



FORT RUCKER

Community Resource Guide FY 2015



*Published for Fort Rucker Garrison, Lyster Army Health Clinic, and Tenant Organizations.
Proponent for this document is the Fort Rucker Community Health Promotion Council.*

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Introduction

Fort Rucker is committed to building a strong and healthy community that supports Military Service Members, Families, DA Civilians and Retirees. The Fort Rucker Community Resource Guide is a reference tool for contacting agencies responsible for providing Families assistance. Off-post agencies are occasionally listed for information purposes to provide a full range of resources available within the Fort Rucker area. The inclusion or exclusion of any specific off-post agencies is not intended to imply an endorsement or lack of endorsement by Fort Rucker, the Department of the Army, or the Department of Defense.

HOW THIS RESOURCE GUIDE IS ORGANIZED

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

- I. Topic listed
- II. Primary staff agencies responsible for assistance in providing services
- III. All services available with brief description, address and phone number

UNDERSTANDING INTERVENTIONS & PREVENTIONS

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

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

NEWCOMERS WELCOME

If you are new to Fort Rucker or you are returning after spending time away from the installation, your first stop should be the Newcomers' Orientation held every third Friday of the months at 8:30am at the Landing. The newcomers' orientation is designed to welcome and inform newly arrived Soldiers and Family members of the many Family support services available on Fort Rucker and surrounding communities. This is a mandatory program with attendance by Soldiers required no later than two months after arrival. Family members, civilian employees, and contractors are strongly encouraged to attend. Free childcare is available at the Child Development Center when reservations are made no less than 24 hours prior to the event; Call (334) 255-3564. Children must first be registered with Parent Central Registration at (334) 255-9638. For more information participants may call the Relocation Readiness Office at (334) 255-3161 or (334) 255-2887.

SOCIAL MEDIA



Stay connected with the latest news and updates from Fort Rucker.

[USAACE and Fort Rucker](#): The mission of USAG Fort Rucker is to provide Soldiers, Civilians and their Families with a quality of life commensurate with the quality of their service.

Abuse and Neglect

Alcohol & Substance Abuse

Army Substance Abuse Program (ASAP)

Lyster Army Health Clinic, Rm. T-125

Fort Rucker, AL 36362 <http://www.acsap.army.mil>

<http://www.rucker.army.mil/imcom/directorates/dhr/asap/index.html>

Education & Prevention Services:

A wide range of prevention/education classes is available for Soldiers.

- ☐ Administration: (334) 255-7509
- ☐ Employee Assistance Program: (334) 255-7876
- ☐ Clinical Services: (334) 255-7509
- ☐ Prevention Services: (334) 255-7806
- ☐ Risk Reduction Program: (334)255-7508
- ☐ Biochemical Testing: (334) 255-7517

Hours of Operation: 7:30 - 11:30 a.m. Walk-ins, Clearing, Appointments and Drug Testing;

11:30a.m. - 1:00p.m. Appointments Only;

1:00p.m. - 4:15p.m. Walk-ins, Clearing, Appointments and Drug Testing

Education & Prevention Services: A wide range of prevention/education classes are available for Soldiers. ASAP has a professional staff educated and trained in the education, psychological, and sociological aspects of chemical dependency. Each treatment staff member is licensed and state certified in addictions counseling. Treatment consists of individual counseling, group therapy, couple counseling, family group therapy, educational classes, and relapse prevention techniques. Additionally, the Employee Assistance Program Coordinator provides short-term counseling and referral services to eligible civilian employees and family members (both civilian and military).

Alcoholics Anonymous

Alcoholics Anonymous

Spiritual Life Center, Bldg. 8939, Room 38

Fort Rucker, AL 36362

Religious Support Office: (334) 255-3447/3903

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion having an impact on changing a person's life. AA meets every Thursday evening at the Spiritual Life Center.

Dothan

Wiregrass-Intergroup

Main: 334-792-3422

Area01:Alabama/NWFlorida

Site: www.aaarea1.org/ or

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

Services: Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. There are no dues or fees for A.A. membership.

Narcotics Anonymous

Clean & Crazy Group – Wiregrass Club, 7838 Dale County Road 1

Level Plains, AL, 36322

Wiregrass Area 1-866-985-0008

Narcotics Anonymous (NA) offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. The name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol.

