



Fort Sill

Community Resource Guide

Welcome to the Fort Sill Community Resource Guide (CRG), the installation's one stop shop for resources. The mission is to provide Soldiers, Families, DA Civilians, & Retirees with access to all programs and resources across the installation in one central location. This a topical guide which allows the user to search for information by topic or need rather than organization. In building a Ready and Resilient Force, the CRG provides resources for every stage in the continuum of care.

Important Contacts for quick reference are listed below.

In case of **emergency please dial 911**

Fort Sill Operator 580-442-8111 **(0600-1430)**
Mon-Fri

Reynolds Army Community Hospital Information Desk 580-558-2801

Fort Sill does not have an Emergency Room.

The nearest hospitals are Comanche County Memorial Hospital or Southwestern Medical Center ER for emergency services.

Fort Sill Police (non-emergency / need an officer) 580-442-2426

National Suicide Prevention Lifeline 1-800-273-TALK

Department of Defense (DOD) Safe Helpline 1-877-995-5247

Sexual Harassment/ Assault Response and Prevention (SHARP) Hotline 580-91- SHARP

Domestic Violence Hotline 580-574-0871

Veterans Crisis Line 1-800-273-8255 or text 838255

Off Duty Chaplain 580-442-3240 or 3241

We value your feedback.

If you have a comment you would like to share about the Community Resource Guide please email us by [clicking](#) here.



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Programs and Resources

ADULT EDUCATION

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On-Post Resources/Universities

Service:	Adult Education Assistance
Organization:	Education Center in the Welcome Center, Building 4700
Program:	Education Center
Description:	Coordinates education services such as high school degree completion, GEDs, undergraduate and graduate degrees, English as a Second Language, tuition assistance and other support to achieve academic goals. There are on site registrars for Central Texas College, Columbia College University of Oklahoma Outreach, Upper Iowa University, Webster University and Wayland Baptist University.
Target Audience:	Military Service Members and their Families, Reservists, Retirees, and DA Civilians
Schedule:	Mon- Fri 9am- 4:30pm
Length of Program:	N/A
Cost:	N/A
Location:	4700 Mow- Way Road Fort Sill, OK 73503
Contact:	580-442-3201
Web Site:	http://sill-www.army.mil/USAG/bldg4700/index.html http://sill-www.army.mil/USAG/DHR/TEC/area_colleges.html
Social Media:	www.facebook.com/greatplainstechnologycenter
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate and Graduate Degrees
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Cameron University (Fort Sill)
Description:	Cameron University is the only University Campus in Lawton/ Fort Sill area. There is a main campus within 5 miles and on site courses. Honors program, early admission, advanced standing, a study abroad program and college-level examination programs. Concurrent enrollment: High School Juniors and Seniors

	who meet the academic requirements may take up to 6 hours/semester tuition free. More than 50 2-year, 4-year and graduate degrees offered. Military Service Members and their dependents pay in-state tuition while stationed at Fort Sill.
Target Audience:	High School Juniors and Seniors and potential college students who meet minimum academic requirements
Schedule:	Day, Evening, Weekend, interactive TV and online classes available;
Length of Program:	Classes are offered in 16 week fall and spring semesters an 8 week summer semester plus additional intersession classes during the breaks between semesters. See website for details
Cost:	Tuition is adjusted each year by the Regents for Higher Education. Current in-state tuition is \$178/hour for undergraduate coursework and \$213/hour for graduate coursework
Location:	2800 W Gore Blvd. Lawton, OK 73505
Contact:	580-355-8211
Web Site:	http://sill-www.army.mil/USAG/DHR/TEC/area_colleges.html
Social Media:	https://www.facebook.com/CameronUniversity
CSF2 Pillar:	Family, Social, Emotional

Service:	Post Secondary Education Counseling
Organization:	Department of Human Resources: Education Services Division
Program:	Army Continuing Education System
Description:	goal-oriented counseling and advisement that guides and directs customers towards their desired degree program
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Mon - Fri
Length of Program:	30 minute appointments
Cost:	Free
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-442-3201
Web Site:	http://sill-www.army.mil/USAG/DHR/TEC/index.html
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate/Graduate Degrees
Organization:	Cameron University
Program:	Post Secondary Education
Description:	Cameron University is a public, regionally accredited university offering over 50 associate, bachelor, and graduate degree programs
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Day (lunch), evening, weekend, ITV, and online classes available
Length of Program:	8 week term and 16 week semester formats
Cost:	Undergraduate Tuition and Fees - \$178.00 per semester hour; Graduate Tuition and Fees - \$213.00 per semester hour;
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-355-8211
Web Site:	http://www.cameron.edu
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate Degrees and Certificates
Organization:	Central Texas College
Program:	Post Secondary Education
Description:	Central Texas College is a public, regionally accredited college offering over 90 associate degree and certificate programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Day (lunch), evening, weekend, and online courses available
Length of Program:	8 week term format
Cost:	Tuition rate - \$170.00 per semester hour
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-353-7551
Web Site:	http://www.ctcd.edu/locations/other-us-locations/fort-sill/
Social Media:	https://www.facebook.com/pages/Central-Texas-College-Fort-Sill/250342001649390
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate Degrees and Certificates
Organization:	Columbia College
Program:	Post Secondary Education
Description:	Columbia College is a private, regionally accredited college offering over 70 associate, bachelor, graduate degree and certificate programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Evening and online courses available
Length of Program:	8 week term format
Cost:	Undergraduate Tuition and Fees - \$180.00 per semester hour; Graduate Tuition and Fees - \$350.00 per semester hour
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-353-7884
Web Site:	http://www.ccis.edu/nationwide/main.asp?ftsill
Social Media:	https://www.facebook.com/CCFortSill
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate/Graduate Degrees
Organization:	University of Oklahoma
Program:	Post Secondary Education
Description:	University of Oklahoma is a public, regionally accredited university offering over 100 bachelor and graduate degree programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Weekend and online courses available
Length of Program:	Advanced Programs format
Cost:	Tuition rate (Advanced Programs Only) - \$295.00 per semester hour
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-355-1974
Web Site:	http://www.ou.edu/content/outreach/ap/north_america/fortsill.html
Social Media:	https://www.facebook.com/oufortsill
CSF2 Pillar:	Family, Social, Emotional
Service:	Undergraduate/Graduate Degrees
Organization:	Cameron University
Program:	Post Secondary Education

Description:	Cameron University is a public, regionally accredited university offering over 50 associate, bachelor, and graduate degree programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Day (lunch), evening, weekend, ITV, and online classes available
Length of Program:	8 week term and 16 week semester formats
Cost:	Undergraduate Tuition and Fees - \$178.00 per semester hour; Graduate Tuition and Fees - \$213.00 per semester hour;
Location:	2800 W. Gore Blvd., Lawton, Oklahoma 73505
Contact:	580-581-2200
Web Site:	http://www.cameron.edu
Social Media:	https://www.facebook.com/CameronUniversity
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate/Graduate Degrees, and certificates
Organization:	Upper Iowa University
Program:	Post Secondary Education
Description:	Upper Iowa University is a private, regionally accredited university offering over 40 associate, bachelor, graduate degree and certificate programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Evening, weekend, and online courses available;
Length of Program:	8 week format
Cost:	Undergraduate Tuition rate - \$165.00 per semester hour; Graduate Tuition Rate - \$250.00 per semester hour;
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-595-9338
Web Site:	http://www.uiu.edu/locations/militarycenters/fortsill.html
Social Media:	https://www.facebook.com/upperiowauniversity
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate/Graduate Degrees
Organization:	Wayland Baptist University

Program:	Post Secondary Education
Description:	Wayland Baptist University is a private, regionally accredited university offering over 60 associate, bachelor, and graduate degree programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Evening, weekend, and online courses available;
Length of Program:	11 week format;
Cost:	Undergraduate Tuition rate - \$262.00 per semester hour; Graduate Tuition Rate - \$305.00 per semester hour;
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-248-1171
Web Site:	http://www.wbu.edu/colleges-in-altus/
Social Media:	https://www.facebook.com/WBUAltus
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate/Graduate Degrees
Organization:	Webster University
Program:	Post Secondary Education
Description:	Webster University is a private, regionally accredited university offering over 100 bachelor and graduate degree programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Evening, weekend, and online courses available;
Length of Program:	9 week format;
Cost:	Military Undergraduate Tuition rate - \$250.00 per semester hour; Civilian Undergraduate Tuition Rate - \$430.00 per semester hour; Military Graduate Tuition Rate - \$340.00 per semester hour; Civilian Graduate Tuition Rate: \$490.00 per semester hour;
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-353-5766
Web Site:	http://www.webster.edu/ftsill/
Social Media:	https://www.facebook.com/websteru
CSF2 Pillar:	Family, Social, Emotional

Service:	Education Programs and Services Counseling
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Organization:	Directate of Human Resources: Education Services Division
Program:	Army Continuing Education System
Description:	Counseling on programs such as High School Degree Completion, GED, English as a Second Language, Tuition Assistance, Basic Skills Education Program, VA Education Benefits, College Financial Aid, Army Personnel Testing, and DANTES Testing;
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Mon - Fri
Length of Program:	30 minute appointments
Cost:	None
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-442-3201
Web Site:	http://sill-www.army.mil/USAG/DHR/TEC/index.html
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Licenses and Certifications
Organization:	Great Plains Technology Center
Program:	Vocational/Technical Programs
Description:	Great Plains Technology Center is a public career and technology education center that offers courses leading to licenses and certifications in numerous career fields.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	Day, evening and Saturday classes available
Length of Program:	Courses are offered year round, six days per week with day and evening courses. High School programs follow the Lawton Public Schools calendar
Cost:	Free tuition for high school students who reside in the Great Plains Technology Center district; tuition for adult education, evening and weekend courses varies by course.
Location:	4500 W. Lee Blvd., Lawton, OK 73505
Contact:	580-355-6371
Web Site:	http://www.greatplains.edu/
Social Media:	https://www.facebook.com/greatplains technologycenter
CSF2 Pillar:	Family, Social, Emotional

Off-Post Resources/Universities

Service:	Adult Education Programs
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Great Plains Technology Center
Description:	Comprehensive workforce training in medical, computer technology, graphic design, and the trades.
Target Audience:	High School Juniors and Seniors and adults
Schedule:	Day, Evening and Saturday classes available
Length of Program:	Courses are offered year round, six days per week with day and evening courses. High School programs follow the Lawton Public Schools calendar
Cost:	Free tuition for high school students who reside in the Great Plains Technology Center district; tuition for adult education, evening and weekend courses varies by course.
Location:	4500 W Lee Blvd. Lawton, Ok 73503
Contact:	580-355-6371
Web Site:	www.greatplains.edu
Social Media:	www.facebook.com/greatplainstechnologycenter
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate and Graduate Degrees
Organization:	Cameron University
Program:	Cameron University Main Campus
Description:	Cameron University is the only University Campus in Lawton/ Fort Sill area. There is a main campus within 5 miles and on site courses. Honors program, early admission, advanced standing, a study abroad program and college-level examination programs. Concurrent enrollment: High School Juniors and Seniors who meet the academic requirements may take up to 6 hours/semester tuition free. More than 50 2-year, 4-year and graduate degrees offered. Military Service Members and their dependents pay in-state tuition while stationed at Fort Sill.
Target Audience:	High School Juniors and Seniors and potential college students who meet minimum academic requirements
Schedule:	Day, Evening, Weekend, interactive TV and online classes available
Length of Program:	Classes are offered in 16 week fall and spring semesters an 8 week summer semester plus additional intersession classes during the breaks between semesters. See website for details
Cost:	Tuition is adjusted each year by the Regents for Higher Education. Current in-state tuition is \$178/hour for undergraduate coursework and \$213/hour for graduate coursework
Location:	2800 W Gore Blvd. Lawton, OK 73505

Contact:	580-581-2200
Web Site:	http://sill-www.army.mil/USAG/DHR/TEC/area_colleges.html
Social Media:	https://www.facebook.com/CameronUniversity
CSF2 Pillar:	Family, Social, Emotional

Online Resources

Service:	Tuition Assistance
Organization:	US Army
Program:	Tuition Assistance
Description:	The Tuition Assistance (TA) program provides financial assistance for voluntary off-duty education programs in support of a Soldier's professional and personal self-development goals. TA is available for courses that are offered in the classroom or by distance learning. The courses must be offered by schools that are registered in GoArmyEd and are accredited by accrediting agencies that are recognized by the U.S. Department of Education. For more information visit the education center or the Go Army Ed website.
Target Audience:	Military Service Members and their Families, Reservists, Retirees, and DA Civilians
Schedule:	24/7
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	N/A
Web Site:	https://www.goarmyed.com/Login.aspx
Social Media:	N/A
CSF2 Pillar:	Social, Emotional

Service:	Online Education Support Services
Organization:	US Army
Program:	GoArmy Ed
Description:	GoArmyEd is the virtual gateway for all eligible Active Duty, National Guard and Army Reserve Soldiers to request Tuition Assistance (TA) online, anytime, anywhere for classroom and distance learning. It allows Soldiers to manage their education records including college classes, testing, on-duty classes and Army Education Counselor support. GoArmyEd is also the virtual gateway for Army Civilians to apply for their Civilian education, training, and leader development events.

Target Audience:	Military Service Members and their Families, Reservists, Retirees, and DA Civilians
Schedule:	24/7
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	N/A
Web Site:	https://www.goarmyed.com/public/public_money_for_college-tuition_assistance.aspx
Social Media:	N/A
CSF2 Pillar:	Social, Emotional

Service:	Financial Aid
Organization:	US Department of Education
Program:	Federal Student Aid Program
Description:	Financial Aid from the Federal Government in the form of grants, loans, and work study programs.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	800-433-3243
Web Site:	https://studentaid.ed.gov/
Social Media:	https://www.facebook.com/FederalStudentAid
CSF2 Pillar:	Family, Social, Emotional

Service:	Financial Aid
Organization:	Veterans Affairs

Program:	Montgomery GI Bill and Post 9/11 GI Bill
Description:	Veteran's education benefits that may be used for degrees, certificates, vocational/technical courses, flight training, apprenticeship or on the job training, entrepreneurship training, and licensing and certification reimbursement. Post 9/11 GI Bill may be transferred to dependents.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	888-442-4551
Web Site:	http://www.benefits.va.gov/gibill/
Social Media:	https://www.facebook.com/VeteransBenefits
CSF2 Pillar:	Family, Social, Emotional

Service:	Online Career Development Tool
Organization:	US Department of Labor
Program:	Career One Stop
Description:	Online tool to help job seekers, students, businesses, and career professionals sponsored by the US Department of Labor The resource includes information on career exploration, Education and Training, Job Search, Salary and benefits, Resumes/Interviews, and Financial Aid information
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	877-348-0502
Web Site:	http://www.careeronestop.org/EducationTraining/Pay/FinancialAid.aspx
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Tuition Assistance
Organization:	Department of Defense
Program:	Army Continuing Education System
Description:	GoArmyEd is the virtual gateway for all eligible Active Duty, National Guard and Army Reserve Soldiers to request Tuition Assistance (TA) online, anytime, anywhere for classroom and distance learning. It allows Soldiers to manage their education records including college classes, testing, on-duty classes and Army Education Counselor support. GoArmyEd is also the virtual gateway for Army Civilians to apply for their Civilian education, training, and leader development events.
Target Audience:	Active Duty, Reserve Component, and DA Civilians
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact:	580-442-3201
Web Site:	http://www.goarmyed.com
Social Media:	https://www.facebook.com/pages/GoArmyEd/135248143209910
CSF2 Pillar:	Family, Social, Emotional

Scholarships

Service:	Military Spouse Scholarship
Organization:	Department of Defense (DOD)
Program:	My Spouse Career Advancement Accounts (MyCAA)
Description:	The Military Spouse Career Advancement Accounts (MyCAA) of the Department of Defense is an educational financing program for spouses of active duty service members and activated guard and reserve members. For more information visit the MyCAA website, the Fort Sill Education Center, or call to speak with a education counselor.
Target Audience:	Military Service Members and their Families, Reservists, Retirees, and DA Civilians
Schedule:	24/7
Length of	N/A

Program:	
Cost:	N/A
Location:	N/A
Contact:	877-241-6495
Web Site:	https://www.goarmyed.com/Login.aspx
Social Media:	N/A
CSF2 Pillar:	Social, Emotional

Service:	Military Spouse Scholarship
Organization:	Department of Defense
Program:	Military Spouse Career Advancement Account (MyCAA) Scholarship Program
Description:	MyCAA is a workforce development program that provides up to \$4000 of financial assistance to eligible spouses pursuing a license, certification or Associate Degree in a portable career field and occupation.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	800-342-9647
Web Site:	https://aiportal.acc.af.mil/mycaa/default.asp
Social Media:	https://www.facebook.com/military.1source
CSF2 Pillar:	Family, Social, Emotional

Service:	Military Spouse Scholarship
Organization:	Army Emergency Relief
Program:	Spouse Education Assistance Program (SEAP)
Description:	SEAP is a need-based scholarship program established to assist spouses in obtaining a 4-year undergraduate degree.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees

Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	866-878-6378
Web Site:	http://www.aerhq.org/dnn563/Scholarships/Spouses.aspx
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Military Family Scholarship
Organization:	Fort Sill Patriot Spouses' Club
Program:	Fort Sill Patriot Spouses' Club Scholarship Program
Description:	The Fort Sill Patriot Spouses' Club provides educational scholarships to military families - High School Seniors, College Students and Spouses.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	FSPSCScholarship@yahoo.com
Web Site:	http://www.fortsillpsc.org/Scholarship.html
Social Media:	https://www.facebook.com/login.php?next=https%3A%2F%2Fwww.facebook.com%2Fhome.php
CSF2 Pillar:	Family, Social, Emotional

Service:	Military Family Scholarship
Organization:	Corvias Foundation

Program:	Our Family Scholarship Program and Our Family Educational Grant
Description:	Corvias Foundation offers scholarships and grants to college-bound children and spouses of active-duty military members.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	401-228-2836
Web Site:	http://corviasfoundation.org/?id=education
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Military Family Scholarship
Organization:	Pat Tillman Foundation
Program:	Tillman Military Scholars Program
Description:	The Tillman Military Scholars Program offers educational scholarships to veterans, active-duty service members and current spouses of veterans and active-duty service members.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	773-360-5277
Web Site:	http://www.militaryfamily.org/our-programs/military-spouse-scholarships/
Social Media:	https://www.facebook.com/militaryfamily
CSF2 Pillar:	Family, Social, Emotional

Service:	Military Family Scholarship
Organization:	Pat Tillman Foundation

Program:	Tillman Military Scholars Program
Description:	The Tillman Military Scholars Program offers educational scholarships to veterans, active-duty service members and current spouses of veterans and active-duty service members.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	773-360-5277
Web Site:	http://pattillmanfoundation.org/
Social Media:	https://www.facebook.com/pattillmanfnd
CSF2 Pillar:	Family, Social, Emotional

Service:	Military Family Scholarship
Organization:	National Military Family Association
Program:	Military Spouse Scholarship Program
Description:	The mission of this education and professional support scholarship program is to help prepare military spouses for meaningful employment and to better contribute to their family's financial security.
Target Audience:	Active Duty, Reserve Component, Family Members, DA Civilians, Retirees
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact:	773-360-5277
Web Site:	http://www.militaryfamily.org/our-programs/military-spouse-scholarships/
Social Media:	https://www.facebook.com/militaryfamily
CSF2 Pillar:	Family, Social, Emotional

AIRPORT

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Service:	Airports
Organization:	Lawton Fort Sill Airport
Program:	Travel
Description:	Lawton Fort Sill Airport is a small regional airport approximately 2.2 miles from the Fort Sill installation.
Target Audience:	Public Airport
Schedule:	Terminal Open 4:00 am- 10:00 pm
Length of Program:	Airport advises passengers arrive 90 minutes prior departure for domestic flights. Please contact airport for more details.
Cost:	Flights Cost will Vary
Location:	3401 SW 11th St Lawton, OK 73501
Contact:	580-353-4869
Web Site:	http://flylawton.org/
Social Media:	https://www.facebook.com/pages/Lawton-Ft-Sill-Regional-Airport/143438749039535
CSF2 Pillar:	Family, Social

Service:	Airport
Organization:	Will Rogers World Airport
Program:	Travel
Description:	Will Rogers World Airport is located in Oklahoma City approximately 1 hour 17 mins (80 mi) from Fort Sill. It is the international airport closest to Fort Sill servicing multiple airlines. For more information please contact Will Rogers World Airport.
Target Audience:	Public Airport
Schedule:	Airport is open 24 hours every day.
Length of Program:	Airport advises passengers arrive 90 minutes prior departure for domestic flights. Please contact airport for more details.
Cost:	Flights Cost will Vary
Location:	7100 Terminal Drive, Unit 937 Oklahoma City, OK 73159-0937
Contact Info:	Main: 405-316-3200 or Traveler Information: 405-316-3271
Web Site:	http://www.flyokc.com/Default.aspx
Social Media:	https://www.facebook.com/pages/Will-Rogers-World-Airport/150485704976382
CSF2 Pillar:	Family, Social

ARMY FAMILY SUPPORT PROGRAMS

Activities/Events/Conferences

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Service:	Conference
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Action Plan (AFAP)
Description:	Representatives reflecting community demographics meet to discuss submitted quality of life issues and recommend solutions to command.
Target Audience:	Leadership, (Active Duty, Reserve, Guard, Retired) Soldiers, DA Civilians, Survivors, Family members, Tenant Organizations
Schedule:	Annually
Length of Program:	3 days, 7 - 8 hours per day
Cost:	N/A
Location:	Venue Varies
Contact Info:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillAFAP
CSF2 Pillar:	Social, Emotional, Family

Online Resources

Service:	Online Education Support Services
Organization:	US Army
Program:	GoArmy Ed
Description:	GoArmyEd is the virtual gateway for all eligible Active Duty, National Guard and Army Reserve Soldiers to request Tuition Assistance (TA) online, anytime, anywhere for classroom and distance learning. It allows Soldiers to manage their education records including college classes, testing, on-duty classes and Army Education Counselor support. GoArmyEd is also the virtual gateway for Army Civilians to apply for their Civilian education, training, and leader development events.
Target Audience:	Military Service Members and their Families, Reservists, Retirees, and DA Civilians
Schedule:	24/7
Length of	N/A

Program:	
Cost:	N/A
Location:	N/A
Contact Info:	N/A
Web Site:	https://www.goarmyed.com/public/public_money_for_college-tuition_assistance.aspx
Social Media:	N/A
CSF2 Pillar:	Social, Emotional

Service:	Army Family Readiness Group Resource
Organization:	US Army
Program:	Army Family Readiness Group Website
Description:	The ArmyFRG Web site was created primarily for the Family members and friends of Soldiers. It provides a direct connection to command information for their Soldiers' units. Upon registration, the Family member or friend is provided access to their Soldier's unit's virtual FRG site that will connect them to all of the pertinent information and resources they need to stay informed. Online tools include forums, video e-mail, telephone trees and photo galleries.
Target Audience:	Military Service Members and their Families, Reservists, Retirees, and DA Civilians
Schedule:	24/7
Length of Program:	Ongoing
Cost:	N/A
Location:	ONLINE
Contact Info:	N/A
Web Site:	http://www.armyfrg.org/skins/frg/home.aspx
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	US Army Families Website
Organization:	US Army
Program:	Army Families

Description:	Find out what's going on in the Army Community world wide. This resource allows Soldiers and Families to access other family resources and updates on the current and upcoming events.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	24/7
Length of Program:	Ongoing
Cost:	N/A
Location:	ONLINE
Contact Info:	N/A
Web Site:	http://www.army.mil/families
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family

Program & Services

Service:	Well Being and Substance Abuse Prevention Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Fort Sill Well Being Center (Army Substance Abuse Program)
Description:	The Fort Sill Well Being Center supports Soldiers, Army families, DA Civilians, Retirees and their families through services to promote healthy living in stressful environments. The services included are in risk assessment, employee support, substance abuse prevention & treatment, drug testing, suicide prevention, and counseling services.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/index.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social, Emotional & Spiritual

Service:	Employee Support
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	The Employee Assistance Program (EAP) is designed to assist with a wide range of life stressors which may impact employee performance. The services include short term counseling, referrals, mediation for employment conflict, risk assessments, information resources and education and training in these areas.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30- 16:30 Mon- Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	US Army Suicide Prevention Program
Organization:	US Army G-1
Program:	Suicide Prevention Program
Description:	Provides a variety of resources and information regarding suicide prevention assistance and crisis intervention. The site also provides videos and testimonials from Soldiers and Family members who have benefited from the Army's mission to increase Readiness and Resiliency.
Target Audience:	Public Service
Schedule:	Ongoing
Length of Program:	Ongoing

Cost:	N/A
Location:	Office of the Deputy Chief of Staff, G-1 ATTN: (DAPE-ZXS) 300 Army Pentagon Washington, DC20310-0300
Contact Info:	1-800-273-TALK
Web Site:	http://www.armyg1.army.mil/hr/suicide/
Social Media:	https://www.facebook.com/USArmy
CSF2 Pillar:	Physical, Social, Emotional, & Spiritual

Service:	Financial Assistance & Army Emergency Relief (AER)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Financial Readiness
Description:	The Financial Readiness Program offers financial education, counseling, coaching, planning, and personal budgets. The program is designed to assist Soldiers and Families with making sound financial decisions. The program also provides grants or loans to help military ID cardholders with financial emergencies.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Office Hrs: 0830 - 1500 Appointment Required; Emergencies seen on a walk-in basis.
Length of Program:	Varies
Cost:	None
Location:	BLDG 4700, Mow Way Road, Fort Sill, OK 73503
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Hearts Apart
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Relocation

Description:	Networking support for geographically separated Family members
Target Audience:	Leadership, (Active Duty, Reserve, Guard, Retired) Soldiers, DA Civilians, Survivors, Family members, Tenant Organizations
Schedule:	Quarterly
Length of Program:	2 hours
Cost:	None
Location:	Varies
Contact Info:	580-442-3095
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Survivor Support Services
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Survivor Outreach Services
Description:	We honor Soldiers who made the ultimate sacrifice for the security of our Nation by supporting and caring for their Survivors. Extend support to Families both before and after crisis by maximizing cooperation between governmental and non-government agencies.
Target Audience:	Family members, battle buddies, and friends of Fallen Soldiers
Schedule:	Mon- Fri 0730- 4:00 pm
Length of Program:	Ongoing
Cost:	N/A
Location:	The Welcome Center Building 4700 Mow-Way Fort Sill, OK 73503
Contact Info:	580-442-4282
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/survivor-outreach-services/
Social Media:	https://www.facebook.com/FortSillMWR#!/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional, Family

Service:	Health and Wellness Support Services
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Army Wellness Centers are the outreach arm of MEDCOM's Patient-Centered Medical Home, Army Medicine's current primary-care model. The center's approach to service is holistic. Staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Ongoing
Cost:	N/A
Location:	Varies Depending on Program
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx/
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional, Family

Service:	Army Family Support Services
Organization:	Family and Morale, Welfare and Recreation (FMWR)
Program:	Army Community Service (ACS)
Description:	Army Community Service (ACS) offers a wide range of programs and services to assist families with the needs of everyday life. These programs support education, training, recreation, employment, financial assistance, community and volunteer work. For more information on how ACS can help you, please stop in their office at the Welcome Center, bldg 4700 on Mow-Way or visit their website.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Varies Depending Upon Service
Length of Program:	Ongoing
Cost:	N/A
Location:	4700 MowWay Rd. Fort Sill 73507
Contact Info:	580-442-4916

Web Site:	https://www.sft.army.mil/awc.default.aspx/www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Online Comprehensive Health Assessment
Organization:	Department of the Army
Program:	Comprehensive Soldier and Family Fitness
Description:	The new GAT 2.0 is a confidential, self-assessment tool that can help you improve you and your family's overall health and wellbeing. This is a confidential survey designed to measure an individual's psychological health and level of resilience in the five dimensions of strength (social, emotional, spiritual, family and physical), is an annual requirement for every Soldier, and is encouraged for Family members and Army Civilians.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Online
Length of Program:	Approximately 30 minutes
Cost:	N/A
Location:	Online
Contact Info:	N/A
Web Site:	http://csf2.army.mil/www.sillmwr.com
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	ID Cards
Organization:	Department of Human Resources: Military Personnel Division
Program:	Identification Card (ID Cards)
Description:	Issue or Renew CAC/ ID Cards If you would like more information or to schedule an appointment please go to the RAPIDS Appointment Scheduler (see below) or contact the Fort Sill ID Card Office.
Target Audience:	Military Personnel/ Families/ Civilians/ Contractors
Schedule:	Monday-Friday 0830-1130; 1230-1530 Closed During Lunchtime

Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact Info:	580-442-5010
Web Site:	https://rapids-appointments.dmdc.osd.mil/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Defense Enrollment and Eligibility Reporting System (DEERS) Updating and Enrollment
Organization:	Department of Human Resources: Military Personnel Division
Program:	Identification Card (ID Cards)
Description:	Update DEERS due to marriage, divorce, birth, or death If you would like more information or to schedule an appointment please go to the RAPIDS Appointment Scheduler (see below) or contact the Fort Sill ID Card Office.
Target Audience:	Military Personnel/ Families
Schedule:	Monday-Friday 0830-1130; 1230-1530 Closed During Lunchtime
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact Info:	580-442-5010
Web Site:	https://rapids-appointments.dmdc.osd.mil/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

ARMY FAMILY TRAINING/ READINESS

Activities/Events/Conferences

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Service:	Conference
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)

