ch. 2, AR 40-501 standards. Recommend that command consider separation of those who are not fit for duty. Provide support counseling for Perm Party members at their specific Brigade for ease of access.
Emergency care as needed

Off Post Resources:

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Missouri Department of Mental Health: Addresses Prevention, Treatment, and Promotion of Public Understanding for Missourians with mental illnesses, developmental disabilities, and addictions. Web site includes many resources, links and directions on where to go for assistance. 573-751-4970 or directormail@dmh.mo.gov

Suicide/Crisis Hotline, 1-800-811-4760

http://www.dmh.mo.gov

Veterans Administration, National Center for Post Traumatic Stress Disorder (PTSD): A Center of Excellence for research and education on the prevention, understanding, and treatment of PTSD. Although the center provides no direct clinical care, their purpose is to improve the well-being and understanding of American Veterans. They conduct cutting edge research and apply resultant findings to advance the science and promote understanding of traumatic stress. **The center operates a PTSD Information Line at (802) 296-6300**

http://www.ptsd.va.gov

National Alliance on Mental Illness: The nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness through support, education, and advocacy. NAMI is a national organization with state organizations and local affiliates in more than 1,100 communities. 1-800-950-NAMI (6264) or 703-524-7600, 3803 N. Fairfax Dr., Ste 100, Arlington, VA 22203

http://www.nami.org

Recreational Opportunities

On Post Resources:

DFMWR, 1383, Nebraska Ave., Fort Leonard Wood, MO 65473, 573-596-0243

www.fortleonardwoodmwr.com/auto.php

Auto Crafts: The Auto Craft Shop offers: 9 flat car bays, 5 lift car bays, mechanics, a vehicle storage lot, a coin operated car wash, a computerized and manual information center, safety equipment (including eye and ear protection, OSHA eye wash areas), basic car care classes and on site car repair.

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DFMWR, Bldg 1609, S. Dakota Ave, Fort Leonard Wood, MO 65473, 573-596-1498

www.fortleonardwoodmwr.com/daugherty.php

Daugherty Bowling Center: The Daugherty Bowling Center offers 40 lanes with automatic scorers and features: open bowling, Xtreme Bowling, bumper bowling for kids, league bowling, bowling parties, a pro shop, snack & beverage bar, video games, and locker rental. Youth and senior discount rates are available

DFMWR, Bldg 2290, FLW K, Fort Leonard Wood, MO 65473, 573 596 4223

www.fortleonardwoodmwr.com/outdoor.php

Outdoor Adventure Center: Fort Leonard Wood has over 60,000 acres available for hunting; deer, turkey, wild hog and an abundance of small game, season for archery, firearms and muzzleloaders. All hunting and fishing state and local licenses & permits available at the Outdoor Adventure Center. You can fish the Big Piney River plus numerous ponds and lakes available on Fort Leonard Wood. The Trout Management areas are open year round.

Hunter Safety: Hunter education provides a foundation in hunting safety and ethics that helps hunters focus on more than just being successful in the pursuit of game. Hunter education strives to instill responsibility, improve skills and knowledge, and encourage the involvement of beginner and veteran hunters. Responsible, ethical behavior and personal involvement are both essential to the survival of hunting. This course is recommended for motivated students age 14 and older with good reading and comprehension skills who have some firearm and hunting knowledge or experience. However, students 11 years old and older may be tested and certified in this course.

Concealed Weapons Class: The Outdoor Adventure Center hosts a series of Missouri Concealed Carry Classes throughout the year. This minimum 8 hr course of instruction is the first step in acquiring a MO CCW (concealed carry weapon) endorsement, including weapons qualification on the range. Students must be at least 23 years of age to attend this course. Concealed Carry Permits (CCP), regardless of state of issuance, are not authorized or recognized on Fort Leonard Wood. See FLW Reg 190-6 for transportation requirements and authorized purposes.

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DFMWR, Lake of the Ozarks Recreation Area, 789 Olney Circle, Linn Creek, MO 65052, 573 346 5640

www.fortleonardwoodmwr.com/lake_ozarks.php

Lake of the Ozarks Recreation Area: LORA is a great place to get away from all the worries of everyday life. Enjoy camping, boating, swimming, water skiing, fishing and other outdoor activities at Missouri's scenic playground, the Lake of the Ozarks. LORA is located 50 miles Northwest of Fort Leonard Wood on the Grand Glaze Arm of the Lake of the Ozarks. The lake is one of the nation's largest man-made lakes, giving you over 1,300 miles of shoreline to enjoy. When at LORA, you're only a short drive away from many of Missouri's best tourist attractions. There are caves waiting to be explored, amusement and water parks, golf courses, unique gift shops, as well as many fine restaurants and night clubs. It's easy to see why your stay at LORA will be fun and exciting for your entire family. LORA Welcomes Active Duty, Retired Military, Members of the National Guard and Reserves, DOD Employees with ID cards, Family Members and Fort Leonard Wood Contract Employees.

