

USAG Vicenza Community Resource Guide (CRG) FY15

Adult Education Programs

Div/Dept: Army Continuing Education Services (ACES)

Service(s): Adult Education

Description: Many types of Adult Continuing Education Services are offered including Adult Education Counseling, Basic Skills, GT Improvement, College Entrance/Placement/Proficiency Testing, College Degree Programs, Certificate, Associates, Bachelors, Masters, GI Bill Information, etc.

Target Audience: Soldiers and Adult Family Members, DACs, and Invited Contractors w/ Logistical Support.

Fees: All counseling services, Financial Aid, and Scholarship information are free of charge for all ID card holders.

Contact Info: Building 126 on Ederle Building 2 on Del Din

Schedule: Ederle M-F 0800-1700 Del Din M-F 0800-1630

DSN: Ederle 634-8933 Del Din 637-2101

CIV: +39-0444-71-8933 Del Din +39-0444-66-2101

Website:

http://myarmybenefits.us.army.mil/Home/Benefit_Library/Federal_Benefits_Page/Army_Continuing_Education_System.html

Div/Dept: American Red Cross (ARC)

Service(s): Adult Education

Description: Wide range of classes related to health and safety and reconnecting with Families after deployments.

Target Audience: Anyone

Schedule: Call for class schedule

Fees: vary, call for information

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: n/a

Div/Dept: Army Community Services (ACS)

Service(s): Adult Education - Finding the Balance

Description: Learn a variety of skills to handle stress and anger in order to achieve balance in your life.

Target Audience: Adults. Groups or Individuals, Available to all ID Card Holders

Schedule: Weekly - Call for Details

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle/ Building #2, behind Library on Del Din

DSN: Ederle: 634 - 6264 Del Din: 637-2725

CIV: 0444-71-6262/0444-66-2725

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

Div/Dept: Army Community Services (ACS)

Service(s): Adult Education - Go With The Flow

Description: Practice beginning yoga movements to reduce stress in our lives, using both a chair and a mat followed by a 20 minute visual meditation.

Target Audience: Adults. Available to all ID Card Holders

Schedule: Weekly - Call for details

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle/ Building #2, behind Library on Del Din

DSN: Ederle: 634 - 6264 Del Din: 637-2725

CIV: 0444-71-6262/0444-66-2725

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

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Div/Dept: Army Community Services (ACS)

Service(s): Adult Education - Learn how to relax through meditation

Description: Scheduled as a medical appointment, this 4-week course follows the methods of mindful meditation and charts student progress with data collection with the em-Wave device.

Target Audience: Adults. Groups. Available to all ID Card Holders

Schedule: Weekly - Call for details

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle/ Building #2, behind Library on Del Din

DSN: Ederle: 634 - 6264 Del Din: 637-2725

CIV: 0444-71-6262/0444-66-2725

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

Div/Dept: Army Community Services (ACS)

Service(s): Adult Education - Relaxation at your desktop

Description: Learn different forms of stress management at work to include desk stretching and yoga poses, deep breathing, and biofeedback.

Target Audience: Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle/ Building #2, behind Library on Del Din

DSN: Ederle: 634 - 6264 Del Din: 637-2725

CIV: 0444-71-6262/0444-66-2725

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

Div/Dept: Army Community Services (ACS)

Service(s): Adult Education - Coherence advantage training

Description: Reducing stress with biofeedback, posture, and deep breathing. Balance your physical, mental, and spiritual well-being to be more coherent in your daily life.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle/ Building #2, behind Library on Del Din

DSN: Ederle: 634 - 6264 Del Din: 637-2725

CIV: 0444-71-6262/0444-66-2725

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

Div/Dept: Chaplain Services

Service(s): Adult Education

Description: The Caserma Ederle Chapel's adult education programs are weekly events designed to offer the community a place for biblical studies. There are several opportunities to gain a better understanding of the biblical world through the bible classes offered in the Chapel. Weekly classes are offered for both men and women. These bible studies are designed to promote both biblical understanding and personal spiritual growth.

Target Audience: Open to anyone

Schedule: Classes are offered on PWOC Tuesday's 0900-1130 and PWOC and PMOC 1830-1930 and Wednesday's Adult Training is 1800-2000.

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519 Del Din: 637-4060

CIV: 0444-71-7519/0444-66-4060

Website: N/A

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Div/Dept: MWR Sports and Fitness

Service(s): Adult Education - Fitness Education Programs

Description: Several types of self-directed Adult Fitness Education Programs are offered including Free Weight Training and Sports Officials clinics, just to name a few. Also offered through contracted personal trainers are one-on-one sessions where patrons can learn weight control/loss management and be provided a tailored "work out" routine to better obtain their "healthy lifestyle" goals.

Target Audience: AD, DOD, Family members, LNs, Retirees

Fees: Varies. Call for details.

Schedule: Check the MWR Sports and Fitness website for the most up-to-date schedule.

Contact Info: Post Fitness Center, Building 112, Ederle

DSN: 634-5181

CIV: +39-0444-71-5181

Website: <http://www.vicenzamwr.com/sports.html>

Div/Dept: Army Wellness Center (AWC) - Vicenza

Service(s): Adult Education

Description: The Wellness Center offers several education programs with emphasis on physical fitness, healthy nutrition, stress management, general health education, and Tobacco Cessation education.

Target Audience: Soldiers, Families and DoD Civilians

Schedule: 0730-1630 (closed from 1200-1300 for lunch)

Fees: No Fees

Contact Info: Building 2810, Upstairs between Public Health Command and Dermatology

DSN: 636-9260

CIV: 0444-61-9260

Website: http://www.vicenzamwr.com/wellness_link.html/<https://armyfit.army.mil/AWC/default.aspx> (Health Assessment most be completed prior to appointment)

Div/Dept: Child, Youth, and School Services (CYSS)

Services: Adult Education

Description: We offer parent education opportunities for families with children of all ages and abilities.

Target Audiences: Military and civilian parents

Fee: None

Schedule: Varies. Call for information.

Contact info: CYSS Parent Central Services, building 108, suite 42

DSN: 634-7206

CIV: 0444-71-7206

Website: N/A

Div/Dept: Child, Youth, and School Services (CYSS)

Services: Adult Education

Description: We offer classes for new parents and hourly or full time child care

Target Audience: Infants beginning at 6 weeks of age

Fees: per DA CYSS Fees Policy See parent central services

Schedule: Hourly care 0730-1730 Full time care 0545-1845

Contact info: CYSS Parent Central Services, building 108, suite 42

DSN: 634-7206

CIV: 0444-71-7206

Website: N/A

Alcohol and Drug Related Issues

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Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Alcohol and Drug Related Issues for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Fees: No fees

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Screening, Assessment and Treatment for Alcohol and Drug Related Issues

Description: The Army Substance Abuse Program (ASAP) provides screening, assessment and treatment for alcohol and drug related issues for active duty Soldiers, DoD civilians and family members. Treatment may involve education, out-patient or in-patient services. Treatment is provided by trained master's level clinicians specialized in the field of addictions. As a Commander's Program, Soldier enrollment must be approved by the Command. Civilians and Family Members may request information about ASAP treatment through the EAP.

Target Audience: DAC, AD, Family Members

Schedule: By appointment

Fees: No Fees

Contact Info: Ederle: Ground floor, Building 169 (between the gym and clinic) Del Din: Building 2

DSN: Ederle: 634-7554 Del Din: 637-2151

CIV: +39-0444-71-7554 0444-66-2151

Website: www.acsap.army.mil

Div/Dept: Chaplain Services

Service(s): Alcohol and Drug Related Issues

Description: Sometimes individuals, looking for a way to cope with the challenges of life, attempt to "self-medicate" by turning to alcohol and/or drugs. Alcohol and drugs may make you feel different or you may forget your issues, for a while, but they are still there. Chaplains provide pastoral care and counseling to aid individuals both spiritually and emotionally as they seek to cope with the stresses stemming from addictions.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519 Del Din: 637-4060

CIV: 0444-71-7519/0444-66-4060

Website: N/A

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Div/Dept: Department of Behavioral Health

Service(s): Alcohol and/or Drug Related Issues

Description: Assessment & Treatment of Individuals with Concurrent Alcohol and/or Drug Abuse and Behavioral Health Problems. Psychiatric Assessment, Counseling, & Medication Evaluation / Management.

Target Audience: Adults. Tricare beneficiaries.

Schedule: Call for appointment. 0800 - 1630 M-F

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees.

Contact Info: Building 113 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140, Del Din: 636-9900

CIV: 0444-61-9140, 0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Anger Management

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Anger Management Counseling for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Fees: No fees

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

Div/Dept: American Red Cross (ARC)

Service(s): Anger Management

Description: Actively licensed and specially trained Red Cross mental health professionals will facilitate reconnection workshops to assist with reconnecting Families post deployments.

Target Audience: Active Duty, Family Members, and Retirees

Schedule: Office hours are 0800-1630 M-F

Fees: No Fees

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: www.redcross.org/reconnectionworkshops

Div/Dept: Army Community Services (ACS)

Service(s): Anger Management - Relaxation at your desktop

Description: Learn different forms of stress management at work to include desk stretching and yoga poses, deep breathing, and biofeedback.

Target Audience: Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6262

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

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Div/Dept: Army Community Services (ACS)

Service(s): Anger Management

Description: Learn basic anger management coping techniques and tips.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders.

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6262

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

Div/Dept: Army Community Services (ACS)

Service(s): Anger Management - Scream Free Parenting

Description: This class teaches the Scream Free curriculum, including principles such as taking care of yourself first, being responsible to your child, and not reacting.

Target Audience: Parents. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264/6202

CIV: 0444-71-6264/6202

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Anger Management - Listen to Me

Description: Learning effective communication skills through weekly lunch time classes. Topics include effective communication skills, conflict resolution and couples communication.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Department of Behavioral Health (BH)

Service(s): Anger Management

Description: Assessment & Treatment of Individuals with Anger Management Problems. Psychiatric Assessment, Counseling, & Medication Evaluation / Management

Target Audience: School age Children, Adults. Tricare beneficiaries.

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Building 113 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140, Del Din: 636-9900

CIV: 0444-61-9140, 0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

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Div/Dept: Military Family Life Consultant

Service(s): Anger Management

Description: Participants will learn tools and techniques that improve expression of feelings, communication, and relationships with family members and co-workers

Target Audience: Active Duty, Spouses, Dependents, and Civilians

Schedule: Call to make an appointment.

Fees: Free and Anonymous

Contact Info: Contact counselor directly via cell phone

ACS Counselor: 333-489-8967

173rd BCT: 345-077-0476

BSB/STB @ Del Din: 347-229-3781

Website: N/A

Babysitters Training

Div/Dept: American Red Cross (ARC)

Service(s): Babysitters Training

Description: Learn injury prevention through First Aid, CPR, AED, and Babysitters Training Course.

Schedule: Office Hours are 0800-1630.

Target Audience: Children ages 11-17

Fees: \$45

Contact Info: Building 333.

DSN: 634-7089

CIV: 0444-71-7089

Website: <http://www.redcross.org/ux/take-a-class>

Div/Dept: Child, Youth and School Services (CYSS)

Services(s): Baby Sitters Training for Youth and Adults

Description: ARC Babysitters training for Youth and independent study for Adults.

Target Audience: Youth - ages 11-18 and Adults

Fees: **Check with ARC for Youth**, Adults - no fee

Schedule: Youth - call ARC for schedule. Adults - by request only.

