

# Community Resource Guide

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## Alcohol Related Issues

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)

**Service:** Identification and Referral

**Eligibility:** 12-18 year old family member students (under age 15 requires parental consent)

**Contact:** Patch Barracks, Bldg 2312 DSN: 430-8237/7041, Civ: 0711-680-8237/7041

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)

**Service:** Unit Awareness Prevention Training

**Eligibility:** Active Duty, Civilians

**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)

**Service:** Employee Assistance Program (EAP)

**Eligibility:** Civilians

**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)

**Service:** Heidelberg Alcoholics Anonymous Meetings

**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835 **Eligibility:** Active Duty, Civilians, and Family members

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)

**Service:** Alcohol Drug Abuse Prevention Training (ADAPT)

**Eligibility:** Active Duty, Civilians, and Family members

**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Mental Health Services (MHS)

**Service:** Alcohol and Substance Abuse Program Clinical Consultant

**Eligibility:** Commanders and Health Care Providers

**Contact:** Bldg 2300, Patch Barracks DSN: 430-2858 CIV 0711-680-2858

## Anger Management

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)

**Service:** Identification and Referral

**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)

**Contact:** Patch Barracks, Bldg 2312 DSN: 430-8237/7041, Civ: 0711-680-8657/7041

**Agency:** Army Community Services (ACS)  
**Service:** ACS Kid's Group  
**Eligibility:** School Age Services children only  
**Contact:** Panzer Kaserne, Building 2915 DSN 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Anger Management  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Domestic Violence  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 430-2858 CIV 0711-680-2858

### Army Continuing Education System (ACES)

**Agency:** Army Continuing Education System (ACES)  
**Services:** Post-Secondary Education and German Headstart courses  
**Eligibility:** Adult Service Members, Family Members, and civilians  
**Location:** Army Education Center, Panzer Building 2915 DSN: 431-2558 CIV: 07031-15-2558

### Assertiveness Training

**Agency:** Army Community Services (ACS)  
**Service:** Family Advocacy Program  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

### Attention Deficit Disorder (ADD)

**Agency:** Educational Development Intervention Services (EDIS)  
**Service:** EDIS Related Services  
**Eligibility:** Active Duty, Family Member, Civilians, Retirees

**Agency:** Child, Youth, and School Services  
**Services:** Educational Liaison/School Services  
**Eligibility:** Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
**Location:** Bldg 2347, Stuttgart DSN: 430-7465 CIV: 0711-680-7465

**Agency:** Mental Health Services (MHS)  
**Service:** Child and Adolescent Psychiatry  
**Eligibility:** Active Duty, FM, CIV, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Blended Families

**Agency:** Army Community Services (ACS)  
**Service:** Coping with Separation, Divorce & Blended Families  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

### Breast Feeding

**Agency:** Army Community Services (ACS)  
**Service:** New Parent Education & Support Program  
**Eligibility:** For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

**Agency:** Women-Infants-Children-Overseas (WIC-O)  
**Service:** Nutritional Counseling & Supplemental Foods  
**Eligibility:** Pregnant, breastfeeding, and post partum women and children under 5 years old  
**Contact:** Panzer, building 2951 DSN: 431-3315, 07031-15-3315

### Career Transition Services

**Agency:** Army Career and Alumni Program  
**Service:** TAP Employment Workshop, Resume Writing Seminars (Civilian and Federal)  
**Eligibility:** Retiring & Separating Service Members or DoD Civilians and their Family Members  
**Contact:** Panzer Kaserne, Building 2915 - Room 416 DSN: 431.2191/2192; Civ: 07031.15.2191/2192

**Agency:** Army Continuing Education System (ACES)  
**Services:** Post-Secondary Education and German Headstart courses  
**Eligibility:** Adult Service Members, Family Members, and civilians  
**Contact:** Army Education Center, Panzer Building 2915 DSN: 431-2558 CIV: 07031-15-2558

### Child Abuse & Neglect

**Agency:** Mental Health Services (MHS)  
**Service:** Psychology Service  
**Eligibility:** Active Duty , Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Child, Youth, and School Services  
**Services:** Educational Liaison/School Services  
**Eligibility:** Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
**Contact:** Bldg 2347, Stuttgart DSN: 430-7465 CIV: 0711-680-7465

**Agency:** Social Work Services (SWS)  
**Service:** Family and/or Individual counseling  
**Eligibility:** Active Duty, Family Members, Local Nationals, Civilians, Retirees  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

### Children: Rearing

**Agency:** American Red Cross (ARC)  
**Service:** Babysitter Training  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** American Red Cross (ARC)  
**Service:** Healthy Pregnancy, Healthy Baby  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Army Community Services (ACS)  
**Service:** Family Advocacy Program  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** New Parent Education & Support Program NOT JUST FOR 1ST TIME PARENTS  
**Eligibility:** For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

**Agency:** Army Community Services (ACS)  
**Service:** Parenting Skills  
**Eligibility:** Pregnant women, families, single parents  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Emergency Placement  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Single Parent Support  
**Eligibility:** Active Duty, Family Members, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Child Abuse  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Child Lures  
**Eligibility:** Family Members grades 1-12  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Child and Youth Services (CYS) Child Development Centers (CDC)  
**Service:** Full day care, hourly care, part-day preschool, special openings, parent education programs  
**Eligibility:** Children ages 6 weeks through 5 years old