DFMWR, Bldg1300, S. Dakota Ave, Fort Leonard Wood, MO 65473, 573- 596-4359

www.fortleonardwoodmwr.com/sports.php

Davidson Fitness Center: The Sports Branch (596-4359) located in the Davidson Fitness Center coordinates a wide range of sports and fitness activities for the installation. In addition to overseeing numerous intramural sports programs, the Sports Branch hosts the annual, National Softball Association tournaments, and Commander's Cup tournaments; 14 softball fields, nine soccer fields, 12 tennis courts highlight the excellent outdoor sports facilities available to post community members. Additional multi-use softball fields, flag football fields, youth athletic fields, and 400-meter all-weather track are also available. During summer months, the sports staff oversees

the operation of an Olympic-sized outdoor pool (with a 50-foot water slide) on Constitution Avenue. Pool parties, swimming lessons and lifeguard training are available. The Davidson Fitness Center is a state of- the-art facility that provides fitness equipment and programs for the entire family. The 63,000-square-foot facility has basketball, racquetball and volleyball courts; an indoor 25-meter swimming pool; an elevated indoor running track; Nautilus and free weights, cardiovascular equipment, a cardio fitness theater; six locker rooms, towel service and equipment check-out. Group fitness classes are offered six days a week at a variety of times. The Personal Trainer Program is available to provide one-on-one consultation and guidance. Authorized patrons can purchase recreational Swim passes. Call 596-4359 for more information.

DMFWR, FLW 20 (Off Water Intake Rd), Fort Leonard Wood, MO 65473, 573-32- 4770

www.fortleonardwoodmwr.com/pv.php

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Piney Valley Golf Course: 18 hole, par 72 course runs through a beautiful valley along the Big Piney River, and is open year round, weather permitting. The course is open to the public and features a driving range, putting green, chipping area, pro shop, snack bar and lessons.

DFMWR, Bldg 4109 Piney Hills Dr., Fort Leonard Wood, MO 65473, 573 329 6500

www.fortleonardwoodmwr.com/pershing.php

Pershing Community Center: The Pershing Community Center is available for catered events, Special Events, Training and classes. It offers a variety of rooms for your personal or professional functions. The Community Center also features Blackjack Bar and Grill a nice neighborhood bar complete with dining operations.

DFMWR, Bldg 490, Fort Leonard Wood, MO 65473, 573-329-8587

www.fortleonardwoodmwr.com/itr.php

Information, Ticketing, and Registration Office (ITR): Offers avenues for Recreational opportunities on and off the installation at a low cost to the patron

DFMWR, Bldg 604, Constitution Ave, Fort Leonard Wood, MO 65473, 573-596-4427

Rec Plex: FMWR is committed to providing members of the military community with quality and diverse recreation programming. The RecPlex contains an Olympic-sized outdoor pool (with a 50-foot water slide) and Spray Park to include zero entry pool. Pool parties, swimming lessons and lifeguard training are available. The Rec Plex also includes an 18 hole Mini Golf

Course and Go-Kart Track (Coming 2010) plus multi-purpose rooms available to host your next birthday party or Unit function. Rec Plex is open to the public.

DFMWR, Bldg 470, 140 Replacement Ave., Fort Leonard Wood, MO 65473, 573-596-0999.

www.fortleonardwoodlodging.com

Lodging: The role of Army Lodging is to provide quality lodging and hospitality services to eligible patrons for America's Army. Our facilities are comparable to limited service commercial hotel standards and represent quality and consistency from installation to installation. The Fort Leonard Wood Army Lodging community currently consist of 1656 guestrooms primarily students in a TDY status and families changing assignments.

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DFMWR, Bldg 490, Iowa Ave, Fort Leonard Wood, MO 65473 573-596-8242

www.fortleonardwoodmwr.com/arts.php

Framing & Engraving Shop: MWR Framing and Engraving Shop offers custom engraving, framing and matting services, along with a complete line of mats and frames. Whether it be a special award, a child's drawing or a priceless print, let the MWR Framing and Engraving Shop preserve your memories.

DFMWR, Bldg 2290, FLW K, Fort Leonard Wood, MO 65473, 573-596-4223

www.fortleonardwoodmwr.com/outdoor.php

Happy Hollow, Colyer Park, East Gate Camping, Stone Mill Spring: Reserve one of Fort Leonard Woods beautiful parks through the Outdoor Adventure Center. There is no cost to reserve the parks.

Colyer Park is centrally located in Fort Leonard Wood on Nebraska Ave and offers coved pavilion and play grounds. Colyer Park, with the exception of special holiday or major unit organization day activities, will generally be on a first-come, first-served basis. The north pavilion and area may be reserved by large groups or organizations.