Program:	Army Family Action Plan (AFAP)
Description:	Representatives reflecting community demographics meet to discuss submitted quality of life issues and recommend solutions to command.
Target Audience:	Leadership, (Active Duty, Reserve, Guard, Retired) Soldiers, DA Civilians, Survivors, Family members, Tenant Organizations
Schedule:	Annually
Length of Program:	3 days, 7 - 8 hours per day
Cost:	N/A
Location:	Venue Varies
Contact Info:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillAFAP
CSF2 Pillar:	Social, Emotional, Family

Classes/Training

Service:	Army Family Team Building (AFTB) Level G Course
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Team Building (AFTB)
Description:	Training on Personal Growth and Resiliency. Improves personal and Family preparedness which enhances overall Army readiness.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Quarterly
Length of Program:	3 days, 6 hours per day
Cost:	N/A
Location:	Bldg. 2719 Bragg Road, Fort Sill, OK 73503 (across from TCDC, south of Reinhart Gym Track)
Contact:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media::	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	Social, Emotional, Family

Service:	Army Family Team Building (AFTB) Level K Course
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Team Building (AFTB)
Description:	Training on Military Culture and Knowledge. Improves personal and Family preparedness which enhances overall Army readiness.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Quarterly
Length of Program:	2 days, 6 hours per day
Cost:	N/A
Location:	Bldg. 2719 Bragg Road, Fort Sill, OK 73503 (across from TCDC, south of Reinhart Gym Track)
Contact:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media::	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	Social, Emotional, Family

Service:	Army Family Team Building (AFTB) Level L Course
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Team Building (AFTB)
Description:	Training on Leadership Skills. Improves personal and Family preparedness which enhances overall Army readiness.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Quarterly
Length of Program:	2 1/2 days, 4 - 6 hours per day
Cost:	N/A
Location:	Bldg. 2719 Bragg Road, Fort Sill, OK 73503 (across from TCDC, south of Reinhart Gym Track)
Contact:	580-442-2039 DSN: 639-2039

Web Site:	https://www.sillmwr.com
Social Media::	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	Social, Emotional, Family

Service:	Family Readiness Group (FRG) Care Team Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Training for providing assistance that complements the assistance of CAO, Chaplin, and RDC
Target Audience:	All FRG Leaders, Family Readiness Liaisons and Care Team Volunteers
Schedule:	Quarterly
Length of Program:	1 1/2 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-0359
CSF2 Pillar:	Social, Emotional, Family

Service:	Family Readiness Group (FRG) Key Caller Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Training for providing key information that needs to go out to the Family Readiness Groups (FRG)
Target Audience:	All Family Readiness Group (FRG) Leaders, Family Readiness Liaisons and Key callers
Schedule:	Quarterly
Length of Program:	1 1/2 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-0359

CSF2 Pillar:	Social, Emotional, Family
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Service:	Family Readiness Group (FRG) Leadership Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Train newly appointed Family Readiness Group (FRG) Leaders to assist families by providing support and assistance as needed.
Target Audience:	All Family Readiness Group (FRG) Leaders and Family Readiness Liaisons
Schedule:	Quarterly
Length of Program:	5 hrs
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-0359
CSF2 Pillar:	Social, Emotional, Family

Service:	Family Readiness Group (FRG) Training: 434th Spouse Orientation
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Give newly assigned D/S Spouses an overview on TRADOC Family Readiness Group (FRG)s role
Target Audience:	All newly assigned D/S, instructors and spouses assigned to 434th BDE
Schedule:	Monthly
Length of Program:	1 Hour
Cost:	N/A
Location:	Bldg # 6011, Fort Sill, OK 73507
Contact:	580-442-0359
CSF2 Pillar:	Social, Emotional, Family

Service:	Family Readiness Group (FRG) Training: Army Community Service Overview
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Brief discussion of all the programs ACS offers to the Military and families
Target Audience:	All returning units after deployments and families
Schedule:	As needed
Length of Program:	30 Minutes
Cost:	N/A
Location:	Unit/Family Readiness Group (FRG) Locations, Please check with your unit representative
Contact:	580-442-0359
CSF2 Pillar:	Social, Emotional, Family

Service:	Family Readiness Group (FRG) Training: Commander/Rear Detachment Roles
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Training on the duties of the RD Commander while unit is deployed
Target Audience:	All Family Readiness Group (FRG) Leaders, Read Detachment Commanders, Family Readiness Liaisons
Schedule:	Quarterly
Length of Program:	5 hours
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-0359
CSF2 Pillar:	Social, Emotional, Family

Service:	Family Readiness Group (FRG) Training: Informal Funds/ Fundraising
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Training for how to conduct unit fundraising
Target Audience:	All Family Readiness Group (FRG) Leaders, treasures, Family Readiness Liaisons, unit Executive Officers
Schedule:	Quarterly
Length of Program:	2 hours
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-0359
CSF2 Pillar:	Social, Emotional, Family

Service:	True Colors
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Workshops on personality identification based on easy-to-remember colors. A practical workshop to help improve personal and professional productive relationships.
Target Audience:	All Military Families
Length of Program:	3 hours
Cost:	N/A
Location:	Differs by Event
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Online Resources

Service:	Army Family Readiness Group Resource
Organization:	US Army
Program:	Army Family Readiness Group Website
Description:	The ArmyFRG Web site was created primarily for the Family members and friends of Soldiers. It provides a direct connection to command information for their Soldiers' units. Upon registration, the Family member or friend is provided access to their Soldier's unit's virtual FRG site that will connect them to all of the pertinent information and resources they need to stay informed. Online tools include forums, video e-mail, telephone trees and photo galleries.
Target Audience:	Military Service Members and their Families, Reservists, Retirees, and DA Civilians
Schedule:	24/7
Length of Program:	Ongoing
Cost:	N/A
Location:	ONLINE
Contact Info:	N/A
Web Site:	http://www.armyfrg.org/skins/frg/home.aspx
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

ARMY GRADUATIONS

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Service:	Basic Training Graduation
Organization:	Headquarters & Headquarters Service, 434th Field Artillery Brigade
Program:	Army Trainee Graduation
Description:	The Basic Combat Training (BCT) graduation is the very first graduation for enlisted Soldiers (Privates) who have entered the Army and have completed the 10 week initial entry training. The graduation ceremony is an opportunity for trainees and their loved ones to celebrate their milestone as a new Army Soldier. Because of the large number of graduates and seating is limited, we do give first priority to Families of the graduating Soldiers. These graduations are indoors, lasting approximately 1 hour, with semi-casual dress. There is access to public restrooms, and wheelchair accessibility. A packet will be sent in the mail (to the address provided by the Soldier) with the details of your Soldier's graduation. The ceremony rotates between several local locations. Dates and times have regular updates at the 434th Brigade website on the "Graduation Dates" tab. (A Brigade

	is a larger military body with headquarters made up of the smaller units/ battalions). If you are lost or need additional assistance you may contact 434th Brigade Headquarters at the number listed below.
Target Audience:	Basic Training Soldiers and their Family Members and Friends
Schedule:	Fridays
Length of Program:	1 Hour
Cost:	N/A
Location:	6130 Edwards St, Fort Sill, OK 73503
Contact:	580-442-1261
Web Site:	http://sill-www.army.mil/434/
Social Media:	https://www.facebook.com/434fabde?ref=br_tf
CSF2 Pillar:	Family, Social

Service:	Basic Training Family Day
Organization:	Headquarters & Headquarters Service, 434th Field Artillery Brigade
Program:	Family Day (As Part of Basic Training Pre-Graduation Activities)
Description:	Family Day is the day before graduation when Basic Training Soldiers are given a pass to spend the day with their families. Soldiers have the opportunity to show their families around the Army post and local community. Typically Family Day is on the Thursday before graduation and lasts until approximately 9pm. Please note, food and transportation is not provided. For information about the local area, please search applicable sections of the Community Resource Guide.
Target Audience:	Basic Training Soldiers and their Family Members and Friends
Schedule:	Thursdays
Length of Program:	Determined by Soldier's Command
Cost:	N/A
Location:	Locations will Vary Depending on Soldiers unit
Contact:	580-442-1261
Web Site:	http://sill-www.army.mil/434/
Social Media:	https://www.facebook.com/434fabde?ref=br_tf
CSF2 Pillar:	Family, Social

ARTS AND CRAFTS

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Service:	Framing
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Kerbo's Frame Shop
Description:	Patrons can perform their own car maintenance and repairs in lighted and heated bays, wash bay, paint & body bay, welding & machining area, vehicle detailing area, a monorail. Trained staff is available to assist and instruct, or provide services on an appointment basis.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Fri 1600-2100; Sat 1100-1900; Sun 1100-1900
Length of Program:	Self-Paced; by appointment
Cost:	Prices Vary Depending On Service
Location:	BLDG 2503, Ringgold Road, Fort Sill, OK 73503
Contact:	580-354-0520
Web Site:	http://www.sillmwr.com/community/kerbos-frame-shop/
Social Media:	N/A
CSF2 Pillar:	Family

AUTOMOTIVE SERVICES

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Service and Repair

Service:	Personal Vehicle Maintenance & Repair
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Automotive Skills
Description:	Patrons can schedule car maintenance, repairs and detailing. Trained staff is available to assist and instruct, or provide services on an appointment basis.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Fri 1600-2100; Sat 1100-1900; Sun 1100-1900

Length of Program:	By appointment
Cost:	Service fees vary
Location:	BLDG 2503, Ringgold Road, Fort Sill, OK 73503
Contact:	580-442-4147
Web Site:	http://038f3fd.netsolhost.com/recreation-leisure/automotive-skills-center/
Social Media1:	N/A
CSF2 Pillar:	Family

Service:	Tire Shop and Repair Service
Organization:	Fort Sill, OK Firestone
Program:	Firestone Complete Auto Care
Description:	Patrons can schedule car maintenance and repairs. Professionally trained staff is available to assist and provide services on an appointment or walk-in basis. At Firestone Complete Auto Care we offer a free courtesy check for your vehicle every time you visit. This free check includes a visual inspection of your tires, lights, fluid levels, wipers, belts, battery, hoses and more.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Mon- Sat 7am-7pm Sun 9am-5pm
Length of Program:	Varies based on specific service
Cost:	Service fees vary
Location:	2444 NW Sheridan RD Fort Sill, OK 73503
Contact:	580-215-7470
Web Site:	http://038f3fd.netsolhost.com/recreation-leisure/automotive-skills-center/
Social Media:	N/A
CSF2 Pillar:	Physical, Family

Do it Yourself

Service:	Personal Vehicle Maintenance & Repair
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Automotive Skills

Description:	Patrons can perform their own car maintenance and repairs in lighted and heated bays, wash bay, paint & body bay, welding & machining area, vehicle detailing area, a monorail. Trained staff is available to assist and instruct, or provide services on an appointment basis.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Fri 1600-2100; Sat 1100-1900; Sun 1100-1900
Length of Program:	Self-Paced; by appointment
Cost:	Bay Fees are \$4/hour; service fees vary
Location:	BLDG 2503, Ringgold Road, Fort Sill, OK 73503
Contact:	580-442-4147
Web Site:	http://038f3fd.netsolhost.com/recreation-leisure/automotive-skills-center/
Social Media:	N/A
CSF2 Pillar:	Family

BANKING

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Service:	Personal/ Business Banking Services (Main Bank Location)
Organization:	Fort Sill National Bank (FSNB)
Program:	Fort Sill National Bank (Main Bank Location)
Description:	Provides checking and savings accounts, loans, credit and check cards, phone cards. ATM on Site, However, Coin machines are not available at Fort Sill locations. For more information, visit the FSNB website or drop in for a visit.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Mon - Fri 9am-5pm; 1st of Month Paydays Open 8:30am
Length of Program:	Varies Depending on Service
Cost:	Varies Depending On Service
Location:	1647 Randolph Road Fort Sill, OK 73503
Contact:	580- 357-9880
Web Site:	https://www.fsnb.com
Social Media:	N/A
CSF2 Pillar:	Family

Service:	Personal/ Business Banking Services (Welcome Center Bldg 4700)
Organization:	Fort Sill National Bank (FSNB)
Program:	Fort Sill National Bank (Welcome Center Bldg 4700)
Description:	Provides checking and savings accounts, loans, credit and check cards, phone cards. Coin machines are not available at Fort Sill locations.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Mon - Fri 0730am-4pm; Closed for Lunch 11:25- 12:30pm
Length of Program:	Varies Depending on Service
Cost:	Varies Depending On Service
Location:	4700 Mow- Way Road Fort Sill, OK 73503
Contact:	(800) 749-4583
Web Site:	https://www.fsnb.com
Social Media:	N/A
CSF2 Pillar:	Family

Service:	Personal/ Business Banking Services (Sheridan Road)
Organization:	Fort Sill National Bank (FSNB)
Program:	Fort Sill National Bank (Sheridan Road)
Description:	*This location provides lobby and drive thru. Provides checking and savings accounts, loans, credit and check cards, phone cards. ATM available on site
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Lobby Mon - Fri 09am-5pm; Drive Thru Opens at 8:30; 1st of Month Paydays Lobby and Drive Thru Open til 6pm
Length of Program:	Varies Depending on Service
Cost:	Varies Depending On Service
Location:	Bldg 3283 Sheridan Road Fort Sill, OK 73503
Contact:	(800) 749-4583
Web Site:	https://www.fsnb.com

Social Media:	N/A
CSF2 Pillar:	Family

Service:	Personal/ Business Banking Services (Post Exchange (PX) Location)
Organization:	Fort Sill National Bank (FSNB)
Program:	Fort Sill National Bank (Post Exchange (PX) Location)
Description:	This location is inside the Main Post Exchange. Provides checking and savings accounts, loans, credit and check cards, phone cards. Stamps are sold at this location. Coin machines are not available at Fort Sill locations. Open Weekends, Sunday and Holidays with ATM onsite.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Mon - Sat 10am - 7pm; Opens with the PX
Length of Program:	Varies Depending on Service
Cost:	Varies Depending On Service
Location:	1718 Gruber Road Fort Sill, OK 73503
Contact:	(800) 749-4583
Web Site:	https://www.fsnb.com
Social Media:	N/A
CSF2 Pillar:	Family

Service:	Personal/ Business Banking Services (Post Exchange (PX) Location)
Organization:	Fort Sill Federal Credit Union
Program:	Fort Sill National Bank (Post Exchange (PX) Location)
Description:	Fort Sill Federal Credit Union is a not-for-profit cooperative, offering members a balanced variety of financial services. ATM and Coin Sorter On Site.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Lobby Mon - Fri 9am - 5pm; Drive Thru Opens at 7 am; Sat Lobby Open 9am-1pm Drive Thru opens at 8:30
Length of Program:	Varies Depending on Service
Cost:	Varies Depending On Service

Location:	4116 Thomas ST Fort Sill, OK 73503
Contact:	580- 353-2124
Web Site:	https://www.fsfcu.com/default.aspx
Social Media:	N/A
CSF2 Pillar:	Family

BARBER/BEAUTY SHOP

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Service:	Beauty Shop
Organization:	Army & Air Force Exchange Service (AAFES)
Program:	Exchange Mall
Description:	Personal beauty services and treatment by licensed professionals.
Target Audience:	Soldiers, Family members, authorized patrons, & guests.
Schedule:	10am to 7pm Mon- Sat, 10am to 5pm Sun
Length of Program:	Varies Depending on Service
Cost:	Prices vary with service
Location:	The Exchange Mall, Quarry Hill Complex 1718 McComb St. Fort Sill, OK 73503
Contact:	580- 353-6104
Web Site:	http://www.shopmyexchange.com/ExchangeLocations/FtSillStore.htm
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Barber Shop
Organization:	Army & Air Force Exchange Service (AAFES)
Program:	Exchange Mall
Description:	Personal barber services by licensed professionals.
Target Audience:	Soldiers, Family members, authorized patrons, & guests.
Schedule:	8am to 7pm Mon- Sat, 10am to 5pm Sun
Length of	Varies Depending on Service

Program:	
Cost:	Prices vary with service
Location:	The Exchange Mall, Quarry Hill Complex 1718 McComb St. Fort Sill, OK 73503
Contact:	580-353-5697
Web Site:	http://www.shopmyexchange.com/ExchangeLocations/FtSillStore.htm
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Barber Shop
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations)
Program:	Historic Patriot Club
Description:	Oldest Barbershop in the Army! Walk-in's welcome. Appointments available. Closed Training Holidays
Target Audience:	Soldiers, Family members, authorized patrons, & guests.
Schedule:	8am to 2pm Mon- Fri; 9am to 12pm Sat.
Length of Program:	Varies Depending on Service
Cost:	Prices vary with service
Location:	500 Upton Road Fort Sill, OK 73503
Contact:	580-442-0883
Web Site:	http://www.sillmwr.com/food-beverage/patriot-club/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

CAREER/JOB EDUCATION

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Service:	Adult Education Programs
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Great Plains Technology Center

Description:	Comprehensive workforce training in medical, computer technology, graphic design, and the trades.
Target Audience:	High School Juniors and Seniors and Adults
Schedule:	Day, Evening and Saturday classes available
Length of Program:	Courses are offered year round, six days per week with day and evening courses. High School programs follow the Lawton Public Schools calendar
Cost:	Free tuition for high school students who reside in the Great Plains Technology Center district; tuition for adult education, evening and weekend courses varies by course.
Location:	4500 W Lee Blvd. Lawton, Ok 73503
Contact Info:	580-355-6371
Web Site:	www.greatplains.edu
Social Media:	www.facebook.com/greatplainstechnologycenter
CSF2 Pillar:	Family, Social, Emotional

Service:	Computer Classes
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Library
Description:	Various computer classes for a variety of levels of users and programs.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Mon-Thu 10 a.m. -8 p.m. Fri-Sun 10 a.m. – 5 p.m.
Length of Program:	Varies
Cost:	None
Location:	BLDG 1640, Randolph Road Fort Sill, OK 73503
Contact Info:	580-442-3806
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Undergraduate and Graduate Degrees
Organization:	Cameron University

Program:	Cameron University Main Campus
Description:	Cameron University is the only University Campus in Lawton/ Fort Sill area. There is a main campus within 5 miles and on site courses. Honors program, early admission, advanced standing, a study abroad program and college-level examination programs. Concurrent enrollment: High School Juniors and Seniors who meet the academic requirements may take up to 6 hours/semester tuition free. More than 50 2-year, 4-year and graduate degrees offered. Military Service Members and their dependents pay in-state tuition while stationed at Fort Sill.
Target Audience:	High School Juniors and Seniors and potential college students who meet minimum academic requirements
Schedule:	Day, Evening, Weekend, interactive TV and online classes available
Length of Program:	Classes are offered in 16 week fall and spring semesters an 8 week summer semester plus additional intersession classes during the breaks between semesters. See website for details
Cost:	Tuition is adjusted each year by the Regents for Higher Education. Current in-state tuition is \$178/hour for undergraduate coursework and \$213/hour for graduate coursework
Location:	2800 W Gore Blvd. Lawton, OK 73505
Contact:	580-581-2200
Web Site:	http://sill-www.army.mil/USAG/DHR/TEC/area_colleges.html
Social Media:	https://www.facebook.com/CameronUniversity
CSF2 Pillar:	Family, Social, Emotional

CHILD CARE/BABYSITTERS

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Babysitting Services

Service:	Volunteer Child Care in a Unit setting
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services
Description:	Through this program, Parent Central Services will provide childcare training to volunteers from the military unit or organization to allow the exchange of free and temporary childcare services during unit sessions. Parents must be attending the same on-post function and must remain at the site while their child is under volunteer care.
Target	Groups/units willing to have volunteers receive training so this service can be

Audience:	provided.
Schedule:	N/A
Length of Program:	Temporary, as needed based on activity
Cost:	No cost to parents.
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Baby Sitter Care List
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services
Description:	CYSS maintains a file of registered/trained teenage baby-sitters living on and off post.
Target Audience:	Families who need occasional care
Schedule:	N/A
Length of Program:	N/A
Cost:	Fees for childcare are set by teens.
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	Contact 580-442-1098 or 580-442-3927 and ask for the teen babysitters list
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional, Physical

Childcare Centers

Service:	Registration for Child Care and Youth Sports
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services

Description:	All children must be registered to utilize Child Youth and School Services programs and services. Registration is handled by appointment.
Target Audience:	Military or DoD Civilian or contractor families with children up to age 18 years, for full time care both parents must be employed full time or in school.
Schedule:	office hours 0730-1600 Service members in uniform cannot be serviced prior to 0830
Length of Program:	Available year round, closed Federal Holidays
Cost:	DoD fee categories are based on total family income and apply to all CYSS programs
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media::	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Child Development Services
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Cooper Child Development Center
Description:	Full day care and developmentally appropriate programs for children 6-weeks thru 36-months old
Target Audience:	Military or DoD Civilian or contractor families with children up to age 18 years, for full time care both parents must be employed full time or in school.
Schedule:	Centers open 0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training Days
Length of Program:	Child Care is available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	Fees are set by DoD and based on total family income.
Location:	Registration in Building 4700, 1st Floor, just inside north door Cooper CDC 4125 Bragg Road
Contact Info:	Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Child Development Services
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Grierson Child Development Center
Description:	Full day care and developmentally appropriate programs for children 6-weeks thru 36-months old
Target Audience:	Military or DoD Civilian or contractor families with children up to age 18 years, for full time care both parents must be employed full time or in school.
Schedule:	Centers open 0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training Days
Length of Program:	Child Care is available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	Fees are set by DoD and based on total family income.
Location:	Registration in Building 4700, 1st Floor, just inside north door Cooper CDC 4125 Bragg Road
Contact Info:	Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Child Development Services
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Tincher Child Development Center
Description:	Full day care and developmentally appropriate programs for children 6-weeks thru 36-months old
Target Audience:	Military or DoD Civilian or contractor families with children up to age 18 years, for full time care both parents must be employed full time or in school.
Schedule:	Centers open 0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training Days
Length of Program:	Child Care is available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	Fees are set by DoD and based on total family income.

Location:	Registration in Building 4700, 1st Floor, just inside north door Cooper CDC 4125 Bragg Road
Contact Info:	Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Pre-K Classes
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Tincher Child Development Center
Description:	Through a partnership with Lawton Public Schools, Full-day Pre-K is available in each Child Development Center with before/after school care provided.
Target Audience:	Military, DoD Civilian or contractor families with children who are age 4 prior to September 1 of the current school year.
Schedule:	Centers open 0530-1730 Monday-Friday Closed Federal Holidays. Pre-K instruction occurs 0900-1545
Length of Program:	Pre-K follows the Lawton Public Schools schedule from mid-August through late May.
Cost:	There is no cost for the Pre-K portion of the program. Fees for before and after school care are set by DoD and based on total family income
Location:	Registration in Building 4700, 1st Floor, just inside north door Cooper CDC 4125 Bragg Road
Contact Info:	For Pre-K Enrollment Lawton Public Schools Central Enrollment 102 E Gore Blvd 580-353-0171 For CYSS before and after care contact Parent Central Services at 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Special Needs Accommodation Process (SNAP)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)

Program:	Exceptional Family Member Program (EFMP)
Description:	Multiagency committee to explore installation child care options for children who have been identified with special needs. Recommend a placement setting to accommodate the child.
Target Audience:	SNAP Team and parents
Schedule:	Weekly
Length of Program:	1-3 hours
Cost:	N/A
Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Before/After School Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Cooper Child Development Center)
Description:	Developmentally appropriate care for Kindergarten students. Lawton Public Schools busses transport Kindergarten students to and from Geronimo Road and Sheridan Road Elementary Schools.
Target Audience:	Military, DoD Civilian or contractor families with children enrolled in Kindergarten at Geronimo Road or Sheridan Road Elementary schools. In a two-parent household, both parents must be working full time or going to school to be eligible for full time care.
Schedule:	Centers open 0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training Days
Length of Program:	Program is available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days. Care is provided for LPS school holidays and inclement weather days.
Cost:	Fees are set by DoD and based on total family income.
Location:	Registration in Building 4700, 1st Floor, just inside north door Cooper CDC 4125 Bragg Road
Contact Info:	Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/

Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Pre-K Classes
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Cooper Child Development Center
Description:	Through a partnership with Lawton Public Schools, Full-day Pre-K is available in each Child Development Center with before/after school care provided.
Target Audience:	Military, DoD Civilian or contractor families with children who are age 4 prior to September 1 of the current school year.
Schedule:	Centers open 0530-1730 Monday-Friday Closed Federal Holidays. Pre-K instruction occurs 0900-1545
Length of Program:	Pre-K follows the Lawton Public Schools schedule from mid-August through late May.
Cost:	There is no cost for the Pre-K portion of the program. Fees for before and after school care are set by DoD and based on total family income
Location:	Registration in Building 4700, 1st Floor, just inside north door Cooper CDC 4125 Bragg Road
Contact Info:	For Pre-K Enrollment Lawton Public Schools Central Enrollment 102 E Gore Blvd 580-353-0171 For CYSS before and after care contact Parent Central Services at 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/ http://www.lawtonps.org/enrollment/index.shtm
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Hourly Care Program
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Grierson Child Development Center
Description:	Professionally trained staff, with strict adherence to health, safety and facility standards create a safe, nurturing environment for children.
Target	Military, DoD Civilian or contractor families with children age 6 weeks - 6 years

Audience:	of age.
Schedule:	Hourly care is available 0730-1630 Monday-Friday. Closed Federal Holidays and CYSS Mandatory Training Days
Length of Program:	Child Care is available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	\$4 per hour for no more than 20 hours per week
Location:	Registration in Building 4700, 1st Floor, just inside north door Grierson CDC 4123 Bragg Road
Contact Info:	Up to 30 days in advance, call Grierson Child Development Center at 580-558-4306 or sign up online at: https://webtrac.mwr.army.mil/webtrac/sillcyms.html
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Part Day Toddler (18-36 Months) Program
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Grierson Child Development Center
Description:	Children participate in activities such as art, story time, music, exercise and creative play.
Target Audience:	Military, DoD Civilian or contractor families with children age 18-36 months.
Schedule:	0900-1400 Monday-Friday. Closed Federal Holidays and mandatory CYSS Training days.
Length of Program:	Available year round, closed Federal Holidays and mandatory CYSS training days.
Cost:	Fees are set by DoD and based on total family income.
Location:	Registration in Building 4700, 1st Floor, just inside north door Grierson CDC 4123 Bragg Road
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Part-Day Pre-School (age 3-5) Program
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Grierson Child Development Center
Description:	Children participate in exercise, outdoor activities, art, music, reading and math readiness, story time and creative play.
Target Audience:	Military, DoD Civilian or contractor families with children age 3-5 years of age
Schedule:	0900-1400 Monday-Friday. Closed Federal Holidays and mandatory CYSS Training days.
Length of Program:	Available year round, closed Federal Holidays and mandatory CYSS training days.
Cost:	Fees are set by DoD and based on total family income.
Location:	Registration in Building 4700, 1st Floor, just inside north door Grierson CDC 4123 Bragg Road
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Pre-K Classes
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Grierson Child Development Center
Description:	Through a partnership with Lawton Public Schools, Full-day Pre-K is available in each Child Development Center with before/after school care provided.
Target Audience:	Military, DoD Civilian or contractor families with children who are age 4 prior to September 1 of the current school year.
Schedule:	Centers open 0530-1730 Monday-Friday Closed Federal Holidays. Pre-K instruction occurs 0900-1545
Length of Program:	Pre-K follows the Lawton Public Schools schedule from mid-August through late May.
Cost:	There is no cost for the Pre-K portion of the program. Fees for before and after school care are set by DoD and based on total family income
Location:	Registration in Building 4700, 1st Floor, just inside north door Grierson CDC 4123 Bragg Road

Contact Info:	For Pre-K Enrollment Lawton Public Schools Central Enrollment 102 E Gore Blvd 580-353-0171 For CYSS before and after care contact Parent Central Services at 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/ http://www.lawtonps.org/enrollment/index.shtm
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

School Age Centers

Service:	Before and After School Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	Before and after school care is available during the school year. Transportation is provided by Lawton Public schools to Geronimo Road/Freedom Elementary and Sheridan Road Elementary.
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades. Before school care is also available for 6th grade students attending Central Middle School.
Schedule:	0530-1730 Monday-Friday Closed Federal Holidays and CYSS mandatory training days.
Length of Program:	Before and after school care is available from the first day of school to the last day of school for Lawton Public Schools.
Cost:	Patron fees for before and after care are set by DoD fee policy. Care for out of school days is \$30 a day if not already enrolled in SAC program
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	SAC 580-442-2844 Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Homework Assistance
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Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	Homework lab is staffed each day after school
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades.
Schedule:	1600-1730 Monday-Friday during school year
Length of Program:	During the school year
Cost:	Included in child care fees
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	SAC 580-442-2845
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Hourly Care Program
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	Hourly care is available by reservation on a limited basis to Child Youth and School Services patrons when space is available.
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades. Before school care is also available for 6th grade students attending Central Middle School.
Schedule:	0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training days.
Length of Program:	Available during normal hours of operation, on a space available basis
Cost:	Hourly care is available at \$4 per hour for no more than 5 hours per week.
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	Up to 30 days in advance, call the School Age Center at 580-442-2844 or sign up online at: https://webtrac.mwr.army.mil/webtrac/sillcym.html
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/

Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	School Holiday Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	Children enrolled in before and after school care receive full day care at no additional cost during school vacations, bad weather days, etc. during the school year. Care is also available for Child Youth and School Services patrons not enrolled in before and after school care on a space available basis.
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades. Before school care is also available for 6th grade students attending Central Middle School.
Schedule:	0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training Days. Hours of operation may change during inclement weather based on Fort Sill hours of operation
Length of Program:	Holiday and school-out care is available in conjunction with Lawton Public School closings.
Cost:	No cost for children enrolled in before and after school care. For children not enrolled in before and after program, Care for out of school days is \$30 a day on a space-available basis.
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	SAC 580-442-2844
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Summer Camps
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Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	12 weekly summer camp sessions are offered beginning the Tuesday following Memorial Day and ending the day before Lawton Public Schools starts in August. Enrollment is by the week and payment must be received by Wednesday of the week prior to the camp the child is enrolled in.
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades. 6th grade students may participate in programs at the School Age Center until the Youth Center opens each day. Child Youth and School Services personnel will transport 6th grade students to the Youth Center at the appropriate time.
Schedule:	0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training days.
Length of Program:	Weekly summer camps are available beginning the Tuesday after Memorial Day and ending the day before school starts.
Cost:	Patron fees are determined by DoD fee policy.
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	SAC 580-442-2844 Parent Central Services 580-442-1098 or 580-442-3928
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Childcare Special Events

Service:	Support Group Child Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services
Description:	Free child care for Support Group meetings
Target Audience:	Individuals/families who meet criteria for service
Schedule:	office hours 0730-1600 Service members in uniform cannot be serviced prior to 0830
Length of	Valid from notification to 4 weeks after burial

Program:	
Cost:	40 Free child care hours per child, Category 1 fees for Full or part-day care (must be employed full time or part time or part time student)
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Parent Night Out/Special Openings
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Grierson Child Development Center
Description:	Special openings are available in conjunction with Fort Sill special events including Friends and Family dinners at the Patriot Club.
Target Audience:	Military, DoD Civilian or contractor families with children age 6 weeks - 6 years of age.
Schedule:	1800 - 2000 in conjunction with advertised special events.
Length of Program:	4 hours of Child Care is available in conjunction with advertised special events on Fort Sill.
Cost:	Hourly care fee of \$4/hour applies to Special Openings
Location:	Registration in Building 4700, 1st Floor, just inside north door Grierson CDC 4123 Bragg Road
Contact Info:	Call Grierson Child Development Center at 580-558-4306. Enrollment opens 2 weeks prior to the Special Opening
Web Site:	http://www.sillmwr.com/child-youth-school-services/child-development-centers/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Deployment-Related Child Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services

Description:	Deployed and Rear Detachment-related support. Free child care during mandatory deployment meetings, youth sports discounts.
Target Audience:	Families with a deployed service member
Schedule:	office hours 0730-1600 Service members in uniform cannot be serviced prior to 0830
Length of Program:	30 days before deployment to 90 days after return
Cost:	16 hours free child care per month per child, \$2 hourly care rate beyond free hours, 20% reduction in fees for full time care
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	On-site Child Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services
Description:	Provides on-site child care at approved Kids On Site (KOS) Locations for events. Reservations must be received 2 weeks in advance. Children must be registered with CYSS to participate in the program.
Target Audience:	Individuals in charge of religious functions, memorial services, deployment briefings and Family Readiness Group (FRG) meetings when child care is desired.
Schedule:	Kids On Site Care can be arranged to fit group schedule
Length of Program:	
Cost:	Cost determined by type of service provided
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Parent Advisory Committee (PAC)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services
Description:	The Parent Advisory Committee is a volunteer parent group established further the connection between home, the child, Fort Sill CYSS and the child's classroom and teachers
Target Audience:	Parents with children age 6 weeks to 18 years, enrolled in a CYSS program
Schedule:	Parent determines schedule in cooperation with Child Youth and School Services facilities and staff
Length of Program:	Parent determines length of service
Cost:	no cost
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Inclement weather closings care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	Children enrolled in before and after school care receive full day care at no additional cost during school vacations, bad weather days, etc. during the school year. Care is also available for Child Youth and School Services patrons not enrolled in before and after school care on a space available basis.
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades. Before school care is also available for 6th grade students attending Central Middle School.
Schedule:	0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training Days. Hours of operation may change during inclement weather based on Fort Sill hours of operation
Length of Program:	Holiday and school-out care is available in conjunction with Lawton Public School closings.

