

Recurring Classes

		Event	Location	Phone #
Daily	0820	Inprocessing Brief	Bldg. 5700, Rm 282	334-255-3735
Tues	0845	Playgroup: 0 - 12mos	8946 7th Avenue	334-255-9647
	0945	Playgroup: 12mos - 2 yrs.		
	1045	Playgroup: 2 - 3 yrs.		
	0900	Financial Orientation	Bldg. 5700, Rm 350	334-255-3765
	1400	Overseas Brief	RSVP Req'd	334-255-3735
Wed	1400	PCS Move Class	Bldg. 5700, Rm 350	334-255-3765
Thur	1030	Overseas Brief	RSVP Req'd	334-255-3735
Fri	Wear blue on Fridays for Child Abuse Awareness Month!			

Special Events

Date	Time	Event	Description	Location	Phone #
April 02 Tuesday	0930	Child Abuse Prevention Month Proclamation	Join us at the elementary school for the Child Abuse Prevention Month proclamation signing.	Parker Elementary	334-255-9647
April 04 Thursday	0900	LINC	Monthly leadership meeting for networking and community information.	The Landing	334-255-3815
April 08 Monday	1000	Board Game Giveaway	Come by and pick up a new board game to play with your family!	Bldg 8946	334-255-3359
April 12 Friday	0900	Newcomers Welcome	Engage with community partners and learn about the Fort Novosel community.	The Landing	334-255-3735
April 17 Wednesday	1500	Board Game Giveaway	Come by and pick up a new board game to play with your family!	Bldg 8946	334-255-3359
April 18 Thursday	1000	Baby Sign Language	Communicate with your young child by learning baby sign language.	Family & Soldier Life Center, Rm 19	334-255-3359
April 18 Thursday	1130	Maximizing Continuation Pay: A Strategic Guide	Learn how to apply for continuation pay and optimal ways to leverage this opportunity.	Building 8939	334-255-9631
April 18 Thursday	1430	SFRG & Informal Fund Custodian Training	Learn Army regulations for managing SFRG informal funds and fundraising.	RSVP Req'd	334-255-3815
April 20 Saturday	0800	Run to Honor: A Tribute to Our Fallen Heroes	Join SOS to honor our fallen heroes on a run that you will never forget.	Fort Novosel Trail System	334-255-9639
April 26 Friday	1100	EFMP Unleash Your Inner Superhero Social Media	Dress up as a Super Hero to show support to extraordinary children and adults.	Picture at the flagpole	334-255-9277
April 26 Friday	1600	Home Safety Class	Home Safety Class with hands on course	Bldg 5700	334-255-3359

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Thur	1030	Overseas Brief	RSVP Req'd	334-255-3735
See attached flyers for virtual career education and partner career fairs.				

Special Events

Date	Time	Event	Description	Location	Phone #
May 02 Thursday	0900	LINC	Monthly leadership meeting for networking and community	The Landing	334-255-3815
May 02 Thursday	1130	OPOC Training	Volunteer system training for organizational points of contact (OPOCs).	Bldg. 5700 Rm 350	334-255-9059
May 07 Tuesday	1130	VMIS Training	Learn about volunteering and the volunteer management information system (VMIS).	Bldg. 5700 Rm 350	334-255-9059
May 10 Friday	0900	Newcomers Welcome	Engage with community partners and learn about the Fort Novosel community.	The Landing	334-255-3735
May 10 Friday		Military Spouse Appreciation Day			
May 15 Wednesday	1130	Credit Management Essentials	Managing your credit effectively is crucial for financial stability and achieving goals.	Multipurpose Room @ BLDG 5700 Room 350	334-255-9631
May 16 Thursday	1000	Baby Sign Language	Communicate with your young child by learning baby sign language.	Family & Soldier Life Center, Rm 19	334-255-3359
May 16 Thursday	1430	SFRG & Informal Fund Custodian Training	Learn Army regulations for managing SFRG informal funds and fundraising.	RSVP Req'd	334-255-3815
May 23 Thursday	1300	ACS Closed for Training	ACS Closed 1/2 day for Training	All locations	334-255-9888

EVERY FRIDAY IN APRIL



WEAR BLUE DAY

BLUE IS THE NATIONALLY DESIGNATED COLOR TO RECOGNIZE
CHILD ABUSE PREVENTION MONTH.

