

Fort Bragg Supporting Military Families Collaborative – Standing by, Ready to Serve!



Womack Army Medical Center (WAMC) Patient Advocacy Program acknowledges our beneficiaries right to seek solutions to problems, concerns, and unmet healthcare needs. The Patient Relations team is committed to assisting you, as a beneficiary, and WAMC staff with resolving concerns, education, and information resource sharing. Our goal is to become the premier military treatment facility and rank number one in customer service and satisfaction among all medical treatment facilities. We are here to help you navigate care and services across the WAMC Healthcare System.

(910) 570-3345



The **Womack Army Medical Center (WAMC) Patient and Family Partnership Council (PFPC)** is a forum for beneficiaries to meet, share and hear from WAMC Leaders & experts on benefits and services available to them, learn about trending medical topics and innovations, and provide feedback on your care experiences. If you have ideas to help improve our healthcare delivery system, please consider attending and possibly becoming a member. Primary care enrollment with a WAMC clinic is a requirement. Hope to see you soon!

(910) 907-6281



Everyone reacts to stress and traumatic experiences differently. While some have reactions that can be seen as normal responses to life events, others may experience signs or symptoms of more serious conditions. Mental health and substance misuse conditions can affect anyone; **you are not alone.** **Womack Army Medical Center Department of Behavioral Health** has many resources available to help Service Members and Family Members who need it.

(910) 907-6825



Womack Department of Pastoral Care provides spiritual care to Womack patients and staff members.

Chapel Fellowship/Services
Bible Study
Bereavement Support

(910) 907-PRAY
(910) 907-7729



EFMP Identification & Enrollment



Womack EFMP

Enterprise EFMP

Want to make sure that your medical needs will be met at your next duty station? Did you just start services and now it's time for a PCS move? Would you like to attend trainings and support groups related to your health condition? Then check out **Womack Army Medical Center Exceptional Family Member Program (EFMP)**! At medical EFMP, we will document your medical specialty and behavioral health care needs so that they can be considered in the reassignments process. To get started, **logon to Enterprise EFMP and create a case.**

(910) 907-3367



The **Armed Forces Wellness Center** uses today's fitness testing technology to help you reach your wellness goals! Schedule an appointment with us to test your metabolic rate, VO2 training zones, manage your stress, and measure body fat percentage (BodPod and InBody770). One-on-one nutrition coaching appointments are available to help you decrease your body fat percentage and set macronutrient and weight loss goals. Let our certified strength coaches build you a customized workout plan and demonstrate lifts. No referral needed - we service active duty soldiers, family members, spouses, retirees, and DoD civilians.

(910) 643-2101

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Fort Bragg Family and MWR is proud to host a variety of recreation, sports, entertainment and leisure programs and events for our Soldiers, Families, Retirees and Civilians. No matter what your interest, Family and MWR has something for you! For more information on all our programs as well as a full schedule of events, please visit: Bragg.armymwr.com or follow us on social media @fortBraggmwr.



Army Community Service (ACS) provides comprehensive, standardized, coordinated and responsive services that support the readiness and well-being of Soldiers, Civilian personnel, retirees, and Families. ACS offers a variety of services, classes, and other resources to help navigate the challenges of military life.

(910) 396-8683
(910) 396-8682



The **BOSS Program** provides activities to Single Soldiers, Single Parents, and geographical bachelors. The program encourages and assists Single Soldiers to be actively involved in the planning process for programs that include quality of life, well-being, community service, recreation and leisure, and life skills activities. Although it does not set policy, the BOSS Program provides a venue for Single Soldiers to participate in the decision-making process, as well as provide guidance for issues which have a direct impact on their daily lives. Additionally, the program offers an opportunity to assist in the development of Single Soldiers as leaders.

(910) 396-7751

(910) 908-0693

(910) 309-2966



The **Family Advocacy Program** helps Soldiers and Families recognize and meet the unique challenges of military lifestyles. Our services include seminars, workshops, counseling, and intervention to help strengthen Army Families, enhance resiliency and relationship skills, and improve quality of life. We are also dedicated to helping Soldiers and Families with the complex challenges related to domestic abuse, child abuse, and neglect. We focus on prevention, education, prompt reporting, investigation, intervention, and treatment.

(910) 396-5521



Exceptional Family Member Program (EFMP) Family Support provides information, resources, nonclinical case management and referrals to help military Families with special needs navigate their systems of care. Support groups, recreational events, and educational workshops covering various topics are also available to Families.



Army: (910) 643-9642 Air Force: (910) 394-2538



Can you cover all your bills with room to spare? Consider seeing one of our **ACS Financial Readiness Accredited Financial Counselors** who can help you establish a spending plan or tweak your current budget. We have all the tips and tricks to help you obtain and maintain financial preparedness. Come see us if you need help with paying your basic living expenses, as **Army Emergency Relief** can assist when in need of emergency financial funds. "Make us your first choice" to help you achieve financial freedom.

(910) 396-2507

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Mobilization, Deployment, and Stability Support Operations (MDSSO) assists the chain of command by empowering Soldier and Family Readiness Group (SFRG) leadership and volunteers, providing them with robust training and resources to maintain a successful and effective SFRG. MDSSO also assists during Noncombatant Evacuation and Repatriation Operations.