Bradford Health Services

114 Adris Place

Dothan, AL, 36303

Main: (334)671-1677

Bradford Health Services is a treatment center that focuses on substance abuse services by providing substance abuse treatment services including adolescent and adult intensive outpatient programs, adolescent and adult continuing care, adult outpatient detox, family support, and general education classes.

Twelve Oaks

2068 Healthcare Avenue

Navarre, FL, 32566

Main: (800) 662-1255

Twelve Oaks is a treatment center that focuses on substance abuse services by providing substance abuse treatment including detoxification services and medical stabilization, inpatient rehabilitation, partial hospitalization, intensive outpatient, adult and adolescent programs, specialty PTSD Tract, aftercare program, relapse prevention, and AA/NA groups.

Alcohol & Drug Referral Hotline 1-800-252-6465

National Council on Alcoholism 1-800-622-2255

American Council on Alcoholism 1-800-527-5344

Child Related Issues/Abuse & Domestic Violence

Child and Spouse Abuse and Neglect

24/7 Domestic Violence Hotline: 334-379-7947

Military Police (on-post only) **Dial 911 in an emergency** or 334-255-2222 for assistance

Alabama's Domestic Violence Hotline 1-800-650-6522

DoD Child Abuse Safety and Violation Hotline at 1-800-336-4592

Alabama Department of Human Resources for reporting child abuse and neglect 334-255-9500

Alabama Adult Protective Services Abuse Hotline (for elderly) 1-800-456-7214

National Domestic Violence Hotline 1-800-799-7233

Lyster Army Health Clinic

Family Advocacy Program (FAP) – Treatment Services

Bldg 301, Andrews Ave, Fort Rucker, AL 36362

Clinic Hours: Monday – Friday 7:30a.m.- 4:30p.m., Appointments: 334-255-7029

Family Advocacy Program: 334-255-7029

<http://www.rucker.army.mil/tenants/lahc/>

Treatment Services: Family Advocacy Program, co-located with Department Behavioral Health, provides treatment services for individuals and families struggling with domestic violence and child abuse, including situations where abuse has not occurred but individual or families are “at risk” and require counseling to improve family relationships.

ACS Family Advocacy Program

Soldier Service Center, Building 5700, Room 350, Novosel Street, Fort Rucker, AL 36362
334-255-3898

Monday-Friday 7:30a.m – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Services for Education and Prevention: Army Community Service FAP provides the following classes and group sessions for Soldiers and Families: Anger Management Classes, Stress Management Classes, Parent and Family Life Education as well as Command and Troop Education Briefings.

ACS FAP Victim Advocacy Program

Soldier Service Center: Building 5700, Room 350, Novosel Street,
334-255-9636, 334-255-9644

24/7 Victim Advocate Hotline 334-379-7947

<http://www.ftruckermwr.com/acs/victim-advocate-program/>

The Victim Advocate Program (VAP) provides non-clinical advocacy services and support to Soldiers and Family members experiencing domestic abuse. A Victim Advocate (VA) is a trained professional on call 24 hours a day/7 days a week to provide:

1. Non-judgmental support

2. Crisis intervention
3. Safety planning
4. Assistance in obtaining protective orders
5. Accompany throughout the medical, investigative and legal processes
6. Coordination of emergency services; transportation, housing, food, etc.
7. Referrals to military and civilian resources
8. Information on and assistance with completing application for Transitional Compensation for abused Family members

Soldiers and Family members who experience domestic abuse are encouraged to report the incident, either restricted or unrestricted to a VA to access the full range of supportive services.

Sexual Harassment/Assault Response and Prevention (SHARP)

Fort Rucker 24-hour SHARP Hotline: 334-470-6629

DOD Safe Helpline: 1-877-995-5247

<http://www.rucker.army.mil/sharp/>

Support Services: The Sexual Harassment/Assault Response and Prevention Program reinforces the Army's commitment to eliminate incidents of sexual assault through a comprehensive policy that centers on awareness and prevention, training and education, victim advocacy, response, reporting, and accountability. Army policy promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

House of Ruth, Dothan

24 Hour Help-line 334-793-2232 (In Dothan Area) or 1-800-650-6522 (Toll Free)

Support Services: The House of Ruth, Inc. is a non-profit organization that serves eight counties in Alabama. These counties are Barbour, Bullock, Coffee, Dale, Geneva, Henry, Houston and Pike. The House of Ruth provides In-Shelter, Out of Shelter, and Community services for victims of sexual assault or domestic violence.