**Agency:** Child and Youth Services (CYS)  
**Service:** Family Child Care  
**Eligibility:** Children ages 4 weeks through middle school  
**Schedule:** Open year round  
**Contact:** Patch Barracks, Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services (CYS)  
**Service:** School Age Services  
**Eligibility:** Elementary school children  
**Contact:** Patch Barracks, Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Educational Development Intervention Services (EDIS)  
**Service:** EDIS Related Services  
**Eligibility:** Active Duty, Family Member, Civilians, Retirees  
**Contact:** Panzer Kaserne, Building 2996 DSN: 431-2697, (07031)-15-2697

**Agency:** Mental Health Services (MHS)  
**Service:** Psychology Service  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Children: Special Needs

**Agency:** Army Community Services (ACS)  
**Service:** Exceptional Family Members, Children With Special Needs  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362; (07031)-15-3362

**Agency:** Child, Youth, and School Services  
**Services:** Educational Liaison/School Services  
**Eligibility:** Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
**Contact:** Bldg 2347, Stuttgart DSN: 430-7465 CIV: 0711-680-7465

**Agency:** Educational Development Intervention Services (EDIS)  
**Service:** Early Intervention Services  
**Eligibility:** Children 0-3 years of age of Active Duty, Family Members, Civilians, Retirees  
**Contact:** Panzer Kaserne, Building 2996 DSN: 431-2697, (07031)-15-2697

**Agency:** Educational Development Intervention Services (EDIS)  
**Service:** EDIS Related Services  
**Eligibility:** Active Duty, Family Member, Civilians, Retirees  
**Contact:** Panzer Kaserne, Building 2996 DSN: 431-2697, (07031)-15-2697

**Agency:** Mental Health Services (MHS)  
**Service:** Psychology Service  
**Eligibility:** Active Duty , Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Cholesterol

**Agency:** Army Wellness Center  
**Service:** Multiple Health Concerns, Screenings and Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Nutrition Care Division (NCD)  
**Service:** Nutrition Counseling  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch, Building 2337 DSN: 430-7322, Civ: 07031- 15-7322

### Community Safety

**Agency:** American Red Cross (ARC)  
**Service:** Slips, Trips & Falls  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Army Community Services (ACS)  
**Service:** Child Lures  
**Eligibility:** Family Members grades 1-12  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Mental Health Services (MHS)  
**Service:** Group Therapy  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Safety Office (OES)  
**Service:** Safety assessments, Inspections, and evaluation and Traffic Safety Training  
**Contact:** Panzer Kaserne, Bldg 2948, 3rd floor DSN: 373-9082/5277; Civ: (06221) 17-9082/5277

### Conflict Resolution

**Agency:** Army Community Services (ACS)  
**Service:** Youth Boost  
**Eligibility:** At-risk Youth  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** ACS Kid's Group  
**Eligibility:** School Age Services children only  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Army Family Team Building  
**Eligibility:** Active Duty, Family Members  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Conflict Resolution  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Couples Counseling

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Couple's Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Mental Health Services (MHS)  
**Service:** Marital Counseling  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Social Work Services (SWS)  
**Service:** Marital Counseling  
**Eligibility:** Couples  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

### CPR Training

**Agency:** American Red Cross (ARC)  
**Service:** Adult, Infant & Child CPR  
**Eligibility:** AD, Family members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

### Crisis Intervention

**Agency:** Army Community Services (ACS)  
**Service:** Army Family Team Building  
**Eligibility:** Active Duty, Family Members  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Unit Awareness Prevention Training  
**Eligibility:** Active Duty, Civilians  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Employee Assistance Program (EAP)  
**Eligibility:** Civilians  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Spiritual Fitness  
**Eligibility:** All soldiers and family members and DoD civilians  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Social Work Services (SWS)  
**Service:** Family and/or Individual counseling  
**Eligibility:** Men, women & Children  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

## Deployment Readiness

**Agency:** American Red Cross (ARC)  
**Service:** Emergency Messaging  
**Eligibility:** AD, FM, CIV, Retirees  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

<p><b>Agency:</b> Army Community Services (ACS)  <b>Service:</b> Financial Readiness  <b>Eligibility:</b> Active Duty, Family Members, Retirees, Civilians  <b>Contact:</b> Panzer Kaserne, Building 2915 DSN 431-3362;( 07031)-15-3362</p>
<p><b>Agency:</b> Army Community Services (ACS)  <b>Service:</b> Army Family Team Building  <b>Eligibility:</b> Active Duty, Family Members  <b>Contact:</b> Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362</p>
<p><b>Agency:</b> Army Community Services (ACS)  <b>Service:</b> Army Community Service Overview  <b>Eligibility:</b> Family Members, Active Duty, Civilians  <b>Contact:</b> Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362</p>
<p><b>Agency:</b> Army Community Services (ACS)  <b>Service:</b> Personal Deployment Readiness  <b>Eligibility:</b> Family Members, Active Duty, Civilians  <b>Contact:</b> Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362</p>
<p><b>Agency:</b> Army Community Services (ACS)  <b>Service:</b> Coping with Separation &amp; Deployment  <b>Eligibility:</b> Family Members, Active Duty, Civilians  <b>Contact:</b> Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362</p>
<p><b>Agency:</b> Army Community Services (ACS)  <b>Service:</b> Financial Preparation for Deployment  <b>Eligibility:</b> Family Members, Active Duty, Civilians  <b>Contact:</b> Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362</p>
<p><b>Agency:</b> Army Community Services (ACS)  <b>Service:</b> Key Caller Training  <b>Eligibility:</b> Family Members, Active Duty  <b>Contact:</b> Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362</p>
<p><b>Agency:</b> Religious Support Office/Family Life Chaplains (RSO)  <b>Service:</b> Spiritual Fitness  <b>Eligibility:</b> All soldiers and family members and Dodd civilians  <b>Contact:</b> Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079</p>
<p><b>Agency:</b> Dental Clinic (DENT)  <b>Service:</b> Dental Services  <b>Eligibility:</b> Active Duty, Family Members, Civilians, Retirees (priority to Active Duty)  <b>Contact:</b> Patch Barracks, Bldg 2300 DSN: 430-8626/8627, Civ: 0711-680-8626/8627</p>
<p><b>Agency:</b> Mental Health Services (MHS)  <b>Service:</b> Psychology Service  <b>Eligibility:</b> Active Duty , Family Members, Civilians, Retirees  <b>Contact:</b> Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751</p>