PLEASE SHOW YOUR SUPPORT
AND ENCOURAGE EVERYONE ELSE IN YOUR ORGANIZATION
AND COMMUNITY TO WEAR BLUE IN RECOGNITION OF
CHILD ABUSE PREVENTION MONTH.



For more information on "Blue Day" and Child Abuse Prevention Month (CAPM) activities call Army Community Service, (334)255-3359/9647.

Child Abuse Prevention Month

CAPM

X Proclamation Signing

Join the **Family Advocacy Program** and the **Fort Novosel Garrison Commander** in celebrating children by attending the **Child Abuse Prevention Month (CAPM) Proclamation Signing** at Ellis D. Parker Elementary School, Tuesday, 2 April 2024 at 9:30. The Fort Novosel Elementary School choir will be performing.

Tuesday, 2 April 2024
0930-1030
Ellis D. Parker Elementary School

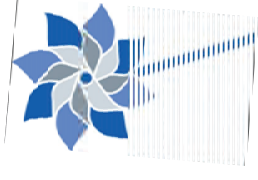
Come join us and show your support embracing, Rock-Solid Families Start Here!

For more information, please contact the ACS NPSP at (334) 255-3359/9647





Board Game Give Away



Board Games

Monday, April 8, 10 am-1:00 pm

Wednesday, April 17, from 3:00 -6:00 pm

****Playing board games with your family promotes bonding and family unity. Come by and pick up a new board game to play with your family.****

Location: Building 8946 (New Parent Support)

***** While Supplies Last *****

For more
information, call
ACS New Parent
Support at (334)
255-3359/9647



LOCATED AT BLDG 8946 7TH AVE, NPSP BUILDING



Sign Language Class

- MARCH 21ST
- APRIL 18TH
- MAY 16TH

10 am – 11 am

The New Parent Support Program and Parent to Parent are inviting all Active Duty, Retired, DoD Employees and their Family Members to a parent and child interactive Baby Sign Language Class.

This free class teaches expectant parents and those with young children how to communicate with their child and avoid frustrations associated with language development.



PRE-REGISTRATION IS REQUESTED BY THE FRIDAY BEFORE CLASS STARTS EACH MONTH. LIMITED TO THE FIRST 15 REGISTRANTS EACH SESSION. CLASS SUBJECT TO CANCELLATION WITHOUT PRE-REGISTRATION.

For registration, and more information call

**ACS New Parent Support Program,
(334) 255-9647/3359/9805.**

Workshop presented by the Enterprise Parent to Parent Educators
novosel.armymwr.com EFMP Friendly





THIRD THURSDAY FINANCIAL TOUCHPOINT TRAINING LUNCH & LEARN



DISCOVER PRACTICAL STRATEGIES TO ENHANCE YOUR FINANCIAL WELL-BEING
WHILE ENJOYING YOUR LUNCH!
OFFERED AT THE FAMILY AND SPIRITUAL LIFE CENTER,
BUILDING 8939, RED CLOUD ROAD, 11:30-12:30.

 **18 JAN**

CREDIT MANAGEMENT ESSENTIALS

MANAGING YOUR CREDIT EFFECTIVELY IS CRUCIAL FOR FINANCIAL STABILITY AND ACHIEVING YOUR GOALS.

