

Community Resource Guide

2015

Here you will find community specific resource guides to help recognize and resolve Soldier, Civilian, and Family Member issues, concerns, and challenges.

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Adoption

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Counseling

Description: Adoption Support Group: Provides resources and support for those who are adopting or who have been adopted.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-ac/s/>

Div/Dept: Law Center

Service(s): Legal Assistance

Description: Legal Services

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3210/DSN: 483-8848, CIV: 0631-411-8848

Baumholder BLDG 8222/DSN: 485-6506, CIV: 06789-6-6506

Adult Education

Div/Dept: American Red Cross (ARC)

Service(s): Education Class

Description: International Humanitarian Law - Basic Information on legal rights/issues within the Geneva Convention, as it applies to POWs, detainees and civilians and the role of the Red Cross

Target Audience: Active Duty, Family Members, Civilians and Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3794/ DSN: 590-7298, CIV: 06371-9464-7298

Website: <http://kmc.redcross.org/index.html>

Div/Dept: Civilian Education System (CES)

Service(s): Education Classes

Description: Civilian Education System (CES) Leader Development Program is a progressive and sequential leader development program.

Target Audience: DoD Civilians

Schedule: Call for information

Contact Info: Pulaski BLDG 2933/ DSN: 493-2592, CIV: 0631-3406-2592

Website: http://cpol.army.mil/library/train/acteds/CP_20/CP20-AppG.pdf

Div/Dept: Civilian Personnel Activity Center (CPAC)

Service(s): Educational Training

Description: Various training courses available. Please refer to website for details and descriptions of classes available.

Target Audience: Employees

Schedule: Call for information

Contact Info: Kleber BDLG 3209/ DSN: 483-4886/4805/4800, CIV: 0631-411-4886/4805/4800

Website: <https://cpolrhp.cpol.army.mil/eur/training/index.htm>

Adult Education (cont.)

Div/Dept:Human Resources (DHR)

Service(s): Workforce Development

Description: CCHRA – Europe optimizes training resources to enhance employees’ knowledge, skills and abilities. They offer many different types of training such as Human Resources Development Division (HRDD) courses in Europe, Army Civilian Leadership training and NSPS 101 online training.

Target Audience: Civilian Employees

Schedule: Call for information

Contact Info: Pulaski BLDG 2933/ DSN: 375-9779, 493-4267, CIV: 0621-487-9779, 0631-3406-4267

Website: <http://www.kaiserslautern.army.mil/sites/directorates/DHR.html>

Div/Dept:Soldier For Life – Transition Assistance Program (SFL-TAP)

Service(s): Education

Description: Military Occupational Skill crosswalk- MOS Crosswalk - The purpose of this module is to begin the process of identifying skills, experienced, credentials, and education that has been obtained while in the military and cross-walking them to civilian opportunities. GAP Analysis will be completed during the class.

Description: Military Occupational Skill crosswalk- MOS Crosswalk - The purpose of this module is to begin the process of identifying skills, experienced, credentials, and education that has been obtained while in the military and cross-walking them to civilian opportunities. GAP Analysis will be completed during the class.

Description: Veterans Affairs Benefits - VA Benefits - VA Benefits Briefing I provides information on education, health care, compensation, life insurance, home loans, and voc rehab. VA Benefits II helps Service members understand some of the services and programs related to VA health care (including MyHealthVet), understanding the VA disability compensation process; and learning how to navigate through eBenefits.

Description: DOLEW - Department of Labor Employment workshop (3 days) Workshop will assist with understanding the Job Search Process, Self-Assessment, Introduction to Developing Effective Resumes and Cover Letters, Interview Preparation, and Evaluation and Negotiation of Job Offers. Workshops open to active-duty service members and their spouses who are transitioning or considering transitioning out of the military. Learn the best approach to dressing for interviews and how to get the most out of a job fair. A good draft of a Resume should be completed.

Target Audience: Active Duty, Retirees, Transitioning Soldiers, Spouses

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3205 2nd Floor/ DSN: 483-7089, CIV: 0631-411-7089

Website: <https://www.sfl-tap.army.mil/>

Army Emergency Relief (AER)/ Loans

Div/Dept: American Red Cross (ARC)

Service(s): Service

Description: The Red Cross works with the military aid societies (Army Emergency Relief, Navy Marine Corps Relief Society, Air Force Aid Society and the Coast Guard Mutual Assistance). This partnership helps to provide financial assistance for emergency travel which requires the presence of the service member or his or her family, burial of a loved one, or with assistance that cannot wait until the next business day (food, temporary lodging, urgent medical needs, or the minimum amount required to avoid eviction, utility shut off, etc.)

Target Audience: Active Duty, Family Members, Retirees, and DoD Civilians

Schedule: Call for information

Contact Info: Pulaski BLDG 2919/ DSN: 489-6469, CIV: 0631-536-6469

Website: <http://kmc.redcross.org/services-efa.html>

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Financial Assistance

Description: Interest-free loans and grants to eligible customers for proven emergency needs for items such as travel, vehicle repair, utility and rental payments.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Attention Deficit Disorder

Div/Dept: Mental Health Service (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Alcohol Related Issues

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Prevention counseling to address risk to adolescents who may or may not have initiated use of alcohol/drugs

Target Audience: 12-19 yrs of age, Student must have valid DoD ID

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Alcohol Related Issues (cont.)

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Education Classes

Description: Utilize classroom education presentations to address negative trends among the adolescent to improve resilience and reduce risk

Target Audience: 12-19 yrs of age. Student must have valid DoD ID

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Counseling, Education & Screening

Description: The Counseling Services branch of the Army Substance Abuse Program provides evaluation and treatment for Soldiers presenting problems related to substance abuse.

Target Audience: Active Duty

Description: Provides services for government employees and military spouses for substance abuse related challenges. This program helps employees in identifying and resolving personal problems that may affect their job performance and well-being. The program also assists management in addressing productivity issues. Promotes installation work/life/wellness programs. Confidential assessments, problem identification, and short-term counseling/intervention. Referral for treatment and rehabilitation to appropriate community counseling/treatment resources. Follow-up services to aid an employee in achieving an effective readjustment to his or her job after treatment. Training and education for supervisors and employees about alcohol and drugs.

Target Audience: Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2886 Wing B & C/ DSN: 493-1710, CIV: 0631-34061710

Service(s): Prevention Training & Education

Description: Provides Commanders, Unit Prevention Leaders (UPLs), Soldiers, DA civilians, contractors and family members the education and training necessary to make informed decisions about alcohol and other drug use, to provide commanders the resources and tools to meet their annual four (4) hours of alcohol and other drug awareness training requirement, and provide prevention tools to deter substance abuse.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2886 Wing C/ DSN: 493-1710, CIV: 0631-34061710

Service(s): Analysis, Education & Training

Description: The Risk Reduction Program is a tool to help Commanders reduce high-risk behavior in their Soldiers. It is an efficient way of assisting Commanders in ascertaining and addressing high-risk behavioral problems and coming up with strong solutions. Provides a prevention-focused approach when dealing with personal problems and promotes focused and coordinated actions on the part of installation agencies and the chain of command in battalions with high risk profiles.

Target Audience: Commanders and Senior NCOs

Schedule: Call for information

Contact Info: Pulaski BLDG 2886 Wing C/ DSN: 493-1710, CIV: 0631-34061710

Alcohol Related Issues (cont.)

Div/Dept: Army Substance Abuse Program (ASAP) (cont.)

Service(s): Testing

Description: The program is a command program, composed of the soldier, the commander, the Unit Prevention Leader (UPL), the Army Substance Abuse Program (ASAP) staff, the Forensic Toxicology Drug Testing Laboratories (FTDTL), the Medical Review Officer, and the Staff Judge Advocate. The program has three primary goals. First, to deter soldiers from abusing drugs (including illegal drugs and other illicit drugs). Second, as a tool for commanders to assess the security, military fitness, good order and discipline of their commands. Third, to serve as a basis to take appropriate action, adverse or other (including referral for treatment), with a soldier based on a positive test result.

Target Audience: Active Duty and position mandated Civilians

Schedule: Call for information

Contact Info: Contact Info: Pulaski BLDG 2886 Wing C/ DSN: 493-1710, CIV: 0631-34061710

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06731-86-7276 Adults, 06371-86-6037 Children

Anger Management

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointments and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Anger Management (cont.)

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Advanced skills and specialty classes (including teen anger classes) geared to address more specific life circumstances that lead to problem behaviors.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Mental Health Services (MHS)

Service(s): Counseling

Description: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06731-86-7276 Adults / 06731-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling & Education

Description: Counseling & Classes: anger and stress management.

Counseling: to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Anxiety

Div/Dept: Mental Health Services (MHS)

Service(s): Counseling & Education

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center (LRMC) DSN: 486-7276 Adults / 486-6037 Children
CIV: 06731-86-7276 Adults / 06731-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling & Education

Description: Counseling & Classes: anger and stress management.

