

Fort Knox Community Resource Guide



Published for Fort Knox Garrison, Ireland Army Community Hospital, US Army Cadet Command and Fort Knox Tenant Commands and Organizations. Proponent of this guide is the Fort Knox Community Health Promotion Council under the chair of Installation Senior Commander, Major General Peggy Combs.



This guide is updated annually. Last revised in May 2015.
For questions or to submit updates please contact 502-626-5116 or 502-626-5115.

FORT KNOX
STRENGTH STARTS HERE.



ARMY STRONG.

INTRODUCTION

This guide is a reference for contacting agencies responsible for providing assistance to the Fort Knox community in the prevention and intervention of high-risk behaviors. These programs support the health and wellness of Soldiers, Family Members, Retirees, and the Fort Knox civilian workforce.

The Community Resource Guide is organized as a reference tool for individuals to contact agencies that offer support in different areas. Please use the Table of Contents to identify a topic and locate available resources in the community. Each page/section is organized as follows:

- Resource category
- Primary staff agencies responsible for assistance in providing services
- All services available with a brief description and contact information

Understanding Interventions and Preventions

An intervention is an orchestrated attempt by one, or often, many people (usually family and friends) to get someone to seek professional help with an addiction or some kind of traumatic event or crises. The term intervention is most often used when the traumatic event involves addiction to alcohol, drugs, suicide ideations or other items.

A prevention is a program of activities directed at improving general well-being and often involving specific protection for selected purposes or diseases, such as immunization; while primary prevention is the avoidance of the onset of disease by behavior modification (e.g. limiting alcohol intake) or treatment (e.g. routine childhood immunizations).

Newcomers Orientation

Newcomers Orientation is conducted once a month, presenting pertinent information to Soldiers and Families new to Fort Knox. The orientation showcases programs and services offered to the Fort Knox community. Newcomers Orientation is open to incoming Service Members, incoming Families and new Civilian employees on the installation. For information and to register contact Army Community Service (ACS) at 502-629-8391. Free childcare is available.

Social Media

Stay connected with the latest news and updates from Fort Knox by visiting the following pages:

<https://www.facebook.com/FortKnoxKY>

<https://twitter.com/FortKnoxKY>

<https://www.youtube.com/user/FortKnoxMedia>

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ADULT EDUCATION

Army Continuing Education System Education Center

502-624-2427

Building 1174, 229 Dixie Street, Fort Knox, KY 40121

The Army Continuing Education System (ACES) Education Center provides education counseling to assist in college planning and success, and also provides various college programs on Fort Knox. They also assist with basic skills' programs to improve college readiness and improve various other test scores. Contact Education Center for additional information. Available to all Soldiers and Family members.

<http://www.knox.army.mil/garrison/dhr/aces/counseling.aspx>

Army Family Team Building (AFTB)

502-624-6259

Building 1477, Eisenhower Avenue, Fort Knox, KY 40121

An educational program consisting of three levels of instruction geared to the military experience level of the Family, not the rank of the sponsor. Levels include: Level 1 - "Learn" Army life; Level 2 - "Grow" Personally; and Level 3 - "Lead Others." Soldiers are welcome, and may be eligible to earn promotion points. Free childcare is available on a first-come, first-serve basis. To ensure availability, call 3-weeks in advance to register. Call POC for information on the next scheduled class courses. They're also available 24-hours a day, 7-days a week online at www.armyonesource.com. All Active Duty Service Members, Retirees, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/ArmyFamilyTeamBuilding/tabid/94/Default.aspx>

Carry Concealed Deadly Weapons (CCDW) Course

502-624-7754

9333 Main Range Road, Fort Knox, KY 40121

French Shooting Club provides a friendly training environment to develop personal confidence, a positive attitude, and a necessary understanding of firearms that ultimately contributes to a safe and strong local community. Our comprehensive training approach helps all beginning students to study, practice and remember essential rules to enjoy these skills for a lifetime. Please join us in learning the safe and responsible way to own and operate a handgun right from the First Step. Approved by the Department of Criminal Justice. Class is limited to 20 individuals. Pre-registration required and accepted no more than 30 days prior to class. Individuals need to bring weapon and 50 rounds of factory ammunition. Final cost is \$65.00 per participant; Pre-registration required with a \$40.00 non-refundable payment. Open to all guests; ALL Privately Owned Weapons (POW) must be registered through the Directorate of Emergency Services (DES) in accordance with Army Regulation 190-11, Physical Security of Arms, Ammunition, and Explosives (RAR 28 June 2011); Registration of firearms is conducted through the DES Weapons Registration Office, BLDG 298 Gold Vault Rd, Monday-Friday (8 AM - 4 PM). For more information contact the Physical Security Section of DES at 502-624-6118 or 502-624-6818.

<http://www.knoxmwr.com/Recreation/FrenchShootingClub/tabid/124/Default.aspx>

Dental Assistant Program

502-624-2163

Building 1131, 5th Avenue, Fort Knox, KY 40121

The Dental Assistant Program is a 4-month on-the-job training for military spouses and military dependents as a dental assistant for the Army Dental Clinic. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

English-as-a-Second Language (ESL) Classes

502-624-6291 or 502-624-8391

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

English-as-a-Second Language (ESL) Classes include teaching and tutoring individuals to help build their reading skills. They are 4-hours per week. Call point of contact for schedule information. All Active Duty Service Members, Retirees, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/tabid/287/Default.aspx>

Medical Support Clerk Program

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission of the Medical Support Clerk Program is to offer military spouses and dependents a 6-month on-the-job training as a medical support clerk at Ireland Army Community Hospital. Call POC for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

Picture Framing Class

502-624-4725

1053 Spearhead Division Road, Fort Knox, KY 40121

Come in and learn how to frame pictures using the self-help framing classes conducted at the Hansen Gallery. Sign up and payment in advance is required. Spaces are limited to the first three individuals for the afternoon class, and the first five individuals for the evening class. A 5x7 picture is required for the class. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families. Course: Offered on the 1st Monday of every month, or 2nd Monday if the 1st Monday is a Federal holiday. Cost: \$25.00 per class. Hours: First Class 1300-1500; Second Class 1700-2000.

<http://www.knoxmwr.com/Recreation/HansenGallery/tabid/128/Default.aspx>

ALCOHOL AND DRUG ABUSE RESOURCES

Army Substance Abuse Program (ASAP)

502-624-1532

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Army Substance Abuse Program (ASAP) administrator assists in a supportive role to all functions in the ASAP program.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Army Substance Abuse Program (ASAP) Program Manager/Alcohol and Drug Control Officer (ADCO)

502-624-7031

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Army Substance Abuse Program (ASAP) Program Manager/Alcohol and Drug Control Officer (ADCO) oversees all functions of the Installation ASAP program, including employee assistance program, suicide prevention program, drug testing program, risk reduction program, prevention coordination, and the ASAP counseling program.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Civilian Employee Assistance Program (EAP)

502-624-8361

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Civilian Employee Assistance Program assists Civilian employees with a variety of services.

<http://www.knox.army.mil/garrison/dhr/asap/eap.aspx>

Clinical Services

502-626-6189

Building 1480, 12th Armored Division Avenue, Fort Knox, KY 40121

The Substance Abuse Clinic provides services to Active Duty, along with Family members and Retirees when space is available.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Installation Biochemical Collection Point

502-624-7119 or 502-624-8368

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

Installation Biochemical Collection Point is Fort Knox's urinalysis collection and testing location. Hours: Monday-Friday 0745-1630. Sample turn-in hours are 0745-1300.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Prevention Coordination

502-624-7119 or 502-624-8368

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

Prevention Coordination provided by the Army Substance Abuse Program.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Prevention Education

502-624-7119 or 502-624-8368

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

Prevention Education provided by the Army Substance Abuse Program.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Reintegration Unit Risk Inventory (R-URI) Assessments

502-624-1532

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Reintegration Unit Risk Inventory (R-URI) Assessments must be administered following a Unit's return from deployment. Commanders are responsible for scheduling a R-URI with the Army Substance Abuse Program (ASAP) office.

<http://www.knox.army.mil/Garrison/dhr/asap/prevention.aspx>

Risk Reduction Program

502-624-5679

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Risk Reduction Program (RRP) provided by the Army Substance Abuse Program (ASAP) is a tool to help Commanders reduce high-risk behavior in their Soldiers. It has evolved into an efficient way of assisting Commanders in ascertaining and addressing high-risk behavioral problems.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Supervisory Employee Assistance Program (EAP) Referral

502-624-1532

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

Supervisory Referrals forms to the Employee Assistance Program (EAP) are available online. Call point of contact or view website for additional information.

<http://www.knox.army.mil/Garrison/dhr/asap/prevention.aspx>

Unit Prevention Leaders Training

502-624-1532

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The 4-day Unit Prevention Leaders (UPL) Training provided by the Army Substance Abuse Program prepares and certifies Command-selected UPL candidates to perform duties such as Service Member drug testing and annual ASAP training. See website for training schedule.

<http://www.knox.army.mil/Garrison/dhr/asap/prevention.aspx>

Unit Risk Inventory (URI) Assessments

502-624-1532

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Unit Risk Inventory (URI) Assessments must be administered 60 days prior to deployment, and at a minimum of once annually for all Units. Commanders are responsible for scheduling a URI.

<http://www.knox.army.mil/Garrison/dhr/asap/prevention.aspx>

BEHAVIORAL/MENTAL HEALTH

Behavioral Health Department

502-626-6151

Building 1480, 12th Armor Division Avenue, Fort Knox, KY 40121

The Department of Behavioral Health provides a full range of behavioral health services, including psychoeducational briefings to units, Family Readiness Groups (FRGs), or other interested parties on the following topics: What resiliency is; Building and keeping resiliency; Specific behavioral health concerns, such as post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), depression, anxiety, etc.; Overview of signs and symptoms to look for in battle buddies or ourselves; and Specific deployment and reintegration stressors and strategies. Other topics such as eating disorders and the psychological motivations behind eating issues are available upon request. The length of the course is determined by client need and availability. Individual and group 60-minute sessions are available Monday-Friday 0730-1630 for outpatient visits. On-call services to the Emergency Department are 24 hours a day, 7 days a week. Available to TRICARE beneficiaries.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Biofeedback

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

The Army Wellness Center offers emWave Stress Relief measurements, which is a type of self-regulation that provides real-time visual monitoring. This program is designed to transform stress and stress-related emotions into free energy for personal and professional effectiveness while improving health and well-being. Multiple 1-hour sessions and follow-up sessions available Monday-Thursday 0730-1600, and Fridays 0730-1200. Available to Soldiers, Retirees, Family members, and Department of Defense (DoD) Civilians.

<http://phc.amedd.army.mil/organization/institute/dhpw/pages/armywellnesscentersoperation.aspx>

Child and Family Behavioral Health Services

502-626-6170

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Full range of behavioral health treatment services are available for children, adolescents and adult family members. Individual and group sessions lasting 60-minutes are available. Hours are Monday-Friday 0730-1630 for outpatient visits, and on-call services to the Emergency Department are 24-hours a day, 7-days a week. Available to TRICARE Family member beneficiaries.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Embedded Behavioral Health Team

502-626-6188 or 502-626-6187 or 502-626-6153

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

The Embedded Behavioral Health Team offers a full range of behavioral health treatment services for Service Members assigned to operational units on Fort Knox. Individual and group sessions lasting 60-minutes are available. Hours are Monday-Friday 0730-1630 for outpatient visits, and on-call services to the Emergency Department are 24 hours a day, 7 days a week. Available to TRICARE Family member beneficiaries.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Mindfulness Meditation Group

502-626-6188 or 502-626-6187 or 502-626-6153

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Mindfulness Meditation Group assists with meditation techniques and practices. They are offered weekly on Fridays.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Pet Therapy Program

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission is to support the Armed Forces members who have traumatic brain injury (TBI) or post-traumatic stress disorder (PTSD). The Pet Therapy program is a collaboration with the occupational therapists from Ireland Army Community Hospital's Traumatic Brain Injury Clinic and Pet Therapy trained dogs, which developed the Canine Assisted Therapy program to help foster the healing and the recovery process of Soldiers diagnosed with mild traumatic brain injury/post-traumatic stress disorder. The Pet Therapy dogs also provide services to the Puppy Tales program (reading program at the libraries on-post and off-post), Wounded Warriors, Hospital, Nursing home and adult day-care visitation program, along with Welcome Home and Deployment events. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

RESPECT-Mil Program [Transitioning to the Patient Centered Medical Home Behavioral Health Team (PCMH-BHT)]

502-624-9779 or 502-624-9825

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

The RESPECT-Mil (Re-Engineering Systems for the Primary Care Treatment in the Military) Program is an innovative program to provide systematic evidenced-based care to Soldiers with symptoms of depression and post-traumatic stress disorder (PTSD) in the primary care setting. Once a Service Member screens positive for depression and/or PTSD symptoms and is referred to the program by their primary care physician, the care facilitator (nurse) supports the Service Member with monthly phone calls to follow-up and re-evaluate symptoms, as well as guide the Service Member to additional resources for management of their symptoms. The care facilitator delivers patient education, supports patient references for treatment, monitors both treatment adherence and response, and provides feedback to the primary care manager. This program also offers behavioral health specialty consultations to the primary care manager for medication & treatment plan management. Available Mondays-Fridays 0730-1600.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Stress Management

502-626-6170

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Stress Management classes are available to all Active Duty Service Members and their Family members. Call point of contact for class information.

Warrior Wellness Therapeutic Yoga Classes

502-626-6151

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Warrior Wellness Therapeutic Yoga Classes provide basic breathing, body scanning, progressive muscle relaxation, yoga and guided imagery techniques brought together to help reduce stress, anxiety, and depression while building muscle, strength and balance. Classes are Mondays-Thursdays 1500-1600.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

CHILD/YOUTH SERVICES

4-H

Dever's MST Program 502-624-6442

5543 Chaffee Avenue, Fort Knox, KY 40121

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. Head, Heart, Hand, and Health are the four Hs in 4-H, and they are the four values members work on through fun and engaging programs. Monday-Friday 0730-1630 Registrations 0900-1130. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty Service Members and Family are eligible.

<http://www.knoxmwr.com/CYSS/CYSServices/tabid/56/Default.aspx>

Ballet

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Offered through the SKIES Unlimited for ages 2-18 years old. See website for fees. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

Boys and Girls Club of America

Dever's MST Program 502-624-6442

5543 Chaffee Avenue, Fort Knox, KY 40121

For more than 100 years, Boys & Girls Clubs of America (BGCA) has enabled young people most in need to achieve great futures as productive, caring, responsible citizens. BGCA serve Military Families in affiliated Youth Centers. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/DeversMiddleSchoolTeenCenter/DeversMSTAfterSchoolClubs/tabid/375/Default.aspx>

Candy Cane Workshop

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission is to offer children of financially challenged military families the joy and pleasure of finding and giving presents to their parents and siblings. Candy Cane volunteers help the children pick out and wrap the presents to take home. The children are thrilled to be able to give presents to their parents and siblings. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

Caruso Youth Sports and Fitness Complex

Dever's MST Program 502-624-6442

5543 Chaffee Avenue, Fort Knox, KY 40121

Caruso Youth Sports and Fitness offers Individual and Team sports for 3 year old through high school, i.e. soccer, flag football, tackle football, cheerleading, basketball, baseball, volleyball, t-ball, softball, archery and special camps. See website for fees. Monday-Friday 0730-1630. Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/CarusoYouthSportsFitnessComplex/tabid/260/Default.aspx>

Child Car Seats

502-624-5085

Building 298, 481 Gold Vault Road Fort Knox, KY 40121

Provides assistance for installing child car seats by a certified police officer.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Child Development Center

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

The Child Development Center (CDC) offers programs for children 6-weeks to Pre-K Strong Beginnings. The CDC is a Nationally Accredited by National Association for Education of Young Children. Satellite sites are Kouma CDC, Gammons, Steven's School, and the SFAC. See website for Fees. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/ChildDevelopmentCenters/tabid/83/Default.aspx>

Commissary Youth Scholarships

502-624-8525

Building 121, 933 Gold Vault Road, Fort Knox KY 40121

The commissary offers annual scholarships for Military Children. For more information on applying for a scholarship, please contact the store at the phone number provided. Scholarships offered annually from October thru mid-February.

<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCCAN>

Devers Middle School and Teen Program

Dever's MST Program 502-624-6442

5543 Chaffee Avenue, Fort Knox, KY 40121

The Devers Middle School & Teen (MST) Program offers a broad range of educational and recreational opportunities for Fort Knox 6th-12th graders in the following four service areas: sports, fitness and health options, life skills, citizenship and leadership opportunities, arts, recreation and leisure activities, and mentoring, intervention and academic support services. All Active Duty, Retirees, DA Civilian and Family Members are eligible. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training.

<http://www.knoxmwr.com/CYSS/DeversMiddleSchoolTeenCenter/tabid/87/Default.aspx>

Donna Kirby School Age Center

502-624-6903

Building 4251 Chaffee Avenue, Fort Knox, KY 40121

The Donna Kirby School Age Center (SAC) Program is dedicated to supporting Families by providing age appropriate, educational, safe and supervised out-of-school option for Kindergarten through 5th grade youth. SAC is accredited through The Council on Accreditation (COA). See website for fees. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/DonnaKirbySchoolAgeCenter/tabid/86/Default.aspx>

EDGE! Program

Parent Central Services 502-624-6703; EDGE! Coordinator at 502-624-3167

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Edge! Program offered through the Donna Kirby School Age Center and Dever's MST Center Program to Elementary to High Schools Students; "Excel-Art Edge, Develop-Fit Edge, Grow-Life Edge Experience - Adventure Edge." See website for fees. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/EDGEProgram/tabid/254/Default.aspx>

Family Child Care

502-626-1446

Building 1491, Eisenhower Road, Fort Knox, KY 40121

Family Child Care (FCC) offers in-home care for ages 4 weeks-12 years old. Certified providers in on and off post homes. Providers can offer extended care available evenings and weekends. See website for fees. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/FamilyChildCare/tabid/85/Default.aspx>

Gymnastics

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121 SKIES Unlimited offers Gymnastics classes for ages 3-18 years old. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

HIRE! Youth Apprenticeship Program

502-624-6442

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

The HIRE! Youth Apprenticeship Program is offered through the Middle School Teen Center. Teens' ages 15-18 years old learn work ethics, life and leadership skills. A stipend is awarded after completing the twelve week apprenticeship. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training.

<http://www.knoxmwr.com/CYSS/HIREProgram/tabid/255/Default.aspx>

Junior Red Cross

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission of the Junior Red Cross is to meet every week to learn how to prepare for various disasters. They also learn about community service by planning various activities such as food and clothing drives. Junior Red Cross is currently established in the elementary and intermediate schools as well as the High school on Fort Knox. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

Kids On-Site

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Kids On-Site (KOS) offers on site short term/hourly care options operated by CYS Services staff in approved facilities. Provides childcare for unit functions, evening, and Saturday openings, FRG, and chapel childcare. See website for fees. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, DA Civilian and Family Members are eligible.

<http://www.knoxmwr.com/CYSS/KidsonSite/tabid/383/Default.aspx>

Lindsey Golf Course 1st Tee Program

502-624-2717, ext. 6

Building 4024, Bullion Boulevard, Fort Knox, KY 40121

Lindsey Golf Course is a satellite site for the 1st Tee Program of Louisville. Lindsey offers a variety of scheduled programs for the kids to join and learn about golf and the core values of life. It's an 8-week program offered Sundays between April 6-May 25 from 1200-1300 or 1400-1500. Open to the public.

<http://www.knoxmwr.com/Recreation/LindseyGolfCourse/tabid/136/Default.aspx>

Martial Arts

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Offered through the SKIES Unlimited for ages 6-19 years old. See website for fees. Monday-Friday 0730-1630 Registrations 0900-1130. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

Operation Military Kids

Dever's MST Program 502-624-6442

5543 Chaffee Avenue, Fort Knox, KY 40121

The Operation Military Kids (OMK) offered through the University of KY Extension Office to prepare Military-Connected Students of the National Guard and Reserve to experience affordable camps and services. Monday-Friday 0730-1630 Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/CYSServices/SchoolSupportServicesBUILD/tabid/430/Default.aspx>

Parent & Outreach Services

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Parent Central Services is "The Welcome Wagon" for all CYSS Programs. Offers registration/sign ups/enrollments for all CYS Services programs and volunteer opportunities. Monday-Friday 0730-1630; Registrations 0900-1130. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/ACS/tabid/287/Default.aspx>

Piano

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Offered through the SKIESUnlimited program at optional times and days. Monday-Friday 0730-1630, Registrations 0900-1130. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

Playgroup

CYSS Parent Central 502-624-6703

Playgroup offers preschoolers an opportunity to practice their social skills while the parents network with other military parents in a relaxed, educational environment. This is a popular activity with newly arriving families. Target Audience is birth to age 5. Active Duty Service Members and Family are eligible.

<http://www.knoxmwr.com/CYSS/ParentOutreachServices/tabid/90/Default.aspx>

Play Morning

CYSS Parent Central 502-624-6703

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

A structured 2-hour program in which parents and children play together in a group setting. Activities include story time, crafts, music and more. Ages 4 and under. The Family Advocacy Program Staff is available for questions regarding your child's development. Call POC for information on the next scheduled class.

<http://www.knoxmwr.com/CYSS/ParentOutreachServices/tabid/90/Default.aspx>

Protestant Junior High Youth Group

502-624-6145

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

For more information, contact 502-624-6145. Sun. 1600-1800, Religious Education Center.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Puppy Tales

502-624-1232 or 502-624-4636

Building 400, 62 W Spearhead Division Avenue, Fort Knox, KY 40121

Barr Memorial Library has partnered with the Fort Knox American Red Cross Pet Therapy to provide "Puppy Tales." The focus of this monthly program is children reading to Therapy Dogs for fun. Call the library or visit the website for more information. Open to all guests.

<http://www.knoxmwr.com/Recreation/BarrMemorialLibrary/tabid/98/Default.aspx>

Santa's Workshop

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The mission of Santa's Workshop is to provide toys for military families who are financially challenged during the holiday season. The soldiers and their spouses shop at the Santa's Workshop to find the best toys for their children. Each child receives two brand new toys, a book, and stocking stuffers. Each family receives a board game which they can enjoy together. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

School Support Services

School Liaison Services 502-624-2305

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

The School Liaison Officer Connects Families, Schools and Communities, while leveling the playing field for Military-Connected Students. School transition support for children in On/Off Post Schools. Monday-Friday 0730-1630, Registrations 0900-1130. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SchoolSupportServices/tabid/88/Default.aspx>

SKIESUnlimited

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

SKIESUnlimited is a word that combines the acronym for "Schools of Knowledge, Inspiration, Exploration & Skills." When adding the word Unlimited, it is recognizing the unlimited learning possibilities that this program offers for Military children and youth. SKIESUnlimited provides classes that support the healthy development of Military children and youth. By utilizing the four-school framework (School of Academic Skills, Mentoring, & Intervention; School of Arts, Recreation, & Leisure; School of Life Skills, Citizenship, & Leadership; School of Sports, Fitness, & Health), this program helps children and youth grow academically, physically and aesthetically. Monday-Friday 0730-1630; Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

Soldier and Family Assistance Center Child Care

Parent Central Services 502-624-6703; CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Soldier & Family Assistance Center (SFAC) offers childcare for Wounded Warriors & their Families. Temporarily used as a Child Development Center (CDC) satellite site. Monday-Friday 0730-1630, Registrations 0900-1130am. Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SFACChildcare/tabid/394/Default.aspx>

Story Hour

502-624-1232 or 502-624-4636

Building 400, 62 W Spearhead Division Avenue, Fort Knox, KY 40121

Stories and crafts for Infants to Preschoolers. Contact Barr Memorial Library or visit the website for more information. Open to all guests.