Happy Hollow is located right off the Big Piney River, and can be reserved in part or in its entirety. The area is off limits to other than approved organizational functions between 2100-0500 hours daily.

East Gate Campground is open for use by all personnel, military or civilian. It is also available to special groups or units such as Boy/Girl Scouts, and some off post groups when reservations are made at and approved.

Stone Mill Spring is primarily a trout management area and as such will not be reserved for unit/organization functions but will be used for small groups or family outings on a first-come, first served basis.

DFMWR, Bldg 6185, Indiana Ave., Fort Leonard Wood, MO 65473, 573 596-4223

www.fortleonardwoodmwr.com/outdoor.php

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Horse Stables: Horse stables are available for rent for privately owned horses through Outdoor Adventure Center. Stable include an inside exercise barn and outdoor riding arena. Every horse entering the OAC Stables must complete a 10-day quarantine period.

DFMWR, Bldg 1000, S. Dakota Ave., Fort Leonard Wood, MO 65473, 573-596-6913.

www.fortleonardwoodmwr.com

Special Events: The Special Events & Programming Team scheduled the entertainment venues for Fort Leonard Wood Family and Morale, Welfare, and Recreation.

DFMWR, Bldg 805, Iowa Ave., Fort Leonard Wood, MO 65473, 573 596 0131 ext: 604398 or 573-329-2039

www.fortleonardwoodmwr.com/boss.php

BOSS: The Better Opportunities for Single Service Members (BOSS) Program supports the overall quality of single Service Members' lives. BOSS identifies real Service Member well being issues and concerns by recommending improvements through the chain of command. BOSS encourages and assists single Service Members in identifying and planning for recreational and leisure activities. Additionally, it gives single Service Members the opportunity to participate in and contribute to their respective communities. BOSS is a demonstration of the chain of command's commitment to single Service Members. The BOSS Mission is to continually progress and improve the quality of life for single service members (bonafide bachelors, geographical bachelors and single parents) on Fort Leonard Wood. To provide and participate in social, recreational, and educational events, to participate in community service projects, to voice concerns and issues on quality of life, and to be involved with leadership developing activities.

USO: The USO is a private, nonprofit organization whose mission is to provide morale, welfare and recreation-type services to our men and women in uniform. The Fort Leonard Wood USO offers free Wi-Fi, video games, pool, movies in a social atmosphere.
Office Hours:
Thursday & Friday: 12 p.m. – 10 p.m.
Saturday: Noon – 10 p.m.
Sunday: Noon – 6 p.m.

Army Community Service, 486 Replacement Ave., FLW, MO 65473; 573-596-0212; 1-866-802-6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

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House Next Door: A place where Family Members of Active Duty Military, Military Reserve Units, and National Guard Units can meet to learn new skills and make new friends. There are several services and classes available at no cost for spouses to enjoy. Classes include cooking, sewing, ceramics, embroidery, FREE Yard Sale, bingo, basket weaving, and Gowns Galore.

Off Post Resources

Pulaski County Tourism Bureau: See web page for extensive details on things to do, outdoor recreation, places to stay, dining, shopping, and maps. 137 St Robert Blvd., suite A, St. Robert, MO 65584, 573-336-6355

http://www.visitpulaskicounty.org

Bennett Spring State Park (near Lebanon) offering camping, canoeing, hiking, picnicking, rafting, swimming, and trout fishing. 26250 Hwy 64A, Lebanon, MO 65536, 417-532-4338

http://www.mostateparks.com/bennett.htm

Missouri Division of Tourism: Online, searchable guide of tourism and recreational opportunities throughout Missouri.

http://www.visitmo.org

Mark Twain National Forest: Located in central and southern Missouri highlighted by rivers and trails. The forest is 1.5 million acres scattered throughout 29 counties.

http://www.fs.fed.us/r9/forests/marktwain/

Young Men's Christian Association (YMCA): An inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of

kids, promoting healthy living and fostering a sense of social responsibility. Local YMCAs can be found at the following locations:

Armed Services YMCA of Missouri
PO Box 350
Fort Leonard Wood, MO 65473
Phone: 573-329-4513
Approx Distance: 7 miles

Lebanon Family YMCA
500 E Elm
Lebanon, MO 65536
Phone: 417-588-1177
Approx Distance: 30 miles

Cabool Branch YMCA
600 Cedar Ave
Cabool, MO 65689
Phone: 417-962-5333
Approx Distance: 39 miles

Mountain Grove Branch YMCA
1 YMCA Dr
Mountain Grove, MO 65711
Phone: 417-926-6737
Approx Distance: 39 miles

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http://www.ymca.net

Young Women's Christian Association (YWCA): The oldest and largest multicultural women's organization in the world. YWCA Metro St. Louis, 3820 West Pine Boulevard, St Louis, MO 63108, 314-531-1115.