 **15 FEB***

FINANCIAL MASTERY FOR CAREER ADVANCEMENT

AS YOUR CAREER ASCENDS, IT'S AN OPPORTUNE MOMENT TO PAUSE AND RECALIBRATE YOUR FINANCIAL COMPASS

 **21 MAR***

UNLOCKING THRIFT SAVINGS PLAN BENEFITS: YOUR PATH TO FINANCIAL SECURITY

DELVE INTO THE INTRICACIES OF TSP BENEFITS, PROGRAM DETAILS, AND STRATEGIC OPPORTUNITIES, WHILE ADDRESSING THE IMPORTANCE OF SAVING FOR RETIREMENT.

 **18 APR***

MAXIMIZING CONTINUATION PAY: A STRATEGIC GUIDE

 EXAMINE INTO WHAT CONTINUATION PAY ENTAILS, HOW TO APPLY FOR IT, AND OPTIMAL WAYS TO LEVERAGE THIS FINANCIAL OPPORTUNITY.

* DOD REQUIRED COMMON MILITARY TRAINING CLASSES

FINANCIAL READINESS PROGRAM (FRP)

BLDG. 5700, RM 350
(334)-255-9631/3765



**Run to Honor and show support for families of fallen Soldiers.
Proceeds from this event will go to Survivor Outreach Services.**



Fort Novosel, AL

APRIL 20TH

5k

—Race will begin @0800 at Main PFC—

**\$25 - Registration includes
T-shirt & Bib**

\$15 - No T-Shirt, Bib only

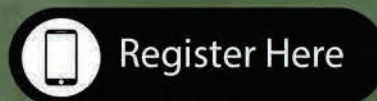
\$160 - Per 8 Person Team

**Patches Available
for an Additional Cost!**

**Race Day Packet Pick-Up and
Registration start at 0630**

**Awards for Overall, Grandmaster & Top Finishers
Male/Female in 11 Different Age Groups**

Register at either PFC or
Scan QR code below to register online



Physical Fitness Center
Bldg. 4605 Andrews Ave.
(334) 255-2296/3794



Does not imply DoD or U.S. Army endorsement

PICTURE TIME **BLDG. 5700** **AT 1115 BY THE FLAGPOLE**

APRIL
26

UNLEASH YOUR INNER SUPERHERO

**INSTALLATION
WIDE!**

DRESS UP AS A SUPERHERO
TO SHOW SUPPORT TO
EXTRAORDINARY CHILDREN
AND ADULTS AS THEY
OVERCOME DISABILITIES
OR ILLNESSES.



EMAIL PHOTOS TO THE FT NOVOSHEL ACS EFMP OFFICE USARMY.NOVOSHEL.ID-TRAINING.MBX.ACS-EFMP@ARMY.MIL
OR MARY.A.LOBDELL.CIV@ARMY.MIL *PICTURES WILL BE POSTED ON THE ACS FACEBOOK PAGE.*



Is your home safe for your baby?

Are you pregnant or have a small child?

Do you want to learn more about child proofing
your home?

Come join Fort Novosel New Parent Support and
EFMP for a night of education and fun.

April 26 at 6:00 p.m. at Building 8946 7th Ave.

**REGISTER
NOW**

Spots are limited and pre registration
is required. Contact us at
334-255-3359/9647 to reserve your
spot.





WEALTH-BUILDING WEDNESDAY

FINANCIAL TOUCHPOINT TRAINING

LUNCH & LEARN



DISCOVER PRACTICAL STRATEGIES TO ENHANCE YOUR FINANCIAL WELL-BEING
WHILE ENJOYING YOUR LUNCH!
OFFERED EVERY THIRD WEDNESDAY, 11:30-12:30
AT THE SOLDIER SERVICE CENTER, BUILDING 5700, ROOM 350



 **15 MAY**

CREDIT MANAGEMENT ESSENTIALS

MANAGING YOUR CREDIT EFFECTIVELY IS CRUCIAL FOR FINANCIAL STABILITY AND ACHIEVING YOUR GOALS.