<http://www.knoxmwr.com/Recreation/BarrMemorialLibrary/tabid/98/Default.aspx>

Summer Reading Program

502-624-1232 or 502-624-4636

Building 400, 62 W Spearhead Division Avenue, Fort Knox, KY 40121

Themed summer reading program for children, teens and adults. Events planned each week from June to mid-July. Come join in on the fun for the whole family. Call the library or visit the website for more information. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/BarrMemorialLibrary/tabid/98/Default.aspx>

Summer Youth Volunteer Program

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission of the youth volunteer program is to place youths at various businesses on post during the summer months, which will provide them work experience. This program runs in conjunction with the local summer school break from the end of May to the first week in August.

<http://www.redcross.org/local/ky/saf/fort-knox>

Teen Thursdays

502-624-1232 or 502-624-4636

Building 400, 62 W Spearhead Division Avenue, Fort Knox, KY 40121

Fun programs for teens in Grades 9-12. Contact Barr Memorial Library or visit the website for more information. Open to all guests.

<http://www.knoxmwr.com/Recreation/BarrMemorialLibrary/tabid/98/Default.aspx>

COMMISSARIES/FOOD VENUES/DINING FACILITIES

Anthony's Pizza

502-942-4269

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Pizza, salad, wings. Open Monday-Sunday 1100-1600.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Baskin-Robbins

502-942-4269

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Ice cream, shakes, smoothies, frozen cakes, and special order cakes. Winter hours: Monday-Sunday 1200-1600. Summer hours: Monday-Saturday 1100-1800, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Bullion Room Sunday Brunch

502-942-0959

Building 1118, Chaffee Avenue, Fort Knox, KY 40121 Sunday Brunch. Sunday 1000-1300.

<http://www.knoxmwr.com/DiningCatering/tabid/150/Default.aspx>

Burger King Express (Main PX Food Court)

502-942-4269

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Burgers, sandwiches, fries, drinks, shakes, salads, and cookies. Winter hours: Monday-Friday 1100-1800, Saturday 1100-1700, Sunday 1100-1600. Summer hours: Monday-Saturday 1030-1800, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Burger King Express (Main)

502-942-4281

Building 2012, Eisenhower Avenue, Fort Knox, KY 40121

Burgers, sandwiches, fries, drinks, shakes, salads, and cookies. Winter hours: Monday-Friday 0600-1900, Saturday 0800-1800, Sunday 0900-1800; drive-thru opens 1-hour later. Summer hours: Monday-Friday 0600-2030, Saturday 0800-2000, Sunday 0800-1800; drive-thru Monday-Friday 0600-2100, Saturday 0800-2000, Sunday 0800-1900.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Charley's Grilled Subs (Main PX Food Court)

502-942-4269

Building 127, Gold Vault Avenue, Fort Knox, KY 40121 Hot steak or chicken sandwiches, gourmet fries, salads, and fresh-made lemonade. Winter hours: Monday-Friday 1100-1800, Saturday-Sunday 1100-1700. Summer hours: Monday-Saturday 1030-1800, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Commissary

502-624-8525

Building 121, 933 Gold Vault Road, Fort Knox, KY 40121

The commissary provides groceries to Military personnel, Retirees, and their Families in a safe and secure shopping environment. Open Tuesday-Saturday 0900-1900, Sunday 1100-1600.

<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCCAN>

Fiddler's Green

502-942-0959

1118 Chaffee Avenue, Fort Knox, KY 40121

Short-order lunch menu available. Ala carte dinner with a variety of salads, burgers and entrees to choose from. Monday-Friday 1100-1330, Wednesday-Thursday 1600-2000, Friday 1600-2359.

<http://www.knoxmwr.com/DiningCatering/tabid/150/Default.aspx>

Green Beans

502-626-6170

Building 2013, Eisenhower Avenue, Fort Knox, KY 40121

Coffee, bakery items, sandwiches, and soups. Monday-Friday 0600-1730, Saturday 0700-1300, Closed on Sunday.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

HRCoE Café

502-942-4033

Building 6424, Spearhead Division Road, Fort Knox, KY 40122

The HRCoE Café is a quick service, grab-and-go cafeteria adjacent to the LTG Timothy J. Maude complex. Open to everyone, this delicious dining option offers a great rotating weekly menu featuring a variety of healthy and delectable choices. Open Monday-Friday: Breakfast 0700-0930; Lunch 1100-1330.

<http://www.knoxmwr.com/DiningCatering/tabid/150/Default.aspx>

Lee's China Bistro

502-942-4777

Building 7959, Wilson Road, Fort Knox, KY 40121

Lee's China Bistro is a full-service Chinese and Korean restaurant adjacent to the Wickham Inn hotel, and just a short distance from Wilson Gate. Dining options include many favorites such as made to order Asian dishes, Mongolian BBQ, and an excellent lunch buffet. Delivery is available during our operating hours to any on-post location, and there are two party rooms for meetings and special events. Open Monday-Thursday 1100-2200, Friday-Saturday 1100-2300, Sunday 1200-1900.

<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCCAN>

Lindsay Grill & Snack Bar

502-624-2717, ext. 6

Building 4024, Bullion Boulevard, Fort Knox, KY 40121

Lindsey Grill and Snack Bar offers a wide variety of sandwiches for breakfast, lunch, and dinner options. Lindsey has a small sitting area inside or a large patio to host a special catered event, luncheon, farewell or charity event. Open 7 days a week from 0830 to 1730.

<http://www.knoxmwr.com/DiningCatering/tabid/150/Default.aspx>

Mooserack Coffee

502-624-3711

Building 400, Spearhead Division Road, Fort Knox, KY 40121

Mooserack Coffee is a nice, relaxing coffee shop located in the Barr Memorial Library. Mooserack serves a variety of items that expand from Chai tea and house brewed coffee to Latte's and Cappuccino's. Open Monday-Friday 0700-1500.

<http://www.knoxmwr.com/DiningCatering/tabid/150/Default.aspx>

Saber & Quill

502-942-0959

1118 Chaffee Avenue, Fort Knox, KY 40121

Catering available on & off post. Full-service catering in-house available. Seven rooms plus outside covered patio available to rent for private or military events. Open Monday-Friday 0900-1700, Saturday by appointment only, Closed on Sunday.

<http://www.knoxmwr.com/DiningCatering/tabid/150/Default.aspx>

Samuel Adams Brewhouse

502-942-0409

Building 2723, Spearhead Division Loop, Fort Knox, KY 40121

Samuel Adams Brewhouse is a pub-style dining and entertainment experience open 7-days a week that has something for everyone. Indoor and outdoor dining available while taking advantage of our full bar. Come hang out with your friends, maybe catch a game or two, have some food and libations and enjoy the casual, sports bar atmosphere. Lunch or dinner, dine-in or take-out, the Brewhouse offers an exceptional dining experience at affordable prices. For your convenience, call ahead and pre-order your take out. All ages are welcome, and a

kids menu is available. Catering, and private room reservations are available. Open Monday–Thursday 1100-2300, Friday–Saturday 1100-0100, Sunday 1100-2300; Lunch daily 1100-1300.

<http://www.knoxmwr.com/Recreation/SamuelAdamsBrewhouse/tabid/396/Default.aspx>

Seattle's Best

502-626-6170

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Hot and cold Coffee and drinks, bakery items, and snacks. Open Monday-Friday 0700-1600, Closed Saturday-Sunday.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Starbucks

502-942-6155

Building 9000, Estrada Avenue, Fort Knox, KY 40121

Hot and cold coffee and drinks, bakery items, and snacks. Winter hours: Monday-Friday 0600-1730, Saturday-Sunday 0900-1400. Summer hours: Monday-Friday 0600-1730, Saturday-Sunday 0900-1600.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Subway (Main PX)

502-942-4269

Building 127, Gold Vault Avenue, Fort Knox, KY 40121 Subs, salads, soups, pizza, cookies, drinks, and catering available. Open Monday-Friday 0800-1800, Saturday 0800-1800, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Taco John's

502-942-7484

Building 2013, Eisenhower Avenue, Fort Knox, KY 40121

Mexican food. Open Monday-Friday 0700-1800, Closed Saturday-Sunday.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

The Strike Zone

502-942-8754

Building 2385, Knox Street, Fort Knox, KY 40121

The Strike Zone Snack Bar offers a full menu featuring mouthwatering, tasty, hot foods from our cajun chicken cheesesteak to our awesome pizza. Open Sunday 1200-1800, Monday-Tuesday 1100-2200, Wednesday-Thursday 1000-2200, Friday 1100-2400, Saturday 1000-2400.

<http://www.knoxmwr.com/DiningCatering/tabid/150/Default.aspx>

COUNSELING

Army Continuing Education System Education Center

502-624-2427

Building 1174, 229 Dixie Street, Fort Knox, KY 40121

The Army Continuing Education System (ACES) Education Center provides education counseling to assist in college planning and success, and also provides various college programs on Fort Knox. They also assist with basic skills' programs to improve college readiness and improve various other test scores. Contact Education Center for additional information. Available to all Soldiers and Family members.

<http://www.knox.army.mil/garrison/dhr/aces/counseling.aspx>

Celebrate Recovery

502-624-5255

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Celebrate Recovery is a safe and welcoming place to gain encouragement and support in a faith-based environment. Learn how to overcome hurts, habits and hang-ups and build healthy relationships. Tuesdays 1830, Religious Education Center.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Chaplain Family Life Center Counseling

502-624-5525

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Chaplain Family Life Center trains and supports the Fort Knox Unit Ministry Teams in skills required for effective family ministry. It is a full-time family ministry center that is staffed with specially trained personnel to provide a theologically based ministry to families, with an emphasis on marriage and family issues. The training and counseling provided is distinctively pastoral.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Couples and Individual Counseling

502-624-5225

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Couples, Families and Individual spiritual counseling services are available through your Family Life Chaplain.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Employment Readiness Program

502-624-8855

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Employment Readiness Program (ERP) is established to aid in reducing the stresses associated in obtaining employment (paid and non-paid), and pursuing educational goals. Services include job bank of local employment opportunities; resume assistance; application assistance; career counseling & guidance; volunteer opportunities; computers (available by appointment only); and resource materials. Available workshops include self-assessment; resume writing; interviewing techniques; job search; image for success; and tips on

completing an application. Call point of contact for more information or to schedule an appointment. Hours: Monday-Friday 0730-1630. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD), and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/EmploymentReadinessProgramERP/tabid/112/Default.aspx>

Financial Counseling

502-624-5989 Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Financial Counseling training provides budget counseling, debt liquidation counseling, overall financial planning, credit counseling, credit reporting and Family Subsistence Supplemental Allowance (FSSA). Additionally, financial counselors are available to provide financial assistance, investment education and estate planning to assist the surviving Family member in reaching their financial goals. Call point of contact for an appointment. Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian Employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Military Family Life Counseling Program

270-307-2630 or 270-307-2631

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Military and Family Life Counseling (MFLC) Program provides solution-oriented consultations to individuals, couples, families, and groups. MFLC'S can help people who are having trouble coping with concerns and issues of daily life. Some examples of issues include: adjustment/transition, stress marital/couples, anxiety/sadness, deployment cycle, issues, communication, aggression, work, parenting, and grief/loss. MFLCs offer flexible appointment and meeting locations, and are confidential - no records are kept. Call to schedule an appointment. All Active Duty Service Members, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/MobilizationandDeploymentProgramMOBD/tabid/115/Default.aspx>

DEPARTMENT OF THE ARMY (DA) CIVILIAN RESOURCES

Civilian Employee Assistance Program (EAP)

502-624-8361

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Civilian Employee Assistance Program assists Civilian employees with a variety of services.

<http://www.knox.army.mil/garrison/dhr/asap/eap.aspx>

Supervisory Employee Assistance Program (EAP) Referral

502-624-1532

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

Supervisory Referrals forms to the Employee Assistance Program (EAP) are available online. Call point of contact or view website for additional information.

<http://www.knox.army.mil/Garrison/dhr/asap/prevention.aspx>

Civilian Fitness Program

502-624-9355

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Enrollment of Department of the Army Civilians for a one-time, 6-month period of up to 3-hours a week to exercise. Supervisor approval is required to enroll. Enrollment is held twice a year.

Equal Employment Opportunity Specialized Training

502-624-6196 or 502-624-1325

Building 1467, 386 Third Avenue, Fort Knox, KY 40121

The Equal Employment Opportunity (EEO) Staff are available to provide specialized EEO training. Each program can be tailored to address the needs of a particular office or workgroup, to include: individual advisors, services, counseling, mediation, staff assistance visits, climate surveys, and community outreach. Hours: Monday-Friday 0800-1630.

<http://www.knox.army.mil/garrison/supportoffices/eeo/training.aspx>

Equal Employment Opportunity Office

502-624-6196 or 502-624-1325

Building 1467, 386 Third Avenue, Fort Knox, KY 40121

The Equal Employment Opportunity Office (EEO) administers the discrimination complaint process for Department of the Army civilian employees at Fort Knox, along with the Affirmative Employment Program Plan, the Disability Program and Special Emphasis Program Committees and is responsible for educating the workforce in all aspects of EEO. The EEO staff monitors the civilian workforce to ensure that employment decisions are made without regard to the age, race, national origin, color, gender, religion or disability of an employee or applicant for employment. The EEO Office is open Monday-Friday from 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/eeo/Default.aspx>

Formal/Informal Complaint Process

502-624-6196 or 502-624-1325

Building 1467, 386 Third Avenue, Fort Knox, KY 40121

Any current or former employee or applicant for employment at Fort Knox, whether paid from appropriated or non-appropriated funds [except Army and Air Force Exchange Service (AAFES) and Department of Defense (DoD) School system employees] may file an equal employment opportunity (EEO) complaint with the Fort Knox EEO Office. In addition, some contract employees may also have a right to file using the federal complaint processing procedures. Determination of the rights of a contract employee to use these procedures will be made on a case-by-case basis, and is dependent on the working relationship between the contract employee and Fort Knox officials. Hours: Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/eeo/Default.aspx>

Initial Equal Employment Opportunity Training

502-624-6196 or 502-624-1325

Building 1467, 386 Third Avenue, Fort Knox, KY 40121

Initial Equal Employment Opportunity (EEO) Training is an EEO program overview for new employees and new supervisors. Training in the Prevention of Sexual Harassment (POSH) is integrated into the Army's Sexual

Harassment/Assault Response & Prevention (SHARP) Training Program. Note: The initial training is offered in a classroom setting to all new employees and supervisors. Hours: Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/eeo/Default.aspx>

Newcomers and Spouses Orientation

502-624-6173 or 502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Newcomers and Spouses Orientation is required for all Soldiers E-7, O3 and below newly assigned to Fort Knox. Spouses are welcome and encouraged to attend. Information regarding each major agency on post is presented. Newly hired Department of the Army (DA) and Department of Defense (DoD) Civilian employees are encouraged to attend.

<http://www.knoxmwr.com/ArmyCommunityServices/RelocationAssistanceProgram/tabid/366/Default.aspx>

Resilience Training

502-624-3526

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Master Resiliency courses are designed to educate Soldiers, Family members, and Department of the Army (DA) Civilians to overcome hardships and adverse events in order to bounce back and grow stronger in the process. Army Community Service (ACS) certified Master Resilience Training (MRT) instructors provide classes for Family members, Soldiers and DA Civilians through regularly scheduled classes or upon request. Call POC for information regarding next available classes.

<http://www.knoxmwr.com/ACS/MasterResilienceTraining/tabid/365/Default.aspx>

DENTAL/ORAL HEALTH

Emergency Dental Care

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Emergency Dental Care after duty hours should report to the Emergency Room at Ireland Army Community Hospital. Only serious dental emergencies are seen after duty hours. A serious dental emergency is defined as swelling, trauma, uncontrolled bleeding, or excruciating pain.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Dental%20Clinic.aspx>

Routine and Exam Appointments

Jordan Dental Clinic 502-626-8301 or 502-626-8303; Ireland Army Community Hospital Dental Clinic 502-624-9670 or 502-624-9671

Jordan Dental Clinic: 1st Infantry Division Road, Fort Knox, KY 40121; Hospital Dental Clinic: 851 Ireland Avenue, Fort Knox, KY 40121

Active Duty military may arrange examination and cleaning appointments at their assigned clinic. On-post dental services are only available for Active Duty Service Members at this time. Sick Call is Monday-Friday at 0700; Exam hours vary by clinic. Call to schedule an appointment.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Dental%20Clinic.aspx>

DEPLOYMENT READINESS

Coping with Deployments Course

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The Coping with Deployments Course was designed to assist military families in managing the changes in their lives when their Service Members are deployed. It provides useful information on how to strengthen a person's ability to successfully respond to the challenges they may encounter throughout the deployment cycle. It also explains how to provide psychological first aid to others experiencing stressful feelings or events. It includes an adult section, a children's section, and a comprehensive resource and referral section. Military families can take this course by requesting it through the Fort Knox American Red Cross office. This course is also offered online through the American Red Cross. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

Deployment, Mobilization, and Readiness (DMR)

502-624-3278 or 502-624-3526

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Deployment, Mobilization, and Readiness (DMR) is designed to support Active and Reserve Component Soldiers and their Families, providing guidance and assistance to family members in their volunteer leadership roles within the Family Readiness Group. It also supports the Command in maintaining an atmosphere of family well-being. All activities promote self-development, self-reliance and resiliency during times of mobilization and deployment, and foster teamwork in the Total Army. Call POC for information on the next scheduled class/meeting.

<http://www.knoxmwr.com/ACS/MobilizationandDeploymentProgramMOBD/tabid/115/Default.aspx>

Family Readiness Group (FRG) Leader Training

502-624-3278

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Designed to assist persons who want to act as Family Readiness Group (FRG) Leaders for their Units to become familiar with situations which may arise within the FRG/Unit. Also provides information regarding available Installation resources to assist Families. On-site childcare provided at no charge. Offered once a quarter. Call POC for more information or to schedule an off-cycle class.

<http://www.knoxmwr.com/ACS/MobilizationandDeploymentProgramMOBD/tabid/115/Default.aspx>

Hearts Apart/Blue Star Card Program

502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

This program is designed for Spouses and Family members who have Soldiers serving on a deployment, unaccompanied tour, in the field, or temporary duty (TDY) for any length of time. A monthly network session is offered with childcare provided. Children must be registered with Child Youth and School Services. This program does not replace Family Readiness Groups. All Active Duty Service Members, and their Family members are eligible. Call point of contact for program schedule or more information.

<http://www.knoxmwr.com/ArmyCommunityServices/RelocationAssistanceProgram/tabid/366/Default.aspx>

Operation Resources for Education About Deployment and You (R.E.A.D.Y.)

502-624-3278

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Operation Resources for Education About Deployment and You (R.E.A.D.Y.) is designed to provide Family Resource Group Leaders, Commanders, and Rear Detachment Commanders tools for training in preparation for deployment, coping with military separations and redeployment. Videos and training materials are available for coping with separation, pre-deployment brief, reunion training, battle mind, and practical readiness.

<http://www.knoxmwr.com/ACS/MobilizationandDeploymentProgramMOBD/tabid/115/Default.aspx>

Preventive Medicine Medical Threat Deployment Brief

502-624-5371 or 502-624-5343

Building 1020, 366 192nd Armored Tank Battalion Road, Fort Knox, KY 40121

The Preventive Medicine Medical Threat Deployment Brief is part of the Soldier readiness processing (SRP) that all Soldiers must go through before they deploy. The brief is to inform deploying personnel of the potential health hazards and the individual countermeasures necessary to assure personal safety and good health. Brief is 15-20-minutes every Thursday, or by appointment.

<http://www.iach.knox.amedd.army.mil/SitePages/Home.aspx>

Services to Multicultural and Waiting Families

502-624-6173

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Multicultural services include providing support and assistance tools free of charge to foreign-born Services Members, Spouses and Family members to assist in learning about the English language and American culture. Childcare is provided, pending availability of funds. Call for schedule.

<http://www.knoxmwr.com/ArmyCommunityServices/RelocationAssistanceProgram/tabid/366/Default.aspx>

Unit Risk Inventory (URI) Assessments

502-624-1532

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

The Unit Risk Inventory (URI) Assessments must be administered 60 days prior to deployment, and at a minimum of once annually for all Units. Commanders are responsible for scheduling a URI.

<http://www.knox.army.mil/Garrison/dhr/asap/prevention.aspx>

Warrior Adventure Quest

502-624-1413

1053 Spearhead Division Avenue, Fort Knox, KY 40121

Warrior Adventure Quest (WAQ) is a Department of the Army (DA) driven and funded program, developed to provide high-adventure programs for Soldiers going through Army Force Generation (ARFORGEN) cycle "Reset," and helps Soldiers transition to the "new normal and decrease risky behavior. It is a sustainable, enduring program that Army leaders recognize as a viable means to assist Soldier reintegration, empower small-unit leaders, maintain combat readiness, and increase unit cohesion. See website or contact coordinator for specific activity schedules. All Active Duty Military in Ready Reset are eligible.

<http://www.knoxmwr.com/Recreation/AdventureProgram/tabid/426/Default.aspx>

DOMESTIC VIOLENCE

Fort Knox 24-hour Abuse/Neglect Reporting Hotline

502-624-2111

To report cases of suspected child, spouse or elderly abuse/neglect.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

Fort Knox 24-hour Sexual Harassment Assault Response and Prevention (SHARP) Hotline

502-851-3779

To report cases of sexual assault and harassment.

<http://www.knoxmwr.com/ACS/ArmySexualAssaultPreventionResponseProgram/tabid/107/Default.aspx>

Family Advocacy Program

502-624-3526

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Family Advocacy Program (FAP) provides information and education designed to support strong, self-reliant families and to enhance coping skills. FAP offers a variety of free classes to meet the needs of the entire family, with childcare provided. Call point of contact for more information. All Active Duty Service Members and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

Transitional Compensation

502-624-1852 or 502-624-2635

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

A congressionally mandated program that authorizes temporary financial support and other benefits for family members who are victims of child or spouse abuse and whose spouse is being administratively discharged or court-martialed for the individual's abuse offense. Call point of contact or view the website for more information or assistance.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

Victim Advocate Program

502-624-1852 or 502-624-2635

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The Victim Advocate Program provides services to victims of domestic violence, to include command and law enforcement support, crisis intervention, options counseling, safety planning, legal advocacy, emergency transportation and relocation assistance. Hours: Monday-Friday 0730-1600.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

EMERGENCY SERVICES/LAW ENFORCEMENT

Access Control

502-624-8471 or 502-624-1236 or 502-624-4531

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Access Control is a branch of the Physical Security Division that supports the Directorate of Emergency Services (DES) in perimeter security and access control in the following areas: Fence line security, Access control point (ACP) operations, Access control procedures and operations, Random anti-terrorist measures, Visitor control program, and Special event operations. Hours: Monday-Friday 0800-1600.

<http://www.knox.army.mil/Garrison/des/psd/accesscontrol.aspx>

Alarm Monitoring

502-624-1911 or 502-624-3085 or 502-624-1713 or 502-624-4788

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The Physical Security Division supports all commercial and Department of Defense (DoD) alarm systems installed on Fort Knox. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/psd/icids.aspx>

American Red Cross Help Line

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission of the American Red Cross Help Line is to support the Armed Forces in the line of emergency communications by providing 24-hours a day, 7-days a week emergency communication service to the military families. The American Red Cross will provide referrals and resources to assist military families in times of disaster and financial need.

<http://www.redcross.org/local/ky/saf/fort-knox>

Army Disaster Personnel Accountability and Assessment System (ADPAAS)

1-800-833-6622

Army Disaster Personnel Accountability and Assessment System assists with emergency case management and personnel accountability during a natural disaster or other catastrophic situation. Available for Active Duty Service Members and their Family members, and Department of Defense (DoD) and Department of the Army (DA) Civilian Employees.