**Agency:** Occupational Health (OH)  
**Service:** Worksite Safety, Pregnancy Surveillance  
**Eligibility:** Active Duty & Civilians  
**Contact:** Patton Barracks, Bldg T166 DSN: 373-9236; (06221) 17-9236

### Depression

**Agency:** Mental Health Services (MHS)  
**Service:** Group Therapy  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

### Domestic Violence

**Agency:** Army Community Services (ACS)  
**Service:** Family Advocacy Program  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Domestic Violence  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Mental Health Services (MHS)  
**Service:** Psychology Service  
**Eligibility:** Active Duty , Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Social Work Services (SWS)  
**Service:** Family, Parent and/or Individual counseling  
**Eligibility:** Families  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

**Agency:** Social Work Services (SWS)  
**Service:** Men's Group/Women's Group  
**Eligibility:** Men, women & Children  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

### Drug Related Issues

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)  
**Service:** Identification and Referral  
**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)  
**Contact:** Patch Barracks, Bldg 2312 DSN: 430-8237/7041, Civ: 0711-680-8657/7041

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

**Agency:** Child, Youth, and School Services  
**Services:** Educational Liaison/School Services  
**Eligibility:** Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
**Contact:** Bldg 2347, Stuttgart DSN: 430-7465 CIV: 0711-680-7465

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Unit Awareness Prevention Training  
**Eligibility:** Active Duty, Civilians  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Employee Assistance Program (EAP)  
**Eligibility:** Civilians  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Heidelberg Narcotics Anonymous Meetings  
**Eligibility:** Active Duty, Civilians, and Family members  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Alcohol Drug Abuse Prevention Training (ADAPT)  
**Eligibility:** Active Duty, Civilians, and Family members  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Mental Health Services (MHS)  
**Service:** Alcohol and Substance Abuse Program Clinical Consultant  
**Eligibility:** Commanders and Health Care Providers  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

English as a Second Language (ESL)

**Agency:** Army Community Services (ACS)

**Service:** ESL Program

**Eligibility:** Non-English speaking community members

**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Child, Youth, and School Services

**Services:** Educational Liaison/School Services

**Eligibility:** Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

**Contact:** Bldg 2347, Stuttgart DSN: 430-7465 CIV: 0711-680-7465

### Equal Employment Opportunity (EEO)

**Agency:** USAG Stuttgart EEO Office

**Service:** EEO Training, Complaints Processing, Special Emphasis Program,

**Eligibility:** DA Civilians

**Contact:** Bldg 2307, Patch Barracks DSN: 430-5213/5256 CIV: 0711-680-5213/5256

### Exceptional Family

**Agency:** Army Community Services (ACS)

**Service:** Exceptional Family Members, Children With Special Needs

**Eligibility:** Active Duty, Family Members, Retirees, Civilians

**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Educational Development Intervention Services (EDIS)

**Service:** Early Intervention Services

**Eligibility:** Children 0-3 years of age of Active Duty, Family Members, Civilians, Retirees

**Contact:** Panzer Kaserne, Building 2996 DSN: 431-2697, (07031)-15-2697

**Agency:** Educational Development Intervention Services (EDIS)

**Service:** EDIS Related Services

**Eligibility:** Active Duty, Family Member, Civilians, Retirees

**Contact:** Panzer Kaserne, Building 2996 DSN: 431-2697, (07031)-15-2697

### Family Issues/Support Services

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)

**Service:** Identification and Referral

**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)

**Contact:** Patch Barracks, Bldg 2312 DSN: 430-8237/7041, Civ: 0711-680-8657/7041

**Agency:** American Red Cross (ARC)

**Service:** Babysitter Training

**Eligibility:** AD, Family Members, Retirees, CIV, LN

**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** American Red Cross (ARC)  
**Service:** Emergency Messaging  
**Eligibility:** AD, FM, CIV, Retirees  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Army Community Services (ACS)  
**Service:** New Parent Education & Support Program  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Youth Boost  
**Eligibility:** At-risk Youth  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Coping with Separation, Divorce & Blended Families  
**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Child Abuse  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Domestic Violence  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Army Family Team Building  
**Eligibility:** Active Duty, Family Members  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Building Strong & Ready Families  
**Eligibility:** Active Duty and Family Members  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Spiritual Fitness  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Religious Support Office/Family Life Chaplains (RSO) Chapel Sponsored Cadence International  
**Service:** Youth Retreats & Trips, Age specific problem solving counseling  
**Eligibility:** 6th-12th Grade

