

Blackhawk Outreach

"Opportunities for Inspiring Our Soldiers, Families, & Civilians to Pursue Excellence"



FALL 2015

171st Infantry Brigade



A BLACKHAWK SOLDIER...

- Knows the standard and sets it for Fort Jackson
- Is easily identified in & out of uniform by their demeanor & overall attitude towards others
- A Blackhawk is a professional
- Always shows the utmost respect towards Officers, NCOs, and civilians
- Takes pride in their unit and country.
- Is a Soldier 24/7, always ready for the next task at hand
- Is always willing to help out any Soldier day or night.
- Sets the standard for PT at Fort Jackson
- Is physically, mentally and emotionally strong
- Is constantly seeking ways to improve.
- Is always focused on others and the team

We are NOT average Soldiers, we are Blackhawks!



REPLY TO
ATTENTION OF:

ATZJ-D

DEPARTMENT OF THE ARMY
171st INFANTRY BRIGADE (BLACKHAWK)
3330 MAGRUDER AVENUE
FORT JACKSON, SC 29207



30 Sep 2014

Soldiers, Civilians, and Families of the Blackhawk Brigade,

Welcome to the new Blackhawk Outreach program. Based on feedback from you all, we've changed the name from Blackhawk University to remove an impression that this program was focused on school and classes. On the contrary, while the name has changed, the roots of this program remain focused simply on promoting opportunities for personal growth. Those opportunities come in many forms – they could include classes if you so choose, but they could also include MWR trips, recreational activities, spiritual events, and so on. Essentially, this program will highlight opportunities and perhaps help inspire action for every member of the team to become better in some respect.

Ideally, this program should also help connect our teammates to the community – both Fort Jackson and the Columbia midlands region. The more we are involved in activities outside of work, the more we strengthen bonds between the military and our hosts in the Columbia area, to the benefit of us all.

This catalog and the Blackhawk Outreach program remain organized to highlight opportunities in five categories: physical, mental, emotional, spiritual, and family/social. There is nothing mandated in this program, but hopefully each of you finds something of interest in a category where you either find enjoyment or see a need for self-improvement. The desired endstate for each of us should be to grow stronger across these dimensions. This program can help identify opportunities for such growth, but it requires action and follow-through to then make it happen. We encourage you to take time to explore what is offered here, and then get after it.

“Train for Victory!”

CHRISTOPHER J. MENTON
CSM, U.S. Army
Command Sergeant Major

H. CLINT KIRK
COL, IN
Commanding

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Fall 2015 Digital Brochure User Guide

Blackhawk Outreach offers a comprehensive electronic brochure that will allow you to view programs available at Fort Jackson, and the local area, during the months of October through December 2015.

On your computer, this brochure works best when viewed in “Full Screen Mode”.

On your mobile device (Smartphone or Tablet), this brochure automatically reformats for viewing on the device. As a PDF file, the brochure can be stored in numerous free Apps available.

This brochure also contains hyperlinks which will direct you a specific section, page, email, or the program’s website after you click it. Hyperlinks will either appear in [Blue, Underlined Text](#) or as one of the following icons. It’s as simple as one click.

Seize Opportunities by Planning Today!



171ST INFANTRY BRIGADE
BLACKHAWKS



Blackhawk Outreach

"Opportunities for Inspiring Our Soldiers, Families, & Civilians to Pursue Excellence"

- Gather and highlight the resources of the brigade, post and community in one catalogue.
- Ignite imagination and open doors to activities that may never have been advertised or offered previously.
- Allow our Soldiers and Families to pursue new goals and continue to build strength and resilience in a multitude of venues and activities.
- Allow our Soldiers, Civilians, and Families to embrace a challenge and seek opportunities in the pursuit of excellence at Fort Jackson and in the larger Columbia community

171st Infantry Brigade

Physical

Mental

Emotional

Family-
Social

Spiritual

The Foundation – The Pillars of Strength

What is Blackhawk Outreach?

Blackhawk Outreach is a program that promotes comprehensive fitness (physical, mental, emotional, family, social, and spiritual) and encourages personal and professional growth through participation in extracurricular activities.

Through personal and professional growth, Soldiers, Family members and Army Civilians perform better, improve unit readiness, and optimize their overall quality of life.

We encourage you to share this brochure with your family, colleagues, and/or friends.

FALL 2015 (FORT JACKSON)

OCTOBER

Fire Prevention Kickoff
03 October

Army 10 Miler
11 October

Boxing Smoker
17 October

**Stop the Violence
Aerobathon**
24 October

Terror at Twin Lakes
24 October

Oktoberfest
24 October

Halloween Howl 5K
31 October

NOVEMBER

**Foreign Born Spouse Tour
of Charleston**
07 November

Charleston Day Trip
21 November

Turkey Trot 5K
21 November

**Military Appreciation Fun
Fair**
21 November

DECEMBER

Merry Fitness
01 December

Concord Mills, NC
05 December

Jingle Bell 5K
12 December

Fort Jackson Boxing Smoker

DESCRIPTION: If you are a man or a woman and want to unleash your inner Rocky, try boxing. This is a combat sport in which two people wearing boxing gloves are fighting their opponent with their fists. Boxing is great at increasing fitness, stamina, agility, and strength.

CATEGORY: Physical, Mental

DATE/TIME: 17 October from 1800-2100

LOCATION: Fort Benning, GA

COST: Free

POC: Boxers should contact Mike Garcia at 751-7146

to sign up. For event information call Cindi Keene @ 751-3096.



Army Sports Program

DESCRIPTION: Army Sports Program is designed for active duty Soldiers to participate in battalion/brigade level competitions. **Football, Bowling, and Beach Volleyball,** are the scheduled sports. For more information, contact Mike Garcia at 751-7146 (michael.j.garcia5.naf@mail.mil) or your brigade sports representative.

Category: Physical, Social



First Friday Golf Tournament

Description: Captain's choice - Net score only, handicap based on 25% of the average of the two lowest handicaps in the group- minimum team handicap of 40 with no one handicap counting more than 20% of the team total. Mulligans available for \$5 per person. Entry fee - \$10 per person for food and prizes plus all applicable fees.

Category: Physical, Mental, Social

Date/Time: 02 October; 1300 Shotgun Start

Location: Wildcat Course

Sign up: Call 787-4437 or sign up on bulletin board in the Pro Shop.



FIRST FRIDAY GOLF TOURNAMENT
1300 SHOTGUN START
ON WILDCAT COURSE

Fire Prevention Kick Off

Fun and games for the entire family

CATEGORY: Family/Social

LOCATION: Fort Jackson Fire Department

DATE/TIME: 03 October (1000-1400)

COST: Free event

For more information, contact Chuck Stoudemire @ 803-751-0891.



Stop the Violence Aerobathon

Free event to promote domestic violence awareness

CATEGORY: Family/Social

LOCATION: Solomon Center

DATE/TIME: 24 October 1000-1200

COST: Free Event

For more information please call Pam Long(803)751-3700



Terror At Twin Lakes

Haunted trail for the entire family to enjoy

CATEGORY: Family/Social

LOCATION: Twin Lakes

DATE/TIME: 24 October at 1830

COST: Free Event for ID Card Holders

For more information, contact Mark Smyers @ 803-751-8707.

Oktoberfest

Enjoy Oktoberfest, one of the biggest German celebrations with music, food, dancing and drinks. Located in the foothills of the Blue Ridge Mountains, Helen is a recreation of an Alpine Village.

CATEGORY: Family/Social

LOCATION: Marion Street Station

DATE/TIME: 24 October, 0600-2200

COST: \$19 per person includes transportation only.

For more information, contact Kristen Gripp @ 803-751-5589.



Foreign Born Spouse Tour of Charleston

For all Foreign Born Spouses and their families (ID Card Holders). Tour is followed by lunch and a shopping spree at Tanger Outlet Mall.

CATEGORY: Family/Social

DATE/TIME: 07 November, 0700-1900

COST: Trip and Tour are free BUT lunch and shopping at your own expense.

Seats are limited and are reserved on a first come, first serve basis. Please reserve your seat NLT 14 October 2015.

For more information contact Patricia Guillory at (803) 751-9770.



Charleston Day Trip

Fun day of sight seeing and exploring the historic downtown areas. Then shopping with lunch in one of the many restaurants downtown Charleston has to offer.

CATEGORY: Family/Social

LOCATION: Marion Street Station

DATE/TIME: 21 November, 0800-1900

COST: \$19 per person includes transportation only.

For more information or reservations contact Marion Street Station (803) 751-3484.



Military Appreciation Fun Fair

Carnival rides, games, bounce house, and slide!! Hey Kids, grab a flyer and color the clown and bring your finished picture to the military family appreciation fun fair to get a FREE PRIZE!!!!

CATEGORY: Family/Social

LOCATION: Solomon Center

DATE/TIME: 21 November, 1000-1400

COST: Free Event and open to the Fort Jackson Community

For more information, call 751-4865.