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

Sexual Assault/Rape

Installation Provost Marshal Office U.S. Army MP

Building 5001, Lucky Star Street, Fort Rucker, AL 36362

Dial 911 in an emergency or 334-255-2222 for assistance.

Services: Reporting any and all suspected Sexual Assault/Rape violations.

ACS Victim Advocacy Program

Soldier Service Center: Building 5700, Novosel Street,

334-255-9636, 334-432-3994/334-255-9644, 334-379-4653;

Victim Advocate Hotline 334-379-7947

Monday – Friday, 7:30a.m. – 4:15p.m.

<http://www.ftrucker.mwr.com/acs/victim-advocate-program/>

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1. Non-judgmental support
2. Crisis intervention
3. Safety planning
4. Assistance in obtaining protective orders
5. Accompany throughout the medical, investigative and legal processes
6. Coordination of emergency services; transportation, housing, food, etc.
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RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE

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

Support Services: RAINN operates the National Sexual Assault Hotline providing free, confidential advice 24/7.

Child/Youth Services

Adoption

Staff Judge Advocate, Client Services

Soldier Service Center: Building 5700, Novosel Street, Rm. 320, Fort Rucker, AL 36362

Legal Assistance: 334-255-3482

Hours of Operation: 8:30a.m. - 4:30 p.m., M-F. Closed every Thursday from 8:30a.m. - 11:30 a.m., weekends and federal holidays.

<http://www.rucker.army.mil/sja/>

Services: Provide legal assistance to Soldiers and their Families in adoption. When you come to your appointment, please bring any documentation you may have pertaining to your case. Please note that attorneys can only provide advice and assist with paperwork drafting and review. In many cases you will still need to hire a civilian attorney.

National Military Family Association

<http://www.militaryfamily.org/your-benefits/adoption>

Services: The National Military Family Association provides an overview on reimbursement, leave and healthcare benefits when pursuing adoption.

Administration for Children & Families

http://www.childwelfare.gov/pubs/f_milita.cfm

Services: The Administration for Children & Families provides a useful factsheet that provides the basic information to help military Families learn about the adoption process.

Babysitting/CPR Training

Teen Babysitter Training

Fort Rucker School Age Center, Bldg. 2806, Fort Rucker, AL 36362, open to youth ages 13-18

334-255-2958

Services: Fort Rucker Child, Youth and School Services offers a course that educates teens on basic childcare, infant care, diaper changing, home and fire safety, child abuse, CPR and first aid, along with other essential child care procedures.

American Red Cross CPR Classes

Services: The American Red Cross is an organization dedicated to saving lives. As one of the nation's leading provider of health and safety courses, the American Red Cross offers CPR classes that are designed to train individuals to be prepared in a medical emergency. Whether it is a workplace or school requirement or simply because you want the skills to save a life,

the American Red Cross has options for you. The American Red Cross also has certification programs for professional rescuers such as firefighters, paramedics, healthcare providers, and EMTs.

<http://www.cprcertificationtrainingonline.com/american-red-cross-cpr-classes/>

Childcare

Child, Youth and School Services

Parent Central Services

Soldier Service Center, Bldg 5700, Room 193, Novosel Street, Fort Rucker, AL 36362

334-255-9638

Outreach Services Director 334-255-2958

Hours of Operation: Monday/Wednesday/Friday 7:30a.m. – 4 p.m.

Tuesday & Thursday, 7:30a.m. – 5p.m.

<http://www.ftruckermwr.com/cyss/parent-central-service/>

Services: Offers assistance to Families in locating childcare for their specific needs for both traditional and non-traditional childcare and maintains several facilities on the installation for childcare purposes. Registration and enrollment of children in all CYSS programs is done at the Parent Central Services office.

Child Development Center (CDC)

Bldg 8938, Red Cloud Road, Fort Rucker, AL 36362

334-255-2262

Hours of Operation: Monday-Friday, 5:30a.m. – 6p.m.

<http://www.ftruckermwr.com/cyss/child-development-center/>

Services: The CDC offers a nurturing staff, balanced, nutritional meals, and age-appropriate activities and curriculum. All staff members are CPR, First Aid, emergency medication, and special needs trained.

24/7 Mini Child Development Center (CDC)

Bldg. 8946, 7th Avenue, Fort Rucker, AL 36362

334-255-3106

<http://www.ftruckermwr.com/cyss/child-development-center/>

Services: The Mini CDC offers around the clock services in a home-like environment for a capacity of up to 20 children. Support extended hour child care for shift workers, respite, crisis child care and overnight care.