(910) 432-3742



Child & Youth Services (CYS) offers a range of programs designed to support the development and well-being of children and youth (6 weeks to 18 years of age) in military families. Our services include quality childcare, educational enrichment, recreational activities, and youth development programs. CYS aims to create a safe, supportive environment that fosters growth, learning, and resilience. CYS also supports family by reducing the conflict between mission readiness and parental responsibility.

(910) 396-8110 or (910) 396-5128



Military life presents unique challenges to students and their Families, and School Support Services can help. **School Support Services**, which is a part of Child & Youth Services (CYS), provides a wide range of services through the School Liaison Program. Our School Liaison Officers (SLOs) work directly with Families, educators, and military units to ensure smooth transitions and deliver resources to military-connected students and their Families. These services are provided at no cost to you, so reach out and meet your SLO today.

(910) 432-1023 (910) 396-3338 (910) 908-2619



The Department of Defense Education Activity (DoDEA) is an instructional program providing comprehensive pre-kindergarten through 12th grade College and Career Ready Curriculum that is dedicated to attaining high student achievement. The Fort Bragg Community has a total of 9 DoDEA schools serving pre-kindergarten to eighth grade to students living on the installation. It is part of the DoDEA Mid-Atlantic District.

(910) 861-7256



TUTOR.COM/MILITARY



Tutor.com/military, funded by the DoD, is a program that allows Military and DoD families with students in grades **kindergarten through college** to connect to a live tutor online at any time, 24/7, for one-to-one help with homework, studying, test prep and more, for **FREE**.

(920) 988-6819



The **Armed Services YMCA** Fort Bragg enhances the lives of military members and their families in through programs relevant to the unique challenges of military life. We empower military families by ensuring access to resources, relationships, and opportunities for all to learn, grow, and thrive. We provide needed programs and services for single or married junior enlisted personnel and their family members, including Food Pantry, Childcare Programs, Operation Little Learners, Operation Hero, Baby Bundles, Operation Kid Comfort, and Operation Deploy Your Dress.

(910) 436-0500

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Ready and Resilient (R2) provides the foundation for individuals to build and sustain personal readiness and resilience. R2 provides training and education resources to active duty, reserve, and National Guard Soldiers, as well as family members and Department of the Army Civilians at 33 R2 Performance Centers across the Army enterprise.



(910) 908-4459



The **United Service Organizations (USO)** is the leading nonprofit dedicated to strengthening the well-being of the people serving in America's military and their families. Since 1941, the USO has been by the side of service members throughout their military service. Impactful support is provided through our 250+ locations around the world, a robust care package delivery program, global entertainment, military spouse, and youth programming, and much more, all made possible by donors, corporate partners, volunteers, and staff.

(910) 495-1437



Army Substance Abuse Program (ASAP) aims to minimize the negative effects of substance misuse/abuse and to maximize efforts to increase awareness of protective factors and resources contributing to well-being. The ASAP provides drug testing and risk reduction services to active duty service members but can also provide suicide prevention services and prevention coordination services to both active duty personnel and their families. The **Employee Assistance Program** provides referrals and short-term counseling to spouses, retirees, and DOD civilians.

(910) 396-4100



The **Religious Support Office** Team stands ready to care for you and your family's spiritual and religious needs. We have a robust and diverse schedule of religious worship services that meet all over the installation. Please browse our page for current offerings. If you do not see what meets your religious needs listed, please contact your unit chaplain or the Religious Support Office so we may assist you.

(910) 643-4416



The **Transition Assistance Program (TAP)** is a congressionally mandated program. TAP is responsible for providing Soldiers with counseling, employment, educational workshops, and seminars required to achieve the Veterans Opportunity to Work (VOW) Act 2011, Career Readiness Standards (CRS) mandated compliance as outlined in the NDAA, AR 600-81, and DOD 1332.35.

usarmy.Bragg.usag.mbx.dhr-tap@army.mil

(910) 432-4725

The **American Red Cross** provides 24/7 global emergency communication services and other support to active duty and veterans across the country and around the world. The American Red Cross has an app and online, self-service tool called the Hero Care Network. This **FREE** tool gives military families more flexibility and expanded access to help during times of crisis.



American Red Cross
Service to the Armed Forces



(877) 272-7337

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**MILITARY
ONESOURCE**



Military OneSource is a U.S. Department of Defense program that provides resources and support to active-duty, National Guard and Reserve service members and their families. Can be accessed anywhere in the world. Available 24 hours a day, 7 days a week at no cost to users. Services include non-medical counseling, specialty consultation (for example, wounded warrior, special needs, language and document translation, simultaneous interpretation, adult disability, elder care, education, health and wellness coaching, Peer-to-Peer support and financial counseling).

(800) 342-9647



The **Military and Family Life Counseling Program** provides free, confidential non-medical counseling to service members, their families, and survivors on or near installations. Military and Family Life Counselors (MFLC) deliver valuable counseling services, briefings, and presentations to the military community. MFLCs help service members and their families navigate issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss. Adult and child and youth behavioral MFLCs are assigned to units, schools, child development centers and other locations worldwide.

(910) 432-3742 or (910) 396-8682

Supporting Military Families Collaborative



To add/update information, please contact:

Outreach Program Coordinator
Child & Family Behavioral Health
Womack Army Medical Center

(910) 907-6487