<https://adpaas.army.mil>

Background Checks

502-624-4335

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

All requests for background checks must be submitted in writing, accompanied by a letter of authorization. The checks can be picked up 3-duty days later at the Directorate of Emergency Services Administration section. Hours: Monday-Friday 0830-1600.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Civil Liaison Absent Without Official Leave (AWOL) Apprehension

502-624-7302

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

In accordance with Army Regulation 190-45: Law Enforcement Reporting, Commanders are required to notify the Military Police in writing when a Soldier's duty status changes to any of the following: AWOL, Dropped from the rolls or Returned to duty. Hours: Monday-Friday 0800-1600.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Community Active Shooter Training

502-624-7302

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Community Active Shooter Training provides active shooter training to support organizations' assigned to Fort Knox in their internal reaction/prevention plans.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Community Oriented Policing

502-624-4337

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The 34th Military Police Detachment offers Community Oriented Policing (CP) to interact with the public in non-crisis situations.

<http://www.knox.army.mil/garrison/des/34mp.aspx>

Community Police House Watch Program

502-624-4337

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

If an individual resides in on-post housing and are going to be away for an extended period, they may enroll in the House Watch Program. The individual must contact the Community Police Officer or the Police Desk to have their house added to the list.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Crime Tip Hotline

502-624-2677

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The Crime Tip Hotline and web form are for users to report recent crime incidents that have occurred in the area, providing tips regarding drug sales, use, or locations that may be facilitating such activity and/or other types of ongoing illegal activity in the area. The hotline and web form are for non-emergency use only.

<http://www.knox.army.mil/Garrison/des/reportcrime.aspx>

Director of Emergency Services/Provost Marshal Office (PMO)

502-624-6852

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121
Military Police Investigations Branch. Monday-Friday 0900-1700.
<http://www.knox.army.mil/Garrison/des/>

Drug Abuse Resistance Education (D.A.R.E.)

502-624-1337

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Drug Abuse Resistance Education, better known as D.A.R.E., is an international education program which seeks to discourage interest in illegal drugs, gangs, and violence.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Family Assistance Center (FAC)

502-624-3278

Building 1477, Eisenhower Avenue, Fort Knox, KY 40121

Family Assistance Center (FAC) is a central point for coordinated humanitarian response to all hazard incidents. The FAC is a one-stop site where Department of Defense (DoD) personnel and their Families can receive continuous, authoritative, and accurate information in a sensitive, timely, and effective manner. It is established upon Garrison Commander activation orders during emergencies. Location is determined at time of emergency, based on community needs.

<http://www.knoxmwr.com/ACS/MobilizationandDeploymentProgramMOBD/tabid/115/Default.aspx>

Family Disability

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission of Family Disability is to support the Armed Forces in the line of emergency communications by providing 24-hours a day, 7-days a week emergency communication service to the military families. The station also works with the Command and clinics at Ireland Army Community Hospital, Dental and Veterinary Clinics to provide a volunteer program that helps support Service Members, their Families and Veterans of our community.

<http://www.redcross.org/local/ky/saf/fort-knox>

Fort Knox Civilian Police

502-624-1776

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The Department of the Army (DA) Police are trained to provide a professional, highly trained, and motivated, civilian police force in support of the Directorate of Emergency Services' law enforcement mission and contingency operations. DA Police officers are assigned to every section of the Provost Marshal Office, and work side-by-side with Military Police Soldiers to support the Installation. 24-hour operations.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Fort Knox Fire Chief

502-624-2260

Building 469, Spearhead Division Road, Fort Knox, KY 40121

Providing leadership and guidance for a fire safe community.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Fire Extinguisher Training

502-624-4208 or 502-624-6016

Building 5223, Pilot Street, Fort Knox, KY 40121

Fort Knox Fire Extinguisher Training is offered as requested. There are two levels of training that can be provided. The first level is basic fire extinguisher training utilizing a simulated 10-pound extinguisher on a simulated fire. The second is the fire safety trailer, which provides a more realistic environment with heat and smoke.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Fire Marshal Training

502-624-4208 or 502-624-6016

Building 5223, Pilot Street, Fort Knox, KY 40121

Fort Knox Fire Marshal Training is offered on the 1st Tuesday of each month for individuals assigned to Fire Marshal Duty. To participate, individuals must first present a memorandum assigning them additional duties as Fire Marshal. See website for the Fire Marshal training packet.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Fire Safety and Prevention

502-624-4208 or 502-624-6016

Building 5223, Pilot Street, Fort Knox, KY 40121

The Fort Knox Fire Department can provide staff and handouts during events promoting fire safety and prevention, answering questions from the community.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Fire Station One

502-624-2260 or 502-624-3851

Building 469, Spearhead Division Road, Fort Knox, KY 40121

The Fort Knox Fire Department is responsible for providing fire and emergency protection for more than 109,069-acres, including the famous Gold Bullion Depository. Fort Knox firefighters also have additional training to handle wildland fires, and to perform aircraft rescue firefighting.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Juvenile Review Board

502-624-2040

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Juveniles titled with any crime on the Installation will appear in front of the Juvenile Review Board consisting of the Garrison Sergeant Major, Directorate of Emergency Services (DES) Sergeant Major and a panel of

community leaders for punishment fitting the crime. The board's sole purpose is to assist parents in persuading juveniles from making costly judgmental errors. The Police Investigations Juvenile Investigator compiles monthly lists of juveniles listed as subjects to appear in front of the board. The Juvenile Investigator further fills the roll as the Installation Probation Officer in order to ensure the juveniles adhere to the community service time ordered by the board members. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Military Police Department

502-624-1381

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The 34th Military Police Detachment is currently assigned to Fort Knox and provides 24-hour law enforcement support.

<http://www.knox.army.mil/Garrison/des/34mp.aspx>

National Crime Investigations Center

502-626-3711 or 502-626-3712 or 502-626-3713

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The National Crime Investigations Center at Fort Knox provides a hotline and web form for users to report recent crime incidents that have occurred in the area, providing tips regarding drug sales, use, or locations that may be facilitating such activity and/or other types of on-going illegal activity in the area. The hotline and web form are for non-emergency use only. Hours: 24-hour hotline.

<http://www.knox.army.mil/Garrison/des/reportcrime.aspx>

Physical Security Division

502-624-4788 or 502-624-1911 or 502-624-3085 or 502-624-1713

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The Physical Security Division of Directorate of Emergency Services (DES) supports the Installation in the following areas: compliance inspections, courtesy inspections, vulnerability assessments, alarm monitoring and troubleshooting, closed circuit television and cameras, Department of Defense (DoD) lock program, staff assistance visits, deployments/re-deployment support, and rapid gate program. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/physicalsecurity.aspx>

Physical Security Inspection Program

502-624-3085 or 502-624-1911 or 502-624-1713 or 502-624-4788

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The Physical Security Division of Directorate of Emergency Services (DES) provides support to the Installation through a comprehensive inspection program. The division inspects and can provide assistance in the following areas: arms rooms, motor pools, tool rooms, supply rooms, Secret Internet Protocol Router Network (SIPRNet) communications, field ammunition sites, risk assessments, vulnerability assessments, mission essential and vulnerable areas, Department of Defense (DoD) lock program, and scheduling inspections. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/>

Police Investigations Section

502-624-2040

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The Police Investigations Section provides quality Investigators and Detectives capable of performing criminal investigations in accordance with appropriate standards and community policing, while serving the Fort Knox community. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Police Reports

502-624-1155 or 502-624-1156

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

An individual can obtain a copy of their Military Police report by request under the Freedom Of Information Act (FOIA) through the Administrative Section of the Directorate of Emergency Services (DES). Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Repatriation Support

502-624-3278

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Repatriation Support provides support to unaccompanied family members being evacuated or on forced early-return from an overseas area during a declared emergency in remote impacted areas.

<http://www.knoxmwr.com/ACS/tabid/287/Default.aspx>

Suspension/Revocation of Driving Privileges

502-624-4335

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

All inquiries for re-instatement of on-post driving privileges due to driving with a suspended operators permit or driving under the influence will be brought to the attention of the Administration Section of the Directorate of Emergency Services. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Traffic Accident Investigation Section

502-624-3567

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

If an individual is involved in a motor vehicle accident, they are required by law to notify the local Police agency regardless of the severity of damage. If the individual is operating a military vehicle (tactical or non-tactical) when the accident occurred, they are also required to notify the Fort Knox Police Desk and obtain the information needed to complete a Standard Form (SF) 91: Motor Vehicle Accident Report. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Weapons Registration

502-624-6118 or 502-624-6818 or 502-624-1524

481 Gold Vault Road, Fort Knox, KY 40121

Registration of personally owned firearms is required for all personnel that reside on Fort Knox under Army Regulation 190-11: Physical Security of Arms, Ammunition, and Explosives. Registration of firearms by personnel and visitors who bring a firearm onto the Installation for the purpose of engaging in authorized activities such as hunting, dog training activities, or marksmanship events are required to register their weapons. Personnel must complete the on-post registration form, Fort Knox Form 2759-E: Registration of Privately-Owned Weapons. All forms must be completed and turned in to Weapons Registration Office, Physical Security Section, Directorate of Emergency Services (DES) in Building 298. Hours: Monday-Friday 0900-1700.

<http://www.knox.army.mil/garrison/des/psd/firearmsregistration.aspx>

EMPLOYMENT

Employment Readiness Program

502-624-8855

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Employment Readiness Program (ERP) is established to aid in reducing the stresses associated in obtaining employment (paid and non-paid), and pursuing educational goals. Services include job bank of local employment opportunities; resume assistance; application assistance; career counseling & guidance; volunteer opportunities; computers (available by appointment only); and resource materials. Available workshops include self-assessment; resume writing; interviewing techniques; job search; image for success; and tips on completing an application. Call point of contact for more information or to schedule an appointment. Hours: Monday-Friday 0730-1630. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD), and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/EmploymentReadinessProgramERP/tabid/112/Default.aspx>

HIRED! Program

502-624-6442

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

The HIRED! Program is offered through the Middle School Teen Center. Teens between the ages 15-18 years old learn work ethics, life and leadership skills. A stipend is awarded after completing the 12-week apprenticeship. Hours: Monday-Friday 0730-1630, Registrations 0900-1130, Appointments 1300-1500, Closed every third Thursday afternoon for training.

<http://www.knoxmwr.com/CYSS/HIREDProgram/tabid/255/Default.aspx>

Resume Writing Assistance

502-624-8855

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Resume Writing Assistance provides assistance on writing an effective resume. Call point of contact for more information or to schedule an appointment. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD), and Department of the Army (DA) Civilian employees are eligible.

EXCHANGES/RETAIL/SHOPPETTES

Auto Craft Shop

502-624-5338 or 502-624-5410

1054 Spearhead Division Avenue, Fort Knox, KY 40121

The Fort Knox Automotive Craft Shop is a forty-two bay facility with bays designated for specific automotive repairs and maintenance related activities. There are twelve lifts, two tire changing bays, three oil lift bays and nine general maintenance bays for the do-it-yourselfer (See Mandatory Training Notice). The Automotive Craft Shop also has four technicians available to make repairs to the Fort Knox community's automobile needs. It is operated on a first-come-first-serve basis. Wednesdays, Thursdays, & Fridays 9:30 AM - 6:30 PM; Saturdays & Sundays 8:00 AM - 5:00 PM; Closed Mondays, Tuesdays, and Federal Holidays. Authorized patrons include Active duty Military and their Families, Retirees and their Families, Reservists, and DoD Civilians and their Families.

<http://www.knoxmwr.com/RecreatioutomotiveCraftsShop/tabid/118/Default.aspx>

Barber Shop (Mini Mall)

502-942-1332

Building 2013, Eisenhower Avenue, Fort Knox, KY 40121

Military haircuts. Monday-Friday 0800-1700, Saturday 0900-1700, Sun 1200-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Car Wash

Building 1608, Wilson Road, Fort Knox, KY 40121

Self-service wands and touchless automatic system. Open 7 days a week, 24-hours a day.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Chaffee Express

502-942-4257

Building 4991, Chaffee Avenue, Fort Knox, KY 40121

Gas, propane, snacks, drinks, quick meals, magazines, limited frozen foods, toiletries, ice, beer, wine, spirits, ATM, and Pizza Hut. Winter hours: Monday-Friday 0700-2000, Saturday 0900-200, Sunday 1000-2000. Summer hours: Monday-Friday 0700-2000, Saturday 0800-2000, Sunday 0900-2000.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Class Six

502-942-4208

Building 79, Binter Street, Fort Knox, KY 40121

Assortment of alcoholic and non-alcoholic beverages. Monday-Saturday 1000-1900, Sunday 1200-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Disney Troop Store

502-942-4245

Building 5929, Fort Knox, KY 40121

Open Seasonal (May-August). Provides snacks, drinks, limited frozen foods, toiletries, ice, ATM, quick meals, and limited military items.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Enterprise Car Rental

502-799-0920

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Car Rental. Winter hours: Monday-Thursday 1300-1700, Friday 0900-1700, Saturday-Sunday Closed. Call Service available 0900-1300 Monday-Thursday. Summer hours: Monday-Friday 0900-1700, Saturday 0900-1300, Closed on Sundays.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Exchange Mobile Center (Main PX)

502-942-4043

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Cell phones and accessories. Monday-Saturday 0900-1900, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Fort Knox Army Exchange

502-942-0067

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Winter hours: Monday-Friday 0900-2000, Saturday 0900-1900, Sunday 1100-1900. Summer hours: Monday-Saturday 0900-2000, Sunday 1100-1900. Shop online for merchandise you may not be able to find in the Main Exchange.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Fort Knox Barber Shop (Main Exchange)

502-942-1332

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Military haircuts. Winter hours: Monday-Saturday 0900-1700, Sunday 1100-1600. Summer hours: Monday-Saturday 0900-1800, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

GNC (Main PX)

502-942-6899

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Dietary supplements, health vitamins, health and fitness supplements. Monday-Saturday 0900-1900, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Hansen Gallery

502-624-4725

1053 Spearhead Division Avenue, Fort Knox, KY 40121

The Hansen Gallery offers special plaques, engraved gifts & awards, customized t-shirts, personalized mugs, laser engraving, heat transfers, awards, frames, self-help framing, and framing services. Call The Hansen Gallery for more information. See website for complete list of products available, and associated costs.

<http://www.knoxmwr.com/ACS/EmploymentReadinessProgramERP/tabid/112/Default.aspx>

Hansen Thrift Store

502-942-8019

1053 Spearhead Division Avenue, Fort Knox, KY 40121

The Hansen Thrift Store offers items for sale that include military and civilian clothing, fashion accessories, items for children, household appliances, furniture, and electronics. If you have any of these items that you have outgrown or no longer need, you may donate them or turn them into cash by consigning them to The Hansen Thrift Store. Please contact the Hansen Thrift Store for a list of seasonal consignment items, and the dates and times they are accepted. Donated items are taken at all times during normal hours of operation at the Hansen Thrift Store. Monday, Tuesday, Thursday & Friday 0900–1600; Wednesday 0900–1830; Closed Saturdays, Sundays, and Federal Holidays. Shopping is open to all guests, but only Military personnel, Active Duty Reservist, National Guardsmen, Retirees and their Families; Civilian employees of Fort Knox; Fort Knox Contractors and Retired Civilian employees of Fort Knox may consign items (1 account per family).

<http://www.knoxmwr.com/Recreation/HansenThriftShop/tabid/129/Default.aspx>

Information, Tickets and Reservations (ITR)

502-942-8019

1053 Spearhead Division Avenue, Fort Knox, KY 40121

The Fort Knox Information, Ticketing and Registration (ITR) Leisure Travel Services Office is available to assist you with discounted tickets to many attractions and theme parks. Destinations outside of the surrounding areas of KY may be available by special order. Special orders require at least two to three weeks advance notice for processing. The ITR Leisure Travel Services Office also has a representative to assist you with cruise and vacation packages, car rentals and hotel reservations. Monday, Tuesday, Thursday & Friday 0900–1600; Wednesday 0900–1830; Closed Saturdays, Sundays, and Federal Holidays.

<http://www.knoxmwr.com/Recreation/ITRLeisureTravelServices/tabid/137/Default.aspx>

Keepsake Korner Flowers and Crafted Gifts (Main PX)

502-942-8753

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Flower arrangements for all occasions, plants, balloons. Monday-Friday 1000-1800, Saturday 1000-1500, Closed Sundays.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Lock and Leave

502-942-3220

Building 1611, Wilson Road, Fort Knox, KY 40121

Storage Units. Tuesday-Saturday 1100-1700, Closed Sunday-Monday.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Military Clothing Alterations Shop

502-942-4254

Building 124, Gold Vault Avenue, Fort Knox, KY 40121

Uniforms, boots, patches, medals, military books, field needs, toiletries, and souvenir items. Monday-Friday 0900-1800, Saturday 1000-1700, Closed Sundays.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Mini Mall

502-942-4264

Building 2013, Eisenhower Avenue, Fort Knox, KY 40121

Snacks, drinks, magazines, limited frozen foods, toiletries, ice, ATM, quick meals, limited military items, Taco Johns, and Green Beans. Winter hours: Monday-Friday 0630-1930, Saturday-Sunday 0900-1900. Summer hours: Monday-Friday 0600-2000, Saturday 0800-2100, Sunday 0900-2000.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Patriot Outfitters

502-942-4264

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Military and tactical items. Winter hours: Monday-Saturday 1000-1800, Sunday 1200-1700. Summer hours: Monday-Saturday 0900-1800, Sunday 1100-1700.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Paul Mitchell Salon (Main PX)

502-924-6939

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Haircut, color, highlights, shampoo, blow dry, style, and also assorted hair products for sale. Winter hours: Monday-Saturday 1000-1800, Closed Sundays. Summer hours: Monday-Saturday 1000-1900, Closed Sundays.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

PODs

1-866-667-5593

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Storage for ETS and PCS moves.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Press F1 Computer and Phone Repair (Main PX)

502-942-4847

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Computer repair and diagnostics, and phone repair. Monday-Saturday 0930-1800, Closed Sundays.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Waybur Reel-Time Theater

502-942-4284

Building 1102, Fort Knox, KY 40121

Movie theater shows latest movies, and sells popcorn, candy, drinks and nachos at concession. Monday-Thursday Closed, Friday-Saturday 1900 showing, Sunday 1400 showing.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Wilson Express

502-942-4262

Building 711, Wilson Road, Fort Knox, KY 40121

Gas, propane, snacks, drinks, quick meals, magazines, limited frozen foods, toiletries, ice, beer, wine, spirits, ATM, Subway Restaurant, and drive through car wash. Winter hours: Monday-Friday 0500-2300, Saturday-Sunday 0600-2300. Summer hours: Monday-Saturday 0500-2400, Sunday 0500-2300.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

Zion Dry Cleaners

502-942-8370

Building 127, Gold Vault Avenue, Fort Knox, KY 40121

Dry cleaning and alterations. Winter hours: Monday-Friday 1000-1800, Saturday 1000-1500, Closed Sundays. Summer hours: Monday-Friday 0900-1800, Saturday 1000-1500, Closed Sundays.

<https://www.shopmyexchange.com/exchange-stores/United%20States/KY/Ft%20Knox/Ft-Knox--1072010>

FAMILY SERVICES AND SUPPORT

Army Family Action Plan (AFAP)

502-624-6779 or 502-624-8391

Building 1477, Eisenhower Avenue, Fort Knox, KY 40121

The Army Family Action Plan (AFAP) is an Army-wide program that allows all members of the Army Family - Active Duty, Retirees, National Guard, Reserves, Family members, and Civilian employees - the opportunity to

voice concerns and raise issues concerning the quality of life to Installation and Army leadership. Hours: Monday-Friday 0800-1600.

<http://www.knoxmwr.com/ACS/ArmyFamilyActionPlan/tabid/92/Default.aspx>

Army Family Team Building (AFTB)

502-624-6259

Building 1477, Eisenhower Avenue, Fort Knox, KY 40121

An educational program consisting of three levels of instruction geared to the military experience level of the Family, not the rank of the sponsor. Levels include: Level 1 - "Learn" Army life; Level 2 - "Grow" Personally; and Level 3 - "Lead Others." Soldiers are welcome, and may be eligible to earn promotion points. Free childcare is available on a first-come, first-serve basis. To ensure availability, call 3-weeks in advance to register. Call POC for information on the next scheduled class courses. They're also available 24-hours a day, 7-days a week online at www.armyonesource.com. All Active Duty Service Members, Retirees, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/ArmyFamilyTeamBuilding/tabid/94/Default.aspx>

Army One Source

1-877-811-ARMY (1-877-811-2769)

Army One Source is a 24-hours a day, 7-days a week toll-free information and referral telephone line and Internet/web-based service available to Active Duty Service Members, Mobilized Reservists, deployed Civilians and their Families worldwide. Army One Source provides information ranging from everyday concerns to deployments/reintegration issues. You can call the service, email a consultant, or go online whenever it is convenient for you. No matter where you or your family are in the United States or overseas. The phones are answered live by qualified consultants and you never get an automated phone tree. Telephonic access is at no cost to you or your family members. Assistance is provided by a masters' level staff and a research team is available to provide you with customized information for your unique needs.

<http://www.armyonesource.com>

Authors at Your Library Series

502-624-1232 or 502-624-4636

Building 400, 62 West Spearhead Division Avenue, Fort Knox, KY 40121

Come visit your favorite author in person at the Barr Memorial Library, ask questions and get your book signed at Authors at Your Library series.

<http://www.knoxmwr.com/Recreation/BarrMemorialLibrary/tabid/98/Default.aspx>

Candy Cane Workshop

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission is to offer children of financially challenged military families the joy and pleasure of finding and giving presents to their parents and siblings. Candy Cane volunteers help the children pick out and wrap the presents to take home. The children are thrilled to be able to give presents to their parents and siblings. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

Casualty Assistance Center

502-624-6051

Building 1378, 70 Pershing Drive, Fort Knox, KY 40121

Casualty Assistance Center (CAC) provides compassionate support to families of deceased Active Duty Soldiers, Retirees and Veterans and wounded, ill or injured Soldiers while ensuring plans, programs and systems remain updated to provide timely support and ensure receipt of applicable benefits. Provide mortuary services assistance as applicable, and also assist Active Duty Soldiers in the event of the loss of a spouse or child. Coordinates military funeral honors for honorably discharged Army Veterans, Army Retirees or Soldiers who died on Active Duty and whose funeral is within the CAC area of responsibility.

<http://www.knox.army.mil/Garrison/dhr/ag/cac.aspx>

Community Information Services

502-624-6291 or 502-624-8391

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Community Information Services provides information to Soldiers and their Family members, regarding military and civilian resources available to address a wide range of client requests, using Military One Source, resource files, and other reference materials.

<http://www.knoxmwr.com/ACS/tabid/287/Default.aspx>

Family Advocacy Program

502-624-3526

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Family Advocacy Program (FAP) provides information and education designed to support strong, self-reliant families and to enhance coping skills. FAP offers a variety of classes to meet the needs of the entire family (all classes and childcare are free). Call point of contact for more information. All Active Duty Service Members and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

Family Readiness Group (FRG) Leader Training

502-624-3278

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Designed to assist persons who want to act as Family Readiness Group (FRG) Leaders for their Units to become familiar with situations which may arise within the FRG/Unit. Also provides information regarding available Installation resources to assist Families. On-site childcare provided at no charge. Offered once a quarter. Call POC for more information or to schedule an off-cycle class.

<http://www.knoxmwr.com/ACS/MobilizationandDeploymentProgramMOBD/tabid/115/Default.aspx>

Hearts Apart/Blue Star Card Program

502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

This program is designed for Spouses and Family members who have Soldiers serving on a deployment, unaccompanied tour, in the field, or temporary duty (TDY) for any length of time. A monthly network session is offered with childcare provided. Children must be registered with Child Youth and School Services. This

program does not replace Family Readiness Groups. All Active Duty Service Members, and their Family members are eligible. Call point of contact for program schedule or more information.

<http://www.knoxmwr.com/ArmyCommunityServices/RelocationAssistanceProgram/tabid/366/Default.aspx>

Helping Hands

502-624-2163

Building 119, Binter Street, Fort Knox, KY 40121

The Helping Hands Program provides food, clothing, and household goods to Active Duty Soldiers, Reservists, National Guard, Veterans and their Families who are in financial need.