http://www.ywca.org

St. Robert Missouri Web Site: Features a variety of information on recreation, parks, community center and general information.

http://www.strobert.com

Waynesville, Missouri Web Site: Contains information and links on schools, businesses, housing, recreation, and special events.

http://www.waynesvillemo.org

Lebanon, Missouri Web Site: A comprehensive web site providing a wealth of information for residents and visitors including, parks, the civic center, education, and tourism (including a visitor's guide).

http://www.lebanonmissouri.org

Rolla, Missouri Web Site: Contains information on administration, community development, emergency preparedness, courts, parks, recreation, and the recreation center.

http://www.rollacity.org

City of Branson Web Site: Contains visitor information and links.

http://www.cityofbranson.org

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Pulaski County Library District: Libraries are located in Waynesville, Richland, and Crocker. Waynesville Library located at: 306 Historic 66 West, Waynesville, MO 65583, 573-774-2965.

http://www.pulaskicounty.lib.mo.us

Rolla Public Library: 900 Pine Street, Rolla, MO 65401, 573-341-5768.

http://www.rollapubliclibrary.org

Lebanon-Laclede County Library: 915 S. Jefferson, Lebanon, MO 65536, 417-532-2148.

http://www.lebanon-laclede.lib.mo.us

***Public Libraries.com*:** A nationwide directory of public libraries. Missouri public libraries can be found at:

http://www.publiclibraries.com/missouri.htm

Missouri Department of Conservation: The department administers more than 975,000 acres located throughout the state. Web site provides extensive information on hunting/trapping, fishing, land/water care and a searchable directory of recreational facilities by region. 1907 Hillcrest Dr., Columbia, MO 65201, 573-884-6861

http://www.mdc.mo.gov

Missouri State Parks: A comprehensive directory of state parks and historic sites within Missouri.

http://www.mostateparks.com

Pulaski County Web: Provides a variety of information on events, issues and activities in Pulaski County, Missouri.

http://www.pulaskicountyweb.com

Rolla Information site: **http://www.rollanet.org**

Boy Scouts of America, Ozarks Trails Council: Serves more than 16,000 youth and volunteers throughout 31 counties in South Central and southwest Missouri and Southeast Kansas. 1616 S. Eastgate, 417-883-1636.

http://www.ozarktrailbsa.org

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http://www.scouting.org (National Boy Scouts of America Web Site)

Girl Scouts of the Missouri Heartland: 210 S. Ingram Mill Road, Springfield, MO 65802, 1-877-312-4764

http://www.girlscoutsmoheartland.org

http://www.girlscouts.org (national Girl Scouts USA Web Site)

Boys & Girls Clubs of Springfield: Provides programs that guide and direct youth from all backgrounds, with a special concern for those from at risk circumstances, through social, physical and educational development activities, that will teach them the values of life, strengthen their self-esteem and make them better citizens of our community. 1410 N. Fremont Avenue, Springfield, MO 417-862.9249

http://www.bgca.org

Top 15 Boys & Girls Clubs Clubs within 50 miles of Ft. Leonard Wood

Boys & Girls Club of The Capital City
Jefferson City MO, 65101
Telephone: 573-634-2582
A unit of: Boys & Girls Club of The Capital City
http://bgcjeffersoncity.org
Distance: 46.802 miles*

East Elementary School

JEFFERSON CTY MO, 65101
A unit of: Boys & Girls Club of The Capital City http://bgcjeffersoncity.org
Distance: 46.802 miles*

Pioneer Trail Elementary School
JEFFERSON CTY MO, 65109
Telephone: 573-659-3190
http://bgcjeffersoncity.org
Distance: 50.511 miles*

South Elementary School Site
Jefferson City MO, 65109
A unit of: Boys & Girls Club of The Capital City http://bgcjeffersoncity.org
Distance: 50.511 miles*

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Stress

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473; 573-596-0212; 1-866.802.6710; 573-596-0551

www.fortleonardwoodmwr.com/acs.php

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Community Health Resource Center, 126 Missouri Avenue., Fort Leonard Wood, MO 65473, 573-329-1901 or 573-329-1935/1901

Humor in the Workplace: Learn coping strategies of how to get along with your customers and fellow co-workers. Brings joy, humor, laughter, and a way to release those tensions and become a productive member of your team. One hour of just plain FUN!

Army Substance Abuse Program, Bldg 470, Room 1105, 573-596-0119

Drug and Alcohol Treatment: Non intensive outpatient screening, assessments, and treatment for drug and alcohol problems. Currently serving active duty military only. Self referrals are encouraged**.**

DFMWR, 1383, Nebraska Ave, Fort Leonard Wood, MO 65473, 573 596 0243

www.fortleonardwoodmwr.com/auto.php

Auto Crafts: The Auto Craft Shop offers: 9 flat car bays, 5 lift car bays, mechanics, a vehicle storage lot, a coin operated car wash, a computerized and manual information center, safety equipment (including eye and ear protection, OSHA eye wash areas), basic car care classes and on site car repair.