School Age Center (SAC)

Bldg 2806, 7th Avenue & Division Road, Fort Rucker, AL 36362

334-255-9108

Hours of Operation: Monday – Friday,

Before School 5:30 a.m. – 7:30 a.m. After School 2:30 p.m. – 6:00 p.m.

Summer & School Out Days, 5:30 a.m. – 6 p.m.

<http://www.ftruckermwr.com/cyss/school-age-services/>

School Age Center (SAC) provides childcare before and/or after school for children ages 6-10 in grades 1st – 5th. Full-day care is provided during school vacation periods. The SAC program is certified by the Department of Defense and accredited by the Council of Accreditation (COA). The framework for our SAC curriculum is based on the following four service areas: Sports, Fitness, and Health; Life Skills, Citizenship, and Leadership; Arts, Recreation, and Leisure; and Mentoring, Education, and Support Services. Occasional users may use the program five hours a week.

Open Recreation is available every 2nd and 4th Saturday of each month from 1:00–6:00 p.m. Skate night is every 1st and 3rd Friday of each month. Safety Skate is for children who are learning the basics skills-6:15–7:15 p.m. Regular Skate is for youth who are more experienced-7:30–9:30 p.m. To participate in School-age Center programs/activities, your child must be registered with Child, Youth & School Services and meet all CYSS requirements.

Youth Center

Bldg 2800 7th Avenue, Fort Rucker, AL 36362

334-255-2271 / 2260

Hours of Operation: Monday – Thursday, 2:30p.m. – 8p.m. Friday, 2:30p.m. – 10:30p.m.

Saturday, 1p.m. – 11p.m. <http://www.ftruckermwr.com/cyss/youth-services/>

Services: The Youth Center has a wide range of programs for children grades 6–12, offering fun-filled afternoons, evenings, and weekends. Free Middle School Teen (MST) program are offered daily after school and in the afternoons during the summer for youth ages grades 6th – 12th. MST morning camps are also offered at a nominal fee during the summer to complement the free afternoon program.

Family Child Care (FCC)

Bldg 132, Sixth Avenue, Fort Rucker, AL 36362

334-255-9108

Hours of Operation: Monday, Wednesday, Friday, 9a.m. – 1p.m.

<http://www.ftruckermwr.com/cyss/family-child-care/>

Services: Family Child Care homes are an integral part of CYS Services. These homes offer child care services to children whose parents have irregular duty hours, children who need small group settings, and those preferring care in a home setting. FCC users must register with CYS Services. Parents can pick up names of potential providers from Parent Central Services.

Children: Rearing/Parenting Skills/Mentoring

ACS Family Advocacy Program

Soldier Service Center, Building 5700, Room 350, Novosel Street, Fort Rucker, AL 36362
334-255-3898

Monday-Friday 7:30a.m – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Services for Education and Prevention: Army Community Service FAP provides the following classes and group sessions for Soldiers and Families: Anger Management Classes, Stress Management Classes, Parent and Family Life Education as well as Command and Troop Education Briefings.

ACS New Parent Support Program/ Family Advocacy Program

Soldier Service Center, Bldg. 5700, Room 371 G, Novosel Street, Fort Rucker, AL 36362
334-255-3359/9647

Hours of Operation: Monday – Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Services for Education and Prevention: New Parent Support Program is a voluntary program that offers support, education and assistance to expectant parents and parents of newborns, toddlers and children up to the age of 3 years old. Hospital and Home Visitation by a Registered Nurse or a licensed clinical Social Worker provide opportunities to learn about infant care, breastfeeding, safety proofing the home, and infant and child development.

Safety Car Seat Inspection

Dothan Police Department

210N. St. Andrews St., Dothan AL 36303

334-615-3000

Hours of Operation: Monday – Friday 8a.m. – 5p.m.

<http://www.dothan.org/index.aspx?NID=490>

Services: If you wonder how to install a child safety seat come to the Dothan Police Department's front desk and ask to speak with a certified child safety seat instructor -- the police department has a number of certified instructors who can inspect your seat and show you how to install it. You needn't bring your child, but it is recommended so that they can ensure the best fit.

Fort Rucker Fire Department

Bldg 5001, Fort Rucker, AL 36362

334-255-2217/3487

<http://www.rucker.army.mil/imcom/directorates/dps/>

Services: The Fire Department provides car safety seat inspections to ensure the seat is properly installed.