Contact Info: Building 108, Suite 42, Ederle

DSN: 634-7206

CIV: 0444-71-7206

Website: N/A

Breastfeeding

Div/Dept: Army Community Services (ACS)

Service(s): Breastfeeding Basics

Description: Monthly course covering variety of breastfeeding topics.

Target Audience: Moms; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

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Div/Dept: WIC Overseas

Service(s): Breastfeeding

Description: Provides breastfeeding education and breast pump loan program for WIC eligible participants

Target Audience: Pregnant, Postpartum, and Breastfeeding Women

Schedule: Open M-F 8:00-12:00 and 13:00-17:00

Fees: no fees

Contact Info: WIC Overseas Office, Building 169, Ederle

DSN: 634-6258

CIV: 0444-71-6258

Website: www.tricare.mil/wic

Child Abuse/Neglect

Div/Dept: Army Community Services (ACS)

Service(s): Child Abuse Prevention

Description: This training teaches caregivers the signs of child abuse, the types of child abuse, and where to report suspected child abuse.

Target Audience: parents, teachers, and caregivers

Schedule: Upon request

Fees: FREE

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634-6202/6264

CIV: 0444-71-6202/6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Child Abuse/Neglect - Emergency Care Placement

Description: Short-term care (foster care) for children who may be in an abusive or neglectful situation and need a home for a short period of time. Volunteer families provide a safe and warm environment for child to stay. Placement is a minimum of three days to a maximum of 90 days in an EPC home.

Target Audience: Children at high risk for abuse or neglect

Schedule: Available upon request

Fees: Will discuss options

Contact Info: ACS Bldg 108 on Ederle

DSN: 634 – 7489

CIV: 0444-71-7489

Website: <http://vicenza.army.mwr.com>

Children: Special Needs

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Children: Special Needs

Description: Screening/evaluation and direct service to children who qualify. Parents and health center staff may refer children. Services are provided in the child's natural environment (CDC, home, etc.)

Target Audience: Birth to 3 years of age (must be a command sponsored military or civilian Family).

Fees: No fees

Schedule: 0730-1630 Monday – Friday

Contact Info: EDIS Office, Pediatric Clinic, USAHC - Vicenza

DSN: 636-9230

CIV: 0444-61-9230

Website: <https://www.edis.army.mil>

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Div/Dept: Department of Behavioral Health

Service(s): Children: Special Needs

Description: Screening and Treatment for children with Psychiatric Disorders or other Special Needs. Psychiatric Assessment, Counseling, & Medication Evaluation / Management.

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310

DSN: 636-9140

CIV: 0444-61-9140

Website: <https://ermc.amedd.army.mil/vicenza/>

Communicable Disease Surveillance

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Communicable Disease Surveillance

Description: Individual appointments with your Primary Care Manager for concerns about Communicable Disease Surveillance

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Conflict Resolution

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Conflict Resolution Counseling for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

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Div/Dept: Army Community Services (ACS)

Service(s): Conflict Resolution - Listen to Me

Description: Learning effective communication skills through weekly lunch time classes. Topics include effective communication skills, conflict resolution and couples communication.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Conflict Resolution - Worksite Violence Briefings

Description: EAP briefings are available to address the issue of workplace violence. The Employee Assistance Program (EAP) offers short-term problem-solving, assessment and referral services to civilian employees and family members. Supervisors may refer employees whose performance is affected by substance abuse, personal or family issues. Issues commonly addressed include: alcohol and drug related issues, stress management, grief, and conflict resolution. Services are confidential and free to eligible personnel.

Target Audience: DAC, Family Members 18+ years old

Schedule: As requested

Contact Info: Ederle: Ground floor, Building 169 (between the gym and clinic) Del Din: Building 2

DSN: 634-7554 637-2151

CIV: +39-0444-71-7554 0444-66-2151

Website: www.acsap.army.mil

Div/Dept: Chaplain Services

Service(s): Conflict Resolution

Description: Unfortunately, conflict is a part of everyday life. "Drama," as some call it, is all around us. Chaplains offer effective conflict resolution skills that enable us to help resolve the drama that conflict brings.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519 Del Din: 637-4060

CIV: 0444-71-7519/0444-66-4060

Website: N/A

Div/Dept: Equal Opportunity/Equal Employment Opportunity

Service(s): Conflict Resolution

Description: Processes requests for reasonable accommodation and provides reasonable accommodations where appropriate, in accordance with the requirements of the Rehabilitation Act of 1973. Everyone has the inherent right to fair treatment, equal employment opportunities and a workplace free of harassment (sexual and non-sexual) and other types of unlawful discrimination.

Target Audience: EO - Active Duty/ EEO - DAC

Schedule: M-F 0900-1700

Fees: No Fees

Contact Info: Building 300A

DSN: EO: 634-7914 EEO: 634-7679

CIV: 0444-71-7914/0444-71-8207

Website: N/A

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Div/Dept: Department of Behavioral Health

Service(s): Conflict Resolution

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Building 113 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140, Del Din: 636-9900

CIV: 0444-61-9140, 0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Military Family Life Consultant

Service(s): Conflict Resolution

Description: Participants will learn tools and techniques that improve expression of feelings, communication, and relationships with family members and co-workers

Target Audience: Active Duty, Spouses, Dependents, and Civilians

Schedule: Call to make an appointment.

Fees: Free and Anonymous

Contact Info: Contact counselor directly via cell phone

ACS Counselor: 333-489-8967

173rd BCT: 345-077-0476

BSB/STB @ Del Din: 347-229-3781

Website: N/A

Couple's Counseling

Div/Dept: Department of Behavioral Health

Service(s): Couple's Counseling

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management

Target Audience: Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Chaplain Services

Service(s): Couple's Counseling

Description: Couples who desire to make their marriage even better have benefited through pastoral care and counseling as Chaplains help each couple work through some of the challenges of married life

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519 Del Din: 637-4060

CIV: 0444-71-7519/0444-66-4060

Website: N/A

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Div/Dept: Military & Family Life Counselors (MFLC)

Service(s): Couples Counseling

Description: Participants will have an opportunity to express their feelings and concerns while learning healthy relationship-management skills, i.e., communication, conflict resolution, problem-solving

Target Audience: Active Duty, Spouses, Dependents, and Civilians.

Schedule: Call to make an apt.

Fees: Free and anonymous

Contact Info: Contact counselor directly via cell phone

ACS Counselor: 333-489-8967

173rd BCT: 345-077-0476

BSB/STB @ Del Din: 347-229-3781

Website: N/A

CPR Classes

Div/Dept: American Red Cross (ARC)

Service(s): CPR Classes

Description: Learn the skills you will need to effectively respond to emergency situations as a first responder. You will also learn the precautions to help protect yourself from the spread disease.

Target Audience:

Fees: range from \$45-\$55

Schedule: Office Hours are 0800-1630 Monday thru Friday.

Contact Info: Building 333

DSN: 634-7089

CIV: +39-0444-71-7089

Website: <http://www.redcross.org/ux/take-a-class>

Crisis Intervention

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Crisis Intervention

Description: Suicide Prevention Hotline/Military One Source Crisis Line

Target Audience: DAC, AD, FM, Retirees

Schedule: 24/7

Fees: Long distance fees apply

Contact Info: n/a

DSN: 118

CIV: 1-800-342-9647 or 00800-1273-TALK (8255)

Website: <http://chppm-www.apgea.army.mil>

Div/Dept: Chaplain Services

Service(s): Crisis Intervention

Description: A crisis can come in many different forms. Chaplains can help individuals as they face a crisis by providing care and counseling. In addition, there is a 24/7 crisis phone line where you can always reach a Chaplain. That number is: 634-KARE.

Target Audience: Open to anyone

Schedule: 24/7

Fees: No Fees

Contact Info: n/a

DSN: 634-KARE (5273)

CIV: +39-0444-71-KARE (5273)

Website: N/A

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Department of Behavioral Health

Service(s): Crisis Intervention

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Report directly to the Behavioral Health Reception Desk and request to see the walk-in provider of the day.

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Sexual Harassment/Assault Response & Prevention (SHARP)

Service(s): 24/7 Advocacy & Reporting Hotline, Information, Referral, and Assistance

Description: Emergency/crisis intervention services are open to Service Members, their Dependents (18+), and Department of the Army Civilians. SHARP Victim Advocates are trained professionals who provide information, referral, crisis intervention and day to day support to victims (age 18+) of sexual assault.

SHARP Victim advocates help provide information and guidance on SHARP Harassment policies and reporting options. OCONUS SHARP VAs work closely with EO and EEO to ensure informal and formal reports of sexual harassment are answered by the appropriate agency. SHARP Victim advocates are available to educate on sexual assault restricted and unrestricted reporting options 24 hours a day and 7 days a week. Victim advocates provide the following services to victims of sexual assault: information, referral, support in unrestricted/restricted reporting, safety planning, assistance with investigation (when elected), military protection orders, expedited transfer, accompaniment to court, medical appointments, and forensic examinations.

For after hour advocacy/reporting assistance contact the SHARP Hotline at 0444-71-7272 or DSN 634-7272.

For immediate response to emergency situations (imminent danger), contact the military police at 0444-71-7233 or DSN 634-7233.

Schedule: Advocacy services are available 24 hours a day and 7 days a week.

Contact Info: Davis Hall (ACS), Building 108 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7314, Del Din: 637-4089

CIV: 0444-71-7314, 0444-66-4089

AFTER HOURS: DSN: 634-7272 / COMM: +39-0444-71-7272

Website: N/A

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s):

Description: Individual appointments with your Primary Care Manager for concerns about

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: **San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896**

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Deployment Readiness

Div/Dept: American Red Cross (ARC)

Service(s): Deployment Readiness

Description: Actively licensed and specially trained Red Cross mental health professionals will facilitate reconnection workshops to assist with reconnecting Families post deployments.

Target Audience: Active Duty and Retirees

Schedule: Days/Times vary. Call for information.

Fees: No Fees

Contact Info: Building 333 on Ederle

DSN: 634-7089

CIV: 0444-71-7089

Website: redcross.org/reconnectionworkshops

Div/Dept: American Red Cross (ARC)

Service(s): Deployment Readiness

Description: Briefings for Soldiers and Families about Red Cross services to include the Emergency Communication Message system and preparations for expectant parents

Schedule: Office Hours are 0800-1630 Monday thru Friday.

Target Audience: Active Duty Soldiers and Family Members and Commands

Fees: No Fees

Contact Info: Building 333

DSN: 634-7089

CIV: +39-0444-71-7089

Website: n/a

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Legal Assistance Office

Service(s): Deployment Readiness

Description: Includes predeployment and redeployment screening for pending legal issues or situations that may distract Soldiers from their mission, including advice and assistance in all areas of civil law, military administrative law, and civil criminal legal matters; family law matters; creditor, consumer protection, contracts, debt collection, bankruptcy and credit bureau disputes; landlord/tenant issues; state and federal income and property tax.

Schedule: M-F 0830 to 1200 and 1300 to 1630 (the Legal Assistance Office closes at 1600 on training holidays and at 1530 on Tuesdays for staff training)

Target Audience: AD

Fees: N/A

Contact Info: Building 241 on Ederle

DSN: 634-7041

CIV: 0444-71-7041

Website: N/A

Div/Dept: Chaplain Services

Service(s): Deployment Readiness

Description: Deployments are a challenge to relationships of all sorts. Being ready for a deployment takes time and effort. Your Chaplain can point you in the right direction as you prepare to meet the challenges of deployment. Chaplains offer classes, briefings, and individual counseling to help you get ready for deployment.