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Daugherty Bowling Center: The Daugherty Bowling Center offers 40 lanes with automatic scorers and features: open bowling, Xtreme Bowling, bumper bowling for kids, league bowling, bowling parties, a pro shop, snack & beverage bar, video games, and locker rental. Youth and senior discount rates are available

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DFMWR, Bldg 1300, S. Dakota Ave., Fort Leonard Wood, Mo 65473, 573-596-4359

www.fortleonardwoodmwr.com/sports.php

Davidson Fitness Center: The Sports Branch (596-4359) located in the Davidson Fitness Center coordinates a wide range of sports and fitness activities for the installation. In addition to overseeing numerous intramural sports programs, the Sports Branch hosts the annual, National Softball Association tournaments, and Commander's Cup tournaments; 14 softball fields, nine soccer fields, 12 tennis courts highlight the excellent outdoor sports facilities available to post community members. Additional multi-use softball fields, flag football fields, youth athletic fields, and 400-meter all-weather track are also available. During summer months, the sports staff oversees the operation of an Olympic-sized outdoor pool (with a 50-foot water slide) on Constitution Avenue. Pool parties, swimming lessons and lifeguard training are available. The Davidson Fitness Center is a state of- the-art facility that provides fitness equipment and programs for the entire family. The 63,000-square-foot facility has basketball, racquetball and volleyball courts; an indoor 25-meter swimming pool; an elevated indoor running track; Nautilus and free weights, cardiovascular equipment, a cardio fitness theater; six locker rooms, towel service and equipment check-out. Group fitness classes are offered six days a week at a variety of times. The Personal Trainer Program is available to provide one-on-one consultation and guidance. Authorized patrons can purchase recreational Swim passes. Call 596-4359 for more information.

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DMFWR, FLW 20 (Off Water Intake Rd), Fort Leonard Wood, MO 65473, 573-329-4770

www.fortleonardwoodmwr.com/pv.php

Piney Valley Golf Course: 18 hole, par 72 course runs through a beautiful valley along the Big Piney River, and is open year round, weather permitting. The course is open to the public and features a driving range, putting green, chipping area, pro shop, snack bar and lessons.

DFMWR, Bldg 4109 Piney Hills Dr., Fort Leonard Wood, MO 65473 573 329 6500

www.fortleonardwoodmwr.com/pershing.php

Pershing Community Center: The Pershing Community Center is available for catered events, Special Events, Training and classes. It offers a variety of rooms for your personal or professional functions. The Community Center also features Blackjack Bar and Grill a nice neighborhood bar complete with dining operations.

DFMWR, BLDG 490, Fort Leonard Wood, MO 65473, 573 329 8587

www.fortleonardwoodmwr.com/itr.php

Information, Ticketing, and Registration Office (ITR): Offers avenues for Recreational opportunities on and off the installation at a low cost to the patron.

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Army Community Service, 486 Replacement Ave., FLW, MO 65473, 573-596-0212; 1-866.802.6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

Stress Management: Teach participants to identify stressors and to learn creative ways to minimize and cope with everyday stress, effective time management, foods that reduce stress and techniques that work in conjunction with your busy lifestyle.

General Leonard Wood Community Hospital, 126 Missouri Ave, FLW, MO 65473, 573-596.0522:

Mental Well Being: BH: Provide Individual Therapy, Marital Counseling, Child psychology, Psychological testing (by referral only), and Medication Management.

CMHS: Identify personnel who are mentally fit for duty IAW Ch. 2, AR 40-501 standards. Recommend that command consider separation of those who are not fit for duty. Provide support counseling for Perm Party members at their specific Brigade for ease of access. . Emergency care as needed

Off Post Resources

Master Gardener Program: Provides in-depth horticultural training to individuals throughout Missouri who then volunteer their time applying what they have learned to help others in their communities to learn about gardening and environmental education. The Master Gardener Program throughout Missouri promotes and raises public awareness of the University of Missouri Extension as a source of unbiased, research based gardening information. Missouri Master Gardener

Extension program, 1-40A Agriculture Building, University of Missouri, Columbia, MO 65211, 573-882-9633.

http://www.mg.missouri.edu

Click hyperlink below for more information

Laclede County Master Gardeners
Lake Area Master Gardeners
Phelps County Master Gardeners
Pulaski County Master Gardeners
Tri-County Master Gardeners (Douglas, Texas & Wright counties)

Recreational Opportunities (see Recreational Opportunities section of this guide)

Area Counselors: Multiple types of counseling available; search this document (CTRL + F) using the following words: counsel, counseling, counselor.