Merry Fitness

CATEGORY: Family/Social

LOCATION: Meet at Marion Street Station

DATE/TIME: 01 December

COST: Free

For more information, contact Pam Long at 803-751-3700



Concord Mills, NC

CATEGORY: Family/Social

LOCATION: Meet at Marion Street Station

DATE/TIME: 05 December, 0800-1800

COST: \$19 per person includes transportation only

For more information, contact Marion Street Station @



MWR 5K Fun Run/Walk Events

Call Cindi Keene @ 803-751-3096

*Pre-Registration and t-shirt sales can be done online

**Late registration is from 0630-0745 on the event day.

Army 10 Miler

Category: Physical, Social

Date/Time: 11 October @ 0800

Location: Pentagon, Washington, D.C



Halloween Howl 5K Run/Walk

Category: Physical, Social

Date/Time: 31 October @ 0800

Location: Twin Lakes

Cost: Free to all ID card holders

Turkey Trot 5K Run/Walk

Category: Physical, Social

Date/Time: 21 November @ 0800

Location: Semmes Lake

Cost: Free to all ID card holders



Jingle Bells 5K Fun Run/Walk

Category: Physical, Social

Date/Time: 12 September @ 0800

Location: Twin Lakes Recreation Area

Cost: Free to all ID card holders



The Pathway to Better Weight Management

DESCRIPTION: This introductory class is part of our multi-faceted weight management program utilizing individual and group settings to develop and hone the knowledge, skills and support needed to implement and maintain proper weight management.

CATEGORY: Physical, Emotional

LOCATION: Moncrief Hospital, Room 2152 (Ground Floor – Check in at Integrated Health Clinic)

TIME: 3rd Wed of Every Month (1300-1400)

ENROLLMENT: Call 751-2496

COST: \$0 for TRICARE Beneficiaries

EQUIPMENT: None

POC: 1LT Laura Newman/751-2489

laura.a.newman4.mil@mail.mil



Army MOVE!

DESCRIPTION: Program involves facilitated group discussion to help Soldiers meet Army height and weight standards. The sessions are a requirement of the Army Body Composition Program IAW AR 600-9; however those not on the program are welcome to attend.

CATEGORY: Physical, Emotional

LOCATION: Moncrief Hospital, Room 2152 (Ground Floor of MACH)

TIME: 3rd Wed of Every Month (0830-0930)

ENROLLMENT: Call 751-2496

COST: \$0 for TRICARE Beneficiaries

EQUIPMENT: None

POC: 1LT Laura Newman/751-2489

laura.a.newman4.mil@mail.mil



Get Quality Sleep



Engage in Activity



Improve Nutrition

Have a Heart (You Only Get One):
Cholesterol and Blood Pressure Management

DESCRIPTION: Comprehensive class discussing ways to lower cholesterol, and blood pressure through lifestyle modifications.

CATEGORY: Physical, Emotional

LOCATION: Moncrief Hospital, Room 2152 (Ground Floor – Check in at Integrated Health Clinic)

TIME:

14 October 1030-1130

25 November 1030-1130

28 October 1430-1530

09 December 1030-1130

ENROLLMENT: Call 751-2496

COST: \$0 for TRICARE Beneficiaries

EQUIPMENT: None

POC: 1LT Laura Newman/751-2489/

laura.a.newman4.mil@mail.mil



Diabetes Roundtable

DESCRIPTION: Based around shared learning/support group model where small group discussion, troubleshooting, and diabetes management through diet and lifestyle changes is conducted.

CATEGORY: Physical, Emotional

LOCATION: Moncrief Hospital, Room 2152 (Ground Floor – Check in at Integrated Health Clinic)

TIME:

0830-0930 = 07 October, 04 November, 02 December

0900-1000 = 16 October, 13 November, 11 December

1000-1100 = 23 October

ENROLLMENT: Call 751-2496

COST: \$0 for TRICARE Beneficiaries

EQUIPMENT: None

POC: 1LT Laura Newman/751-2489/

laura.a.newman4.mil@mail.mil



Resume Writing and Interviewing Skills Workshop

DESCRIPTION: Class will cover the basics of resume building.

CATEGORY: Mental, Family

LOCATION: Strom Thurmond Bldg Rm. 222

DATES/TIME: 20 October from 0900-1200

For more information call 803-751-5256 or email Barbara Martin at

barbar.l.martin10.civ@mail.mil

Pre-registration is required.

Banking, Budgeting, Checkbook Maintenance & Auto Loans 101

DESCRIPTION: Class will cover the basics of money management and car buying.

CATEGORY: Mental, Family

LOCATION: Education Center, Room 206B

DATES/TIME: 22 October from 1130-1300

For more information, contact Christine Julius at christine.m.julius2.civ@mail.mil or 803-751-5256

Simple Steps to Starting Your Business

DESCRIPTION: The ACS Employment Readiness Program has partnered with SCORE to bring this dynamic, interactive program to Fort Jackson. Must attend all 5 Sessions. Targeted toward military spouses but open to everyone

CATEGORY: Mental, Family

LOCATION: Education Center, Room 206B

DATES/TIME: 03, 09, 16, 23, 30 October from 0900-1200

For more information or to pre-register, contact ACS at (803) 751-5256 or email Barbara, l, martin10.civ@mail.mil

Steps to Federal Employment for Military Spouses

DESCRIPTION: Targeted to military spouses, but open to all military and DOD ID Card Holders.

Preregistration is required.

CATEGORY: Family, Mental

DATE/TIME: 23 October (0900-1130)

LOCATION: Strom Thurmond Bldg., Room 222

Registration/More Information: Call 803-751-5256 or email Barbara Martin at

barbar.l.martin10.civ@mail.mil

Job Searching Strategies for Military Spouses

Targeted to Military spouses, but open to all military and DOD ID Card Holders

Description: Seeking employment on Fort Jackson or in the surrounding area? Get a jump-start on your job search by obtaining relevant information about employment, education and volunteer opportunities. Topics include on and off post employment opportunities, Military Spouse Employment Partnership (MSEP), job searching tips, SC WORKS WIA Program, learn basic resume writing techniques, interviewing skills and much more!! All military spouses of active duty/retired military personnel and Survivors will be eligible to enroll in the ERP to receive one-on-one employment assistance, receive ongoing e-mail job postings and have resume sent to prospective private sector employers!! Only need to attend **one** session. **Preregistration is required.**

Category: Mental, Family

Date/Time: 07 October, 28 October, (0830-1200)

Location: Strom Thurmond Bldg., Room 222

Registration/More Information: Call 803-751-4862 or email Barbara Martin at barbar.l.martin10.civ@mail.mil

Microsoft Word, and Excel Self-paced Computer Classes

Description: Fort Jackson Employment Readiness Program (ERP) offers classes for improving Microsoft Word and/or Excel skills. The course length is approximately 8-12 hours and designed to be self-paced. You will receive a training certificate upon completion of course.

Category: Mental

Registration/More Information: Call 803-751-4862 or email Barbara Martin at barbar.l.martin10.civ@mail.mil

Military Spouse Career Advancement Accounts (MyCAA)

Description: The Military Spouse Career Advancement Accounts Program (MyCAA), a component of the Department of Defense's (DoD) Spouse Education and Career Opportunities (SECO) program, is a career development and employment assistance program. MyCAA helps military spouses pursue licenses, certificates, certifications or Associate's Degrees (excluding Associate's Degrees in General Studies, Liberal Arts, and Interdisciplinary Studies that do not have a concentration) necessary for gainful employment in high demand, high growth Portable Career Fields and Occupations. Spouses of active duty service members in pay grades E1-E5, W1-W2, and O1-O2, as well as the spouses of activated Guard and Reserve members within those ranks are eligible. Spouses of Guard and Reserve members must be able to start and complete their courses while their sponsor is on Title 10 orders.

Category: Mental

Location: School of choice that supports MyCAA

Enrollment: <https://aiportal.acc.af.mil/mycaa>

POC: <https://aiportal.acc.af.mil/mycaa>



**Jobs at Fort Jackson
Morale Welfare and Recreation Facilities**

The majority of the NAF Teen Summer Hire positions are typically advertised during the months of February-April each year. To view and apply for NAF Teen Summer Hire jobs go to www.usajobs.gov. If you have questions regarding NAF Teen Summer Hire positions please contact the Fort Jackson NAF Human Resources Office at (803) 751-4259.