Cost:	No cost for children enrolled in before and after school care. For children not enrolled in before and after program, Care for out of school days is \$30 a day on a space-available basis..
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	SAC 580-442-2844
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Parent Night Out
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	Parents Night Out is held two Friday nights per month, generally in conjunction with Friends and Family night at the Patriot Club. Reservations open the Monday prior to the Friday special opening
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades.
Schedule:	1730-2130 8 AUG 14 22 Aug 14 5 SEP 14 19 SEP 14 3 OCT 14 24 OCT 14 7 NOV 14 21 NOV 14 5 DEC 14 19 DEC 14 9 JAN 15 23 JAN 15 6 FEB 15 20 FEB 15 13 MAR 15 27 MAR 15
Length of Program:	4 hours of evening care is available during Parent Night Out events.
Cost:	Children enrolled in before and after care at School Age Center attend at no cost. For children who are not enrolled, the Hourly care fee of \$4/hour applies to Special Openings
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	SAC 580-442-2844
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Summer Camps
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Age Center
Description:	12 weekly summer camp sessions are offered beginning the Tuesday following Memorial Day and ending the day before Lawton Public Schools starts in August. Enrollment is by the week and payment must be received by Wednesday of the week prior to the camp the child is enrolled in.
Target Audience:	Military, DoD Civilian or contractors families with children currently in 1st - 5th grades. 6th grade students may participate in programs at the School Age Center until the Youth Center opens each day. Child Youth and School Services personnel will transport 6th grade students to the Youth Center at the appropriate time.
Schedule:	0530-1730 Monday-Friday Closed Federal Holidays and CYSS Mandatory Training days.
Length of Program:	Weekly summer camps are available beginning the Tuesday after Memorial Day and ending the day before school starts.
Cost:	Patron fees are determined by DoD fee policy.
Location:	6599 Lucas Ave. Buffalo Soldier Housing Area, Fort Sill OK
Contact Info:	SAC 580-442-2844 Parent Central Services 580-442-1098 or 580-442-3928
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS- https://www.facebook.com/pages/Sill-CYSS/150425208352800 Labs- https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

In-Home Child Care

Service:	Home-Based Child Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Family Child Care (FCC)
Description:	Provided on and off post by authorized military family members as independent contractors. FCC providers and their homes meet specific requirements and are certified by the installation. Children must be registered through Parent Central

	Services prior to receiving care.
Target Audience:	Military, DoD Civilian or contractor families with children age 4 weeks -12 years of age. In a two-parent household, both parents must be working full time or going to school to be eligible for full time care.
Schedule:	Normal hours are 5:30 am to 5:30 PM. Duty related extended care is available with command verification for dual and single military.
Length of Program:	Family Child Care is available year round.
Cost:	Patron fees are determined by DoD fee policy. Families using Family Child Care get a 10% discount.
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	580-442-2470 CYSS Registration: 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/family-child-care/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

CHURCH/WORSHIP SERVICES

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Service:	Spiritual Leadership and Support
Organization:	Religious Support Office
Program:	Installation Chaplains Office
Description:	The Chaplain's Corp offers multi-faith worship services, prayer, individual and family support to provide for the spiritual needs of our Soldiers and Families on Ft Sill. Army chaplains are the priests, pastors, ministers and spiritual leaders in the Army. Services are offered within the Soldiers' units and in various locations across post. For more information about the Religious Support Office and the Chaplains, please contact the chaplains at the Religious Support Office located in the Graham Resiliency Training Center
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Ongoing
Length of Program:	Vary Based on Services
Cost:	N/A
Location:	Resiliency Training Center; Bldg 2934 located at 2934 Marcy Rd Ft Sill, OK 73505

Contact:	580-442-3302
Web Site:	http://sill-www.army.mil/chapel/index.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Service:	Worship Services
Organization:	Religious Support Office
Program:	Installation Chaplains Office
Description:	The Chaplain's Corp offers multi-faith worship services to include Catholic, Protestant, Islamic, Jewish, Episcopal, Latter Day Saints, Wiccan, Spirit Filled, and Church of Christ. Services for Soldiers and Families on Ft Sill. These services are offered at the 5 Chapels in various locations across post. For more information about the Religious Support Office, please contact the chaplains at the Religious Support Office located in the Graham Resiliency Training Center.
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Weekly
Length of Program:	1-2 hours
Cost:	N/A
Location:	Resiliency Training Center; Bldg 2934 located at 2934 Marcy Rd Ft Sill, OK 73505
Contact Info:	580-442-3302
Web Site:	http://sill-www.army.mil/chapel/index.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar::	Spiritual

Service:	Army Chapels
Organization:	Religious Support Office
Program:	Installation Chaplains Office
Description:	The Fort Sill installation has 5 church buildings and chapels located across the post. They are the Frontier Chapel =FCC at 4121 Thomas, the Garrison Hill

	Chapel= GHC at 3280 Crane Rd, New Post Chapel= NPC at 1005 Shade Avenue 425 Hamilton Rd, Quarry Hill Chapel= QHC at 6008 Gordon Street, Reynolds Army Community Hospital Chapel on Thomas Rd. For more information on the religious support on Fort Sill please contact the chaplains in the Religious Support Office.
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Weekly
Length of Program:	Vary Based on Services
Cost:	N/A
Location:	Resiliency Training Center; Bldg 2934 located at 2934 Marcy Rd Ft Sill, OK 73505
Contact Info:	580-442-3302
Web Site:	http://sill-www.army.mil/chapel/index.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar::	Spiritual

COMPUTER/ INTERNET

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Computer Lab

Service:	Computer Lab
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Internet Café provides an area for patrons to access the internet. Computer Lab provides computer access and printing capabilities.
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	8:30 am -5:30 pm (M-F)
Length of Program:	N/A
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK

Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Computer Center
Organization:	Truman Education Center
Program:	Professional Development Center
Description:	The center offers computers with internet for all Active Duty, Reservists, retirees, adult family members and all DA Civilians
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Mon-Fri 10 a.m. - 6p.m.
Length of Program:	Varies
Cost:	N/A
Location:	3281 NW Koehler Loop Fort Sill, OK 73503-9009
Contact:	580-442-3201
Web Site:	http://sill-www.army.mil/USAG/DHR/TEC/education_info.html
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

WiFi

Service:	Wireless Internet
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Patrons can access free wireless internet in the main resiliency campus building area. There are computers available for use in the computer labs with free printing capabilities.
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	8:30 am -5:30 pm (M-F)
Length of	N/A

Program:	
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Cyber Station
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Impact Zone
Description:	Cyber Station is located inside the Impact Zone food and recreation center. available at the Impact Zone for patron use
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Open Thursdays & Fridays 4-10pm; and Sat 6-pm- 12am
Length of Program:	Varies
Cost:	Varies
Location:	BLDG 3265 Koehler Loop, Fort Sill
Contact:	580-442-3575 or 580-442-0355
Web Site:	http://www.sillmwr.com/food-beverage/impact-zone/
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

COUNSELING

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Assessment/Evaluation

Service:	Assessment and Screening
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)

Description:	Sessions provided to identify risk factors and stressors which may require assistance, intervention or referrals.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	Appointment preferred; Walk-ins accepted upon availability
Length of Program:	1-2 Hours
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Substance Abuse Screening and Assessment
Organization:	Army Substance Abuse Program (ASAP)
Program:	ASAP Clinical Services
Description:	An in-depth individual evaluation to determine treatment needs covering the following areas: reason for referral and relevant legal issues to include commander input; living situation; financial status; current mental status, substance abuse history, individual and family history.
Target Audience:	Active Duty service members enrolled in ASAP. Also, those who have been referred by the Employee Assistance Program (Family members age 18 and older, DA Civilians, and Retirees)
Schedule:	Weekdays
Length of Program:	Varies
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-2691/4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/Counselors.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Emotional and Behavioral

Counseling Services

Service:	Mediation Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	The EAP provides mediation services to resolve work related issues. At the client's request, the EAP may facilitate meetings to resolve conflict, improve communication and restore harmony in the workplace.
Target Audience:	DA Civilians
Schedule:	By Appointment
Length of Program:	Case By Case Basis
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Short Term Counseling Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Professional assistance provided to eligible personnel for the challenges of everyday living. The EAP confidentially addresses difficulties in relationships, emotional/psychological, stress and anxiety. These short term counseling sessions assist individuals with life stressors related to various environments (such as work, school, home, marital conflict etc.). These sessions are focused on building coping skills and resiliency. However, these services do not include counseling for children under 18.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri

Length of Program:	Appointments Preferred; Walk-ins accepted upon availability
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Personal Counseling Service
Organization:	Religious Support Office
Program:	Individual & Family Therapy
Description:	Family Life Chaplain provides Tier II level therapy for individuals and families
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	By appointment
Length of Program:	10 weeks (approx.) X Fall session & Spring Session on Wednesday evenings
Cost:	N/A
Location:	Frontier Chapel at 4121 Thomas Rd & Graham Resiliency Training Center; Bldg 2934 located at 2934 Marcy Road Ft Sill, OK 73503
Contact Info:	580-442-3302
Web Site:	N/A
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Service:	Substance Abuse Individual Therapy
Organization:	Army Substance Abuse Program (ASAP)
Program:	ASAP Clinical Services
Description:	This program provides individual therapy/ counseling services to address and

	treat substance abuse.
Target Audience:	Active Duty service members enrolled in ASAP. Also, those who have been referred by the Employee Assistance Program (Family members age 18 and older, DA Civilians, and Retirees)
Schedule:	Weekdays
Length of Program:	1 hour weekly
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-2691/4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/Counselors.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Emotional and Behavioral

Service:	Substance Abuse Group Therapy
Organization:	Army Substance Abuse Program (ASAP)
Program:	ASAP Clinical Services
Description:	Group therapy provides group counseling sessions which focus on the treatment of mental health disorders which are present with substance use disorders.
Target Audience:	Active Duty service members enrolled in ASAP. Also, those who have been referred by the Employee Assistance Program (Family members age 18 and older, DA Civilians, and Retirees)
Schedule:	Weekdays
Length of Program:	1-3 hours weekly
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-2691/4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/Counselors.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Emotional and Behavioral

Service:	Marital and Family Therapy
Organization:	Dept. of Behavioral Health
Program:	Multi Disciplinary Social Work Service
Description:	Counseling/ Psychotherapy services focused on strengthening marriage and family relationships. Counselors are licensed professionals trained to provide private and confidential sessions to meet the clients' needs. You may call to schedule an appointment or Walk- in for an assessment.
Target Audience:	Active Duty, Retirees, Family Members and TRI Care Insurance Members
Schedule:	Appointments available between 0800-1600 M-F
Length of Program:	Varies
Cost:	N/A
Location:	Social Work Services Service, Building 3161, Hoskins Road Ft. Sill, OK 73503
Contact:	580-442-2836
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Emotional and Family

Service:	Individual Therapy
Organization:	Dept. of Behavioral Health
Program:	Multi Disciplinary Social Work Service
Description:	This programs provides individual counseling services to strengthen resilience (the ability to adapt and cope with change, transition, and stress) in an individual setting addressing topics including depressive, stress reduction, anger management and combat stress reaction symptoms. You may call to schedule an appointment or Walk- in for an assessment.
Target Audience:	Active Duty, Retirees, Family Members and TRI Care Insurance Members
Schedule:	Appointments available between 0800-1600 M-F
Length of Program:	Varies
Cost:	N/A
Location:	Social Work Services Service, Building 3161, Hoskins Road Ft. Sill, OK 73503
Contact:	580-442-2836

Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Emotional and Family

Service:	Group Therapy
Organization:	Dept. of Behavioral Health
Program:	Multi Disciplinary Social Work Service
Description:	This programs provides individual counseling services to strengthen resilience (the ability to adapt and cope with change, transition, and stress) in a group setting addressing topics of relationship enhancement, stress reduction and anger management. You may call to schedule an appointment or Walk- in for an assessment.
Target Audience:	Active Duty, Retirees, Family Members and TRI Care Insurance Members
Schedule:	Appointments available between 0800-1600 M-F
Length of Program:	Weekly 1-2 hours depending on group.
Cost:	N/A
Location:	Social Work Services Service, Building 3161, Hoskins Road Ft. Sill, OK 73503
Contact:	580-442-2836
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Emotional and Family

Referrals

Service:	Referral Services
Organization:	ASAP
Program:	Employee Assistance Program (EAP)
Description:	In cases where assistance cannot be provided by the Employee Assistance Program, referrals are provided to accommodate the needs of the individual. Referrals may include issues related to child /elder care, financial, health related, grief and loss, and stress. The EAP partners with a range of Lawton/ Fort Sill community providers to meet needs of our military & civilian community.
Target	Active Duty Family members, DA Civilians, their Family members and Retirees

Audience:	and their Family members
Schedule:	07:30- 16:30 Mon- Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Referral Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	ASAP Clinical Services
Description:	Referrals are made to the Behavioral Health Service and Social Work Services to address mental health needs identified in the course of the ASAP enrollment, when more specialized counseling services are needed or medication management needs to be evaluated. Referrals to other supportive services are also made as needed (ex. Family Advocacy, Wellness Center for tobacco cessation classes and nutritional counseling, Pain Management Clinic, Pastoral Care, Army Community Services for financial management, parenting classes, career and vocational counseling, etc .
Target Audience:	Active Duty service members enrolled in ASAP. Also, those who have been referred by the Employee Assistance Program (Family members age 18 and older, DA Civilians, and Retirees)
Schedule:	Weekdays
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-2691/4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/Counselors.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social, Emotional, & Spiritual

CRIME PREVENTION

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Service:	Physical Security and Crime Prevention
Organization:	Directorate of Emergency Services, Physical Security Division
Program:	Crime Prevention
Description:	Head shot picture and brief description of child identification card. Parent retains the card, it is used in the event the child goes missing to provide an immediate picture and description of the child.
Target Audience:	Children of Military Service Members
Schedule:	Monday - Friday, 0730-1600
Length of Program:	Depending of the size of the group.
Cost:	Cost of Film - must contact for type of film to use.
Location:	Bldg 5030, Hatch Road, Fort Sill, OK 73503
Contact:	580 558-6527 or 558-6028
Web Site:	https://sill-www.army.mil/USAG/DES/
Social Media:	N/A
CSF2 Pillar:	Child Safety

Service:	Physical Security and Crime Prevention
Organization:	Directorate of Emergency Services, Physical Security Division
Program:	Crime Prevention
Description:	A volunteer dresses as McGruff and with a knowledgeable guide interacts with children about their safety and reporting crime.
Target Audience:	Family members of Military Service Members
Schedule:	Monday - Friday, 0730-1600
Length of Program:	McGruff stays in costume 15-20 minutes, takes a break and returns for an additional 15-20 minutes. He may make only one appearance or this may continue several times.

Cost:	N/A
Location:	Bldg 5030, Hatch Road, Fort Sill, OK 73503
Contact:	580 558-6527 or 558-6028
Web Site:	https://sill-www.army.mil/USAG/DES/
Social Media:	N/A
CSF2 Pillar:	Personal Safety

CRISIS INTERVENTION

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Help Lines

Service:	Confidential Veteran's Crisis Line
Organization:	Department of Defense
Program:	Veteran's Crisis Line
Description:	The professionals at the confidential Military Crisis Line are specially trained and experienced in helping Service members and their families when life issues such as chronic pain, anxiety, depression, sleeplessness, and anger reach a crisis point. If you are struggling to cope please reach out for help.
Target Audience:	Military Service Members and their Families,
Schedule:	24 Hours, 7 Days /Week 365 Days/Year
Length of Program:	Ongoing
Cost:	N/A
Location:	ONLINE
Contact Info:	1-800-273-8255 and Press 1 or TEXT 838255
Web Site:	http://www.veteranscrisisline.net/ActiveDuty.aspx For LIVE CHAT http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=VeteransChat
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Family, Emotional & Spiritual

Service:	National Suicide Prevention Lifeline (Phone/Live Chat)
Organization:	National Suicide Prevention Lifeline
Program:	Suicide Prevention Program
Description:	Provides a variety of resources and information regarding suicide prevention assistance and crisis intervention. The site also provides step by step information on creating a safety plan, providing help for others, and local networks and crisis centers.
Target Audience:	Public Service
Schedule:	Ongoing
Length of Program:	Ongoing
Cost:	N/A
Location:	ONLINE
Contact Info:	1-800-273-8255
Web Site:	http://www.Suicidepreventionlifeline.org
Social Media:	https://www.facebook.com/800273TALK
CSF2 Pillar:	Physical, Social, Family, Emotional & Spiritual

Service:	DoD Safe Helpline
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	Crisis support services for members of the DoD community affected by sexual assault. Service is confidential, anonymous, secure, and available worldwide, 24/7. Safe Helpline.org will direct users to additional services: chat rooms and a helpline app.
Target Audience:	Active Duty Soldiers, National Guard and Reserve Soldiers, and military dependents 18 years of age and older who eligible for treatment in the military health care system.
Schedule:	24 Hours, 7 Days /Week 365 Days/Year
Length of Program:	Cases By Case Basis
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505
Contact Info:	877-995-5247

Web Site:	https://www.safehelpline.org/about-dod-safe-helpline
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Family, Emotional & Spiritual

Reporting

Service:	DoD Safe Helpline
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP
Description:	Crisis support services for members of the DoD community affected by sexual assault. Service is confidential, anonymous, secure, and available worldwide, 24/7. Safe Helpline.org will direct users to additional services: chat rooms and a helpline app.
Target Audience:	Active Duty Soldiers, National Guard and Reserve Soldiers, and military dependents 18 years of age and older who eligible for treatment in the military health care system.
Schedule:	24 Hours, 7 Days /Week 365 Days/Year
Length of Program:	Cases By Case Basis
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505
Contact Info:	877-995-5247
Web Site:	https://www.safehelpline.org/about-dod-safe-helpline
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Family, Emotional & Spiritual

Service:	24 -HR Hotline
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP
Description:	24-Hr Hotline is utilized for victims to report incidents of sexual assault or sexual harassment. Services are confidential, available 24/7.
Target Audience:	Active Duty Soldiers, National Guard and Reserve Soldiers, and military dependents 18 years of age and older who eligible for treatment in the military health care system.

Schedule:	24 Hours, 7 Days /Week 365 Days/Year
Length of Program:	Cases By Case Basis
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505
Contact Info:	580-917-4277
Web Site:	http://sill-www.army.mil/sharp/
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Family, Emotional & Spiritual

Service:	Domestic Violence Prevention & Intervention
Organization:	Reynolds Army Community Hospital, Social Work Services.
Program:	Family Advocacy Program
Description:	Family Advocacy Program consists of coordinated efforts designed to intervene in cases of family violence, and to promote healthy family life. The program assists with early identification and coordinated, comprehensive intervention, assessment, and support to families of suspected child abuse or domestic violence.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	Monday - Friday, 0730-1630
Length of Program:	varies depending on family
Cost:	N/A
Location:	3161 Hoskins Rd. Ft. Sill, OK 73503
Contact Info:	580 442 2836
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Emotional, Family

CULTURAL PROGRAMS

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Service:	Culture Connections
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Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Relocation
Description:	Networking support for the culturally diverse population
Target Audience:	Foreign born beneficiaries
Schedule:	Quarterly
Length of Program:	2 hours
Cost:	None
Location:	Varies
Contact:	580-442-3095
CSF2 Pillar:	Social, Emotional & Family

Service:	Gartenzwerge Kinderschule
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	A weekly guided, educational play session based on a theme. Parents and children will hear a story, sing, dance, play educational games and do a craft entirely in German.
Target Audience:	All German Speaking Military Families and Children
Schedule:	Weekly
Length of Program:	2 hours
Cost:	None
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional, & Family

Service:	Ethnic Observances
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Organization:	Fires Center of Excellence (FCoE)
Program:	Equal Opportunity Program
Description:	The Equal Opportunity Program provides an educational luncheons to celebrate various cultures and ethnicities. There is a keynote speaker to provide education focused on the special observance of the month. Immediately following there is a catered luncheon for attendees to enjoy. If you would like to purchase tickets or for more information, please contact the Equal Opportunity Office.
Target Audience:	Active Duty Soldiers, and Family Members of Soldiers
Schedule:	11:00-1300
Length of Program:	Monthly
Cost:	\$13.00
Location:	The Welcome Center Bldg 4700 Mow- Way Road Ste 459 Fort Sill, OK 73503
Contact Info:	580-442-6968
Web Site:	http://sill-www.army.mil/eo/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

DEPLOYMENT

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Deployment Education/Family Training

Service:	Family Readiness Group (FRG) Training: Army Community Service Overview
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Brief discussion of all the programs ACS offers to the Military and families
Target Audience:	All returning units after deployments and families
Schedule:	As needed
Length of Program:	30 Minutes
Cost:	N/A
Location:	Unit/Family Readiness Group (FRG) Locations
Contact:	580-442-0359

Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Family Readiness Group (FRG) Care Team Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Training for providing care for Soldiers and families during deployments. This training covers the emotional, financial, psychological, and social needs for Soldiers.
Target Audience:	All FRG Leaders, Family Readiness Liaisons and Care Team Volunteers
Schedule:	Quarterly
Length of Program:	1 1/2 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-0359
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Deployment Cycle Support

Service:	Family Readiness Group (FRG) Training: Commander/Rear Detachment Roles
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Mobilization/ Deployment
Description:	Training on the duties of the Rear Detachment (on post) Commander while the unit Soldiers are deployed
Target Audience:	All Family Readiness Group (FRG) Leaders, Read Detachment Commanders, Family Readiness Liaisons

Schedule:	Quarterly
Length of Program:	5 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-0359
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

DOMESTIC VIOLENCE/ FAMILY ADVOCACY

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Awareness Activities/Events

Service:	Domestic Violence Prevention & Intervention
Organization:	Reynolds Army Community Hospital, Social Work Services.
Program:	Family Advocacy Program
Description:	Family Advocacy Program consists of coordinated efforts designed to intervene in cases of family violence, and to promote healthy family life. The program assists with early identification and coordinated, comprehensive intervention, assessment, and support to families of suspected child abuse or domestic violence.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	Monday - Friday, 0730-1630
Length of Program:	varies depending on family
Cost:	N/A
Location:	3161 Hoskins Rd. Ft. Sill, OK 73503
Contact Info:	580 442 2836
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Emotional, Family

Classes/Workshops

Service:	Annual Troop Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Annual required training for all service members on the issues in Family violence, reporting requirements, healthy Family characteristics and the local family activities increase healthy families. Attendance at this training meets minimum training requirements for Soldiers.
Target Audience:	All military personnel currently assigned to the Fort Sill installation
Schedule:	First three Tuesdays of every month
Length of Program:	1.5 Hours
Cost:	N/A
Location:	Sheridan Theater, 3260 Koehler Loop , Oklahoma 73503
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Prevention/Intervention Programs

Service:	Domestic Abuse Victim Advocacy
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Safety planning, service planning, resource and referral for victims of physical, emotional, and sexual domestic abuse, including intimate partner violence.
Target Audience:	Service Members and Family members who have experienced domestic abuse
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	Building 4700 Mow-Way Road Fort Sill, OK 73503

Contact:	580-574-0871
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional & Family

Service:	Family Advocacy Committee
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Organization leaders from various organizations discuss issues related to domestic violence and child abuse for Military Families. The committee makes plans and recommendations improve conditions of Fort Sill.
Target Audience:	Family Advocacy Committee Members
Schedule:	Quarterly
Length of Program:	1 1/2 Hour
Cost:	N/A
Location:	Bldg 462 Taylor Hall Fort Sill, OK 73503
Contact:	580-442-6458
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

EMPLOYMENT SERVICES

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Finding a Job/Career

Service:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Organization:	Employment Readiness Program
Program:	
Description:	Individuals will receive the basic understanding of resume writing. This is

	done individually or in class format.
Target Audience:	Military Spouses and ID card holding dependents, Service Members, Retirees and DOD Civilians.
Schedule:	Mon - Friday 0800 to 1600 Classes are available upon request.
Length of Program:	1-2 hours
Cost:	N/A
Location:	Bldg. 4700 Mow Way Rd, Ste 531 Fort Sill, OK 73503.
Contact Info:	580-442-4681
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/employment-readiness-program/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Spiritual

Service:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Organization:	Employment Readiness Program
Program:	
Description:	Helps develop interviewing skills by giving the client confidence and understanding of questions that maybe asked by an interviewer.
Target Audience:	Military Spouses and ID card holding dependents, Service Members, Retirees and DOD Civilians.
Schedule:	Mon - Friday 0800 to 1600 Classes are available upon request.
Length of Program:	1-2 hours
Cost:	N/A
Location:	Bldg. 4700 Mow Way Rd, Ste 531 Fort Sill, OK 73503.
Contact Info:	580-442-4681
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/employment-readiness-program/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Spiritual

Service:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Organization:	Employment Readiness Program
Program:	
Description:	Gives clients extra help with job searching by emailing clients a list of viable jobs in the Lawton/Fort Sill area. This includes federal, state, city and local jobs.
Target Audience:	Military Spouses and ID card holding dependents, Service Members, Retirees and DOD Civilians.
Schedule:	Mon - Friday 0800 to 1600 Classes are available upon request.
Length of Program:	1-2 hours
Cost:	N/A
Location:	Bldg. 4700 Mow Way Rd, Ste 531 Fort Sill, OK 73503.
Contact Info:	580-442-4681
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/employment-readiness-program/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Spiritual

Service:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Organization:	Employment Readiness Program
Program:	
Description:	Job market analysis helps clients to understand the future of their chosen career profession.
Target Audience:	Military Spouses and ID card holding dependents, Service Members, Retirees and DOD Civilians.
Schedule:	Mon - Friday 0800 to 1600 Classes are available upon request.
Length of Program:	1-2 hours
Cost:	N/A
Location:	Bldg. 4700 Mow Way Rd, Ste 531 Fort Sill, OK 73503.
Contact Info:	580-442-4681
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/employment-readiness-program/
Social Media:	http://www.facebook.com/FortSillACS

CSF2 Pillar:	Social, Emotional, Spiritual
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Service:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Organization:	Employment Readiness Program
Program:	
Description:	Assist clients in finding a career that is right for them.
Target Audience:	Military Spouses and ID card holding dependents, Service Members, Retirees and DOD Civilians.
Schedule:	Mon - Friday 0800 to 1600 Classes are available upon request.
Length of Program:	1-2 hours
Cost:	N/A
Location:	Bldg. 4700 Mow Way Rd, Ste 531 Fort Sill, OK 73503.
Contact Info:	580-442-4681
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/employment-readiness-program/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Spiritual

Military Spouse Programs

Service:	Employment Preference
Organization:	Civilian Personnel Advisory Center
Program:	Military Spouse Preference: Executive Order 13473
Description:	Implementation of Executive Order 13473, 25 Sep 08 "Employment Opportunities for Military Spouses." This section implemented measures to increase employment opportunities for spouses of Armed Forces military members. The intent is to lessen the career interruptions of spouses who relocate with their military sponsors. Facilitate entry of military spouses into the Federal Civil Service. Provide employment access to spouses negatively impacted due to relocation, incapacitation, or death of service members (SM). Recruit and retain skilled and experienced members of the armed forces. Minimize disruption when military families relocate. Recognize and honor SM who are 100% disabled or killed in connection with their service.