 **19 JUN***

FINANCIAL MASTERY FOR CAREER ADVANCEMENT

AS YOUR CAREER ASCENDS, IT'S AN OPPORTUNE MOMENT TO PAUSE AND RECALIBRATE YOUR FINANCIAL COMPASS

 **17 JUL***

UNLOCKING THRIFT SAVINGS PLAN BENEFITS: YOUR PATH TO FINANCIAL SECURITY

DELVE INTO THE INTRICACIES OF TSP BENEFITS, PROGRAM DETAILS, AND STRATEGIC OPPORTUNITIES, WHILE ADDRESSING THE IMPORTANCE OF SAVING FOR RETIREMENT.

 **21 AUG***

MAXIMIZING CONTINUATION PAY: A STRATEGIC GUIDE

EXAMINE INTO WHAT CONTINUATION PAY ENTAILS, HOW TO APPLY FOR IT, AND OPTIMAL WAYS TO LEVERAGE THIS FINANCIAL OPPORTUNITY.

* DOD REQUIRED COMMON MILITARY TRAINING CLASSES

FINANCIAL READINESS PROGRAM (FRP)
BLDG. 5700, RM 350
(334)-255-9631/3765





9 AM FIRST THURSDAY OF THE MONTH



LEADERSHIP



INFORMATION



NETWORKING



CONNECTION

**SPOUSES AND SERVICE MEMBERS WELCOME !
NO REGISTRATION NEEDED.**

**OPPORTUNITY TO LEARN WHAT'S HAPPENING AT FORT NOVOSEL, ASK QUESTIONS,
AND CONNECT WITH LEADERSHIP AND THE COMMUNITY.**

FOLLOW FORT NOVOSEL ACS ON FACEBOOK OR INSTAGRAM FOR MORE INFORMATION.

NOTES CAN BE FOUND AT [HTTPS://HOME.ARMY.MIL/NOVOSEL/INDEX.PHP/LINC](https://home.army.mil/novosel/index.php/linc)



**AT THE LANDING
INFO: 334-255-3815**

Mobilization, Deployment & Stability Support Operations

JANUARY 2024 – NOVEMBER 2024
SFRG TRAINING SCHEDULE, FORT NOVOSHEL, AL
(BLDG. 5700, RM 350)

SFRG Leadership & Informal Fund Custodian Training

18 JAN @ 1300-1400
MAR By Request
18 APR @ 1430-1530
16 MAY @ 1430-1530
JUNE By Request
18 JULY @ 1430-1530
AUG By Request
19 SEPT @ 1430-1530
17 OCT @ 1430-1530
NOV By Request

*No trainings in February or December
*Teams & desk side offered by request

POC: Ilrana Love, ilrana.i.love.civ@army.mil





OVERSEAS BRIEFS



RECEIVED ORDERS OVERSEAS?

ACS offers Overseas Briefs to prepare you for your upcoming assignment to **Hawaii, Alaska, Germany, or Korea**. The class provides moving tips, intransit information, and initial arrival expectations.

Tuesday @ 1400 & Thursday @ 1030 RSVP Required

Spouses and Service Members welcome!

ARMY COMMUNITY SERVICE

(334) 255 - 3735

BLDG. 5700, ROOM 177



Army Community Service
novosel.armymwr.com



LENDING HANGAR

AWAITING HOUSEHOLD GOODS?

The Lending Hangar provides basic kitchen items, floor mats, and folding tables and chairs for use while waiting for household goods on an inbound or outbound PCS.

We do not provide furniture like couches or air mattresses.

OPEN MONDAY, WEDNESDAY, & FRIDAY: 0800 - 1600
CLOSED DURING NEWCOMERS EVENTS

PCSing Service Members and Families only.
Must have copy of orders.

ARMY COMMUNITY SERVICE

(334) 255 - 3735

BLDG. 5700, ROOM 177



Army Community Service
novosel.armymwr.com



ENGLISH AS A SECOND LANGUAGE

Enterprise State Community College (ESCC) offers English Language (ESL) classes that are completely free! ESL classes equip students with the skills to succeed in the workplace, community, and in educational programs.