**Agency:** Religious Support Office/Family Life Chaplains (RSO) Club Beyond "Club"  
**Service:** Chapel Outreach & Bible Studies to All Teens  
**Eligibility:** 6th-12th Grade  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Religious Support Office/Family Life Chaplains (RSO) Cadence International  
**Service:** Youth Small Group Bible Studies  
**Eligibility:** 6th-12th Grade  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Child and Youth Services Child, Youth and School Services (CYS) Child Development Centers (CDC)  
**Service:** Full day care, hourly care, part-day preschool, special openings, parent education programs

**Agency:** Child and Youth Services Child, Youth and School Services (CYS) Outreach Services (CLEOs) (OS)  
**Service:** CYS Programs, child care, and activities  
**Eligibility:** All eligible children and families  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services (CYS) ~~DELETE ALL Heidelberg Youth Services~~  
**Service:** School of the Arts  
**Eligibility:** Ages elementary to high school ages.  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services Child, Youth and School Services (CYS) Youth Services Sports Sports and Fitness  
**Service:** Sports Programs  
**Eligibility:** ages elementary to high school ages  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services Child, Youth and School Services (CYS) Heidelberg Youth Services Middle School/Teen  
**Service:** High School Open Recreation  
**Eligibility:** High School Age 6th-12th Grade  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services (CYS) Heidelberg Youth Services  
**Service:** Middle School Open Recreation  
**Eligibility:** Middle School Age  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services (CYS)  
**Service:** School Age Services  
**Eligibility:** Elementary school children 1st-5th Grade  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Mental Health Services (MHS)  
**Service:** Child and Adolescent Psychiatry  
**Eligibility:** AD, FM, CIV, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Financial Counseling

**Agency:** Army Community Services (ACS)  
**Service:** Financial Readiness  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN 431-3362;( 07031)-15-3362

### First Aid Class

**Agency:** American Red Cross (ARC)  
**Service:** First Aid/CPR/AED  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** American Red Cross (ARC)  
**Service:** First Aid/CPR  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

### Fitness

**Agency:** Child and Youth Services (CYS) (DELETE ALL) Outreach Services (CLEOs)  
**Service:** CYS Programs, child care, and activities  
**Eligibility:** All eligible children and families  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services (CYS) Youth Services Sports and Fitness  
**Service:** Sports Programs  
**Eligibility:** ages elementary to high school ages  
**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Army Wellness Center  
**Service:** Exercise testing and individualized exercise prescription  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Sports and Fitness (MWR)  
**Service:** Stuttgart area Fitness centers  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch Phone: 0711-680-5386, Panzer Phone: 07031-15-2724 Kelley Phone: 0711-729-2543 Robinson Phone: 0711-819-6317

**Agency:** Sports and Fitness (MWR)  
**Service:** Stuttgart area Fitness Centers  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch Phone: 0711-680-5386, Panzer Phone: 07031-15-2724 Kelley Phone: 0711-729-2543 Robinson Phone: 0711-819-6317

**Agency:** Sports and Fitness (MWR)  
**Service:** Stuttgart area Fitness Centers  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch Phone: 0711-680-5386, Panzer Phone: 07031-15-2724 Kelley Phone: 0711-729-2543

**Agency:** USACHPPMEUR-Department of Health Promotion & Wellness  
**Service:** Civilian Fitness Program  
**Eligibility:** DA Civilans & Local Nationals  
**Contact:** DSN: 431-2051

**Agency:** Physical and Occupational Therapy (PT)  
**Service:** Health Promotion Classes  
**Eligibility:** Active Duty  
**Contact:** Patch Barracks Bldg. 2337 DSN: 430-6149, (07031)-15-6149

### Gambling

**Agency:** Mental Health Services (MHS)  
**Service:** Group Therapy  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Grief Counseling

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Spiritual Fitness  
**Eligibility:** All soldiers and family members and DoD civilians  
**Contact:** 431-3079, (07031)-15-3079, Panzer Bldg 2948

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Social Work Services (SWS)  
**Service:** Family and Adult Counseling  
**Eligibility:** Families, couples, men and women  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

### Hearing Conservation

**Agency:** Occupational Health (OH)  
**Service:** Worksite Safety, Pregnancy Surveillance  
**Eligibility:** Active Duty & Civilians  
**Contact:** Patton Barracks, Bldg T166 DSN: 373-9236; (06221) 17-9236

### Heart Care

**Agency:** American Red Cross (ARC)  
**Service:** Your Heart Matters  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** American Red Cross (ARC)  
**Service:** Adult, Infant & Child CPR  
**Eligibility:** AD, Family members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** American Red Cross (ARC)  
**Service:** First Aid/CPR/AED  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Army Wellness Center  
**Service:** Multiple Health Concerns, Screenings and Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Army Wellness Center  
**Service:** Healthy Heart  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** DSN: 430-4073; (07031) 15-4073, Patch, Building 2337,

### HIV/AIDS

**Agency:** Public Health Nursing/Preventive Medicine (PHN/PM)  
**Service:** HIV/Aids Training  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Patch Barracks Bldg. 2300 DSN: 430-6871/9257, Civ: 07031-15-6871/9257

### Hypertension

**Agency:** Army Wellness Center  
**Service:** Multiple Health Concerns, Screenings and Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Nutrition Care Division (NCD)  
**Service:** Nutrition Counseling  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch, Building 2337 DSN: 430-7322, Civ: 07031- 15-7322