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Motorcycle Clubs:

http://www.motorcycleclubsindex.com

59 Club
Antique Motorcycle Club of America
Association of Recovering Motorcyclists
Bikers for Christ
BMW Motorcycle Owners of America
Boozefighters
Christian Motorcyclists Association
Cornerstone Motorcycle Ministry
Freewheelers EVS
Harley Owners Group
Jewish Motorcyclists Alliance
Moped Army
Patriot Guard Riders
Vintage Motor Cycle Club

Service Clubs:

Rotary International: The stated purpose of the organization is to bring together business and professional leaders to provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. It is a secular organization open to all persons regardless of race, color, creed, gender, or political preference. The Rotary Club of Pulaski County meets every Tuesday from 1145-1300 at Ryan's Buffet in St Robert, MO.

http://www.rotary.org/

Kiwanis International: An international, coeducational service club founded in 1915. It is headquartered in Indianapolis, Indiana. Current membership is 240,000 members in 7,700 clubs in 80 Nations. The average age is 57, 74% men; 26% women.

http://www.kiwanis.org/

Lions Clubs International (LCI) is a secular service organization with over 44,500 clubs and more than 1.3 million members in 206 countries around the world.[1] Headquartered in Oak Brook, Illinois, United States, the organization aims to meet the needs of communities on a local and global scale.

http://www.lionsclubs.org/

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Community Events: See web sites (listed in this directory) for Pulaski County, Waynesville, St. Robert, Lebanon, and Rolla

Pulaski Fine Arts Association (Theater on the Square), Waynesville, MO. 573-855-6223, Entertaining Pulaski County with four spectacular theater performances each year. E-Mail: info@pfaa.org.

Lyric Live Theater (a mid-Missouri Community Theater): 117 First Street, Newburg, MO, 573-364-9663, mail2lyriclivetheater.com

http://www.lyriclivetheater.com

Ozark Actors Theater (OAT): 701 N Cedar St. Rolla, MO 65401, (573) 364-9523, OAT was founded in 1987 to provide professional summer stock theatre and has entertained thousands with more than 70 productions covering a wide range of the theatrical arts. www.ozarkactorstheater.com

Local Clinics:

St. John's Clinics: **http://www.stjohns.com**

Phelps County Regional Hospital: **http://www.pcrmc.com**

Texas County Memorial Hospital: **http://www.tcmh.org**

Cox Clinics: **http://www.coxhealth.com**

Lake Regional Hospital: **http://www.lakeregional.com**

Pathways Community Behavioral Healthcare, Inc: A not-for-profit community mental health center providing a full continuum of care and access to services across Missouri through 32 office locations. 704 W. Historic Route 66, Suite 201., Waynesville, MO 65583, 573-774-3121.

http://www.pathwaysonline.org

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Suicide Crisis Hotlines:

1-800-SUICIDE (1-800-784-2433)
1-800-273-TALK (1-800-273-8255
1-800-811-4760

Veterans Administration Post Traumatic Stress Disorder Web page:

http://www.ptsd.va.gov

PTSD Information Line: (802) 296-6300

Missouri Dept of Health and Senior Services: Provides a wealth of information including links to food recalls, emergency response, Womens, Infants and Children (WIC), public health agencies, aging services. Also includes the following hotlines:

Emergency/Disease Reporting (24/7): 1-800-392-0272
Elder Abuse and Neglect Hotline: 1-800-392-0210
Family Care Safety Registry (FCSR): 1-866-422-6872

http://www.dhss.mo.gov

Pregnancy Support Center: Helps women who are facing an unplanned pregnancy. The center claims to be run by a loving group of staff and volunteers who are committed to encouraging, helping, and coming alongside those who find themselves faced with an unplanned pregnancy. 525 S. Washington Ave., Lebanon, MO 65536, 1-800-395-HELP (4357).

http://www.psclebanon.org

Family Counseling Center of Missouri, Inc: A not-for-profit mental health service organization whose mission is to improve the quality of life for individuals, families and communities by helping people make positive changes in their lives and empowering them to make

healthy and effective choices. Family Counseling Center's community-based network of programs has been serving individuals and families throughout mid-Missouri since 1972. Provides a variety of residential and outpatient functions including the Cedar Ridge Treatment Center (alcohol and drug dependency), Daybreak Treatment Center (chronic mental illness and substance abuse), the McCambridge Center (chemically-dependent women). Outpatient clinical functions can be found at Booonville, California, Columbia, Fayette, Fulton, Jefferson City, and Linn.

http://www.fccmo.org

***National Alliance on Mental Illness*:** The nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness through support, education, and advocacy. NAMI is a national organization with state organizations and local affiliates in more than 1,100 communities. 1-800-950-NAMI (6264) or 703-524-7600, 3803 N. Fairfax Dr., Ste 100, Arlington, VA 22203