Tuesday and Thursday
9:00 a.m. - 12:00 p.m.
5:30 p.m. - 8:30 p.m.



ESCC Adult Education Office

(334) 347-2623 Ext. 2218/2273



HEARTS APART PROGRAM

The Hearts Apart Program assists family members during prolonged separation by offering activities and connection opportunities. Spouses and family members can voice their concerns, feelings, and share with others who understand.

Hearts Apart appointments are on demand
call today to speak with an ACS Specialist!

ARMY COMMUNITY SERVICE

(334) 255 - 3735

BLDG. 5700, ROOM 177



Army Community Service
novosel.armymwr.com

STARTING FEBRUARY



Fort Novosel

PLAYGROUPS

**BLDG 8946 7TH AVENUE
334-255-9647/3359**

Playgroup is for children and their caregivers. Playgroup provides activities that enhance parent-child interactions, peer socialization, and stimulate child growth and development.

Registration is Required



**WIGGLE
WORMS**

0-12mos

Tuesday 0845-0935



12mos- 2years

**BUSY
BEEES**

Tuesday 0945-1035



**JUMPING
JUNE BUGS**

2-3years

Tuesday 1045-1135





Expecting a baby? Have a baby or child under the age of three?

Fort Novosel has a home visiting program that provides education and support to new families through home visiting services provided by Licensed Nurses and Licensed Social Workers.

- ✓ New Parent Support and Education
- ✓ Home Safety Education
- ✓ Community Referrals
- ✓ Classes
- ✓ Social Support

334-255-3359/9647

Building 8946 7th Ave Fort Novosel

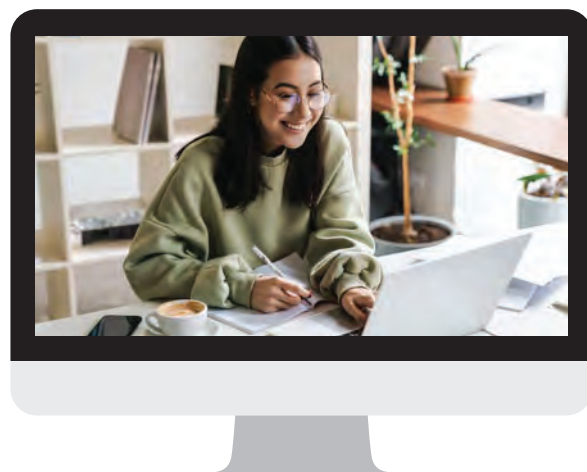


VIRTUAL WORKSHOPS FOR MILITARY SPOUSES AND CAREGIVERS



Transition Employment Assistance for **Military Spouses and Caregivers** (TEAMS) is a series of employment-focused workshops created to assist military spouses and caregivers as they plan and prepare in pursuit of their employment goals.

All times are listed in **EST** (US Eastern Standard Time).



