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

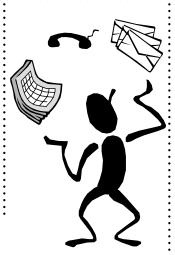
Personal Issues Counseling

Grief Counselina

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

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

Youth Programs Bldg 196 676-5437

(Kindergarten-High school)

School Age Program

Open Recreation

Sports Program

Summer Program Give Parents a Break



Child Development Center

Volunteer Program