(http://www.nami.org

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Warm Line: A dedicated 365-day telephone support line for persons with any mental illness. It is operated by trained individuals who have experienced a mental illness, have stabilized, and are in recovery. They provide support, friendship, and assistance to others who are not in a crisis, but who are in distress or dealing with troublesome symptoms from their illness. The hotline also provides provide basic information about accessing community resources and programs, 417-864.3027 or 877-535-4357

http://www.thehopectr.com

Ozarks Counseling Center: Provides quality mental health assistance to men, women, and children of southwest Missouri and the surrounding communities without regard to race, ethnicity, religion, sexual orientation, or socioeconomic considerations. Counseling fees are based on a sliding scale that takes into account annual income and household size. 1550 E. Battlefield, Suite A, Springfield, MO 65804, 417-869-9011, occ@ozarkscounselingcenter.org

http://www.ozarkscounselingcenter.org

Forest Institute (Robert J. Murney Clinic): A teaching clinic committed to meeting the needs of the citizens of southwest Missouri that lack access to mental health services. This is accomplished through community partnerships, an income-based fee structure, individual, couples, family and group therapies, as well as psycho-educational courses.

http://www.forest.edu

Suicide Prevention

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473; 573-596-0212 Toll Free: 1-866-802-6710; Fax: 573-596-0551
www.fortleonardwoodmwr.com/acs.php

MFLC: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739

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Chaplains Office, Bldg 6501, 573-596-2127

Family Life Chaplain, Bldg 6501, Room 27, ph 573-596-0088

Suicide Prevention: Chaplains and Chaplain Assistants are trained to provide Suicide prevention classes for directorates and units. Training instructs on what to look for and how to respond to possible suicidal individuals. Training is primarily scheduled on unit training calendar. Ask, Care, Escort (ACE) is the Prevention Teaching Tool for Suicide Prevention Training. Suicide Prevention Commander's Tool Kit
http://www.armyg1.army.mil/HR/suicide/commandertoolkit.asp

Suicide Intervention Training: Family Life Chaplain and unit Chaplains trained in Applied Suicide Intervention Skills Training (ASIST) provide two day workshop in ASIST. ASIST is a two-day, skills-building workshop that prepares caregivers of all kinds to provide suicide first aid interventions. Trains Green Tabbers, Gatekeepers and leaders to help persons with thoughts of suicide in ways that increase their suicide safety. As an ASIST-trained first aid intervention caregiver, student will be better able to: identify people who have thoughts of suicide; understand how your beliefs and attitudes can affect suicide interventions; seek a shared understanding of the reasons for thoughts of suicide and the reasons for living; review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time; follow up on all safety commitments, accessing further help as needed. Unit Chaplains are available to provide four hour ACE intervention training.

Pastoral Counseling: Chaplains provide counseling to DA Civilians, Soldiers and family members to assist them in working through personal issues. Chaplains address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss, grief and spiritual, etc. Information is confidential.

General Leonard Wood Community Hospital, 126 Missouri Ave, FLW, MO 65473, 573-596-0522:

Mental Well Being: BH: Provide Individual Therapy, Marital Counseling, Child psychology, Psychological testing (by referral only), and Medication Management.
CMHS: Identify personnel who are mentally fit for duty IAW Ch. 2, AR 40-501 standards. Recommend that command consider separation of those who are not fit for duty. Provide support counseling for Perm Party members at their specific Brigade for ease of access. . Emergency care as needed

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Off Post Resources

Suicide Hotlines:

1-800-833-3915 (Pulaski, Laclede, Phelps, Maries, Miller, Camden Counties
1-800-356-5395 (Texas and Wright Counties)
1-800-273-TALK (8255: provided by National Suicide Prevention Lifeline)
911: Call for all Emergency Situations;

National Suicide Prevention Lifeline: Operates the free 24-hour hotline (1-800-273-TALK) available to anyone in suicidal crisis or emotional distress

http://www.suicidepreventionlifeline.org

Missouri Dept of Mental Health: Exceptional list of resource, including immediate assistance. **Particularly noteworthy is the Thinking of Suicide – Read this First Link:** ***(http://www.metanoia.org/suicide/spagebw.htm)***

http://www.dmh.mo.gov/mentalillness

Missouri Dept of Mental Health, Directory of Programs and Services (Where to Get Help):

http://www.dmh.mo.gov/mentalillness/progs/

Missouri Dept of Mental Health, Division of Psychiatric Services
(with many hyperlinks to suicide related services and hotlines –
http://www.dmh.missouri.gov/cps/issues/suicide/links.htm

Boys and Girls Town (St. James): Seeks to improve the lives of children with emotional and behavioral problems through superior, family-focused services. Treatment programs employ a strength-based approach, helping each child to discover their talents & strengths. –
http://www.bgtm.org