Counseling: to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Assertiveness Training

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointments and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Family Advocacy Program: Educational programs established to prevent family problems and provide support assistance.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Visit the website for more information and calendar

Contact Info: Pulaski BLDG 2891/2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Asthma

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762, CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Service(s): Pediatric Clinic

Description: 9-bed inpatient unit with a 2-bed observation area caring for children with acute and chronic illness from infancy through adolescence.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) BLDG3762, Ward 6D, 2nd Floor/ DSN: 486-8503,

CIV:06371-86-8503

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Autism

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education & Counseling

Description: Exceptional Family Members, Children With Special Needs: Information and referral, advocacy, support groups, recreational activities, respite care, library and assistance

Service: Support Group

Description: CAUSE (Community for Autism Understanding, Support, and Education) This group includes caregivers of people who have been diagnosed with any type of autistic spectrum disorder (ASD), including: Autism, Asperger's syndrome, Childhood disintegrative disorder (CDD), Rett's syndrome, Pervasive developmental disorder-not otherwise specified (PDD-NOS)

Target Audience: All ID Cardholders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Pediatric Clinic

Description: 9-bed inpatient unit with a 2-bed observation area caring for children with acute and chronic illness from infancy through adolescence.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) BLDG3762, Ward 6D, 2nd Floor/ DSN: 486-8503, CIV:06371-86-8503

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Blended Families

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling & Education

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointments or schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Community Services (ACS), FAP & SARC

Service(s): Education

Description: Child Abuse and Neglect, Crisis Intervention, Domestic Violence: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: All ID Card Holders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Blended Families (cont.)

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/
DSN: 485-7411, CIV: 06783-6-7411

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: To enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/
DSN: 485-7411, CIV: 06783-6-7411

Blood Pressure/ Hypertension

Div/Dept: Army Wellness Center (AWC)

Service(s): Testing, Coaching

Description: Metabolic and Fitness Assessments, monthly coaching sessions and a variety of tools designed to support weight management and maintaining a healthy lifestyle. Appointments required

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Health Clinics (HC)

Service(s): Screening & Counseling

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for More Information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,
CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Breastfeeding/Lactation Support

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education & Counseling

Description: New Parent Education & Support Program: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits. NOT JUST FOR 1ST TIME PARENTS

Target Audience: All ID Card Holders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Equal Employment Opportunity (EEO)

Service(s): Complaints

Description: Please contact if you believe you have been discriminated against due to breastfeeding issues in the workplace.

Target Audience: All ID Card Holders

Schedule: Call for calendar of classes

Contact Info: Pulaski BLDG 2925, Baumholder Command BLDG/ DSN: 493-4002/4277, CIV 0631-3406-4002/4227

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Pediatric Clinic

Description: 9-bed inpatient unit with a 2-bed observation area caring for children with acute and chronic illness from infancy through adolescence.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) BLDG3762, Ward 6D, 2nd Floor/ DSN: 486-8503, CIV:06371-86-8503

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Nutrition Care Division (NCD)

Service(s): Education

Description: Please call for more information

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for the schedule

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 590-7144, CIV: 06731-86-7144

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Women, Infants & Children (WIC) Overseas Program

Service(s): Education & Counseling

Description: Nutrition/Breastfeeding education, counseling, and supplemental nutritious foods are program services provided to eligible participants overseas. Those who may be eligible include pregnant, post-partum, breastfeeding women, infants, and children to age 5.

Target Audience: Active Duty, Civilian employees of a "military department", DoD contractors, and Family members

Schedule: Call for more information

Contact Info: Ramstein BLDG 2118/ DSN: 480-4466, CIV: 06371-47-4466

Website: <http://www.tricare.mil/wic/>

Child Abuse & Neglect

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Child Abuse and Neglect, Crisis Intervention, Domestic Violence: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: All ID Card Holders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Dental Clinic (DC)

Service(s): Screening, Treatment & Counseling

Description: Multiple Health Concerns, Screening and Counseling

Target Audience: Active Duty, Families

Schedule: Call for appointment

Contact Info: Pulaski BLDG 2921, Landstuhl BLDG 3703/ DSN: 493-4446/4443, CIV: 0631-3406-4446/4443

Div/Dept: Director of Emergency Service (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Screening, Counseling & Treatment

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for More Information

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 486-8485/8106, CIV: 06371-86-8485/8106

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Mental Health Services (MHS)

Service(s): Counseling

Description: Crisis Intervention: Therapeutic intervention and support during crisis.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Child Youth & School Services Health (CYSS) Consultant

Div/Dept: Family and MWR

Service(s): Child, Youth and School Services

Description: Parent Central Services is your one stop shop for access to all programs. This is where you will find the instructions and forms to enroll your children with CYS Services.

Target Audience: All ID Card Holders

Schedule: Visit the website for details

Contact Info: Pulaski Barracks, BLDG 2898/ DSN: 493-4516, CIV: 0631-3406-4516

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/cysreg/>

Child Play Group

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): HUGS Playgroup

Description: Join a cooperative playgroup for parents and children.

Target Audience: Children ages newborn to 5 years.

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Family and MWR

Service(s): Child, Youth and School Services

Description: Parent Central Services is your one stop shop for access to all programs. This is where you will find the instructions and forms to enroll your children with CYS Services.

Target Audience: All ID Card Holders

Schedule: Visit the website for details

Contact Info: Pulaski Barracks, BLDG 2898/ DSN: 493-4516, CIV: 0631-3406-4516

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/cysreg/>

Childcare

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

Service(s): Education

Description: Summer Camp Program: Trips, fun and games, leisure activities, swimming.

Service(s): Childcare

Description: Reserved care program before and after school and on school out days, open recreation, summer camp: Provides a supervised program of events before and after school and on no school days to middle school youth. Homework assistance, computer labs, leadership forums, games, arts programs, etc. offered daily. Meals and snacks provided during open hours.

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/ DSN: 486-8943, CIV: 06371-86-8943 Baumholder BDLG 8876/ DSN: 485-7003, CIV: 06783-6-

7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/>
and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

Childcare (cont.)

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,
CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Service(s): Pediatric Clinic

Description: 9-bed inpatient unit with a 2-bed observation area caring for children with acute and chronic illness from infancy through adolescence.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) BLDG3762, Ward 6D, 2nd Floor/ DSN:
486-8503,

CIV:06371-86-8503

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Family and MWR

Service(s): Child, Youth and School Services

Description: Parent Central Services is your one stop shop for access to all programs. This is where you will find the instructions and forms to enroll your children with CYS Services.

Target Audience: All ID Card Holders

Schedule: Visit the website for details

Contact Info: Pulaski Barracks, BLDG 2898/ DSN: 493-4516, CIV: 0631-3406-4516

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/cysreg/>

Child Development

Div/Dept: Army Community Service (ACS), FAP and SARC

Service(s): Emergency Services & Education

Description: Child Abuse and Neglect, Crisis Intervention, Domestic Violence: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Service(s): Education

Description: Family Advocacy Program: Educational programs established to prevent family problems and provide support assistance.

Description: New Parent Education & Support Program : Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits. NOT JUST FOR 1ST TIME PARENTS

Description: Parenting Skills: Discuss ways to meet children's physical, emotional and intellectual needs.

Teach good behavior and open communication.

Service(s): Counseling

Description: Adoption Support Group: Provides resources and support for those who are adopting or who have been adopted

Target Audience: All ID Card Holders

Schedule: Visit website for more info and calendar

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Child Development (cont.)

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

Service(s): Child Care

Description: Reserved care program before and after school and on school out days, open recreation, summer camp: Provides a supervised program of events before and after school and on no school days to middle school youth. Homework assistance, computer labs, leadership forums, games, arts programs, etc. offered daily.

Meals and snacks provided during open hours.

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/
DSN: 486-8943, CIV: 06371-86-8943 Baumholder BDLG 8876/ DSN: 485-7003, CIV: 06783-6-7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/>
and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

Div/Dept: Educational Developmental Intervention (EDIS)

Service(s): Home Visit, Parent Education

Description: Developmental screenings and parent education for children ages birth to 35 months.

Target Audience: Active Duty, Family Members, Civilians and Retirees

Schedule: Call for information or to schedule a developmental screen.

Contact Info: Pulaski BLDG 2887 or Baumholder Health Clinic/ DSN: 493-4076, 485-6710, CIV: 0631-3406-
4067, 06783-6-6710

Website: www.EDIS.army.mil for more information

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,
CIV: 06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Service(s): Pediatric Clinic

Description: 9-bed inpatient unit with a 2-bed observation area caring for children with acute and chronic illness from infancy through adolescence.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) BLDG3762, Ward 6D, 2nd Floor/ DSN: 486-
8503,

CIV: 06371-86-8503

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Family and MWR

Description: Parent Central Services is your one stop shop for access to all programs. This is where you will find the instructions and forms to enroll your children with CYS Services.

Target Audience: All ID Card Holders

Schedule: Visit the website for details

Contact Info: Pulaski Barracks, BLDG 2898/ DSN: 493-4516, CIV: 0631-3406-4516

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/cysreg/>

Children: Deployment Support

Div/Dept: Army Community Service (ACS), FAP and SARC

Service(s): Education & Counseling

Description: New Parent Education & Support Program: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits. NOT JUST FOR 1ST TIME PARENTS

Service(s): Education

Description: Army Family Team Building: Making a strong Army Family. Three levels of training.
Description: Community Round Table: Provides assistance and training in support of military operations to enhance unit cohesion and increase readiness. Offers training for Family Readiness Groups and conducts pre and post deployment, mobilization, reunion and reintegration workshops.

Service(s): Counseling

Target Audience: All ID Card Holders

Schedule: Visit website for more info and calendar

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Chaplain Services

Service(s): Support Services

Description: Chapel Youth Groups- The chapel youth programs offer both Middle School and High School programs in both Kaiserslautern and Baumholder. The chapel youth directors meet with students at numerous locations during the week. Special programs, retreats and activities are scheduled throughout the year.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts are scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Div/Dept: Law Center

Service(s): Education

Description: Legal Services: POA, Wills, SOFA, Legal Advice

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Children: Deployment Support (cont.)

Div/Dept: Family and MWR

Service(s): Child, Youth and School Services

Description: Parent Central Services is your one stop shop for access to all programs. This is where you will find the instructions and forms to enroll your children with CYS Services.