Target Audience: Active Duty and Family members

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519 Del Din: 637-4060

CIV: 0444-71-7519/0444-66-4060

Website: N/A

Div/Dept: Mobilization/Deployment Program

Service(s): Deployment Readiness - Comprehensive Soldier and Family Fitness

Description: Participants will learn, practice, and apply the life skills and tools demonstrated through interactive learning. The interactive learning is sectioned in four modules that can be taught according to the needs of the participants.

Target Audience: Soldiers and Family members

Schedule: According to the needs of the community (i.e. pre-deployment, post-deployment, reintegration, are resilience training).

Contact Info: Davis Hall, Bldg 108, Ederle

DSN: 634-7500

CIV: +39 0444-71-7500

Website: N/A

Div/Dept: Department of Behavioral Health

Service(s): Deployment Readiness

Description: Pre and Post Deployment Mental Health Evaluations. Psychiatric Assessment, Counseling, & Medication Evaluation / Management.

Target Audience: Active Duty Soldiers

Schedule: As needed to meet the deployment / re-deployment needs of the unit

Fees: N/A

Contact Info: Building 113 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140, Del Din: 636-9900

CIV: 0444-61-9140, 0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Occupational Health (OH)

Service(s): Deployment Readiness

Description: Pre / Post Deployment for DAC. Coordinate and facilitate the physical examinations, tests, and immunizations required for DAC employees before and after deployments.

Target Audience: DAC

Schedule: Call to schedule appointment

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

Depression

Div/Dept: Chaplain Services

Service(s): Depression

Description: While Chaplains can't diagnose or prescribe medication for depression, they can help people face some of the challenges this illness brings. The Chaplain Family Life Center offers opportunities for individuals to explore ways to cope with their depression.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519, Del Din 637-4060

CIV: 0444-71-7519/0444-66-4060

Website: N/A

Div/Dept: Department of Behavioral Health

Service(s): Depression

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140, Del Din: 636-9900

CIV: 0444-61-9140/0444-66-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Domestic Violence

Div/Dept: Army Community Services (ACS)

Service(s): Domestic Violence

Description: This training seeks to prevent cases of domestic violence by educating caregivers on the signs of child abuse, the types of child abuse, and where to report suspected child abuse.

Target Audience: parents, teachers, and caregivers

Schedule: Upon request

Fees: FREE

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634-6202/6264

CIV: 0444-71-6202/6264

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Chaplain Services

Service(s): Domestic Violence

Description: A sad reality of life is that domestic violence exists. For some, as victims, they are unable to find a way out of the cycle of violence. The Chaplain Family Life Center can help point victims to resources while helping offenders get the care they need to stop the violence.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519, Del Din 637-4060

CIV: 0444-71-7519, 0444-66-4060

Website: N/A

Div/Dept: Sexual Harassment/Assault Response & Prevention (SHARP)

Service(s): Domestic Violence - 24/7 Advocacy & Reporting Hotline, Information, Referral, and Assistance

Description: Emergency/crisis intervention services are open to Service Members, their Dependents (18+), and Department of the Army Civilians. SHARP Victim Advocates are trained professionals who provide information, referral, crisis intervention and day to day support to victims (age 18+) of sexual assault.

SHARP Victim advocates help provide information and guidance on SHARP Harassment policies and reporting options. OCONUS SHARP VAs work closely with EO and EEO to ensure informal and formal reports of sexual harassment are answered by the appropriate agency. SHARP Victim advocates are available to educate on sexual assault restricted and unrestricted reporting options 24 hours a day and 7 days a week. Victim advocates provide the following services to victims of sexual assault: information, referral, support in unrestricted/restricted reporting, safety planning, assistance with investigation (when elected), military protection orders, expedited transfer, accompaniment to court, medical appointments, and forensic examinations.

For after hour advocacy/reporting assistance contact the SHARP Hotline at 0444-71-7272 or DSN 634-7272.

For immediate response to emergency situations (imminent danger), contact the military police at 0444-71-7233 or DSN 634-7233.

Schedule: Advocacy services are available 24 hours a day and 7 days a week.

Contact Info: Davis Hall (ACS), Building 108 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7314, Del Din: 637-4089

CIV: 0444-71-7314, 0444-66-4089

AFTER HOURS: DSN: 634-7272 / COMM: +39-0444-71-7272

Website: N/A

Div/Dept: ACS

Service(s): Domestic Violence - Individual Victim Services

Description: This includes responding to reports of domestic violence, safety planning, and giving victim related resources and referrals (i.e. information and referral, medical services, legal services, shelter, transitional compensation).

Target Audience: Adults. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6269

CIV: 0444-71-6269

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Domestic Violence

Description: Individual appointments with your Primary Care Manager for concerns about domestic violence

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Div/Dept: ACS

Service(s): Domestic Violence - Domestic Abuse Awareness Training

Description: This training defines domestic abuse and intimate partner violence, and provides examples of behavioral and emotional impact to the individual and family. Classes offered to the middle and high school students, as well.

Target Audience: Adults, teens. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6269

CIV: 0444-71-6269

Website: <http://vicenza.army.mwr.com>

Disaster/Emergency Relief

Div/Dept: American Red Cross (ARC)

Service(s): Disaster/Emergency Relief Assistance

Description: Red Cross provides disaster assistance in the form of a grant for local disaster (e.g. house fire). Red Cross also provides active duty members access to emergency travel financial assistance during "after-duty-hours" when Army Emergency Relief is closed.

Target Audience: Anyone

Fees: No Fees

Schedule: Office Hours are 0800-1630 Monday thru Friday.

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: <http://www.redcross.org/what-we-do/disaster-relief>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Emergency Relief

Service(s): Disaster/Army Emergency Relief

Description: The Army's own Emergency Financial Assistance Organization that is Dedicated to "Helping The Army Take Care of Its OWN" by providing Commanders a Valuable Asset in Accomplishing their Basic Command Responsibilities for the Morale & Welfare of their Service Members and Families.

Target Audience: Community Members

Schedule: As Needed and Required

Fees: Free (Interest Free Loans)

Contact Info: Davis Hall, ACS Building, # 108

DSN: 634 8524

CIV: 0444 71 8524

Website: <http://vicenza.army.mwr.com>

Exceptional Family Member Program (EFMP)

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): EFMP

Description: Educational coding for children who qualify by evaluation. Note that the school is responsible for educational coding of children ages 3-21.

Target Audience: Birth to 3 years of age (must qualify for care at Vicenza Health Center).

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0730-1630 Monday – Friday

Contact Info: EDIS Office, Pediatric Clinic, USAHC - Vicenza

DSN: 636-9230

CIV: 0444-61-9230

Website: <https://www.edis.army.mil>

Div/Dept: Department of Behavioral Health

Service(s): Exceptional Family Member Program (EFMP)

Description: Screening and Treatment for Family Members in associated with the Exceptional Family Member program. Psychiatric Assessment, Counseling, & Medication Evaluation / Management.

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Melissa Ortiz , USAHC-V Health Center, #2310

DSN: 636-9567

CIV: 0444-61-9567

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Army Community Services (ACS)

Service(s): EFMP

Description: The Army Community Services EFMP staff will assist eligible family members by providing the family with information, referrals, crisis intervention and assistance to meet the individual needs of each exceptional family member.

Target Audience: School age Children and Adults

Schedule: 0800-1700 M-F

Fees: No Fees

Contact Info: Building 108 on Ederle, Building 2 on Del Din

DSN: Ederle: 634-8582, Del Din: 637-2725

CIV: 0444 71-8582, 0444-66-2725

Website: www.usag.vicenza.army.mil

Emergency Communication

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: American Red Cross (ARC)

Service(s): Emergency Communication

Description: Provide rapid communications between families and military personnel in times of family emergencies. Receive confirmation from doctor concerning diagnosis, prognosis, current condition, life expectancy, and the need for the presence of the service member. Anyone including the service member can start a message.

Target Audience: Anyone

Fees: no fees

Schedule: Office Hours are 0800-1630 Monday thru Friday.

Contact Info: Building 333 on Ederle

DSN: 634-7089

CIV: 0444-71-7089

Website: n/a

Div/Dept: Chaplain Services

Service(s): Emergency Communication

Description: Quite often, when emergencies arise, individuals, couples, and families desire the presence of a Chaplain to help them meet the challenges associated with the specific emergency situation. The Chaplain Family Life Center serves as God's representative to help sort out the feelings, emotions, and courses of action in these emergency situations

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29, Building 173 on Del Din

DSN: Ederle: 634-7519, Del Din 637-4060

CIV: 0444-71-7519, 0444-66-4060

Website: N/A

Environmental Quality

Div/Dept: Occupational Health (OH)

Service(s): Environmental Quality

Description: During worksite visit: Ensure all types of substances that could pollute the soil and/or the water are stored and disposed in a proper manner

Target Audience: AD, DAC, LN

Schedule: OH is open M-F 0800-1700, closed for lunch from 1200-1300

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: 0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

Family Issues and Support

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Family Issues Support Services/Counseling

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

Div/Dept: American Red Cross (ARC)

Service(s): Family Issues Support Services

Description: Actively licensed and specially trained Red Cross mental health professionals will facilitate reconnection workshops to assist with reconnecting Families post deployments.

Target Audience: Active Duty and Retirees

Schedule: Schedule varies. Call for information.

Fees: No Fees

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: redcross.org/reconnectionworkshops

Div/Dept: Army Community Services (ACS)

Service(s): Family Issues and Support - Child Abuse Prevention

Description: This training teaches caregivers the signs of child abuse, the types of child abuse, and where to report suspected child abuse.

Target Audience: parents, teachers, and caregivers

Schedule: Upon request

Fees: FREE

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634-6202/6264

CIV: 0444-71-6202/6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Family Issues and Support - Scream Free Parenting

Description: This class teaches the Scream Free curriculum, including principles such as taking care of yourself first, being responsible to your child, and not reacting.

Target Audience: Parents. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 6264/6202

CIV: 0444-71-6264/6202

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Family Issues and Support - Child Safety

Description: The target audience is children ages 6 and older, and the lessons are focused on teaching children to protect themselves and includes community collaboration.

Target Audience: Children, Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 6202/6264

CIV: 0444-71-6202/6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Family Issues and Support - Financial Readiness

Description: The ACS promotes financial readiness by offering financial counseling, consumer advocacy as well as several classes that educate Soldiers and their families on financial matters

Target Audience: Service members and their families

Schedule: M-F 0800-1700

Fees: N/A

Contact Info: Davis Hall, Building 108

DSN: 634-7500

CIV: 0444-71-7500

Website: www.usag.vicenza.army.mil

Div/Dept: Chaplain Services

Service(s): Family Issues Support Services

Description: Occasionally, families encounter challenges as they seek to have the joy, peace, and love that every family desires. The Chaplain Family Life Center can provide a safe environment for families to explore their issues in a positive manner.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle: 634-7519, Del Din: 637-4060

CIV: 0444-71-7519,0444-66-4060

Website: N/A

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Family issues support

Description: Addressed through "Child Find" activities or on child's Individual Family Service Plan if child qualifies through evaluation for services.