<http://www.redcross.org/local/ky/saf/fort-knox>

Lending Closet

502-624-2111

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Basic household items are available to Soldiers and Families Permanent Change of Station (PCS) inbound or outbound. Items may be borrowed from the Lending Closet, and are loaned for up to 30-days. A military ID card and a copy of PCS orders are required. Open Mondays-Fridays 0730-1600. Available to all Active Duty Service Members, and their Family members.

<http://www.knoxmwr.com/ArmyCommunityServices/BUILDSurvivorOutreachServices/tabid/367/Default.aspx>

Military Family Life Counseling Program

270-307-2630 or 270-307-2631

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Military and Family Life Counseling (MFLC) Program provides solution-oriented consultations to individuals, couples, families, and groups. MFLC'S can help people who are having trouble coping with concerns and issues of daily life. Some examples of issues include: adjustment/transition, stress marital/couples, anxiety/sadness, deployment cycle, issues, communication, aggression, work, parenting, and grief/loss. MFLCs offer flexible appointment and meeting locations, and are confidential - no records are kept. Call to schedule an appointment. All Active Duty Service Members, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/MobilizationandDeploymentProgramMOBD/tabid/115/Default.aspx>

Military OneSource

1-800-342-9647

Military OneSource is free to Service Members and their eligible Family members. It will help them build on their strengths, teach them to maximize their support systems, and help them find community resources to meet their needs. Education, relocation, parenting, stress, etc. - Military OneSource is here to help with just about any need. Available by phone or online, their free service is provided by the Department of Defense (DoD) for Active Duty, Guard, and Reserve Service Members and their Families. The service is completely private and confidential, with a few exceptions. Hours: 24-hours a day, 7 days a week.

<http://www.militaryonesource.mil/>

Newcomers and Spouses Orientation

502-624-6173 or 502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Newcomers and Spouses Orientation is required for all Soldiers E-7, O3 and below newly assigned to Fort Knox. Spouses are welcome and encouraged to attend. Information regarding each major agency on post is presented. Newly hired Department of the Army (DA) and Department of Defense (DOD) Civilian employees are encouraged to attend.

<http://www.knoxmwr.com/ArmyCommunityServices/RelocationAssistanceProgram/tabid/366/Default.aspx>

Outreach Services

502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The goal of Outreach Services is to provide programs to foster a sense of belonging to the military community, to promote positive attitudes toward military life, and to enhance retention and readiness. This is done by linking family support programs to Soldiers and Family members by informing, referring, and encouraging utilization of on and off post services. The result will be to reduce isolation, stress and frustration frequently experienced by young military families.

<http://www.knoxmwr.com/ACS/tabid/287/Default.aspx>

Reconnection Workshops

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The Reconnection Workshops focus on individuals and small groups, and are designed to help family members reconnect and Service Members reintegrate successfully. Led by licensed, specially trained Red Cross mental health workers, each session addresses a topic that military families have found relevant to reunion adjustment, including Communicating clearly; Exploring stress and trauma; Identifying depression; Relating to children; and Working through anger. Active Duty Service Members, including National Guard and Reservists, Veterans, and their Families are invited to participate in these free, confidential workshops.

<http://www.redcross.org/local/ky/saf/fort-knox>

Santa's Workshop

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The mission of Santa's Workshop is to provide toys for military families who are financially challenged during the holiday season. The soldiers and their spouses shop at the Santa's Workshop to find the best toys for their children. Each child receives two brand new toys, a book, and stocking stuffers. Each family receives a board game which they can enjoy together. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

Scream Free Marriage

502-626-6170

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Scream Free Marriage is a couple's communication class. Call POC for more information on the next scheduled class.

Services to Multicultural and Waiting Families

502-624-6173

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Multicultural services include providing support and assistance tools free of charge to foreign-born Services Members, Spouses and Family members to assist in learning about the English language and American culture. Childcare is provided, pending availability of funds. Call for schedule.

<http://www.knoxmwr.com/ArmyCommunityServices/RelocationAssistanceProgram/tabid/366/Default.aspx>

Soldier and Family Assistance Center (SFAC)

502-624-4355

Building 500, Spearhead Avenue, Fort Knox, KY 40121

The mission is to provide a safe haven that promotes healing and provide services dedicated to the needs of wounded Warriors and their Families. Services coordinated by SFAC personnel include: Defense Finance and Accounting (DFAS) Military pay entitlements and benefits counseling; legal assistance; VA benefits and entitlements; financial counseling; Military personnel services; transition/employment assistance; Army substance abuse counseling and information for families; and coordination with Army Reserves and National Guard state and local agencies. Hours of Operation: Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/dfmwr/sfac/Default.aspx>

Survivor Outreach Services

502-624-2006 or 502-624-6259

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

In its commitment to the families of the fallen, the United States Army has developed a comprehensive Survivor Outreach Services (SOS) Program. The mission is to provide long-term support to families of our fallen Soldiers by offering assistance with any concerns or issues, providing information on services and programs, and connecting families to outreach organizations both inside and outside the Department of Defense.

<http://www.knoxmwr.com/ACS/SurvivorOutreachServices/tabid/315/Default.aspx>

Thanksgiving Holiday Food Assistance Program

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary purpose of the Thanksgiving Holiday Food Assistance Program is to provide food for military families who are financially challenged during the holiday season.

<http://www.redcross.org/local/ky/saf/fort-knox>

Tragedy Assistance Program for Survivors (TAPS)

502-624-2006 or 502-624-6259

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Tragedy Assistance Program for Survivors (TAPS) is America's front-line resource for all who are grieving the death of a loved one serving in the Armed Forces. Its comprehensive services include a national network of peer-based emotional support, case-work assistance, crisis intervention, and grief and trauma resources. All

services provided by TAPS are free of charge to surviving families, and are made possible by the generosity of our donors.

<http://www.knoxmwr.com/ACS/SurvivorOutreachServices/tabid/315/Default.aspx>

FINANCIAL SERVICES/ASSISTANCE

Army Emergency Relief (AER)

502-624-5989 (AER assistance after duty hours, weekends, and Federal Holidays 877-272-7337)

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Army Emergency Relief (AER) is a private, non-profit organization whose sole mission is to collect and hold funds to relieve financial distress to Soldiers and their Family members. Army Emergency Relief exists solely for the Soldier, and belongs to all Army people, active and retired, and to the Spouses and Orphans of deceased Soldiers. Hours: Monday-Friday 0730-1600; After duty hours, weekends and Holidays, please contact the American Red Cross 1-877-272-7337. All Active Duty Service Members, Retirees, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/ArmyEmergencyRelief/tabid/91/Default.aspx>

Army Emergency Relief (AER) Loans and Grants

502-624-5989 (AER assistance after duty hours, weekends and Federal Holidays 877-272-7337)

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Provides financial assistance and guidance to Active Duty and Retired Soldiers/Dependents for expenses, including car repairs for primary vehicle, rent and deposit, funeral expenses, emergency travel expenses, assistance with necessities to prevent privation (i.e., food and lodging), pay entitlements that are due but not received, lost or stolen funds (police report required), and utilities/food. All Active Duty Service Members, Retirees, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/ArmyEmergencyRelief/tabid/91/Default.aspx>

Basic Prevention Education Program

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Financial planning classes are available to Units, Family Readiness Groups (FRGs) or individuals upon request. The class is designed to develop budgeting skills and bank account reconciliation. Reservations are required. Call point of contact to schedule a class or visit. Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD), and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Budget Counseling

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

In Budget Counseling, financial counselors help clients develop a realistic budget and maintain proper financial records. This is a one-on-one confidential session designed to help you identify your financial needs and

develop realistic personal and financial goals. Call to schedule a one-on-one class. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Checkbook Management Training

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Provides Military Members and their Spouses information on keeping track of their financial records. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Consumer Affairs and Complaint Resolution

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

If your consumer rights have been violated, Consumer Affairs and Complaint Resolution can help you file a Department of the Army (DA) Form 5184: Consumer Complaint to submit to financial counselors at Army Community Service (ACS). When filing a complaint, please attach all relevant and supporting documentation (i.e. warranties, bill of sale, and correspondence with merchant). All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Emergency Food Vouchers

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Emergency Food Vouchers (made payable to the commissary) is intended to assist Active Duty and Retired Military Families with food in an emergency, not to exceed 3-days. Contact Chain of Command or POC to setup a voucher visit. All Active Duty Service Members, Retirees, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Family Subsistence Supplemental Allowance (FSSA)

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Family Subsistence Supplemental Allowance is a program designated to increase the Service Member's basic allowance for subsistence (BAS). A financial counselor will pre-screen military applicants to determine if the family qualifies. Call point of contact for information on all available resources. Active Duty Service Members, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Financial Assistance

502-624-5989 (AER assistance after duty hours, weekends, and Federal Holidays 877-272-7337)

1131 5th Avenue, Fort Knox, KY 40121

The primary mission of Financial Assistance is to support the Armed Forces in the line of emergency communications by providing 24-hours a day, 7-days a week emergency communication service to the Military Families. The Red Cross will provide financial assistance to Active Duty, Reservists, National Guards, Veterans and their Families during disasters and financial crisis.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Financial Counseling

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Financial Counseling training provides budget counseling, debt liquidation counseling, overall financial planning, credit counseling, credit reporting and Family Subsistence Supplemental Allowance (FSSA). Additionally, financial counselors are available to provide financial assistance, investment education and estate planning to assist the surviving Family member in reaching their financial goals. Call point of contact for an appointment. Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Financial Management Training

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Financial Management Training provides information to Soldiers and their Family members regarding basic financial planning and budget development. This 8-hour training is offered monthly. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Financial Readiness Program

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The mission of the Financial Readiness Program (FRP) is to proactively educate the Soldiers, Family members, Retirees and Department of Defense (DoD) Civilians of Fort Knox in matters of personal financial responsibility. In addition to offering weekly basic money management classes, FRP offers special personal financial management and consumer education classes that target specific financial issues. The objective of the program is to enhance and maintain mission readiness and quality of life by teaching Soldiers, Family members, Retirees and DoD Civilians how to be informed and responsive consumers. Hours: Monday-Friday, 0730-1600.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Financial Statements

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Information representing the financial status of a client, in the form of an income and expense statement, can be prepared upon request. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Personal Financial Management Training

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

This is a mandatory training for Soldiers on their first permanent duty station. Active Duty Service Members, and their Family members are invited. Offered Monthly. Call point of contact for the next scheduled class.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Saving and Investing

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Learn the basics of saving and investing for the future. All Active Duty Service Members, Retirees, and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Tax Center

502-624-0044

Building 1310, Third Avenue, Fort Knox, KY 40121

The Tax Center offers no cost tax preparation to Active Duty Soldiers and other Service Members, National Guardsmen and Reservists on orders for 30-days or more, military Retirees, and ID card holding Family members of any of the above. The Tax Center can prepare most federal and state income-tax returns for individuals. Call for an appointment, and for hours of operation.

http://www.knox.army.mil/Garrison/supportoffices/sja/tax_center.aspx

HEALTH/MEDICAL SERVICES

Army Wellness Center - Fort Knox

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

Army Wellness Centers provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and their Family members.

<http://phc.amedd.army.mil/organization/institute/dhpw/pages/armywellnesscentersoperation.aspx>

Behavioral Health Clinic

502-626-6188 or 502-626-6187 or 502-626-6153

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Full range of behavioral health treatment services for Service Members. Individual and group 60-minute sessions are available Monday-Friday 0730-1630 for outpatient visits. On-call services to the Emergency Department are 24 hours a day, 7 days a week. Available to TRICARE beneficiaries.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Biofeedback

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

The Army Wellness Center offers emWave Stress Relief measurements, which is a type of self-regulation that provides real-time visual monitoring. This program is designed to transform stress and stress-related emotions into free energy for personal and professional effectiveness while improving health and well-being. Multiple 1-hour sessions and follow-up sessions available Monday-Thursday 0730-1600, and Fridays 0730-1200. Available to Soldiers, Retirees, Family members, and Department of Defense (DoD) Civilians.

<http://phc.amedd.army.mil/organization/institute/dhpw/pages/armywellnesscentersoperation.aspx>

Communicable Disease Surveillance

502-624-9355

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Tracks positive reportable communicable disease.

Preventive Medicine/Medical Threat Deployment Brief

502-624-5371 or 502-624-5343

Building 1020, 366 192nd Armored Tank Battalion Road, Fort Knox, KY 40121

The Preventive Medicine/Medical Threat Deployment Brief is part of the Soldier Readiness Processing (SRP) process that all Soldiers must go through before they deploy. The brief is to inform deploying personnel of the potential health hazards and the individual countermeasures necessary to assure personal safety and good health. Brief given every Thursday at 0900, or by appointment.

Educational Developmental Intervention Services (EDIS)

502-624-9552

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

In-home services for the families of 0-3 years of age with special needs living on post. Children qualify for services by testing. Services focus on helping parents help their children thru daily routine activities. No referral necessary. Monday-Friday 0700-1530.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Educational%20and%20Developmental%20Intervention%20Services.aspx>

Exercise Testing

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

Available at the Army Wellness Center, exercise testing allows the client to perform the VO2 submaximal test to determine their aerobic fitness level. In addition, the client will perform back and grip strength testing, along with flexibility testing to shape the clients overall fitness level. Clients will also sit down with the health coaches to receive a personalized exercise prescription that is based upon their fitness goals. Available Mondays-Thursdays 0730-1600, Fridays 0730-1200.

<http://phc.amedd.army.mil/organization/institute/dhpw/pages/armywellnesscentersoperation.aspx>

Fort Knox Veterinary Clinic

502-624-5819

Building 1006, 192nd Tank Battalion Road, Fort Knox, KY 40121

Our facility specializes in providing high-quality medical care to the pets of Active Duty Soldiers, as well as Retiree's, in the Fort Knox area. Services provided include vaccinations, minor sick calls, surgical and dental procedures, and laboratory workups. All pets that come to the Fort Knox Veterinary Clinic have to be on a leash or in a carrier, and all pets residing in Installation housing must have a microchip and be registered with the facility within 10-days of arrival. Call for an appointment prior to stopping by.

<http://www.iach.knox.amedd.army.mil/SitePages/Veterinary%20Treatment.aspx>

Health Assessment Reviews

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

Available at the Army Wellness Center, Health Assessment Reviews provide an in-depth review of health history, perceived stress, self-efficacy, and readiness to changes. This information could be used to help shape individual wellness goals.

<https://armyfit.army.mil/AWC/>

Healthy Nutrition Education

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

Available at the Army Wellness Center, a healthy nutrition tool includes the resting metabolic test to determine how many calories an individual's body burns at rest. This information can be used to determine proper calorie consumption that will burn fat and not muscle for the individual.

<http://phc.amedd.army.mil/organization/institute/dhpw/pages/armywellnesscentersoperation.aspx>

Human Immunodeficiency Virus (HIV) Tracking

502-624-9355

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Identification and monitoring of positive HIV TRICARE beneficiaries.

Intensive Outpatient Clinic

502-626-6188 or 502-626-6187 or 502-626-6153

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Intensive treatment services are available Monday-Friday 0730-1130, and individual consultations available Monday-Friday 1130-1530.

<http://www.iach.knox.amedd.army.mil>

Ireland Army Community Hospital

502-624-9288

289 Ireland Avenue, Fort Knox, KY 40121

Ireland Army Community Hospital is an acute and general care hospital providing managed health care for all eligible beneficiaries living on Fort Knox and in the surrounding communities. Emergency medical services are available 24-hours a day. In case of an emergency, dial 911. For non-emergency appointments, please call the central appointment line at 1-800-493-9602 or local 502-799-5901.

<http://www.iach.knox.amedd.army.mil>

Massage Services

270-272-2494

Gammon Physical Fitness Center, 850 Radio Street, Fort Knox, KY 40121

Health, Harmony & Nature serves the community of Fort Knox with quality massage therapy. Therapies include hot stone massage, sports massage, deep tissue massage, reflexology, pregnancy massage and Swedish massage. Sessions are open to all guests.

<http://www.knoxmwr.com/Recreation/FitnessCenters/tabid/122/Default.aspx>

Outpatient Records Department

502-624-0418

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

The Outpatient Records Department provides Ireland Army Community Hospital customers with accurate and timely information concerning all Protected Health Information (PHI). This includes filing PHI, creating new volumes of records, searching for missing records, and scanning all outsourced PHI into the electronic system. The Outpatient Records Department works hand in hand with our Release of Information Department to ensure each person's medical information can be located and produced for patient needs. Open Monday-Friday 0630-1630.

<http://www.iach.knox.amedd.army.mil/PatientsAndVisitors/SitePages/Patient%20Administrations.aspx>

Pathology

502-624-9360 or 502-624-9361

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

We are a full-service laboratory comprising both clinical pathology and anatomical pathology services. Our mission is to provide quality care and customer service while promoting a trained, healthy and ready force, as well as to support Ireland Army Community Hospital's patient care services by providing efficient high quality phlebotomy, specimen collection services and world class analytical testing. Open Monday-Friday 0700-1700 for outpatient visits. Staffed 24 hours a day, 7 days a week for inpatient clinical testing needs.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Pathology.aspx>

Rabies Surveillance

502-624-9355

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

All animal bites are reviewed for rabies risk.

Radiology Department

502-624-9621 or 502-624-9622

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

The Radiology Department is a full-service radiology department, composed of many sections to include Diagnostic Radiology, Ultrasound, Computed Tomography (CT), Nuclear Medicine, Mammography and Magnetic Resonance Imaging (MRI). We provide a variety of services to Soldiers and beneficiaries to include routine X-rays and screening mammography. Open Monday-Friday 0730-1600, closed on Federal holidays and weekends.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Radiology.aspx>

Release of Information Department

502-624-9968 or 502-624-9524

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

The Release of Information Department provides (upon request) all Active Duty, dependents, and Retirees a complete copy of their Medical Records within 30-days of a request. The customer service window (CSW) is available to all customers to make all requests for information, and is designed to provide short notice service. The Release of Information Department prides themselves in ensuring that customers get the professional service they have earned. Open Monday-Friday 0700-1600.

<http://www.iach.knox.amedd.army.mil/PatientsAndVisitors/SitePages/Patient%20Administrations.aspx>

Soldier Readiness

502-626-2618

Building 2020, 159 Black Horse Regiment Avenue, Fort Knox, KY 40121

Soldier Readiness medical screenings available Mondays, Tuesdays, Wednesdays & Fridays 0745-1515 and Thursdays 0745-1300. Hours subject to change during missions.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Military%20Readiness.aspx>

Soldiers' Military Evaluation Board (MEB) Counsel Office

502-624-2603 or 502-624-2423 or 502-624-2310

Building 853, 192nd Tank Battalion Road, Fort Knox, KY 40121

The Soldiers' Military Evaluation Board (MEB) Counsel Office provides assistance/legal advice to Soldiers pending a Medical Evaluation Board (MEB) or enrolled in the Integrated Disability Evaluation System (IDES). Hours are Monday-Friday 0730-1630.

<http://www.knox.army.mil/Garrison/supportoffices/sja/mebcounsel.aspx>

Travel Clinic

502-624-9355

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

The Travel Clinic evaluates the need of immunizations and antibiotics for travel outside of the United States. Open Monday-Friday 0730-1600 by appointment only.

Tuberculosis Surveillance Program

502-624-9355

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

The Tuberculosis Surveillance Program evaluates positive tuberculin skin tests, and provides treatment if indicated. Open Monday-Friday 0730-1600 by appointment only.

Veterans Affairs (VA) Liaison for Healthcare

502-624-5093 or 502-624-2290

Building 500, Spearhead Division Road, Fort Knox, KY 40121

The VA Liaison for Healthcare is co-located with the Military Treatment Facilities (MTF) to facilitate a smooth transition and coordination of healthcare from the MTF to receiving VA Healthcare systems for Active Duty personnel who are preparing to separate from Active Duty status. The VA Liaison works primarily with Soldiers assigned to the Warrior Transition Battalion and/or undergoing a medical evaluation board through the Integrated Disability Evaluation System (IDES) program. However, information and services are available to all Active Duty Service Members served by Ireland Army Community Hospital. Veterans Health Administration (VHA) Pre-separation briefings are held weekly at the Soldier and Family Assistance Center, as well as the IDES Clinic. Schedule varies by month - visit reception area of both SFAC & IDES for schedule, or Call point of contact.

<http://www.knox.army.mil/Garrison/dfmwr/sfac/Default.aspx>

Water Trailer Inspections

502-624-5371 or 502-624-5343

Building 1020, 366 192nd Armored Tank Battalion Road, Fort Knox, KY 40121

Prior to the use of any water buffalo on Fort Knox, Environmental Health Services must conduct a serviceability and sanitary inspection. Only water trailers that have been deemed satisfactory will be permitted for field use. An appointment is required for an inspection.

HEALTH EDUCATION

Academic Performance Training (formerly Learning Enhancement Program)

502-624-7156

Building 1476, Eisenhower Avenue, Fort Knox, KY 40121

Participants learn strategies to facilitate their performance in academic domains, including study, note-taking, and test-taking strategies.

<http://csf2.army.mil/>

ArmyFit™

502-624-7156

Building 1476, Eisenhower Avenue, Fort Knox, KY 40121

ArmyFit™ is Comprehensive Soldier and Family Fitness (CSF2) online training environment for Soldiers, Family members and Army Civilians. ArmyFit™ provides recommendations to improve your resilience and performance based on your GAT 2.0 results. Users can access self-improvement challenges and enter friendly competitions with other users. You can also join online health and fitness communities with a wide range of resources from both the Army and the civilian world.

<http://csf2.army.mil/>

ArmyMOVE! Weight Management Program for Active Duty

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Strategies for weight management through lasting diet and lifestyle changes in a support group setting. Tailored to meet the needs of Active Duty personnel. Meets the criteria for Army Regulation 600-9. A Soldier does not have to be flagged to participate. Weekly modules are offered at varying times.

Behavioral Health Department

502-626-6151

Building 1480, 12th Armor Division Avenue, Fort Knox, KY 40121

The Department of Behavioral Health provides a full range of behavioral health services, including psychoeducational briefings to units, Family Readiness Groups (FRGs), or other interested parties on the following topics: What resiliency is; Building and keeping resiliency; Specific behavioral health concerns, such as post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), depression, anxiety, etc.; Overview of signs and symptoms to look for in battle buddies or ourselves; and Specific deployment and reintegration stressors and strategies. Other topics such as eating disorders and the psychological motivations behind eating issues are available upon request. The length of the course is determined by client need and availability. Individual and group 60-minute sessions are available Monday-Friday 0730-1630 for outpatient visits. On-call services to the Emergency Department are 24 hours a day, 7 days a week. Available to TRICARE beneficiaries.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Civilian Fitness Program

502-624-9355

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Enrollment of Department of the Army Civilians for a one-time, 6-month period of up to 3-hours a week to exercise. Supervisor approval is required to enroll. Enrollment is held twice a year.

Diabetes Educational Series

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

We are a group class for diabetics who are newly diagnosed, having difficulty managing their disease, or need a refresher in current diabetic management techniques. Meetings are held from 0900-1100 on Wednesdays in the Nutrition Clinic.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Diabetic%20Education.aspx>

Diabetes Self-Management Workshop

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Instructors from physical therapy, nursing, nutrition and pharmacy help patients learn how to manage diabetes better. Open to all diabetes patients including type 1 and type 2. No referral is needed. Call the Nutrition Clinic for more information or to self-enroll. Workshops are held weekly on Wednesdays from 0900-1100 in the Nutrition Clinic.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Diabetic%20Education.aspx>

Drug Abuse Resistance Education (D.A.R.E.)

502-624-1337

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Drug Abuse Resistance Education, better known as D.A.R.E., is an international education program which seeks to discourage interest in illegal drugs, gangs, and violence.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Executive Resilience and Performance Course

502-624-7156

Building 1476, Eisenhower Avenue, Fort Knox, KY 40121

This course is designed to familiarize Army Leaders (Company Commanders/First Sergeants and above, their spouses, GS12 and above) with the resilience skills Master Resilience Trainers provide to Soldiers, Family members and Army Civilians, as well as to introduce them to performance skills that are only provided by Comprehensive Soldier and Family Fitness (CSF2) Training Centers. Certified CSF2 instructors are specially trained to deliver this executive-level curriculum, and are available at CSF2 training centers at Installations Army-wide. For those without a CSF2 training center, Mobile Training Teams are standing by to support. This training fulfills the annual resilience training requirement (i.e., all 14 skills) for those in attendance.