Target Audience: All ID Card Holders

Schedule: Visit the website for details

Contact Info: Pulaski Barracks, BLDG 2898/ DSN: 493-4516, CIV: 0631-3406-4516

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/cysreg/>

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger. Services are also offered to children who are abuse/neglect victims.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Children: Parenting Skills

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: American Red Cross (ARC)

Service(s): Services

Description: Baby Sitting Classes, 16 hours over 2 days, \$45

Target Audience: Active Duty, Family Members, Retirees and DoD civilians,

Schedule: Please Call

Contact Info: Ramstein BLDG 2118/ DSN: 480-2171/5464, CIV: 06731-86-2171/5464

Website: <http://kmc.redcross.org/index.html>

Div/Dept: Army Community Service (ACS), FAP and SARC

Service(s): Emergency Response, Education

Description: Child Abuse and Neglect, Crisis Intervention, Domestic Violence: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: All ID Card Holders

Schedule: Visit website for more info and calendar

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Children: Parenting Skills (cont.)

Div/Dept: Amy Community Service (ACS), FAP and SARC (cont.)

Service(s): Education

Description: Exceptional Family Members, Children With Special Needs: Information and referral, advocacy, support groups, recreational activities, respite care, library and assistance

Description: Family Advocacy Program: Educational programs established to prevent family problems and provide support assistance.

Description: Adoption Support Group: Provides resources and support for those who are adopting or who have been adopted

Description: New Parent Education & Support Program: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits. NOT JUST FOR 1ST TIME PARENTS

Description: Parenting Skills: Discuss ways to meet children's physical, emotional and intellectual needs. Teach good behavior and open communication.

Target Audience: All ID Card Holders

Schedule: Visit website for more info and calendar

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

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

Service(s): Childcare

Description: Reserved care program before and after school and on school out days, open recreation, summer camp: Provides a supervised program of events before and after school and on no school days to middle school youth. Homework assistance, computer labs, leadership forums, games, arts programs, etc. offered daily. Meals and snacks provided during open hours.

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/ DSN: 486-8943, CIV: 06371-86-8943 Baumholder BLDG 8876/ DSN: 485-7003, CIV: 06783-6-7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/>
and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Parent's Group: A therapy group dealing with parenting issues in regard to child abuse and neglect. Focus on parenting history, child development, behavior management, healthy coping skills and healthy marriages.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Children: Special Needs

Div/Dept: Amy Community Service (ACS), FAP and SARC (cont.)

Service(s): Education

Description: Exceptional Family Members, Children With Special Needs: Information and referral, advocacy, support groups, recreational activities, respite care, library and assistance.

Target Audience: All ID Card Holders

Schedule: Visit website for more info and calendar

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

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

Service(s): Childcare

Description: Full day care, hourly care, part-day preschool, special openings, parent education programs: Provides child care for single/dual working parents full time, hourly care for volunteers and intermittent needs, and part-day preschool sessions during either morning or afternoon hours. Parent education classes offered monthly.

Description: Childcare and activities: CLEOS provides a wide variety of program options to meet the community's needs for care.

After School Program: Provides a supervised before and after school program as well as hourly/open rec programs daily. Special events include trips, lock-ins, dances, etc.

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/ DSN: 486-8943, CIV: 06371-86-8943 Baumholder BLDG 8876/ DSN: 485-7003, CIV: 06783-6-7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/> and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

Div/Dept: Educational Developmental Intervention (EDIS)

Service(s): Home Visit, Parent Education

Description: Developmental evaluations and services for eligible children with developmental delays ages birth to 35 months.

Target Audience: Active Duty, Family Members, Civilians and Retirees

Schedule: Call for information or to schedule a developmental screen.

Contact Info: Pulaski BLDG 2887 or Baumholder Health Clinic/ DSN: 493-4076, 485-6710, CIV: 0631-3406-4067, 06783-6-6710

Website: www.EDIS.army.mil for more information

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Cholesterol

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762, CIV: 06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Ramstein Health & Wellness Center

Service(s): Education

Description: Please call Ramstein's Health and Wellness Center for more information

Target Audience: All ID Card Holders

Schedule: Contact for more information

Contact Info: Ramstein BLDG 2117A/ DSN: 480-4249/2160, CIV: 06371-47-4249/2160

Website: <http://www.86fss.com/RamsteinAquaticsCenter.html>

Combat Stress/PTSD

Div/Dept: Army Wellness Center (AWC)

Service(s): Coaching, Education

Description: The emWave Stress Relief System (Biofeedback) offers a comprehensive, safe and effective self-regulation approach to stress management, prioritized to the individual client's needs. Clients with anger management, anxiety, adjustment and learning issues are a few examples of good candidates.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Health Clinics (HC)

Service(s): Screening & Counseling

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment, only offered on Mondays and Tuesdays

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Combat Stress/PTSD (cont.)

Div/Dept: Mental Health Services (MHS)

Service(s): Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: To enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Communicable Disease

Div/Dept: Community Health Nursing/ Preventive Medicine

Service(s): Education

Description: HIV/AIDS Training: HIV/AIDS awareness, understanding and prevention training offered

Service(s): Counseling

Description: STD Counseling: STD awareness, understanding and prevention training offered.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for Information

Contact Info: Landstuhl BLDG 3705/ DSN: 590-5818, CIV: 06731-86-5818

Website: https://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=814

Community Safety

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Ramstein Health & Wellness Center

Service(s): Education & Screening

Description: Please call Ramstein's Health and Wellness Center for more information

Target Audience: All ID Card Holders

Schedule: Contact for more information

Contact Info: Ramstein BLDG 2117A/ DSN: 480-4249/2160, CIV: 06371-47-4249/2160

Website: http://www.usafefitness.org/GoodIdeas.htm#Ram_HAWC_SS

Community Safety (cont.)

Div/Dept: Safety Office

Service(s): Advisor

Description: Occupational Safety & Health Safety Inspections and Training, Worksite Safety and Assessments, Traffic Safety, Accident Prevention, Explosive Safety, Radiation Safety.

Target Audience: All ID Card Holders

Schedule: Call for more information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4027/4040/4025, CIV: 0631-3406-4027/4040/4025
Baumholder BLDG 8689/ DSN: 485-1670, CIV: 0678-36-1670 Landstuhl DSN: 590-6566/8616, CIV:
06371-9464-6566/8616

Website: <http://www.rp.army.mil/directorates/SO/home.html>

Conflict Resolution

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointments or schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRM C DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Community Services (ACS), FAP & SARC

Service(s): Education

Description: Army Family Team Building: Making a strong Army Family. Three levels of training.

Target Audience: All ID Card Holders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-ac/s/>

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Marriage Counseling: Reduce marital discord and improve relationships.

Description: Supportive Counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRM C BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN:
485-7411, CIV: 06783-6-7411

Consumer Affairs/Fraud

Div/Dept: Army Community Services (ACS), FAP & SARC

Service(s): Education

Description: Assists with consumer complaints and serves as liaison in resolution of financial concerns.

Target Audience: All ID Card Holders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Law Center

Service(s): Legal Assistance

Description: Legal Services

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3210/DSN: 483-8848, CIV: 0631-411-8848

Baumholder BLDG 8222/DSN: 485-6506, CIV: 06789-6-6506

CPR Training/First Aid

Div/Dept: American Red Cross (ARC)

Service(s): Education, Training

Description: Train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, children and infants.

Target Audience: All ID Card Holders

Schedule: Please Call

Contact Info: Ramstein BLDG 2118/ DSN: 480-2171/5464, CIV: 06371-86-2171/5464

Website: <http://kmc.redcross.org/index.html>

Div/Dept: Health Clinics (HC)

Service(s): Screening, Treatment & Counseling

Description: CPR initial recertification ONLY for service members who require CPR

Target Audience: Service members who require CPR

Schedule: Scheduled time only

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusaureur.army.mil/clinics/kleber.aspx>

Counseling: Children

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Counseling: Children (cont.)

Div/Dept: Army Community Services (ACS), FAP & SARC

Service(s): Education, Counseling

Description: Family Advocacy Program: Educational programs established to prevent family problems and provide support assistance.

Target Audience: All ID Card Holders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Chaplain Services

Service(s): Support Services

Description: The Family Life Chaplain offers pastoral counseling, unit chaplains offer pastoral counseling at unit locations. All military chaplains provide complete confidentiality.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts are scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Behavioral Health Services

Description: Child and Adolescent Psychiatry Services provides comprehensive outpatient behavioral health services for children and adolescents (all eligible beneficiaries) including: individual therapy, family therapy, group therapy, and medication management with a staff consisting of social workers, psychologists and psychiatrists.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) DSN: 486-6037, CIV:06371-86-6037

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Counseling: Couples

Div/Dept: Chaplain Services

Service(s): Support Services

Description: The Family Life Chaplain offers pastoral counseling, unit chaplains offer pastoral counseling at unit locations. All military chaplains provide complete confidentiality.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts are scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Schedule: Call for an appointment

Target Audience: Active Duty, Family Members, Civilians, Retirees

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Counseling: Families

Div/Dept: Chaplain Services

Service(s): Support Services

Description: The Family Life Chaplain offers pastoral counseling, unit chaplains offer pastoral counseling at unit locations. All military chaplains provide complete confidentiality.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts are scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Counseling: Families (cont.)