Target Audience: Birth to 3 years of age (must qualify for care at the Vicenza Health Center).

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees.

Schedule: 0730-1630 Monday – Friday

Contact Info: EDIS Office, Pediatric Clinic, USAHC - Vicenza

DSN: 636-9230

CIV: 0444-61-9230

Website: <https://www.edis.army.mil>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Department of Behavioral Health

Service(s): Family Issues and Support

Description: Counseling for Family Issues. Psychiatric Assessment, Counseling, & Medication Evaluation / Management.

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140, Del Din: 636-9900

CIV: 0444-61-9140, 0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Soldier, Family Assistance Center (SFAC)

Service(s): Family Issues and Support

Description: The SFAC will provide guidance, assistance, information and referral, linkages to employment and education services, and other support agencies to facilitate WTU and IDES Soldier transitions. The vision for the SFAC is to effectively assist Soldiers and their Families so they can focus on their mission to heal. The immediate goals are to prevent unnecessary procedural delays, and to establish conditions that facilitate their healing processes physically, mentally, and spiritually.

Target Audience: Warrior Transition Units (WTUs), Warriors in Transition (WTs), Soldiers in the Integrated Disability Evaluation System (IDES), and their Families in the Vicenza Military Community

Schedule: Monday through Friday, 0800-1700

Fees: N/A

Contact Info: Davis Hall, ACS Building 108

DSN: 634-7500

CIV: 0444 71 7500

Website: N/A

Financial Issues

Div/Dept: Financial Readiness

Service(s): Financial Issues - Financial Readiness First Termers

Description: Preventive Financial Planning by Learning Valuable Life Skills that will set a person up for Success.

Target Audience: First Term Service Members in the ranks of E4 and Below

Schedule: 1st Tuesday of Every Month

Fees: Free

Contact Info: Davis Hall, ACS Building, # 108

DSN: 634 8634

CIV: 0444 71 8634

Website: <http://vicenza.army.mwr.com>

Div/Dept: Financial Readiness

Service(s): Financial Issues - Credit Conditioning

Description: Financial Fitness Course to avoid Common Pitfalls associated with selecting, using and building Credit. Assist with obtaining an annual "FREE" Credit Report and Score Check-Up!

Target Audience: Entire Caserma Ederle & Del Din Community

Schedule: 2nd Wednesday of Every Month

Fees: Free

Contact Info: Davis Hall, ACS Building, # 108

DSN: 634 8634

CIV: 0444 71 8634

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Financial Readiness

Service(s): Financial Issues - 3D to Debt Free

Description: Improve Personal Financial Readiness and Find out How to “Destroy Destructive Debt” by learning the path of Financial Recovery and Freedom through effective Debt Management & Liquidation

Target Audience: Entire Caserma Ederle & Del Din Community

Schedule: 4th Wednesday of the month

Fees: Free

Contact Info: Davis Hall, ACS Building, # 108

DSN: 634 8634

CIV: 0444 71 8634

Website: <http://vicenza.army.mwr.com>

Div/Dept: Financial Readiness

Service(s): Financial Issues - Budget Building

Description: Show how to take control of Money through Personal Financial Management & Planning and Learn how to tell your money where to Go instead of “WONDERING” where it went.

Target Audience: Entire Caserma Ederle & Del Din Community

Schedule: 1st Wednesday of the month

Fees: Free

Contact Info: Davis Hall, ACS Building, # 108

DSN: 634 8634

CIV: 0444 71 8634

Website: <http://vicenza.army.mwr.com>

Div/Dept: Financial Readiness

Service(s): Financial Issues Financial Readiness

Description: The primary goal is to help Military Service Members and their Families Manage their Money with Confidence by giving them Educational Tools and Training on various programs and Public Awareness Initiatives.

Target Audience: Community Members

Schedule: On Appointment as Individuals or as a Group at Units or Designated Location

Fees: Free

Contact Info: Davis Hall, ACS Building, # 108

DSN: 634 8634

CIV: 0444 71 8634

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Emergency Relief

Service(s): Financial Issues - Disaster/Army Emergency Relief

Description: The Army’s own Emergency Financial Assistance Organization that is Dedicated to “Helping The Army Take Care of Its OWN” by providing Commanders a Valuable Asset in Accomplishing their Basic Command Responsibilities for the Morale & Welfare of their Service Members and Families.

Target Audience: Community Members

Schedule: As Needed and Required

Fees: Free (Interest Free Loans)

Contact Info: Davis Hall, ACS Building, # 108

DSN: 634 8524

CIV: 0444 71 8524

Website: <http://vicenza.army.mwr.com>

First Aid Classes

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: American Red Cross (ARC)

Service(s): First Aid Training

Description: Learn what to do as a first responder dealing with cuts, falls, strokes, respiratory, or any life threatening situations. Also, learn the precautions to help protect yourself from the spread disease.

Target Audience: Vicenza Military Community

Fees: Vary

Schedule: Office Hours are 0800-1630.

Contact Info: Building 333

DSN: 634-7089

CIV: +39-0444-71-7089

Website: <http://www.redcross.org/ux/take-a-class>

Fitness

Div/Dept: MWR Sports and Fitness

Service(s): Fitness Programs

Description: Several types of program directed Fitness Classes and Services are offered including Body Pump, yoga, Pilates, foam roller classes, zumba, variety of boot camps, tai kwon do, kickboxing, AFAA certification courses and "Body" themed group fitness program. Massage therapy, reflexology and personal trainer services are offered as well. 25 meters indoor pool. Family fitness room available.

Target Audience: AD, DOD, Family members, LNs, Retirees

Fees: Fitness classes are \$3 per class or \$25 for ten classes. Personal Training \$25/hr Other services vary.

Schedule: Check the MWR Sports and Fitness website for the most up-to-date schedule.

Contact Info: Post Fitness Center, Building 112 on Ederle

DSN: 634-5181

CIV: +39-0444-71-5181

Website: <http://www.vicenzamwr.com/sports.html>

Div/Dept: Army Wellness Center - Vicenza

Service(s): Fitness

Description: The Wellness Center has state of the art equipment to assess flexibility, muscular strength, cardio respiratory fitness levels, and body composition. In conjunction with fitness testing patients receive a comprehensive report that shows current fitness levels. The clinicians provide education on results and individualized exercise counseling to meet goals.

Target Audience: Soldiers, Families and DoD Civilians

Schedule: 0730-1630 (closed from 1200-1300 for lunch)

Fees: No Fees

Contact Info: Building 2810, Upstairs between Public Health Command and Dermatology

DSN: 636-9260

CIV: 0444-61-9260

Website: http://www.vicenzamwr.com/wellness_link.html/https://armyfit.army.mil/AWC/default.aspx (Health Assessment most be completed prior to appointment)

Gambling Issues

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: USAHC Department of Behavioral Health

Service(s): Gambling Issues

Description: Assessment & Treatment of Individuals with Concurrent Gambling and Behavioral Health Problems

Target Audience: Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Chaplain Services

Service(s): Gambling Counseling

Description: Looking for that one big jackpot? Expecting that a big win will solve all your problems? Is gambling causing problems in your life? Before gambling losses take everything you hold dear, visit your Family Life Chaplain for assistance in coping with gambling.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle or Building 173 on Del Din

DSN: Ederle 634-7519 Del Din 637-4060

CIV: +39-0444-71-7519/ 0444-66-4060

Website: N/A

Grief Counseling

Div/Dept: Chaplain Services

Service(s): Grief Counseling

Description: Grief is the process we all go through as we experience loss in our life. That loss may come from a death, from a PCS, or any other type of loss. Grief is not a one time event, but a process. Your Family Life Chaplain is able to help you work through this process. He offers individual counseling as well as support groups to help with the healing process.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle or Building 173 on Del Din

DSN: Ederle 634-7519 Del Din 637-4060

CIV: +39-0444-71-7519/ 0444-66-4060

Website: N/A

Div/Dept: Military Family Life Consultant

Service(s): Grief Counseling

Description: Participants will learn the stages of grief and loss, healthy ways to cope with loss.

Target Audience: Active Duty, Spouses, Dependents, and Civilians

Schedule: Call to make an appointment

Fees: Free and Anonymous

Contact Info: Contact counselor directly via cell phone

ACS Counselor: 333-489-8967

173rd BCT: 345-077-0476

BSB/STB @ Del Din: 347-229-3781

Website: N/A

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS) - Survivor Outreach Services (SOS)

Service(s): Grief Counseling

Description: Program Support Coordinators are on hand to encourage our Surviving Families to remain an integral part of the Army Family for as long as they desire. SOS provides support, information and services as long as needed.

Target Audience: Family Members of Fallen Soldiers

Schedule: 0800-1700

Fees: free

Contact Info: Davis Hall, ACS Building, # 108, Ederle

DSN: 634-7942

CIV: 0444 71 7942

Website: <http://vicenza.army.mwr.com>

Div/Dept: USAHC Department of Behavioral Health

Service(s): Grief Counseling t

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Hearing Conservation

Div/Dept: Occupational Health (OH)

Service(s): Hearing Conservation

Description: Coordinate hearing tests for all AD and workers exposed to noise. Pre and post deployments.

Target Audience: AD, LN DAC

Schedule: by appointment

Fees: N/A

Contact Info: 2nd Floor, Building 2310

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Hearing Conservation

Description: Individual appointments with your Primary Care Manager for concerns about hearing conservation

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Hypertension

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Hypertension

Description: Individual appointments with your Primary Care Manager for concerns about hypertension.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Information and Referrals

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: American Red Cross (ARC)

Service(s): Information and Referral

Description: Provide confidential assistance with personal and family problems. Information about obtaining compassionate reassignments or hardship discharges is also available. Referrals are made to other agencies when Red Cross is unable to assist.

Target Audience: Anyone

Fees: N/A

Schedule: Office Hours are 0800-1630 Monday thru Friday.

Contact Info: Building 333. In case of an emergency, a case worked can be reached 24/7.

DSN: 634-7089

CIV: +39-0444-71-7089

Website: www.redcross.org

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Information and Referrals

Description: Individual appointments with your Primary Care Manager for information or referrals

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://emc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.55207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Div/Dept: Chaplain Services

Service(s): Information and Referral Assistance

Description: With the resources of the internet at your fingertips, finding information is not a problem. Sorting out which information is good, reliable, and helpful is another matter. Chaplains can direct you to valuable resources that meet your needs. When necessary, they can also refer you to other professionals trained to give you reliable support.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle 634-7519, Del Din 637-4060

CIV: +39-0444-71-7519/0444-66-4060

Website: N/A

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Information and Referral

Description: Provide information and referrals to Soldiers, Family members and DA Civilians for agencies both internal and external to ACS

Target Audience: USAG Community Members

Schedule: 0800-1700

Fees: free

Contact Info: Davis Hall, ACS Building, # 108

DSN: 637-2726; 634-7456

CIV: 0444 66 2726; 0444 71 7456

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS) - Soldier, Family Assistance Center

Service(s): Information and Referral

Description: The SFAC will provide guidance, assistance, information and referral, linkages to employment and education services, and other support agencies to facilitate WTU and IDES Soldier transitions. The vision for the SFAC is to effectively assist Soldiers and their Families so they can focus on their mission to heal. The immediate goals are to prevent unnecessary procedural delays, and to establish conditions that facilitate their healing processes physically, mentally, and spiritually.