Target Audience:	Spouse of a Service Member serving on active duty when they receive orders to relocate; or spouse of SM whose disability resulted from active duty in the armed forces; or un-remarried widow or widower of a SM who was killed while on active duty in the armed forces, it does not have to be combat related.
Schedule:	Monday - Friday, 0730-1600
Length of Program:	Varies Depending on Program
Cost:	N/A
Location:	Bldg. 4700 Mow Way Rd, Ste 531 Fort Sill, OK 73503.
Contact Info:	580-442-5050
Web Site:	http://sill-www.army.mil/usag/cpac/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Spiritual

Service:	Employment Preference Program
Organization:	Civilian Personnel Advisory Center
Program:	Military Spouse Preference
Description:	Military Spouse Preference (MSP) is authorized by Public Law 99-145, "DoD Authorization Act of 1986," Section 806, "Employment Opportunities for Military Spouses." This section implemented measures to increase employment opportunities for spouses of Armed Forces military members. The intent is to lessen the career interruptions of spouses who relocate with their military sponsors. MSP provides priority in the employment selection process for military spouses who are relocating to accompany their military sponsor on a Permanent Change of Station (PCS) move to an active duty assignment. Spousal preference is one of several initiatives to enhance the well-being of military families.
Target Audience:	Spouse of active duty military members of the U.S. Armed Forces, including the U.S. Coast Guard and full-time National Guard, who desire priority consideration for positions at DoD activities in the U.S and its territories and possessions.
Schedule:	Monday - Friday, 0730-1600
Length of Program:	Varies Depending on Program
Cost:	N/A
Location:	Bldg. 4700 Mow Way Rd, Ste 531 Fort Sill, OK 73503.
Contact Info:	580-442-5050
Web Site:	http://sill-www.army.mil/usag/cpac/
Social Media:	N/A

CSF2 Pillar::	Social, Emotional, Spiritual
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Employee Stress Management

Service:	Mediation Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	The EAP provides mediation services to resolve work related issues. At the client's request, the EAP may facilitate meetings to resolve conflict, improve communication and restore harmony in the workplace.
Target Audience:	DA Civilians
Schedule:	By Appointment
Length of Program:	Case By Case Basis
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Assessment and Screening
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Sessions provided to identify risk factors and stressors which may require assistance, intervention or referrals.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	Appointment preferred; Walk-ins accepted upon availability
Length of Program:	1-2 Hours

Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	N/A
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Short Term Counseling Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Professional assistance provided to eligible personnel for the challenges of everyday living. The EAP confidentially addresses difficulties in relationships, emotional/psychological, stress and anxiety. These short term counseling sessions assist individuals with life stressors related to various environments (such as work, school, home, marital conflict etc.). These sessions are focused on building coping skills and resiliency. However, these services do not include counseling for children under 18.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Appointments Preferred; Walk-ins accepted upon availability
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Referral Services
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Organization:	ASAP
Program:	Employee Assistance Program (EAP)
Description:	In cases where assistance cannot be provided by the Employee Assistance Program, referrals are provided to accommodate the needs of the individual. Referrals may include issues related to child /elder care, financial, health related, grief and loss, and stress. The EAP partners with a range of Lawton/ Fort Sill community providers to meet needs of our military & civilian community.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30- 16:30 Mon- Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Short Term Counseling Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Professional assistance provided to eligible personnel for the challenges of everyday living. The EAP confidentially addresses difficulties in relationships, emotional/psychological, stress and anxiety. These short term counseling sessions assist individuals with life stressors related to various environments (such as work, school, home, marital conflict etc.). These sessions are focused on building coping skills and resiliency. However, these services do not include counseling for children under 18.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Appointments Preferred; Walk-ins accepted upon availability
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner

	Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Referral Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	In cases where assistance cannot be provided by the Employee Assistance Program, referrals are provided to accommodate the needs of the individual. Referrals may include issues related to child /elder care, financial, health related, grief and loss, and stress. The EAP partners with a range of Lawton/ Fort Sill community providers to meet needs of our military & civilian community.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Employee Support
Organization:	Army Substance Abuse Program (ASAP)

Program:	Employee Assistance Program (EAP)
Description:	The Employee Assistance Program (EAP) is designed to assist with a wide range of life stressors which may impact employee performance. The services include short term counseling, referrals, mediation for employment conflict, risk assessments, information resources and education and training in these areas.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

ENVIRONMENTAL HEALTH

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Service:	Bulk Shredding
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Recycling
Description:	The Recycle Center offers bulk shredding for secure disposal of personal Information (PII)
Target Audience:	Active Duty Units, Contractors, Family Readiness Group (FRG)'s, Reserve Components, Directorates, other Federal Agencies, Lawton and surrounding communities.
Schedule:	shredding by appointment, Wed & Fri. based on current seasonal working schedule
Length of Program:	year round
Cost:	None
Location:	3330 NW Sheridan Road Fort Sill, OK 73503
Contact Info:	580-442-5712

Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Cash For Trash
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Recycling
Description:	Fort Sill offers a unique incentive program designed to encourage recycling on the Installation.
Target Audience:	Active Duty Units, Contractors, Family Readiness Group (FRG)'s, Reserve Components, Directorates, other Federal Agencies, Lawton and surrounding communities.
Schedule:	Summer hours (Memorial Day - Labor Day 6am to 2:30pm) Winter hours(Labor Day to Memorial Day 7:30am to 4pm)
Length of Program:	monthly
Cost:	N/A
Location:	3330 NW Sheridan Road Fort Sill, OK 73503
Contact Info:	580-442-5712
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Community Recycling
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Recycling
Description:	The Recycle Center accepts cardboard, all types of paper, plastic bottles, milk jugs, detergent bottles, household batteries, aluminum & steel cans.
Target Audience:	Active Duty Units, Contractors, Family Readiness Group (FRG)'s, Reserve Components, Directorates, other Federal Agencies, Lawton and surrounding communities.
Schedule:	bins available 24hrs/day - 365 days a year
Length of Program:	year round

Cost:	None
Location:	3330 NW Sheridan Road Fort Sill, OK 73503
Contact Info:	580-442-5712
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

EQUAL OPPORTUNITY

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Events

Service:	Ethnic Observances
Organization:	Fires Center of Excellence (FCoE)
Program:	Equal Opportunity Program
Description:	The Equal Opportunity Program provides an educational luncheons to celebrate various cultures and ethnicities. There is a keynote speaker to provide education focused on the special observance of the month. Immediately following there is a catered luncheon for attendees to enjoy. If you would like to purchase tickets or for more information, please contact the Equal Opportunity Office.
Target Audience:	Active Duty Soldiers, and Family Members of Soldiers
Schedule:	11:00-1300
Length of Program:	Monthly
Cost:	\$13.00
Location:	The Welcome Center Bldg 4700 Mow- Way Road Ste 459 Fort Sill, OK 73503
Contact Info:	580-442-6968
Web Site:	http://sill-www.army.mil/eo/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Complaints

Service:	Formal and Informal Reports
Organization:	Fires Center of Excellence (FCoE)
Program:	Equal Opportunity Program
Description:	The Equal Opportunity Program is for eligible individuals to report incidents of racial, color, gender, religion or national origin discrimination. If you have more questions or need additional information regarding the Army Equal Opportunity Policies and Regulations please contact the Fort Sill EO Office.
Target Audience:	Active Duty Soldiers, and Family Members of Soldiers
Schedule:	Mon- Fri 09:00-17:00
Length of Program:	Case By Case Basis
Cost:	N/A
Location:	The Welcome Center Bldg 4700 Mow- Way Road Ste 459 Fort Sill, OK 73503
Contact Info:	580-442-6968
Web Site:	http://sill-www.army.mil/eo/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Mediation Services
Organization:	Fires Center of Excellence (FCoE)
Program:	Equal Opportunity Program
Description:	In the event of a conflict resulting from discrimination, Equal Opportunity Advisors can assist in conflict resolution to support the Total Army Family.
Target Audience:	Active Duty Soldiers, and Family Members of Soldiers
Schedule:	Mon- Fri 09:00-17:00
Length of Program:	Case By Case Basis
Cost:	N/A
Location:	The Welcome Center Bldg 4700 Mow- Way Road Ste 459 Fort Sill, OK 73503
Contact Info:	580-442-6968
Web Site:	http://sill-www.army.mil/eo/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

FINANCES

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Financial Assistance

Service:	Emergency Financial Assistance
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Emergency Relief (AER)
Description:	Grants or loans to help military ID cardholders.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Office Hrs: 0830 - 1500 Appointment Required; Emergencies seen on a walk-in basis.
Length of Program:	Varies
Cost:	None
Location:	BLDG 4700, Mow Way Road, Fort Sill
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/
Social Media:	http://www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Personal Financial Management Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Financial Readiness
Description:	Mandatory Training for Fort Sill Soldiers on their first permanent duty station. Class Topics Include Consumer Awareness, Budget Planning and Record Keeping, Credit and Debt Liquidation, Military Pay System, Checking Accounts and Checkbook Management, Large Item Purchasing.
Target Audience:	E4 and Below
Schedule:	Monday 1230 - 1630
Length of	4 hrs

Program:	
Cost:	No cost
Location:	BLDG 4700, Mow Way Road, Fort Sill
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	CFNCO Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Installation Command Financial NCO (CFNCO) Program
Description:	Updates on AER and resource information. Class topics include: Military Legal Assistance, Military Pay Procedures, Budget Counseling methods, AER Loan Processing, Military Housing Procedures, Quarters Eligibility Waivers, TSP, FSSA, Local and post resources.
Target Audience:	Unit CFNCOs
Schedule:	Bi-Weekly
Length of Program:	1 hr
Cost:	No cost
Location:	BLDG 4700, Mow Way Road, Fort Sill
Contact:	442-2976
Web Site:	http://www.sillmwr.com/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Personal Finances

Service:	Financial Management Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)

Program:	Financial Readiness
Description:	Topics include how to set up a checking account, keeping the account balanced, using debit cards and ATMs, understanding bank statements, savings accounts and investments.
Target Audience:	Open to all ID card holders
Schedule:	Every 3rd Tuesday and Wednesday Tues - Noon - 4 PM and Wednesday 8 AM - 12 noon
Length of Program:	4 hrs
Cost:	No Cost/Reservations are required at least two weeks in advance.
Location:	BLDG 4700, Mow Way Road, Fort Sill
Contact:	580-442-3080
Web Site:	http://www.sillmwr.com/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Relocation Financial Preparedness Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Financial Readiness
Description:	Financial Planning Class for Soldiers on initial PCS moves (E4 and below). This training provides budget tools such as calculators and spending plans that help reduce the financial stress of moving.
Target Audience:	E4 and Below
Schedule:	Twice Monthly
Length of Program:	1 hour
Cost:	No Cost
Location:	BLDG 4700, Mow Way Road, Fort Sill
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Credit Scores
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Financial Readiness
Description:	Free credit score, report and analysis.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians
Schedule:	0830 - 1600 Monday through Friday (closed on Federal Holidays)
Length of Program:	1.5 hrs
Cost:	No cost
Location:	BLDG 4700, Mow Way Road, Fort Sill
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Financial Counseling and Coaching
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Financial Readiness
Description:	Counseling and coaching in the following areas: budgeting, money management, consumer awareness, debt and credit management.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians
Schedule:	0830 - 1600 Monday through Friday (closed on Federal Holidays)
Length of Program:	1.5 hrs
Cost:	No cost for financial counseling and coaching
Location:	BLDG 4700, Mow Way Road, Fort Sill
Contact:	580-442-4916

Web Site:	http://www.sillmwr.com/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Social, Emotional, Family & Spiritual

FIRE DEPARTMENT

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Service:	Fort Sill Fire Department
Organization:	Directate of Emergency Services
Program:	Fort Sill Fire Department
Description:	Fort Sill Fire Department offers Emergency Services, Fire Prevention, Education, Holiday Safety Information, and other Fire Safety Services. The Fire Department includes Operations / Protective Branch, Prevention / Inspection Branch, Fire Station 1 (6041 Rothwell), Fire Station 2 (4914 Post Rd), Fire Station 3 (3500 Thomas), Fire Station 4 (1617 Randolph Rd)
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Office Hrs: 0830 - 1500 Appointment Required; Emergencies seen on a walk-in basis.
Length of Program:	Varies
Cost:	None
Location:	Various Locations on Fort Sill
Contact:	580-442-5172
Web Site:	http://sill-www.army.mil/USAG/DES/index.html
Social Media:	N/A
CSF2 Pillar:	Physical

FITNESS

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Service:	Functional Fitness Facilitator/Gym
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Functional Fitness Center is a gym with work out facilitators who assist with conducting exercise plans for daily living. They provide a safe and responsible environment for all patrons to increase their physical fitness levels. Patrons can

	work out independently with free gym equipment.
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	6:00am- 5:30 pm (M-F) (closed on first Friday of the Month)
Length of Program:	N/A
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Physical Readiness Training Track
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Soft-surface outdoor quarter mile track with 10 Physical Readiness Training Stations. Located on Resiliency Training Campus with restroom area, locker rooms, playground, kitchen area and Child and Youth Services playgroups. See front desk for details.
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	24-7
Length of Program:	N/A
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Locker Rooms
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Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Locker Rooms provide locker spaces, showers, restroom areas and infant changing tables with private areas for breastfeeding.
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	8:30 am -5:30 pm (M-F)
Length of Program:	N/A
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Family

Service:	Gym: Goldner Fitness Center
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Goldner Fitness Center is the gym on Fort Sill (20, 298 square feet). It is equipped with cardio and muscular strengthening equipment, basketball court, locker rooms, steam rooms and a variety of other fitness opportunities. For more information, please contact Goldner Fitness Center.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians.
Schedule:	Goldner FC: Mon-Fri 0500-2000; Sat 0800-1600; Sun 1000-1700
Length of Program:	Open Year Round
Cost:	No Cost to Participants
Location:	BLDG 3444 Crane Road Fort Sill, OK 73503
Contact:	580-442-2740
Web Site:	http://www.sillmwr.com/recreation-leisure/fitness-centers/
Social Media:	http://www.facebook.com/Fort Sill Family & MWR Recreation
CSF2 Pillar:	Social, Emotional, Family, Spiritual

Service:	Gym: Honeycutt Fitness Center
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Honeycutt Fitness Center is the second largest gym on Fort Sill (34, 475 square feet). It is equipped with cardio and muscular strengthening equipment, basketball court, locker rooms, steam rooms and a variety of other fitness opportunities. For more information, please contact Honeycutt Fitness Center.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians.
Schedule:	Honeycutt FC: Mon-Fri 0500-2000; Sat 0800-1700; Sun 1000-1600
Length of Program:	Open Year Round
Cost:	No Cost to Participants
Location:	BLDG 921, Randolph Road Fort Sill, OK 73503
Contact:	580-442-4670
Web Site:	http://www.sillmwr.com/recreation-leisure/fitness-centers/
Social Media:	http://www.facebook.com/Fort_Sill_Family_&_MWR_Recreation
CSF2 Pillar:	Social, Emotional, Family, Spiritual

Service:	Gym: Rhinehart Fitness Center
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Rinehart Fitness Center, our most recently built facility, (50,325 square feet) offers its patrons multiple opportunities to increase their fitness levels through the use of the over thirty pieces of the latest Pre-core & LifeFitness cardio equipment, as well as, Hammer Strength weight equipment and much more.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians.
Schedule:	Rinehart FC: Mon-Fri 0500-2100; Sat / Sun 0800-2000
Length of Program:	Open Year Round
Cost:	No Cost to Participants

Location:	BLDG 2731 Bragg Road Fort Sill, OK 73503
Contact:	580-442-6652/6712
Web Site:	http://www.sillmwr.com/recreation-leisure/fitness-centers/
Social Media:	http://www.facebook.com/Fort Sill Family & MWR Recreation
CSF2 Pillar:	Social, Emotional, Family, Spiritual

Service:	Fitness Classes
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Fitness Classes ranging from Zumba to Spin to TRX. These classes can be coordinated with childcare, playgroups, and play areas within the Fitness Center.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians.
Schedule:	Classes offered Mon- Fri
Length of Program:	Classes average 45 minutes
Cost:	No Cost to Participants
Location:	Located at the Fitness Centers in Various Locations on Fort Sill
Contact:	580-442-6652
Web Site:	http://www.sillmwr.com/recreation-leisure/fitness-centers/
Social Media:	http://www.facebook.com/Fort Sill Family & MWR Recreation
CSF2 Pillar:	Social, Emotional, Family, Spiritual

Service:	Pool: Rhinehart Fitness Center Pool
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Indoor Pool for those individuals who are looking for a different type of cardio workout. The 8-lane, 25 meter pool offers two, 1m diving boards and one, 3m diving board, as well as, an elevated viewing section. There is always one lane available for lap swimming, except during swim meets, or dependent upon the unit training mission. Children under 16 must be accompanied by an adult at all times.
Target	Eligible Department of the Army ID Cardholders (Active Duty, National Guard

Audience:	Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians.
Schedule:	Mon- Fri 5 am- 8 pm; Sat 8 am- 7 pm; Holidays 8 am-7 pm
Length of Program:	Open Year Round
Cost:	No Cost to Participants
Location:	BLDG 2731 Bragg Road Fort Sill, OK 73503
Contact:	580-442-6652/6712
Web Site:	http://www.sillmwr.com/recreation-leisure/fitness-centers/
Social Media:	http://www.facebook.com/Fort Sill Family & MWR Recreation
CSF2 Pillar:	Social, Emotional, Family, Spiritual

FOOD

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Restaurant/Dining Facility

Service:	Family & Friends Dinner
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Historic Patriot Club
Description:	A themed, Family friendly buffet dinner. Each month a different theme. Bingo played, prizes reflect the dinner's theme.
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Cocktails 5:30pm, dinner 6 to 8pm. Bingo starts 7pm
Length of Program:	Monthly
Cost:	\$12.95 adults, \$5.95 children6-12, 5 and under eat free
Location:	500 Upton Road Fort Sill, OK 73503
Contact:	580-442-5300
Web Site:	http://www.sillmwr.com/food-beverage/patriot-club/
CSF2 Pillar:	Social, Emotional, Family

Service:	Lanyard Bar Food Menu
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Historic Patriot Club

Description:	Explore the newly renovated Jack Daniels Bar. Expanded operating hours. Delicious Burger menu available Fri & Sat.
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Thu 4pm to 10pm. Fri & Sat 4pm to Midnight. Food available Fri & Sat 5pm to 9pm.
Length of Program:	N/A
Cost:	Cost varies with item. Healthy Base Menu options available.
Location:	500 Upton Road Fort Sill, OK 73503
Contact:	580-442-5300
Web Site:	http://www.sillmwr.com/food-beverage/patriot-club/
CSF2 Pillar:	Social, Emotional, Family

Service:	Bar
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Twin Oaks Bowling Center
Description:	Newly renovated full service bar, big screen TV
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Mom - Thu 4:30 to 9pm, Fri - Sat 4:30 to Midnight, Sun 1 - 6pm
Length of Program:	N/A
Cost:	cost varies with item
Location:	935 Macomb Rd Fort Sill, OK 73503
Contact:	580-442-2882
CSF2 Pillar:	Physical, Social, Emotional, Family

Service:	Sunday Brunch
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Historic Patriot Club
Description:	A complete brunch. Breakfast items as well as a variety of lunch entrees based on the season.
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Sunday, 11 am to 2pm

Length of Program:	Call office for schedule
Cost:	\$16 adults, \$6.95 children 6-12, 5 & under eat free.
Location:	500 Upton Road Fort Sill, OK 73503
Contact:	580-442-5300
Web Site:	http://www.sillmwr.com/food-beverage/patriot-club/
CSF2 Pillar:	Social, Emotional, Family

Service:	Mulligan's Café
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Fort Sill Golf Course
Description:	Café, located in the Golf Course Club House
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Tues-Fri 7:30am to 3pm Sat & Sun 7:30am to 5pm (May close early due to inclement weather)
Length of Program:	N/A
Cost:	Cost varies with item. Healthy Base Menu options available.
Location:	1270 Quinette Road Fort Sill, OK 73503
Contact:	580-442-5391
CSF2 Pillar:	Physical, Social, Emotional, Family

Service:	Private Parties, Hail & Farewell, Unit Functions
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Fort Sill Golf Course
Description:	Catering packages ranging from mere refreshments to continental breakfasts to lunch cookouts are available. Table or buffet service can be arranged. Enjoy the new clubhouse or the outside patio with a spectacular view.
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Thu 4pm to 10pm. Fri & Sat 4pm to Midnight. Food available Fri & Sat 5pm to 9pm.
Length of	dependent upon course play

Program:	
Cost:	Call for pricing
Location:	1270 Quinette Road Fort Sill, OK 73503
Contact:	580-442-5441
CSF2 Pillar:	Physical, Social, Emotional, Family

Service:	Strike Zone Café
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Twin Oaks Bowling Center
Description:	Bowling themed café, located in the Twin Oaks Bowling Center.
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Mon-Wed: 11am-9pm, Thu: 9am - 9pm, Fri: 11am - 12am, Sat: 9am - 12am, Sun: 12pm - 7pm
Length of Program:	N/A
Cost:	Cost varies with item. Healthy Base Menu options available.
Location:	935 Macomb Rd Fort Sill, OK 73503
Contact:	580-442-2709
CSF2 Pillar:	Physical, Social, Emotional, Family

Catering

Service:	Catering: Luncheons, Dinners, Weddings, Hail & Farewell, Balls
Organization:	Family and Morale, Welfare and Recreation (FMWR): Business Operations
Program:	Historic Patriot Club
Description:	Ready to meet your catering needs both on- & off-site. Two full service bars, ballroom, banquet, conference and party rooms, and full catered services. Outdoor patio and cigar bar.
Target Audience:	Soldiers, Family members, authorized patrons, & guests
Schedule:	Office hours Sun & Mon closed. Tue - Fri 9:00am to 5pm. Sat open for events only.
Length of Program:	N/A

Cost:	Prices vary with services. Contact our catering office and visit with a professional to help you plan your perfect event.
Location:	500 Upton Road Fort Sill, OK 73503
Contact:	580-442-5300
Web Site:	http://www.sillmwr.com/food-beverage/patriot-club/
CSF2 Pillar:	Social, Emotional, Family

FORT SILL SPOUSES

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Service:	Social Club
Organization:	Fort Sill Patriot Spouse's Club
Program:	Fort Sill Patriot Spouse's Club
Description:	Fort Sill Patriot Spouse's Club is a non- profit service club to foster friendship and social support, cultural, educational and community projects that benefit our membership, the United States military and the Fort Sill/ Lawton Community. We offer several opportunities throughout the year for spouses to get involved, supporting fundraisers and social events geared toward providing scholarships for military dependents
Target Audience:	Open to Spouses of all Military ID Card Holders
Schedule:	Luncheons are typically the 2nd Tuesday of every Month
Length of Program:	Ongoing
Cost:	Varies by Rank, Time Duration or Student Status
Location:	Patriot Spouses' Club P.O. Box 33174 Fort Sill, OK 73503
Contact Info:	Please Email Membership: FSPSCMembership@ yahoo.com
Web Site:	http://www.fortsillpsc.org/Index.html
Social Media:	https://www.facebook.com/FortSillPSC
CSF2 Pillar:	Family, Social

Service:	Headquarters & Headquarters Service, 434th Field Artillery Brigade
Organization:	FRG Training: 434th Brigade Spouse Orientation

Program:	Mobilization/ Deployment: Family Readiness Group Training
Description:	Fort Sill Patriot Spouse's Club is a non- profit service club to foster friendship and social support, cultural, educational and community projects that benefit our membership, the United States military and the Fort Sill/ Lawton Community. We offer several opportunities throughout the year for spouses to get involved, supporting fundraisers and social events geared toward providing scholarships for military dependents
Target Audience:	Active Duty, Family Members, DA Civilians
Schedule:	Monthly
Length of Program:	1 Hour
Cost:	N/A
Location:	Bldg # 6011
Contact Info:	580-442-0359
Web Site:	http://sill-www.army.mil/434/
Social Media:	https://www.facebook.com/434fabde?ref=br_tf
CSF2 Pillar:	Social, Emotional & Family

HEALTH EDUCATION

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Service:	Health and Wellness Support Services
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Army Wellness Centers are the outreach arm of MEDCOM's Patient-Centered Medical Home, Army Medicine's current primary-care model. The center's approach to service is holistic. Staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Varies Depending on Program
Cost:	N/A

Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional, Family

Service:	Health Assessment Review
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	An analysis of a person's health status, risk for disease, and ability to increase physical activity safely. The Health Assessment Review includes Risk Stratification, Wellness Questionnaires and Biometric Screening.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	Approximately 30 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Exercise Testing
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Using state-of-the-art equipment, physical fitness level is assessed and used to create an individualized exercise prescription. These tests assess your height, weight, blood pressure, heart rate, BMI in addition to your aerobic fitness, body composition, muscular fitness and flexibility.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries

Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Healthy Nutrition
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Healthy eating is enhanced with the use of metabolic testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Stress Management
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Stress Management
Description:	Stress can worsen or cause health problems such as heart disease, hypertension, headaches, stroke, depression and sleep disorders. The Army Wellness Center

	provides biofeedback and educates about stress relief techniques and coping skills.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Wellness Classes and Workshop
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	General Wellness Education
Description:	Stress can worsen or cause health problems such as heart disease, hypertension, headaches, stroke, depression and sleep disorders. The Army Wellness Center provides biofeedback and educates about stress relief techniques and coping skills.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Tobacco Prevention Education
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Tobacco Free Living
Description:	Tobacco education to prevent initiation of tobacco use, and refer tobacco users to appropriate serves/provider for tobacco cessation.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	Approximately 30 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Body Composition Analysis
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Body Composition Analysis
Description:	The Army Wellness Center uses various methods (BOD POD, ultrasound, skin fold calipers, or bioelectric impedance) to determine body composition. (A measure of the components of a person's body like muscle and fat.) Health Educators use this test to make an exercise plan for meeting reasonable physical fitness and health goals.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Evaluate Your Metabolism
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Metabolic Analysis
Description:	Metabolism, the rate at which your body burns calories, is measured and the result provide the exact number of calories required for weight loss, gain or maintenance. Health Educators will help shape a plan that will help you to meet your specific goals.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Body Fat Measurement
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	BOD POD
Description:	Body composition using air displacement to determine body fat %. This service is a part of the Body Composition Analysis
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	Monday-Thursday: 0800-1100 & 1330-1530; Friday: 0800-1100
Length of Program:	Approximately 15 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680

Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Metabolism Assessment
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Resting Metabolic Rate
Description:	Resting metabolic rate is assessed using the FitMate Pro to determine caloric needs. This service is a part of the Metabolic Analysis
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Cardio Respiratory Fitness Test
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	VO2 Submaximal Testing
Description:	The term VO2 max stands for maximal oxygen uptake. It is accepted as the most sensitive predictor of a person's cardio respiratory or aerobic fitness.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	Treadmill: Minimum 3 minutes; Cycle: Minimum 6 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.

Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Stress Management Tool
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	HeartMath Biofeedback
Description:	HeartMath is a biofeedback program that emphasizes the role of the heart and heart rate variability as a key component to the emotional system. HeartMath combines emotional restructuring with biofeedback and relaxation techniques to assist your body in establishing a healthier response to stress. Results are sustained over time because the program helps create a change in your body's baseline emotional and physiologic response to stress.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Emotional

Service:	Nutrition Education & Counseling Services
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Provides Medical Nutrition Therapy and Nutrition Education through individual or group class appointments and health promotion events on a self-referral or consult basis. Individual appointments or group sessions on a variety of topics, including; weight management, sports nutrition, high cholesterol, high blood pressure, diabetes, pregnancy & breastfeeding, food allergies, special diets, eating

	disorders, bariatric surgery, etc.
Target Audience:	Tri-Care beneficiaries
Schedule:	During Clinic hours; weekdays 0800-1600
Length of Program:	Length of individual appointments - Initial are 60 minutes, follow ups are 30 minutes. Classes upon request times vary.
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Service:	Nutrition Education & Wellness
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Nutrition for Better Health, Wellness, & Weight Management.
Target Audience:	Tri-Care beneficiaries
Schedule:	Monthly
Length of Program:	90 mins
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Service:	Nutrition Education & Counseling Services
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Diabetes Education Class
Target Audience:	Tri-Care beneficiaries

Schedule:	Monthly
Length of Program:	
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Service:	Nutrition Education & Counseling Services
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Heart Healthy Class; for those with high cholesterol and/or high blood pressure.
Target Audience:	Tri-Care beneficiaries
Schedule:	Monthly
Length of Program:	90 mins
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Service:	Nutrition Education & Counseling Services
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Building a Nutritious Plate. Given after Upping Your Metabolism Class at AWC.
Target Audience:	Tri-Care beneficiaries
Schedule:	2x/week

Length of Program:	30 mins
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Service:	Nutrition Education & Counseling Services
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Prenatal Nutrition. Given after OB Prenatal Class.
Target Audience:	Tri-Care beneficiaries
Schedule:	Weekly
Length of Program:	30 mins
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Service:	Education & Treatment
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	OutReach Clinic
Description:	Walk in clinic which offers free Sexual Transmitted Disease (STD) testing and treatment on Tues/Thursday 0800-1400
Target Audience:	Tri-Care beneficiaries
Schedule:	TUE/THUR 0800-1400
Length of Program:	Ongoing

Cost:	N/A
Location:	Integrity Clinic at Reynolds Army Community Hospital 4301 Wilson St Fort Sill, OK 73503
Contact:	580-558-3360
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family

HOSPITAL/MEDICAL SERVICES

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Clinics & Specialties

Service:	Primary Care/Family Practice
Organization:	Reynolds Army Community Hospital (RACH)
Program:	Family Medical Home
Description:	A patient-centered medical home concept that provides comprehensive primary care for the entire family. This team model is responsible for all the patient's healthcare needs. And when needed arranges for appropriate care with other services or physicians.
Target Audience:	Soldiers, AD Family Members, Retirees and their family members.
Schedule:	Access as needed- clinic hours are 0730-1630 M-F
Length of Program:	Appointment time determined by the need of the patient -routine appt is 20 minutes
Cost:	N/A if patient is AD or enrolled TRICARE Prime
Location:	4301 Wilson Street, Fort Sill - Outpatient Mall
Contact Info:	580-558-2000 to contact health team or schedule appointments
Web Site:	http://www.rach.sill.amedd.army.mil/primarycare.php
Social Media:	https://www.facebook.com/pages/Reynolds-Army-Community-Hospital
CSF2 Pillar:	Family, Physical, Emotional

Service:	Healthcare for Soldiers
Organization:	Reynolds Army Community Hospital (RACH)
Program:	Fires Center Clinic

Description:	Outpatient health services for Soldiers assigned to 75th Brigade, 214th Brigade, and 31st Brigade.
Target Audience:	Soldiers assigned to Fires Brigades
Schedule:	0700-1630
Length of Program:	Routine appt is 20 minutes
Cost:	N/A
Location:	4700 Mow-Way Road, Fort Sill, Oklahoma 73503
Contact Info:	580-442-3201
Web Site:	http://www.rach.sill.amedd.army.mil/firescenter.php
Social Media:	
CSF2 Pillar:	Family, Physical, Emotional

Service:	Eye Exams/Treatments
Organization:	Reynolds Army Community Hospital (RACH)
Program:	Optometry/Ophthalmology
Description:	This service provides a broad spectrum of eye care and surgical procedures.
Target Audience:	Soldiers are primary - other Tri- Care beneficiaries are seen on a space-available basis.
Schedule:	Clinic hours are 7:30-4:30 Mon-Fri
Length of Program:	Active Duty can self-refer for routine eye exams by calling 580-558-2000, option 5
Cost:	N/A
Location:	Located on 2nd Floor of the outpatient mall
Contact Info:	580-558-2000, option 5
Web Site:	http://www.rach.sill.amedd.army.mil/optometry.php
Social Media:	
CSF2 Pillar:	Family, Physical

Service:	TBI/Psychological Testing
Organization:	Reynolds Army Community Hospital (RACH)
Program:	Traumatic Brain Injury

Description:	Outpatient clinic within Dept of Behavioral Health specializing in diagnosing and treatment of brain injuries. Other services performed included differential diagnosis of common psychiatric conditions, patient education, and Outpatient clinic within Behavioral Health specializing in diagnosing and treatment of brain injuries. Other services performed included differential diagnosis of common psychiatric conditions, patient education, and adolescent assessment on a case by case basis.
Target Audience:	Soldiers are primary - other Tri- Care beneficiaries are seen on a space-available basis.
Schedule:	Hours of operation 0730-1630. First patient appointments start at 0830. No walk in available, must obtain referral from PCM/other provider
Length of Program:	Apt time determined by patient needs. Testing appointments typically 4 hours in length
Cost:	N/A if patient is AD or enrolled TRICARE Prime
Location:	Bld. 3445
Contact Info:	580-442-4678 to inquire about services/confirm apt
Web Site:	http://www.rach.sill.amedd.army.mil/CMHS.php
Social Media:	
CSF2 Pillar:	Family, Physical, Emotional

Service:	Immunizations
Organization:	Reynolds Army Community Hospital (RACH)
Program:	Immunization Clinic
Description:	Provides our beneficiaries with all their immunization requirements. Whenever an immunization is given, the patient must be observed for 15 minutes before they are released. Therefore the last immunization will be administered at 4:15 p.m. Flu shots will be issued seasonally as soon as the vaccine becomes available. Please bring patient's yellow shot record and ID card.
Target Audience:	All TRI- Care Beneficiaries
Schedule:	Walk-in hours are 7:30- 4:15 Mon-Fri
Length of Program:	Walk-in. Patients are observed for 15 minutes before being released.
Cost:	N/A
Location:	Located in the Family Medical Home in the outpatient mall
Contact Info:	580-558-2361
Web Site:	http://www.rach.sill.amedd.army.mil/OPCS.php

Social Media:	
CSF2 Pillar:	Family, Physical, Emotional

Service:	Nutrition Education & Counseling Services
Organization:	Reynolds Army Community Hospital: Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Provides Medical Nutrition Therapy and Nutrition Education through individual or group class appointments and health promotion events on a self-referral or consult basis. Individual appointments or group sessions on a variety of topics, including; weight management, sports nutrition, high cholesterol, high blood pressure, diabetes, pregnancy & breastfeeding, food allergies, special diets, eating disorders, bariatric surgery, etc.
Target Audience:	All TRI- Care Beneficiaries
Schedule:	During Clinic hours; weekdays 0800-1600
Length of Program:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact Info:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	
CSF2 Pillar:	Physical

Service:	Education & Treatment
Organization:	Army Public Health Nursing/RACH
Program:	OutReach Clinic
Description:	Walk in clinic which offers free Sexual Transmitted Disease (STD) testing and treatment
Target Audience:	Tri care beneficiaries
Schedule:	TUE/THUR 0800-1400
Length of Program:	Ongoing
Cost:	N/A

Location:	Integrity Clinic at Reynolds Army Community Hospital 4301 Wilson St Fort Sill, OK 73503
Contact Info:	580-558-3360
Web Site:	
Social Media:	
CSF2 Pillar:	Physical, Social, Emotional, Family

IDENTIFICATION

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Service:	ID Cards
Organization:	Department of Human Resources: Military Personnel Division
Program:	Identification Card (ID Cards)
Description:	Renew CAC/ ID Cards If you would like more information or to schedule an appointment please go to the RAPIDS Appointment Scheduler (see below) or contact the Fort Sill ID Card Office.
Target Audience:	Military Personnel/ Families/ Civilians/ Contractors
Schedule:	Monday-Friday 0830-1130,1230-1530
Length of Program:	ongoing
Cost:	NA
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact:	580-442-5010
Web Site:	https://rapids-appointments.dmdc.osd.mil/
Social Media:	NA
CSF2 Pillar:	Social, Emotional, Family

Service:	Defense Enrollment and Eligibility Reporting System (DEERS) Updating and Enrollment
Organization:	Department of Human Resources: Military Personnel Division
Program:	Identification Card (ID Cards)
Description:	Update DEERS due to marriage, divorce, birth, or death If you would like more information or to schedule an appointment please go to the RAPIDS

	Appointment Scheduler (see below) or contact the Fort Sill ID Card Office.
Target Audience:	Military Personnel/ Families
Schedule:	Monday-Friday 0830-1130,1230-1530
Length of Program:	ongoing
Cost:	NA
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact:	580-442-5010
Web Site:	https://rapids-appointments.dmdc.osd.mil/
Social Media:	NA
CSF2 Pillar:	Social, Emotional, Family

Service:	Physical Security and Crime Prevention
Organization:	Department of Human Resources: Military Personnel Division
Program:	Crime Prevention
Description:	Head shot picture and brief description of child identification card. Parent retains the card, it is used in the event the child goes missing to provide an immediate picture and description of the child.
Target Audience:	Children
Schedule:	Monday - Friday, 0730-1600
Length of Program:	Depending of the size of the group.
Cost:	Cost of Film - must contact for type of film to use.
Location:	Bldg 5030, Hatch Road, Fort Sill, OK 73503
Contact:	580 558-6527 or 558-6028
Web Site:	https://sill-www.army.mil/USAG/DES/
Social Media:	NA
CSF2 Pillar:	Child Safety

LEGAL SUPPORT

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Policies

Service:	Federal Records Act directives and Title 10 responsibilities
Organization:	Administrative Services Division, Directorate of Human Resources
Program:	Records Management
Description:	Secretary of the Army has taken a personal interest in improving Electronic Records Management and responsiveness to Congressional requests and litigation. Secretary of the Army has also taken a personal interest in the collection of operational records and improving responsiveness to Veteran's requests for medical compensation related to PTSD. We do that by: 1. Approve/Validate Office Records List. 2. Records Management Program Evaluation. 3. Request to Transfer Hardcopy Records/Records Holding Area. 4. Office Symbol. 5. Publications and Forms-Review and Authenticate Publications and Forms. 6. Congressional Inquiries. Army Memorial Program.
Target Audience:	Active duty Soldiers Department of the Army Civilians, Retirees and the general public.
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Varies Depending on Program
Cost:	N/A
Location:	4700 Mow-Way Road, Suite G06, Fort Sill, OK 73503.
Contact:	580-442-3892/6573/6172/3907
Web Site:	http://sill-www.army.mil/USAG/forms.html
Social Media:	https://www.facebook.com/dhr.fortsill?fref=ts&ref=br_tf
CSF2 Pillar:	Physical, Family

Service:	Freedom of Information Act (FOIA) Executive Order & Open Government Act of 2007. Privacy mandates are growing.
Organization:	Administrative Services Division, Directorate of Human Resources
Program:	FOIA/Personally Identifiable Information (PII)
Description:	Established Office of Government Information Services to ensure oversight and responsiveness. New time limits, reporting requirements. Attorney fees and litigation must now be paid from Agency funds. Army largest DOD program with over 33,000 requests annually (Fort Sill over 150 Annually). Many new OMB and safeguarding PII. Privacy violations reported immediately to Dept. of Homeland Security. Army had 211 violations in FY 07 affecting tens of thousands of Soldiers and employees. Over 1600 IT system (OMB reporting requirement is 12.5% reviewed quarterly). We do that by: 1. System of Records Notices

	(SORNs). 2. PII Breach Reporting Process. 3. Privacy Impact Assessment (PIA). Privacy Act Training. 4. FOIA and Initial Denial Authority Process.
Target Audience:	Active duty Soldiers Department of the Army Civilians, Retirees and the general public.
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Varies Depending on Program
Cost:	Varies depending on request and size of files.
Location:	4700 Mow-Way Road, Suite G06, Fort Sill, OK 73503.
Contact:	580-442-6172/3892/
Web Site:	http://sill-www.army.mil/usag/dhr/ASD/index.html
Social Media:	https://www.facebook.com/dhr.fortsill?fref=ts&ref=br_tf
CSF2 Pillar:	Physical, Family

Service:	Official and Personal Mail
Organization:	Administrative Services Division, Directorate of Human Resources
Program:	Mail Distribution
Description:	Garrison operated Installation Official Mail and Distribution Centers have long been the DOD and Army standard. They reduce equipment, postage, and personnel costs and maximize utilization of available resources. We do that by: 1. Incoming Official Mail. 2. Incoming Official Accountable Mail. 3. Outgoing Official Mail. 4. Official Mail Training. 5. Unit Mail Inspection Process. 6. Official Mail Reporting.
Target Audience:	Active duty Soldiers and Department of the Army Civilians
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Varies Depending on Program
Cost:	Fees/Cost varies. No cost to individuals for Official Mail/Unit pays. Cost to individuals for personal mail.
Location:	4700 Mow-Way Road, Suite G06, Fort Sill, OK 73503.
Contact:	580-442-3685/3963/3981
Web Site:	http://sill-www.army.mil/usag/dhr/ASD/index.html
Social Media:	https://www.facebook.com/dhr.fortsill?fref=ts&ref=br_tf
CSF2 Pillar:	Physical, Emotional, Family

LIBRARY

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Service:	Comprehensive Library Resources
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Library
Description:	More than 85,000 items – including a reference collection of academic and military subjects, fiction & nonfiction books, CDs, audio books, DVDs, and Blu-Ray.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Mon-Thu 10 a.m. -8 p.m. Fri-Sun 10 a.m. – 5 p.m.
Length of Program:	Varies
Cost:	None
Location:	BLDG 1640, Randolph Road Fort Sill, OK 73503
Contact:	580-442-3806
Web Site:	http://www.sillmwr.com/recreation-leisure/nye-library/
Social Media:	https://www.facebook.com/pages/Fort-Sill-Family-MWR-Recreation/115695391842960
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Computer Classes
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Library
Description:	Various computer classes for a variety of levels of users and programs.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Mon-Thu 10 a.m. -8 p.m. Fri-Sun 10 a.m. – 5 p.m.
Length of Program:	Varies
Cost:	None
Location:	BLDG 1640, Randolph Road Fort Sill, OK 73503
Contact:	580-442-3806
Web Site:	http://www.sillmwr.com/recreation-leisure/nye-library/
Social Media:	https://www.facebook.com/pages/Fort-Sill-Family-MWR-

	Recreation/115695391842960
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Service:	Public-Use Copier, Computers, Printers, & Internet
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Library
Description:	FREE wireless internet, computers with MS Office software, printers. Low-cost copier use.
Target Audience:	Eligible Department of the Army ID Cardholders
Schedule:	Mon-Thu 10 a.m. -8 p.m. Fri-Sun 10 a.m. – 5 p.m.
Length of Program:	Varies
Cost:	None
Location:	BLDG 1640, Randolph Road Fort Sill, OK 73503
Contact:	580-442-3806
Web Site:	http://www.sillmwr.com/recreation-leisure/nye-library/
Social Media:	https://www.facebook.com/pages/Fort-Sill-Family-MWR-Recreation/115695391842960
CSF2 Pillar:	Social, Emotional, Family & Spiritual

MEETING HALL/SPACE

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Classrooms

Service:	Training Space
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	There are 6 classrooms available to reserve for training/meetings. Classrooms equipped with media cart to be utilized for trainings/meetings/gatherings. There is kitchen access in the building.
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	8:30 am -5:30 pm (M-F)
Length of Program:	N/A

Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Conference Rooms/Auditoriums

Service:	Auditorium
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Auditorium seats 350. Available for meetings/ceremonies/classes/trainings
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	8:30 am -5:30 pm (M-F)
Length of Program:	N/A
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

NEW TO FORT SILL

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Getting Started at Fort Sill (In Processing)

Service:	ID Cards
Organization:	Department of Human Resources: Military Personnel Division
Program:	ID Card
Description:	Renew CAC/ ID Cards
Target Audience:	Military Personnel/ Families/ Civilians/ Contractors
Schedule:	Monday-Friday 0830-1130,1230-1530
Length of Program:	Ongoing
Cost:	N/A

Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact:	580-442-5010
Web Site:	https://rapids-appointments.dmdc.osd.mil/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Update DEERS
Organization:	Department of Human Resources: Military Personnel Division
Program:	ID Card
Description:	Update DEERS due to marriage, divorce, birth, or death
Target Audience:	Military Personnel/ Families
Schedule:	Monday-Friday 0830-1130,1230-1530
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact:	580-442-5010
Web Site:	https://rapids-appointments.dmdc.osd.mil/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Updating Service Members Group Life Insurance/ DD93
Organization:	Department of Human Resources: Military Personnel Division
Program:	In/ Out Processing
Description:	Updating of Soldier SGLI/ DD93
Target Audience:	In Processing Soldiers Student/Trainees
Schedule:	Monday-Friday 0830-1130,1230-1530
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact:	580-442-4579 Permanent Party, 580-442-0038 Students
Web Site:	http://sill-www.army.mil/USAG/DHR/MPSD/processing.html
Social Media:	N/A

CSF2 Pillar:	Social, Emotional, Family
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Service:	Arrival/Attachment Transaction in Electronic Military Personnel Office (eMILPO) system
Organization:	Department of Human Resources: Military Personnel Division
Program:	In/ Out Processing
Description:	Arrival/attachment transaction(s) to place Soldier(s) in correct unit of assignment
Target Audience:	In Processing Soldiers
Schedule:	Monday-Friday 0830-1130,1230-1530
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact:	580-442-4579
Web Site:	http://sill-www.army.mil/USAG/DHR/MPSD/processing.html
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Orientation/Information Meetings for Newcomers

Service:	Orientation for New Civilian Employees
Organization:	Directorate of Human Resources, Workforce Development
Program:	Orientation for New Civilian Employees
Description:	Orientation for New Civilian Employees provides valuable information briefings for employees new to Federal Service or new to Fort Sill, OK.
Target Audience:	Department of the Army Civilians New to Federal Service or New to Fort Sill, OK.
Schedule:	2nd Tuesday every other month (Oct, Dec, Feb, Apr, Jun, Aug)
Length of Program:	4 Hours
Cost:	N/A
Location:	Bldg 4700 Room 216, Fort Sill, OK 73503
Contact:	580-442-0147/0148/0149
Web Site:	N/A

Social Media:	N/A
CSF2 Pillar:	Social, Emotional

Service:	In-processing Brief
Organization:	Department of Human Resources: Military Personnel Division
Program:	In/ Out Processing
Description:	Brief to incoming Soldiers about process needed to complete before signing into a unit
Target Audience:	In Processing Soldiers
Schedule:	Monday-Friday 0930
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Fort Sill OK 73503
Contact:	580-442-4579
Web Site:	http://sill-www.army.mil/USAG/DHR/MPSD/processing.html
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

NEW TO THE ARMY

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Learn About the Army Community/Culture

Service:	Army Family Team Building (AFTB) Level K Course
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Team Building (AFTB)
Description:	Training on Military Culture and Knowledge. Improves personal and Family preparedness which enhances overall Army readiness.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Quarterly
Length of	2 days, 6 hours per day

Program:	
Cost:	N/A
Location:	Bldg. 2719 Bragg Road, Fort Sill, OK 73503 (across from TCDC, south of Reinhart Gym Track)
Contact:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media::	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	Social, Emotional, Family

PARENTING

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New Parents

Service:	Breastfeeding Support
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Collaboration between New Parent Support and Reynolds Army Community Hospital, topics covered include the advantages of breastfeeding, coming home with baby, avoiding difficulties, and nutrition during breastfeeding.
Target Audience:	Military Families Considering Breastfeeding, Reynolds Army Community Hospital Staff
Schedule:	Every Wednesday, 1400-1500
Length of Program:	1 Hour
Cost:	N/A
Location:	Reynolds Army Community Hospital
Contact Info:	580-558-2662 580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Service:	New Parent Support Program
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Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Bi-monthly Home visitation, conducted by an RN or MSW, focused on parent/child bonding, infant and maternal health, developmental milestones, and parenting skills.
Target Audience:	Military Families with children pre-natal to age 3
Schedule:	Monthly
Length of Program:	1 Hour
Cost:	N/A
Location:	in-home
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Classes & Workshops

Service:	Early Explorations
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Partnership with Military Child Education Coalition (MCEC) Parent-to-Parent Program. A series of parent/child workshops that introduce math, science, music and reading concept to children to help prepare them for the classroom.
Target Audience:	Military Families with Toddlers and Preschoolers
Schedule:	Every Thursday, 0930-1030
Length of Program:	1 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS

CSF2 Pillar:	Physical, Social, Emotional & Family
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Service:	Infant Massage
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Facilitated by a certified Massage Therapist or Registered Nurse (BSN), a class to learn and practice proven infant massage techniques which promote bonding, stress and crying reduction and improve length and quality of infant's sleep.
Target Audience:	Military Families with Infants
Schedule:	Every Wednesday, 1100-1200
Length of Program:	1 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

House Call/In Home Care Providers

Service:	New Parent Support Program
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Bi-monthly Home visitation, conducted by an RN or MSW, focused on parent/child bonding, infant and maternal health, developmental milestones, and parenting skills.
Target Audience:	Military Families with children pre-natal to age 3
Schedule:	Monthly
Length of Program:	1 Hour
Cost:	N/A

Location:	in-home
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Events & Activities

Service:	Caravan Club
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	A monthly educational field trip. Each month features a different location and activity. Families caravan to a pre-coordinated location such as a local museum or park and enjoy learning together! Each “meet-up” session is coordinated and hosted by an ACS volunteer.
Target Audience:	Military Families with Children Ages Birth to Five
Schedule:	Monthly
Length of Program:	Differs by Event
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Service:	Trailblazers
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	A monthly, high energy, educational activity designed just for them. Kids & Parents will get to try their hand at hiking, geocaching, art, archeology, bowling,

	wildlife biology and astronomy just to name a few. Group size is limited based on the venue. Participation is on an RSVP basis through the ACS Facebook page events tab.
Target Audience:	Military Families with Children Ages 6 to 12
Schedule:	Monthly
Length of Program:	Differs by Event
Cost:	N/A
Location:	Differs by Event
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Service:	Explorer's Club
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	A weekly, guided, educational play session based on a theme. Parents and children will hear a story, sing, dance, play educational games and do a craft on a variety of topics that are of interest to preschoolers.
Target Audience:	Military Families with Children Ages 3 to 5
Schedule:	Every Tuesday, 1330-1430
Length of Program:	1 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact Info:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

PERFORMANCE ENHANCEMENT

Programs & Services

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Service:	Health Assessment Review
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	An analysis of a person's health status, risk for disease, and ability to increase physical activity safely. The Health Assessment Review includes Risk Stratification, Wellness Questionnaires and Biometric Screening.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	Approximately 30 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Exercise Testing
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Using state-of-the-art equipment, physical fitness level is assessed and used to create an individualized exercise prescription. These tests assess your height, weight, blood pressure, heart rate, BMI in addition to your aerobic fitness, body composition, muscular fitness and flexibility.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx

Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Healthy Nutrition
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Healthy eating is enhanced with the use of metabolic testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Wellness Classes and Workshops
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	General Wellness Education
Description:	The Army Wellness Center offers many classes tailored to fit your needs. Topics include but are not limited to: Upping Your Metabolism, Introduction to Biofeedback, and Healthy Sleep Habits
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A

Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Body Composition Analysis
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	Body Composition Analysis
Description:	The Army Wellness Center uses various methods (BOD POD, ultrasound, skin fold calipers, or bioelectric impedance) to determine body composition. (A measure of the components of a person's body like muscle and fat.) Health Educators use this test to make an exercise plan for meeting reasonable physical fitness and health goals.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Evaluate Your Metabolism
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	Metabolic Analysis
Description:	Metabolism, the rate at which your body burns calories, is measured and the result provide the exact number of calories required for weight loss, gain or maintenance. Health Educators will help shape a plan that will help you to meet

	your specific goals.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Body Fat Measurement
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	BOD POD
Description:	Body composition using air displacement to determine body fat %. This service is a part of the Body Composition Analysis
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	Monday-Thursday: 0800-1100 & 1330-1530; Friday: 0800-1100
Length of Program:	Approximately 15 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Metabolism Assessment
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness

	Center
Program:	Resting Metabolic Rate
Description:	Resting metabolic rate is assessed using the FitMate Pro to determine caloric needs. This service is a part of the Metabolic Analysis
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Cardio Respiratory Fitness Test
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	VO2 Submaximal Testing
Description:	The term VO2 max stands for maximal oxygen uptake. It is accepted as the most sensitive predictor of a person's cardio respiratory or aerobic fitness.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	Treadmill: Minimum 3 minutes; Cycle: Minimum 6 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Stress Management Tool
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	HeartMath Biofeedback
Description:	HeartMath is a biofeedback program that emphasizes the role of the heart and heart rate variability as a key component to the emotional system. HeartMath combines emotional restructuring with biofeedback and relaxation techniques to assist your body in establishing a healthier response to stress. Results are sustained over time because the program helps create a change in your body's baseline emotional and physiologic response to stress.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact Info:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Nutrition Education & Counseling Services
Organization:	Reynolds Army Community Hospital (RACH): Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	HeartMath is a biofeedback program that emphasizes the role of the heart and heart rate variability as a key component to the emotional system. HeartMath combines emotional restructuring with biofeedback and relaxation techniques to assist your body in establishing a healthier response to stress. Results are sustained over time because the program helps create a change in your body's baseline emotional and physiologic response to stress.
Target Audience:	Tri-Care beneficiaries
Schedule:	During Clinic hours; weekdays 0800-1600
Length of Program:	Length of individual appointments - Initial are 60 minutes, follow ups are 30 minutes. Classes upon request times vary.
Cost:	N/A

Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact Info:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Classes & Workshops

Service:	Army Family Team Building (AFTB) Level G Course
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Team Building (AFTB)
Description:	Training on Personal Growth and Resiliency. Improves personal and Family preparedness which enhances overall Army readiness.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Quarterly
Length of Program:	3 days, 6 hours per day
Cost:	N/A
Location:	Bldg. 2719 Bragg Road, Fort Sill, OK 73503 (across from TCDC, south of Reinhart Gym Track)
Contact:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	Social, Emotional, Family

Other Resources

Service:	Functional Fitness Facilitator/Gym
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Functional Fitness Center is a gym with work out facilitators who assist with conducting exercise plans for daily living. They provide a safe and responsible environment for all patrons to increase their physical fitness levels. Patrons can work out independently with free gym equipment.
Target	Soldiers, Families, Retirees, DoD Civilians, and community members.