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Counseling: Individuals

Div/Dept: Chaplain Services

Service(s): Support Services

Description: The Family Life Chaplain offers pastoral counseling, unit chaplains offer pastoral counseling at unit locations. All military chaplains provide complete confidentiality.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts are scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Counseling: Marital

Div/Dept: Chaplain Services

Service(s): Support Services

Description: Strong Bonds- Training opportunities for Single Soldiers, Married Couples, and Families, are available through each unit's Unit Ministry Team. These programs offer a chance to get away and learn healthy habits for improving relationships.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Marital Counseling: Counseling for Martial Issues.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Crisis Intervention

Div/Dept: Chaplain Services

Service(s): Support Services

Description: Strong Bonds- The Family Life Chaplain offers pastoral counseling, unit chaplains offer pastoral counseling at unit locations. All military chaplains provide complete confidentiality.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusaureur.army.mil/clinics/kleber.aspx>

Dental – Oral Health

Div/Dept: Dental Clinic (DC)

Service(s): Screening, Treatment & Counseling

Description: Multiple Health Concerns, Screening and Counseling

Target Audience: Active Duty, Families

Schedule: Call for appointment

Contact Info: Pulaski BLDG 2921, Landstuhl BLDG 3703/ DSN: 493-4446/4443, CIV: 0631-3406-4446/4443

Deployment Readiness

Div/Dept: Dental Clinic (DC)

Service(s): Screening, Treatment & Counseling

Description: Multiple Health Concerns, Screening and Counseling

Target Audience: Active Duty, Families

Schedule: Call for appointment

Contact Info: Pulaski BLDG 2921, Landstuhl BLDG 3703/ DSN: 493-4446/4443, CIV: 0631-3406-4446/4443

Div/Dept: Health Clinics (HC)

Service(s): Screening & Counseling

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusaureur.army.mil/clinics/kleber.aspx>

Deployment Readiness (cont.)

Div/Dept: Law Center

Service(s): Legal Assistance

Description: Legal Services

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3210/DSN: 483-8848, CIV: 0631-411-8848

Baumholder BLDG 8222/DSN: 485-6506, CIV: 06789-6-6506

Depression

Div/Dept: Health Clinics (HC)

Service(s): Screening & Counseling

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusaureur.army.mil/clinics/kleber.aspx>

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling: Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Diabetes

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusaureur.army.mil/clinics/kleber.aspx>

Div/Dept: Nutrition Care Division (NCD)

Service(s): Education

Description: Diabetes Class: Introduces client to interdisciplinary program as it relates to Diabetes.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for the schedule

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 590-7144, CIV: 06731-86-7144

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Domestic Violence

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Drug-Related Issues

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Counseling, Education & Screening

Description: The Counseling Services branch of the Army Substance Abuse Program provides evaluation and treatment for Soldiers presenting problems related to substance abuse.

Target Audience: Active Duty

Description: Provides services for government employees and military spouses for substance abuse related challenges. This program helps employees in identifying and resolving personal problems that may affect their job performance and well-being. The program also assists management in addressing productivity issues. Promotes installation work/life/wellness programs. Confidential assessments, problem identification, and short-term counseling/intervention. Referral for treatment and rehabilitation to appropriate community counseling/treatment resources. Follow-up services to aid an employee in achieving an effective readjustment to his or her job after treatment. Training and education for supervisors and employees about alcohol and drugs.

Target Audience: Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2886 Wing B & C/ DSN: 493-1710, CIV: 0631-34061710

Service(s): Prevention Training & Education

Description: Provides Commanders, Unit Prevention Leaders (UPLs), Soldiers, DA civilians, contractors and family members the education and training necessary to make informed decisions about alcohol and other drug use, to provide commanders the resources and tools to meet their annual four (4) hours of alcohol and other drug awareness training requirement, and provide prevention tools to deter substance abuse.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2886 Wing C/ DSN: 493-1710, CIV: 0631-34061710

Service(s): Analysis, Education & Training

Description: The Risk Reduction Program is a tool to help Commanders reduce high-risk behavior in their Soldiers. It is an efficient way of assisting Commanders in ascertaining and addressing high-risk behavioral problems and coming up with strong solutions. Provides a prevention-focused approach when dealing with personal problems and promotes focused and coordinated actions on the part of installation agencies and the chain of command in battalions with high risk profiles.

Target Audience: Commanders and Senior NCOs

Schedule: Call for information

Contact Info: Pulaski BLDG 2886 Wing C/ DSN: 493-1710, CIV: 0631-34061710

Service(s): Testing

Description: The program is a command program, composed of the soldier, the commander, the Unit Prevention Leader (UPL), the Army Substance Abuse Program (ASAP) staff, the Forensic Toxicology Drug Testing Laboratories (FTDTL), the Medical Review Officer, and the Staff Judge Advocate. The program has three primary goals. First, to deter soldiers from abusing drugs (including illegal drugs and other illicit drugs). Second, as a tool for commanders to assess the security, military fitness, good order and discipline of their commands. Third, to serve as a basis to take appropriate action, adverse or other (including referral for treatment), with a soldier based on a positive test result.

Target Audience: Active Duty and position mandated Civilians

Schedule: Call for information

Contact Info: Contact Info: Pulaski BLDG 2886 Wing C/ DSN: 493-1710, CIV: 0631-34061710

Drug-Related Issues (cont.)

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Law Center

Service(s): Legal Assistance

Description: Legal Services

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3210/DSN: 483-8848, CIV: 0631-411-8848

Baumholder BLDG 8222/DSN: 485-6506, CIV: 06789-6-6506

Exceptional Family Member Program (EFMP)

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education & Counseling

Description: Exceptional Family Members, Children With Special Needs: Information and referral, advocacy, support groups, recreational activities, respite care, library and assistance

Target Audience: All ID Cardholders

Schedule: Visit the website for more info and calendar

Contact Info: Pulaski BLDG 2891/2917 DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Health Clinics (HC)

Service(s): Screening

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Walk in M, T, W, F 0800-1100

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Employment Readiness

Div/Dept: Soldier For Life - Transition Assistance Program (SFL-TAP)

Service(s): Counseling

Description: Pre-Separation Counseling- an online tool which can be completed at <https://www.sfl-tap.army.mil>

Description: Initial Counseling (IC) - One-on-one with counselor in the office. A time to schedule Mandatory Workshops that are offered monthly and DD 2648 will be received.

Description: Individual Transition Plan Review - IPT Review - The purpose of this module is to go over ITP and create from.

Target Audience: Active Duty, Retirees, Transitioning Soldiers, Spouses

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3205 2nd Floor/ DSN: 483-7089, CIV: 0631-411-7089

Website: <https://www.sfl-tap.army.mil/>

Ergonomics – Worksite

Div/Dept: Occupational Health

Service(s): Education

Description: Ergonomics, Hearing Conservation, Injury Prevention: Education, consultations for the prevention of work related injuries

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4170/4026, CIV: 0631-3406-4170/4026 LRMC/DSN: 486-8637/8754, CIV: 06731-86-8637/8754

Family Issues Support Services

Div/Dept: American Red Cross (ARC)

Service(s): Services

Description: Communication services keep military personnel in touch with families following the death or serious illness of a family member or other important events, such as the birth of a child. The information or verification in a message assists the service member's commanding officer in making a decision regarding emergency leave

Target Audience: Active Duty, Family Members, Retirees and DoD civilians,

Schedule: 24 hours/day 7 days/week

Contact Info: Kleber Kaserne BLDG 3245 Room 201, LRMC BLDG 3794, Ramstein BLDG 2118/ US

Hotline: 1-877-272-7337, US Hotline CIV: 0678-36-7468

Website: <http://kmc.redcross.org/index.html>

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Counseling, Education & Screening

Description: Confidential Spouse & Civilian Assistance - Provides services for government employees and military spouses for substance abuse related challenges.

This program helps employees in identifying and resolving personal problems that may affect their job performance and well-being. The program also assists management in addressing productivity issues. Promotes installation work/life/wellness programs. Confidential assessments, problem identification, and short-term counseling/intervention. Referral for treatment and rehabilitation to appropriate community counseling/treatment resources. Follow-up services to aid an employee in achieving an effective readjustment to his or her job after treatment. Training and education for supervisors and employees about alcohol and drugs.

Target Audience: Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2886 Wing C/ DSN: 493-1710, CIV: 0631-34061710

Div/Dept: Chaplain Services

Service(s): Support Services

Description: Strong Bonds- The Family Life Chaplain offers pastoral counseling, unit chaplains offer pastoral counseling at unit locations. All military chaplains provide complete confidentiality.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Financial Counseling

Div/Dept: Law Center

Service(s): Legal Assistance

Description: Legal Services

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3210/DSN: 483-8848, CIV: 0631-411-8848

Baumholder BLDG 8222/DSN: 485-6506, CIV: 06789-6-6506

Div/Dept: Soldier For Life – Transition Assistance Program (SFL-TAP)

Service(s): Counseling

Description: Financial Planning- This module provides the necessary background and tools to help Service members develop the financial aspects of their transition goals and a written plan to achieve those goals.

Workshop will address the financial needs of transitioning service members and family members prior to their separation from the military. A 12 month Post Separation Budget will be created during that workshop.

Target Audience: Active Duty, Retirees, Transitioning Soldiers, Spouses

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3205 2nd Floor/ DSN: 483-7089, CIV: 0631-411-7089

Website: <https://www.sfl-tap.army.mil/>

Fitness

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

Service(s): Child Care

Description: CYS programs, child care and activities: CLEOS provides a wide variety of program options to meet the community's needs for care.

Description: Learn Early & Achieve Proficiency Program (LEAPP): Soccer, T-Ball, Basketball.

Description: Individual and team sports, fitness programs, sports clinics: Sports and fitness provides a wide variety of activities including baseball, softball, cheerleading, basketball, soccer, flag football, cycling, rollerblading, triathlons, golf, bowling, tennis, etc. to both boys and girls.