Target Audience: Warrior Transition Units (WTUs), Warriors in Transition (WTs), Soldiers in the Integrated Disability Evaluation System (IDES), and their Families in the Vicenza Military Community

Schedule: Monday through Friday, 0800-1700

Fees: N/A

Contact Info: Davis Hall, ACS Building 108

DSN: 634-7500

CIV: 0444 71 7500

Website: N/A

Div/Dept: Army Community Services (ACS) - Employment Readiness

Service(s): Information and referral for employment, education, training and volunteer opportunities. One-on-one assistance with local and PCS job searches, career planning, resume reviews, and interviewing. Classes on job search and career development skills, including Federal Resume Workshop, Resume Fundamentals, Building Work Experience Through Volunteering, Working a Job Fair, and Acing the Interview.

Target Audience: Family members of active duty service members and DoD civilians; service members; civilians.

Schedule: Classes are offered every week—check the MWR calendar; call ACS to register.

Fees: Free

Contact Info: Davis Hall, ACS Building, # 108, Ederle

DSN: 634-6884

CIV: 0444-71-6884

Website: <http://vicenza.army.mwr.com>

Div/Dept: Soldier for Life-Transition Assistance Program

Service(s): Information and referral for Transition Support, Employment Counseling and Training, Financial Counseling, Education Counseling, VA Benefits Guidance, Information and Referral, etc.

Description: Education, Information and resources to support transitioning Soldiers and their families.

Target Audience: Soldiers with at least 180 days of service who are within 18 months of ETS/separation or 24 months of retirement.

Schedule: M-F, 0830-1630

Fees: N/A

Contact Info: SFL-TAP Center

DSN: 637-8150

CIV: 0444-61-8150

Website: <http://www.usag.vicenza.army.mil/sites/local/alumni.asp>

USAG Vicenza Community Resource Guide (CRG) FY15

Injury Prevention

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Injury Prevention

Description: Individual appointments with your Primary Care Manager for concerns about injury prevention

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://emc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.55207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Div/Dept: Occupational Health (OH)

Service(s): Injury Prevention

Description: Educate all employees on correct work practices to prevent injuries

Target Audience: DAC, LN

Schedule: M-F 0800-1700, closed for lunch from 1200-1300

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

Leadership

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Leadership / Morale Building Skills/Counseling for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Chaplain Services

Service(s): Briefings on Leadership

Description: Chaplains are regularly asked to provide briefings to Soldiers that focus on Leadership and Morals. Chaplains are sent to be the moral compass within the command. Looking at these positive traits helps us keep our values compass pointed in the right direction.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle or Building 173 on Del Din

DSN: Ederle: 634-7519 Del Din: 637-4060

CIV: +39-0444-71-7519/0444-66-4060

Website:N/A

Marital Difficulties

Div/Dept: American Red Cross

Service(s): Marital Difficulties

Description: Actively licensed and specially trained Red Cross mental health professionals will facilitate reconnection workshops to assist with reconnecting Families post deployments.

Target Audience: Active Duty and Retirees

Schedule: Upon request

Fees: No Fees

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: redcross.org/reconnectionworkshops

Div/Dept: Chaplain Services

Service(s): Marital Difficulties

Description: Marital difficulties, those times when couples feel that their marriage is in crisis, provide an excellent opportunity to deal with the issues of life along with the help of the Family Life Chaplain. The Family Life Chaplain is a trained expert in marriage and family therapy. He stands ready to help you get back on the road to marital bliss.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle or Building 173 on Del Din

DSN: Ederle: 634-7519 Del Din: 637-4060

CIV: +39-0444-71-7519/0444-66-4060

Website:N/A

Div/Dept: USAHC Department of Behavioral Health

Service(s): Psychiatric Assessment, Counseling, & Medication Evaluation / Management

Description: Marital Difficulties

Target Audience: Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services

Service(s): Marital Difficulties - Scream Free Marriage

Description: This class teaches the Scream Free curriculum, including principles such as communication, controlling reactions, and importance of intimacy.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 6264/6202

CIV: 0444-71-6264/6202

Website: <http://vicenza.army.mwr.com>

Div/Dept: Legal Assistance Office

Service(s): Marital Difficulties

Description: Provides advice and assistance regarding divorce, separation agreements, early return of dependents, financial support requirements, and other legal issues sometimes associated with personnel experiencing marital difficulties.

Target Audience: all eligible ID card holders

Schedule: M-F 0830 to 1200 and 1300 to 1630 (the Legal Assistance Office closes at 1600 on training holidays and at 1530 on Tuesdays for staff training)

Fees: none

Contact Info: Building 241 on Ederle

DSN: 634-7041

CIV: 0444-7041

Website: <https://www.facebook.com/VicenzaLegalAssistanceOffice?ref=hl> and <http://www.usag.vicenza.army.mil/sites/local/sja1.asp>

Medical Surveillance

Div/Dept: Occupational Health (OH)

Service(s): Med Surveillance for CYSS

Description: Pre-employment and periodic screenings conducted on all CYSS employees as per AR 608-10 (Child Development Services)

Target Audience: DAC, NAF, LN

Schedule: By appointments

Fees: N/A

Contact Info: 2nd Floor, Building 2310 on Ederle

DSN: 634-7785

CIV: +39-0444-71-7785

Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/>

Div/Dept: Occupational Health (OH)

Service(s): Coordination and scheduling LN Pre-employments and periodic visits

Description: As per Italian regulations all LN employee are seen periodically by a competent physician. The frequency of the visits is determined by the type of job.

Target Audience: LNs, DAC

Schedule: By appointment

Fees: N/A

Contact Info: 2nd Floor, Building 2310

DSN: 634-7785

CIV: +39-0444-71-7785

Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Medical Surveillance

Description: Individual appointments with your Primary Care Manager for concerns or questions about medical surveillance.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: **San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896**

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Men's Issues

Div/Dept: USAHC Department of Behavioral Health

Service(s): Men's Issues

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management for Men's Issues

Target Audience: Adult and adolescent males

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Men's Issues

Description: Individual appointments with your Primary Care Manager for concerns about Men's Issues

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: **San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896**

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

New Parenthood

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): New Parenthood

Description: Addressed through "Child Find" activities or on child's Individual Family Service Plan if child qualifies thorough evaluation for services.

Target Audience: Birth to 3 years of age (must qualify for care at the Vicenza Health Center).

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0730-1630 Monday – Friday

Contact Info: EDIS Office, Pediatric Clinic, USAHC - Vicenza

DSN: 636-9230

CIV: 0444-61-9230

Website: <https://www.edis.army.mil>

Div/Dept: USAHC Department of Behavioral Health

Service(s): New Parenthood

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management for new parents

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: WIC Overseas

Service(s): New Parenthood

Description: Provides infant growth, development, and feeding education for new parents

Target Audience: WIC eligible families with infants

Schedule: Open M-F 8:00-12:00 and 13:00-17:00

Fees: no fees

Contact Info: WIC Overseas Office, Building 169

DSN: 634-6258

CIV: 0444-71-6258

Website: www.tricare.mil/wic

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Baby and Me Infant Playtime

Description: Playgroup offered to infants 0-12 months old.

Target Audience: Parents and children; Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Romp and Stomp Playgroup

Description: Weekly playgroup open to all Vicenza families. Parents attend with their children.

Target Audience: Parents and children; Groups. Available to all ID Card Holders

Schedule: every Wednesday

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-<http://vicenza.army.mwr.com>71-7567/6020

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Infant Massage

Description: Every other week, learn basic techniques of infant massage to help improve circulation, boost infant's immune system, reduce stress hormones in both infant and parent, improve sleep and increase parent/infant bonding.

Target Audience: Parents with infants; Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Infant Parenting

Description: Classes covering a variety of topics for parenting infants, such as baby wearing and baby and me yoga.

Target Audience: Parents with infants. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Toddler Parenting

Description: Classes covering a variety of topics for parenting toddlers, such as toilet training, temper tantrums, and picky eating.

Target Audience: Parents with toddlers. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Bringing Baby Home

Description: This monthly course gives parents tips about basic care, newborn behavior, what to expect, sleep, SIDS, Shaken Baby, feeding, car seat safety, baby safety, Post Partum Depression, fathers' roles, and much more.

Target Audience: Expecting parents. Available to all ID Card Holders

Schedule: Monthly

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - New Parent Support Program Home Visits

Description: Given to parents with children ages 0-3. Can be self, command, or medically referred, but services are voluntary. Given on an as needed basis (according to level of risk), determined by individually completed needs assessments. Participation by both parents is highly encouraged.

Target Audience: Parents; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - New Parent Support Program Office Visits

Description: Given to parents with children ages 0-3. Can be self, command, or medically referred, but services are voluntary. Given on an as needed basis, determined by individually completed needs assessments. Participation by both parents is highly encouraged.

Target Audience: Parents; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Baby's Café

Description: A place for mothers to breastfeed, interact with other parents with children ages 0-3, and helps prevent isolation. Safe, fun, and inviting atmosphere where children also socialize and learn from one another. Drop-in basis during business hours.

Target Audience: Parents with children 0 through 3y/o; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - OB Briefing

Description: NPSP briefing given to the expectant parents, monthly.

Target Audience: Expecting parents; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - New Parent Support Outreach Visits

Description: Given at San Bortolo hospital to mothers who just delivered.

Target Audience: Parents who have just given birth; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Pregnancy Post Partum Physical Training for Expectant Soldiers

Description: Partnership with the OBGYN to involve expectant Soldiers or who are post partum in the NPSP with a goal to reduce stress level of the birth experience and facilitate military mission readiness.

Target Audience: Parents with children 0 through 3y/o; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood - Emergency Placement Care

Description: Short-term care (foster care) for children who may be in an abusive or neglectful situation and need a home for a short period of time. Volunteer families provide a safe and warm environment for child to stay. Placement is a minimum of three days to a maximum of 90 days in an EPC home.

Target Audience: Children at high risk for abuse or neglect

Schedule: Upon request

Fees: will discuss options

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7489

CIV: 0444-71-7489

Website: <http://vicenza.army.mwr.com>

Newcomer's Orientation

Div/Dept: American Red Cross (ARC)

Service(s): Newcomer's Orientation

Description: Briefing about what the Red Cross offers to the service member and their families. Orientation to services offered and volunteer opportunities available.

Target Audience: DOD ID Card holders and family members

Schedule: Office Hours are 0800-1630 Monday thru Friday.

Contact Info: Building 333

DSN: 634-7089

CIV: +39-0444-71-7089

Website: www.redcross.org

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS) - Family Advocacy Program

Service(s): Newcomers orientation/In-processing Briefing

Description: All in-processing Soldiers and Family Members attend the weekly Family Advocacy Program (FAP) in-processing briefing. Includes overview of all FAP programs, reporting, referrals, etc...

Target Audience: Adults, Groups. Available to all ID Card Holders

Schedule: Weekly

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Newcomers Orientation/ In-processing

Description: ASAP Briefing on all aspects of the program including risk reduction , EAP, counseling and also ACE briefing covering suicide prevention

Target Audience: DAC, AD, Family Members

Schedule: M 10:45, Th 1300, and Fr 1045

Contact Info: Central Processing Facility - Building 393 classroom 2, 2nd floor

DSN: 634-7554

CIV: +39-0444-71-7554

Website: N/A

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Newcomers Orientation

Description: Medical Benvenuti is designed to cover all key aspects of your medical care while stationed in Vicenza, ranging from making appointments at the Vicenza Health Center and with Host Nation Providers, to helpful tips for Home Treatment during the flu and cold season.