<http://csf2.army.mil/exec-course.html>

Field Sanitation Course (40 hours)

502-624-5371 or 502-624-5343

Building 1020, 366 192nd Armored Tank Battalion Road, Fort Knox, KY 40121

Course certifies Soldiers to become field sanitation team (FST) members. Army Regulation 40-5 requires all units to have two FST members per company-sized element. Course covers basic field sanitation measures, personal hygiene and ways to reduce disease and non-battle injuries (DNBI). FST is a Military 40-hour course, with a certificate provided upon completion. Training is 4 promotion points. Call point of contact to enroll before attending.

Food Handler's Course (4 hours)

502-624-5371 or 502-624-5343

Building 1020, 366 192nd Armored Tank Battalion Road, Fort Knox, KY 40121

The Food Handler's Course is a 4-hour course that meets the requirements of the Medical Technical Bulletin (TB MED) 530 for the 4-hour annual food sanitation refresher training. This course is also subsequent for training temporary food employees assigned 30-days or less, or for personnel that do not prepare food and only require 4-hours of initial training. Course topics cover personal hygiene, health requirements, food handling practices, and operational problems. Certificates are provided upon completion. There are no promotion points for this training. Courses are held on the 1st and 3rd Tuesdays of every month at 0730 starting August 2015.

Gestational Diabetes Group Education Class

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Carbohydrate controlled diet instruction for expectant moms diagnosed with Gestational Diabetes in a supportive group setting. No referral needed. Call to enroll.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Diabetic%20Education.aspx>

Global Assessment Tool (GAT)

502-624-7156

Online health and well-being assessment tool with personalized results and recommendation to improve well-being. Available to all Soldiers, Family members, Retirees and Installation employees.

<http://csf2.army.mil/>

Health Assessment Reviews

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

Available at the Army Wellness Center, Health Assessment Reviews provide an in-depth review of health history, perceived stress, self-efficacy, and readiness to changes. This information could be used to help shape individual wellness goals.

<https://armyfit.army.mil/AWC/>

Healthy Lifestyle Festival

502-624-8525

Building 121, 933 Gold Vault Road, Fort Knox, KY 40121

During the Healthy Lifestyle Festival, the Fort Knox Commissary offers the ever-popular farmers markets; Family, Morale, Welfare and Recreation services offers a variety of fitness events for children and adults; and the exchange offers their popular sidewalk sales that feature fitness shoes and apparel specials along with sports equipment and bicycles. Check commissary website for dates of festival.

<http://www.commissaries.com/stores/html/healthy-lifestyle-festival.cfm>

Healthy Nutrition Education

502-626-0408

Building 1489, 545 Eisenhower Avenue, Fort Knox, KY 40121

Available at the Army Wellness Center, a healthy nutrition tool includes the resting metabolic test to determine how many calories an individual's body burns at rest. This information can be used to determine proper calorie consumption that will burn fat and not muscle for the individual.

<http://phc.amedd.army.mil/organization/institute/dhpw/pages/armywellnesscentersoperation.aspx>

Hearing Conservation

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course will walk you through basic information about the impact of noise on hearing and the noise levels which require hearing protection as well as basic information about selecting and caring for hearing protection. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Heart Health Workshop

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Strategies for controlling hypertension or high cholesterol through diet and lifestyle changes. Sessions are every two weeks at varying times.

Performance Training

502-624-7156

Building 1476, Eisenhower Avenue, Fort Knox, KY 40121

Participants learn skills from the fields of sport and performance psychology that can enable greater confidence, concentration, and composure in order to take ownership of their training and perform more optimally in academics, cognitive tasks, physical tasks, sports, and more. Offered to Soldiers, Civilians, Spouses, and Dependents.

<http://csf2.army.mil/training.html>

Resilience Training

502-624-3526

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Master Resiliency courses are designed to educate Soldiers, Family members, and Department of the Army (DA) Civilians to overcome hardships and adverse events in order to bounce back and grow stronger in the process. Army Community Service (ACS) certified Master Resilience Training (MRT) instructors provide classes for Family members, Soldiers and DA Civilians through regularly scheduled classes or upon request. Call POC for information regarding next available classes.

<http://www.knoxmwr.com/ACS/MasterResilienceTraining/tabid/365/Default.aspx>

Resilience Training Level 1 Course

502-624-7156

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The Resilience Training Level 1 Course is a train-the-trainer course for E6-E8, O1-O4, WO-1-CW4, GS-7-GS-13, and spouses. Participants learn 14-skills, and also have opportunities to teach back the skills and receive feedback so they are prepared to act as Master Resilience Trainers (MRTs) in their unit or organization. This training awards an Instructor (8R) Additional Skill Identifier (ASI).

<http://csf2.army.mil/training.html>

Resilience Training/Teaching Preparation for Master Resilience Trainers

502-624-7156

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

A Master Resilience Trainer (MRT) Performance Expert (PE) will work with any MRT individually or as part of a group to assist in preparing them to teach resilience skills. In addition, an MRT-PE will observe the MRT teach in order to provide feedback to assist in the development of the MRT.

<http://csf2.army.mil/training.html>

Stress Management

502-626-6170

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Stress Management classes are available to all Active Duty Service Members and their Family members. Call point of contact for class information.

Team Building

502-624-7156

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Team Building classes are a 4-hour minimum class where groups engage in a series of exercises and discussions to agree on common goals in order to increase group cohesion and performance. Classes are available upon request.

<http://csf2.army.mil/training.html>

Tobacco Cessation Class

502-624-9355

Building 1489, Eisenhower Avenue, Fort Knox, KY 40121

Tobacco Cessation classes are offered after an individual attends an orientation class on Tuesdays. After orientation, an appointment will be scheduled with the primary care manager (PCM) to determine if medications will be prescribed. After the scheduled appointment, the individual will attend 4-weeks of classes to assist in the cessation of tobacco, which are held on Wednesdays at 1300 and Thursdays at 0800. All TRICARE beneficiaries and DoD Civilians are eligible.

Unit Level Nutrition Education Briefs

502-624-1852 or 270-272-3940

Building 1310, Third Avenue, Fort Knox, KY 40121

Provides nutrition briefs on the Performance Triad, Obesity Prevention, Weight Management, Nutrition and Performance, and Healthy Cooking. Briefs are available at Unit's request.

Upping Your Metabolism, Stress Management, and Healthy Sleep Habits Class

502-626-0408

Building 1489, Eisenhower Avenue, Fort Knox, KY 40121

The Army Wellness Center offers informative and helpful classes in upping your metabolism, stress management and healthy sleep habits. Multiple 1-hour sessions and follow-up sessions are available.

Weight Management Support Group

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

The Weight Management Support Group is led by a dietitian, behavioral health professional, public health nurse or physical therapist that will provide assistance with education, goal setting, overcoming weight loss barriers, and encouragement to keep motivation in a non-judgmental, supportive group setting.

HOUSING/LODGING

Camp Carlson Cabin Rental

502-624-4836

9210 US Route 60, Muldraugh, KY 40155

Camp Carlson offers cabin rentals, including a Group Cabin with bunk beds available for sleeping a total of 16 individuals - it is the ideal place to bring a scout, church, or any other group. The cabins are located within easy walking distance of shower and bathroom facilities. Reservations are required, and no pets are allowed. Reservations are accepted up to 12-calendar months in advance from the date required. The cost is \$5 per night, per person, with a minimum of 10 and maximum of 16 guests per cabin. A fee of \$50 per Group Cabin is required to reserve a Group Cabin. All balances are due at the time of arrival. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and DoD Civilians and their Families. Summer Hours: (May 1-December 22) Mondays-Saturdays 0830-1230 & 1300-1700, Sundays 0830-1230. Winter Hours: (December 23-April 30) Mondays-Saturdays 0830-1230 & 1300-1700, Closed on Sundays.

<http://www.knoxmwr.com/Recreation/CarlsonCampgrounds/tabid/119/Default.aspx>

Fencing Services

502-624-2314

Building 4244, Park Road, Fort Knox, KY 40121

The Fort Knox Fencing Service offers rental of chain link fences to Soldiers living in housing at a low competitive price compared to off-post businesses. Hours of operation are seasonal.

<http://www.knoxmwr.com/Recreation/FencingService/tabid/102/Default.aspx>

Lending Closet

502-624-2111

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Basic household items are available to Soldiers and Families Permanent Change of Station (PCS) inbound or outbound. Items may be borrowed from the Lending Closet, and are loaned for up to 30-days. A military ID card and a copy of PCS orders are required. Open Mondays-Fridays 0730-1600. Available to all Active Duty Service Members, and their Family members.

<http://www.knoxmwr.com/ArmyCommunityServices/BUILDSurvivorOutreachServices/tabid/367/Default.aspx>

IN/OUT PROCESSING

Arrival Support

502-624-6173 or 502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Required for all Soldiers E-7 and O4 and below that are newly assigned to Fort Knox. Spouses are welcome and encouraged to attend. Information regarding each major agency on Post is presented. Call point of contact for schedule and location. All Active Duty Service Members and Family are eligible.

Contiguous United States (CONUS) Brief

502-624-6291 or 502-624-8391

Building 1379, Pershing Drive, Fort Knox, KY 40121

Required briefing for those Soldiers completing Permanent Change of Station (PCS) for the first time within the United States. Spouses are welcome. Provides information on what to expect and how to prepare for a PCS move. Call point of contact to schedule a class, or call for current class schedule. All Active Duty Service Members and Family are eligible.

Installation In-Processing

502-626-2694

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

After duty hours at the Provost Marshal Office located at 298 Gold Vault Road. All Active Duty Service Members and Family are eligible.

Outside the Contiguous United States (OCONUS) Brief (Korea, Germany & Hawaii Briefs)

502-624-6173 or 502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Required briefing for Soldiers completing Permanent Change of Station (PCS) to OCONUS locations. Spouses are welcome. Provides information on the host country and military resources available. Every Tuesday 0930. All Active Duty Service Members and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

Resilience In-Processing Training

502-624-7156

Hilton Hall, Building 1476, Eisenhower Avenue, Fort Knox, KY 40121

This course covers seven resilience skills (and fulfills half of the annual training requirement), but is tied specifically to challenges faced while completing Permanent Change of Station (PCS). All in-processing Soldiers are required to attend the two-day course, and Spouses are encouraged to attend. It is held twice a month on Wednesdays and Thursdays from 0830-1600. Must visit Comprehensive Soldier and Family Fitness (CSF2) in advance to sign up.

<http://csf2.army.mil/training.html>

INSTALLATION SUPPORT

Basic Leaders Training Support Package (TSP)

502-624-3510

Pike Hall, Building 1310, 50 Third Avenue, Fort Knox, KY 40121

This Training Support Package (TSP) provides basic leaders (OCS, ROTC, PLDC, and BNCOC) with information on how to support and enforce compliance with the Army's Equal Opportunity (EO) program, policies and procedures. Focus of training is on leader objectives, responsibilities, and the actions required for identification and resolution of EO problems. Special emphasis is placed on the leader's role in resolving discrimination issues, prevention of sexual harassment, the complaint process and how to correct deficiencies.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Barr Memorial Library

502-624-1232 or 502-624-4636

Building 400, 62 W Spearhead Division Avenue, Fort Knox, KY 40121

Barr Memorial Library provides essential electronic databases; DVDs; bound, audio and electronic books; CDs; videos; and magazines in support of the Army Mission and educational programs. The Library is continually pushing the technological envelope. With its high-tech conference room, capable of video-conferencing, gaming, and film presentations. The library offers hands-on technology training with wirelessly enabled laptops, eBook readers and laptops available for checkout to Soldiers and Families. Free Wi-Fi access, including wireless printing, is available throughout the building. Monday-Thursday 0900-1930; Friday & Saturday: 0900-1700; Sundays & Holidays: Closed. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/BarrMemorialLibrary/tabid/98/Default.aspx>

Command Climate Assessment

502-624-3510

Pike Hall, Building 1310, 50 Third Avenue, Fort Knox, KY 40121

The Command Climate Survey is a mandatory survey conducted and maintained by the company level unit commander within 90 days of assuming command and at least yearly thereafter. The Command Climate Survey is a fully automated, self-contained, survey program. It is designed to assist the company (or equivalent-sized unit) commander in assessing and developing action plans for sustaining and improving his or her unit command climate, as required.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Community Relations Office

502-624-0150

Building 1110, 6th Avenue, Fort Knox, KY 40121

The Community Relations Office (CRO) works with the local communities, assisting in strengthening the partnership between Fort Knox and the local community. The CRO helps arrange visits for organized groups that want to visit the Installation. Requests for speakers, Soldier participation in community events and displays of military equipment are coordinated through the CRO.

<http://www.knox.army.mil/Garrison/supportoffices/pao/community.aspx>

Company Level Training Support Package (TSP)

502-624-3510

Pike Hall, Building 1310, 50 Third Avenue, Fort Knox, KY 40121

Training is designed for company level leaders (OAC, FSC, WOAC) and focuses on policies, concepts, leader roles and responsibilities, identification and resolution of Equal Opportunity (EO) problems, complaints sexual harassment, problem-solving and creating and manipulating a healthy EO climate.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Defense Equal Opportunity Climate Survey (DEOCS)

502-624-3510

Pike Hall, Building 1310, 50 Third Avenue, Fort Knox, KY 40121

This is an optional, confidential, paper-and-pencil survey that concerns the unit equal-opportunity climate. The commander administers the survey to all personnel and mails it to Defense Equal Opportunity Management Institute (DEOMI) for processing. Results are provided only to the unit commander administering the survey.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Director of Emergency Services/Provost Marshal Office

502-624-6852

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Military Police Investigations Branch. Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/>

Entry Level EO Training Support Package (TSP)

502-624-3510

Building 1310, 50 Third Avenue, Fort Knox, KY 40121

The Entry Level Training Support Package (TSP) is for new individuals just entering the military service. It is an eight-hour training support package that provides each new Soldier with the basic knowledge of Equal Opportunity (EO). It encompasses policy, ethnic and gender awareness, behaviors that violate Army policy, the EO complaint system, appeals, prevention of sexual harassment and techniques dealing with discrimination.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Equal Employment Opportunity Office

502-624-6196 or 502-624-1325

Building 1467, 386 Third Avenue, Fort Knox, KY 40121

The Equal Employment Opportunity Office (EEO) administers the discrimination complaint process for Department of the Army civilian employees at Fort Knox, along with the Affirmative Employment Program Plan, the Disability Program and Special Emphasis Program Committees and is responsible for educating the workforce in all aspects of EEO. The EEO staff monitors the civilian workforce to ensure that employment decisions are made without regard to the age, race, national origin, color, gender, religion or disability of an employee or applicant for employment. The EEO Office is open Monday-Friday from 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/eeo/Default.aspx>

Equal Opportunity Hotline

502-624-3510

Building 1310, 50 Third Avenue, Fort Knox, KY 40121

The Fort Knox Equal Opportunity (EO) Office assists commanders in their efforts to formulate and sustain a comprehensive effort to maximize human potential and to ensure fair treatment of all persons based solely in merit, fitness, and capability in support of readiness. The goal of the EO Program is to create and sustain effective units by eliminating discriminatory behaviors or practices that undermine teamwork, mutual respect, loyalty, and shared sacrifice of the military members and their family members assigned to this Installation.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Equal Opportunity Leaders Course

502-624-3510

Building 1310, Pike Hall, Fort Knox, KY 40121

The Equal Opportunity Leaders Course is a six-day course that focuses the student on equal opportunity and diversity management. It prepares graduates to perform the duties of an Equal Opportunity Leader at both the battalion and company level. Graduates of the course will possess the skills required to advise commanders in the conduct of informal equal opportunity complaints, conduct unit level equal opportunity training, assist the commander in climate assessment, assist in the preparation of special ethnic observances, and serve as the primary resource manager of equal opportunity matters within the unit.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Equal Opportunity Staff Assistance Visit

502-624-3510

Building 1310, Pike Hall, Fort Knox, KY 40121

The Staff Assistance Visit is designed to measure the overall effectiveness of the commanders Equal Opportunity (EO) programs and climate. Units are assessed in accordance with Department of the Army (DA), Training and Doctrine Command (TRADOC), and local EO regulations and program objectives. The primary areas of focus are: program administration; program design and training, and EO forms.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Fort Knox Civilian Police

502-624-1776

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The Department of the Army (DA) Police are trained to provide a professional, highly trained, and motivated, civilian police force in support of the Directorate of Emergency Services' law enforcement mission and contingency operations. DA Police officers are assigned to every section of the Provost Marshal Office and work side by side with Military Police Soldiers to support the Installation. 24-hour operations.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Fort Knox Fire Chief

502-624-2260

Building 469, Spearhead Division Road, Fort Knox, KY 40121

Providing leadership and guidance for a fire safe community.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Fire Station One

502-624-2260 or 502-624-3851

Building 469, Spearhead Division Road, Fort Knox, KY 40121

The Fort Knox Fire Department is responsible for providing fire and emergency protection for more than 109,069 acres including the famous Gold Bullion Depository. The Fort Knox Firefighters have additional training to handle wildland fires and perform aircraft rescue firefighting.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Garrison Safety Office

502-624-3381

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

<http://www.knox.army.mil/garrison/supportoffices/safety/>

Fort Knox Office of the Senior Chaplain

502-624-5255

Building 1310, 50 Third Avenue, Fort Knox, KY 40121

Chaplain support for the Fort Knox Installation.

<http://www.knox.army.mil/Garrison/supportoffices/rso/facility.aspx>

Formal/Informal Complaints Process

502-624-3510

Building 1310, 50 Third Avenue, Fort Knox, KY 40121

The Equal Opportunity (EO) complaints processing system addresses complaints that allege unlawful discrimination or unfair treatment on the basis of race, color, religion, gender, and national origin. Attempts should always be made to solve the problem at the lowest possible level within an organization.

<http://www.knox.army.mil/Garrison/supportoffices/eoo/Default.aspx>

Inspector General

502-624-7747 or 502-624-0071

Building 1481, 1270 Old Ironsides Avenue, Fort Knox, KY 40121

The primary mission is to be the eyes, ears, voice, and conscience of the commander; conduct thorough, objective, and impartial inspections and investigations; provide assistance and training; advise and help leaders maintain values, readiness, and effectiveness; and promote well-being, good order, and discipline.

<http://www.knox.army.mil/Garrison/supportoffices/ig/Default.aspx>

Juvenile Review Board

502-624-2040

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Juveniles titled with any crime on the Installation will appear in front of the Garrison Sergeant Major, Directorate of Emergency Services (DES) Sergeant Major and a panel of community leaders for punishment fitting the crime. The Board's sole purpose is to assist parents in persuading juveniles from making costly judgmental errors. The Police Investigations juvenile investigator compiles monthly lists of juveniles listed as subjects to appear in front of the board. The juvenile investigator further fills the roll as the Installation Probation Officer in order to ensure the juveniles adhere to the community service time ordered by the board members.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Media Relations

502-624-3051

Building 1110, 6th Avenue, Fort Knox, KY 40121

The Media Relations Office (MRO) works with newspaper, radio, television and magazine reporters as well as book authors to provide accurate and timely information to various audiences about the installation, its people and activities. Fort Knox policy requires that all news media be escorted when on the Installation. Production companies and media wishing to film or conduct interviews on Fort Knox should contact the MRO to make coordination prior to proceeding.

<http://www.knox.army.mil/Garrison/supportoffices/pao/media.aspx>

Military Police Department

502-624-1381

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

The 34th Military Police Detachment is currently assigned to Fort Knox and provides 24-hour law enforcement support.

<http://www.knox.army.mil/Garrison/des/34mp.aspx>

Platoon Level Training Support Package (TSP)

502-624-3510

Building 1310, 50 Third Avenue, Fort Knox, KY 40121

This Training Support Package (TSP) is designed for squad and platoon leaders (ANCOC, OBC, WOBC) and is follow-on for that received at the basic leader level. Training focuses on program components, elements,

principles, behaviors and actions that violate Equal Opportunity (EO) policies, sexual harassment, prevention of reprisals, leader roles in resolving complaints, and platoon leaders duties and responsibilities.

<http://www.knox.army.mil/Garrison/des/led.aspx>

The Gold Standard Newspaper

502-624-1095

Building 1110, 6th Avenue, Fort Knox, KY 40121

The Gold Standard, the Post's weekly newspaper, provides news about the Fort Knox community and the Army. It serves as a guide to the social, educational and recreational activities on post and in the surrounding communities. The paper is free and is distributed on Thursday mornings. It is delivered to the Exchange, the Commissary, unit dayrooms and other select on and off-Post locations. It is also available online by visiting the website below.

<http://www.fkgoldstandard.com/>

Weapons Registration

502-624-6118 or 502-624-6818 or 502-624-1524

481 Gold Vault Road, Fort Knox, KY 40121

Registration of personally owned firearms is required for all personnel that reside on Fort Knox under Army Regulation 190-11. Registration of firearms by personnel who bring a firearm onto the Installation for the purpose of engaging in authorized activities such as hunting, dog training activities, or marksmanship events are required to register their weapons. All forms must be completed and turned in to Weapons Registration Office, Physical Security Section, Directorate of Emergency Services (DES) in Building 298. Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/des/powregistration.aspx>

LEGAL ASSISTANCE

Claims Division

502-624-6913

Building 1310, Third Avenue, Fort Knox, KY 40121

The Fort Knox Office of the Staff Judge Advocate's Claims Division supervises the processing of claims by Soldiers, Department of the Army (DA) Civilians, and other Military personnel for personal property lost incident to service. Available Mondays-Wednesdays and Fridays 0800-1600, Thursdays 1300-1600.

<http://www.knox.army.mil/Garrison/supportoffices/sja/claims.aspx>

Immigration/Citizenship Assistance

502-624-6291 or 502-624-8391

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

United States Citizenship and Immigration Assistance is provided by a United States Citizenship and Immigration Services (USCIS) agent on the first Wednesday of each month, by appointment only. All Active Duty Service Members and Family members are eligible.

<http://www.knoxmwr.com/ACS/RelocationAssistanceProgram/tabid/373/Default.aspx>

Legal Assistance Division

502-624-2771

Building 1310, Third Avenue, Fort Knox, KY 40121

The Legal Assistance Division attorneys provide advice on most personal legal matters, review legal documents such as contracts and leases (if they are not related to a private income-producing business), and prepare wills, military rebuttals, correspondence, and other legal documents. They are not authorized to appear with you as your attorney of record in any court, assist with employment matters, or assist with claims against the Government. Issues on which advice is provided include estate planning, family law, military administrative matters, consumer protection issues, advance medical directives, and powers of attorney. The services of the Legal Assistance Division are provided without charge. Open Mondays-Wednesdays and Fridays 0900-1600, Thursdays 1300-1600. Walk-in hours are available only on Fridays at 0900.

http://www.knox.army.mil/Garrison/supportoffices/sja/legal_assistance.aspx

Special Victim Counsel Program

502-626-5584 or BlackBerry: 502-210-8830

Building 1310, Third Avenue, Fort Knox, KY 40121

The Special Victim Counsel (SVC) Program represents the legal interests of many victims of sexual assault free of charge. The SVC can explain sexual assault reporting options, represent their client's interests during the investigation of a crime, represent the victim during the military justice process (including hearings, in-court proceedings, and post-trial), and may assist with traditional legal assistance issues. Available by appointment, however BlackBerry is on-call 24-hours a day, 7-days a week.