Open to the Public.
14 years and older: food service, cashier, recreation aids
15 years and older: lifeguards
16 years and older: labors



**Fort Jackson Youth Center
"Hired!" Apprenticeship Program**

Simona Tautkus, (803) 751-1136

Open to Army Military or
DOD dependent Family members only.
15-18 years-Paid Internship



Army and Air Force Exchange System (AAFES)
<http://odin.aafes.com/employment/default.asp>

POC: Mary Stevens, (803) 782-7668 Ext 4

Open to the Public.
16 years: Food Service
18 years: Retail
21 years: Retail (Gun Sales)



**Fort Jackson Thrift Shop
Summer Hire Program**

POC: Kimberly Smith, (803) 787-2153

[Thrift Shop Summer Hire Information](#)

Open to Military Family members
Ages 17-21 years

 **American Red Cross**

**Fort Jackson American Red Cross
Summer Volunteer Program**

POC: Sandy Chambers, (803) 751-8518

[Summer Teen Information](#)
[Teen VolunTEEN Job Description](#)

Open to the Public.
14 years –VolunTEEN

Army Continuing Education (ACE)

DESCRIPTION/MISSION: To vigorously promote lifelong learning opportunities by providing and managing quality self-development programs that support readiness and enhance the quality of life. ACE is the Service member's first step to getting started with their education process. ACE guidance counselors assist Soldiers, Family Member and retirees in establishing and pursuing education goals and objectives. Soldiers are entitled to 100% TA up to \$250 per semester hour, whichever is less, with a maximum FY cap of \$4500.

CATEGORY: Mental

LOCATION: Education Center, Bldg 4600, Rm. A100

OFFICE HOURS: Monday-Friday 0730-1630

COUNSELING HOURS: By Appointment Only

POC: Administrative Staff at (803)-751-5341

GoArmyEd (GAE)

DESCRIPTION: GoArmyEd is the virtual gateway for all eligible Active Duty, National Guard and Army Reserve Soldiers to request Tuition Assistance (TA) online, anytime, anywhere for classroom and distance learning. It allows Soldiers to manage their education records including college classes, testing, on-duty classes and Army Education Counselor support. In September 2013, Army Civilians will also use GoArmyEd to apply for their Civilian education, training, and leader development events.

More GoArmyEd - LOI Schools v Non-LOI School: -

DESCRIPTION: A Letter of Instruction (LOI) with the Army has agreed to a set of standards for integrating class enrollment and registration data with GoArmyEd. An LOI School uploads its course schedule to GoArmyEd along with its class cost information. Soldiers can enroll and withdraw from classes at an LOI School through GoArmyEd in addition to through their home school. A **Non-LOI School**, school typically has a lower annual volume of Soldier enrollments. As a result, it does not integrate data with GoArmyEd. Soldiers using TA at a Non-LOI School completes a TA Request form in GoArmyEd. They enter the class information a including class cost, into the TA Request form and print out the approved. All Soldiers enrolled in GAE must have a degree plan. A **Degree Plan** is a personalized road map towards your academic degree. It provides you with the precise courses you need to complete your college degree. After completing six (6) semester hours, a degree plan is required to continue use of TA funds. Degree Plans must be uploaded to Soldier's GoArmyEd e-file.

CATEGORY: Mental

LOCATION: Education Center, Bldg 4600, Rm. A100

OFFICE HOURS: Monday-Friday 0730-1630

COUNSELING HOURS: By Appointment Only

POC: Administrative Staff 803-751-5341

www.goarmyed.com

School Accreditations and Diploma Mills

DESCRIPTION: Each school of higher learning is awarded an accreditation by American Council on Education (ACE).

What is accreditation? Accreditation is the recognition that an institution maintains standards requisite for its graduates to gain admission to other reputable institutions of higher learning or to achieve credentials for professional practice. The goal of accreditation is to ensure that education provided by institutions of higher education meets acceptable levels of quality. There are three basic types of recognized accreditations:

Regional—awarded to institution by one of six regional accrediting agencies (**highest accreditation**)

National—awarded to primarily private and for-profit schools (coursework transfer **may be limited**).

Specialized or Professional—applies to a single department or program within a larger institution of higher education or it can be applied to a school that only provides training in one specific field.

College-Level Examination Program (CLEP) CLEP and DSST

DESCRIPTION: The CLEP provides an opportunity for Soldiers to earn college credit for what you already know with qualifying scores on one or more examinations. These exams test your knowledge of introductory college-level subjects.

CATEGORY: Mental

LOCATION: Education Center-Bldg 4600, Room A108

TIME: 0900 and 1100

ENROLLMENT: (803) 782-3213; 782-3959 (Fax)

COST: Free for Military Services Members (AD, Reserves National Guard); \$80 per exam for Civilians

EQUIPMENT: Computer based

POC: Wilfred Jeffcoat; jeffcoatwil@midlandstech.edu

Website: www.midlandstech.edu/testcenter/clepmain

Army Testing Center

DESCRIPTION: The Army Testing Center administers Army Personnel Test (APT) and Local Education Test. The APT test include:

- Defense Language Aptitude Battery (DLAB)
- Defense Language Proficiency Test, Armed Force Classification Test
- Selection Instrument Flight Training, Oral Proficiency Interview (OPI)

The Local Education Test include:

The Test on Adult Basic Education (TABE)

The General Technical (GT) Predictor

CATEGORY: Mental

LOCATION: Army Education Center, Bldg. 4600, A100

ENROLLMENT: By Appointment only

COST: Free

EQUIPMENT: Computer Based

POC: 751-5341

Basic Skills Education Program (BSEP)

DESCRIPTION: Basic Skills Enhancement Program (BSEP) is designed to promote retention and to improve job performance. The program is a standardized job related curriculum providing on-duty instruction in a set of skill qualifications, prerequisites, and academic competencies necessary for job proficiency. The program focuses primarily on developing and improving reading, writing, and mathematic skills. It also supports readiness and training and is available to Soldiers at no cost. Soldiers may also improve his or her basic skills by utilizing the computer programs and training materials that are available through online sources such as Peterson's (<http://www.petersons.com/army>).

CATEGORY: Mental

LOCATION: Army Education Center, Bldg. 4600, Rm. A100 CLASS TIMES: Monthly (T-TH) 0800-1430, call for schedule

ENROLLMENT: Requires Commanders Approval and TABE scores within last six months

EQUIPMENT: Instructor Led/computer based

POC: 751-5341

Army Career Alumni Program (ACAP)

DESCRIPTION: The Army Career and Alumni Program (ACAP) is a centrally funded and administered program that provides transition and job assistance services on major installations. This program provides pre-separation counseling and a wide range of transition and job search information and referral services for Soldiers, veterans, retirees, DA civilians, and Family members. The transition services includes: hiring events, transition counseling/workshops, seminars and veterans benefits counseling and entrepreneur training.



CATEGORY: Mental, Emotional, Family/Social

ENROLLMENT: <http://www.acap.army.mil>, Walk-ins or 803-751-4109

EQUIPMENT: Staff facilitated

LOCATION: 4600 Strom Thurmond Blvd, Fort Jackson, SC

OFFICE HOURS: 0730-1600

POC: Carolyn Andrews; Henry Wiggs

Clafin University

DESCRIPTION: Claflin University offers bachelor degree evening programs on Ft. Jackson. Claflin's main campus is located in Orangeburg, SC. Programs offerings are:

Sociology/Criminal Justice
Administration and Organizational Management

CATEGORY: Mental

LOCATION: Education Center-Bldg 4600, Room A114 & A116

OFFICE HOURS: 0900-1500 M-TH; 0900-1200 (Fri)

COST: See on post Representative

Classes: Instructor Led and Online

POC: Steven Biggs, (803) 790-8891

Website: www.claflinuniversity.edu

Midlands Technical College



DESCRIPTION: A Two year comprehensive institution that offers educational opportunities to students Lexington, Richland, and Fairfield counties which includes Ft. Jackson. Programs offered at Ft. Jackson are:

Management
Criminal Justice

CATEGORY: Mental

LOCATION: Education Center-Bldg 4600, Room A109

TIME: 0800-1700 (M-TH) and 0800-1300 (Fri)

ENROLLMENT: (803) 782-3213

COST: See on-post Representative

EQUIPMENT: Instructor Led and Online

POC: Wilfred Jeffcoat

Website: www.midlandstech.edu

University of South Carolina



DESCRIPTION: A public university located in Columbia offering degrees from associate to doctoral in many different fields including medicine and law. The programs offered are:

Associate in Arts, Bachelor of Arts Psychology

CATEGORY: Mental

LOCATION: Education Center-Bldg 4600, Rm. A115 & A118

OFFICE HOURS: 0800-1700 (M-TH) and 0800-1600 (Fri)

ENROLLMENT: (803) 782-8810

COST: See on post Representative

Classes: Instructor Led and Online

POC: Connie Vise

Webster University



DESCRIPTION: Webster University an on-post university offers master degree evening programs on Ft. Jackson. Webster's main campus is located in St. Louis, MO. Programs offered include:

Business Administration, Business Administration Information Technology, Business Admin Human Resources Management, Business & Organization Security Mgt., Information Technology, Management and Leadership

CATEGORY: Mental

LOCATION: Education Center-Bldg 4600, Room A115 & A118

OFFICE HOURS: 0800-1700 (M-TH) and 0900-1200 (Fri)

ENROLLMENT: (803) 782-8810

COST: See on post Representative

Classes: Instructor Led and Online

POC: Vince Stovall

Website: www.websteruniversity.edu

Fort Jackson Sound Off Toastmasters

DESCRIPTION: If you are looking to improve your oral and listening communication, as well as to your ability to provide positive feedback and develop your leadership skills, we may have just what you are looking for to become more productive in your life and or your community. The club is open to all components of the military, civilian and family members as well as to the community.