LINKEDIN PROFILES

Create a profile that markets your professional brand

MON., APR. 15, 2024 | 10AM-12PM

LINKEDIN JOB SEARCH

Get insider knowledge and explore LinkedIn features

MON., APR. 15, 2024 | 1PM-3PM

MARKETING ME

Explore networking opportunities and develop a job hunt plan

TUE., APR. 16, 2024 | 10AM-12PM

INTERVIEW SKILLS

Prepare for those hard to answer questions

TUE., APR. 16, 2024 | 1PM-3PM

FLEXIBLE JOB OPTIONS

Explore and secure legitimate, career-building, flexible job options

WED., APR. 17, 2024 | 10AM-12PM

SALARY NEGOTIATIONS

Learn salary and compensation negotiation skills

WED., APR. 17, 2024 | 1PM-3PM

YOUR NEXT MOVE

Define and explore career opportunities

THU., APR. 18, 2024 | 10AM-12PM

CAREER CREDENTIALS

Define professional licensing/credentials and identify portability resources

THU., APR. 18, 2024 | 1PM-3PM

FEDERAL HIRING

Use online resources to explore federal employment

FRI., APR. 19, 2024 | 9AM-11AM

RESUME ESSENTIALS

Create your most effective resume

FRI., APR. 19, 2024 | 12PM-4:30PM

REGISTER NOW



Visit online at
dol.gov/teamworkshops
or scan the QR code





HIRING EVENT SCHEDULE 2024

BY MONTH

JANUARY

18 Hampton, VA
18 Raleigh, NC
18 Tampa, FL
23 Western Region
25 San Antonio, TX

FEBRUARY

1 Dallas, TX
1 Fort Liberty, NC
6 Transitioning Army & Spouse
8 Atlanta, GA
13 Eastern Region
15 Camp Pendleton, CA
15 Scott AFB Area, IL
22 Phoenix, AZ
29 Fort Riley, KS

MARCH

6 San Diego, CA
7 Houston, TX
14 Fort Bliss, TX
14 Greater Washington DC Area
19 National
28 Jacksonville, FL
28 Joint Base Lewis McChord, WA
28 Pittsburgh, PA

APRIL

3 Fort Moore, GA
4 Boston, MA
11 Charlotte, NC
11 Dallas, TX
18 Chicago, IL
18 Naval Station Norfolk, VA
23 Central Region
25 Denver, CO
25 Joint Base San Antonio, TX

MAY

1 Fort Cavazos Area, TX
7 Military Spouse
9 Fort Liberty, NC
16 Baltimore, MD
16 Wright Patterson AFB Area, OH
21 National
23 Naval Base Kitsap Area, WA
30 Eglin AFB /Hurlburt Field Area, FL
30 Phoenix, AZ

JUNE

4 National Government Agency
6 Atlanta, GA
6 Houston, TX
13 Hampton, VA
13 St. Louis, MO
18 Eastern Region
27 Fort Carson, CO
27 Joint Base Lewis McChord, WA
27 Greater Washington DC Area

JULY

9 Western Region
10 Fort Moore, GA
11 Tampa, FL
18 Kansas City, MO
18 Raleigh, NC
25 Naval Station Norfolk, VA
25 San Antonio, TX
30 Central Region

AUGUST

1 Denver, CO
1 Philadelphia, PA
6 Transitioning Army & Spouse
8 Hill AFB Area, UT
15 Camp Pendleton, CA
15 Fort Liberty, NC
22 Dallas, TX
27 National
29 Indianapolis, IN

SEPTEMBER

5 Charlotte, NC
5 Greater Seattle, WA
12 Atlanta, GA
12 Boston, MA
18 Fort Cavazos, TX
19 Nashville, TN
19 Phoenix, AZ
26 Fort Bliss, TX
26 Greater Cincinnati Area, OH

OCTOBER

1 Eastern Region
9 San Diego, CA
10 Colorado Springs, CO
10 Tampa, FL
17 Chicago, IL
17 Greater Washington DC Area
17 Joint Base Lewis McChord, WA
22 Western Region
23 Fort Moore, GA
24 Joint Base San Antonio, TX
31 Naval Base Kitsap Area, WA
31 Naval Station Norfolk, VA

NOVEMBER

7 Wright Patterson AFB Area, OH
14 Fort Liberty, NC
14 Jacksonville, FL
19 National Government Agency
21 Dallas, TX
21 Eglin AFB /
Hurlburt Field Area, FL
26 National

DECEMBER

5 Camp Pendleton, CA
5 Atlanta, GA
5 Houston, TX
10 Central Region
12 Orlando, FL

VIRTUAL HIRING EVENTS | MILITARY BASE
DATES SUBJECT TO CHANGE.

HIRING EVENT STATS

2,800+
exhibitors
attended

37,000+
veterans and military spouse
accessible registrants

6,700+
job offers
expected



REGISTER NOW!