<http://www.knox.army.mil/Garrison/supportoffices/sja/svc.aspx>

Tax Center

502-624-0044

Building 1310, Third Avenue, Fort Knox, KY 40121

The Tax Center offers no cost tax preparation to Active Duty Soldiers and other Service Members, National Guardsmen and Reservists on orders for 30-days or more, military Retirees, and ID card holding Family members of any of the above. The Tax Center can prepare most federal and state income-tax returns for individuals. Call for an appointment, and for hours of operation.

http://www.knox.army.mil/Garrison/supportoffices/sja/tax_center.aspx

Trial Defense Service

502-624-4417 or 502-624-5822

Building 1310, Third Avenue, Fort Knox, KY 40121

The United States Army Trial Defense Service (USATDS) counsel provides counseling/representation in the following situations: General court-martial representation; Summary court-martial counseling; Special court-martial representation; Article 32 of the Uniform Code of Military Justice (UCMJ) Representation, Pre-trial confinee magistrate hearings; Formal Article 15 of the UCMJ counseling; Administrative separation counseling; Representation at administrative elimination boards; Representation at reduction boards under Army Regulation 600-8-19, Chapter 10, counseling Soldier suspects on military jurisdiction crime matters. Counseling is provided by appointment only.

<http://www.knox.army.mil/Garrison/supportoffices/tds/default.aspx>

Victim Witness Assistance Program

502-624-1852 or 270-272-3940

Building 1310, Third Avenue, Fort Knox, KY 40121

Victim Witness Assistance Program (VWAP) serves Fort Knox under general court-martial convening authority's jurisdiction. The Victim Witness Liaison Officer serves as facilitator and coordinator for the VWAP, and primary point of contact through which victims and witnesses obtain information and assistance in securing available services.

http://www.knox.army.mil/Garrison/supportoffices/sja/criminal_law.aspx

MILITARY TRANSITION

Accessing Higher Education Seminar

502-624-2227 or 502-624-5223

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Education Seminar covers 6 blocks of instruction including: Preparing for Higher Education; Transferring and Waiving College Credits; Researching and Comparing Institutions; Application Process Start to Finish; Uncovering Realities of Campus Life and Understanding and Using Campus Resources; and Small Group Counseling. Accessing Higher Education Seminar is offered the third week of the month on Tuesdays and Wednesdays - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; DoD Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Career Technical Training Seminar

502-624-2227 or 502-624-5223

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Career Technical Training Seminar consists of 8 blocks of instruction including: Examine Career Self-Assessment Tools and Results; Military and Civilian Workforce Realistic Expectations; Selection of Reputable and High Quality Career and Technical Schools; Benefit and Cost Analysis of Career vs Tuition Costs; Financial Aid Loan Repayment and Budget; How to Use Web Tools; Application Process Start to Finish; How to Succeed; and Small Group Counseling. Career Technical Training Seminar is held the fourth week of the month on Tuesdays and Wednesdays - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Department Of Labor Employment Workshop

502-624-2227 or 5002-624-5226

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Employment Workshop is a mandatory and comprehensive three-day curriculum that covers emerging best practices in career development. Service Members receive vital skills in this Department Of Labor led workshop, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment. Department Of Labor Employment Workshops are held Tuesdays,

Wednesdays, and Thursdays - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Disabled Veterans Training and Rehabilitation

502-942-3250

Building 1109, Sixth Avenue, Fort Knox, KY 40121

You may receive vocational rehabilitation and employment services to help with job training, employment accommodations, resume development, and job seeking skills. Other services may be provided to assist Veterans in starting their own businesses, or independent living services for those who are severely disabled and unable to work in traditional employment. Click on the "How to Apply" tab to learn more and apply for vocational rehabilitation and employment services. Walk-In Assistance / Personal Appointments. Service Member must be at least 20% disabled.

<http://www.benefits.va.gov/VOCREHAB/>

Entrepreneurial Seminar

502-624-2227 or 502-624-5223

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Entrepreneurial Seminar provides transitioning Service Members the knowledge, tools, and resources they need to evaluate opportunities and become successful entrepreneurs. Through the Boots to Business (B2B) initiative, Service Members will learn the nuts and bolts of how to start and grow a business. Entrepreneurial Seminar is held the second week of the month on Tuesdays and Wednesdays - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Financial Planning

502-624-2227 or 502-624-5227

Building 1109, Sixth Avenue, Fort Knox, KY 40121

This financial readiness module provides Service Members with the information and tools needed to identify financial responsibilities, obligations, and goals after separation from the military. Service Members will build an integrated 12-month post-separation budget that reflects their employment, education, or training goals to prepare them for the financial realities of civilian life. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Individual Transition Plan Review

502-624-2227 or 502-624-5228

Building 1109, Sixth Avenue, Fort Knox, KY 40121

Each Service Member is required to develop an Individual Transition Plan (ITP) which, step-by-step, helps the Service Member determine the actions they must take to achieve their individual goals. Each plan is tailored to the individual and requires the Service Member to complete various documents as evidence that they are prepared for their transition, and postured to meet their post-separation goals. In the ITP Review, each Service Member will be required to provide documentation of meeting those career readiness standards. ITP Reviews are held on Fridays - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Job Assistance

502-624-5337

Building 1109, Sixth Avenue, Fort Knox, KY 40121

Fort Knox Office of Employment and Training (OET) offers job search and referral assistance, along with job listings both locally and nationwide. Advice and assistance is available in the areas of resume writing, job search techniques, interview skills, and provision of specific labor market information. With Transition Assistance Program (TAP), OET Fort Knox hosts employer onsite interviews. Walk-in assistance and personal appointments available. Must be a Veteran or within 12-months of separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/oet.aspx>

Military Occupational Code (MOC) Crosswalk

502-624-2227 or 502-624-5222

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Military Occupational Code (MOC) Crosswalk demonstrates how to translate military skills, training, and experience into civilian credentialing appropriate for civilian jobs. Using the O-Net database, Service Members will learn how to identify any gaps in their training and/or experience that need to be filled to meet their personal career goals. MOC Crosswalk is held on Mondays - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Registration and Pre-separation Briefing

502-624-2227 or 502-624-5222

Building 1109, Sixth Avenue, Fort Knox, KY 40121

Active Component and Reserve Component Soldiers must register with Soldier for Life - Transition Assistance Program (SFL-TAP) no later than 12-months prior to separation to complete Veteran's Opportunity to Work Act mandated requirements and career readiness standards. The program includes seminars, one-on-one counseling and referrals. It is the gateway to all Veterans Affairs, Vocational Rehabilitation and Employment, Department of Labor, and Small Business Administration briefings for transitioning Soldiers. Pre-separation briefings are held daily, and appointments are required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Transition Overview

502-624-2227 or 502-624-5223

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Transition Overview provides Service Members with an understanding of the importance of preparing for their transition from military service and the importance of the Individual Transition Plan (ITP). It highlights some of the many challenges that are inherent with any life changing event and the opportunities to receive information and engage with professional and supportive staff throughout the Transition Assistance Program. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/Default.aspx>

Veterans Affairs (VA) Benefit Application Assistance

502-799-0418 or 502-942-9312

Building 1109, Sixth Avenue, Fort Knox, KY 40121

Kentucky's 339,000 Veterans and their Families receive all the benefits and services they have earned. Here you will find information on benefits counseling, skilled long-term care at state Veterans centers, dignified interment at state Veterans cemeteries, health care, education, employment, and special programs for women Veterans, homeless Veterans and others. Walk-in assistance and personal appointments available. Must be a Veteran or within 12-months of separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/veteran.aspx>

Veterans Affairs (VA) Benefits at Discharge

502-624-8387

Building 1109, Sixth Avenue, Fort Knox, KY 40121

Provides information and assistance to transitioning Service Members to include disability claims, education benefits, insurance choices and medical support. Benefits Delivery at Discharge (BDD) is offered to accelerate receipt of Veterans Affairs (VA) disability benefits, with a goal of providing benefits within 60-days after release or discharge from Active Duty. BDD allows a Service Member with at least 60-days, but not more than 180-days, remaining on Active Duty to file a VA disability claim before separation. BDD requires a minimum of 60-days to allow sufficient time to complete the medical examination process (which may involve multiple specialty clinics) before separation from service. Must be a Veteran or within 12-months of separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/veteran.aspx>

Veterans Affairs (VA) Benefits Briefing I

502-624-2227 or 502-624-5225

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Veterans Affairs (VA) Benefits Briefing I provides eligible Service Members with information on available Veterans benefits and services. Upon completion, Service Members should know how to apply for Veterans health, education, home loan guaranty, insurance, and disability benefits for which they are eligible. They will also know how to connect with VA staff for further assistance. VA Benefits Briefing I are held Mondays at 1300 - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/veteran.aspx>

Veterans Affairs (VA) Benefits Briefing II

502-624-2227 or 502-624-5229

Building 1109, Sixth Avenue, Fort Knox, KY 40121

The Veterans Affairs (VA) Benefits Briefing II consists of a variety of topics that include available Veterans health administration services, disability compensation process, the steps for filing a claim pre-and post-discharge, eBenefits navigation, the status of benefits applications, identification of local VA facilities, and other important benefits links. If you are registered for eBenefits and My HealthVet, bring your login ID and password with you. VA Benefits Briefing II are held Fridays at 1500 - an appointment is required. Eligible for Soldiers within 24-months of retirement, 18-months of expiration term of service (ETS), or immediately for unprojected losses; Family members; Department of Defense (DoD) Civilians (under certain circumstances); Retirees; and Veterans with less than 6-months since separation.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/veteran.aspx>

Veterans Affairs (VA) Liaison for Healthcare

502-624-5093 or 502-624-2290

Building 500, Spearhead Division Road, Fort Knox, KY 40121

The Veterans Affairs (VA) Liaison for Healthcare is co-located with the Military Treatment Facilities (MTF) to facilitate a smooth transition and coordination of healthcare from the MTF to receiving VA Healthcare systems for Active Duty personnel who are preparing to separate from Active Duty status. The VA Liaison works primarily with Soldiers assigned to the Warrior Transition Battalion and/or undergoing a medical evaluation board through the Integrated Disability Evaluation System (IDES) program. However, information and services are available to all Active Duty Service Members served by Ireland Army Community Hospital. Veterans Health Administration (VHA) Pre-separation briefings are held weekly at the Soldier and Family Assistance Center, as well as the IDES Clinic. Schedule varies by month - visit reception area of both Soldier and Family Assistance Center (SFAC) & IDES for schedule, or call point of contact.

<http://www.knox.army.mil/Garrison/dfmwr/sfac/Default.aspx>

NUTRITION SERVICES

ArmyMOVE! Weight Management Program for Active Duty

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Strategies for weight management through lasting diet and lifestyle changes in a support group setting. Tailored to meet the needs of Active Duty personnel. Meets the criteria for Army Regulation 600-9. A Soldier does not have to be flagged to participate. Weekly modules are offered at varying times.

Diabetes Educational Series

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

We are a group class for diabetics who are newly diagnosed, having difficulty managing their disease, or need a refresher in current diabetic management techniques. Sessions meet from 0900-1100 on Wednesdays in the Nutrition Clinic.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Diabetic%20Education.aspx>

Diabetes Self-Management Workshop

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Instructors from physical therapy, nursing, nutrition and pharmacy help patients learn how to manage diabetes better. Open to all diabetes patients, including type 1 and type 2. No referral needed. Call the Nutrition Clinic for more information or to self-enroll. Sessions are weekly on Wednesdays from 0900-1100 in the Nutrition Clinic.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Diabetic%20Education.aspx>

Gestational Diabetes Group Education Class

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Carbohydrate controlled diet instruction for expectant moms diagnosed with Gestational Diabetes in a supportive group setting. No referral needed. Call to enroll.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Diabetic%20Education.aspx>

Heart Health Workshop

502-624-9713

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

Strategies for controlling hypertension or high cholesterol through diet and lifestyle changes. Sessions are every two weeks at varying times.

Unit Level Nutrition Education Briefs

502-624-1852 or 270-272-3940

Building 1310, Third Avenue, Fort Knox, KY 40121

Provides nutrition briefs on the Performance Triad, Obesity Prevention, Weight Management, Nutrition and Performance, and Healthy Cooking. Briefs are available at Unit's request.

PARENTING SUPPORT

New Parent Support Program

502-624-2561

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

New Parent Support Program (NPSP) is a professional team of Registered Nurses (RNs) or Licensed Clinical Social Workers (LCSWs) with extensive knowledge about topics confronting parents. NPSP supports parents by making parenting fun, ensuring healthy growth and development, connecting with local resources, providing tools that support successful parenting, breastfeeding, becoming more confident as a parent, adapting to military life, developing a support system, developing common ground with your spouse in the area of parenting, developing new friendships, and playgroups. Call point of contact for information on next class or to

schedule a visit. Open between 0800-1600. Services are available for All Active Duty Service Members, and their Family members with children under the age of three.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

Play Morning

502-624-6703

Building 1053, Hansen Center, Spearhead Division Avenue, Fort Knox, KY 40121

A structured 2-hour program in which parents and children play together in a group setting. Activities include story time, crafts, music and more. For ages 4 and under. The Family Advocacy Program Staff is available for questions regarding your child's development. Call point of contact for information on the next scheduled class.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

Scream Free Parenting

502-624-2561

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Learn alternative parenting skills. All Active Duty Service Members, and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FamilyAdvocacyProgramFAP/tabid/111/Default.aspx>

PHYSICAL FITNESS/RECREATION

Adventure Programs

502-624-1413

Building 1053, 1053 Spearhead Division Avenue, Fort Knox, KY 40121

The Fort Knox Adventure Program is committed to providing a wide variety of outstanding and cutting-edge adventure programs, services, facilities and equipment to the Fort Knox community in pursuit of our mission to deliver agile and innovative Family and Morale, Welfare, and Recreation (FMWR) programs and services to enable the readiness of the total Military family.

<http://www.knoxmwr.com/RecreationAdventureProgram/tabid/426/Default.aspx>

Anderson Indoor Aquatics Center

502-624-6217

7962 Wilson Road, Fort Knox, KY 40121

Anderson Indoor Aquatics Center is home to an indoor, heated, olympic-sized pool. The 50-meter pool features a 1-meter diving board and a 50-foot tube waterslide. Large locker rooms are equipped with heated showers and both hair and suit dryers. Anderson Indoor Aquatics Center also features a cardiovascular fitness room. The work out area includes treadmills, stationary and recumbent bicycles, rowing machines, an 8-station universal weight machine and several Nautilus machines. There is also an indoor eating and vending machine room. The recently renovated outdoor patio area is now home to our seasonal Splash Town Outdoor Spray Park, which includes an interactive spray park and our Tiki Hut Snack Bar. The Patio also has ample space for eating and sunbathing. Open Monday-Friday 0600-1900, Saturday & Holidays 1100-1900, Sundays 1200-1700. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/centerRecreationbrLeisurecenter/AndersonAquaticsCenter/tabid/117/Default.aspx>

Aqua Zumba

502-624-4033

7962 Wilson Road, Fort Knox, KY 40121

Aqua Zumba is a party in the pool! It offers the same great workout as Zumba, just in the water for great resistance with no impact. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/centerRecreationbrLeisurecenter/FortKnoxFitnessPrograms/tabid/123/Default.aspx>

Archery Range

502-624-7754

9333 Main Range Road, Fort Knox, KY 40121 French Shooting Club offers the archery shooter 3D targets and a tower that simulate shooting from a tree stand. Non-member price: \$5.00 per visit, Club-member price: \$3.00 per visit. Facility hours are seasonal, so please see our website or call for hours of operation.

<http://www.knoxmwr.com/Recreation/FrenchShootingClub/tabid/124/Default.aspx>

Ballet

Parent Central Services 502-624-6703 or CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Offered through the SKIESUnlimited for ages 2-18 years of age. See website for fees. Monday-Friday 0730-1630, Registrations 0900-1130, Appointments 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

Better Opportunities for Single Soldiers (BOSS)

502-624-2677

Building 2002, 268 Knox Street, Fort Knox, KY 40121

BOSS is a program which supports the overall quality of life for single Soldiers, geographical bachelors and single parents. BOSS identifies well-being issues and concerns by recommending improvements to the chain-of-command. The heart of the BOSS program is motivated single Soldiers with a strong senior-enlisted advisor and guidance from Family and Morale, Welfare, and Recreation (FMWR). Recreation and leisure activities may be planned solely by the BOSS committee or in conjunction with other FMWR activities. Service Members assume the primary role in planning BOSS events and activities. The events should meet the needs and desires of single Service Members on the Installation. BOSS has sponsored events such as talents shows, trips, dances, sporting events and parties. The BOSS Program participates in many community programs and projects that make a difference in the lives of community members.

<http://www.knoxmwr.com/Recreation/BOSS/tabid/143/Default.aspx>

Camp Carlson

502-624-4836

9210 US Route 60, Muldraugh, KY 40155

When you want to escape the hustle and bustle world of military life, and you don't want to take a long trip, just drive down the road a bit for the peace only nature can bring - Camp Carlson. Located just 5-minutes from the heart of Fort Knox, Camp Carlson Army Recreational Area spans 65-acres of natural beauty, with a 25-acre lake that catfish, bluegill, crappie, and bass call home. Camp Carlson is the perfect setting for an escape week, weekend, or day and is ideal for Unit, family and extended family outings. Summer hours: (May 1-December 22) Monday-Saturday 0830-1230 & 1300-1700, Sunday 0830-1230. Winter hours: (December 23-April 30) Monday-Saturday 0830-1230 & 1300-1700, Closed on Sunday. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/CarlsonCampgrounds/tabid/119/Default.aspx>

Camp Carlson Cabin Rental

502-624-4836

9210 US Route 60, Muldraugh, KY 40155

Camp Carlson offers cabin rentals, including a Group Cabin with bunk beds available for sleeping a total of 16 individuals - it is the ideal place to bring a scout, church, or any other group. The cabins are located within easy walking distance of shower and bathroom facilities. Reservations are required, and no pets are allowed. Reservations are accepted up to 12-calendar months in advance from the date required. The cost is \$5 per night, per person, with a minimum of 10 and maximum of 16 guests per cabin. A fee of \$50 per Group Cabin is required to reserve a Group Cabin. All balances are due at the time of arrival. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families. Summer Hours: (May 1-December 22) Mondays-Saturdays 0830-1230 & 1300-1700, Sundays 0830-1230. Winter Hours: (December 23-April 30) Mondays-Saturdays 0830-1230 & 1300-1700, Closed on Sundays.

<http://www.knoxmwr.com/Recreation/CarlsonCampgrounds/tabid/119/Default.aspx>

Camp Carlson Hall & Gazebo

502-624-4836

9210 US Route 60, Muldraugh, KY 40155

Constructed in the fall of 2007, this new facility will meet your family's entertainment needs. This large A-Frame structure will seat 175-people inside with two patios for extra seating outside. With a new modern kitchen, all events are made simple, from official functions to family reunions. The kitchen is equipped with two restaurant-style refrigerators, a freezer, a 10-burner stove with two ovens, a cold and hot steam line, and four microwaves. Reservations are required to rent the facilities. Daytime event: (1000-1700) Carlson Hall & Gazebo: \$450, Evening or Overnight event: (1000-0830 Next Day) Carlson Hall & Gazebo: \$600, 2-day special: (1000-0830 morning of 3rd day) Carlson Hall & Gazebo: \$750. Summer Hours: (May 1-December 22) Monday-Saturday 0830-1230 & 1300-1700, Sunday 0830-1230. Winter hours: (December 23-April 30) Monday-Saturday 0830-1230 & 1300-1700, Closed on Sunday. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/CarlsonCampgrounds/tabid/119/Default.aspx>

Camp Carlson Picnic & Playground Areas

502-624-4836

9210 US Route 60, Muldraugh, KY 40155

There are four reserve picnic areas at Camp Carlson for your enjoyment, with water and electric available at each site. All areas may be rented separately or together, depending on the size of your get-together. Picnic area 4 is the largest area, with 2-double shelters and located at the head of Carlson Lake. All 4 picnic areas

have barbecue grills, shelters, volleyball courts, and horseshoe pits. Sporting equipment is provided upon request. Reservations are required. *Area 1, 2, & 3 each: \$25 Daily *Area 4 (Double Shelter): \$50 Daily *Shelter Group (All 4 areas): \$100 Daily. Summer hours: (May 1-December 22) Monday-Saturday 0830-1230 & 1300-1700, Sunday 0830-1230. Winter hours: (December 23-April 30) Monday-Saturday 0830-1230 & 1300-1700, Closed on Sunday. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/CarlsonCampgrounds/tabid/119/Default.aspx>

Caruso Youth Sports and Fitness Complex

502-624-6442

5543 Chaffee Avenue, Fort Knox, KY 40121

Caruso Youth Sports and Fitness Complex offers individual and team sports for 3-year old through high school in soccer, flag football, tackle football, cheerleading, basketball, baseball, volleyball, t-ball, softball, archery and special camps. See website for associated fees. Hours: Monday-Friday 0730-1630, Registrations 0900-1130. Appointments are held from 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/CarusoYouthSportsFitnessComplex/tabid/260/Default.aspx>

Equipment Checkout Center

502-624-2314

Building 4244, Park Road, Fort Knox, KY 40121

The outdoor recreation Equipment Checkout Center offers a one-stop rental facility for all your recreational and rental needs. We have the perfect items for your Unit's organizational day, backyard party, or weekend recreational getaway. Items available include: canoes, fishing boats, ski boats, pontoon boats, campers, camping equipment, sports equipment, outdoor games, lawn and garden equipment, and picnic and party equipment. In addition, the center offers out-board motor repair services and storage of RV's and boats for long and short term. Hours of operation are seasonal - please visit our website, or call for specifics. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/EquipmentCheckoutCenter/tabid/120/Default.aspx>

Falls Landing Miniature Golf Course

502-624-2435 or 502-624-6217

5536 Chaffee Ave, Fort Knox, KY 40121

Located adjacent to the Fort Knox Water Park, Falls Landing Miniature Golf Course offers a challenging 18-hole course surrounded by trickling streams, cascading waterfalls and realistic rock formations for people of all ages to enjoy. The natural setting of the course delivers a fun way to spend the day with family and friends. A spacious patio area with chairs, tables and umbrellas are available for relaxing after an intense game of mini golf. Falls Landing is the perfect place to host your upcoming event or party. Reserve our party room, which comfortably seats about 20-guests. If you have an extra-large group or a big special event, please contact us. Price: Single Round - \$2.00 per golfer, All Day Golf Pass - \$5.00 per golfer, All Day Golf & Swim Pass - \$8.00 per person, Group Rate (10 Golfers) - \$1.50 per round per golfer. Hours of operation are seasonal, so please visit our website or call for more information.

<http://www.knoxmwr.com/Recreation/FallsLandingMiniGolf/tabid/121/Default.aspx>

Fort Knox Rock Climbing Wall

502-624-3641

Building 5927, 26th Calvary Drive, Fort Knox, KY 40121

The Fort Knox Rock Climbing Wall is committed to offering a safe, fun, exciting and challenging climbing experience. We strive to do this by not only providing a climbing wall, but also through bringing innovative programming ideas to the Fort Knox Community. Our staff will provide equipment, instruction and classes for our patrons. Come join Fort Knox Adventure Programs on the adventure of a lifetime, overcoming fears and accomplishing greatness! Hours: Monday-Friday 0500-2100, Saturday & Holidays: 1100-1900. Authorized patrons include Active Duty, National Guardsman, Reservist, Department of the Army (DA) Civilians, Military Retirees, Retired DA Civilians, Family members or any other category identified in Army Regulation 215-1. (Please contact the physical fitness center or POC for more information.)

<http://www.knoxmwr.com/RecreatiadventureProgram/tabid/426/Default.aspx>

Fort Knox Race Program

502-624-1413

850 Radio Street, Fort Knox, KY 40121

Running on a regular basis enables the body to better transport blood and oxygen to the working muscles. That improves the body's cardiovascular capability and allows you to produce more energy. Running fits well into any physical training program because a good training effect can be reached, for example, with only three 20-minute runs per week. The Fort Knox Running Program offers a variety of races throughout the year to give you motivation to keep moving and stay in shape leading up to each race. Race series schedule varies. For more information, please call or visit our website. Open to all guests.