CATEGORY: Mental

LOCATION: Main Post Chapel 4580 Scales Ave (corner of Strom Thurmond Blvd & Scales Ave), Room 207.

ENROLLMENT: Contact POC or walk-in

DATES: Every Wednesday, from 11:40 AM - 12:45 PM.

COST: Free

POC: Chief Andrea L. Wingo, VP Public Relations, at andrea.l.wingo.mil@mail.mil

Website: <http://soundoff.toastmastersclubs.org/>

Multi-Learning Facility (MLF) Computer Lab

DESCRIPTION: Our computer lab is equipped with 25 up-to-date computers and offers internet access, copying, faxing and scanning services. Soldiers, Family members, retirees and civilians use our facility for studying, computer-based training, and enrolling in college classes via GoArmyEd and through individual home schools and many other services.

CATEGORY: Mental

LOCATION: Education Center, Bldg 4600, Rm. B104

TIME: Monday – Friday 0730 1600 (Self Service)

EQUIPMENT: Computers and printers



Digital Training Facility (DTF)

DESCRIPTION: As a training asset, DTFs are ideal for section, squad, or platoon size elements. They can maximize training dollars and reduce TDY costs while providing:

A classroom environment with Internet access for Resident instructors, Access to annual training, such as information Assurance, Antiterrorism, Suicide Prevention, Composite Risk, Management, Accident Vehicle Avoidance and more.

Access to Army Learning Management System (ALMS), Real time, interactive instruction, such as Battle Staff, Master Driving Training, Contracting Officer's Representative (COR) course, TAMIS, MEDCOM, AMEDD, EMD Refresher, and more via VTT, Pre and post –Mobilization Training (PPMT), such as SERE 100.1., Gaming for training, such as Virtual Battle Space 2 (VBS2). The Ft. Jackson Army Continuing Education Services DTF serves the military and civilian community by offering the use of 3 spacious sized DTFs. Each DTF has VTC/VTT capability and come equipped with 16 computers in each room and are on a secure network based out of Fort Eustis.

CATEGORY: Mental

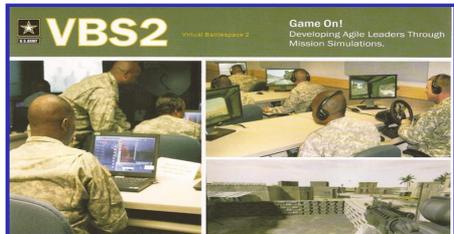
LOCATION: Education Center, Bldg. 4600

ENROLLMENT: By appointment and walk-ins

EQUIPMENT: State of the –art desktop and VTC equipped

POC: Jennifer Lazo, 751-3988 (DESK), 734-3988 (DSN) jennifer.l.lazo.ctr@mail.mil

WEBSITE: www.dls.army.mil



Anger Management Class

Description: This workshop, offered by Family Advocacy is designed to help participants learn to identify their anger triggers and how to control their responses. A major focus of the class is on possible consequences resulting from unchecked anger. A certificate of attendance is provided upon completion. Open to active duty, retired service personnel, DOD civilians and qualified Family members.

Category: Emotional, Family

Date/Time: 15 October @ 1100

Location: 5614 Hood Street, FAP Classroom 10

Information/Registration: Call (803) 751-6325



Healthy Relationships

A healthy relationship is important to living a successful, resilient life and is vital to our personal growth. It's a relationship where both partners are emotionally healthy, physically safe and encourages positive values. Building a healthy relationship does not develop overnight. In this class topics discussed will include open communication, handling conflict, the role of independence and respect. Bring your lunch. Register by calling 803-751-6325.

Open to active duty, retired service personnel, DOD civilians and qualified Family members

Category: Family, Social, Emotional

Date: 06 October, 03 November, 01 December

Time: 1100-1200

Location: 5614 Hood Street, FAP Classroom 10

Information: Contact (803)-751-6325





Comprehensive Soldier and Family Fitness (CSF2) Courses

Leader Development Course (40hrs)

DESCRIPTION: The 5 day Leader Development Course utilizes mental toughness skills to maximize performance, training efficiency and combat readiness. Training enhances leader effectiveness and personal leadership qualities thereby unlocking their own and their unit's full potential. LDC inculcates a philosophy of excellence and life-long learning. Understand factors of optimal performance, Learn critical skills to build mental toughness, be able to integrate mental skills into training and combat operations, coach individuals in applying mental skills for optimal performance, and Increase leader attributes.

CATEGORY: Mental, Emotional

For more information on upcoming courses, contact Tarsha Lee at (803) 751-9720 or tarsha.n.lee.ctr@mail.mil

Team Building Training (3-4 hours)

DESCRIPTION: Team Building: CSF2 Training Center Team Building helps Units improve group dynamics and build success. Training provides a framework for creating effective group goals, objectives and a unified vision to further performance and cohesion. Interested? Contact Michael Brown at (803) 751-5913 or email him at: michael.w.brown21.ctr@mail.mil

CATEGORY: Mental

TEAM BUILDING



CSF2 Resilience Training Assistants Course

DESCRIPTION: Master Resilience Trainers (MRTs) are the core of the Army's resilience training program. Resilience Training Assistants (RTAs) help MRTs accomplish the mission at the company and platoon levels. RTAs serve at the company level and assist unit MRT in conducting the Army's mandatory Resilience training. The objective of the RTA Course is to provide Soldiers with Comprehensive Resilience training in order to enhance their overall performance, decision making abilities, and leadership potential while facing challenges, bounce back from adversity, and build the competencies that contribute to resilience. Soldier will learn and be able to apply these skills in various aspects of their professional, family, and social life.

CATEGORY: Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or mi-chael.w.brown21.ctr@mail.mil

CSF2 Executive Course

DESCRIPTION: CSF2 has designed a course for command teams. CSF2 Executive Resilience and Performance Course is designed to train Army Leaders (Company Commanders/First Sergeants and above, their spouses, GS12 and above), and familiarize them with the same Resilience and Performance Enhancement skills Master Resilience Trainers provide Soldiers, Family members and Army Civilians. The Course is available in 4hrs, 8hrs, and 16hrs. The 4hrs course is for 0-6 and above command teams, 8hr course BN command teams, and the 16hrs course is for company command teams.

CATEGORY: Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or mi-chael.w.brown21.ctr@mail.mil

CSF2-Performance Enhancement Training Seminars

DESCRIPTION: CSF2 Training Center offers seminars in Performance Enhancement. **Performance Enhancement Seminar** gives participants more in-depth knowledge about the application of performance psychology. Participants are able to ask questions and engage in individual and small group activities. Classes are open to Soldiers, family members and Army civilians.

CATEGORY: Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or mi-chael.w.brown21.ctr@mail.mil

CSF2-Individual Mastery Training

DESCRIPTION: Following participation in a seminar or in unit training, an individual may schedule one-on-one sessions with an Master Resilience Trainer-Performance Expert. The goal of these sessions is to give the individual an opportunity to focus on a specific performance and set goals with the help of a trainer.

CATEGORY: Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or mi-chael.w.brown21.ctr@mail.mil

OB Maternity Briefing

DESCRIPTION: OB Maternity Briefing is a 10-15 minute briefing for pregnant single or married soldiers and their Family members. This briefing provides an overview of the New Parent Support Program (NPSP) services, promotes fathers participation and the opportunity to participate in the program.

CATEGORY: Family/Social

LOCATION: MACH, Room 8-85

DATES/TIME: Every Wednesday from 0900-1000

COST: Free to beneficiaries

EQUIPMENT: None

INFORMATION: Please contact (803) 751-9035/6325

Baby Basics Class

Description: This class offers expectant parents preparation for the routine care of their newborn baby. Topics include handling, bathing, diapering, feeding, and safety. Childcare will be provided separately at the same location by calling the Hood Street CYS Services hourly care at 803-751-1972. Contact Central Enrollment at 803-751-4865 to register for childcare. You will be required to provide a copy of a physical, immunization records, and LES.

Open to active duty, retired service personnel, and qualified Family members who are currently expecting.

Category: Family, Mental, Emotional, Social

Location: 5614 Hood Street, Ft. Jackson, SC, Room 10

Date/Time: 08 October from 0900-1200

Registration for Class: Call 803-751-6325 or 9035/6724

Bright Honeybee Explorers Play Group

Description: The Bright Honeybee Explorers Play group is an interactive group designed to help parents and children learn appropriate play. It offers a chance for families to enjoy learning and playing together, meeting other parents and their children, ages 0-3 years.

The groups are guided by parent participation, in the development of social skills, communication skills and motor skills in the babies and toddlers who participate. New Parent Support Program staff provides overall supervision of all activities.

Typical activities include arts and crafts, free play, organized games, field trips, and other special events. The goals of our weekly playgroups are to enable families to form healthy habits while having fun together.