DATA BASED ON IN-PERSON AND VIRTUAL HIRING EVENTS FROM JAN-JUN 2023.

VMIS TRAINING

CONDUCTED THE FIRST TUESDAY OF EACH MONTH

- FEBURARY 6, 2024
- MARCH 5, 2024
- APRIL 2, 2024
- MAY 7, 2024
- JUNE 4, 2024
- JULY 2, 2024
- AUGUST 6, 2024
- SEPTEMBER 3, 2024
- OCTOBER 1, 2024
- NOVEMBER 5, 2024
- DECEMBER 3, 2024

LUNCH & LEARN

BRING A LUNCH AND COME JOIN THE FUN!

TO RESERVE YOUR SEAT:

CALL 334-255-9059 OR EMAIL
RACHAEL.A.CESPEDES.CIV@ARMY.MIL



OPOC TRAINING

CONDUCTED THE FIRST THURSDAY OF EACH MONTH

- FEBURARY 1, 2024
- MARCH 7, 2024
- APRIL 4, 2024
- MAY 2, 2024
- JUNE 6, 2024
- JULY 11, 2024
- AUGUST 1, 2024
- SEPTEMBER 5, 2024
- OCTOBER 3, 2024
- NOVEMBER 7, 2024
- DECEMBER 5, 2024



ACS WILL BE
CLOSING HALF DAY
FOR TRAINING
FROM 1300-1600
ON THE DATES
LISTED BELOW

FEBRUARY 22
MAY 23
AUGUST 22
NOVEMBER 21



Free tax services made for the MilLife.

When it's time to tackle your taxes, turn to **MilTax** for free e-filing software and personalized consultant support.

Made for the Military

Tax prep and e-filing software from MilTax is built to address scenarios, like deployments, combat pay, multiple moves and more to help you account for the credits and benefits you've earned.

Your Taxes on Your Time

Prep and e-file anytime, from anywhere, at your pace. Save your progress and come back when you have time. If you have questions along the way, we're on call to help.

Expert Help at Hand

Call Military OneSource anytime, 24/7 to schedule an appointment. Our tax consultants are experts in military taxes, so they know what you need to file and how to save you money.

No Hidden Fees Plus Calculations You Can Count On

MilTax is 100% free from the Defense Department. There are no fees for any service member at any point in the filing process. Plus, software calculations are backed by the provider's 100% accuracy and maximum refund guarantee.

**Eligible service members and families can access MilTax anytime.
Go to MilitaryOneSource.mil and search "MilTax" to begin.**



MilTax is a benefit provided by the Defense Department exclusively for eligible service members and family members through Military OneSource.