Target Audience: Tri-care Beneficiaries

Fees: N/A

Schedule: occurs every Tuesday at 1430

Contact Info: Building 393 Central Processing Facility (next to Ederle Inn)

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://emc.amedd.army.mil/vicenza/index.cfm>

Div/Dept: Army Community Services - Relocation Program

Service(s): Benvenuti

Description: Spouse Participants engage in a Three day Cultural Program which includes Brief language lesson, understanding and exposure to the bus and train systems, field trips and food.

Target Audience: Active Duty Spouses

Fees: Fees vary. Call for information

Contact Info: Davis Hall, Building 108, Ederle

Schedule: Beginning the third Wednesday of each month for three days Davis Hall, Bldg 108

DSN: 634-7500

CIV: +39 0444-71-7500

Website: <http://vicenza.army.mwr.com>

Nutrition Education

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: WIC Overseas

Service(s): Nutrition Education

Description: Provides nutrition educations for pregnant, postpartum, breastfeeding women, infants, and children up to age 5.

Target Audience: WIC eligible families

Schedule: Open M-F 8:00-12:00 and 13:00-17:00

Fees: no fees

Contact Info: WIC Overseas Office, Building 169

DSN: 634-6258

CIV: 0444-71-6258

Website: www.tricare.mil/wic

Div/Dept: Army Wellness Center - Vicenza

Service(s): Nutrition Education

Description: The Wellness Center has state of the art equipment to assess an individual's Resting Metabolic Rate. Following this assessment a client will attend either the "Upping Your Metabolism" class or the "Nutrition for Performance" class to receive a comprehensive report that shows their results. The classes will help them understand how to effectively use their results to reach their goals.

Target Audience: Soldiers, Families and DoD Civilians

Schedule: 0730-1630 (closed from 1200-1300 for lunch)

Fees: No Fees

Contact Info: Building 2810, Upstairs between Public Health Command and Dermatology

DSN: 636-9260

CIV: 0444-61-9260

Website: http://www.vicenzamwr.com/wellness_link.html/<https://armyfit.army.mil/AWC/default.aspx> (Health Assessment most be completed prior to appointment)

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Nutrition Education

Description: Individual appointments with a Registered Dietitian for concerns about Nutrition

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9193/636-9519

CIV: 0444-61-9193/0444-61-9519

Website: <https://emc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Oral Health/Dental

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: DENTAC

Service(s): Oral Health

Description: The Dental Clinic provides a range of dental services.

Target Audience: Active Duty, OTHER THAN ACTIVE DUTY care only provided on a Space Available basis and services fluctuate on provider availability, operational tempo, mission constraints, and available resources.

Schedule: MTWF 0830-1130, Th 1230-1530.

Fees: Family members are encouraged to consider Tricare Dental Insurance, METLIFE, providing 2 cleanings/year and virtually all restorative care with NO CO-PAY.

Contact Info: Building 2, For after hours emergency dental care, contact the MP desk at 0444-71-7626

DSN: 636-9210

CIV: 0444-61-9210

Website: <https://ermc.amedd.army.mil/vicenza>

Parenting Skills

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Parenting Skills/Counseling Related to Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

Div/Dept: American Red Cross

Service(s): Parenting Skills

Description: Actively licensed and specially trained Red Cross mental health professionals will facilitate reconnection workshops to assist with reconnecting Families post deployments.

Target Audience: Active Duty and Retirees

Schedule: Upon Request

Fees: No Fees

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: redcross.org/reconnectionworkshops

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Scream Free Parenting

Description: This class teaches the Scream Free curriculum, including principles such as taking care of yourself first, being responsible to your child, and not reacting.

Target Audience: Parents. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 6264/6202

CIV: 0444-71-6264/6202

Website: <http://vicenza.army.mwr.com>

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Parenting Skills

Description: Addressed through "Child Find" activities or on child's Individual Family Service Plan if child qualifies through evaluation for services.

Target Audience: Birth to 3 years of age (must qualify for care at the Vicenza Health Clinic).

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0730-1630 Monday – Friday

Contact Info: EDIS Office, Pediatric Clinic, USAHC - Vicenza

DSN: 636-9230

CIV: 0444-61-9230

Website: <https://www.edis.army.mil>

Div/Dept: WIC Overseas

Service(s): Parenting Skills

Description: Provides education on basic parenting skills regarding picky eaters and other food related parenting struggles.

Schedule: Open M-F 8:00-12:00 and 13:00-17:00

Fees: no fees

Contact Info: WIC Overseas Office, Building 169

DSN: 634-6258

CIV: 0444-71-6258

Website: www.tricare.mil/wic

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Baby's Café

Description: A place for mothers to breastfeed, interact with other parents with children ages 0-3, and helps prevent isolation. Safe, fun, and inviting atmosphere where children also socialize and learn from one another. Drop-in basis during business hours.

Target Audience: Parents with children 0 through 3y/o; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Toddler Parenting

Description: Classes covering a variety of topics for parenting toddlers, such as toilet training, temper tantrums, and picky eating.

Target Audience: Parents with toddlers. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Romp and Stomp Playgroup

Description: Weekly playgroup open to all Vicenza families. Parents attend with their children.

Target Audience: Parents and children; Groups. Available to all ID Card Holders

Schedule: every Wednesday

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-<http://vicenza.army.mwr.com>71-7567/6020

Website: <http://vicenza.army.mwr.com/europe/vicenza/calendar>

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Baby and Me Infant Playtime

Description: Playgroup offered to infants 0-12 months old.

Target Audience: Parents and children; Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Breastfeeding Basics

Description: Monthly course covering variety of breastfeeding topics.

Target Audience: Moms; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Infant Parenting

Description: Classes covering a variety of topics for parenting infants, such as baby wearing and baby and me yoga.

Target Audience: Parents with infants. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - Bringing Baby Home

Description: This monthly course gives parents tips about basic care, newborn behavior, what to expect, sleep, SIDS, Shaken Baby, feeding, car seat safety, baby safety, Post Partum Depression, fathers' roles, and much more.

Target Audience: Expecting parents. Available to all ID Card Holders

Schedule: Monthly

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - New Parent Support Program Office Visits

Description: Given to parents with children ages 0-3. Can be self, command, or medically referred, but services are voluntary. Given on an as needed basis, determined by individually completed needs assessments. Participation by both parents is highly encouraged.

Target Audience: Parents; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - New Parent Support Program Home Visits

Description: Given to parents with children ages 0-3. Can be self, command, or medically referred, but services are voluntary. Given on an as needed basis (according to level of risk), determined by individually completed needs assessments. Participation by both parents is highly encouraged.

Target Audience: Parents; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Pregnancy

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: WIC Overseas

Service(s): Pregnancy

Description: Provides information on proper nutrition for normal weight gain during a pregnancy, weight loss after pregnancy, and normal weight gain for infants and children.

Schedule: Open M-F 8:00-12:00 and 13:00-17:00

Target Audience: Pregnant, postpartum, breastfeeding women, Infants, children to age 5, for WIC Eligible participants

Contact Info: WIC Overseas Office, Building 169

Fees: No fees

DSN: 634-6258

CIV: 0444-71-6258

Website: www.tricare.mil/wic

Div/Dept: Occupational Health (OH)

Service(s): Pregnancy

Description: Evaluation of duties assigned to soldier, early detection of potential work-related health hazards, educate the soldiers about the environment around them.

Target Audience: AD, DAC, LN

Schedule: By appointment

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

Div/Dept: Army Community Services (ACS)

Service(s): Parenting Skills - OB Briefing

Description: NPSP briefing given to the expectant parents, monthly.

Target Audience: Expecting parents; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Pregnancy

Description: Individual appointments with your Primary Care Manager for concerns about pregnancy

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://emc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: **San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room:**

45.55207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Pregnancy Post Partum Physical Training for Expectant Soldiers

Description: Partnership with the OBGYN to involve expectant Soldiers or who are post partum in the NPSP with a goal to reduce stress level of the birth experience and facilitate military mission readiness.

Target Audience: Parents with children 0 through 3y/o; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Pregnancy - New Parent Support Outreach Visits

Description: Given at San Bortolo hospital to mothers who just delivered.

Target Audience: Parents who have just given birth; Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

Retiree Issues

Div/Dept: Soldier for Life-Transition Assistance Program

Service(s): Retiree Issues

Description: Transition Support, Employment Counseling and Training, Financial Counseling, Education Counseling, VA Benefits Guidance, Information and Referral, etc. Education, Information and resources to support transitioning Soldiers and their families.

Target Audience: Soldiers with at least 180 days of service who are within 18 months of ETS/separation or 24 months of retirement.

Schedule: M-F, 0830-1630

Fees: N/A

Contact Info: SFL-TAP Center

DSN: 637-8150

CIV: 0444-61-8150

Website: <http://www.usag.vicenza.army.mil/sites/local/alumni.asp>

Self Care

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: MWR Sports and Fitness

Service(s): Self Care - Fitness Education Programs

Description: Several types of self-directed Adult Fitness Education Programs are offered including Free Weight Training and Sports Officials clinics, just to name a few. Also offered through contracted personal trainers are one-on-one sessions where patrons can learn weight control/loss management and be provided a tailored "work out" routine to better obtain their "healthy lifestyle" goals.

Target Audience: AD, DOD, Family members, LNs, Retirees

Fees: Fees vary. Call for information.

Schedule: Check the MWR Sports and Fitness website for the most up-to-date schedule.

Contact Info: Post Fitness Center, Building 112 on Ederle

DSN: 634-5181

CIV: +39-0444-71-5181

Website: <http://www.vicenzamwr.com/sports.html>

Div/Dept: Chaplain Services

Service(s): Self Care

Description: Many of us are very good at taking care of others. We are good leaders. But an area that is often overlooked is taking care of self. We get so focused on caring for others that we allow our self to suffer. The Family Life Chaplain can help you learn to keep the proper perspective and focus as you care for self in order that you may also care for others.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle 634-7519, Del Din 637-4060

CIV: +39-0444-71-7519/0444-66-4060

Website: N/A

Self Esteem

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Self-esteem Building Skills/Counseling for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Chaplain Services

Service(s): Self-esteem Counseling

Description: Each and every one of us is a person of value. We each have special talents and abilities. Sometimes it takes a little encouragement for us to see our own uniqueness as the true blessing that it is. The Family Life Chaplain can help you build your self-esteem and assist you in discovering ways to express your unique abilities.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29

DSN: 634-7519

CIV: +39-0444-71-7519

Website: N/A

Div/Dept: USAHC Department of Behavioral Health

Service(s): Self-Esteem / Cognitive Behavioral Therapy

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management for Individuals with Self-Esteem problems

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Sexual Assault/Harassment

Div/Dept: Sexual Harassment/Assault Response & Prevention (SHARP)

Service(s): Sexual Assault/Harassment - 24/7 Advocacy & Reporting Hotline, Information, Referral, and Assistance

Description: Emergency/crisis intervention services are open to Service Members, their Dependents (18+), and Department of the Army Civilians. SHARP Victim Advocates are trained professionals who provide information, referral, crisis intervention and day to day support to victims (age 18+) of sexual assault.

SHARP Victim advocates help provide information and guidance on SHARP Harassment policies and reporting options.