Category: Family, Social, Emotional

Dates: Every Wednesday

Time: 1000-1130

Location: Hood Street School, 5614 Hood Street, Ft. Jackson, SC, Room 8

Information: Contact (803)-751-9035/6325

Breastfeeding Class

Description: Are you interested in learning about breastfeeding your newborn? Do you have questions about how it's done? Come to the New Parent Support Program's monthly class on Breastfeeding to learn more!!! *need to attend only one class*

Category: Family, Social

Date/Time: 15 October, 19 November, 17 December (1400-1700)

Location: 5614 Hood Street, FAP Classroom 10

Information/Registration: Call (803) 751-6325 to register

Classes are open to active duty, retired service personnel, and qualified family members who are currently expecting or who have a newborn up to 6 weeks old.

Childcare will be provided separately at the same location by calling Hood Street CYS Services hourly care at 803-751-1972. You will need to have your child enrolled in CYSS and provide a physical, immunization records, complete orientation, and LES. Contact Central Enrollment at 803-751-4865 to register for childcare.

Story time at the Library

Description: Each session includes stories, songs, and a small activity

Category: Family, Social

Date/Time: 06 October, 13 October, 20 October, 27 October, (1100-1130)

Location: Fort Jackson Library

For more information contact Kristen Gripp at (803) 751-5589



EFMP Support Group Events

Open to EFMP Families and civilians with special needs family members. RSVP required. For more information, or to RSVP, call: 803-751-5256.



EFMP Bowling Outings

Date/Time: 23 October at 1630 –1800

Location: Century Lanes Bowling Center, 4464 Gregg Street

Child, Youth & School Services provides the Fort Jackson Community with quality child development options and youth programs which can help reduce the conflict between parenting responsibilities and duty requirements, enhance the development of children and youth, engage youth in constructive activities during their discretionary time.

For more information about available services, go to <http://fortjacksonmwr.com/cyss/>

Character Counts: (Ages 3-18 years) Offers ethical behavior training that encourages dialogue about life issues, analysis of personal belief systems, and application of ethical and moral principles to everyday activities. Character Counts is emphasized in all CYS Services Programs.

4-H Clubs: (Ages 6-18 years) Offers 4-H experiences in fine arts, photography, technology and citizenship/community service on and off post. Youth participate in local, county, state and national 4-H opportunities. Training and materials are provided through an enterprise relationship with the US Department of Agriculture National 4-H Headquarters. 4-H clubs are offered at the Imboden Street CDC, the Imboden Street School Age Center, the Hood Street School Age Center and the Youth Center.



BOYS & GIRLS CLUB

Boys & Girls Clubs of America (BGCA): (Ages 6-18 years) Offers BGCA programs and experiences as part of core programming in Army School Age and Youth Programs through an enterprise relationship with the National Office of Boys & Girls Clubs of America. Youth participate in programs promoting success in school, healthy living, skill development, creative arts, sports and fitness, and exploring vocational choices. Fort Jackson has four Boys & Girls Club units: Youth Center, Imboden Street Child Development Center, Imboden Street School Age Center and the Hood Street School Age Center.

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SKIESUnlimited & Family Programs

Location: Bldg 6100, Chestnut Road

Phone: 803-562-5915

Operating Hours: Based on current class offering for martial arts, jujitsu, gymnastics, ballet and dance.

Services: SKIESUnlimited Instructional Programs in martial arts, gymnastic, dance and other offerings as advertised.

Child, Youth & School Services



U.S. Army Child, Youth
& School Services

Fort Jackson

Youth Sports Calendar 2015

SPORT:	COST/AGE:	ENROLL DATE:	SEASON:
Spring Soccer	\$20/3-5 & \$40/6-16	Jan 5 – Feb 27	March 2 – May 1
Track and Field	\$40/6-14	Jan 5 – Feb 27	March 2 – May 1
Travel Baseball	\$45/9-14	Jan 5 – Feb 27	March 2 – May 1
Tee Ball	\$20/3-5	Feb 23 – Apr 24	Apr 27 – June 19
Coach Pitch Baseball	\$45/6-8	Feb 23 – Apr 24	Apr 27 – June 19
Spring Volleyball Clinic	FREE/10-16	Call Sports Office to Register	May 4 – May 8
Summer Swimming	\$65/5-18	Mar 16 – May 8	May 11 – July 31
Armed Forces Kids Run	FREE/5-13	Call Sports Office to Register	May 16th
Summer Basketball	\$20/4-5 & \$40/6-15	Apr 1 – May 15	May 25 – July 31
Football Mini Camp	FREE/5-12	Call Sports Office to Register	June 8 – July 15
Fall Cheerleading	\$20/3-5 & \$40/6-12	June 1 – Aug 21	Aug 24 – Oct 31
Flag Football	\$20/4-5 & \$40/6-8	June 1 – Aug 21	Aug 24 – Oct 31
Tackle Football	\$65/5-12	June 1 – July 31	Aug 3 – Nov 2
Fall Soccer	\$20/3-5 & \$40/6-16	June 1 – Aug 21	Aug 24 – Oct 31
Cross Country	\$40/7-14	June 1 – Aug 28	Sept 1 – Nov 7
Winter Basketball	\$20/4-5 & \$40/6-15	Oct 1 – Dec 4	Dec 7 – Feb 27 2016
Winter Cheerleading	\$20/3-5 & \$40/6-13	Oct 1 – Dec 4	Dec 7 – Feb 27 2016
START SMART	COST/AGE:	ENROLL DATE:	SEASON:
Baseball	\$20/3-5	April 30 – June 5	June 8 – June 12
Football	\$20/3-5	April 30 – June 19	June 22 – June 26
Soccer	\$20/3-5	April 30 – July 3	July 6 – July 10
Basketball	\$20/3-5	April 30 – July 17	July 20 – July 24
Tennis	\$20/3-5	April 30 – July 31	August 3 – August 7

Youth Sports & Fitness

Location: Bldg 5975, Chesnut Road

Phone: 803-751-7451/5040

Office Hours: Monday – Thursday, 10:00 am – 7:00 pm

Program Operating Hours: Vary by sports season and sport. Please confirm hours for individual programs with management staff.

Services: Team Sports, Individual Sports, Outreach, and Health and fitness.

Volunteer Opportunities On-Post and Off-Post

Discover the world of volunteerism at Fort Jackson or in the surrounding Columbia area. Volunteerism stabilizes our Army communities by contributing to community cohesion, increasing self-reliance, and enhancing the well-being of our Soldiers and their Families. Volunteers are an integral part of making our communities and our world a better place in which to live.

CATEGORY: Family, Mental, Emotional

LOCATION: Family Readiness Center, Bldg 4512, Stuart St Fort Jackson, SC 29207

TIME: 0730-1630

ENROLLMENT: Appointment or Walk-in

COST: FREE

EQUIPMENT: N/A

POC: Marilyn Bailey, 803-751-5444, marilyn.s.bailey.civ@mail.mil

Volunteer Opportunities on Post (but not limited to) the following:

American Red Cross	Army Community Services	Boy/Cub Scouts
Girl Scouts	Fort Jackson Mayoral Program	Fort Jackson Chapels
Fort Jackson Schools	Thrift Shop	
CYSS/Youth Sports	CYSS Events	

Volunteer Opportunities off Post (but not limited to) the following:

Big Brother/Big Sister	Boys & Girls Club	Communities in Schools
Harvest Hope Food Bank	Habitat for Humanity	Homes for Troops
Special Olympics	VA Hospital	

Volunteer Opportunities- USO

USO South Carolina Needs Your Help!

Our service men and women are making remarkable personal sacrifices for our country in Iraq, Afghanistan, and other forward operating bases around the world. The families of these heroes are also making sacrifices, coping with multiple deployments, long separations and the strong emotions that accompany a deployment. That's why USO South Carolina is committed to sharing a touch of home with our troops and their family members. We offer deployment care packages full of much needed items, homecoming kits for our wounded warriors and single soldiers returning from combat, free dinner just before pay day for service members and their families, support for our wounded warriors, programs like United Through Reading, and a state-of-the-art center filled with amenities and activities – all free for our troops and families.

There are countless ways volunteers support the USO, but they all share an abiding dedication to our troops and their families. Whether it's helping out at a special event, cheering troops at homecoming, manning a front desk or providing a listening ear, our volunteers are the reason troops know they can count on the USO.

CATEGORY: Family/Social

LOCATION: Columbia Airport, 3250 Airport Blvd., Suite 7, West Columbia, SC

TIME: Sunday – Monday, 0800-2200 hrs

ENROLLMENT: Volunteers need to contact the USO to set up and appointment to discuss availability.