Audience:	
Schedule:	Mon -Fri 6 am- 5:30 pm (closed on first Friday of the Month)
Length of Program:	Based on Participant Goals
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Physical Readiness Training Track
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Soft-surface outdoor quarter mile track with 10 Physical Readiness Training Stations. Located on Resiliency Training Campus with restroom area, locker rooms, playground, kitchen area and Child and Youth Services playgroups. See front desk for details.
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	24Hours, 7 Days /Week 365 Days/Year
Length of Program:	Based on Participant Goals
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

PHARMACY

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Service:	Full Service Pharmacy Services
Organization:	Reynolds Army Community Hospital

Program:	Reynolds Army Community Hospital Pharmacy
Description:	The Main pharmacy offers multiple convenient ways for customers to request refills including an automated telephonic system, an internet request system and walk up service is available.
Target Audience:	Tri-Care beneficiaries
Schedule:	Mon- Fri 8:15am -4:45 pm
Length of Program:	Varies Depending on Service and Number of Patients
Cost:	N/A
Location:	Reynolds Army Community Hospital 4301 Wilson Road Fort Sill, OK 73503
Contact:	580-558-2443
Web Site:	http://www.rach.sill.amedd.army.mil/pharmacy.php
Social Media:	N/A
CSF2 Pillar:	Physical, Family, Emotional

PLAYGROUNDS

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Service:	Playground (Handicap accessible)
Organization:	Fires Center of Excellence
Program:	Resiliency Training Campus
Description:	Handicap accessible playgroup provides an area for Families to spend time together, enriching their relationships. Public restrooms, locker rooms, kitchen and vending areas open on Resiliency Training Campus during business hours (M-F 08:30am - 5:30 pm).
Target Audience:	Soldiers, Families, Retirees, DoD Civilians, and community members.
Schedule:	24-7
Length of Program:	N/A
Cost:	N/A
Location:	BLDG 2934 Marcy Road Fort Sill, OK
Contact:	580-442-0678
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

PLAYGROUPS

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Service:	Playgroup
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	One hour free-play session where children work on socialization skills while their parents network with other military Family members. On a first come first served basis. Limited space.
Target Audience:	Military Families with Children Ages Birth to Five
Schedule:	Every Monday and Wednesday, 0390-1030
Length of Program:	1 Hour
Cost:	N/A
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Service:	Trailblazers
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	A monthly, high energy, educational activity designed just for them. Kids & Parents will get to try their hand at hiking, geocaching, art, archeology, bowling, wildlife biology and astronomy just to name a few. Group size is limited based on the venue. Participation is on an RSVP basis through the ACS Facebook page events tab.
Target Audience:	Military Families with Children Ages 6 to 12
Schedule:	Monthly
Length of Program:	Differs by Event
Cost:	N/A

Location:	Differs by Event
Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

RECREATION

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Outdoor

Service:	Recreation
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Impact Zone
Description:	Cyber Station, Cultural Tours, Outdoor Trips and Workshops
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Available throughout Calendar Year
Length of Program:	Varies
Cost:	Varies
Location:	BLDG 3265 Koehler Loop, Fort Sill
Contact:	580-442-3575/580-442-0355
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Archery
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	Archery at LETRA
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Year Round Availability
Length of Program:	Varies
Cost:	No Cost to participants

Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact Info:	580-442-5858
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Beach Front Swimming
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	Beach & swimming at LETRA
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Memorial Day to Labor Day
Length of Program:	Wednesday - Sunday; 11:00am - 7:00pm
Cost:	No Cost to participants
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact:	580-442-5858
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Cabin Lodging
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	Cabin rentals at LETRA
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Year Round Availability
Length of Program:	Varies
Cost:	Small Cabin; \$65 Military or \$75 Non-Military; Medium Cabin; \$75 Military or \$85 Non-Military; Large Cabin; \$85 Military or \$95 Non-Military
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact:	580-442-5858

Web Site:	http://www.sillmwr.com/recreation http://www.adv-travel.com
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Disc Golf
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	Disc Golf at LETRA
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Year Round Availability
Length of Program:	Varies
Cost:	\$5/hour or \$10/day
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact:	580-442-5858
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Lake Elmer Thomas Recreation Area (LETRA)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	Lake Elmer Thomas Recreation Area (LETRA) is Fort Sill's premier recreation destination meeting your recreation and lodging needs with close proximity to the Wichita Mountains Wildlife Refuge, Medicine Park, and Fort Sill. LETRA is located at the base of Mt. Scott on a 360 acre, no wake lake with year round camping availability and summer season recreation activities.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Administrative Office Mon-Fri 7:00am - 5:00pm
Length of Program:	Varies
Cost:	Varies
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill

Contact:	580-442-5858/5854
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Lodge
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	LETRA Lodge Rental for Small Meetings; Wedding Receptions
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Year Round Availability
Length of Program:	Varies
Cost:	Military; \$85 (4 hours)/\$130 (8 hours); Non-Military; \$125 (4 hours)/\$175 (8hours)
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact:	580-442-5858
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Marina
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	Marina (Paddle Boat; Kayak and Canoe Rentals) at LETRA
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Memorial Day to Labor Day
Length of Program:	Wednesday - Sunday; 11:00am - 7:00pm
Cost:	\$8/hour; \$25/day
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact:	580-442-5858
Web Site:	http://www.sillmwr.com/recreation

CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual
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Service:	Mini-Golf
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	Mini-Golf at LETRA
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Year Round Availability
Length of Program:	Varies
Cost:	\$3/hour
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact:	580-442-5858
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	RV Lodging
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Lake Elmer Thomas Recreation Area (LETRA)
Description:	RV sites at LETRA
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Year Round Availability
Length of Program:	Varies
Cost:	Single Night (Military, Peak Season) = \$22; (Non-Military, Peak Season) = \$30; Weekly = \$90; Monthly = \$390.
Location:	BLDG 7463, Deer Creek Canyon Road, Fort Sill
Contact:	580-442-5858
Web Site:	http://www.sillmwr.com/recreation http://www.adv-travel.com
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	RV Lodging
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Medicine Creek RV Park
Description:	Medicine Creek RV Park is located close to Fort Sill Golf Course and is a beautiful shaded park for RV's with six full hookups. We also have two rental trailers at the RV Park with daily, weekly or monthly rates.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Available throughout Calendar Year
Length of Program:	Varies
Cost:	Full Service Site = \$17/Night / Dry Pads = \$10/Night / Rental Campers = \$45/Night
Location:	BLDG 2503, Ringgold Road, Fort Sill
Contact:	580-442-0930/580-355-8270
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Outdoor Equipment Check-Out/ Rental
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Outdoor Adventure Center
Description:	Outdoor Adventure Center offers canoes, fishing poles, campers, tents, gazebo, grills, tables and chairs, outdoor games including: croquet set, horse shoes, flag football, volleyball, a dunk tank, a wide variety of inflatables and much more for rent.
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Memorial Day to Labor Day
Length of Program:	Wednesday - Sunday; 11:00am - 7:00pm
Cost:	\$8/hour; \$25/day
Location:	BLDG 2503, Ringgold Road, Fort Sill
Contact:	580-442-0930/580-355-8270

Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Indoor

Service:	Recreation
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Impact Zone
Description:	Cyber Station, Cultural Tours, Outdoor Trips and Workshops
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Civilians
Schedule:	Available throughout Calendar Year
Length of Program:	Varies
Cost:	Varies
Location:	BLDG 3265 Koehler Loop, Fort Sill
Contact:	580-442-3575/580-442-0355
Web Site:	http://www.sillmwr.com/recreation
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Recreation
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Better Opportunities for Single Soldiers (BOSS)
Description:	Program targets 3 pillars: Community Service; Quality of Life; and Recreation
Target Audience:	Active Duty Single Soldiers and Geographic Bachelors
Schedule:	Available throughout Calendar Year
Length of Program:	Varies
Cost:	Varies
Location:	BLDG 3265 Koehler Loop, Fort Sill
Contact:	580-442-3575/580-442-0355/580-442-6346
Web Site:	http://www.sillmwr.com/recreation

CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual
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RELATIONSHIP SUPPORT

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Events & Activities

Service:	Hearts Apart
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Relocation
Description:	Networking support for geographically separated Family members
Target Audience:	Family members separated from their Soldiers due to Mission requirements
Schedule:	Quarterly
Length of Program:	2 hours
Cost:	N/A
Location:	Varies
Contact:	580-442-3095
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional & Family

Classes & Workshops

Service:	PAIRS
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Family Advocacy Program
Description:	Practical Application of Intimate Relationship Skills. Workshops that help teach couples new relationship skills and how to utilize them to improve and sustain a healthy relationship.
Target Audience:	All Military Families
Schedule:	
Length of Program:	8 Hours
Cost:	N/A
Location:	Differs by Even

Contact:	580-442-4916
Web Site:	http://www.sillmwr.com/soldier-Family-programs-2/Family-advocacy-program/
Social Media:	www.facebook.com/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional & Family

Marital/Premarital Counseling

Service:	Marital Counseling Service
Organization:	Religious Support Office
Program:	Individual & Family Therapy
Description:	Family Life Chaplain provides Tier II level therapy for individuals and families
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Wednesdays at 1815hrs
Length of Program:	10 weeks (approx.) X Fall session & Spring Session on Wednesday evenings
Cost:	N/A
Location:	Frontier Chapel at 4121 Thomas Rd & Graham Resiliency Training Center; Bldg 2934 located at 2934 Marcy Road Ft Sill, OK 73503
Contact Info:	580-442-3302
Web Site:	N/A
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Service:	Marital and Family Therapy
Organization:	Dept. of Behavioral Health
Program:	Multi Disciplinary Social Work Service
Description:	Psychotherapy/ Counseling services focused on strengthening family relationships.
Target Audience:	Active Duty, Retirees, Family Members and TRI Care Insurance Members
Schedule:	Appointments available between 0800-1600 M-F
Length of Program:	Varies
Cost:	N/A

Location:	SWS Service, Building 3161, Ft. Sill, OK 73503
Contact:	580-442-2836
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Family and Emotional

RELIGIOUS SUPPORT

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Ministry

Service:	Spiritual Leadership and Support
Organization:	Religious Support Office
Program:	Installation Chaplains Office
Description:	The Chaplain's Corp offers multi-faith worship services, prayer, individual and family support to provide for the spiritual needs of our Soldiers and Families on Ft Sill. Army chaplains are the priests, pastors, ministers and spiritual leaders in the Army. Services are offered within the Soldiers' units and in various locations across post. For more information about the Religious Support Office and the Chaplains, please contact the chaplains at the Religious Support Office located in the Graham Resiliency Training Center
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Ongoing
Length of Program:	Vary Based on Services
Cost:	N/A
Location:	Resiliency Training Center; Bldg 2934 located at 2934 Marcy Rd Ft Sill, OK 73505
Contact:	580-442-3302
Web Site:	http://sill-www.army.mil/chapel/index.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Service:	Worship Services
Organization:	Religious Support Office
Program:	Installation Chaplains Office
Description:	The Chaplain's Corp offers multi-faith worship services to include Catholic, Protestant, Islamic, Jewish, Episcopal, Latter Day Saints, Wiccan, Spirit Filled, and Church of Christ. Services for Soldiers and Families on Ft Sill. These services are offered at the 5 Chapels in various locations across post. For more information about the Religious Support Office, please contact the chaplains at the Religious Support Office located in the Graham Resiliency Training Center.
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Weekly
Length of Program:	1-2 hours
Cost:	N/A
Location:	Resiliency Training Center; Bldg 2934 located at 2934 Marcy Rd Ft Sill, OK 73505
Contact Info:	580-442-4916
Web Site:	http://sill-www.army.mil/chapel/index.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Religious Groups

Service:	Religious Education & Devotional services
Organization:	Religious Support Office
Program:	Protestant Women of the Chapel
Description:	Women's non-denominational faith group enjoys various spiritual activities including prayer, bible study, volunteering, and fellowship
Target Audience:	Female Soldiers & Spouses, Dependents, and Female DoD Workers
Schedule:	Weekly on Wednesday mornings
Length of Program:	2 hours
Cost:	N/A
Location:	Frontier Chapel at 4121 Thomas Rd Ft Sill, Ok 73503
Contact Info:	580-442-3302
Web Site:	N/A

Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Service:	Religious Education & Devotional services
Organization:	Religious Support Office
Program:	Catholic Women of the Chapel
Description:	Catholic faith group of Women meeting for fellowship and devotions
Target Audience:	All Catholic Women as Soldiers, Spouses, Dependents, & DoD Employees
Schedule:	Monthly on First Fridays
Length of Program:	1 hour
Cost:	N/A
Location:	Frontier Chapel at 4121 Thomas Rd Ft Sill, Ok 73503
Contact Info:	580-442-1875
Web Site:	N/A
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Service:	Religious Education for Youth
Organization:	Religious Support Office
Program:	Protestant Youth of the Chapel
Description:	Multifaceted devotions & Bible study, Missions trips for Protestant Youth
Target Audience:	Youth ages 12 to 18; Dependents of Soldiers
Schedule:	Wednesdays/Weekly
Length of Program:	1.5 hours
Cost:	N/A
Location:	Resiliency Training Center; Bldg 2934 located at 2934 Marcy Rd Ft Sill, OK 73503
Contact Info:	580-442-5003
Web Site:	N/A

Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Spiritual Counseling

Service:	Personal Counseling Service
Organization:	Religious Support Office
Program:	Individual & Family Therapy
Description:	Family Life Chaplain provides Tier II level therapy for individuals and families
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Wednesdays at 1815hrs
Length of Program:	10 weeks (approx.) X Fall session & Spring Session on Wednesday evenings
Cost:	N/A
Location:	Frontier Chapel at 4121 Thomas Rd & Graham Resiliency Training Center; Bldg 2934 located at 2934 Marcy Road Ft Sill, OK 73503
Contact Info:	580-442-3302
Web Site:	N/A
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

Religious Education

Service:	Beginning Marriage Workshop
Organization:	Religious Support Office
Program:	Marriage 101
Description:	Mentoring service of dynamics of married life
Target Audience:	Couples engaged to be married
Schedule:	Weekly
Length of Program:	2 hours
Cost:	N/A

Location:	Family Life Chaplain Center in the Resiliency Training Center; Bldg 2934 located at 2934 Marcy Road Ft Sill, OK 73503
Contact:	580-442-5003
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Spiritual

Service:	Training in Suicide Prevention
Organization:	Religious Support Office
Program:	ASIST Suicide Prevention Training
Description:	2 Day modules of what to do and say to prevent someone attempting suicide
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	By appointment
Length of Program:	2 Days
Cost:	N/A
Location:	Family Life Chaplain Center in the Resiliency Training Center; Bldg 2934 located at 2934 Marcy Road Ft Sill, OK 73503
Contact:	580-442-5003
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Spiritual

Service:	Religious Education
Organization:	Religious Support Office
Program:	REconnect
Description:	A weekly program of religious education on a variety of spiritual and religious topics for the individual, family, or group
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	Wednesdays at 1815hrs
Length of	10 weeks (approx.) X Fall session & Spring Session on Wednesday evenings

Program:	
Cost:	N/A
Location:	Frontier Chapel at 4121 Thomas Rd & Graham Resiliency Training Center; Bldg 2934 located at 2934 Marcy Road Ft Sill, OK 73503
Contact:	580-442-3302
Web Site:	N/A
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar:	Spiritual

RELOCATION ASSISTANCE

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Service:	Permanent Change of Duty Station Pre-Movement Briefs
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Relocation
Description:	General education and information about the PCS process
Target Audience:	Required for all personnel Permanent Change of Duty Station OCONUS and E5 and below going to CONUS, FMs strongly encouraged to attend
Schedule:	Monthly
Length of Program:	1.5 hours
Cost:	None
Location:	Fort Sill Welcome Center Bldg 4700 Mow-Way Fort Sill, OK 73503
Contact:	580-442-3095
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional & Family

Service:	Start Right Newcomer's Orientation
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Relocation
Description:	Multi-Agency effort to welcome Soldiers and Family members newly assigned to Fort Sill.

Target Audience:	Incoming Soldiers and their Family members
Schedule:	Weekly
Length of Program:	2.5 hours
Cost:	None
Location:	Resiliency Training Center 2934 Marcy Road Fort Sill, OK 73503
Contact:	580-442-3095
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Service:	Exceptional Family Member Program (EFMP) Reassignment Brief
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Exceptional Family Member Program (EFMP)
Description:	Brief conducted by Military Personal Division, EFMP provides information as it is related to PCSing with a EFM
Target Audience:	Soldiers PCSing
Schedule:	4xs weekly
Length of Program:	15 minutes
Cost:	N/A
Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	OCONUS LEVY Brief
Organization:	Department of Human Resources: Military Personnel Division
Program:	Reassignments
Description:	General Education about the OCONUS PCS move for Soldiers

Target Audience:	Soldiers and Families with orders for an OCONUS Permanent Change of Duty Station
Schedule:	Tuesday/Thursday 0900
Length of Program:	1 hour
Cost:	None
Location:	Building 4700 Mow-Way Road Suite 140A Fort Sill OK 73503
Contact:	580-442-0159
Web Site:	http://sill-www.army.mil/USAG/DHR/MPSD/processing.html
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Continental United States (CONUS) LEVY Brief
Organization:	Department of Human Resources: Military Personnel Division
Program:	Reassignments
Description:	General Education about the OCONUS PCS move for Soldiers
Target Audience:	Soldiers and Families with orders for an OCONUS Permanent Change of Duty Station
Schedule:	Tuesday/Thursday 1300
Length of Program:	1 hour
Cost:	None
Location:	Building 4700 Mow-Way Road Suite 140A Fort Sill OK 73503
Contact:	580-442-0159
Web Site:	http://sill-www.army.mil/USAG/DHR/MPSD/processing.html
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Reassignment Processing
Organization:	Department of Human Resources: Military Personnel Division
Program:	Reassignments, Student/ Trainee Branch
Description:	Actions involves the screening and preparation of Permanent Change of Station orders, and verification of Soldier's eligibility to meet assignment requirements.

Target Audience:	Soldiers and Families with orders for an CONUS Permanent Change of Duty Station, Student/Trainees
Schedule:	Monday-Friday 0830-1130, 1300-1530
Length of Program:	ongoing
Cost:	None
Location:	Building 4700 Mow-Way Road Suite 140A Fort Sill OK 73503
Contact:	580-442-0159
Web Site:	http://sill-www.army.mil/USAG/DHR/MPSD/processing.html
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

RESILIENCY/LIFE SKILLS

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General Life Skills

Service:	Wellness Training
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Quarterly education classes related to overall wellness and resiliency building topics such as anger management, conflict resolution, communication skills and increasing the ability to respond to life situations.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	Quarterly Schedule, contact EAP for Specific Dates
Length of Program:	2 Hours
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642

CSF2 Pillar:	Physical, Social Emotion & Spiritual
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Service:	Health and Wellness Support Services
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Army Wellness Centers are the outreach arm of MEDCOM's Patient-Centered Medical Home, Army Medicine's current primary-care model. The center's approach to service is holistic. Staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Varies Depending on Program
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Online Comprehensive Health Assessment
Organization:	Department of the Army
Program:	Comprehensive Soldier and Family Fitness
Description:	The new GAT 2.0 is a confidential, self-assessment tool that can help you improve you and your family's overall health and wellbeing. This is a confidential survey designed to measure an individual's psychological health and level of resilience in the five dimensions of strength (social, emotional, spiritual, family and physical), is an annual requirement for every Soldier, and is encouraged for Family members and Army Civilians.
Target Audience:	Eligible Department of the Army ID Cardholders

Schedule:	Online
Length of Program:	Approximately 30 minutes
Cost:	N/A
Location:	Online
Contact Info:	N/A
Web Site:	http://csf2.army.mil/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family & Spiritual

Coping Skills

Service:	Short Term Counseling Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Professional assistance provided to eligible personnel for the challenges of everyday living. The EAP confidentially addresses difficulties in relationships, emotional/psychological, stress and anxiety. These short term counseling sessions assist individuals with life stressors related to various environments (such as work, school, home, marital conflict etc.). These sessions are focused on building coping skills and resiliency. However, these services do not include counseling for children under 18.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Appointments Preferred; Walk-ins accepted upon availability
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Stress Management

Service:	Stress Management
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	Stress Management
Description:	Stress can worsen or cause health problems such as heart disease, hypertension, headaches, stroke, depression and sleep disorders. The Army Wellness Center provides biofeedback and educates about stress relief techniques and coping skills.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Stress Management Tool
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	HeartMath Biofeedback
Description:	HeartMath is a biofeedback program that emphasizes the role of the heart and heart rate variability as a key component to the emotional system. HeartMath combines emotional restructuring with biofeedback and relaxation techniques to assist your body in establishing a healthier response to stress. Results are sustained over time because the program helps create a change in your body's baseline emotional and physiologic response to stress.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.

Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Personal Growth

Service:	Army Family Team Building (AFTB) Level G Course
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Team Building (AFTB)
Description:	Training on Personal Growth and Resiliency. Improves personal and Family preparedness which enhances overall Army readiness.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Quarterly
Length of Program:	3 days, 6 hours per day
Cost:	N/A
Location:	Bldg. 2719 Bragg Road, Fort Sill, OK 73503 (across from TCDC, south of Reinhart Gym Track)
Contact:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	Social, Emotional, Family

Service:	Army Family Team Building (AFTB) Level L Course
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Family Team Building (AFTB)
Description:	Training on Leadership Skills. Improves personal and Family preparedness which enhances overall Army readiness.
Target Audience:	Soldiers (Active Duty, Reserve, Guard, Retired), DA Civilians, and Family members
Schedule:	Quarterly

Length of Program:	2 1/2 days, 4 - 6 hours per day
Cost:	N/A
Location:	Bldg. 2719 Bragg Road, Fort Sill, OK 73503 (across from TCDC, south of Reinhart Gym Track)
Contact:	580-442-2039 DSN: 639-2039
Web Site:	https://www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	Social, Emotional, Family

RETIREMENT SERVICES

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Service:	Retiree Appreciation Days
Organization:	Department of Human Resources: Military Personnel Division
Program:	Retirement Services
Description:	Open House featuring various service organizations, tour of post and Banquet
Target Audience:	Retiree, Family Members in Arkansas and Oklahoma
Schedule:	annual
Length of Program:	3 days
Cost:	Fees may Vary Depending on Cost of Banquet
Location:	Building 4700 Mow-Way Road Suite Fort Sill OK 73503
Contact:	580-442-4251
Web Site:	http://sill-www.army.mil/usag/dhr/MPSD/retirement.html
Social Media:	https://www.facebook.com/fortsillretireecouncil?ref=br_tf
CSF2 Pillar:	Social, Emotional, Family, Physical

Service:	Retiree Ceremony
Organization:	Department of Human Resources: Military Personnel Division
Program:	Retirement Services
Description:	Post Retirement Ceremony
Target Audience:	Activity Duty Soldiers, Civilian Employees, Family Members in Arkansas and Oklahoma
Schedule:	bimonthly

Length of Program:	2 hours
Cost:	N/A
Location:	Building 4700 Mow-Way Road Suite Fort Sill OK 73503
Contact:	580-442-4251
Web Site:	http://sill-www.army.mil/usag/dhr/MPSD/retirement.html
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Pre- Retirement Brief
Organization:	Department of Human Resources: Military Personnel Division
Program:	Retirement Services
Description:	Pre Retirement Brief with information to help Soldiers assist with retirement
Target Audience:	Activity Duty Soldiers, Civilian Employees, Family Members in Arkansas and Oklahoma
Schedule:	bimonthly
Length of Program:	7 hours (0830-1530)
Cost:	N/A
Location:	Graham Resiliency Training Campus 2934 Marcy Road Fort Sill OK 73503
Contact:	580-442-4251
Web Site:	http://sill-www.army.mil/usag/dhr/MPSD/retirement.html
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

SCHOOLS

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School Services

Service:	Local Childhood Education Information
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	School Liaison Services

Description:	Information on local public and private schools and contact info for the local Home School Association. Information on post-secondary education preparation and concurrent enrollment of high school junior and seniors in college courses.
Target Audience:	Families with School Age children
Schedule:	0830-1600 Monday-Friday Closed Federal Holidays
Length of Program:	Services available as needed
Cost:	No cost
Location:	Building 4700, 1st Floor, just inside north door
Contact:	580-442-2130
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-support-services/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional

On Post Public Elementary Schools

Service:	Elementary School Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Geronimo Road Elementary School
Description:	Elementary school education for grades K- 5 for children living on Fort Sill.
Target Audience:	Children who are Military Dependents living on Fort Sill or Active Duty Military enrolled in Before and After Care at the School Age Center. Please contact Central Enrollment Services in Lawton Public School District for more information.
Schedule:	9:00 am - 3:45 pm
Length of Program:	School Year - 13 AUG 14 -21 MAY 15
Cost:	No cost
Location:	5727 Geronimo Road Fort Sill, OK 73503
Contact:	580-357-8833
Web Site:	www.geronimoroadindians.com
Social Media:	N/A
CSF2 Pillar:	Family, Social

Service:	Elementary School Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Sheridan Road Elementary School
Description:	Elementary school education for grades K- 5 for children living on Fort Sill.
Target Audience:	Children who are Military Dependents living on Fort Sill or Active Duty Military enrolled in Before and After Care at the School Age Center. Please contact Central Enrollment Services in Lawton Public School District for more information.
Schedule:	9:00 am - 3:45 pm
Length of Program:	School Year - 13 AUG 14 -21 MAY 15
Cost:	No cost
Location:	6500 Sheridan Road Fort Sill, OK 73503
Contact:	580-248-7004
Web Site:	http://www.lawtonps.org/schools/sheridanroad/index.html
Social Media:	N/A
CSF2 Pillar:	Family, Social

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Geronimo Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year - 13 AUG 14 -21 MAY 15
Cost:	No cost
Location:	800 West Main Street, Geronimo OK 73543
Contact:	580-355-3801
Web Site:	http://geronimo.k12.ok.us/
Social Media:	http://www.facebook.com/pages/Geronimo-High-School/108054342560670
CSF2 Pillar:	Family, Social

Off Post Public School Districts

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Boone-Apache Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year - 13 AUG 14 -21 MAY 15
Cost:	no cost
Location:	522 E Floyd Street, Apache OK 73006
Contact Info:	580-588-5200
Web Site:	http://www.apache.k12.ok.us/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Central High Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 14 AUG 14 - 20 MAY 15
Cost:	no cost
Location:	Rural Route 3, Box 249, marlow OK 73055
Contact Info:	580-658-6858
Web Site:	http://www.central.k12.ok.us
Social Media:	https://www.facebook.com/pages/Central-High-School-Marlow-OK/115328818482171
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Chattanooga Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 8 AUG 14 - 14 MAY 15
Cost:	no cost
Location:	507 4th Street, Chattanooga. OK 73528
Contact Info:	580-597-3347
Web Site:	http://www.chatty.k12.ok.us
Social Media:	https://www.facebook.com/pages/Chattanooga-Public-Schools/487125201355002?rf=105452069490584
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Cyril Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 11 AUG 14 - 15 MAY 15
Cost:	no cost
Location:	326 W Windle Avenue, Cyril OK 73029
Contact Info:	580-464-2419
Web Site:	http://www.cyrilschools.org
Social Media:	
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Duncan Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 20 AUG 14 - 21 MAY 15
Cost:	no cost
Location:	1706 W Spruce, Duncan, OK 73533
Contact Info:	580-255-0686
Web Site:	http://www.duncanps.org
Social Media:	https://www.facebook.com/pages/Duncan-Public-Schools/417384221670830
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Elgin Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 13 AUG 14 - 21 MAY 15
Cost:	no cost
Location:	PO Box 369, Elgin OK 73538
Contact Info:	580-492-3663
Web Site:	http://www.elginps.org
Social Media:	http://www.facebook.com/pages/Elgin-Public-Schools/153486034664758
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Fletcher Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School year 14 AUG 14 - 21 MAY 15
Cost:	no cost
Location:	108 W Hornaday, Fletcher, OK 73541
Contact Info:	580-549-3016
Web Site:	http://www.fletcherschools.org
Social Media:	http://www.facebook.com/pages/Fletcher-Public-Schools/203503573019298
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Flower Mound Elementary School
Description:	Comprehensive pre-K-5th Grade Elementary School. Students completing 5th grade transfer to the middle school of their choice.
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 15 AUG 14 - 20 MAY 15
Cost:	no cost
Location:	2805 Southeast Flower Mound Road, Lawton OK 73501
Contact Info:	580-353-4088
Web Site:	http://www.flowermound.k12.ok.us
Social Media:	https://www.facebook.com/pages/Flower-Mound-Public-School/142470622466245
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Frederick Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 18 AUG 14 - 15 MAY 15
Cost:	no cost
Location:	817 N 15th, Frederick, OK 73542
Contact Info:	580-335-5516
Web Site:	http://www.frederickbombers.net
Social Media:	
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Geronimo Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 19 AUG 14 - 14 MAY 15
Cost:	no cost
Location:	800 West Main Street, Geronimo OK 73543
Contact Info:	580-355-3801
Web Site:	http://geronimo.k12.ok.us/
Social Media:	http://www.facebook.com/pages/Geronimo-High-School/108054342560670
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Indiahoma Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School year 14 AUG 14 - 21 MAY 15
Cost:	no cost
Location:	PO Box 8, Indiahoma, OK 73552
Contact Info:	580-246-3448
Web Site:	http://www.geronimo.k12.ok.us
Social Media:	
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Lawton Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	HS - 0745-1430 MS 0830-1515 Elementary 0900-1545
Length of Program:	School Year 15 AUG 14 - 21 MAY 15
Cost:	no cost
Location:	PO Box 1009, Lawton OK 73502 753 NW Ft. Sill Blvd, Lawton OK 73501
Contact Info:	580-357-6900
Web Site:	http://www.lawtonps.org
Social Media:	https://www.facebook.com/pages/Lawton-Public-Schools/121611967864770
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Marlow Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 14 AUG 14 - 20 MAY 15
Cost:	no cost
Location:	PO Box 73, Marlow OK 73055
Contact Info:	580-658-2719
Web Site:	http://www.marlow.k12.ok.us
Social Media::	http://www.facebook.com/pages/Marlow-Public-Schools/110755575653218
CSF2 Pillar::	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Sterling Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 14 AUG 14 - 22 MAY 15
Cost:	no cost
Location:	400 S. Tiger Blvd, Sterling, OK 73567
Contact Info:	580-365-4307
Web Site:	http://www.sterling.k12.ok.us
Social Media:	
CSF2 Pillar:	Family, Social, Emotional

Service:	Public Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Walters Public Schools
Description:	Comprehensive pre-K - 12th grade classes
Target Audience:	Families with School Age children
Schedule:	Please Contact School District for Specific Schedule Information.
Length of Program:	School Year 19 AUG 14 - 21 MAY 15
Cost:	no cost
Location:	418 S. Broadway Street, Walters OK 73572
Contact Info:	580-875-2568
Web Site:	http://www.blued.org
Social Media:	https://www.facebook.com/pages/Walters-Public-Schools/272054829501440
CSF2 Pillar:	Family, Social, Emotional

Private Schools

Service:	Private Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Lawton Academy of Arts and Sciences
Description:	Classes designed to engage students in meaningful research, to develop problem-solving strategies, and to promote critical and creative thinking. Students explore the arts and sciences fully, with participation in advanced-level classes and fine arts.
Target Audience:	Families with gifted school age children. Applicants should bring a letter of acceptance into a gifted/talented program or a transcript with test score results. Admittance to the high school requires a minimum GPA of 2.5 or higher.
Schedule:	Please Contact School for Specific Schedule Information.
Length of Program:	School Year 4 AUG 14 - 21 MAY 15
Cost:	Enrollment fee: \$500 Elementary & Middle School Tuition: \$4200, High School Tuition \$5000, 10% discount for additional family members.
Location:	1911 NW 72nd Street, Lawton OK 73505
Contact:	580-536-1900
Web Site:	http://lawtonacademy.com/
Social Media:	http://www.facebook.com/pages/Lawton-Academy-of-Arts-and-Sciences/113705108673735

CSF2 Pillar:	Family, Social, Emotional
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Service:	Private Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Lawton Christian School
Description:	An independent, co-educational, interdenominational, non-profit, Christian day school for students in grades PK-3 - 12. Before School care available at 0730. \$75 for the year. Extended Care available from 1500 - 1800 for \$3/hour. Pre-school class hours: 0840-1145 (half day students); 0840-1445 (full day students) Elementary Class Hours: 0830-1455 Secondary class hours: 0800 - 1515
Target Audience:	Families who desire a Christian Education and small class size. They are not presently equipped to handle those with severe academic problems or learning disabilities.
Schedule:	Varies
Length of Program:	School Year 14 AUG 14 - 21 MAY 15
Cost:	Enrollment Fee: \$200 Academic Fee: \$225 (Pre-K); \$275 (K-6th); \$400 7th-12th) Half-day Pre-K \$2850 (includes morning care) Full Day Pre-K \$3850 (includes morning care and lunch) Kindergarten - 6th Grade: \$3800; 7th-8th grade: \$4290; 9th-12th \$4510
Location:	1 NW Crusader Drive, Lawton OK 73505
Contact:	PreSchool - 580-536-3278 Elementary 580-536-9810 Secondary 580-536-6885
Web Site:	http://www.lcscrusaders.com/
Social Media:	https://www.facebook.com/LawtonChristianSchool
CSF2 Pillar:	Family, Social, Emotional