Heaven's View Christian Boarding Academy For Challenged Youth: A Christian Boarding School for troubled teens located in Waynesville, MO. P.O. Box 4129, Waynesville, MO 65583.
http://www.christianboardingschools.com

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Local hospitals:

Phelps County Regional Hospital: A regional hospital operating from its main facility in Rolla, MO. 1000 W. Tenth Street, Rolla, MO 65401, 573-458-8899
http://www.pcrmc.com

Texas County Memorial Hospital: A sixty-bed, general acute care institution offering medical care for all primary care needs. 1333 S. Sam Houston blvd., Houston, MO 65483, 417-967-3311.
http://www.tcmh.org

St. John's Hospital: An acute care, 62-bed general medical-surgical hospital located in Lebanon, MO. 100 Hospital Drive, Lebanon, MO 65536, 417-533-6100

http://www.stjohns.com/lebanon

Lake Regional Health System: Provides comprehensive health care services throughout the Lake of the Ozarks area. 54 Hospital Drive, Osage Beach, MO 65065, 573-348-8000
http://www.lakeregional.com

Cox Health: Offers a variety of medical services through a network of hospitals and clinics. 417-269-3000.

Pathways 24-Hour Crisis Hotline: 1-800-833-3915 (Bates, Benton, Camden, Cedar, Cole, Crawford, Dent, Gasconade, Henry, Hickory, Maries, Miller, Laclede, Osage, Pulaski, Phelps, St. Clair and Vernon Counties

http://www.pathwaysonline.org/services/24Hour.htm

Area Churches: See area phone directory for complete listings.

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Traumatic Brain Injury

On Post Resources

Army Community Service, 486 Replacement Ave., FLW, MO 65473 573-596-0212; 1-866-802-6710; Fax: 573-596-0551

www.fortleonardwoodmwr.com/acs.php

MFLC: Provides short term, situation, and problem-solving counseling services to Service Members and their Families. Consultations are free and confidential, no records are kept. Consults can address many topics that include, stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, loss and grief, etc. (573)855-3269; (573)855-3283; or (573) 212-0739

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SFAC: Sponsors mutual support, a welcoming environment, and healing for Warriors in Transition (WTs) and their Families by providing the best social, financial, educational, personal, and pastoral services available. Their efforts are aimed at fostering dignity and independence, enabling the WTs in their transition back to duty or to service as a vital member of the community.

General Leonard Wood Community Hospital , 126 Missouri Ave, FLW, MO 65473, 573-596-0522:

Traumatic Brain Injuries: TBI team to help Fort Leonard Wood beneficiaries with brain-related problems. A screening program for clients based on consult or verbal referrals from the Soldier Readiness Processing Center, Warrior Transition Unit, Behavioral Medicine Division, Neurology and Primary Care clinics. Following the TBI screening assessment, clients may be referred to appropriate services within the hospital such as neurology, Social Work Services, psychology or psychiatry

Off Post Resources

Local hospitals:

Phelps County Regional Hospital: A regional hospital operating from its main facility in Rolla, MO. 1000 W. Tenth Street, Rolla, MO 65401, 573-458-8899

http://www.pcrmc.com

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http://www.lakeregional.com

Cox Health: Offers a variety of medical services through a network of hospitals and clinics. 417-269-3000.
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Country-wide TBI Resources: A commercial website providing TBI Information as provided by a commercial law firm.

http://www.traumaticbraininjury.com/content/resources/stateresourcesfortbi.html;

All About Traumatic Brain Injury: A website providing information on Traumatic Brain Injuries provided by the commercial company Your Legal Guide.com

http://www.allabouttbi.com

Brain Injury Association of Missouri: A non-profit organization providing support, education, recreation, referral services, and advocacy for persons with brain injury and their families. Support Groups are offered in the Fort Leonard Wood vicinity. 10270 Page Avenue, St. Louis, MO 63132, 1-800-444-6443.

http://www.biamo.org

Missouri Department of Health and senior Services: Offers a variety of online helps and links. PO Box 570 Jefferson City, MO 65102-0570, 573-751-6246 or (toll-free) 800-451-0669, E-Mail: info@dhss.mo.gov

http://www.dhss.mo.gov/TBI/

Adult Head Injury Program:

http://www.dhss.mo.gov/SHCN/HeadInjury.html

Head Injury Advisory Council:

http://www.dhss.mo.gov/HIA-Council/

Brain Injury Association of Missouri (Resources):
http://www.biamo.org/Resources.asp

Missouri Greenbook, Living with Brain Injury:
http://www.dhss.mo.gov/SHCNpdfs/TBIGuideGreenBook.pdf

Traumatic Brain Injury Brochure:
http://www.dhss.mo.gov/SHCNpdfs/tbibrochure.pdf

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