COST: N/A

POC: 803-822-7953

Volunteer Opportunities-Harvest Hope Food Bank

DESCRIPTION: Harvest Hope Food Bank provides for the needs of hungry people by gathering and sharing quality food with dignity, compassion and education. Harvest Hope Food Bank is a 501(c)(3) non-profit organization. Beginning in 1981 as an emergency food box program, Harvest Hope is now a regional distribution program that collects, stores and distributes food and related items to more than 400 member partners in 20 counties throughout central South Carolina, with regional offices in Columbia, Florence and Greenville. Member partners are food pantries, soup kitchens, and shelters. Other programs administered by Harvest Hope Food Bank include children's hunger programs, which are Kids Café, Backpack programs, Senior hunger programs, mobile food pantries, and our own branded Emergency Food Pantries.

CATEGORY: Family/Social

LOCATION: 2220 Shop Road, Columbia, SC 29201

TIME: Monday – Friday; 0900-1500; open late the last Thursday of each month.

ENROLLMENT: Volunteers need to contact the Harvest Hope Food bank to set up and appointment to discuss availability.

COST: N/A

EQUIPMENT: N/A

POC: Staff: (803)-254-4432; email: hhfb@harvesthope.org; www.harvesthope.org

Fort Jackson Installation Worship Services Schedule



Chapel

Addresses and Phone Numbers



Anderson Chapel
2335 Anderson St., Corner of Jackson Blvd
(803) 751-7032

Bayonet Chapel
9476 Kemper Street
(803) 751-6322/4542

Chapel Next
9476 Kemper St.
(conducted at Bayonet Chapel)
(803) 751-6322/4542

Daniel Circle Chapel
3359 Daniel Circle, Corner of Jackson Blvd
(803) 751-1297/4478

Education Center
4581 Scales Ave

Family Life and Resiliency Center
Bldg 5460 Marion Ave
(to the side of the POV Lot)
(803) 751-4961



Magruder Chapel
4360 Magruder Ave.
(803) 751-3883

Main Post Chapel
4580 Scales Ave.
(803) 751-6469/6681

McCrary Chapel (SCARNG)
3820 McCrary Road (located at McCrary Training Center)
5411 Leesburg Road, Eastover, SC
(Exit Gate 5 @ Semmes Road, turn left, keep straight 16 mi., McCrary Training Center on left)

Memorial Chapel
4470 Jackson Blvd
(803) 751-7324



Warrior Chapel (Located in 120th AG BN)
1895 Washington St.,
(803) 751-5086/7427

Installation Chaplain's Office Address and Phone Numbers
4475 Gregg Street
(803) 751-3121/751-6318

Protestant Services

-Sunday

8:30 a.m. Daniel Circle Chapel Gospel Svc
Daniel Circle Chapel

9:00 a.m. Worship Service
McCrary Chapel (SCARNG)

9:30 a.m. Hispanic Protestant
Post Theater (3319 Jackson Blvd)

9:30 a.m. Worship Service
Main Post Chapel

10:15 a.m. Daniel Circle Chapel Gospel Svc
Daniel Circle Chapel

10:45 a.m. Sunday School Class
Main Post Chapel

11:00 a.m. Worship Service
Memorial Chapel

11:00 a.m. Chapel Next
Bayonet Chapel
(Contemporary Worship Service and Children's Church)

Protestant Bible Study/Prayer Service

-Sunday

9:30 a.m. Chapel Next Bible Study
Bayonet Chapel

-Monday

7:00 p.m. Women's Bible Study (PWOC)
Main Post Chapel

-Tuesday

9:30 a.m.-noon PWOC
Main Post Chapel

-Wednesday

11:45-12:45 a.m. Fresh Encounters
Family Life & Resiliency Center

6:00 p.m. Gospel Prayer Service
Magruder Chapel

7:00 p.m. Gospel Bible Study
Magruder Chapel

Protestant Youth of the Chapel

-Sunday

5:00-6:30 p.m. Club Beyond (Youth Group)
Family Life & Resiliency Center

-Saturday

11:00 a.m. Daniel Circle Chapel Youth
Daniel Circle Chapel
(1st Sat of each month) at the Dorn VA
Hospital (meet in Dorn VA parking lot)

Catholic

- Sunday

8:00 a.m. IET Catholic Mass
Solomon Center

-Monday-Thursday

11:30 a.m. Mass
Main Post Chapel

-Sunday

8:00 a.m. Mass
Solomon Center

9:30 a.m. CCD
(Sep – May) Education Center

9:30 a.m. Religious Ed Class for Adults
(Sep – May) Main Post Chapel

9:30 a.m. Religious Ed Class for Children
(Sep – May) Main Post Chapel

10:30 a.m. Reconciliation (after Mass or by appt)
Main Post Chapel

11:00 a.m. Mass
Main Post Chapel

12:30 p.m. Catholic Youth Ministry
Main Post Chapel



-Wednesday

7:00 p.m.

Rosary
Main Post Chapel

7:30 p.m.

RCIA/Adult Inquiry
(Sep – May) Main Post Chapel

Angelical/Liturgical

-Sunday

8:00 a.m.

Anderson Chapel

Islamic

-Sunday

8:00-10:00 a.m.

Islamic Studies
Main Post Chapel

-Friday

12:45-1:30 p.m.

Jumah Service
Main Post Chapel

Jewish

-Sunday

9:30-10:30 a.m.

Worship Service
Memorial Chapel

10:30-11:30 a.m.

Jewish Book Study
Post Conference Room

Church of Christ

-Sunday

11:30 a.m.

Church of Christ Worship Service
Anderson Chapel

Latter Day Saints

-Sunday

9:30-11 a.m.

Latter Day Saints Worship Service
Anderson Chapel

-Wednesday

3:00-5:00pm

Latter Day Saints Family Social
Anderson Chapel

7:00-8:00 p.m.

Latter Day Saints Scripture Study
Anderson Chapel



Counseling Available

Types of Counseling

- Individual
- Couple
- Family
- Group

Areas of Counseling

- Marital
- Communication
- Life Skills
- Spiritual
- Parenting
- Anger & Stress
- Combat/PTSD
- Blended Family
- Addictions
- Child Therapy
- Divorce
- Grief
- Pre-Marital

Counseling For You

The Fort Jackson Chaplain Family Life Center (FJCFLC) is staffed by a Chaplain trained in Community Counseling and Marriage and Family Therapy. Our desire is to provide Help for Your Journey, enabling you to meet your personal, relational, and life goals.



A Note On Confidentiality -
All counseling at the FJCFLC is **absolutely confidential**. What you say here, stays here. In fact, even your presence here is confidential. We will not release any information without your written approval.

We provide a safe place to get the help you want. Contact us and see.



Current as of 20 Feb 2013



“Help for Your Journey”

Fort Jackson
Chaplain Family Life Center
(FJCFLC)

Appts: (803) 751-4966/4949
NCOIC: (803) 751-4961
Turn Right Off Marion behind
Strom Thurmond
Building 5460

**Life is a JOURNEY,
made for relationships...
helping and being helped
by those we encounter
along the way...**

The Ft. Jackson Chaplain Family Life Center (FJCFLC) seeks to empower you with the self-awareness, knowledge, and skills that you need for *your* particular journey. Join thousands of others from all ages, ranks, and walks of life who have taken advantage of the services offered in a Chaplain Family Life Center. The following are just some of the ways we help!



Practical Workshops

Club Beyond, 12-18 years old
Youth Spiritual Fitness
(Middle and High School groups)
Sundays 5—6:30PM (not holidays)

Spiritual Development Luncheon
Wednesdays 11:45-12:45 drop in

Keys to Lasting Relationships
Couples training, call for availability

We offer other workshops on a rotational schedule in our ongoing effort to nurture Family and Spiritual health and resiliency.

Support Groups

Over the years, many Soldiers and Family members have found help in meeting with others in similar circumstances. Families of deployed Soldiers, individuals struggling with anger, and those who simply feel alone are some examples of those who often suffer in silence. But you do not have to remain there! Do you know others who share your burden? A support group could be a lifeline for you. We can facilitate a weekly group based on your needs. Give us a call, and we will be glad to work with you.



Ft. Jackson Family Life Chaplain
Chaplain (MAJ) Charles Kuhlman

Master of Science in Community
Counseling, with emphasis in
Marriage and Family Therapy,
Columbus State University,
Columbus, GA

Master of Divinity, Church of God
Theological Seminary, Cleveland, TN

Making An Appointment

Call or email:

(803) 751-4966

charles.w.kuhlman.mil@mail.mil

Spiritual Dimension



Choirs

Men's Choir Rehearsal-Mondays-Daniel Circle Chapel – 7 p.m.
Women's Choir Rehearsal-Thursdays-Daniel Circle Chapel – 7 p.m.
Gospel Choir Rehearsal-Fridays-Daniel Circle Chapel – 7 p.m.
Youth Choir Rehearsals-Saturdays-Daniel Circle Chapel -1000 a.m.



Dance Ministry

Celebrating the Spirit in Worship and Dance-Saturdays-Daniel Circle Chapel- 1000 a.m.



Persons interested in participating in any of these programs can call **803-751-4478** for more information!!