### Injury Prevention

**Agency:** American Red Cross (ARC)  
**Service:** Back Injury Prevention  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

**Agency:** Occupational Health (OH) USAPHC-PHRE  
**Service:** Worksite health and safety, Pregnancy Surveillance, medical surveillance, worksite visits  
**Eligibility:** Active Duty & Civilians  
**Contact:** Patton Barracks, Bldg 115 DSN: 373-9236; (06221) 17-9236

**Agency:** Physical and Occupational Therapy (PT)  
**Service:** Health Promotion Classes  
**Eligibility:** Active Duty  
**Contact:** Patch Barracks Bldg. 2337 DSN: 430-6149, (07031)-15-6149

**Agency:** Safety Office (ISO)  
**Service:** Safety assessments, Inspections, and evaluation and Traffic Safety Training  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Panzer Kaserne, Bldg 2948, 3rd floor DSN: 431-3134 Civ: (07031-153134)

### Lactation Support

**Agency:** La Leche League (LLL)  
**Service:** Breastfeeding Information and Support  
**Eligibility:** Pregnant women who are interested in breastfeeding, breastfeeding mothers (and fathers), and health care providers who work with breastfeeding mothers and babies  
**Contact:** (06201) 959176, (06201) 873548

### Leadership, Morale

**Agency:** Army Community Services (ACS)  
**Service:** Army Family Team Building  
**Eligibility:** Active Duty, Family Members  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

**Agency:** Army Community Services (ACS)  
**Service:** Family Readiness Group Leader and Liaison Training  
**Eligibility:** Family Members, Active Duty, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Building Strong & Ready Families  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Moral Leadership  
**Eligibility:** Soldiers and leaders  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

### Marital Counseling

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Couple's Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Mental Health Services (MHS)  
**Service:** Marital Counseling  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Social Work Services (SWS)  
**Service:** Marital Counseling  
**Eligibility:** Couples  
**Schedule:** Call for appointment  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

### Marital Difficulties

**Agency:** Army Community Services (ACS)  
**Service:** Family Advocacy Program  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Couple's Communication & Relationship Building  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Domestic Violence  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

### Military & Family Life Consultants

**Agency:** Army Community Service (ACS)  
**Services:** Counseling; Description: Non-Medical Counseling Services.  
**Eligibility:** individuals, couples, families, and groups.  
**Contact:** Bldg. 2915, 2nd Floor, Panzer Kaserne. Phone: 49 (0)152.2248.3789; 49 (0)170.708.0715; 49 (0)160.9574.8279.

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Couple's Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Mental Health Services (MHS)  
**Service:** Marital Counseling  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Social Work Services (SWS)  
**Service:** Marital Counseling  
**Eligibility:** Couples  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

### Men's Issues

**Agency:** Army Wellness Center  
**Service:** Multiple Health Concerns, Screenings and Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### New Parenthood

**Agency:** Army Community Services (ACS)  
**Service:** New Parent Education & Support Program  
**Eligibility:** For Parents Who are Expecting and/or have Children Up to 3 Years of Age (moms & dads)

**Agency:** Army Community Services (ACS)  
**Service:** Parenting Skills  
**Eligibility:** Pregnant women, families, single parents  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Emergency Placement  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Single Parent Support  
**Eligibility:** Active Duty, Family Members, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Newcomers Orientation**

**Agency:** Army Community Services (ACS)  
**Service:** Families Learning about Germany  
**Eligibility:** Family members, civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Child, Youth, and School Services  
**Services:** Educational Liaison/School Services  
**Eligibility:** Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
**Contact:** Bldg 2347, Stuttgart DSN: 430-7465 CIV: 0711-680-7465

**Agency:** Child, Youth and School Services (CYS)  
**Service:** Stuttgart Youth Sponsorship Newcomers Orientation (SYNO)  
**Eligibility:** Family members in grades 6th - 12th  
**Contact:** Patch Barracks, Building 2347 second floor DSN: 430-7480;0711-680-7480

**Nutrition Education**

**Agency:** Army Community Services (ACS)  
**Service:** New Parent Education & Support Program  
**Eligibility:** For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

**Agency:** Dental Clinic (DENT)  
**Service:** Dental Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees (priority to Active Duty)  
**Contact:** Patch Barracks, Bldg 2300 DSN: 430-8626/8627, Civ: 0711-680-8626/8627

**Agency:** Army Wellness Center  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Sports and Fitness (MWR)  
**Service:** Stuttgart area Fitness Centers  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch Phone: 0711-680-5386, Panzer Phone: 07031-15-2724 Kelley Phone: 0711-729-2543 Robinson Phone: 0711-819-6317

**Agency:** Nutrition Care Division (NCD)  
**Service:** Nutrition Counseling  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch, Building 2337 DSN: 430-7322, Civ: 07031- 15-7322

**Agency:** Women-Infants-Children-Overseas (WIC-O)  
**Service:** Nutritional Counseling & Supplemental Foods  
**Eligibility:** Pregnant, breastfeeding, and post partum women and children under 5 years old  
**Contact:** Panzer, Building 2951 DSN: 431-3315, 07031-15-3315

### Oral & Dental Health

**Agency:** Dental Clinic (DENT)  
**Service:** Dental Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees (priority to Active Duty)  
**Contact:** Patch Barracks, Bldg 2300 DSN: 430-8626/8627, Civ: 0711-680-8626/8627