U.S. ARMY



ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

NEWCOMERS WELCOME

9:00 AM-11:30 AM

AT THE LANDING
BUILDING 113, NOVOSEL STREET

**MANDATORY FOR ALL
ARRIVING PERMANENT
PARTY PERSONNEL**

**NO RESERVATIONS
ARE NEEDED TO
ATTEND THE EVENT**

**THE EVENT IS ALSO OPEN TO:
SPOUSES • FOREIGN STUDENTS
DA CIVILIANS • FAMILY MEMBERS**

**ENJOY FREE BREAKFAST &
LOCAL BUSINESSES, RESOURCES AND
INFORMATION BOOTHS ON SITE.**

2024

26 JANUARY

9 FEBRUARY

8 MARCH

12 APRIL

10 MAY

14 JUNE

12 JULY

9 AUGUST

13 SEPTEMBER

11 OCTOBER

8 NOVEMBER

DECEMBER NO EVENT

ARMY COMMUNITY SERVICE

(334) 255-3161/3735

Fort Novosel MWR



novosel.armymwr.com

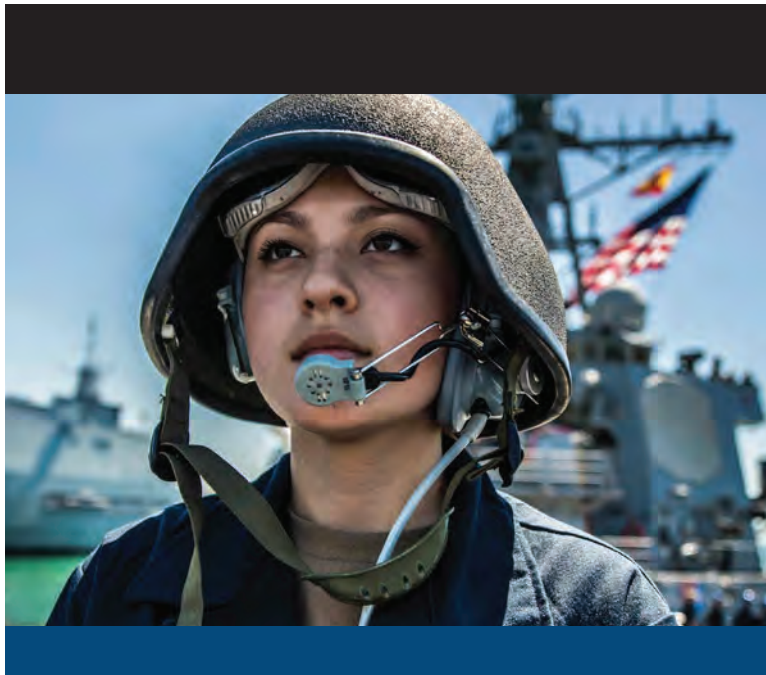
Sprout Awareness With ASAP & Friends!

**When: 9 April 2024 1100-1300 at the Fort Novosel Commissary
26 April 2024, 100-1300 at the Fort Novosel PX**

April is a month of awareness, and we invite you to come out and help us promote awareness with various installation agencies.

Pick up your "Sprout Awareness Passport" and get entered for a chance to win a prize from ASAP and Friends!





MILITARY & FAMILY LIFE COUNSELING

MILITARY AND FAMILY LIFE COUNSELORS

Service Providers and Leaders

Military and Family Life Counseling services are available on and off installations. Counselors offer presentations and support to help service members and their families build skills and resilience.

Military service providers and leaders can request MFLC support at <https://supportrequest.militaryonesource.mil>.

Get more information about MFLC and other helpful programs from Military OneSource.

Call or live chat any time.

800-342-9647 | www.militaryonesource.mil



**MILITARY
ONE****SOURCE**



FOR WHEREVER YOU ARE IN LIFE

SUPPORT FOR MILITARY FAMILIES



The Military and Family Life Counseling Program helps military families overcome challenges with free face-to-face support.

Whether you want to strengthen a relationship or talk through a difficult situation, non-medical counseling can help you thrive in your military life.

MFLCs are master's or doctorate-level licensed counselors who offer service members, their spouses and immediate family members short-term non-medical counseling. MFLCs provide support to individuals, couples, families and groups for a range of issues including, but not limited to:

- Relationships at home and at work
- Managing stress
- Adjusting to military culture
- Building parenting skills
- Handling grief and loss
- Staying resilient through deployment and other changes

MFLCs also offer diversity and inclusion coaching to service members and their families impacted by racism, sexism, bias or any form of discrimination.

Services are private and confidential except in situations that involve domestic violence, child abuse, sexual assault or that necessitate a duty to warn.

Situations outside the scope of non-medical counseling include:

- Long-term counseling and support
- Mental health diagnoses
- Psychological or fitness-for-duty evaluations
- Addictions
- Medical diagnostic testing
- Crisis situations

MFLC support is available at installation Military and Family Support Centers, child and youth programs, schools, military units and in targeted "surge" locations and on-demand events.

Learn more about other helpful programs for military families: 800-342-9647 | www.militaryonesource.mil