Service:	Private Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	St. Mary's Catholic School
Description:	Pre-K - 12th Grade (9th-12th grade virtual high school). Curriculum delivered in accordance with regulations set by the Archdiocese of Oklahoma City.
Target Audience:	Families who desire a Catholic education and small class size. Preference is given to members of the Roman Catholic Church, but other denominations are

	welcomed if space allows
Schedule:	Supervised care is available 0705-0805 and 1535-1630 Classes are in session 0805-1535
Length of Program:	School Year 11 AUG 14 - 22 MAY 15
Cost:	Enrollment Fee: \$200 Academic Fee: \$225 (Pre-K); \$275 (K-6th); \$400 7th-12th) Half-day Pre-K \$2850 (includes morning care) Full Day Pre-K \$3850 (includes morning care and lunch) Kindergarten - 6th Grade: \$3800; 7th-8th grade: \$4290; 9th-12th \$4510
Location:	611 SW A Avenue, Lawton, OK 73501
Contact:	580-355-5288
Web Site:	http://stmaryslawtonok.com/
Social Media:	https://www.facebook.com/StMarysOK
CSF2 Pillar:	Family, Social, Emotional

Service:	Private Education
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Trinity Christian School
Description:	Comprehensive Pre-K - 8th grade education. Curriculum includes Assoc. of Christian Schools International, A Beka, Saxon, etc.
Target Audience:	Families with children kindergarten - 8th grade who desire private education
Schedule:	Half-day 0820 1200 Full day 0820 - 1500
Length of Program:	School Year 15 AUG 14 - 21 MAY 15
Cost:	Half-day Pre-K/Kindergarten \$3000/year Full Day Pre-K - Kindergarten \$4200, 1st-5th Grade \$4300, 6th - 8th grade \$4400. 10% discount for 2nd, 3rd student, etc.
Location:	902 SW A Avenue, Lawton OK 73501
Contact:	580-250-1900
Web Site:	www.tcalawton.org
Social Media:	https://www.facebook.com/pages/Trinity-Christian-Academy/177687235617324
CSF2 Pillar:	Family, Social, Emotional

Alternative/Non-Traditional Education

Service:	Technical Education Programs
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Great Plains Technology Center
Description:	Comprehensive workforce training in medical, computer technology, graphic design, and the trades.
Target Audience:	High School Juniors and Seniors and adults
Schedule:	Day, Evening and Saturday classes available
Length of Program:	Courses are offered year round, six days per week with day and evening courses. High School programs follow the Lawton Public Schools calendar
Cost:	Free tuition for high school students who reside in the Great Plains Technology Center district; tuition for adult education, evening and weekend courses varies by course.
Location:	4500 W Lee Blvd. Lawton, Ok 73503
Contact:	580-355-6371
Web Site:	www.greatplains.edu
Social Media:	www.facebook.com/greatplainstechnologycenter
CSF2 Pillar:	Family, Social, Emotional

Service:	Biomedical Science
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Great Plains Technology Center
Description:	Emphasis on biomedical knowledge and academics
Target Audience:	High School Juniors and Seniors. Participation is limited in this highly competitive program
Schedule:	1/2 day at GPTC and 1/2 day at regular high school
Length of Program:	Full program is 2 school years
Cost:	Free tuition for high school students who reside in the Great Plains Technology Center district. Standard fees for AP tests or college credit
Location:	4500 W Lee Blvd. Lawton, Ok 73503
Contact:	Jackie Archer jarcher@greatplains.edu 580-351-6708
Web Site:	http://222.learn.gptech.org/net
Social Media:	www.facebook.com/greatplainstechnologycenter

CSF2 Pillar:	Family, Social, Emotional
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Service:	Pre-Engineering Academy
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Great Plains Technology Center
Description:	AP Math and Science courses and introduction to engineering and electronics. AP and College credit available for students who successfully complete coursework
Target Audience:	High School Juniors and Seniors. Participation is limited in this highly competitive program
Schedule:	1/2 day at GPTC and 1/2 day at regular high school
Length of Program:	Full program is 2 school years
Cost:	Free tuition for high school students who reside in the Great Plains Technology Center district. Standard fees for AP tests or college credit
Location:	4500 W Lee Blvd. Lawton, Ok 73503
Contact:	Micheal Farrell mfarrell@greatplains.edu 380-250-5511
Web Site:	http://www.learn.gptech.org/pen01/Wicker@Web
Social Media:	www.facebook.com/greatplainsotechnologycenter
CSF2 Pillar:	Family, Social, Emotional

Service:	School of Career Opportunities and Real Education (SCORE) Program
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Great Plains Technology Center
Description:	A dropout credit recovery program designed to reconnect students to educational and occupational goals. Life Skills classes.
Target Audience:	Students age 16-19 who are in need of credit recovery or an alternative form of education. They must apply and be accepted into the program.
Schedule:	1/2 day academics and 1/2 day technical training
Length of Program:	Enrollment is continuous and a new term begins every 6 weeks.
Cost:	Free tuition for high school students who reside in the Great Plains Technology

	Center district.
Location:	4500 W Lee Blvd. Lawton, Ok 73503
Contact:	Mike Newell mnewell@greatplains.edu 580-250-5589
Web Site:	http://www.greatplains.edu/information-center/score
Social Media:	www.facebook.com/greatplainstechnologycenter
CSF2 Pillar:	Family, Social, Emotional

SEXUAL HARASSMENT/ SEXUAL PREVENTION (SHARP)

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Advocacy/Support Services

Service:	Victim Advocacy Services
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	The Sexual Harassment/ Assault Response and Prevention Program (SHARP) provides 24/7 advocacy and referral services to victims of sexual assault to help maximize their safety, ensure their rights as victims of a crime and provide support to navigate legal and community systems.
Target Audience:	Active Duty Soldiers, National Guard and Reserve Soldiers when performing active service and military dependents 18 years of age and older who eligible for treatment in the military health care system.
Schedule:	24 Hours, 7 Days /Week 365 Days/Year
Length of Program:	Cases By Case Basis
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505
Contact Info:	580-917-4277
Web Site:	http://sill-www.army.mil/sharp/
Social Media:	N/A
CSF2 Pillar:	Emotional, Social

Service:	DoD Safe Helpline
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)

Description:	Crisis support services for members of the DoD community affected by sexual assault. Service is confidential, anonymous, secure, and available worldwide, 24/7. Safe Helpline.org will direct users to additional services: chat rooms and a helpline app.
Target Audience:	Active Duty Soldiers, National Guard and Reserve Soldiers, and military dependents 18 years of age and older who eligible for treatment in the military health care system.
Schedule:	24 Hours, 7 Days /Week 365 Days/Year
Length of Program:	Cases By Case Basis
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505
Contact Info:	877-995-5247
Web Site:	https://www.safehelpline.org/about-dod-safe-helpline
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Family, Emotional & Spiritual

Service:	24 -HR Hotline
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	24-Hr Hotline is utilized for victims to report incidents of sexual assaults
Target Audience:	Active Duty Soldiers, National Guard and Reserve Soldiers, and military dependents 18 years of age and older who eligible for treatment in the military health care system.
Schedule:	24 Hours, 7 Days /Week 365 Days/Year
Length of Program:	Cases By Case Basis
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505
Contact Info:	580-917-4277
Web Site:	http://sill-www.army.mil/sharp/
Social Media:	N/A
CSF2 Pillar:	Emotional

Service:	Sexual Harassment Reports
Organization:	Fires Center of Excellence (FCoE)
Program:	Equal Opportunity Program
Description:	The Equal Opportunity Program is an option for eligible individuals to report incidents of sexual harassment. If you need assistance with a related issue, you may contact the Fort Sill Equal Opportunity Office or you local Equal Opportunity Advisor within the Soldier's organization.
Target Audience:	Active Duty Soldiers, and Family Members of Soldiers
Schedule:	Mon- Fri 09:00-17:00
Length of Program:	Case By Case Basis
Cost:	N/A
Location:	The Welcome Center Bldg 4700 Mow- Way Road Ste 459 Fort Sill, OK 73503
Contact Info:	580-442-6968
Web Site:	http://sill-www.army.mil/eo/
Social Media:	N/A
CSF2 Pillar:	Family, Social, Emotional

Information Resources

Service:	The SHARP Commitment Recognition Program
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	This service is to recognize Soldiers, DA Civilians, and Family members who have shown their commitment to stopping sexual harassment and sexual assault. They may have exceptional knowledge of the sexual harassment /assault training or intervene for a person in need. The program highlights these individuals in the Cannoneer post newspaper with a short profile detailing their commitment to protection of the Army force, reducing sexual assault and sexual harassment, and demonstrating the Army Values. If you know someone who should be recognized please contact the installation SHARP office.
Target Audience:	Soldiers, DA Civilians, Family members and Retirees

Schedule:	Quarterly
Length of Program:	N/A
Cost:	N/A
Location:	455 Mc Nair Ave Fort Sill, OK 73503
Contact Info:	580-558-0117
Web Site:	http://sill-www.army.mil/sharp/
CSF2 Pillar:	Social, Emotion, Family

Service:	Training and Education
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	The Sexual Harassment/ Assault Response and Prevention Program (SHARP) provides training opportunities and events for the Lawton/Fort Sill community to increase prevention as well as awareness and understanding of the issues surrounding sexual harassment and assault. Please contact a Fort Sill SHARP office for more information.
Target Audience:	Commanders, Leaders, Law Enforcement, Therapist, Chaplains, Spiritual Leaders, Victim Advocates, Sexual Assault Nurse Examiners, Soldiers, Family members, DA Civilians and Retirees.
Schedule:	Ongoing
Length of Program:	Varies based on specific training
Cost:	N/A
Location:	Various locations on Fort Sill
Contact Info:	580-558-0117
Web Site:	http://sill-www.army.mil/sharp/
CSF2 Pillar:	Social, Emotion, Family

Service:	"Start Right" Newcomers Orientation to Fort Sill
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	This is an overview for incoming Soldiers and Families introducing the SHARP program on Fort Sill. The briefing provides attendees with information about the

	program and procedures on Fort Sill, phone numbers, and resources in case of an incident.
Target Audience:	Incoming Soldiers and Family members
Schedule:	Weekly
Length of Program:	10 min
Cost:	N/A
Location:	Resiliency Training Center, 2934 Marcy Road Fort Sill, OK 73503
Contact Info:	580-558-0117
Web Site:	http://sill-www.army.mil/sharp/
CSF2 Pillar:	Social, Emotion, Family

Service:	Sexual Harassment and Assault Response Prevention (SHARP) Program Library
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	The Fort Sill sexual harassment and assault response prevention offices provides books, pamphlets, DVDs and other resource materials for Fort Sill community members. These education resources include topics such as: sexual health, parenting skills/ issues, teen dating, coping skills, relationship issues, healing from trauma and more. The library materials are available at the brigades, medical, and installation SHARP offices for check out or handout.
Target Audience:	Soldiers, DA Civilians, Family members, Contractors and Retirees
Schedule:	9:00 am- 4:30 pm
Length of Program:	N/A
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505; and Brigade SHARP Offices
Contact Info:	580-558-0117
Web Site:	http://sill-www.army.mil/sharp/
CSF2 Pillar:	Social, Emotion, Family

Service:	Sexual Harassment and Assault Response Prevention (SHARP) Program Online
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	& Resources
Organization:	US Army
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	The Department of the Army's Sexual Harassment and Assault Response Prevention (SHARP) website provides online training, education, policies, resources and news about the SHARP program Army-wide. This site can be used by anyone who would like to find out more about local prevention activities, testimonials, and events in Army communities.
Target Audience:	Soldiers, DA Civilians, Family members, Contractors and Retirees. Open to the Public
Schedule:	24Hours, 7 Days /Week 365 Days/Year
Length of Program:	N/A
Cost:	N/A
Location:	N/A
Contact Info:	N/A
Web Site:	http://www.sexualassault.army.mil/index.cfm
CSF2 Pillar:	Social, Emotion, Family

Service:	GuideBook
Organization:	Fires Center of Excellence
Program:	Sexual Harassment and Assault Response Prevention (SHARP)
Description:	The Sexual Harassment/Assault Response and Prevention (SHARP) guidebook is a reference tool for anyone to use in sexual harassment and sexual assault prevention and response efforts.
Target Audience:	Soldiers, DA Civilians, Family members, Contractors and Retirees. Open to the Public
Schedule:	N/A
Length of Program:	N/A
Cost:	N/A
Location:	Bldg 455 Mc Nair Fort Sill, OK 73505
Contact Info:	580-558-0117
Web Site:	www.preventsexualassault.army.mil
CSF2 Pillar:	Social, Emotion, Family

SOCIAL CLUBS/ORGANIZATIONS

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Service:	Female Soldier Advocacy
Organization:	Female Soldier Advocacy
Program:	Sisters-in-Arms
Description:	A program designed to help female Soldiers find solutions to problems they may encounter during their military career. It addresses the life changes of females in the military and establishes a mentorship program that will aid female Soldiers in career progression. Battalions conduct their own internal meetings monthly.
Target Audience:	75th FAB Female Soldiers
Schedule:	Monthly
Length of Program:	1 hour
Cost:	None
Location:	Battalion Conference Rooms
Contact:	580-442-5511
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional

Service:	Motorcycle Safety, Prevention Training, Social Group
Organization:	Safety
Program:	Motorcycle Mentorship Program
Description:	The Motorcycle Mentorship Program ensures all Soldiers riding motorcycles conduct sustainment training and are properly briefed on traffic and equipment safety. Additionally, the program promotes activities reinforcing positive training and riding.
Target Audience:	75th FAB Motorcycle Riders
Schedule:	Quarterly
Length of Program:	Depends on event

Cost:	None
Location:	Varies Each Quarter
Contact:	580-442-5511
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Physical

Service:	Social Club
Organization:	Fort Sill Patriot Spouse's Club
Program:	Fort Sill Patriot Spouse's Club
Description:	Fort Sill Patriot Spouse's Club is a non- profit service club to foster friendship and social support, cultural, educational and community projects that benefit our membership, the United States military and the Fort Sill/ Lawton Community. We offer several opportunities throughout the year for spouses to get involved, supporting fundraisers and social events geared toward providing scholarships for military dependents.
Target Audience:	Open to Spouses of all Military ID Card Holders
Schedule:	Luncheons are typically the 2nd Tuesday of every Month
Length of Program:	Ongoing
Cost:	Varies by Rank, Time Duration or Student Status
Location:	Patriot Spouses' Club P.O. Box 33174 Fort Sill, OK 73503
Contact:	Please Email Membership: FSPSCMembership@ yahoo.com
Web Site:	http://www.portsillpsc.org/Index.html
Social Media:	https://www.facebook.com/FortSillPSC
CSF2 Pillar:	Family, Social

SPECIAL NEEDS

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Education

Service:	Special Needs Accommodation Process (SNAP)
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Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Exceptional Family Member Program (EFMP)
Description:	Multiagency committee to explore installation child care options for children who have been identified with special needs. Recommend a placement setting to accommodate the child.
Target Audience:	SNAP Team and parents
Schedule:	Weekly
Length of Program:	1-3 hours
Cost:	N/A
Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Programs & Resources

Service:	Exceptional Family Member Program (EFMP) Reassignment Brief
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Exceptional Family Member Program (EFMP)
Description:	Brief conducted by Military Personal Division, EFMP provides information as it is related to PCSing with a EFM
Target Audience:	Soldiers PCSing
Schedule:	4xs weekly
Length of Program:	15 minutes
Cost:	N/A
Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Special Needs Accommodation Process (SNAP)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Exceptional Family Member Program (EFMP)
Description:	Multiagency committee to explore installation child care options for children who have been identified with special needs. Recommend a placement setting to accommodate the child.
Target Audience:	SNAP Team and parents
Schedule:	Weekly
Length of Program:	1-3 hours
Cost:	N/A
Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

Service:	Exceptional Family Member Program Committee
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Exceptional Family Member Program (EFMP)
Description:	Multiagency EFMP committee, with the installation EFMP manager as chair, to advise the commander about issues related to EFMP
Target Audience:	EFMP Committee Members
Schedule:	Quarterly
Length of Program:	1 hour
Cost:	N/A
Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818

Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family & Spiritual

Recreation & Activities

Service:	Cowabunga Family Fun Days
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Exceptional Family Member Program (EFMP)
Description:	Recreational Family Event
Target Audience:	Families who have children with moderate to severe special needs
Schedule:	Quarterly
Length of Program:	Determined by event
Cost:	N/A
Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family

Support Groups

Service:	EFMP Support Group Events
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Exceptional Family Member Program (EFMP)
Description:	Support group Family activities
Target Audience:	EFMP Families
Schedule:	Monthly
Length of Program:	1-2 hours
Cost:	N/A

Location:	Bldg 4700 Mowway Rd. Fort Sill OK 73505
Contact Info:	580-442-6818
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Social, Emotional, Family

SPORTS

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Games & Tournaments

Service:	Intro to Team Sports
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Smart Start Sports
Description:	Noncompetitive program to introduce children to sports such as T-Ball, golf, soccer, etc.
Target Audience:	Children enrolled in care at Child Development Centers.
Schedule:	Activities are scheduled during normal hours of operation
Length of Program:	Program is available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	Included in child care fees
Location:	Programs are available at each location: Tincher CDC-4122 Bragg Road; Grierson CDC-4123 Bragg Road; Cooper CDC-4125 Bragg Road
Contact:	Children enrolled in CYSS care are automatically enrolled in the program
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Competitive Swim Team
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness

Description:	This is a competitive swim team that requires a tryout. The swim team competes in meets out of town and trains at the Rinehart pool.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	MAR-JUL and AUG-MAR
Length of Program:	
Cost:	Age 18 & under \$90
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Individual and Team Sports
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Smart Start Sports
Description:	The Youth Sports Program provides organized leagues and fitness opportunities for area youth. Through non-competitive sports, youth enhance personal, mental and physical skill development, teamwork and sportsmanship.
Target Audience:	Children enrolled in care at Child Development Centers.
Schedule:	Schedule set by coaches and staff
Length of Program:	Team sports are available year round on a rotating basis
Cost:	Fees vary by sport or activity
Location:	Programs are available at each location: Tincher CDC-4122 Bragg Road; Grierson CDC-4123 Bragg Road; Cooper CDC-4125 Bragg Road
Contact:	Children enrolled in CYSS care are automatically enrolled in the program
Web Site:	http://www.sillmwr.com/child-youth-school-services/school-age-center/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Individual and Team Sports
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Seventeen sports (5 Team and 12 Individual) offered during calendar year
Target Audience:	Active Duty Soldiers assigned or attached to Fort Sill, OK.
Schedule:	Sports specific season; offered throughout Calendar Year
Length of Program:	Varies dependent upon season
Cost:	No Cost to participants
Location:	Bldg 4744, Mow-Way Road, Fort Sill, OK
Contact:	580-442-3269/5623
Web Site:	http://www.sillmwr.com/recreation
Social Media:	
CSF2 Pillar:	physical, Social, Emotional

Service:	Varsity Sports
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Four Team Sports conducted throughout Calendar Year
Target Audience:	Active Duty Soldiers assigned or attached to Fort Sill, OK.
Schedule:	Sports specific season; offered throughout Calendar Year
Length of Program:	Varies dependent upon season
Cost:	No Cost to participants
Location:	Bldg 4744, Mow-Way Road, Fort Sill, OK
Contact:	580-442-3269/5623
Web Site:	http://www.sillmwr.com/recreation
Social Media:	
CSF2 Pillar:	physical, Social, Emotional

Baseball

Service:	Baseball Camp
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Baseball camp is a two day camped during June, focusing on the fundamentals of playing baseball. We work on fielding, hitting, throwing and base running aspects of the game. Ages 6 through High school.
Target Audience:	Children 3 years through high school who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	TBD
Length of Program:	2 days
Cost:	3-18 years \$25
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Baseball/T-Ball (Co-ed)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Baseball and T Ball begin in March and ends in May. All baseball and T Ball practices and games are played at Prichard field. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	TBD
Length of	6 weeks

Program:	
Cost:	Age 3-5 \$20 Age 6-5th Grade \$45
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Basketball

Service:	Basketball
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Basketball begins in January and ends in February. All basketball practices and games are played at the Fort Sill Youth Center. The league supports children ages 3 through middle school. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through high school who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	17 JAN - 21 FEB 15
Length of Program:	6 weeks
Cost:	Age 3-5 \$20 Age 6-5th Grade \$40
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Basketball Camp
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Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Basketball camp is a two day camp during December, focusing on the fundamentals of playing basketball. We work on the fundamentals of playing basketball and work to improve knowledge of those attending. Ages 6 through high school are eligible.
Target Audience:	Children 3 years through high school who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	16-17 DEC 14
Length of Program:	2 days
Cost:	Age 3-18 \$25
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Bowling

Service:	Bowling Camp
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	This program is operated through Twin Oaks Bowling center in cooperation with Child and Youth Sports during the month of July.
Target Audience:	Children 3 years through high school who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	TBD
Length of Program:	1 week
Cost:	Age 6-18 \$25

Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Football

Service:	Flag Football
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Flag Football begins in October and ends in November. All football practices and games are played at Prichard field. The league supports children ages 3 - 12. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	11 OCT -15 NOV
Length of Program:	6 weeks
Cost:	Age 3-5 \$20 Age 6-5th Grade \$40
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Flag Football Camp
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Flag Football camp occurs in September. Football camp focuses on the skills and fundamentals of flag football. The event is held at Prichard field. The camp supports children ages 6 - 12.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	23-24 SEP
Length of Program:	2 days
Cost:	Age 3-18 \$25
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Punt, Pass and Kick Competition
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	This is a program offered through the NFL. The event is held during the summer months at Fort Sill during July or August.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	July or August
Length of Program:	2 days
Cost:	Free
Location:	1010 Fort Sill Blvd, Fort Sill OK

Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Football

Service:	Flag Football
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Flag Football begins in October and ends in November. All football practices and games are played at Prichard field. The league supports children ages 3 - 12. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	11 OCT -15 NOV
Length of Program:	6 weeks
Cost:	Age 3-5 \$20 Age 6-5th Grade \$40
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Flag Football Camp
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness

Description:	Flag Football camp occurs in September. Football camp focuses on the skills and fundamentals of flag football. The event is held at Prichard field. The camp supports children ages 6 - 12.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	23-24 SEP
Length of Program:	2 days
Cost:	Age 3-18 \$25
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Punt, Pass and Kick Competition
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	This is a program offered through the NFL. The event is held during the summer months at Fort Sill during July or August.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	July or August
Length of Program:	2 days
Cost:	Free
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800

CSF2 Pillar:	Family, Social, Emotional, Physical
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Soccer

Service:	Fall Soccer
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Fall soccer begins in September and ends in October. All soccer practices and games are played at Prichard field. The league supports children ages 3 - 12. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	13 SEP - 19 OCT
Length of Program:	6 weeks
Cost:	Age 3-5 \$20 Age 6-5th Grade \$40
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Soccer Camp
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Soccer camp is a two day camped during August, focusing on the fundamentals of playing soccer. We work on the fundamentals of playing soccer and work to improve knowledge of those attending. Ages 6 through high school are eligible.
Target Audience:	Children 3 years through 5th grade who are family members of active duty

Audience:	military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	25 & 28 AUG 14
Length of Program:	2 days
Cost:	3-18 years \$25
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Spring Soccer
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Spring soccer begins in March and ends in May. All soccer practices and games are played at Prichard field. The league supports children ages 3 - 12. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	5 APRIL - 9 MAY 15
Length of Program:	6 weeks
Cost:	Age 3-5 \$20 Age 6-5th Grade \$40
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Softball

Service:	Baseball/T-Ball (Co-ed)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Baseball and T Ball begin in March and ends in May. All baseball and T Ball practices and games are played at Prichard field. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	TBD
Length of Program:	6 weeks
Cost:	Age 3-5 \$20 Age 6-5th Grade \$45
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Fast Pitch Softball (co-ed)
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Softball Season is offered for our female athletes on post. Season begins in August and ends in September. This a fast pitch league. 6 to 8 play coach pitch and 9-12 play player pitch. Uniforms are provided as well as trophy.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services

Schedule:	TBD
Length of Program:	6 weeks
Cost:	Age 6- 5th Grade \$45
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Softball Camp
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Softball camp is a two day camp during June, focusing on the fundamentals of playing Softball. We work on fielding, hitting, throwing and base running aspects of the game. Ages 6 through high school.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	TBD
Length of Program:	2 days
Cost:	3-18 years \$25
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Swimming

Service:	Competitive Swim Team
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	This is a competitive swim team that requires a tryout. The swim team competes in meets out of town and trains at the Rinehart pool.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	MAR-JUL and AUG-MAR
Length of Program:	
Cost:	Age 18 & under \$90
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Swimming
Organization:	Family and Morale, Welfare and Recreation (FMWR): Community Recreation
Program:	Sports, Fitness and Aquatics
Description:	Swim Lessons
Target Audience:	Eligible Department of the Army ID Cardholders (Active Duty, National Guard Reservist and their military Family members, Retirees, Widows) and Fort Sill Civilians
Schedule:	Once Monthly
Length of Program:	4 week session (2 nights per week; 45 minute classes)
Cost:	\$35 / \$30 per person
Location:	Rinehart FC: BLDG 2730 Bragg Road, Fort Sill
Contact:	580-442-6200
Web Site:	http://www.sillmwr.com/recreation
Social Media:	

CSF2 Pillar:	Social, Emotional, Family & Spiritual
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Golf

Service:	Golf Camp
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	Golf Camp is held at Fort Sill Golf Course during the month of July. Fundamentals of golf are taught to children from golf instructors from the golf course.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	TBD
Length of Program:	2 days
Cost:	6-18 years \$25
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Wrestling

Service:	Wrestling
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Sports and Fitness
Description:	This is a competitive wrestling club that is in the process of trying to get approval. The club would practice at School Age center building.
Target Audience:	Children 3 years through 5th grade who are family members of active duty military, retirees, DoD civilian employees and DoD contractors are eligible to

	participate in Youth Sports activities. They must be registered with CYSS Parent Central Services
Schedule:	TBD
Length of Program:	COMING SOON
Cost:	Age 6-8th Grade
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact:	Youth Sports Office 580-442-5926/5420 - Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/youth-sports/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

SUBSTANCE ABUSE

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Intervention Programs

Service:	Referral Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	ASAP Clinical Services
Description:	Referrals are made to the Behavioral Health Service and Social Work Services to address mental health needs identified in the course of the ASAP enrollment, when more specialized counseling services are needed or medication management needs to be evaluated. Referrals to other supportive services are also made as needed (ex. Family Advocacy, Wellness Center for tobacco cessation classes and nutritional counseling, Pain Management Clinic, Pastoral Care, Army Community Services for financial management, parenting classes, career and vocational counseling, etc .
Target Audience:	Active Duty service members enrolled in ASAP. Also, those who have been referred by the Employee Assistance Program (Family members age 18 and older, DA Civilians, and Retirees)
Schedule:	Weekdays
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads

Contact:	580-442-2691/4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/Counselors.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social, Emotional, & Spiritual

Service:	Assessment and Screening
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Sessions provided to identify risk factors and stressors which may require assistance, intervention or referrals.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	Appointment preferred; Walk-ins accepted upon availability
Length of Program:	1-2 Hours
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Support Groups

Service:	Substance Abuse Group Therapy
Organization:	Army Substance Abuse Program (ASAP)
Program:	ASAP Clinical Services
Description:	Group therapy provides group counseling sessions which focus on the treatment of mental health disorders which are present with substance use disorders.