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/ DSN: 486-8943, CIV: 06371-86-8943 Baumholder BLDG 8876/ DSN: 485-7003, CIV: 06783-6-7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/>

and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

Div/Dept: Civilian Wellness Program

Service(s): Fitness/Education

Description: The Civilian Fitness Program is a part of the Army Health Promotion Regulation, 600-63. It is a one-time opportunity for a supervisor to approve up to 3 hours of excused absence per week for up to six months for civilian employees to exercise.

Target Audience: Civilian employees

Schedule: Contact your supervisor to enroll

Website: <http://phc.amedd.army.mil/topics/healthyliving/al/Pages/ArmyCivilianWellnessPrograms.aspx>

Div/Dept: Family and MWR

Service(s): Education

Description: Indoor Swimming Pool

Target Audience: All ID Card Holders

Schedule: Visit the website for details

Contact Info: Baumholder, Wetzel Kaserne, BLDG 8897 & 8895/ DSN: 485-7093, CIV: 06783-6-7093

Website: <http://rheinland-pfalz.armymwr.com/index.php?cID=293>

Fitness (cont.)

Div/Dept: Family and MWR

Service(s): Education

Description: Fitness Classes, personal training and activities: Fitness Centers offers a wide variety of Sports & Fitness Programs along with state of the art cardiovascular and strength training machines & equipment, saunas, racquetball courts and various health & wellness services.

Target Audience: All ID Card Holders

Schedule: Visit the website the monthly calendar

Contact Info: Rhine Ordnance Barracks, BLDG 172/ DSN: 493-2088, CIV: 0631-3406-2088

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/sports-and-fitness/>

Div/Dept: Ramstein Health & Wellness Center

Service(s): Education

Description: Please call Ramstein's Health and Wellness Center for more information

Target Audience: All ID Card Holders

Schedule: Contact for more information

Contact Info: Ramstein BLDG 2117A/ DSN: 480-4249/2160, CIV: 06371-47-4249/2160

Website: http://www.usafefitness.org/GoodIdeas.htm#Ram_HAWC_SS

Food Safety

Div/Dept: Veterinary

Service(s): Services

Description: Food Safety includes everything from proper food storage, washing hands, preventing cross contamination of foods during preparation, proper cooking temperatures, clean up and disinfection and many steps in between. The U.S. Army Public Health Command (USAPHC) personnel perform sanitation inspections of all food serving facilities such as the Army and Air Forces Exchange Service (AAFES) establishments, Defense Commissary Agency (DeCA), and Dining Facilities (DFACs). The USAPHC (Veterinary Services) assists with the same inspection on Naval and Marine Corps installations. Food Safety training and guidance are provided to unit personnel and food service establishment employees.

Target Audience: All ID Card Holders

Schedule: Call for an appointment

Contact Info: Baumholder BLDG 8758/ DSN: 485-8056/8070, CIV: 06783-6-8056/8070

Website: <http://phc.amedd.army.mil/topics/foodwater/ifs/Pages/default.aspx>

Gambling

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Grief Counseling

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Counseling

Description: Military Family Life Consultant: Consulting on a personal basis, Therapy and guidance offered on an Anonymous basis.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Mental Health Services (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Screening & Counseling

Description Crisis Intervention: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions. Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a week through SWS.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Heart Care

Div/Dept: Health Clinics (HC)

Service(s): Screening & Counseling

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for an appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusaureur.army.mil/clinics/kleber.aspx>

Heart Care (cont.)

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,
CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Nutrition Care Division (NCD)

Service(s): Education

Description: Programs, Services & Information: One Stop shopping for health and wellness literature, healthy life style programs/services, fitness assessments and more. Programs and services designed to emphasize and support personal responsibility and self-care for prevention of disease, illness and injury, and help clients identify, modify and change risk behaviors that negatively affect their health and well-being.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for the schedule

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 590-7144, CIV: 06731-86-7144

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Hearing Conservation

Div/Dept: Health Clinics (HC)

Service(s): Screening/Basic Hearing Test

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Walk in M, T, W, F 0800-1100, Scheduled Appts for follow ups.

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Occupational Health

Service(s): Education

Description: Ergonomics, Hearing Conservation, Injury Prevention: Education, consultations for the prevention of work related injuries

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4170/4026, CIV: 0631-3406-4170/4026 LRMC/DSN: 486-8637/8754, CIV: 06731-86-8637/8754

HIV/AIDS

Div/Dept: Community Health Nursing/ Preventive Medicine

Service(s): Education

Description: HIV/AIDS Training: HIV/AIDS awareness, understanding and prevention training offered

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for Information

Contact Info: Landstuhl BLDG 3705/ DSN: 590-5818, CIV: 06731-86-5818

Website: https://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=814

HIV/AIDS (cont.)

Div/Dept: Health Clinics (HC)

Service(s): Lab Services for HIV draws for MEDPROS update

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Walk in M, T, W, F 0800-1100, Scheduled Appts for follow ups.

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,
CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Infectious Disease Counseling

Div/Dept: Community Health Nursing/ Preventive Medicine

Service(s): Education

Description: HIV/AIDS Training: HIV/AIDS awareness, understanding and prevention training offered

Service(s): Counseling

Description: STD Counseling: STD awareness, understanding and prevention training offered.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for Information

Contact Info: Landstuhl BLDG 3705/ DSN: 590-5818, CIV: 06731-86-5818

Website: https://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=814

Injury Prevention

Div/Dept: Family and MWR

Service(s): Child, Youth and School Services

Description: Fitness Classes, personal training and activities: Fitness Centers offers a wide variety of Sports & Fitness Programs along with state of the art cardiovascular and strength training machines & equipment, saunas, racquetball courts and various health & wellness services.

Target Audience: All ID Card Holders

Schedule: Visit the website for the monthly calendar

Contact Info: Rhine Ordnance Barracks, BLDG 172/ DSN: 493-2008, CIV: 0631-3406-2088

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/sports-and-fitness/>

Div/Dept: Occupational Health

Service(s): Education

Description: Fitting the Workplace to the Workers: Education on the Prevention of Work related musculoskeletal disorders.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4170/4026, CIV: 0631-3406-4170/4026 LRMC/DSN: 486-8637/8754, CIV: 06731-86-8637/8754

Injury Prevention (cont.)

Div/Dept: Physical Therapy

Service(s): Screening & Education

Description: FMS screening: series of screening movement patterns to determine injury risk.

Target Audience: Active Duty

Schedule: Must be approved by DPT

Contact Info: Baumholder Health Clinic/ DSN: 485-6357, CIV: 0678-36-6357

Div/Dept: Safety Office

Service(s): Advisor

Description: Occupational Safety & Health Safety Inspections and Training, Worksite Safety and Assessments, Traffic Safety, Accident Prevention, Explosive Safety, Radiation Safety.

Target Audience: All ID Card Holders

Schedule: Call for more information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4027/4040/4025, CIV: 0631-3406-4027/4040/4025
Baumholder BLDG 8689/ DSN: 485-1670, CIV: 0678-36-1670 Landstuhl DSN: 590-6566/8616, CIV:
06371-9464-6566/8616

Website: <http://www.rp.army.mil/directorates/SO/home.html>

Leadership/Morale

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Army Family Team Building: Making a strong Army Family. Three levels of training.

Service(s): Training

Description: Family Readiness Group Leader and Liaison training: Training of Family Readiness Group Leaders and Family Readiness Liaisons for tactical units.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Better Opportunities for Single Soldiers (BOSS)

Service(s): Awareness, Education

Description: The Better Opportunities for Single Servicemembers (BOSS) program represents the voice of the single servicemember. If you're a single servicemember, BOSS members advocate for you by advancing quality of life issues on the installation, and in the barracks, to senior leaders on post and throughout the Army.

"Let Your Voice Be Heard".

Target Audience: Single Soldiers and Service Members

Schedule: Visit the website for more info

Contact Info: Pulaski BLDG 2925 Wing B/ DSN: 493-4469/4025, CIV: 0631-3406-4469 Baumholder
Smith Barracks BLDG 8106, Room 2/ DSN: 485-6228, CIV: 0678-36-6228

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/boss/> and
<http://baumholder.armymwr.com/europe/baumholder/programs/better-opportunities-single-soldiers-boss>

Leadership/Morale (cont.)

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

Service(s): Education

Description: Boy Scout's of America: Community Scouting Program & Girl Scout's of America: "Girls Grow Strong"

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/ DSN: 486-8943, CIV: 06371-86-8943 Baumholder BDLG 8876/ DSN: 485-7003, CIV: 06783-6-7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/>
and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

Lending Closet

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Services

Description: The Lending Closet will loan basic household goods for up to 60 days, to help ease the transition of a PCS. Customers may borrow dishes, silverware, pots & pans, coffee pots, irons & ironing boards, toasters, pack-and-plays, high chairs, vacuum cleaners & more!

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Marital Difficulties

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Emergency Response & Education

Description: Child Abuse and Neglect, Crisis Intervention, Domestic Violence: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Service(s): Education

Description: Communication Skills: Communicating Effectively

Description: Couple's Communication and Relationship Building: Discuss and Learn skills to communicate with your partner for life!

Description: Family Advocacy Program: Educational programs established to prevent family problems and provide support assistance.

Service(s): Counseling

Description: Military Family Life Consultant: Consulting on a personal basis, Therapy and guidance offered on an Anonymous basis.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Chaplain Services

Service(s): Support Services

Description: Strong Bonds- Training opportunities for Single Soldiers, Married Couples, and Families, are available through each unit's Unit Ministry Team. These programs offer a chance to get away and learn healthy habits for improving relationships.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for appointment. Appts scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Marital Difficulties (cont.)