<http://www.knoxmwr.com/ArmyRunning/tabid/452/Default.aspx>

Fort Knox Water Park

502-624-1253

5539 Chaffee Avenue, Fort Knox, KY 40121

Fort Knox Water Park is open seasonally, and is located behind Devers Middle School and Teen Center, right across the street from Falls Landing Miniature Golf Course. The Water Park features all kinds of ways to stay cool during the hot summer months including slides, sprays and pool fun for all ages! Facility is seasonal, so please see our website for hours of operation. Open to all guests.

<http://www.knoxmwr.com/centerRecreationbrLeisurecenter/FortKnoxWaterPark/tabid/139/Default.aspx>

French Shooting Club

502-624-7754

9333 Main Range Road, Fort Knox, KY 40121

French Shooting Club has one of the best trap and skeet ranges in the area. For the shooting enthusiasts, the facility offers a 200-yard rifle pistol range for enhancing one's marksmanship skills. The club house offers shooting supplies, shotgun rentals and an area that can be rented for social events. Facility is seasonal, so please see our website or call for hours of operation. Open to all guests. All Privately Owned Weapons (POW) must be registered through the Directorate of Emergency Services (DES) in accordance with Army Regulation 190-11: Physical Security of Arms, Ammunition, and Explosives. Registration of firearms is conducted through the DES Weapons Registration Office, Building 298 Gold Vault Road, Monday-Friday 0800-1600. For more information, contact the Physical Security Section of DES at 502-624-6118 or 502-624-6818.

<http://www.knoxmwr.com/Recreation/FrenchShootingClub/tabid/124/Default.aspx>

Gammon Physical Fitness Center

502-624-4033

850 Radio Street, Fort Knox, KY 40121

Gammon Physical Fitness Center (PFC) meets the total fitness needs of the Fort Knox community through scheduled aerobics classes and personal training programs, along with a full range of fitness equipment including free weights, Nautilus, Hammer Strength, Crossfit and a wide variety of cardiovascular equipment. Gammon PFC also features a large total resistance exercise (TRX) training area for utilization as well as Health, Harmony & Nature massage sessions. Kids on Site is also available to parents who need childcare during their workout. Authorized patrons include Active Duty, National Guardsman, Reservist, Department of the Army (DA) Civilians, Military Retirees, Retired DA Civilians, Family members or any other category identified in Army Regulation 215-1 - please contact the physical fitness center facility for more information. Hours: Monday-Friday 0500-2100; Saturday, Sunday & Holidays: 0700-1500.

<http://www.knoxmwr.com/Recreation/FitnessCenters/tabid/122/Default.aspx>

Golf Instruction

502-624-2717, ext. 6 or 270-272-7550

Building 4024, Bullion Boulevard, Fort Knox, KY 40121

Lindsey Golf Course offers private individual, group, clinic or playing golf lessons for a fee, scheduled by appointment only. Open to the Public.

<http://www.knoxmwr.com/Recreation/LindseyGolfCourse/tabid/136/Default.aspx>

Gymnastics

Parent Central Services 502-624-6703 or CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

SKIESUnlimited offers Gymnastics classes for ages 3-18 year olds. Hours: Monday-Friday 0730-1630, Registrations 0900-1130, Appointments in the afternoon 1300-1500. Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

Houston Bowling Center

502-624-4740

Building 2385, Knox Street, Fort Knox, KY 40121

Houston Bowling Center has 32-synthetic lanes, automatic scoring and bumper bowling. We have a well-stocked Pro Shop, video games, a billiard table, free Wi-Fi and 24-number electronic bingo available all day, every day. Daily specials range from \$1.75 per game night to Thursday Throwdown to Cosmic Bowling with \$1.00 and \$3.00 money shots. Hours: Sunday 1200-1800, Monday 1100-2200, Tuesday 1100-2200, Wednesday 1000-2200, Thursday 1000-2200, Friday 1100-2400, Saturday 1000-2400. Open to the Public.

<http://www.knoxmwr.com/Recreation/HoustonBowlingCenter/tabid/130/Default.aspx>

Intramural Sports Program

502-624-1247 or 270-272-4873

Building 2341, Gary Owens Regiment Avenue, Fort Knox, KY 40121

The Fort Knox Intramural Sports Program offers Active Duty Military the opportunity to enhance individual morale and unit esprit de corps through individual and team competition. Intramural sports include activities such as softball, golf, bowling, soccer, flag football, tennis, volleyball, basketball and power lifting. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/IntramuralSports/tabid/138/Default.aspx>

Lindsey Golf Course

502-624-2717, extension 6

Building 4024, Bullion Boulevard, Fort Knox, KY 40121

Lindsey Golf Course is a challenging, Professional Golfers' Association (PGA) certified, 18-hole golf course designed for golfers of all skill levels, from beginner to advance tournament players. Lindsey Golf Course is a destination golf course throughout the surrounding communities and the Louisville metropolitan area. Lindsey offers rolling terrain, contoured Bermuda grass fairways with narrow landing areas for the long hitter and wide, generous fairways for the short hitter. Lindsey has 5-sets of tees with Bermuda and Zoysia grass for the tournament player or the weekend beginner. Lindsey is open to the public seven days a week, offering a relaxing atmosphere and ambience for a range of special events, including charity and corporate group outings or a private retirement or promotion party. Lindsey Golf Course has a golf shop with a wide array of golf equipment, apparel, and gifts. The golf course is open year-round offering individual, family, and corporate memberships.

<http://www.knoxmwr.com/Recreation/LindseyGolfCourse/tabid/136/Default.aspx>

Lindsey Golf Course 1st Tee Program

502-624-2717, extension 6

Building 4024, Bullion Boulevard, Fort Knox, KY 40121

Lindsey Golf Course is a satellite site for the 1st Tee Program. Lindsey Golf Course offers a variety of scheduled programs for the kids to join and learn about golf, and the core values of life. It's an 8-week program offered Sundays from April 6-May 25 from 1200-1300 or 1400-1500. Open to the public.

<http://www.knoxmwr.com/Recreation/LindseyGolfCourse/tabid/136/Default.aspx>

Martial Arts

Parent Central Services 502-624-6703 or CYSS Coordinator 502-624-3232

White Hall, 1384 Chaffee Avenue, Fort Knox, KY 40121

Offered through SKIESUnlimited, Martial Arts is available for 6-19 year olds. See website for associated fees. Hours: Monday-Friday 0730-1630, Registrations 0900-1130, Appointments 1300-1500, Closed every third Thursday afternoon for training. All Active Duty, Retirees, Department of the Army (DA) Civilian and Family members are eligible.

<http://www.knoxmwr.com/CYSS/SKIESUnlimited/tabid/89/Default.aspx>

Massage Services

270-272-2494

Gammon Physical Fitness Center, 850 Radio Street, Fort Knox, KY 40121

Health, Harmony & Nature serves the community of Fort Knox with quality massage therapy. Therapies include hot stone massage, sports massage, deep tissue massage, reflexology, pregnancy massage and Swedish massage. Sessions are open to all guests.

<http://www.knoxmwr.com/Recreation/FitnessCenters/tabid/122/Default.aspx>

Mindfulness Meditation Group

502-626-6188 or 502-626-6187 or 502-626-6153

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Mindfulness Meditation Group assists with meditation techniques and practices. They are offered weekly on Fridays.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Natcher Physical Fitness Center

502-624-8169

2341 Garry Owen Avenue, Fort Knox, KY 40121

Natcher Physical Fitness Center (PFC) offers selectorized and plate-loaded free weights, and strength training equipment with brands such as BodyMaster, Hammer Strength, Lifefitness and Star Trac. Equipment available for use includes steppers, recumbent bikes, upright bikes, rowers, and treadmills. Natcher also houses sports' areas, including a suspended indoor running track, three full-sized basketball courts, volleyball, two glass-enclosed racquetball courts, and outdoor 1/4-mile and 1-mile running tracks. Natcher PFC now also offers total resistance exercise (TRX) suspensions. Hours: Monday-Friday 0500-2100, Closed Saturday, Sunday & Holidays. Active Duty, National Guardsman, Reservist, Department of the Army (DA) Civilians, Military Retirees, Retired DA Civilians, Family Members, or any other category identified in Army Regulation 215-1. Please contact the physical fitness center facility for more information.

<http://www.knoxmwr.com/Recreation/FitnessCenters/tabid/122/Default.aspx>

Otto Physical Fitness Center

502-624-3316

6591 Abel Street, Fort Knox, KY 40121

The Otto Physical Fitness Center is a new, state-of-the-art facility located within a block of the LTG Timothy J. Maude Complex. Offerings include selectorized and plate-loaded free weights, and strength training equipment with brands such as Nautilus, BodyMaster, Hammer Strength, Life Fitness and Star Trac. Equipment available for use includes steppers, recumbent bikes, upright bikes, rowers, treadmills and cross trainers. Extra large men's and women's sauna rooms are available as part of the newly renovated locker rooms and showers. The Cardio room is a 6,000-square foot weight room with an overhead jogging/walking track. Enjoy central air conditioning and heating, an in-house stereo and one of fourteen 55" HD televisions. Otto PFC is also home to an 11,000-square foot basketball floor with electronic bleachers, goals and scoreboards. Hours: Monday-Friday 0500-2100, Closed Saturday, Sunday & Holidays. Active Duty, National Guardsman, Reservist, Department of the Army (DA) Civilians, Military Retirees, Retired DA Civilians, Family Members, or any other category identified in Army Regulation 215-1. Please contact the physical fitness center facility for more information.

<http://www.knoxmwr.com/Recreation/FitnessCenters/tabid/122/Default.aspx>

Paintball

502-624-7754

9333 Main Range Road, Fort Knox, KY 40121

The French Shooting Club Paintball Course features two speedball fields, one wooded tactical course and offers 30 paintball guns available for you to rent. Personally owned guns are allowed, but may not exceed a

velocity of 285 feet per second (fps). Reservations are encouraged for groups of 6 or more, and players must be at least 12-years of age to play. Children aged 12 through 15 must be accompanied by a parent. Those under the age of 18 must have the release of Liability & Agreement of Rules signed by their parent or guardian before being permitted to play. Facility is seasonal, so please visit the website or call to reserve your play time. See our website for a list of fees, and the equipment available for rental.

<http://www.knoxmwr.com/Recreation/Paintball/tabid/325/Default.aspx>

Personal Training

502-624-4033 or 502-624-3774

850 Radio Street, Fort Knox, KY 40121

Personal Training is a great place to go for starting an exercise program. This program is designed for people of all fitness levels; whether you've never exercised before, exercise regularly, or have a background of being an elite athlete. This program is designed to help clients design a workout plan that is individualized to their specific goals. The Fort Knox personal training team consists of staff who are certified by a nationally accredited organization [ex: National Strength and Conditioning Association (NSCA), International Fitness Association (IFA), Cooper Institute, and American Council on Exercise (ACE)] to deliver high-quality and safe fitness programs. Our policy is to provide a professional and confidential service, while helping you toward meeting your individual fitness goals. Price: 30-minute session - \$13, 60-minute session - \$25, Ten 30-minute session punch card - \$117; Ten 60-minute session punch card - \$225. Active Duty, National Guardsman, Reservist, Department of the Army (DA) Civilians, Military Retirees, Retired DA Civilians, Family Members or any other category identified in Army Regulation 215-1. Please contact the physical fitness center facility for more information.

<http://www.knoxmwr.com/PersonalTraining/tabid/451/Default.aspx>

Run for the Red 5K/10K Family Fun Run/Walk

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The Red Cross Run/Walk event is an annual May event which promotes healthy eating and living for the Soldiers and their Families. A Health and Fitness Fair is provided for the Military Families during the event. Various health vendors provide free products to runners and walkers. Family and Morale, Welfare and Recreation (FMWR) also showcase their fitness classes after the race. There is also a Children's 50-yard/100-yard dash for children under 10 years of age. Prizes and goodie bags are provided for both the 5K/10K run/walk, as well as the children's race.

<http://www.redcross.org/local/ky/saf/fort-knox>

Smith Physical Fitness Center

502-624-3641

5927 26th Cavalry Drive, Fort Knox, KY 40121

Smith Physical Fitness Center (PFC) is a beautiful facility that is home to the Fort Knox Rock Climbing Wall, as well as a full range of exercise equipment. Inside the 6,000-square foot cardio and weight room, one will find equipment including treadmills, recumbent bikes, upright bikes, climbers, Hammer Strength, Nautilus circuit machines, and free weights. Enjoy men's and women's extra-large saunas inside the newly renovated locker rooms and showers. Smith PFC is also home to an 11,000-square foot basketball floor with electronic bleachers, goals and scoreboards. Hours: Monday-Friday 0500-2100, Saturday, Sunday & Holidays 1100-1900. Active Duty, National Guardsman, Reservist, Department of the Army (DA) Civilians, Military Retirees, Retired DA Civilians, Family Members, or any other category identified in Army Regulation 215-1. Please contact the physical fitness center facility for more information.

<http://www.knoxmwr.com/Recreation/FitnessCenters/tabid/122/Default.aspx>

Swim Lessons

502-624-3641

7962 Wilson Road, Fort Knox, KY 40121

Learn how to swim at Anderson Indoor Aquatics Center. Please call the aquatics center to schedule an appointment with one of the Instructors to have a skill-test conducted. Anyone affiliated with the military is eligible for registration. That includes, but is not limited to, Active Duty, Reserves, National Guard, Department of Defense (DoD) Civilians, Contractors and Family Members.

<http://www.knoxmwr.com/centerRecreationbrLeisurecenter/AndersonAquaticsCenter/tabid/117/Default.aspx>

Tent Camping

502-624-4836

9210 US Route 60, Muldraugh, KY 40155

Camp Carlson's rugged beauty is yours to enjoy in our Tent Camping area, along with the convenience of hot showers and laundry facilities. Tent pads are gravel based 13'x15'. Each site has a grill, picnic table and fire ring. Pricing: 1-3 Person - \$5 Daily, 4-8 Person - \$8 Daily. Summer hours: (May 1-December 22) Monday-Saturday 0830-1230 & 1300-1700, Sunday 0830-1230. Winter hours: (December 23-April 30) Monday-Saturday 0830-1230 & 1300-1700, Closed on Sunday. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families.

<http://www.knoxmwr.com/Recreation/CarlsonCampgrounds/tabid/119/Default.aspx>

Warrior Adventure Quest

502-624-1413

1053 Spearhead Division Avenue, Fort Knox, KY 40121

Warrior Adventure Quest (WAQ) is a Department of the Army (DA) driven and funded program, developed to provide high-adventure programs for Soldiers going through Army Force Generation (ARFORGEN) cycle "Reset," and helps Soldiers transition to the "new normal and decrease risky behavior. It is a sustainable, enduring program that Army leaders recognize as a viable means to assist Soldier reintegration, empower small-unit leaders, maintain combat readiness, and increase unit cohesion. See website or contact coordinator for specific activity schedules. All Active Duty Military in Ready Reset are eligible.

<http://www.knoxmwr.com/Recreation/AdventureProgram/tabid/426/Default.aspx>

Warrior Wellness Therapeutic Yoga Classes

502-626-6151

Building 1480, 12th Armored Division Road, Fort Knox, KY 40121

Warrior Wellness Therapeutic Yoga Classes provide basic breathing, body scanning, progressive muscle relaxation, yoga and guided imagery techniques brought together to help reduce stress, anxiety, and depression while building muscle, strength and balance. Classes are Mondays-Thursdays 1500-1600.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx>

Water Aerobics

502-624-6217

7962 Wilson Road, Fort Knox, KY 40121

Water Aerobics are great for pregnant women, rehabilitation after surgery or anyone who is looking for a unique, low impact-high energy workout. Our classes feature a variety of workouts with one of our expert Instructors. Authorized patrons include Active Duty Military and their Families, Retirees and their Families, Reservists, and Department of Defense (DoD) Civilians and their Families. Check out our website or call for the latest information and fee schedule.

<http://www.knoxmwr.com/centerRecreationbrLeisurecenter/AndersonAquaticsCenter/tabid/117/Default.aspx>

RELOCATION SERVICES

Post Move Assistance

502-624-6173 or 502-624-7794

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Army Community Service Relocation Readiness Program (RRP) offers a variety of relocation assistance services and resources. Relocation information for permanent change of station (PCS) Soldiers and Families. One element of assistance is the Army One Source Plan My Move, which offers an automated system with information on Installations throughout the world. This is a joint service (Army, Navy, Marines, and Coast Guard) database where information is updated quarterly. Information may be requested through the Army Community Service relocation service or may be viewed on the Internet. For more specific information or concerns, the relocation toll-free phone number is 1-800-241-1071. Contact the Relocation Program for a consultation. All Active Duty Service Members and their Family members are eligible.

<http://www.knoxmwr.com/ACS/RelocationAssitanceProgram/tabid/373/Default.aspx>

Reentry and Special Workshops

502-624-6173

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

This briefing is offered monthly at the Newcomer's Orientation and upon request. It addresses the logistical, financial and psychological adjustments that must often be made when returning from an overseas assignment. Local on and off-Post information is offered. Appointments may be made on an individual basis. All Active Duty Service Members and their Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/tabid/287/Default.aspx>

Reentry Briefing

502-624-6173

7962 Wilson Road, Fort Knox, KY 40121

If you are returning from an overseas assignment, you will be made aware of the different symptoms associated with reverse culture shock. You will also learn how to identify the symptoms and how to take care of yourself and your family while going through this difficult stage. Offered during the Newcomer's Orientation every Tuesday. Call point of contact for additional information. All Active Duty Service Members and their

Family members, Department of Defense (DoD) and Department of the Army (DA) Civilian employees are eligible.

<http://www.knoxmwr.com/ACS/tabid/287/Default.aspx>

Relocation Financial Planning Class

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Offered by the Army Community Service (ACS), the Financial Readiness Program briefing is mandatory for E1-E4 Service Members on their first permanent duty station. It is offered weekly in conjunction with the Levy Brief. Call point of contact for information. Hours of operation are Monday-Friday 0730-1600. All Active Duty Service Members and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Relocation Financial Preparedness Training

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

This training provides military members and their family with budget tools such as calculators and spending plans that help reduce the financial stress of moving. Training is mandatory for E4s and below on their first permanent change of station (PCS). It is offered quarterly. All Active Duty Service Members and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

Sponsorship Training

502-624-5989

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

Soldiers are encouraged to take the eSponsorship Application and Training (eSAT) online. Classroom training is available upon request. Topics include how to be an effective sponsor to a newly arrived Service Member and Family, and information regarding available Installation resources. Contact Relocation Program point of contact to request a class schedule. All Active Duty Service Members and their Family members are eligible.

<http://www.knoxmwr.com/ACS/FinancialReadinessProgram/tabid/114/Default.aspx>

SAFETY

10 Top Occupational Safety and Health Administration (OHSA) Violations Class

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This class is designed to identify and discuss the top ten safety violations cited by Occupational Safety and Health Administration (OHSA) every year in the United States as well as the measures we can all take to avoid them here at Fort Knox. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Back Safety/Lifting Class

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This class will give participants the tools to: Prevent an initial accident or costly back injury from occurring; motivate employees to take action in improving their fitness level, working postures, lifting techniques and body mechanics; and eliminate unnecessary work-related strain and injury to the spine. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Carry Concealed Deadly Weapons (CCDW) Course

502-624-7754

9333 Main Range Road, Fort Knox, KY 40121

French Shooting Club provides a friendly training environment to develop personal confidence, a positive attitude, and a necessary understanding of firearms that ultimately contributes to a safe and strong local community. Our comprehensive training approach helps all beginning students to study, practice and remember essential rules to enjoy these skills for a lifetime. Please join us in learning the safe and responsible way to own and operate a handgun right from the First Step. Approved by the Department of Criminal Justice. Class is limited to 20 individuals. Pre-registration required and accepted no more than 30 days prior to class. Individuals need to bring weapon and 50 rounds of factory ammunition. Final cost is \$65.00 per participant; Pre-registration required with a \$40.00 non-refundable payment. Open to all guests; ALL Privately Owned Weapons (POW) must be registered through the Directorate of Emergency Services (DES) in accordance with Army Regulation 190-11: Physical Security of Arms, Ammunition, and Explosives (RAR 28 June 2011); Registration of firearms is conducted through the DES Weapons Registration Office, Building 298, Gold Vault Road, Monday-Friday 0800-1600. For more information, contact the Physical Security Section of DES at 502-624-6118 or 502-624-6818.

<http://www.knoxmwr.com/Recreation/FrenchShootingClub/tabid/124/Default.aspx>

Collateral Duty Safety Officer (CDSO) / Additional Duty Safety Officer (ADSO)

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This comprehensive two-day class is designed as an introduction to the safety topics and structures with which every Collateral Duty Safety Officer (CDSO) / Additional Duty Safety Officer (ADSO) should become familiar.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Child Car Seats

502-624-5085

Building 298, 481 Gold Vault Road, Fort Knox, KY 40121

Provides assistance for installing child car seats by a certified police officer.

<http://www.knox.army.mil/Garrison/des/led.aspx>

Child/Youth Safety Services (MWR Safety)

502-624-4407

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

This course is provided to all Family Child Care (FCC) providers who sign up to open a FCC home for child care, as scheduled per the Directorate of Family and Morale, Welfare, and Recreation (DFMWR) FCC Office.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Cold Weather Safety

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This class covers cold stress and the various hazards unique to working in cold and often freezing conditions. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Construction Safety

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This class covers cold stress and the various hazards unique to working in cold and often freezing conditions. Monday-Friday 0900-1100. Topics covered include: Introduction to Occupational Safety and Health Administration (OSHA); Hazard Violation Search Workshop; Safety Programs; Recordkeeping; Hazard Communication; Personal Protective Equipment; Fire and Fall Protection; Stairways and Ladders.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Driving Safety & Local Hazards

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

In this all-day class, students will learn what it means to be a "defensive driver" as well as become more familiar with driving hazards that are unique to the local area in and around Fort Knox. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Electrical Safety

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course is designed for personnel who will be working with electricity directly, or who may be exposed to electricity from time to time, as part of their job. Worker types include engineers, electricians, construction workers, DPW employees, audio/video technicians, communications, avionics, maintenance, and lighting technicians. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Ergonomics

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course provides awareness of ergonomic hazards and how to avoid or correct unhealthy behaviors for those working in an office environment. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Experienced Riders Course

502-624-4303

Building 9384, 464 Frazier Rd, Fort Knox, KY 40121

This is a course designed for experienced riders, but is also geared toward individual improvement. Students will use their own or borrowed safe street legal motorcycles. Students are required to have the following documentation: Active Duty Military ID Card, License with motorcycle endorsement, motorcycle insurance in their name, motorcycle registration, written permission from owner (if borrowed), BRC or ERC MSF Card.

<http://www.knox.army.mil/Garrison/supportoffices/safety/motorcycle.aspx>

Facility Safety Inspections

502-624-4407

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

Routine and Spot facility safety inspections as required under the Army Safety Program, Army Regulation 385-10. Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Fort Knox Fire Extinguisher Training

502-624-4208 or 502-624-6016

Building 5223, Pilot Street, Fort Knox, KY 40121

Training offered as requested. There are two levels of training that can be provided. Basic fire extinguisher training utilizing a simulated 10lb extinguisher on a simulated fire, or go through the fire safety trailer. The trailer provides a more realistic environment with heat and smoke.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Fire Safety and Prevention

502-624-4208 or 502-624-6016

Building 5223, Pilot Street, Fort Knox, KY 40121

The Fort Knox Fire Department can provide staff and handouts during events promoting fire safety and prevention, answering questions from the community.

<http://www.knox.army.mil/Garrison/des/firedept/Default.aspx>

Fort Knox Garrison Safety Office

502-624-3381

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

<http://www.knox.army.mil/garrison/supportoffices/safety/>

Hand and Power Tools Safety

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course details a variety of different ways to avoid injury and death from tool use, avoid exposing workers to electrical contact, and instructs learners on how to identify safe work practices. Monday-Friday 0900-1100.