### Parenting Skills

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)  
**Service:** Identification and Referral  
**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)  
**Contact:** Patch Barracks, Bldg 2312 DSN: 430-8237/7041, Civ: 0711-680-8657/7041

**Agency:** American Red Cross (ARC)  
**Service:** Healthy Pregnancy, Healthy Baby  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Army Community Services (ACS)  
**Service:** Family Advocacy Program  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** DSN 431-3362;( 07031)-15-3362 , Panzer Kaserne, Building 2915

**Agency:** Army Community Services (ACS)  
**Service:** Parenting Skills  
**Eligibility:** Pregnant women, families, single parents  
**Contact:** Panzer Kaserne, Building 2915  
**DSN:** 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Emergency Placement  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Single Parent Support  
**Eligibility:** Active Duty, Family Members, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Child Abuse  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Exceptional Family Members, Children With Special Needs  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Couple's Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Educational Development Intervention Services (EDIS)  
**Service:** Early Intervention Services  
**Eligibility:** Children 0-3 years of age of Active Duty, Family Members, Civilians, Retirees  
**Contact:** Panzer Kaserne, Building 2996 DSN: 431-2697, (07031)-15-2697

**Agency:** Mental Health Services (MHS)  
**Service:** Child and Adolescent Psychiatry  
**Eligibility:** AD, FM, CIV, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

**Agency:** Social Work Services (SWS)  
**Service:** Family, Parent and/or Individual counseling  
**Eligibility:** Two or one parent families, and blended families  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

**Agency:** Women-Infants-Children-Overseas (WIC-O)  
**Contact:** Panzer, building 2951 DSN: 431-3315, 07031-15-3315

**Pet Care/Veterinary Care**

**Agency:** Veterinary  
**Service:** Veterinary care for pets/animals  
**Contact:** Panzer Building 2996 DSN: 431-2681 CIV: 07031-15-2681

**Pregnancy**

**Agency:** American Red Cross (ARC)  
**Service:** Healthy Pregnancy, Healthy Baby  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer, Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

**Agency:** Army Community Services (ACS)  
**Service:** New Parent Education & Support Program NOT JUST FOR 1ST TIME PARENTS  
**Eligibility:** For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

**Agency:** Public Health Nursing/Preventive Medicine (PHN/PM)  
**Service:** STD Counseling  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Patch Barracks Bldg. 2300 DSN: 430-6871/9257, Civ: 07031-15-6871/9257

**Agency:** Occupational Health (OH)  
**Service:** Worksite Safety, Pregnancy Surveillance  
**Eligibility:** Active Duty & Civilians  
**Contact:** Patton Barracks, Bldg T166 DSN: 373-9236; (06221) 17-9236

**Agency:** Social Work Services (SWS)  
**Service:** Individual counseling (unplanned pregnancy)  
**Eligibility:** Women & Couples  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

**Agency:** USACHPPMEUR-Department of Health Promotion & Wellness  
**Service:** Pregnancy & Postpartum Soldier Fitness Exercise Leader Training  
**Eligibility:** Active Duty Exercise Leaders  
**Contact:** Landstuhl Bldg 3809 DSN: 486-7099, 06371-86-7099

**Agency:** Women-Infants-Children-Overseas (WIC-O)  
**Contact:** Panzer, building 2951 DSN: 431-3315, 07031-15-3315

### Retiree Issues

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Risk Management

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Unit Awareness Prevention Training  
**Eligibility:** Active Duty, Civilians  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)

**Service:** Employee Assistance Program (EAP)

**Eligibility:** Civilians

**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)

**Service:** Alcohol Drug Abuse Prevention Training (ADAPT)

**Eligibility:** Active Duty, Civilians, and Family members

**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Safety Office (ISO)

**Service:** Safety assessments, Inspections, and evaluation and Traffic Safety Training.

**Eligibility:** Active Duty, Family Members, Civilians, Retirees

**Contact:** Panzer Kaserne, Bldg 2948, 3rd floor DSN: 373-9082/5277; Civ: (06221) 17-9082/5277

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)

**Service:** Identification and Referral

**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)

**Contact:** Patch Barracks, Bldg 2312

**DSN:** 430-8237/7041, Civ: 0711-680-8657/7041

## Self Care

**Agency:** Army Community Services (ACS)

**Service:** New Parent Education & Support Program NOT JUST FOR 1ST TIME PARENTS

**Eligibility:** For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

**Agency:** Public Health Nursing/Preventive Medicine (PHN/PM)

**Service:** HIV/Aids Training

**Eligibility:** Active Duty, Family Members, Civilians, Retirees

**Contact:** Patch Barracks Bldg. 2300 DSN: 430-6871/9257, Civ: 07031-15-6871/9257

**Agency:** Public Health Nursing/Preventive Medicine (PHN/PM)

**Service:** STD Counseling

**Eligibility:** Active Duty, Family Members, Civilians, Retirees

**Contact:** Patch Barracks Bldg. 2300 DSN: 430-6871/9257, Civ: 07031-15-6871/9257

**Agency:** Dental Clinic (DENT)

**Service:** Dental Services

**Eligibility:** Active Duty, Family Members, Civilians, Retirees (priority to Active Duty)

**Contact:** Patch Barracks, Bldg 2300 DSN: 430-8626/8627, Civ: 0711-680-8626/8627

**Agency:** Army Wellness Center  
**Service:** Self-care classes  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Patch, Building Bldg 2337 DSN: 430-4073; (07031) 15-4073