Div/Dept: Mental Health Service (MHS)

Service(s): Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Mental Health Service (MHS)

Service(s): Counseling

Description: Marital Counseling: Counseling for Martial Issues.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Marital Counseling: Reduce marital discord and improve relationships.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Medical

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqsareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762, CIV: 06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Men's Issues/Men's Health

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Couple's Communication and Relationship Building: Discuss and Learn skills to communicate with your partner for life!

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Army Wellness Center (AWC)

Service(s): Programs, Services & Information

Description: Programs/services/classes designed to encourage personal responsibility and self-care to prevent disease, illness and injury. Focus is on the "Performance Triad" Nutrition, Physical Activity, Sleep, to help clients identify, modify and change risk behaviors that negatively affect their health and well-being.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,

CIV: 06371-86-5762

Service(s): Urology Clinic

Description: The Urology Clinic provides diagnosis, treatment and consultation for urogenital disorders.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) BLDG 3711, 2nd Floor/ DSN: 486-8189,

CIV: 06371-86-8189

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Mental Health Service (MHS)

Service(s): Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Men's Issues/Men's Health

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Men's Group/Women's Group: Therapy group dealing with family violence and relationship issues. The goal is to break the pattern of abusive and violent relationships.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Minor Traumatic Brain Injury (mTBI)

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762, CIV: 06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

New Parenthood

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education & Counseling

Description: Child Abuse and Neglect, Crisis Intervention, Domestic Violence: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Description: Adoption Support Group: Provides resources and support for those who are adopting or who have been adopted.

Service(s): Education

Description: Parenting Skills: Discuss ways to meet children's physical, emotional and intellectual needs. Teach good behavior and open communication.

Service(s): Counseling

Description: Military Family Life Consultant: Consulting on a personal basis, Therapy and guidance offered on an Anonymous basis.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

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

Service(s): Child Care

Description: Full day care, hourly care, part-day preschool, special openings, parent education programs: Provides child care for single/dual working parents full time, hourly care for volunteers and intermittent needs, and part-day preschool sessions during either morning or afternoon hours. Parent education classes offered monthly.

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/ DSN: 486-8943, CIV: 06371-86-8943 Baumholder BDLG 8876/ DSN: 485-7003, CIV: 06783-6-7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/> and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

New Parenthood (cont.)

Div/Dept: Community Health Nursing/ Preventive Medicine

Service(s): Treatment

Description: Immunization Program - Immunizations

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for Information

Contact Info: Landstuhl BLDG 3705/ DSN: 590-5818, CIV: 06731-86-5818

Website: https://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=814

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Parent's Group: A therapy group dealing with parenting issues in regard to child abuse and neglect. Focus on parenting history, child development, behavior management, healthy coping skills and healthy marriages.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LPMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Newcomer's Orientation

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Newcomer's Orientation and Welcome (NOW): 2-day orientation class. Day one, briefers from the community. Day two, walking tour of downtown Kaiserslautern.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Safety Office

Service(s): Advisor

Description: Occupational Safety & Health Safety Inspections and Training, Worksite Safety and Assessments, Traffic Safety, Accident Prevention, Explosive Safety, Radiation Safety.

Target Audience: All ID Card Holders

Schedule: Call for more information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4027/4040/4025, CIV: 0631-3406-4027/4040/4025 Baumholder BLDG 8689/ DSN: 485-1670, CIV: 0678-36-1670 Landstuhl DSN: 590-6566/8616, CIV: 06371-9464-6566/8616

Website: <http://www.rp.army.mil/directorates/SO/home.html>

Nutrition Education

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: New Parent Education & Support Program : Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits. NOT JUST FOR 1ST TIME PARENTS.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Nutrition Education (cont.)

Div/Dept: Army Wellness Center (AWC)

Service(s): Programs, Services & Information

Description: Programs/services/classes designed to encourage personal responsibility and self-care to prevent disease, illness and injury. Focus is on the "Performance Triad" Nutrition, Physical Activity, Sleep, to help clients identify, modify and change risk behaviors that negatively affect their health and well-being.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Dental Clinic (DC)

Service(s): Screening

Description: Multiple Health Concerns, Screening and Counseling

Target Audience: Active Duty, Families

Schedule: Call for appointment

Contact Info: Pulaski BLDG 2921, Landstuhl BLDG 3703/ DSN: 493-4446/4443, CIV: 0631-3406-4446/4443

Div/Dept: Nutrition Care Division (NCD)

Service(s): Education

Description: Healthy Heart Class: Informs patients/clients of the latest cardiac information and provides the first steps to a healthier lifestyle.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for the schedule

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 590-7144, CIV: 06731-86-7144

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Div/Dept: Ramstein Health & Wellness Center

Service(s): Education

Description: Please call Ramstein's Health and Wellness Center for more information

Target Audience: All ID Card Holders

Schedule: Contact for more information

Contact Info: Ramstein BLDG 2117A/ DSN: 480-4249/2160, CIV: 06371-47-4249/2160

Website: http://www.usafefitness.org/GoodIdeas.htm#Ram_HAWC_SS

Div/Dept: Women, Infants & Children (WIC) Overseas Program

Service(s): Education & Counseling

Description: Nutrition/Breastfeeding education, counseling, and supplemental nutritious foods are program services provided to eligible participants overseas. Those who may be eligible include pregnant, post-partum, breastfeeding women, infants, and children to age 5.

Target Audience: Active Duty, Civilian employees of a "military department", DoD contractors, and Family members

Schedule: Call for more information

Contact Info: Ramstein BLDG 2118/ DSN: 480-4466, CIV: 06371-47-4466

Website: <http://www.tricare.mil/wic/>

Pain Management

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Anesthesia Interventional Pain Management

Description: The LRMC Anesthesia Interventional Pain Management Clinic offers a comprehensive range of services for patients suffering from chronic pain.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for More Information

Contact Info: LRMC, BLDG 3711, 2nd Floor/ DSN: 590-7522, CIV: 06371-86-7522

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=351

Pet Care/Veterinary Services

Div/Dept: Veterinary

Service(s): Veterinary care for pets/animals

Description: The clinic provides preventive medical care (vaccination, deworming, examinations, etc.), sick call appointments, elective surgical procedures and limited emergency care during clinic hours. We have x-ray, limited ultrasound, and in-house laboratory capability. We do not have hospitalization capability.

Target Audience: All ID Card Holders

Schedule: Monday-Friday 0730-1600 (not closed for lunch) Closed on US Federal Holiday and Last day of every month

Contact Info: Pulaski BLDG 2928/ DSN: 493-4444, CIV: 0631-3406-4444 Baumholder BLDG 8758/ DSN: 4856366/7555, CIV: 06783-6-6636/7555

Website: <http://phc.amedd.army.mil/topics/foodwater/ifs/Pages/default.aspx>

Physical Therapy

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Physical Medicine and Rehabilitation Service

Description: The Physical Medicine service provides quality care to patients with musculoskeletal and neurological disorders. Evaluation techniques, including electro diagnosis (EMG/NCS), lead to treatment with an emphasis on decreasing pain and restoring function.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for More Information

Contact Info: LRMC, Wing 12A/ DSN: 486-6807, CIV: 06371-86-6807

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Physical Therapy

Service(s): Medical Treatment

Description: Evaluate, treat, monitor, and re-evaluate musculoskeletal injuries and impairments.

Description: Knee class: education in group setting during exercise class for knee stability, strength, and functional movement improvement to resolve lower extremity injuries

Description: Back class: education in group setting during exercise class for core muscular endurance and functional movement improvement to resolve back pain/injuries

Target Audience: Active Duty

Schedule: Must be approved by DPT

Contact Info: Baumholder Health Clinic/ DSN: 485-6357, CIV: 0678-36-6357

Pregnancy

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: New Parent Education & Support Program : Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits. NOT JUST FOR 1ST TIME PARENTS.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-ac/>

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Labor and Delivery

Description: Labor & Delivery Services. LRMC Labor & Delivery is the only U.S. referral center for high-risk obstetric patients serving DoD beneficiaries and family members throughout Europe, Western Asia and Africa, with an active Storknest program for expectant mothers in remote locations.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for More Information

Contact Info: LRMC BDG 3711/ DSN: 486-8208, CIV: 06371-86-8208

Service(s): Postpartum/Newborn Care Ward

Description: 19 bed/18 bassinet unit providing family-centered care with 24 hour rooming-in for mothers and newborn infants following delivery. Women with high-risk pregnancy complications are referred from throughout the European theater and are also be cared for on this unit prior to delivery.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for More Information

Contact Info: LRMC BLDG 3763, 2nd Floor/ DSN: 486-8335, CIV: 06371-86-8335

Service(s): Neonatal Intensive Care Unit

Description: 12 bed level II/III nursery providing comprehensive care for critically ill newborns. Referral center for European theater; staff provides care/transport for both incoming and outgoing air evacuation missions.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for More Information

Contact Info: LRMC BLDG 3711, 2nd Floor/ DSN: 486-8220, CIV: 06371-86-8220

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=73

Div/Dept: Ramstein Health & Wellness Center

Service(s): Education

Description: Please call Ramstein's Health and Wellness Center for more information

Target Audience: All ID Card Holders

Schedule: Contact for more information

Contact Info: Ramstein BLDG 2117A/ DSN: 480-4249/2160, CIV: 06371-47-4249/2160

Website: http://www.usafefitness.org/GoodIdeas.htm#Ram_HAWC_SS

Pregnancy (cont.)

Div/Dept: Women, Infants & Children (WIC) Overseas Program

Service(s): Education & Counseling

Description: Nutrition/Breastfeeding education, counseling, and supplemental nutritious foods are program services provided to eligible participants overseas. Those who may be eligible include pregnant, post-partum, breastfeeding women, infants, and children to age 5.