<http://www.knox.army.mil/garrison/supportoffices/safety/>

Hazard Communications

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course is designed for any worker needing to adhere to the updated Globally Harmonized System (GHS) standard for Hazard Communication and anybody who may need to identify, handle, or be exposed to a variety of different chemical types. Monday-Friday 0900-1100.

<http://www.knox.army.mil/garrison/supportoffices/safety/>

Hazard Reporting

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

All unit Collateral Duty Safety Officers (CDSO) must report safety related hazards to the Garrison Safety Office using the Garrison Safety Office reporting form or email. This information is provided during the CDSO course. Monday-Friday 0900-1100.

<http://www.knox.army.mil/garrison/supportoffices/safety/>

Hearing Conservation

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course will walk you through basic information about the impact of noise on hearing and the noise levels which require hearing protection as well as basic information about selecting and caring for hearing protection. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Hot Weather Safety

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course describes how your body handles heat and what personal factors may lead to heat stress; identify the signs, symptoms, and first aid treatments of heat-related illnesses; and recall preventive measures that you can take to minimize heat stress. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Incident Reporting: Near Misses, Personal Injuries, Property Damage

502-624-4407

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

Investigation, reporting, root cause analysis, prevention planning, tracking and trending in accordance with Army Regulation 385-10. Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Intermediate Drivers Training

502-624-4303

Building 9384, 464 Frazier Road, Fort Knox, KY 40121

Minimum Course size 12-30 max. For newly assigned soldiers less than 26 years of age (Army Regulation 385-10). This age group is over represented in vehicle crashes. All ages are encouraged to participate at commander's discretion.

<https://imc.army.mil/airs/AdmideditSchedule.aspx>

Job Hazard Analysis

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

The purpose of this training is to explain what a job hazard analysis is and offer guidelines to help you conduct a step-by-step analysis. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Military Sports Bike Rider Course

502-624-4303

Building 9384, 464 Frazier Road, Fort Knox, KY 40121

This course is a one day 8-hour course for sports bike riders on their own street legal sport bike. Key topics include risk management, rider behavior, braking, cornering and swerving skills that are unique to sports bikes. This class is for sports bikes only. To determine if your motorcycle is considered a sports bike, check the manufacturer's website.

<https://imc.army.mil/airs/AdmideditSchedule.aspx>

Motorcycle Basic Riders Course

502-624-4303

Building 9384, 464 Frazier Road, Fort Knox, KY 40121

This is a course designed for novice riders but is also geared toward individual improvement. Students will use motorcycles provided on-site. Equipment required to participate in the course includes: Active Duty Military ID Card, Department Of Transportation (DOT) approved helmet (half-helmets are not allowed for the basic riding course), long sleeve shirt or jacket, full fingered gloves, long pants, over-the-ankle boots, and shatter resistant goggles or helmet face shield. A limited selection of helmets are available for student use. Monday-Friday 0900-1700.

<https://imc.army.mil/airs/AdmideditSchedule.aspx>

Motorcycle Mentorship Program

502-624-3939

Building 9384, 464 Frazier Rd, Fort Knox, KY 40121

Fort Knox's Motorcycle Mentorship Program provides a heightened motorcycle safety awareness within the command. This program provides a forum for continuous education and safety awareness by conducting mentorship training seminars which improve the motorcycle operator's riding skills.

<http://www.knox.army.mil/Garrison/supportoffices/safety/motorcycle.aspx>

Occupational Safety and Health Administration (OHSA)

502-624-3381

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

Occupational Safety and Health Administration (OHSA) Compliance and Hazard Communication Program, in accordance with 29 CFR 1910, 29 CFR 1926, and General Duty Clause. Monday-Friday 0800-1600.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Occupational Safety and Health Administration (OHSA) Awareness

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course gives a basic overview of Occupational Safety and Health Administration (OHSA), the OSHA Act, and OSHA's responsibility in preventing and eliminating work related illnesses and injuries. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Personal Protective Equipment

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

The Occupational Safety and Health Administration (OSHA) requires that employers protect their employees from workplace hazards that can cause injury. Using the proper personal protective equipment (PPE) will help to ensure that employees remain safe when working around the many hazards a workplace can have. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Radiation Safety

502-624-4305

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

Overview of radioactive sources on Fort Knox and the elements and responsibilities of a radiation program within the unit. Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Range Safety

502-624-1519

Building 6034, Wilson Avenue, Fort Knox, KY 40121

Teaches the Range Certification Course. Friday 1300.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Remedial Driver Training

502-624-4303

Building 9384, 464 Frazier Road, Fort Knox, KY 40121

Minimum class size is 12-students. It's an 8-hour course designed to reinforce positive driving behaviors and used as a Commander's tool for driver improvement of military or civilian personnel who, while operating a Government motor vehicle, have been convicted of moving traffic violations or have been determined to have been at fault in a traffic mishap. Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Respiratory Fit-Test

502-624-4305

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

After an individual has been identified to be in the respiratory program and medical testing has been completed, they will be fit-tested on a respirator. Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Risk Management Army Techniques Publication (ATP) 5-19

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course will introduce you to the Army's Risk Management process as detailed in Army Techniques Publication 5-19 (formerly Field Manual 5-19: Composite Risk Management). In this fun and interactive class, you will learn about the principles of risk management, hazard identification, hazard assessment, mitigation strategies, mitigation implementation, and evaluation of risk management decisions. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Safety For Supervisors

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course is designed to equip supervisors and managers with the knowledge, leadership skills and methods to apply safety as part of their responsibilities and become effective safety leaders and advocates. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Safety Training

502-624-4303

Building 1109, 197 6th Avenue, Fort Knox, KY 40121

There are 65-classes in approximately 20 topics related to Safety Training available. Classes are also available at any time and place, as requested by personnel. Garrison Safety Office can also develop classes as needed. Monday-Friday 0900-1700.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

Slips, Trips and Falls

502-624-3381

Building 65, Park Road, Fort Knox, KY 40121

This course teaches employees how to avoid and eliminate slip and trip hazards while at work. Monday-Friday 0900-1100.

<http://www.knox.army.mil/Garrison/supportoffices/safety/Default.aspx>

SEXUAL ASSAULT/HARASSMENT

Annual Sexual Harassment Assault Response and Prevention (SHARP) Training

Sexual Harassment Assault Response and Prevention (SHARP) face-to-face annual refresher training is a 3-hour block of instruction that allows group interaction. The latest version of the SHARP face-to-face annual refresher training is available on the Army Training Network (ATN) website.

<https://atn.army.mil>

Fort Knox 24-hour Sexual Harassment Assault Response and Prevention (SHARP) Hotline

502-851-3779

To report cases of sexual assault and harassment.

<http://www.knoxmwr.com/ACS/ArmySexualAssaultPreventionResponseProgram/tabid/107/Default.aspx>

Sexual Assault Response Coordinator

502-851-3779

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The Sexual Assault Response Coordinator (SARC) provides advocacy services to victims of sexual assault to help maximize their safety, ensure their rights as victims of a crime are observed and that they have the support needed to navigate legal and community systems. The SARC also provides community and troop sexual assault prevention and awareness education.

<http://www.knoxmwr.com/ACS/ArmySexualAssaultPreventionResponseProgram/tabid/107/Default.aspx>

Sexual Harassment Assault Response and Prevention (SHARP) Hotline

1-877-995-5247

Call the Sexual Harassment Assault Response and Prevention (SHARP) Hotline to report cases of sexual assault and/or receive counseling for incidents. The telephone helpline offers crisis intervention, emotional support, referrals to both military and civilian resources in your area, information on military reporting options (restricted versus unrestricted reporting), and information for family and friends of victims. The telephone helpline can assist you if you've recently experienced an assault or if it occurred long ago. Safe Helpline staff will listen to your needs and concerns, and discuss your long and short-term safety, resources and options. Helpline is available 24-hours a day, 7-days a week.

<https://www.safehelpline.org/>

Special Victim Counsel Program

502-626-5584 or BlackBerry: 502-210-8830

Building 1310, Third Avenue, Fort Knox, KY 40121

The Special Victim Counsel (SVC) Program represents the legal interests of many victims of sexual assault free of charge. The SVC can explain sexual assault reporting options, represent their client's interest during the investigation of a crime, represent the victim during the military justice process (including hearings, in-court proceedings, and post-trial), and may assist with traditional legal assistance issues. Available by appointment; BlackBerry is on call 24-hours a day, 7-days a week.

<http://www.knox.army.mil/Garrison/supportoffices/sja/svc.aspx>

Victim Advocate Program

502-624-6291

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The Victim Advocate Program provides services to victims of domestic violence, to include command and law enforcement support, crisis intervention, options counseling, safety planning, legal advocacy, emergency transportation and relocation assistance. Hours: Monday-Friday 0730-1600.

<http://www.knoxmwr.com/acs/familyadvocacyprogramfap/tabid/111/default.aspx>

Victim Witness Assistance Program

502-624-1852 or 270-272-3940

Building 1310, Third Avenue, Fort Knox, KY 40121

Victim Witness Assistance Program (VWAP) serves Fort Knox under general court-martial convening authority's jurisdiction. The Victim Witness Liaison Officer serves as facilitator and coordinator for the VWAP, and primary point of contact through which victims and witnesses obtain information and assistance in securing available services.

http://www.knox.army.mil/Garrison/supportoffices/sja/criminal_law.aspx

SPECIAL NEEDS SERVICES

Disability Program

502-624-6196 or 502-624-1325

Building 1467, 386 Third Avenue, Fort Knox, KY 40121

Fort Knox Equal Employment Opportunity Office will strive to accommodate disabilities whether or not they are covered by the standard set forth in the Rehabilitation Act and the Americans with Disabilities Act. Fort Knox is committed to providing reasonable accommodations to its employees and applicants for employment in order to assure that individuals with disabilities enjoy full access to equal employment opportunity at Fort Knox. Fort Knox provides accommodations when: An applicant with a disability requests accommodation in the application process; An employee, who with or without accommodation, can perform the essential functions of the job, requests an accommodation for work or to gain access to the workplace; An employee with a disability requests accommodation to enjoy equal benefits and privileges of employment.

<http://www.knox.army.mil/Garrison/supportoffices/eeo/Default.aspx>

Disabled Veterans Training and Rehabilitation

502-624-5222

Building 1109, Sixth Avenue, Fort Knox, KY 40121

You may receive vocational rehabilitation and employment services to help with job training, employment accommodations, resume development, and job seeking skills coaching. Other services may be provided to assist Veterans in starting their own businesses or independent living services for those who are severely disabled and unable to work in traditional employment. Click on the "How to Apply" tab to learn more and apply for vocational rehabilitation and employment services. Service member must be at least 20% disabled.

<http://www.knox.army.mil/Garrison/dhr/ag/tap/veteran.aspx>

Educational Developmental Intervention Services (EDIS)

502-624-9552

Ireland Army Community Hospital, 289 Ireland Avenue, Fort Knox, KY 40121

In-home services for the families of 0-3 years of age with special needs living on-post. Children qualify for services by testing. Services focus on helping parents help their children thru daily routine activities. No referral necessary. Monday-Friday 0700-1530.

<http://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Educational%20and%20Developmental%20Intervention%20Services.aspx>

Exceptional Family Member Program

502-624-4067

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The Exceptional Family Member Program (EFMP), outlined in Army Regulation 608-75, works in concert with other Military and Civilian agencies to offer a comprehensive, multidisciplinary approach for medical, social, educational, community support, or services for Soldiers and their Family Members with special physical, emotional, or intellectual needs. Army Community Service EFMP components include information, referral, client advocacy, family-find activities, recreational, cultural programs and respite care, when the need has been assessed. The Army Community Service (ACS) Center maintains a directory of military and civilian special education and information and referral services for special needs families. To speak to the EFMP Coordinator, please call point of contact. All Active Duty Service Members and EFMP Family are eligible.

<http://www.knoxmwr.com/ACS/ExceptionalFamilyMemberProgramEFMP/tabid/113/Default.aspx>

Exceptional Family Member Program (EFMP) Recreational/Cultural Activity

502-624-4067

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

This workshop is provided for the entire Exceptional Family Member (EFM) family. Families come together to socialize and participate in activities with other special needs Families, through activities such as bowling, swimming, and movies. Call for upcoming workshop dates. All Active Duty Service Members and Exceptional Family Member Program (EFMP) Family are eligible.

<http://www.knoxmwr.com/ACS/ExceptionalFamilyMemberProgramEFMP/tabid/113/Default.aspx>

Exceptional Family Member Support Group

502-624-4067

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The Exceptional Family Member Support Group offers families with family members who have disabilities a forum to share ideas and experiences. On-site childcare is provided at no charge. All Active Duty Service Members and Exceptional Family Member Program (EFMP) Family are eligible. Call point of contact for more information, or to attend monthly support groups.

<http://www.knoxmwr.com/ACS/ExceptionalFamilyMemberProgramEFMP/tabid/113/Default.aspx>

Soldier and Family Assistance Center (SFAC)

502-624-4355

Building 500, Spearhead Avenue, Fort Knox, KY 40121

The mission is to provide a safe haven that promotes healing and provide services dedicated to the needs of wounded Warriors and their Families. Services coordinated by Soldier and Family Assistance Center (SFAC) personnel include: Defense Finance and Accounting (DFAS) Military pay entitlements and benefits counseling; legal assistance; Veterans Affairs (VA) benefits and entitlements; financial counseling; Military personnel services; transition/employment assistance; Army substance abuse counseling and information for families; and coordination with Army Reserves and National Guard state and local agencies. Hours of Operation: Monday-Friday 0800-1630.

<http://www.knox.army.mil/Garrison/dfmwr/sfac/Default.aspx>

Special Needs Accommodation Process (SNAP)

502-624-4067

Building 1477, 411 Eisenhower Avenue, Fort Knox, KY 40121

The goal of the Special Needs Accommodation Process (SNAP) is to help all children reach and realize their full potential. SNAP is a team that assists in determining the safest, least restrictive, and most appropriate placement of children with special needs who wish to use Child, Youth and School Services (CYSS). The SNAP team meets weekly and works with the parents to develop a care plan to ensure the child's experiences in CYSS are safe, memorable and successful. When the family registers for any CYSS program and identifies a child with a condition, the process will be initiated. The SNAP team serves as an advocate to ensure the child's rights are protected and respected. Call point of contact for questions and more information. All Active Duty Service Members and their Family members are eligible.

<http://www.knoxmwr.com/CYSS/ParentOutreachServices/tabid/90/Default.aspx>

SPIRITUAL SERVICES/RELIGIOUS SUPPORT

Catholic Services and Religious Support

502-624-5255

Building 1173, Dixie Street, Fort Knox, KY 40121

Services: Monday-Wednesday 12:00 PM - Main Post Chapel; Thursday 12:00 PM - IRACH Chapel; Sunday 11:00 AM - Prichard Place Chapel. No Mass on holidays and training holidays. Confession: Sat. 4:00-5:00 PM (also by appointment) - Main Post Chapel. Contact Office for Baptisms and Marriages.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Catholic Women of the Chapel

502-624-6950

Building 4769, 8th Armored Division Road, Fort Knox, KY 40121

Wednesday 9:30-11:30 AM - Prichard Place Chapel.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Catholic Youth Group

502-624-6950

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

First and 3rd Sunday 11:30 AM - 1:30 PM - Prichard Place Chapel.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Cavalry Chapel

502-624-5255

Building 6587, Eisenhower Avenue, Fort Knox, KY 40121

<http://www.knox.army.mil/Garrison/supportoffices/rso/facility.aspx>

Celebrate Recovery

502-624-5255

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Celebrate Recovery is a safe and welcoming place to gain encouragement and support in a faith-based environment. Learn how to overcome hurts, habits and hang-ups and build healthy relationships. Tuesdays 1830, Religious Education Center.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Chaplain Family Life Center Counseling

502-624-5525

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Chaplain Family Life Center trains and supports the Fort Knox Unit Ministry Teams in skills required for effective family ministry. It is a full-time family ministry center that is staffed with specially trained personnel to provide a theologically based ministry to families, with an emphasis on marriage and family issues. The training and counseling provided is distinctively pastoral.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Couples and Individual Counseling

502-624-5225

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Couples, Families and Individual spiritual counseling services are available through your Family Life Chaplain.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Family Life Chaplain

502-624-5225

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

The Family Life Chaplain is a credentialed primary trainers of family life skills. Family Life Chaplains (FLCs) support commanders by providing additional training to Chaplains in pastoral counseling and relationship education skills and programs.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Fort Knox Office of the Senior Chaplain

502-624-5255

Building 1310, 50 Third Avenue, Fort Knox, KY 40121

Chaplain support for the Fort Knox Installation.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Ireland Army Community Hospital Chapel

502-624-9714

Building 851, Ireland Avenue, Fort Knox, KY 40121

Catholic Mass held Thursdays at 1200 PM.

<http://www.knox.army.mil/Garrison/supportoffices/rso/facility.aspx>

Islamic Services

502-624-5255 or 270-300-8716

Building 1487, 12th Armor Division Road, Fort Knox, KY 40121

For information regarding Islamic services and prayer, contact (502) 624-5255 or (270) 300-8716.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Jewish Services

414-241-8179

For information regarding Jewish services, contact (414) 241-8179.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Latter Day Saints

For information regarding Latter Day Saints services, contact (801) 472-7500.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Main Post Chapel

502-624-8551

Building 1173, Dixie Street, Fort Knox, KY 40121

The Historic Main Post Chapel was built in 1899 and is the centerpiece of the Fort Knox Ministry Program. It is the oldest building on Fort Knox and is still providing worship opportunities. Monday-Wednesday 1200 - Catholic Mass; Sundays 1045 - Traditional Protestant Service; Sundays 1230 - Gospel Service.

<http://www.knox.army.mil/Garrison/supportoffices/rso/facility.aspx>

Officers Christian Fellowship

937-553-1214

1429 4th Avenue, Fort Knox, KY 40121

For more information, contact (937) 553-1214. Thursdays, 1900.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Prichard Place Chapel

502-624-4855

Building 4769, 8th Armored Division Road, Fort Knox, KY 40121

Sundays, 0900, Praise and Worship Service; 1100 Catholic Mass; 1230 Samoan Service.

<http://www.knox.army.mil/Garrison/supportoffices/rso/facility.aspx>

Protestant Adult Bible Study

270-877-5615

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Tuesday 1830. For more information, contact (270) 877-5615.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Protestant Junior High Youth Group

502-624-6145

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Sunday 1600-1800. For more information, contact (502) 624-6145.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Protestant Services and Religious Support

502-624-5255

Building 1310, 50 Third Avenue, Fort Knox, KY 40121

Services: Wednesday 1200, Worship Service - IRACH Chapel; Sunday 0900, Praise & Worship Service - Prichard Place Chapel; Sunday 1045, Traditional Service - Main Post Chapel; Sunday 1230, Gospel Service - Main Post Chapel; Sunday 1300, Samoan Worship Service - Prichard Place Chapel.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Protestant Women of the Chapel (PWOC)

502-624-5225

Building 4769, 8th Armored Division Road, Fort Knox, KY 40121

Thursdays, 0900-1200. For more information, contact (502) 624-5255.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Religious Activities Annex

502-624-5225

Building 1487, 12th Armor Division Road, Fort Knox, KY 40121

Offering Jewish and Islamic Services.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

Religious Education Center

502-624-6145

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

The Religious Education Center (REC) is dedicated to the mission of enriching the spirituality and faith of Soldiers and their families. We also provide a religious resource center with books, videos, and cassettes to encourage you faith.

<http://www.knox.army.mil/Garrison/supportoffices/rso/facility.aspx>

Strong Bonds Marriage Retreats

502-624-5225

Building 4768, 8th Armored Division Road, Fort Knox, KY 40121

Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

<http://www.knox.army.mil/Garrison/supportoffices/rso/services.aspx>

SUICIDE PREVENTION/INTERVENTION

Police/Emergency Services: 911

On-Call Chaplain: 502-624-2707

24-hours a day, 7-days a week On-Call Emergency Post Chaplain Services

Army Substance Abuse Program, Suicide Prevention

502-624-7374

Building 1224, 94 Pershing Drive, Fort Knox, KY 40121

Point of contact for the Army Suicide Prevention Programs, to the commander and major subordinate commands for both Military and Civilian Members with the goal of reducing suicide.

<http://www.knox.army.mil/Garrison/dhr/asap/Default.aspx>

Army Suicide Prevention

1-800-273-8255

To contact the Military Crisis Line, call 1-800-273-8255, and then Press 1 when prompted.

<http://www.armyg1.army.mil/hr/suicide/>

VOLUNTEERING

American Red Cross

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission is to provide Soldiers/Veterans and their Dependents an opportunity to volunteer their services in the clinics at Ireland Army Community Hospital, Dental Clinics, Veterinary Clinic and the Red Cross Office, as well as other businesses on-post. Volunteers will also be trained as caseworkers, cardiopulmonary resuscitation (CPR) First Aid Instructors, and Disaster Volunteers. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

Army Volunteer Corps

502-624-6779 or 502-624-8391

Building 1477, Eisenhower Avenue, Fort Knox, KY 40121

The Army Volunteer Corps Manager (AVCM) serve as a link between volunteer organizations and volunteers. The AVCM maintains a list of volunteer organizations/open positions throughout Fort Knox and local community. Hours: Monday-Friday 0800-1600.

<http://www.knoxmwr.com/ACS/ArmyVolunteerCorpsAVC/tabid/109/Default.aspx>

Pet Therapy Program

502-624-2163

1131 5th Avenue, Fort Knox, KY 40121

The primary mission is to support the Armed Forces members who have traumatic brain injury (TBI) or post-traumatic stress disorder (PTSD). The Pet Therapy program is a collaboration with the occupational therapists from Ireland Army Community Hospital's Traumatic Brain Injury Clinic and Pet Therapy trained dogs, which developed the Canine Assisted Therapy program to help foster the healing and the recovery process of Soldiers diagnosed with mild traumatic brain injury/post-traumatic stress disorder. The Pet Therapy dogs also provide services to the Puppy Tales program (reading program at the libraries on-post and off-post), Wounded Warriors, Hospital, Nursing home and adult day-care visitation program, along with Welcome Home and Deployment events. Call point of contact for information on all available resources.

<http://www.redcross.org/local/ky/saf/fort-knox>

THE UNITED STATES ARMY READY AND RESILIENT CAMPAIGN

“The Ready and Resilient Campaign integrates and synchronizes multiple efforts and programs to improve the readiness and resilience of the Army Family - Soldiers (Active Duty, Reserve, National Guard), Army Civilians and Families. Ready and Resilient creates a holistic, collaborative and coherent enterprise to increase individual and unit readiness and resilience. Ready and Resilient will build upon physical, emotional and psychological resilience in our Soldiers, Families and Civilians so they improve performance to deal with the rigors and challenges of a demanding profession.”

“Specifically, Ready and Resilient will...

- Integrate resilience training as a key part of the Army's professional military education throughout a Soldier's career from induction through separation or retirement.
- Synchronize and integrate key Army programs to reduce or eliminate suicide and suicidal ideations; sexual harassment and sexual assault; bullying and hazing; substance abuse; domestic violence; and any stigma or barriers associated with seeking help.
- Develop improved methods to provide Leaders and Commanders timely and accurate information and metrics to aid them in better identifying "at risk" and "high-risk" Soldiers, enabling early intervention.
- Continue to improve the Integrated Disability Evaluation System (IDES) to shorten processing times and improve the services provided to Soldiers and their Families.”

“Why Is It Important?”

- A healthy mind and body are essential to individual and unit readiness.
- Resilience combines mental, emotional, and physical skills to generate optimal performance (i.e. readiness) - in combat, healing after injury, and in managing work and home life.
- Resilient individuals are better able to bounce back and overcome adversity by leveraging mental and emotional skills and behavior by seeking out training.
- Individual resilience can be built, maintained, and strengthened when viewed as an enduring concept and acquired through regular training.”

(The United States Army, 2014)

For more information, visit <http://www.army.mil/readyandresilient>.

Source:

The United States Army. (2014, March 09). *U.S. Army Ready and Resilient*. Retrieved May 2014, from <http://www.army.mil/readyandresilient>.