Target Audience:	Active Duty service members enrolled in ASAP. Also, those who have been referred by the Employee Assistance Program (Family members age 18 and older, DA Civilians, and Retirees)
Schedule:	Weekdays
Length of Program:	1-3 hours weekly
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-2691/4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/Counselors.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Emotional and Behavioral

Information Resources

Service:	Well Being and Substance Abuse Prevention Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Fort Sill Well Being Center (Army Substance Abuse Program)
Description:	The Fort Sill Well Being Center supports Soldiers, Army families, DA Civilians, Retirees and their families through services to promote healthy living in stressful environments. The services included are in risk assessment, employee support, substance abuse prevention & treatment, drug testing, suicide prevention, and counseling services.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/index.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642

CSF2 Pillar:	Physical, Social, Emotional & Spiritual
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Counseling/Treatment

Service:	Short Term Counseling Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	Professional assistance provided to eligible personnel for the challenges of everyday living. The EAP confidentially addresses difficulties in relationships, emotional/psychological, stress and anxiety. These short term counseling sessions assist individuals with life stressors related to various environments (such as work, school, home, marital conflict etc.). These sessions are focused on building coping skills and resiliency. However, these services do not include counseling for children under 18.
Target Audience:	Active Duty Family members, DA Civilians, their Family members and Retirees and their Family members
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Appointments Preferred; Walk-ins accepted upon availability
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-6289
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/eap.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Referral Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Employee Assistance Program (EAP)
Description:	In cases where assistance cannot be provided by the Employee Assistance Program, referrals are provided to accommodate the needs of the individual. Referrals may include issues related to child /elder care, financial, health related, grief and loss, and stress. The EAP partners with a range of Lawton/ Fort Sill community providers to meet needs of our military & civilian community.
Target	Active Duty Family members, DA Civilians, their Family members and Retirees

Audience:	and their Family members
Schedule:	07:30- 16:30 Mon- Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-6289
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social Emotion & Spiritual

Service:	Substance Abuse Screening and Assessment
Organization:	Army Substance Abuse Program (ASAP)
Program:	ASAP Clinical Services
Description:	An in-depth individual evaluation to determine treatment needs covering the following areas: reason for referral and relevant legal issues to include commander input; living situation; financial status; current mental status, substance abuse history, individual and family history.
Target Audience:	Active Duty service members enrolled in ASAP. Also, those who have been referred by the Employee Assistance Program (Family members age 18 and older, DA Civilians, and Retirees)
Schedule:	Weekdays
Length of Program:	Varies
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-2691/4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/Counselors.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Emotional and Behavioral

SUICIDE PREVENTION

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Information Resources

Service:	Training in Suicide Prevention
Organization:	Religious Support Office
Program:	ASIST Suicide Prevention Training
Description:	2 Day modules of what to do and say to prevent someone attempting suicide
Target Audience:	Soldiers, Family Members, Govt Contractors w/ DOD ID
Schedule:	By appointment
Length of Program:	2 Days
Cost:	N/A
Location:	Family Life Chaplain Center in the Resiliency Training Center; Bldg 2934 located at 2934 Marcy Road Ft Sill, OK 73503
Contact:	580-442-5003
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Spiritual

Service:	Education/Resource Services
Organization:	Army Substance Abuse Program (ASAP)
Program:	Suicide Prevention Program
Description:	Provides a variety of educational pamphlets to assist in the prevention of suicide. Builds awareness of relevant issues and stressors and resources to obtain help.
Target Audience:	Fort Sill Soldiers, Families, DA Civilians, their Families and Retirees and their Families
Schedule:	07:30-16:30 Mon-Fri
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/SPP.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-

	Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social, Emotional & Spiritual

Service:	National Suicide Prevention Lifeline (Phone/Live Chat)
Organization:	National Suicide Prevention Lifeline
Program:	Suicide Prevention Program
Description:	Provides a variety of resources and information regarding suicide prevention assistance and crisis intervention. The site also provides step by step information on creating a safety plan, providing help for others, and local networks and crisis centers.
Target Audience:	Public Service
Schedule:	Ongoing
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-4205
Web Site:	http://sill-www.army.mil/usag/dhr/ASAP/SPP.html
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social, Emotional & Spiritual

Service:	Community Informational Resource
Organization:	Army Substance Abuse Program (ASAP)
Program:	Suicide Prevention Program
Description:	Offers post wide education, community events and activities to build awareness. Markets program through available recourses such as educational materials, community outreach efforts and ASAP Facebook page.
Target Audience:	Soldiers and their Family members, Civilian employees and their family members, Retirees and their family members
Schedule:	Ongoing
Length of	Ongoing

Program:	
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact:	580-442-1618
Web Site:	www.preventsuicide.army.mil
Social Media:	https://www.facebook.com/pages/Fort-Sill-Well-Being-Center-Army-Substance-Abuse-Program/115638415119642
CSF2 Pillar:	Physical, Social, Emotional, & Spiritual

Intervention/Outreach Programs

Service:	Community Outreach
Organization:	Army Substance Abuse Program (ASAP)
Program:	Suicide Prevention Program
Description:	Offers post wide education, community events and activities to build awareness. Markets program through available recourses such as educational materials, community outreach efforts and ASAP Facebook page.
Target Audience:	Soldiers and their Family members, Civilian employees and their family members, Retirees and their family members
Schedule:	Ongoing
Length of Program:	Ongoing
Cost:	N/A
Location:	Bldg 3415 Miner Road, Fort Sill, OK 73503 at the corner of Babcock and Miner Roads
Contact Info:	580-442-1618
Web Site:	www.preventsuicide.army.mil
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional & Spiritual

Service:	US Army Suicide Prevention Program
Organization:	US Army G-1
Program:	Suicide Prevention Program

Description:	Provides a variety of resources and information regarding suicide prevention assistance and crisis intervention. The site also provides videos and testimonials from Soldiers and Family members who have benefited from the Army's mission to increase Readiness and Resiliency.
Target Audience:	Public Service
Schedule:	Ongoing
Length of Program:	Ongoing
Cost:	N/A
Location:	Office of the Deputy Chief of Staff, G-1 ATTN: (DAPE-ZXS) 300 Army Pentagon Washington, DC20310-0300
Contact:	1-800-273-TALK
Web Site:	http://www.armyg1.army.mil/hr/suicide/
Social Media:	https://www.facebook.com/USArmy
CSF2 Pillar:	Physical, Social, Emotional, & Spiritual

SURVIVOR ASSISTANCE

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Service:	Survivor Support Services
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Survivor Outreach Services
Description:	We honor Soldiers who made the ultimate sacrifice for the security of our Nation by supporting and caring for their Survivors. Extend support to Families both before and after crisis by maximizing cooperation between governmental and non-government agencies.
Target Audience:	Family members, battle buddies, and friends of Fallen Soldiers
Schedule:	Mon- Fri 0730- 4:00 pm
Length of Program:	Ongoing
Cost:	N/A
Location:	The Welcome Center Building 4700 Mow-Way Fort Sill, OK 73503
Contact:	580-442-4282
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/survivor-outreach-services/
Social Media:	http://www.sillmwr.com/soldier-family-programs-2/survivor-outreach-services/

CSF2 Pillar:	physical, Social, Emotional, Family
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Service:	Support Group
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Survivor Outreach Services
Description:	Monthly opportunity for networking and peer support for Family members of Fallen Soldiers
Target Audience:	Family members, battle buddies, and friends of Fallen Soldiers
Schedule:	Monthly
Length of Program:	2 Hours
Cost:	N/A
Location:	The Welcome Center Building 4700 Mow-Way Fort Sill, OK 73503
Contact:	580-442-4282
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/survivor-outreach-services/
Social Media:	http://www.sillmwr.com/soldier-family-programs-2/survivor-outreach-services/
CSF2 Pillar:	physical, Social, Emotional, Family

Service:	Survivor Support Services
Organization:	Department of Human Resources: Military Personnel Division
Program:	Casualty Operations Center
Description:	We honor Soldiers who made the ultimate sacrifice for the security of our Nation by supporting and caring for their Survivors. Extend support to Families after crisis by maximizing cooperation between governmental and non-government agencies
Target Audience:	Family Members of Fallen Soldiers in Arkansas and Oklahoma.
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Ongoing
Cost:	N/A

Location:	Building 4700 Mow-Way Road Suite 143N Fort Sill OK 73503
Contact:	580-442-4055, After hours 580-512-6178
Web Site:	https://www.hrc.army.mil/TAGD/Fort%20Sill%20Oklahoma%20Casualty%20Assistance%20Center
Social Media:	
CSF2 Pillar:	Physical, Social, Emotional, Family

Service:	Funeral Honors
Organization:	Department of Human Resources: Military Personnel Division
Program:	Casualty Operations Center
Description:	Final honor given to those Soldiers who made the ultimate sacrifice for the security of our Nation.
Target Audience:	Family Members of Fallen Soldiers in Arkansas and Oklahoma.
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Suite 143N Fort Sill OK 73503
Contact:	580-442-8592, After hours 580-512-6178
Web Site:	https://www.hrc.army.mil/TAGD/Fort%20Sill%20Oklahoma%20Casualty%20Assistance%20Center
Social Media:	
CSF2 Pillar:	Physical, Social, Emotional, Family

Service:	Casualty Notification Officers/ Casualty Assistant Officer
Organization:	Department of Human Resources: Military Personnel Division
Program:	Casualty Operations Center

Description:	Two day certification course for Soldiers to perform the duties of notifying Survivors of a Fallen Soldier. Training for Soldiers to perform the duties necessary in assisting next of kin in submission of claims, memorial arrangements, and other necessary events.
Target Audience:	Noncommissioned Officers SFC or above, Commissioned Warrant Officers CW2 or above, Commissioned Officers Captain or above. Available for Arkansas and Oklahoma.
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Suite 143N Fort Sill OK 73503
Contact:	580-442-0290, After hours 580-512-6178
Web Site:	https://www.hrc.army.mil/TAGD/Fort%20Sill%20Oklahoma%20Casualty%20Assistance%20Center
Social Media:	
CSF2 Pillar:	Physical, Social, Emotional, Family

Service:	Mortuary Affairs
Organization:	Department of Human Resources: Military Personnel Division
Program:	Casualty Operations Center
Description:	Retrieval, identification and transportation of the Fallen for proper disposition by the Family
Target Audience:	Family Members of Fallen Soldiers in Arkansas and Oklahoma.
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Ongoing
Cost:	N/A
Location:	Building 4700 Mow-Way Road Suite 143N Fort Sill OK 73503
Contact:	580-442-6706, After hours 580-512-6178
Web Site:	https://www.hrc.army.mil/TAGD/Fort%20Sill%20Oklahoma%20Casualty%20Assistance%20Center
Social	

Media:	
CSF2 Pillar:	Physical, Social, Emotional, Family

TOBACCO CESSATION

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On-Post Support Programs & Resources

Service:	Education & Treatment
Organization:	Army Public Health Nursing: Reynolds Army Community Hospital (RACH)
Program:	Tobacco Cessation Program
Description:	Tobacco cessation program is designed to help participants quit smoking or using tobacco products. The program is a 5 week program with an initial appointment for assessment and setup.
Target Audience:	Tri care Insurance Beneficiaries
Schedule:	Thursday 0800-0900
Length of Program:	Initial appointment t & 5 week program
Cost:	N/A
Location:	Bldg 2913 Craig Road Fort Sill, OK 73503
Contact:	580-442-2609
Web Site:	N/A
Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, Family

Education & Prevention

Service:	Tobacco Prevention Education
Organization:	Reynolds Army Community Hospital Preventive Medicine: Army Wellness Center
Program:	Tobacco Free Living
Description:	Tobacco education to prevent initiation of tobacco use, and refer tobacco users to appropriate serves/provider for tobacco cessation.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries

Schedule:	by appointment only
Length of Program:	Approximately 30 minutes
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

TRANSITIONING OUT OF THE ARMY

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Service:	Assists Transitioning Service Members and Their Family Members
Organization:	Soldier for Life Transition Assistance Program (SFL-TAP)
Program:	Transition/Employment Assistance
Description:	Soldier For Life-Transition Assistance Program provides pre-separation counseling and a wide range of transition, job search information and referral services. Additional services include: includes assistance with Resume Writing/Interviewing/Veteran's Affairs Services/Benefits, Job Fairs, Financial Planning Seminar. The program is designed to help Military Families prepare for the effects of a career change and make a smooth transition into the civilian sector. The VOW Focus is on Goals, Plans and Success. There are partnerships with the Veteran's Affairs Office and the Department of Labor to support Soldiers and their Families in a successful transition.
Target Audience:	Soldiers, Veterans(180 days after Separation Date), retirees, DA Civilians (Rift), and Family members of Service Members getting out of the military
Schedule:	Monday - Friday, 0730-1600
Length of Program:	Varies Depending on individuals situation and needs.
Cost:	None
Location:	Bldg. 4700 Mow-Way Rd., third floor RM 314, Fort Sill, OK 73503
Contact:	580-442-2222/2617
Web Site:	sill.acap@serco-na.com
Social Media:	https://www.facebook.com/pages/Fort-Sill-ACAP

CSF2 Pillar:	Emotional, Social, Family, Physical
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VOLUNTEER

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Service:	Volunteer Orientation
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Volunteer Corps
Description:	Inform volunteers of opportunities and train them to use the Volunteer Management Information System (VMIS) to track their hours and training.
Target Audience:	Active Duty, Retirees, Spouses, Teens
Schedule:	Monthly
Length of Program:	Third Tuesday of the Month 1.5 hours
Cost:	N/A
Location:	Room 219, Bldg. 4700 Mow-Way Road
Contact:	580-442-4682
Web Site:	www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillMWR#!/FortSillACS
CSF2 Pillar:	Physical, Social, Emotional, Family and Spiritual

Service:	Parent Participation Program
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Parent Central Services
Description:	Program provides parents an opportunity to share their talent, skills and abilities while volunteering in regularly scheduled Child Youth and School Services programs and activities. Parents earn points for volunteer activities. 10 points = a 10% reduction in fees for one month. Examples of parent participation include: Program evaluation, Parent Education, Community or Special Events, Classroom Activities, Program Wide Projects, Special Projects and other projects approved by the Garrison or DFMWR
Target	Parents with children enrolled in any Child Youth and School Services child care

Audience:	program.
Schedule:	Parents should contact center directors or Parent Central Services for volunteer opportunities
Length of Program:	Parents may volunteer as often as they wish
Cost:	No cost. Possible 10% savings on child care fees upon accumulation of 10 points
Location:	Building 4700, 1st Floor, just inside north door
Contact Info:	Parent Central Services 580-442-3486 or 580-442-3927 Family Child Care Office 580-442-2470 Tincher Child Development Center 580-442-2320 Grierson Child Development Center 580-558-4306 Cooper Child Development Center 580-558-5735 School Age Center 580-442-2844 Youth Center 580-442-5959
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Volunteer System Training
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Army Volunteer Corps
Description:	Training on the Volunteer Management Information System (VMIS) which tracks all volunteer hours, training, awards, certificates and credentials.
Target Audience:	Organization Volunteer Managers
Schedule:	Monthly
Length of Program:	First Thursday of the Month 1 hour
Cost:	N/A
Location:	MWR Training Room, Bldg. 4700 Mow-Way Road
Contact Info:	580-442-4682
Web Site:	www.sillmwr.com
Social Media:	https://www.facebook.com/FortSillMWR#!/FortSillACS
CSF2 Pillar:	Social

Service:	Charity/ Community Service Projects
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Organization:	Fort Sill Patriot Spouse's Club
Program:	Fort Sill Patriot Spouse's Club
Description:	The Fort Sill Patriot Spouse's Club offers several opportunities throughout the year for spouses to get involved, supporting fundraisers and social events geared toward providing scholarships for military dependents.
Target Audience:	Open to Spouses of all Military ID Card Holders as Part of the Fort Sill Patriot Spouse's Club
Schedule:	Varies Depending on Project
Length of Program:	Ongoing
Cost:	Club Membership Varies by Rank, Time Duration or Student Status
Location:	Patriot Spouses' Club P.O. Box 33174 Fort Sill, OK 73503
Contact:	Please Email Membership: FSPSCMembership@ yahoo.com
Web Site:	http://www.footsillpsc.org/Index.html
Social Media:	https://www.facebook.com/FortSillPSC
CSF2 Pillar:	Family, Social

VOTING ASSISTANCE

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Service:	Voter Registration, Absentee Ballot Request, General Voting Information
Organization:	Installation Voting Assistance Office/Directorate of Human Resources
Program:	Federal Voting Assistance Program
Description:	The Installation Voting Assistance Office works to ensure Service members, their eligible family members are aware of their right to vote and have the tools and resources to successfully do so. The IVAO can help individuals register to vote in their home voting district, request absentee ballots, and answer general questions regarding the voting process.
Target Audience:	Members of the Uniformed Services (Army, Navy, Marine Corps, Air Force, and Coast Guard) and voting age dependents.
Schedule:	Monday - Friday, 0730-1630
Length of Program:	Ongoing, with a focus during Federal Election year
Cost:	N/A

Location:	Welcome Center, 4700 Mow-Way Road, Suite G-35, Fort Sill, OK 73503
Contact:	580-442-0178 usarmy.sill.imcom-central.mbx.ft-sill-vote-sill@mail.mil
Web Site:	sill-www.army.mil/voting/
Social Media:	N/A
CSF2 Pillar:	Social, Emotional

WEIGHT MANAGEMENT

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Adult Programs

Service:	Exercise Testing
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Using state-of-the-art equipment, physical fitness level is assessed and used to create an individualized exercise prescription. These tests assess your height, weight, blood pressure, heart rate, BMI in addition to your aerobic fitness, body composition, muscular fitness and flexibility.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	N/A
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Healthy Nutrition
Organization:	Reynolds Army Community Hospital Preventive Medicine
Program:	Army Wellness Center
Description:	Healthy eating is enhanced with the use of metabolic testing that synchronizes an

	individual's resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance.
Target Audience:	Active duty Soldiers, Department of the Army Civilians, Beneficiaries
Schedule:	by appointment only
Length of Program:	N/A
Cost:	N/A
Location:	Bldg. 2868 Craig Road, Fort Sill, OK 73503.
Contact:	580-442-0680
Web Site:	https://www.sft.army.mil/awc.default.aspx
Social Media:	https://www.facebook.com/AWCsill
CSF2 Pillar:	Physical, emotional

Service:	Nutrition Education & Counseling Services
Organization:	RACH Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Provides Medical Nutrition Therapy and Nutrition Education through individual or group class appointments and health promotion events on a self-referral or consult basis. Individual appointments or group sessions on a variety of topics, including; weight management, sports nutrition, high cholesterol, high blood pressure, diabetes, pregnancy & breastfeeding, food allergies, special diets, eating disorders, bariatric surgery, etc.
Target Audience:	Tri-Care beneficiaries
Schedule:	During Clinic hours; weekdays 0800-1600
Length of Program:	Length of individual appointments - Initial are 60 minutes, follow ups are 30 minutes. Classes upon request times vary.
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Service:	Weight Management Counseling Services
Organization:	Reynolds Army Community Hospital Nutrition Care Division
Program:	Nutrition Outpatient Clinic
Description:	Active Duty Weight Management; mandatory for Soldiers on Army Body Composition Program.
Target Audience:	Tri-Care beneficiaries
Schedule:	Weekly
Length of Program:	90 minutes
Cost:	N/A
Location:	Bldg 4301, RACH, Room 1G138; Fort Sill, OK 73505
Contact:	580-558-2825
Web Site:	http://www.rach.sill.amedd.army.mil/ncd.php
Social Media:	N/A
CSF2 Pillar:	Physical

Child-Youth Services

Service:	US Army Public Health Command
Organization:	Childhood Obesity Prevention Program
Program:	Operation Kid Fit
Description:	Low-intensity, parent-focused evidence-based childhood obesity prevention program. The program utilizes motivational interviewing to enhance parent's commitment to change and teaches specific strategies such as heightened attention to nutrition and ways to increase physical activity and reduce sedentary behaviors such as TV watching. Additionally, parents are taught basic behavioral management strategies (e.g. how to set and enforce limits around food choices, positive reinforcement for health lifestyle behaviors)
Target Audience:	Parent or caregivers of military-beneficiary children ages 4-11 who are struggling to maintain a healthy weight.
Schedule:	Classes schedule upon request
Length of Program:	12-week program consisting of ten 90-minute group session and two 20-minute phone calls
Cost:	Free
Location:	2872 Craig Road Fort Sill, OK 73503
Contact:	580-442-0716
Web Site:	N/A

Social Media:	N/A
CSF2 Pillar:	Physical, Social, Emotional, and Family

WOUNDED WARRIORS

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Service:	Transitional Services
Organization:	Family and Morale, Welfare and Recreation (FMWR): Army Community Service (ACS)
Program:	Soldier and Family Assistance Center (SFAC)
Description:	The Soldier and Family Assistance Center provides injured Soldiers and their Families in transition with resources and support to address their specific recovery and rehabilitation issues.
Target Audience:	Injury Recovery and Transitional Services and Resources for Wounded, Injured, and Ill Soldiers and their Family members
Schedule:	By appointment and Walk-In Basis
Length of Program:	45 - 90 minutes
Cost:	N/A
Location:	2703 Pitman Street, Fort Sill, OK 73503
Contact:	580-558-4988 or 4987
Web Site:	http://www.sillmwr.com/soldier-family-programs-2/soldier-and-family-assistance/
Social Media:	https://www.facebook.com/FortSillAFTB
CSF2 Pillar:	NSocial, Emotional, Family

YOUTH PROGRAMS/ SERVICES

Activities and Events

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Service:	Religious Education for Youth
Organization:	Religious Support Office
Program:	Protestant Youth of the Chapel
Description:	Multifaceted devotions & Bible study, Missions trips for Protestant Youth

Target Audience:	Youth ages 12 to 18; Dependents of Soldiers
Schedule:	Wednesdays/Weekly
Length of Program:	1.5 hours
Cost:	N/A
Location:	Resiliency Training Center; Bldg 2934 located at 2934 Marcy Rd Ft Sill, OK 73503
Contact Info:	580-442-5003
Web Site:	N/A
Social Media:	https://www.facebook.com/pages/Fort-Sill-Religious-Support-Office/173925272696263
CSF2 Pillar::	Spiritual

Service:	Middle School & Teen Programs
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Center
Description:	The Youth Center features leisure activities, a technology lab, Homework Center, Individual sports, group sports and fitness activities. Transportation is provided after school by Lawton Public schools from Central Middle School and Lawton High to the Youth Center each day school is in session. YC follows the LPS calendar and opens at 1300 on days when school is out.
Target Audience:	The Youth Center is available to all authorized Family, Morale, Welfare and Recreation patrons including Active Duty Military, Retired Military, National Guard and Reserves, DoD Civilian Employees and non-DoD contracted employees who work on Fort Sill. Youth in 6th - 12th grades are eligible to attend
Schedule:	1400-2000 Monday-Thursday 1400-2200 Friday-Saturday Closed Sunday, Federal Holidays and CYSS mandatory training days
Length of Program:	Youth Center Programs are available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	No cost during regular hours. During school vacations, camps are available 7am-1pm. Rates are based on DoD Fee Policy
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact Info:	Youth Center 580-442-6745 Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/

Social Media:	Teen Facebook Page https://www.facebook.com/FortSillCYSSYouthCenter?ref-br_tf CYSS Tech Labs - https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Summer Camps
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Center
Description:	Fee-based Summer Camps are available by pre-registration during extended hours. Program includes field trips and activities.
Target Audience:	The Youth Center is available to all authorized Family, Morale, Welfare and Recreation patrons including Active Duty Military, Retired Military, National Guard and Reserves, DoD Civilian Employees and non-DoD contracted employees who work on Fort Sill. Youth in 6th - 12th grades are eligible to attend
Schedule:	0700-1300 Monday-Friday Closed Federal Holidays and CYSS mandatory training days
Length of Program:	Weekly summer camps are available beginning the Tuesday after Memorial Day and ending the day before school starts.
Cost:	Summer camps are available 7am-1pm on a weekly basis. Rates are based on DoD Fee Policy
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact Info:	Youth Center 580-442-6745 Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	Teen Facebook Page https://www.facebook.com/FortSillCYSSYouthCenter?ref-br_tf CYSS Tech Labs - https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Technology Lab
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Center
Description:	Provides opportunities for homework support, e-mail, internet research as well as

	the chance to gain technical skills while learning to effectively use a variety of Microsoft® Office programs.
Target Audience:	The Youth Center is available to all authorized Family, Morale, Welfare and Recreation patrons including Active Duty Military, Retired Military, National Guard and Reserves, DoD Civilian Employees and non-DoD contracted employees who work on Fort Sill. Youth in 6th - 12th grades are eligible to attend
Schedule:	N/A
Length of Program:	Available during posted hours of operation
Cost:	No cost
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact Info:	Youth Center 580-442-6745 Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	Teen Facebook Page https://www.facebook.com/FortSillCYSSYouthCenter?ref=br_tf CYSS Tech Labs - https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Education

Service:	Youth Education Programs
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Great Plains Technology Center
Description:	Comprehensive workforce training in medical, computer technology, graphic design, and the trades.
Target Audience:	High School Juniors and Seniors and adults
Schedule:	Day, Evening and Saturday classes available
Length of Program:	Courses are offered year round, six days per week with day and evening courses. High School programs follow the Lawton Public Schools calendar
Cost:	Free tuition for high school students who reside in the Great Plains Technology Center district; tuition for adult education, evening and weekend courses varies by course.
Location:	4500 W Lee Blvd. Lawton, Ok 73503
Contact Info:	580-355-6371
Web Site:	www.greatplains.edu

Social Media:	www.facebook.com/greatplainstechnologycenter
CSF2 Pillar:	Family, Social, Emotional

Service:	Undergraduate and Graduate Degrees
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Cameron University (Fort Sill)
Description:	Cameron University is the only University Campus in Lawton/ Fort Sill area. There is a main campus within 5 miles and on site courses. Honors program, early admission, advanced standing, a study abroad program and college-level examination programs. Concurrent enrollment: High School Juniors and Seniors who meet the academic requirements may take up to 6 hours/semester tuition free. More than 50 2-year, 4-year and graduate degrees offered. Military Service Members and their dependents pay in-state tuition while stationed at Fort Sill.
Target Audience:	High School Juniors and Seniors and potential college students who meet minimum academic requirements
Schedule:	Day, Evening, Weekend, interactive TV and online classes available;
Length of Program:	Classes are offered in 16 week fall and spring semesters an 8 week summer semester plus additional intersession classes during the breaks between semesters. See website for details
Cost:	Tuition is adjusted each year by the Regents for Higher Education. Current in-state tuition is \$178/hour for undergraduate coursework and \$213/hour for graduate coursework
Location:	2800 W Gore Blvd. Lawton, OK 73505
Contact:	580-355-8211
Web Site:	http://sill-www.army.mil/USAG/DHR/TEC/area_colleges.html
Social Media:	https://www.facebook.com/CameronUniversity
CSF2 Pillar:	Family, Social, Emotional

Service:	Teen Babysitter's Class
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) programs
Description:	Teens must be registered with CYSS to participate in the program. They must attend the CYSS Babysitter Training Class and possess valid CPR and First Aid Certifications to be placed on the list.
Target	Teen military family members age 13 and older who want to expand and market

Audience:	themselves for baby sitting jobs. They can be placed on a referral list with parental permission
Schedule:	FY 15 Dates 16-17 OCT 22-23 DEC 18-19 MAR 10-11 JUNE 29-30 JULY
Length of Program:	Course includes 4 hours of child care instruction (0900-1300) and 5 hours of First Aid/CPR training (0900-1500) held on two consecutive days
Cost:	No Cost for Teens to attend babysitting class.
Location:	Classes are held at the Youth Center Bldg 1010 Fort Sill Blvd
Contact Info:	To register with CYSS or enroll call: 580-442-1098 or 580-442-3927 Children registered with CYSS can enroll online at: https://webtrac.mwr.army.mil/webtrac/Silleyms.html
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	Sill CYSS - https://www.facebook.com/pages/Sill-CYSS/150425208352800
CSF2 Pillar:	Family, Social, Emotional

Service:	Homework Center
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Center
Description:	A certified Teacher assists with tutoring and homework in a quiet learning environment.
Target Audience:	The Youth Center is available to all authorized Family, Morale, Welfare and Recreation patrons including Active Duty Military, Retired Military, National Guard and Reserves, DoD Civilian Employees and non-DoD contracted employees who work on Fort Sill. Youth in 6th - 12th grades are eligible to attend
Schedule:	
Length of Program:	Available Monday-Friday during the school year
Cost:	No Cost
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact Info:	Youth Center 580-442-6745 Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	Teen Facebook Page https://www.facebook.com/FortSillCYSSYouthCenter?ref-

	br_tf CYSS Tech Labs - https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	School Holiday Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Center
Description:	The youth Center is open extended hours when needed to accommodate students out of school for school holidays or inclement weather.
Target Audience:	The Youth Center is available to all authorized Family, Morale, Welfare and Recreation patrons including Active Duty Military, Retired Military, National Guard and Reserves, DoD Civilian Employees and non-DoD contracted employees who work on Fort Sill. Youth in 6th - 12th grades are eligible to attend
Schedule:	1300-2000 on days when Lawton Public Schools is not in session. Closed Sunday, Federal Holidays and CYSS mandatory training days Hours of operation may change during inclement weather based on Fort Sill hours of operation
Length of Program:	Youth Center Programs are available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	During school vacations, camps are available 7am-1pm. Rates are based on DoD Fee Policy
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact Info:	Youth Center 580-442-6745 Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	Teen Facebook Page https://www.facebook.com/FortSillCYSSYouthCenter?ref-br_tf CYSS Tech Labs - https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical

Service:	Inclement Weather School Closings Care
Organization:	Family and Morale, Welfare and Recreation (FMWR): Child, Youth and School Services (CYSS)
Program:	Youth Center
Description:	The youth Center is open extended hours when needed to accommodate students out of school for school holidays or inclement weather.
Target Audience:	The Youth Center is available to all authorized Family, Morale, Welfare and Recreation patrons including Active Duty Military, Retired Military, National

	Guard and Reserves, DoD Civilian Employees and non-DoD contracted employees who work on Fort Sill. Youth in 6th - 12th grades are eligible to attend
Schedule:	1300-2000 on days when Lawton Public Schools is not in session. Closed Sunday, Federal Holidays and CYSS mandatory training days Hours of operation may change during inclement weather based on Fort Sill hours of operation
Length of Program:	Youth Center Programs are available year-round, excluding Federal Holidays and mandatory Child Youth and School Services training days.
Cost:	During school vacations, camps are available 7am-1pm. Rates are based on DoD Fee Policy
Location:	1010 Fort Sill Blvd, Fort Sill OK
Contact Info:	Youth Center 580-442-6745 Parent Central Services 580-442-1098 or 580-442-3927
Web Site:	http://www.sillmwr.com/child-youth-school-services/parent-central-services/
Social Media:	Teen Facebook Page https://www.facebook.com/FortSillCYSSYouthCenter?ref-br_tf CYSS Tech Labs - https://www.facebook.com/pages/Sill-YTL/180885821954415
CSF2 Pillar:	Family, Social, Emotional, Physical