Spiritual Dimension

Other Programs for Spiritual Fitness

Holy Joe Café – Wednesdays-1100-1600 Daniel Circle Chapel

A family friendly outreach from Daniel Circle Chapel in partnership with Capital City Baptist Church-providing coffee, lemonade and snacks to Soldiers and their families.

Trauma and Faith Group-hosted by Gateway Baptist Church- a confidential gathering for Veterans and Soldiers who have been exposed to anything that can or did result in deep physical or emotional trauma, including flashbacks and nightmares. . This group meets on alternating Tuesdays of each month at 6:30 p.m. in room E206. To see if this group is right for you contact Barry Whiteside at 803-403-4090.

Special Events-Prayer breakfasts and luncheons; Retreats; Prayer initiatives and other programs are continuously occurring. Call for schedules (below).

Baptism and other Religious Rites are performed through the Chapel community and can be scheduled with a Chaplain.



Persons interested in participating in any of these programs can call **803-751-4478** for more information!!



Available on the
App Store



Available in
Android Market

If you have a Smartphone or tablet, here are (16) FREE mobile Apps you may enjoy. For more information about the product, click on the title of the App.

If you want to go straight to your device's App store, click on the device's icon.



[CSF2 Goal Setting](#)

As a part of the US Army Comprehensive Soldier Fitness (CSF) program, setting goals is one of the keys to creating resilient Soldiers.

While our Army remains engaged in this era of persistent conflict, it is more important than ever to maintain balance in our lives. Building resiliency into life's daily routine will assure balance and make you a better leader, parent, and citizen. The CSF program will prepare you for the challenges that lie ahead. As we move down this shared road, it is my great privilege to serve alongside each of you. Together we are ushering in a new generation of freedom for our nation, and other nations of the world.

As you work your way through this book with your first line leaders, I challenge you to put into practice the principles you learn. Resiliency combined with effective Goal Setting will be the key to your success. They are proven, scientific methods that will enable you to overcome the adversities that find their way into your life. Make no mistake; adversity will come. How you deal with it will shape your life and the lives of those around you forever.



[Army OneSource Services Locator](#)

If you're searching for local Army programs, services or resources, the Army OneSource (AOS) Services Locator is the Must-Have App for you! This tool makes it easy as 1-2-3 to find resources available within your own community. Simply enter your zip code OR city and state and hit SEARCH to discover your options of support via a result list and map view. This app is user-friendly, incredibly fast and intuitive!

ive!



[Army Family Action Plan Issue Search](#)

Find out what the Army Family Action Plan (AFAP) is doing to resolve AFAP Issues affecting the Army community. When you are on the go or don't have access to a computer, view the status and resolution of AFAP Issues from your iPhone, iPad or iPod touch. Find issues by entering a few simple keywords in the main search field. If you see too many results, narrow your results by choosing additional search criteria. Tap an AFAP Issue to view it in greater detail. Track the progress and learn what is needed, to resolve the issues affecting your community. If you have a question, send an email and get a response within 72 hours.

response within 72 hours.



[Base Directory by Military Traveler, LLC](#)

Military Traveler covers the 50 states, however it does not cover bases overseas. Search by state, and you'll get a list of all the bases in that state. Search by base name and you'll be offered categories to choose from. Shops, hospitals, day care, houses of worship, base and duty offices, restaurants, hotels, doctors, you name it, if the base has it, Military Traveler lists it.

[Operation Supplement Safety \(OPSS\) App](#)

Operation Supplement Safety (OPSS) is a joint military initiative between the Human Performance Resource Center and the Department of Defense (DoD) to educate service members and retirees, their family members, leaders, healthcare providers, and DoD clinicians about dietary supplements and how to choose them wisely.

Get information and ratings on dietary supplements, herbal products, vitamins, minerals, homeopathic products, complementary alternative medicines, alternative treatments (e.g., acupuncture), traditional Chinese medicine products, and other natural remedies. OPSS has teamed up with Natural Medicines Comprehensive Database to provide you with multiple databases and interactive features including an Effectiveness Checker, Nutrient Depletion Checker, Interaction Checker, and Natural Medicines Brand Evidence-based Ratings (NMBER)®.

Visit www.naturaldatabaseconsumer.com/dodnbc and use your valid .mil email address to sign up for your free account. You can then use those passcodes to sign in to the full version of this app.

[My Military & Money App](#)



For members of the military and their families, the challenges of juggling deployments, frequent moves and the basics of every day life can put a strain on their finances. That's why McGraw Hill Financial and the Better Business Bureau have teamed up to produce this website and a free app, My Military & Money, which features essential resources and tools to help users make informed decisions about money.



[Military Discounters](#)

The Military Discounters Smartphone Application gives users the ability to conveniently find places with military discounts in their immediate area. Great for active duty, reserves, retired, former veterans, military family members, you name it!



[White Noise Lite: Relax. Sleep. Better. App](#)

Features ambient sounds of the environment to help you relax during the day and sleep great at night.

National Center for Telehealth and Technology Health

Breathe2Relax



Breathe2Relax is a portable stress management tool. Built on the iPhone mobile app platform, Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

Life Armor



Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Videos relevant to each topic provide personal stories from other service members, veterans, and military family members.

After selecting a topic area, information is organized into four main menu items:

Learn: Comprehensive information on the causes, characteristics, and potential solutions to emotional, relationship, and other common mental health problems that face the military community

Assess: Brief self-assessment tools to help the user measure and track symptoms relevant to the topic area

Tools: Information and guidance on techniques to self-manage problems relevant to the topic area

Videos: Testimony from members of the military community about their struggle to overcome problems relevant to the topic area

Positive Activity Jackpot



Positive Activity Jackpot uses a professional behavioral health therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience. This app features augmented reality technology to help users find nearby enjoyable activities and makes activity suggestions with local options and the ability to invite friends. If you cannot make up your mind which fun thing to do, "pull the lever" and let the app's jackpot function make the choice for you. While this app does not require clinical training to use, it should not be used as a substitute for treatment by a therapist.

T2 Mood Tracker



T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.



[PTSD Coach](#)

PTSD Coach was developed by the Department of Veterans Affairs' National Center for PTSD in collaboration with T2. The goal was to develop a mobile application to assist Veterans and Active Duty personnel (and civilians) who are experiencing symptoms of Post Traumatic Stress Disorder (PTSD). It is intended to be used as an adjunct to psychological treatment, but can also serve as a stand-alone education tool.

Key features of the app include:

- **Self-Assessment:** Self-assessment of PTSD symptoms with individualized feedback, and ability to track changes in symptoms over time. The assessment does not formally diagnose PTSD.
- **Manage Symptoms:** Coping skills and assistance for common kinds of posttraumatic stress symptoms and problems, including systematic relaxation and self-help techniques.
- **Find Support:** Assistance in finding immediate support. The app enables individuals to identify personal sources of emotional support, populate the phone with those phone numbers, and link to treatment programs. And in



[Tactical Breather](#)

The Tactical Breather application can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations.



[Operation Reach Out App](#)

Operation Reach Out is part of Military Community Awareness-Digital's (MCA-D) effort to provide timely and effective support and guidance for military families. OPERATION REACH OUT is designed

to:

Encourage people to reach out for help when they are having suicidal thoughts. Help those who are concerned about family members, spouses, or fellow service members who may be suicidal.

Provide a personal contact help center.

Provide activities to help people who are depressed stay connected to others.



My Pregnancy A to Z

This comprehensive set of pregnancy tools makes it easy to track your pregnancy and create a keepsake of memories and milestones.

At your service

Phone numbers for key post facilities

All South Federal credit Union	782-9830
American Red Cross	751-/4329/5923
Andy's Fitness Center	751-4177
Army Career Alumni Program	751-4109/4104
Army Community Service	751-5256
Army Continuing Education Services	751-5341
Army Substance Abuse Program	751-5007
Basic Combat Training Museum	751-7419
Bowling, Century Lanes	751-6138
Bowling, Ivy Lanes	751-4759
Car Care Center	782-1639
Chaplin Museum	751-8827/8079
Child and Youth Services	751-4865
Civilian Personnel Advisory Center	751-3219
Class VI	782-1601
Clinical Army Substance Abuse Program	751-6597
Coleman Gym	751-5896
Commissary	751-5789
DA Photo (TSC)	751-7592
Defense Military Pay Office	751-6669 (Soldiers)
Dental Clinics	751-5178/6017
Family Health Center	751-2273
Family Life Resiliency Center	751-4961
Florist	738-1812
Fort Jackson National Cemetery	699-2246
Furniture Store	787-9175
Hospital Retail Annex	782-1263
ID Section	751-7731
Legal Assistance and Claims	751-4287/3603
LCI-SSSC	790-5306
Main Outpatient Pharmacy	751-2259
MG Robert B. Solomon Center	751-4056
Military Clothing Sales Store	787-5248
Movie Theater	751-7488
National Federation of Federal Employees	751-2622
NCO Club	782-2218
Officers' Club	751-4906
Palmetto Falls Water Park	751-3475
Perez Fitness Center	751-6258
Pharmacy Annex (PX mall)	751-2250