Target Audience: Active Duty, Civilian employees of a "military department", DoD contractors, and Family members

Schedule: Call for more information

Contact Info: Ramstein BLDG 2118/ DSN: 480-4466, CIV: 06371-47-4466

Website: <http://www.tricare.mil/wic/>

Religious Services

Div/Dept: Chaplain Services

Service(s): Support Services

Description: Several weekly worship services are offered. The Air Force Chapels in the area offer great worship opportunities.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts are scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/ DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Service(s): Religious Services

Description: Protestant Worship services and Catholic Mass available

Target Audience: All ID Card Holders

Schedule: Please see website for schedule

Contact Info: Landstuhl BLDG 3773/ DSN: 493-4229, CIV: 0631-3406-4229

Website: <http://www.kaiserslautern.army.mil/sites/installation/worship%20schedule.html>

Relocation Assistance

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education & Services

Description: Relocation Readiness provides valuable information to Military members, Civilians, and Families relocating to or from the USAG Rheinland-Pfalz Community. Classes and briefings are presented for community members at ACS facilities.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Safety

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Safety Office

Service(s): Advisor

Description: Occupational Safety & Health Safety Inspections and Training, Worksite Safety and Assessments, Traffic Safety, Accident Prevention, Explosive Safety, Radiation Safety.

Target Audience: All ID Card Holders

Schedule: Call for more information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4027/4040/4025, CIV: 0631-3406-4027/4040/4025
Baumholder BLDG 8689/ DSN: 485-1670, CIV: 0678-36-1670 Landstuhl DSN: 590-6566/8616, CIV: 06371-9464-6566/8616

Website: <http://www.rp.army.mil/directorates/SO/home.html>

Self Care

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LPMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: New Parent Education & Support Program : Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits. NOT JUST FOR 1ST TIME PARENTS.

Service(s): Counseling

Description: Military Family Life Consultant: Consulting on a personal basis, Therapy and guidance offered on an Anonymous basis.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Self Care (cont.)

Div/Dept: Army Wellness Center (AWC)

Service(s): Programs, Services & Information

Description: Programs/services/classes designed to encourage personal responsibility and self-care to prevent disease, illness and injury. Focus is on the "Performance Triad" Nutrition, Physical Activity, Sleep, to help clients identify, modify and change risk behaviors that negatively affect their health and well-being.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Community Health Nursing/ Preventive Medicine

Service(s): Screening, Treatment & Education

Description: HIV/AIDS Training: HIV/AIDS awareness, understanding and prevention training offered

Description: STD Counseling: STD awareness, understanding and prevention training offered.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for Information

Contact Info: Landstuhl BLDG 3705/ DSN: 590-5818, CIV: 06731-86-5818

Website: https://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=814

Div/Dept: Health Clinics (HC)

Service(s): Screening & OTC Meds provided at Pharmacy

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Mental Health Service (MHS)

Service(s): Education & Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Self Esteem

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Self Esteem (cont.)

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education & Counseling

Description: Army Family Team Building: Making a strong Army Family. Three levels of training.
Description: Military Family Life Consultant: Consulting on a personal basis, Therapy and guidance offered on an Anonymous basis

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Mental Health Service (MHS)

Service(s): Education & Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling & Education

Description: Counseling Services Available.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Sexual Assault

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Assistance, Emergency Response

Description: Sexual Assault Response Coordinator (SARC) is available 24 hours a day, 7 days a week to respond to victims of Sexual Assault.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Better Opportunities for Single Soldiers (BOSS)

Service(s): Awareness, Education

Description: The Better Opportunities for Single Servicemembers (BOSS) program represents the voice of the single servicemember. If you're a single servicemember, BOSS members advocate for you by advancing quality of life issues on the installation, and in the barracks, to senior leaders on post and throughout the Army. "Let Your Voice Be Heard".

Target Audience: Single Soldiers and Service Members

Schedule: Visit the website for more info

Contact Info: Pulaski BLDG 2925 Wing B/ DSN: 493-4469/4025, CIV: 0631-3406-4469 Baumholder Smith Barracks BLDG 8106, Room 2/ DSN: 485-6228, CIV: 0678-36-6228

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/boss/> and <http://baumholder.armymwr.com/europe/baumholder/programs/better-opportunities-single-soldiers-boss>

Sexual Assault (cont.)

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Sexual Harrassment

Div/Dept: Equal Employment Opportunity (EEO)

Service(s): Education

Description: To assist you in understanding the subject matter of Preventing and Addressing Sexual Harassment.

Target Audience: All ID Card Holders

Schedule: Call for calendar of classes

Contact Info: Pulaski BLDG 2925, Baumholder Command BLDG/ DSN: 493-4002/4277, CIV 0631-3406-4002/4227

Single Parenting

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Child Abuse and Neglect, Crisis Intervention, Domestic Violence: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762, CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Single Parenting (cont.)

Div/Dept: Mental Health Service (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: A therapy group dealing with parenting issues in regard to child abuse and neglect. Focus on parenting history, child development, behavior management, healthy coping skills and healthy marriages.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Sleep Issues

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762, CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Special Needs Accommodation Process

Div/Dept: Equal Employment Opportunity (EEO)

Service(s): Support Services

Description: Please contact if you have any special needs or needs for accommodation in the workplace

Target Audience: All ID Card Holders

Schedule: Call for calendar of classes

Contact Info: Pulaski BLDG 2925, Baumholder Command BLDG/ DSN: 493-4002/4277, CIV 0631-3406-4002/4227

Spiritual Fitness

Div/Dept: Chaplain Services

Service(s): Support Services

Description: Catholic Religious Education - Preparation for First Communion and Confirmation
Protestant Women of the Chapel (PWOC) - one of the most active groups. Ladies meet at Daenner Chapel and Roch Chapel for fellowship and study.

Target Audience: All Soldiers, Family Members and DoD Civilians

Schedule: Call the Garrison Chaplains Office for an appointment Appts are scheduled during normal duty hours.

Contact Info: Pulaski BLDG 2919/ DSN: 493-4098, CIV: 0631-3406-4098/ Baumholder BLDG 8335/
DSN: 485-1570, CIV: 06783-6-1570

Website: <http://www.kaiserslautern.army.mil/directorates/RSO/default.html>

Sponsorship Assistance

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education & Services

Description: Relocation Readiness provides valuable information to Military members, Civilians, and Families relocating to or from USAG Rheinland-Pfalz. Classes and briefings are presented for community members at ACS facilities

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

STI/STD- Counseling

Div/Dept: Community Health Nursing/ Preventive Medicine

Service(s): Screening, Treatment and Education

Description: HIV/AIDS Training: HIV/AIDS awareness, understanding and prevention training offered
Service(s): Counseling

Description: STD Counseling: STD awareness, understanding and prevention training offered.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for Information

Contact Info: Landstuhl BLDG 3705/ DSN: 590-5818, CIV: 06731-86-5818

Website: https://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=814

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,
CIV:06371-86-5762

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Stress Management

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Anger Management & Stress Management Classes: Managing Anger and Stress effectively to improve communication.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Army Wellness Center (AWC)

Service(s): Coaching, Education

Description: The emWave Stress Relief System (Biofeedback) offers a comprehensive, safe and effective self-regulation approach to stress management, prioritized to the individual client's needs. Clients with anger management, anxiety, adjustment and learning issues are a few examples of good candidates.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Mental Health Service (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Stress Management (cont.)

Div/Dept: Social Work Services (SWS)

Service(s): Counseling & Education

Description: Anger and stress management.

Service(s): Counseling

Description: To enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Suicide Prevention/Intervention

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Counseling

Description: Military Family Life Consultant: Consulting on a personal basis, Therapy and guidance offered on an Anonymous basis.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Director of Emergency Services (DES)

Service(s): Emergency Response

Description: Emergency response and emergency referral can be provided through the Military Police 24 hours a day.

Target Audience: All DoD ID Card Holders

Schedule: 24/7 Operation

Contact Info: Any Emergency at 112, Military Police at 114, Fire Department at 117

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Mental Health Service (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Tax Assistance

Div/Dept: Law Center

Service(s): Legal Assistance

Description: Tax Assistance Services

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Open January-June; Call for more information

Contact Info: Landstuhl BLDG 3701/ DSN: 486-6334, CIV: 06371-86-6334 Pulaski BLDG 2886/ DSN: 493-4300, CIV: 0631-3406-4300

Teen Issues

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: Teens 13-18

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

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

Service(s): Education

Description: Boy Scout's of America: Community Scouting Program & Girl Scout's of America: "Girls Grow Strong"

Target Audience: All ID card holders in high school or younger

Schedule: Call for information

Contact Info: Pulaski BLDG 2898/ DSN: 493-4122/4516, CIV: 0631-3406-4122/4516 Landstuhl BLDG 3810/ DSN: 486-8943, CIV: 06371-86-8943 Baumholder BLDG 8876/ DSN: 485-7003, CIV: 06783-6-7003

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/categories/cys-services/>
and <http://baumholder.armymwr.com/europe/baumholder/categories/cys-services/>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,
CIV:06371-86-5762

Service(s): Pediatric Clinic

Description: 9-bed inpatient unit with a 2-bed observation area caring for children with acute and chronic illness from infancy through adolescence.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Contact Info: Landstuhl Regional Medical Center (LRMC) BLDG3762, Ward 6D, 2nd Floor/ DSN: 486-8503,
CIV:06371-86-8503

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFInfo_id=68

Time Management

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Army Family Team Building: Making a strong Army Family. Three levels of training.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Tobacco Cessation (Adult/Teen)

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Education

Description: Helping teens abstain from the use of tobacco through personal or group counseling.