OCONUS SHARP VAs work closely with EO and EEO to ensure informal and formal reports of sexual harassment are answered by the appropriate agency. SHARP Victim advocates are available to educate on sexual assault restricted and unrestricted reporting options 24 hours a day and 7 days a week. Victim advocates provide the following services to victims of sexual assault: information, referral, support in unrestricted/restricted reporting, safety planning, assistance with investigation (when elected), military protection orders, expedited transfer, accompaniment to court, medical appointments, and forensic examinations.

For after hour advocacy/reporting assistance contact the SHARP Hotline at 0444-71-7272 or DSN 634-7272.

For immediate response to emergency situations (imminent danger), contact the military police at 0444-71-7233 or DSN 634-7233.

Schedule: Advocacy services are available 24 hours a day and 7 days a week.

Contact Info: Davis Hall (ACS), Building 108 on Ederle or Building 173 on Del Din

DSN: Ederle 634-7314 Del Din 637-4088

CIV: Ederle 0444-71-7314 Del Din 0444-66-4088

AFTER HOURS: DSN: 634-7272 / COMM: +39-0444-71-7272

Sleep Issues

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Sleep Issues

Description: Individual appointments with the Traumatic Brain Injury Nurse for concerns about sleep issues

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room:

45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Div/Dept: Army Community Services

Service(s): Sleep Issues - Infant Massage

Description: Every other week, learn basic techniques of infant massage to help improve circulation, boost infant's immune system, reduce stress hormones in both infant and parent, improve sleep and increase parent/infant bonding.

Target Audience: Parents with infants; Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 7567/6020

CIV: 0444-71-7567/6020

Website: <http://vicenza.army.mwr.com>

SNAP Health Assessments

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): SNAP Health Assessments

Description: Individual appointments with your Primary Care Manager for concerns about SNAP Health Assessments

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: **San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896**

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Spiritual Fitness

Div/Dept: Chaplain Services

Service(s): Spiritual Fitness

Description: The military focuses on many types of fitness. Certainly there is plenty of focus on physical fitness. There is also a focus on emotional, financial, and mental fitness. Your spiritual fitness is also important. A Chaplain can guide you in ways to strengthen your faith. There are many opportunities within the Vicenza Community to get involved and grow your faith and develop spiritual fitness.

Target Audience: Open to anyone

Schedule: Appointments are scheduled on an individual basis

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle 634-7519 Del Din 637-4060

CIV: +39-0444-71-7519, 0444-66-4060

Website: N/A

STD Counseling

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): STD Counseling

Description: Individual appointments with your Primary Care Manager for concerns about STD Counseling

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Stress Management

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Stress Management Skills/Counseling for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

Div/Dept: American Red Cross

Service(s): Stress Management

Description: Actively licensed and specially trained Red Cross mental health professionals will facilitate reconnection workshops to assist with reconnecting Families post deployments.

Target Audience: Active Duty and Retirees

Schedule: Upon Request.

Fees: No Fees

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: redcross.org/reconnectionworkshops

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Stress Management - Finding the Balance

Description: Learn a variety of skills to handle stress and anger in order to achieve balance in your life.

Target Audience: Adults. Groups or Individuals, Available to all ID Card Holders

Schedule: Weekly - Call for Details

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634-6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Stress Management - Go With The Flow

Description: Practice beginning yoga movements to reduce stress in our lives, using both a chair and a mat followed by a 20 minute visual meditation.

Target Audience: Adults. Available to all ID Card Holders

Schedule: Weekly - Call for details

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Stress Management - Learn How to Relax Through Meditation

Description: Scheduled as a medical appointment, this 4-week course follows the methods of mindful meditation and charts student progress with data collection with the em-Wave device.

Target Audience: Adults. Groups. Available to all ID Card Holders

Schedule: Weekly - Call for details

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Community Services (ACS)

Service(s): Stress Management - Relaxation At Your Desktop

Description: Learn different forms of stress management at work to include desk stretching and yoga poses, deep breathing, and biofeedback.

Target Audience: Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Army Community Services (ACS)

Service(s): Stress Management - Coherence Advantage Training

Description: Reducing stress with biofeedback, posture, and deep breathing. Balance your physical, mental, and spiritual well-being to be more coherent in your daily life.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Stress management

Description: EAP briefings are available to address stress management. The Employee Assistance Program (EAP) offers short-term problem-solving, assessment and referral services to civilian employees and family members. Supervisors may refer employees whose performance is affected by substance abuse, personal or family issues. Issues commonly addressed include: alcohol and drug related issues, stress management, grief, and conflict resolution. Services are confidential and free to eligible personnel.

Target Audience: DAC, Family Members 18+ years old

Schedule: Monthly

Contact Info: Ederle: Ground floor, Building 169 (between the gym and clinic) Del Din: Building 2

DSN: 634-7554 637-2151

CIV: +39-0444-71-7554 0444-66-2151

Website: www.acsap.army.mil

Div/Dept: USAHC Department of Behavioral Health

Service(s): Stress Management / Cognitive Behavioral Therapy

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management for Stress Management / Cognitive Behavioral Therapy

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Army Wellness Center - Vicenza

Service(s): Stress Management

Description: The Wellness Center has a state of the art massage chair available during hours of operation to all members of the community. Also, stress relief software is available to teach breathing and relaxation techniques using biofeedback.

Target Audience: Soldiers, Families and DoD Civilians

Schedule: 0730-1630 (closed from 1200-1300 for lunch)

Fees: No Fees

Contact Info: Health Clinic - Building 2310, Upstairs between Public Health Command and Dermatology

DSN: 636-9260

CIV: 0444-61-9260

Website: http://www.vicenzamwr.com/wellness_link.html/<https://armyfit.army.mil/AWC/default.aspx> (Health Assessment must be completed prior to appointment)

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Military Family Life Consultant

Service(s): Stress Management

Description: Participants will learn tools and techniques that improve expression of feelings, communication, and relationships with family members and co-workers,

Target Audience: Active Duty, Spouses, Dependents, and Civilians

Schedule: Call to make an appointment.

Fees: Free and Anonymous

Contact Info: Contact counselor directly via cell phone

ACS Counselor: 333-489-8967

173rd BCT: 345-077-0476

BSB/STB @ Del Din: 347-229-3781

Website: N/A

Suicide Prevention

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Suicide Prevention

Description: Counseling and Training

Target Audience: DAC, Family Members 18+ years old

Schedule: As requested

Contact Info: Ground floor, Building 169 (between the gym and clinic)

Contact Info: Ederle: Ground floor, Building 169 (between the gym and clinic) Del Din: Building 2

DSN: 634-7554 637-2151

CIV: +39-0444-71-7554 0444-66-2151

Website: www.acsap.army.mil

Div/Dept: Chaplain Services

Service(s): Suicide Prevention

Description: Suicide prevention is a key focus in our military. The Chaplain is the identified proponent for these classes. In addition to the suicide prevention classes, classes in intervention are also available. If you are contemplating suicide, call us, we can help. A chaplain is available 24/7 by calling 634-KARE (5273).

Target Audience: Open to anyone

Schedule: As requested, briefings are approx. 1 hour

Fees: No Fees

Contact Info: Building 29 on Ederle, Building 173 on Del Din

DSN: Ederle 634-7519 Del Din 637-4060

CIV: +39-0444-71-7519, 0444-66-4060

Website: N/A

Div/Dept: USAHC Department of Behavioral Health

Service(s): Psychiatric Assessment, Counseling, & Medication Evaluation / Management, Coordination of Medical Evacuation to in-patient psychiatric facility

Description: Suicide Prevention

Target Audience: School age Children and Adults

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F (after hours report to San Bortolo ER)

Contact Info: Patients at-risk of impulsive or suicidal behaviors should report directly to the Behavioral Health Reception Desk, Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Suicide Prevention

Description: Individual appointments with your Primary Care Manager for concerns about suicide prevention.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Traumatic Brain Injury

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Sleep Issues

Description: Individual appointments with the Traumatic Brain Injury Nurse for concerns about sleep issues

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Teen Issues

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Teen Issues ~ Adolescent Developmental Issues ~ Counseling for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Teen Issues

Description: Individual appointments with your Primary Care Manager for concerns about teen issues.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Div/Dept: Army Community Services (ACS)

Service(s): Teen Issues - Anti-Bullying Support

Description: In coordination with the Schools, SLO, and EFMP, offer students support and information about how the community coordinates and responds to allegations of bullying. This group will also teach skills on the best techniques to avoid or stop bullying behaviors.

Target Audience: Students, Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 6264/6202

CIV: 0444-71-6264/6202

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: USAHC Department of Behavioral Health

Service(s): Teen Issues

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management / Counseling for Teen Issues

Target Audience: Adolescents

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: Army Community Services (ACS)

Service(s): Teen issues - Launching Hope

Description: Using the Scream Free curriculum, this parenting class focuses on preparing teens for adulthood. Some of the principles include: parenting is not about raising kids, it's about launching adults; approachable parents have teachable kids; let their choices do the fueling; we're not training them to live here, we're training them to leave here; and what teens need most are parents who do not need them.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 – 6202/6264

CIV: 0444-71-6202/6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Chaplain Services

Service(s): Teen Issues

Description: is the chapel sponsored outreach ministry focused on teenagers and supporting their families. Primarily through building relationships with teens on their own ground, but also through weekly meetings, camps, and service projects we celebrate life with teens by introducing them to the Life Giver.

Target Audience: Parents of teens and teenagers

Schedule: 0800-1700 M-F

Fees: No Fees

Contact Info: Building 29 on Ederle or Building 173 on Del Din

DSN: Ederle 634-7519 Del Din 637-4060

CIV: +39-0444-71-7519/0444-66-4060

Website: N/A

Tobacco Cessation

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: Adolescent Support And Counseling Services (ASACS)

Service(s): Tobacco Cessation Strategies/Counseling for Teens

Description: Adolescent Support And Counseling Services provides individual, family and group counseling for problems associated with teen alcohol and drug use. In addition counseling can focus on risk factors for teenage substance use including anger, conflict with parents and peers, changes within the family, self esteem, stress management, and school related issues such as grades and attendance. Parents can also seek assistance and/or counseling with concerns they have about their teen including rebelliousness within the home. The ASACS offices are located in the Middle and High Schools, however are independent of DODDS. Any person may make a referral or set up an appointment.

Target Audience: Counseling Services are provided to any person having access to the medical clinic.

Schedule: Appointments for teens take place during or after school and family appointments are typically scheduled after school hours.

Contact Info: Vicenza Middle School and Vicenza High School

DSN: 634.5703 (VMS) / 634.7127 (VHS)

CIV: +39.0444.71.5703 / 0444.71.7127

Website: N/A

Div/Dept: Army Community Services (ACS)

Service(s): Tobacco Cessation

Description: A partnership/multiagency approach for Soldiers and Civilians who are intent on quitting tobacco use.

Target Audience: Adults. Individuals or Groups. Available to all ID Card Holders

Schedule: Upon request

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

Div/Dept: Army Wellness Center - Vicenza

Service(s): Tobacco Cessation - Adult Education

Description: The Wellness Center has teamed up with subject matter experts to bring to those individuals that want to quit using tobacco a comprehensive Tobacco workshop. This workshop will give an individual the tools needed to become a former tobacco user.