### Self Esteem

**Agency:** Army Community Services (ACS)  
**Service:** Youth Boost  
**Eligibility:** At-risk Youth  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Better Opportunities For Single Soldiers  
**Services:** Activities for single service members  
**Eligibility:** Single Service members And Married service members who are in the area can participate.  
**Contact:** Bldg 2331 Patch DSN: 431-2774 CIV: 07031 15 2774

**Agency:** Army Community Services (ACS)  
**Service:** ACS Kid's Group  
**Eligibility:** School Age Services children only  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Prevention of Child Abuse  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** Army Family Team Building  
**Eligibility:** Active Duty, Family Members  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Single Parenting

**Agency:** Army Community Services (ACS)  
**Service:** Single Parent Support  
**Eligibility:** Active Duty, Family Members, Civilians  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Social Work Services (SWS)  
**Service:** Family, Parent and/or Individual counseling  
**Eligibility:** Two or one parent families, and blended families  
**Contact:** Panzer Kaserne, Bldg. 2996 DSN: 431-2697, Civ: 07031-15-2697

### Spiritual Fitness

**Agency:** Religious Support Office/Family Life Chaplains (RSO)

**Service:** Spiritual Fitness

**Eligibility:** All soldiers and family members and DoD civilians

**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

### Sponsorship Assistance

**Agency:** Army Community Services (ACS)

**Service:** Families Learning about Germany

**Eligibility:** Family members, civilians

**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

### STD Counseling

**Agency:** Public Health Nursing/Preventive Medicine (PHN/PM)

**Service:** STD Counseling

**Eligibility:** Active Duty, Family Members, Civilians, Retirees

**Contact:** Patch Barracks Bldg. 2300 DSN: 430-6871/9257, Civ: 07031-15-6871/9257

### Stress Management

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)

**Service:** Identification and Referral

**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)

**Contact:** Patch Barracks, Bldg 2312 DSN: 430-8237/7041, Civ: 0711-680-8657/7041

**Agency:** American Red Cross (ARC)

**Service:** Managing Stress

**Eligibility:** AD, Family Members, Retirees, CIV, LN

**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Army Community Services (ACS)

**Service:** ACS Kid's Group

**Eligibility:** School Age Services children only

**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)

**Service:** Stress Management

**Eligibility:** Active Duty, Family Members, Retirees, Civilians

**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)

**Service:** Prevention of Domestic Violence

**Eligibility:** Active Duty, Family Members, Retirees, Civilians

**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Wellness Center

**Service:** Multiple Health Concerns, Screenings and Counseling

**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals

**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Army Wellness Center  
**Service:** Stress Management Room  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Army Wellness Center  
**Service:** Stress Management Class w/biofeedback  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Mental Health Services (MHS)  
**Service:** Group Therapy  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Suicide Prevention

**Agency:** Religious Support Office/Family Life Chaplains (RSO)  
**Service:** Suicide Prevention  
**Eligibility:** Soldiers, families, DoD civilians  
**Contact:** Panzer Bldg 2948 DSN: 431-3079, (07031)-15-3079

**Agency:** Mental Health Services (MHS)  
**Service:** Suicide Prevention  
**Eligibility:** AD, FM, CIV, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Teen Issues

**Agency:** Adolescent Substance Abuse Counseling Services (ASACS)  
**Service:** Identification and Referral  
**Eligibility:** 3-18 year old family member students (under age 15 requires parental consent)  
**Contact:** Patch Barracks, Bldg 2312 DSN: 430-8237/7041, Civ: 0711-680-8657/7041

**Agency:** Army Community Services (ACS)  
**Service:** Youth Boost  
**Eligibility:** At-risk Youth  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Community Services (ACS)  
**Service:** ACS Kid's Group  
**Eligibility:** School Age Services children only  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Religious Support Office/Family Life Chaplains (RSO) Youth Group- Cadence International  
**Service:** Chapel Outreach & Bible Studies to All Teens  
**Eligibility:** 6th-12th Grade

**Agency:** Religious Support Office/Family Life Chaplains (RSO) Youth Group- Cadence International

**Service:** Youth Small Group Bible Studies

**Eligibility:** 6th-12th Grade

**Agency:** Child and Youth Services (CYS) Heidelberg Youth Services

**Service:** High School Open Recreation

**Eligibility:** High School Age

**Contact:** Patch Barracks Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Child and Youth Services (CYS) Heidelberg Youth Services

**Service:** Middle School Open Recreation

**Eligibility:** Middle School Age

**Contact:** Patch Barracks, Building 2347 second floor DSN: 430-7480; 0711-680-7480

**Agency:** Mental Health Services (MHS)

**Eligibility:** AD, FM, CIV, Retirees

**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Time Management

**Agency:** Army Community Services (ACS)

**Service:** Army Family Team Building

**Eligibility:** Active Duty, Family Members

**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

### Tobacco Cessation

**Agency:** Dental Clinic (DENT)

**Service:** Dental Services

**Eligibility:** Active Duty, Family Members, Civilians, Retirees (priority to Active Duty)

**Contact:** Patch Barracks, Bldg 2300 DSN: 430-8626/8627, Civ: 0711-680-8626/8627

**Agency:** Army Wellness Center

**Service:** Multiple Health Concerns, Screenings and Counseling

**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals

**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Army Wellness Center

**Service:** Tobacco Cessation Classes

**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals

**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

### Tobacco Cessation Facilitator Training

**Agency:** USACHPPMEUR-Dept. of Health Promotion and Wellness

**Service:** Tobacco Cessation Facilitator Training Coordination

**Eligibility:** Medical/Clinical staff that provide tobacco cessation

**Contact:** Landstuhl, Bldg 3809 DSN: 486-7099; (06371) 86-7099

### Travel Medicine

**Agency:** Public Health Nursing/Preventive Medicine (PHN/PM)  
**Contact:** Patch Barracks Bldg. 2300 DSN: 430-6871/9257, Civ: 07031-15-6871/9257