Target Audience: Teens

Schedule: Call for appointment and schedules

Contact Info: Kaiserslautern MS/HS DSN: 489-7541, CIV: 0631-536-7300/ Baumholder MS/HS DSN: 485-6432, CIV: 06783-6-6432, LRMC DSN: 486-6116, CIV: 06371-86-6116

Website: <http://www.asacs.org/>

Div/Dept: Army Wellness Center (AWC)

Service(s): Education

Description: If you want to learn more about the effects of tobacco use on your health or you're thinking about quitting or helping a loved one or friend quit, this class is for you. One hour, offered monthly, appointment required.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Dental Clinic (DC)

Service(s): Screening, Treatment & Counseling

Description: Multiple Health Concerns, Screening and Counseling

Target Audience: Active Duty, Families

Schedule: Call for appointment

Contact Info: Pulaski BLDG 2921, Landstuhl BLDG 3703/ DSN: 493-4446/4443, CIV: 0631-3406-4446/4443

Div/Dept: Ramstein Health & Wellness Center

Service(s): Education

Description: Please call Ramstein's Health and Wellness Center for more information

Target Audience: All ID Card Holders

Schedule: Contact for more information

Contact Info: Ramstein BLDG 2117A/ DSN: 480-4249/2160, CIV: 06371-47-4249/2160

Website: http://www.usafefitness.org/GoodIdeas.htm#Ram_HAWC_SS

Translation Service

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Assistance

Description: Assistance translating documents, bills and more.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Travel Medicine

Div/Dept: Community Health Nursing/ Preventive Medicine

Service(s): Treatment

Description: Immunization Program: Immunizations, Pre/Post Deployment Health Briefings. Target

Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for Information

Contact Info: Landstuhl BLDG 3705/ DSN: 590-5818, CIV: 06731-86-5818

Website: https://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=814

Victim Advocacy/Support

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Assistance, Emergency Response

Description: Sexual Assault Response Coordinator (SARC) is available 24 hours a day, 7 days a week to respond to victims of Sexual Assault.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Volunteering

Div/Dept: American Red Cross (ARC)

Service(s): Services

Description: Volunteer opportunities within Administration, Health Clinic, Health & Safety, Emergency Communications and Leadership roles.

Target Audience: All ID Card Holders

Schedule: Call for information

Contact Info: Kleber Kaserne BLDG 3245/ DSN: 483-8702/8722, CIV: 06314-11-8702/8722 Landstuhl BLDG 3794/ DSN: 486-7298, CIV: 06371-86-7298/8126 Ramstein BLDG 2118/ DSN: 480-2171/5464, CIV: 06371-47-2171/5464

Website: <http://kmc.redcross.org/index.html>

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Volunteering opportunities and volunteer professional development classes are offered.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Better Opportunities for Single Soldiers (BOSS)

Service(s): Awareness, Education

Description: The Better Opportunities for Single Servicemembers (BOSS) program represents the voice of the single servicemember. If you're a single servicemember, BOSS members advocate for you by advancing quality of life issues on the installation, and in the barracks, to senior leaders on post and throughout the Army.

"Let Your Voice Be Heard".

Target Audience: Single Soldiers and Service Members

Schedule: Visit the website for more info

Contact Info: Pulaski BLDG 2925 Wing B/ DSN: 493-4469/4025, CIV: 0631-3406-4469 Baumholder Smith Barracks BLDG 8106, Room 2/ DSN: 485-6228, CIV: 0678-36-6228

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/boss/> and <http://baumholder.armymwr.com/europe/baumholder/programs/better-opportunities-single-soldiers-boss>

Water Safety

Div/Dept: Ramstein Aquatic Center

Service(s): Education

Description: Lifeguarding Course: Shows skills necessary to recognize aquatic emergencies and administer the appropriate care until a higher level of care is available

Target Audience: All ID Card Holders

Schedule: Contact for more information

Contact Info: Ramstein Aquatics Center/ DSN: 487-7665, CIV: 06731-405-7665

Website: <http://www.86fss.com/RamsteinAquaticsCenter.html>

Women's Issues/Women's Health

Div/Dept: Army Community Service (ACS), FAP & SARC

Service(s): Education

Description: Couple's Communication and Relationship Building: Discuss and Learn skills to communicate with your partner for life!

Description: Military Family Life Consultant: Consulting on a personal basis, Therapy and guidance offered on an Anonymous basis.

Target Audience: All ID Card Holders

Schedule: Visit the website for more information and calendar.

Contact Info: Pulaski BLDG 2891 and 2917/ DSN: 493-4203, CIV: 0631-3406-4203

Website: <http://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs/>

Div/Dept: Army Wellness Center (AWC)

Service(s): Programs, Services & Information

Description: Programs/services/classes designed to encourage personal responsibility and self-care to prevent disease, illness and injury. Focus is on the "Performance Triad" Nutrition, Physical Activity, Sleep, to help clients identify, modify and change risk behaviors that negatively affect their health and well-being.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Health Clinics (HC)

Service(s): Screening, Counseling & Treatment

Description: Multiple health Concerns, Screening and Counseling

Target Audience: All Enrollees/beneficiaries assigned to Kaiserslautern area

Schedule: Call for Appointment

Contact Info: Kleber BLDG 3287/ DSN: 483-1750, CIV: 0631-411-1750

Website: <http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/kleber.aspx>

Div/Dept: Landstuhl Regional Medical Center (LRMC)

Service(s): Family Medicine Clinic

Description: The LRMC Family Medicine Clinic at Landstuhl Regional Medical Center offers continuing, comprehensive health care for all age groups.

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 1A/B/ DSN: 486-5762,

CIV: 06371-86-5762

Service(s): Obstetrics and Gynecology

Description: Patient care before, during & after obstetrical & gynecologic procedures.

Contact Info: Landstuhl Regional Medical Center (LRMC) Ward 7B/ DSN: 486-8124,

CIV: 06371-86-8124

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for more information

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68

Women's Issues/Women's Health (cont.)

Div/Dept: Mental Health Service (MHS)

Service(s): Screening & Counseling

Description: Individual Evaluations & Counseling - Counseling services are available to families with a focus on problems exhibited including depression, anxiety, psychiatric issues, deployment issues, and anger.

Service(s): Counseling

Description: Marital Counseling: Counseling for Martial Issues

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Space Available

Contact Info: Landstuhl Regional Medical Center/ DSN: 486-7276 Adults/ 486-6037 Children, CIV: 06371-86-7276 Adults/ 06371-86-6037 Children

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Women's Group: Therapy group dealing with family violence and relationship issues. The goal is to break the pattern of abusive and violent relationships.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for an appointment

Contact Info: LRMC BLDG 3757/ DSN: 590-5847, CIV: 06371-9464-5847 Baumholder BLDG 8742/ DSN: 485-7411, CIV: 06783-6-7411

Worksite Safety

Div/Dept: Occupational Health

Service(s): Education

Description: Ergonomics, Hearing Conservation, Injury Prevention: Education, consultations for the prevention of work related injuries.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4170/4026, CIV: 0631-3406-4170/4026 LRMC/DSN: 486-8637/8754, CIV: 06731-86-8637/8754

Div/Dept: Safety Office

Service(s): Advisor

Description: Occupational Safety & Health Safety Inspections and Training, Worksite Safety and Assessments, Traffic Safety, Accident Prevention, Explosive Safety, Radiation Safety.

Target Audience: All ID Card Holders

Schedule: Call for more information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4027/4040/4025, CIV: 0631-3406-4027/4040/4025 Baumholder BLDG 8689/ DSN: 485-1670, CIV: 0678-36-1670 Landstuhl DSN: 590-6566/8616, CIV: 06371-9464-6566/8616

Website: <http://www.rp.army.mil/directorates/SO/home.html>

Workplace Violence

Div/Dept: Safety Office

Service(s): Advisor

Description: Occupational Safety & Health Safety Inspections and Training, Worksite Safety and Assessments, Traffic Safety, Accident Prevention, Explosive Safety, Radiation Safety.

Target Audience: All ID Card Holders

Schedule: Call for more information

Contact Info: Pulaski BLDG 2925/ DSN: 493-4027/4040/4025, CIV: 0631-3406-4027/4040/4025
Baumholder BLDG 8689/ DSN: 485-1670, CIV: 0678-36-1670 Landstuhl DSN: 590-6566/8616, CIV:
06371-9464-6566/8616

Website: <http://www.rp.army.mil/directorates/SO/home.html>

Weight Management

Div/Dept: Army Wellness Center (AWC)

Service(s): Testing, Coaching

Description: Metabolic and Fitness Assessments, monthly coaching sessions and a variety of tools designed to support weight management and maintaining a healthy lifestyle. Appointments required.

Target Audience: All DoD Card Holders

Schedule: Call for appointment

Contact Info: LRMC, Bldg. 3722 (Co-located with Fitness Center)/ DSN: 590-5881, CIV: 06371-9464-5881

Website: usarmy.landstuhl.medcom-ermc.mbx-awc@mail.mil, also find us on LRMC Facebook

Div/Dept: Nutrition Care Division (NCD)

Service(s): Education

Description: Weight Class: Classes and assessment of weight management. Offers education based on diet, activity and behaviors.

Description: Diabetes Class: Introduces the client to an interdisciplinary treatment program as it relates to Diabetes

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for the schedule

Contact Info: Landstuhl Regional Medical Center (LRMC)/ DSN: 590-7144, CIV: 06731-86-7144

Website: http://ermc.amedd.army.mil/landstuhl/services.cfm?MTFinfo_id=68