Target Audience: Soldiers, Families and DoD Civilians

Schedule: Every Tuesday at 1500

Fees: No Fees

Contact Info: Building 2810, Upstairs between Public Health Command and Dermatology

DSN: 636-9260

CIV: 0444-61-9260

Website: http://www.vicenzamwr.com/wellness_link.html/<https://armyfit.army.mil/AWC/default.aspx> (Health Assessment most be completed prior to appointment)

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Tobacco Cessation

Description: Individual appointments with your Primary Care Manager for concerns about tobacco cessation.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Travel Medicine

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Travel Medicine

Description: Individual appointments with your Primary Care Manager for concerns about travel medicine.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Water Safety

Div/Dept: American Red Cross (ARC)

Service(s): Water Safety Training

Description: Red Cross certified swimming lessons are offered for children and adults as well as lifeguard training through MWR.

Target Audience: AD, DOD, Family members

Fees: Vary. Call for information.

Schedule: 0800-1630 M-F

Contact Info: Building 333

DSN: 634-7089

CIV: 0444-71-7089

Website: <http://www.redcross.org/ux/take-a-class>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: USAG Vicenza Safety Office

Service(s): Water Safety

Description: Garrison Safety promotes water safety through many media sources; OUTLOOK articles, AFN radio, fliers, and email safety messages. Garrison command provides policies on approved locations for swimming, and water activities. Safety inspections are conducted annually throughout the community ensuring compliance with regulatory requirements, public pools are monitored for safe usage and appropriately trained lifeguards. Maintenance and personnel are provided for by DFMWR.

Target Audience: Vicenza Military Community

Schedule: Annual inspections; pool hour operations determined by DFMWR.

Fees: None charged by the Safety Office. Pool usage is free.

Contact Info: Safety: Building 28 (Ederle).

DSN: 634-8109/8023/7045

CIV: +0039-0444-71-8109/8023/7045

Website: it is NOT up to date!!! <http://www.usag.vicenza.army.mil/sites/local/safety.asp>

Div/Dept: MWR Sports and Fitness

Service(s): Water Safety - Swimming Lessons

Description: Red Cross certified swimming lessons are offered for adults as well as lifeguard training for qualified children and adults through our DFMWR, Aquatics Program Branch.

Target Audience: AD, DOD, Family members

Schedule: Check the MWR Sports and Fitness website for the most up-to-date schedule.

Fees: Vary. Call for information.

Contact Info: Post Fitness Center, Building 112 on Ederle

DSN: 634-5181

CIV: +39-0444-71-5181

Website: <http://www.vicenzamwr.com/sports.html>

Women's Issues

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Women's Issues

Description: Individual appointments with your Primary Care Manager for concerns about women's issues.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9015

CIV: 0444-61-9015

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room:

45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: USAHC Department of Behavioral Health

Service(s): Women's Issues

Description: Psychiatric Assessment, Counseling, & Medication Evaluation / Management for Women's Issues

Target Audience: Adult and adolescent females

Fees: Non Active Duty Beneficiaries should contact Tricare for information regarding applicable fees

Schedule: 0800 - 1630 M-F

Contact Info: Health Center Building 2310 on Ederle, Building 2 on Del Din

DSN: Ederle: 636-9140 Del Din: 636-9900

CIV: 0444-61-9140/0444-61-9900

Website: <https://ermc.amedd.army.mil/vicenza/>

Div/Dept: WIC Overseas

Service(s): Women's Issues - Education

Description: Provides information on proper nutrition for normal weight gain during a pregnancy, weight loss after pregnancy, and normal weight gain for infants and children, and breastfeeding education, and infant/child feeding education

Schedule: Open M-F 8:00-12:00 and 13:00-17:00

Target Audience: Pregnant, postpartum, breastfeeding women, Infants, children to age 5, for WIC Eligible participants

Contact Info: WIC Overseas Office, Building 169

Fees: No fees

DSN: 634-6258

CIV: 0444-71-6258

Website: www.tricare.mil/wic

Worksite Safety and Wellness

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Worksite Safety and Wellness - Worksite Violence Briefings

Description: EAP briefings are available to address the issue of workplace violence. The Employee Assistance Program (EAP) offers short-term problem-solving, assessment and referral services to civilian employees and family members.

Supervisors may refer employees whose performance is affected by substance abuse, personal or family issues. Issues commonly addressed include: alcohol and drug related issues, stress management, grief, and conflict resolution. Services are confidential and free to eligible personnel.

Target Audience: DAC, Family Members 18+ years old

Schedule: As requested

Contact Info: Ground floor, Building 169 (between the gym and clinic)

DSN: 634-7554

CIV: +39-0444-71-7554

Website: N/A

Div/Dept: Occupational Health (OH)

Service(s): Worksite Safety and Wellness - Worksite visits

Description: Periodically conducts worksite visits to various workplaces, to evaluate potential exposures, to observe work practices and to educate on injuries prevention.

Target Audience: AD/DAC/LN

Schedule: OH is open M-F 0800-1700, closed for lunch from 1200-1300

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

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Div/Dept: Occupational Health (OH)

Service(s): Worksite Safety and Wellness - Respiratory Protection

Description: Periodic evaluation of employees who need to wear respirators at work (painters, sandblasting, fire fighters, etc).

Target Audience: DAC/LN

Schedule: OH is open M-F 0800-1700, closed for lunch from 1200-1300

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

Div/Dept: Occupational Health (OH)

Service(s): Worksite Safety and Wellness - Ergonomic Evaluation

Description: Upon request will evaluate the ergonomic setting of offices and/or other workplaces.

Target Audience: AD/DAC/LN

Schedule: OH is open M-F 0800-1700, closed for lunch from 1200-1300

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

Div/Dept: Occupational Health (OH)

Service(s): Worksite Safety and Wellness - Vision Conservation

Description: Evaluation of eye hazards work areas. Educate employees on eye injuries prevention. Ensure workers work proper eye protection.

Target Audience: AD/DAC/LN

Schedule: OH is open M-F 0800-1700, closed for lunch from 1200-1300

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: +39-0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

Div/Dept: Occupational Health (OH)

Service(s): Worksite Safety and Wellness - Environmental Quality

Description: During worksite visit: Ensure all types of substances that could pollute the soil and/or the water are stored and disposed in a proper manner

Target Audience: AD, DAC, LN

Schedule: OH is open M-F 0800-1700, closed for lunch from 1200-1300

Fees: N/A

Contact Info: Bldg 2310 (2nd floor)

DSN: 634-7785

CIV: 0444-71-7785

Website: www.chppmeur.healthcare.hqusareur.army.mil/

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Div/Dept: USAG-V Safety Office

Service(s): Worksite Safety and Wellness

Description: Garrison Safety ensures that standards have been developed and published for each workplace within USAG-V. Inspection procedures are developed to ensure fair and unambiguous inspections identifying hazards and assigning a risk assessment code (RAC). The workplace will be free of recognized hazards that may cause serious injury or death. Army leadership (all levels) will ensure hazards are eliminated or reduced to the lowest possible risk level. This requires all Army leaders to work and collaborate with industrial hygiene, occupational health, fire department, facility engineers, and other professionals as required to develop and execute safety and health programs that identify and minimize risk.

Target Audience: USAG-V Employees, VMC buildings

Schedule: Normal working hours.

Fees: None charged.

Contact Info: Building 28 (Ederle)

DSN: 634-8109-8023-7045

CIV: +0039-0444-71-8109/8023/7045

Website: it is NOT up to date: <http://www.usag.vicenza.army.mil/sites/local/safety.asp>

Weight Management

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Weight Management

Description: Individual appointments with your Primary Care Manager for concerns about weight management

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9000

CIV: 0444-61-9000

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room: 45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660

Div/Dept: MWR Sports and Fitness

Service(s): Weight Management - Fitness Programs (Ederle)

Description: Several types of program directed Fitness Classes and Services are offered including Body Pump, yoga, Pilates, foam roller classes, zumba, variety of boot camps, tai kwon do, kickboxing, AFAA certification courses and "Body" themed group fitness program. Massage therapy, reflexology and personal trainer services are offered as well. 25 meters in-door pool. Family fitness room available.

Target Audience: AD, DOD, Family members, LNs, Retirees

Fees: Fitness classes are \$3 per class or \$25 for ten classes. Personal Training \$25/hr Other services vary.

Schedule: Check the MWR Sports and Fitness website for the most up-to-date schedule.

Contact Info: Post Fitness Center, Building 112 on Ederle

DSN: 634-5181

CIV: +39-0444-71-5181

Website: <http://www.vicenzamwr.com/sports.html>

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Div/Dept: Army Wellness Center - Vicenza

Service(s): Weight Management

Description: The Wellness Center has state of the art equipment to assess an individual's Resting Metabolic Rate. Following this assessment a client will attend either the "Upping Your Metabolism" class or the "Nutrition for Performance" class to receive a comprehensive report that shows their results. The classes will help them understand how to effectively use their results to reach their goals.

Target Audience: Soldiers, Families and DoD Civilians

Schedule: 0730-1630 (closed from 1200-1300 for lunch)

Fees: No Fees

Contact Info: Health Clinic - Building 2310, Upstairs between Public Health Command and Dermatology

DSN: 636-9260

CIV: 0444-61-9260

Website: http://www.vicenzamwr.com/wellness_link.html/https://armyfit.army.mil/AWC/default.aspx (Health Assessment most be completed prior to appointment)

Div/Dept: WIC Overseas

Service(s): Weight management

Description: Provides information on proper nutrition for normal weight gain during a pregnancy, weight loss after pregnancy, and normal weight gain for infants and children.

Schedule: Open M-F 8:00-12:00 and 13:00-17:00

Target Audience: Pregnant, postpartum, breastfeeding women, Infants, children to age 5, for WIC Eligible participants

Contact Info: WIC Overseas Office, Building 169

Fees: No fees

DSN: 634-6258

CIV: 0444-71-6258

Website: www.tricare.mil/wic

Div/Dept: Army Community Services

Service(s): Weight Management - Go With The Flow

Description: Practice beginning yoga movements to reduce stress in our lives, using both a chair and a mat followed by a 20 minute visual meditation.

Target Audience: Adults. Available to all ID Card Holders

Schedule: Weekly - Call for details

Fees: No Fees

Contact Info: ACS Davis Hall Building 108 on Ederle

DSN: 634 - 6264

CIV: 0444-71-6264

Website: <http://vicenza.army.mwr.com>

USAG Vicenza Community Resource Guide (CRG) FY15

Div/Dept: U.S. Army Health Clinic - Vicenza

Service(s): Weight Management

Description: Individual appointments with a Registered Dietitian for concerns about weight management.

Target Audience: Tri-care Beneficiaries

Fees: Contact Tri-Care for information about fees 636-9694/0444-61-9694

Schedule: 0730-1630 M,T,W,F/1230-1630 TH (closed for lunch 1130-1230)

Contact Info: Building 2310 on Ederle

DSN: 636-9193/636-9519

CIV: 0444-61-9193/0444-61-9519

Website: <https://ermc.amedd.army.mil/vicenza/index.cfm>

After-hours or Emergency: **San Bortolo Hospital is downtown Vicenza (via Rodolfi) and currently serves as the emergency medical facility for the Vicenza US military community. Patient Liaisons will translate the conversation between patient and the Italian medical staff. GPS Coordinates for San Bortolo Hospital Emergency Room:**

45.555207/11.545896

Patient Liaison: 0444-71-8384/0444-75-3300 (available 24/7)

Emergency off Post - dial 118

Emergency on Post - dial 634-7626/0444-71-7626

Nurse Advise Line - 800-877-660