

Sheppard AFB IDS

Integrated Delivery System

"We're here to help you."

Chaplain Services

Chapel
676-4370

- _ Worship Services (Catholic, Protestant, LDS)
- _ Marriage/Family Counseling
- _ Religious Issues Counseling
- _ Work Related/Issues Counseling
- _ Personal Issues Counseling
- _ Grief Counseling
- _ Small Support Groups
- _ Catholic/Protestant Religious Education
- _ Technical Training Student Programs



Family Advocacy

Bldg 1200 (2nd Floor 2 North)
676-2271

- _ New Parent Support Group
- _ Individual/Marital Counseling
- _ Family Resource Library
- _ Domestic Abuse Project
- _ 1-2-3 Magic Parenting Program
- _ Anger/Conflict Resolution Class
- _ Effective Communication Series (PREP-within our reach)
- _ Fighting for Your Marriage Class
- _ Stress Management Class
- _ Pre/Post Deployment Prep Briefings
- _ Love and Logic Parenting Series

Airman & Family Readiness Center

Bldg 962
676-4358

- _ Information & Referral
- _ Air Force Aid Society
- _ Personal Financial Management
- _ Family Readiness
- _ Personal & Work/Life
- _ Relocation Assistance
- _ Volunteer Resource
- _ Employment Assistance
- _ Transition Assistance
- _ MFLC 781-6531

Mental Health Flight

Outpatient
Bldg 1200
676-6075

- _ Individual Therapy
- _ Marriage Counseling
- _ Assistance with Personal Problems
- _ Relaxation Training
- _ Psychological Testing
- _ Substance Abuse Education and Treatment (ADAPT)

Health & Wellness Center (HAWC)

Bldg 540
676-HAWC(4292)

- _ Nutritional Education
- _ Exercise Programming
- _ Tobacco Cessation
- _ Fitness Assessment
- _ Weight Management
- _ Diabetic Education
- _ Cholesterol Management
- _ Health Informatics

Legal Office

Bldg 315
676-4262

- _ Estate Planning/Wills
- _ Consumer Protection
- _ Landlord-Tenant Relations
- _ Personal Property Claims
- _ Divorce/Dependent Matters
- _ Adoption
- _ Torts
- _ Bankruptcy
- _ Notaries
- _ Powers of Attorney

Sexual Assault Prevention & Response

Office: 676-0365
Hotline: 676-7272

Child/Youth Programs

Flight Chief: Bldg 402
676-3798

Child Development Center

Bldg 195
676-2038

(6wks-5yrs)

- _ Full Time Child Care
- _ Give Parents a Break

Family Child Care

Bldg 962
676-9023

- _ PCS Program
- _ Extended Day Care
- _ Volunteer Program

Youth Programs

Bldg 196
676-5437

(Kindergarten-High school)

- _ School Age Program
- _ Open Recreation
- _ Sports Program
- _ Summer Program
- _ Give Parents a Break