### Warrior in Transition (WT) Services/Soldier & Family Assistance Center

**Agency:** Army Community Services (ACS)  
**Service:** WT - Soldier and Family Assistance Center  
**Eligibility:** Warriors in Transition and their Families  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

### Water Safety

**Agency:** American Red Cross (ARC)  
**Service:** First Aid/CPR/AED  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

### Weight Management

**Agency:** Army Wellness Center  
**Service:** Multiple Health Concerns, Screenings and Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Army Wellness Center  
**Service:** SLIM Weight Management  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Army Wellness Center  
**Service:** Mini-SLIM  
**Eligibility:** Active Duty, Family Members, Retirees, Civilian, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Army Wellness Center  
**Service:** Metabolic testing  
**Eligibility:** Active Duty, Family Members, Retirees, Civilian, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Sports and Fitness (MWR)  
**Service:** Stuttgart area Fitness Centers  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch Phone: 0711-680-5386, Panzer Phone: 07031-15-2724 Kelley Phone: 0711-729-2543 Robinson Phone: 0711-819-6317

**Agency:** Sports and Fitness (MWR)  
**Service:** Stuttgart area Fitness Centers  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch Phone: 0711-680-5386, Panzer Phone: 07031-15-2724 Kelley Phone: 0711-729-2543 Robinson Phone: 0711-819-6317

**Agency:** Sports and Fitness (MWR)  
**Service:** Stuttgart Area fitness Centers  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch Phone: 0711-680-5386, Panzer Phone: 07031-15-2724 Kelley Phone: 0711-729-2543 Robinson Phone: 0711-819-6317

**Agency:** Nutrition Care Division (NCD)  
**Service:** Nutrition Counseling  
**Eligibility:** Active Duty, DM, Civilians, Local Nationals, Retirees  
**Contact:** Patch, Building 2337 DSN: 430-7322, Civ: 07031- 15-7322

**Agency:** Physical and Occupational Therapy (PT)  
**Service:** Health Promotion Classes  
**Eligibility:** Active Duty  
**Contact:** Patch Barracks Bldg. 2337 DSN: 430-6149, (07031)-15-6149

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**Agency:** Women-Infants-Children-Overseas (WIC-O)  
**Service:** Nutritional Counseling  
**Eligibility:** Active Duty, Family Resource Groups  
**Contact:** Panzer, building 2951 DSN: 431-3315, 07031-15-3315

**Agency:** Women-Infants-Children-Overseas (WIC-O)  
**Service:** Nutritional Counseling & Supplemental Foods  
**Eligibility:** Pregnant, breastfeeding, and post partum women and children under 5 years old  
**Contact:** Panzer, building 2951 DSN: 431-3315, 07031-15-3315

### Women's Issues

**Agency:** Army Community Services (ACS)  
**Contact:** Panzer Kaserne, Building 2915 DSN: 431-3362;( 07031)-15-3362

**Agency:** Army Wellness Center  
**Service:** Multiple Health Concerns, Screenings and Counseling  
**Eligibility:** Active Duty, Family Members, Retirees, Civilians, Local Nationals  
**Contact:** Patch, Building 2337 DSN: 430-4073; (07031) 15-4073

**Agency:** Mental Health Services (MHS)  
**Service:** Mental Health Consultation Services  
**Eligibility:** Active Duty, Family Members, Civilians, Retirees  
**Contact:** Bldg 2300, Patch Barracks DSN: 431-2751, Civ: 07031-15-2751

### Worksite Ergonomics

**Agency:** American Red Cross (ARC)  
**Service:** Ergonomics  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Occupational Health (OH)  
**Service:** Worksite Safety, Pregnancy Surveillance  
**Eligibility:** Active Duty & Civilians  
**Contact:** Patton Barracks, Bldg T166 DSN: 373-9236; (06221) 17-9236

### Worksite Safety

**Agency:** American Red Cross (ARC)  
**Service:** Ergonomics  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Occupational Health (OH)  
**Service:** Worksite Safety, Pregnancy Surveillance  
**Eligibility:** Active Duty & Civilians  
**Contact:** Patton Barracks, Bldg T166 DSN: 373-9236; (06221) 17-9236

### Worksite Violence

**Agency:** American Red Cross (ARC)  
**Service:** Workplace Violence Awareness  
**Eligibility:** AD, Family Members, Retirees, CIV, LN  
**Contact:** Panzer Bldg 2915 DSN: 431-2812; (07031)-15-2812 After hours: 431-2334; (0703) 115334

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Unit Awareness Prevention Training  
**Eligibility:** Active Duty, Civilians  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835

**Agency:** Army Substance Abuse Program/Employee Assistance (ASAP)  
**Service:** Employee Assistance Program (EAP)  
**Eligibility:** Civilians  
**Contact:** Panzer Kaserne, Bldg 2948, 2nd floor DSN: 431-2530/2743/2835, Civ: 07031-15-2530/2743/2835