At your service

Phone numbers for key post facilities

Pool, Knight	751-4796
Pool, Legion	751-4987
Post Exchange	787-1950/1951/1952
Post Library	751-5589/4816
Post Office	782-8709
Recycle Center	751-4208
Reuse Center	751-5121
Safety Center	751-6004
Gate 1 Express	782-2076
Gate 2 Express	790-4478
SSI Retail Annex	738-9189
Thrift Shop	787-2153
Vanguard Gym	751-4384
Veterinary Clinic	751-7160
Victory Travel	751-5812
Weapons Registration	751-5887

Useful Fort Jackson Websites

[Army Community Services](#)

[Child Youth School Services \(CYSS\)](#)

[Community Calendar](#)

[Fort Jackson Leader](#) (Fort Jackson's Weekly Newspaper)

[Education Center](#)

[Library](#)

[Moncrief Army Community Hospital](#)

Fall PCS? Start planning now with these useful website resources

Relocation Information and Services

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

<http://www.military.com/>

<http://www.myarmyonesource.com>

<http://www.militaryinstallations.dod.mil>

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

Housing

www.posthousing.com

www.armymwr.com/travel/lodging

www.ahm.com

www.homefair.com

www.moving.com

<https://www.housing.army.mil>

Children

www.dodea.edu

Employment

www.usajobs.gov

www.careeronestop.org



**FALL 2015
(COLUMBIA AREA)
OCTOBER-DECEMBER**

Katt Williams

02 October

The Sandhill Horror

31 October

Terror Falls Haunted Farm

02-31 October

YMCA Northwest Pumpkin Run

31 October

South Carolina State Fair

14-25 October

29th Annual Chili Cook-off

07 November

Def Leppard

16 October

Shandon Turkey Trot

21 November

Boo at the Zoo

16-30 October

South Carolina Oyster Festival

22 November

**Palmetto Health Foundation Race
for Life**

17 October

ChristmasVille

03-06 December

Ray Tanner Home Run

24 October

A Starry Night

04 December

Ultimate Challenge Mud Run

24 October

Deck the Hall and Reindeer Fun Run

05 December

Fur Ball 2015

24 October

**Columbia City Ballet Presents
"Nutcracker"**

12-20 December

Growl at the Moon

29 October

Cold Winters Day

26 December



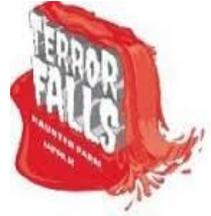
Katt Williams
coloniallifearena.com

His hour long specials include The Pimp Chronicles Part 1 (2005), American Hustle (2007), It's Pimpin' Pimpin' (2008), and his Showtime special Kattpacalypse (2012), Nick Cannon's School Dance (2014) and his most recent HBO special directed by Spike Lee- Priceless: Afterlife (2014).

Terror Falls Haunted Farm

<http://www.terrorfalls.com/>

Terror Falls Haunted Farm Including four Haunted attractions: • Bed Dead & Breakfast – You may not check out! • Terror Trail – Wander through the mine, swamp and the "gauntlet". Beware of the House of Voodoo and Uncle Rick's Smoke House! Your journey may end at the Mausoleum or will it? • Field of Dreams Distortion - Can you escape? • Terror Falls Hospital - Care for the dead and undead.



South Carolina State Fair

scstatefair.org

Annual fair held each October in Columbia. Includes agricultural displays and competitions, rides and amusements, musical entertainment, and more.

Def Leppard

coloniallifearena.com

Def Leppard--Joe Elliott (vocals), Vivian Campbell (guitar), Phil Collen (guitar), Rick "Sav" Savage (bass) and Rick Allen (drums)—continues to be one of the most important forces in rock music.



Boo at the Zoo

<http://www.riverbanks.org/events/boo-at-the-zoo.shtml>

Columbia's own women's flat track roller derby team will host Pittsburgh's Steel City Roller Derby and the Greenville Derby Dames in an action-packed double header.





Palmetto Health Foundation Race for Life
http://events.palmettohealthfoundation.org/site/TR/Events/General?pg=entry&fr_id=1080

One morning. One mission—beating breast cancer in the Midlands!

Ray Tanner Home Run

<http://www.raytannerhomerun.org/>

The Ray Tanner Home Run is a premier running and walking event to benefit disadvantaged children and their families through the Ray Tanner Foundation



Ultimate Challenge Mud Run

ultimatechallengemudrun.org

Adjust, adapt, overcome: The course is never exactly the same.

Fur Ball

pawmettolifeline.org/events/calendar/2015/10/24/furball2015

The Fur Ball is an annual black tie gala hosted by Jim Hudson Lexus to support Pawmetto Lifeline's mission to reduce pet overpopulation in the Midlands. Adult beverages and food are served while attendees can listen to live music and participate in a silent auction.



Growl at the Moon

<http://scmuseum.org/events/upcoming-events/>

Calling all werewolves, beer loving werewolves, that is...



The Sandhill Horror

<https://www.villageatsandhill.com/vas.aspx>

Kids will be treated to free candy in Town Center Commons during the event



YMCA Northwest Pumpkin Run

<http://www.strictlyrunning.com/images/15pumpkinrun.pdf>

5K Run & Walk



29th Annual Chili Cook-Off

<http://www.fivepointscolumbia.com/>

Join over 50 chefs for Columbia's largest and longest running chili cook-off!



Shandon Turkey Trot

<https://www.facebook.com/events/963648946990079>



South Carolina Oyster Festival

scoysterfest.com

Columbia, SC's largest outdoor oyster roast featuring two stages of live entertainment and steamed oysters for sell by the bucket. Bring your lawn chairs, blankets and oyster knives, and get ready to shuck.



ChristmasVille

ChristmasVilleRockHill.com

A fun, family outdoor festival that has over 70 events including horse drawn carriage rides, historic tours, strolling Dickens carolers, art, theater, dance, music, a gingerbread house contest, multiple Santa activities and an ice skating rink



A Starry Night

<http://fivepointscolumbia.com/event/astarrynight/>



DECEMBER 5, 2015
5K & 2K Trail Race
400M KIDS RUN AND REINDEER GAMES



Deck the Hall and Reindeer Fun Run

<http://www.heathwood.org/deck-the-hall>

Columbia City Ballet Presents "Nutcracker"

<http://columbiacityballet.com/production/nutcracker/>



Cold Winters Day

<http://www.strictlyrunning.com/Cold.htm>

5K Run and Walk



[Free Times 2014 Annual Manual: Your Comprehensive Guide to Columbia, SC](#)

This guide provides a comprehensive guide to Columbia's, [City Map & Neighborhoods](#), [Government & Nonprofits](#), [Shopping, Outdoors & Recreation](#), [Health & Fitness](#), [Festivals & Events](#), [Music & Nightlife](#), [Arts & Culture](#), and [Food & Dining Attractions](#).



[Free Times Summer Camp 2014 Guide](#)

This guide provides a comprehensive list of the local area's 2014 Summer Camps in the areas of Arts & Humanities, Math & Science, Sports & Recreation, and Traditional & Multidisciplinary programs.



[Free Times Best of Columbia Index 2013](#)

Each year since 1989, Free Times has surveyed its readers on the best that Columbia has to offer, from food and nightlife to music, the arts, shopping and lifestyle options. The result is the most comprehensive and popular local reader survey — the real, original Best of Columbia poll.

Useful Columbia Activities Websites

[Columbia's Official Website](#) (Events, Attractions, Things To Do, Restaurants, and Local Deals)

[Columbia Running Club](#) (Upcoming Local Races)

[Free-Times](#) (Columbia's Weekly Newspaper. Offers the best local information on dining, entertainment, Farmer's Markets, lifestyle and the arts).

[Gold's Gym](#)

[Columbia CrossFit Affiliates](#)

[Historic Columbia Foundation](#) (Historic Tours, Workshops, & Volunteering Opportunities)

[LakeMurrayFun.com](#) (Find anything you need to know about Lake Murray here)

[One Columbia](#) (Upcoming Theatre, Music, Art, and History Events/Activities Information)

[Richland Libraries](#) (Offers a variety of programs such as Workshops, Classes, Storytimes,)

[Riverbanks Zoo and Gardens](#) (Numerous events & activities offered throughout the year)

[Strictly Running](#) (Upcoming Local Races)

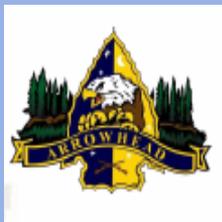
[The State](#) (Columbia's Daily Newspaper. In addition to the news, The State offers current information on dining, entertainment, lifestyle and the arts).

ACTIVITY TRACKER

Activity: _____
Physical Mental Emotional Spiritual Family/Social



171ST INFANTRY BRIGADE
BLACKHAWKS



Find us on
Facebook

[Blackhawk Outreach](#)

[171st Infantry Brigade](#)

[120th AG Battalion](#)

[STB Family Readiness Group](#)

“Train for Victory”