Schools and School Transition Support

Fort Rucker School Liaison

Bldg 5700, Room 193, Fort Rucker, AL 36362

334-255-9812

Hours of Operation: Monday – Friday, 7:30a.m. – 4:30p.m.

<http://www.ftruckermwr.com/sls/>

<http://www.rucker.army.mil/newcomers/schools/>

Services: Assists parents with information and advocates on behalf of the student both on and off post schools. The School Liaison Officer assists with school transition support services, Partnerships in Education, installation and school communications, local school information for schools on and off post, home-school linkages, scholarship information and post secondary preparation opportunities.

Fort Rucker Primary School

Building 22210, Artillery Road, Fort Rucker, AL 36362

334-255-2822

Office Hours: Monday – Friday 7a.m. – 3:30p.m. <http://www.dodea.edu/Americas/Georgia-Alabama/FortRucker/index.cfm> <http://www.dodea.edu/Americas/Georgia-Alabama/FortRucker/FortRuckerPS/index.cfm>

Services: Fort Rucker Primary School serves students residing on post grades Pre-K through First Grade.

Fort Rucker Elementary School

Building 21037, Red Cloud Road, Fort Rucker, AL 36362

334-255-1607

Office Hours: Monday - Friday 7:30a.m. – 3:30p.m.

<http://www.dodea.edu/Americas/Georgia-Alabama/FortRucker/index.cfm>

<http://www.dodea.edu/Americas/Georgia-Alabama/FortRucker/FortRuckerES/index.cfm>

Services: Fort Rucker Elementary School serves students residing on post grades two through six.

Area Schools

Serving students living off post and on post students starting grade seven.

<http://www.ftruckermwr.com/cyss/school-liaison/area-schools-information/>

Coffee County Schools

400 Reddoch Hill Road, Elba, AL 36323

334-897-5016

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

The school system is serving Kingston, New Brockton, Zion Chapel Schools. It includes one Elementary School and three High Schools.

Daleville City Schools

626 N Daleville Ave, Daleville, AL 36322

334-598-2456

<http://www.daleville.k12.al.us/>

Daleville City Schools include Windham Elementary School and Daleville High School.

Enterprise City Schools

220 Hutchinson Street, Enterprise, Alabama 36330

334-347-9531

<http://www.enterpriseschools.net/>

The Enterprise, Alabama City School System is comprised of one Early Education Center (Kindergarten), 6 elementary schools (Grades 1-6), 3 junior highs, and one high school. Student enrollment in the system exceeds 6200.

Ozark City Schools

1044 Andrews Avenue, Ozark, AL 36360

334-774-5197

<http://www.ozarkcityschools.net/>

There are five schools in Ozark: Thompkins Early Childhood Center, Lisenby Elementary, Mixon Elementary, D A Smith Middle School and Carroll High School and Career Center. Approximately 2600 students attend these schools. All schools in Ozark are fully accredited by SACS/CASI.

Vivian B. Adams School

2047 Stuart Tarter Road, Ozark, Al 36360

334-774-5136

<http://vivianbadams.net/>

The school is located in Ozark, Alabama, and provides educational opportunities for mentally and physically disabled individuals in southeast Alabama. Adams School provides services for all age groups of individuals. The school is an extended-year program, providing services twelve months of the year.

Army Education Center (ACES)

Bldg 4502, Room 317, Kingsman St., Fort Rucker AL 36362
334-255-2378

[ACES Education Center](#)

Hours of Operation: Monday - Friday, 7:30a.m. - 4:00p.m.

On-Post Schools: Embry-Riddle Aeronautical University, Enterprise State Community College, Troy University

Support Services: Provide full range of Army Continuing Education and Testing Center services to include: voluntary education, career, and transition counseling services; GoArmyEd.com training, advising, and problem resolution; Army Personnel and DAN TES testing services; BSEP/FAST instruction for Soldier academic skills improvement; Multi-Use Learning Facility (MLF) computer lab availability for Soldiers, Family members, retirees, and civilians; also provide counseling on GI Bill benefits and options.

Special Needs

Lyster Exceptional Family Member Program

Bldg 301 Andrews Ave, Fort Rucker, AL 36362
334-255-7431

<http://www.rucker.amedd.army.mil/Departments/ClinicalDepts.html#EFMP>

Hours of Operation: Monday – Friday, 7:30a.m. – 4:15p.m.

Services: The military's Exceptional Family Member Program is designed to identify Family Members with special needs and make sure that the service member is assigned to a location where the Family member's medical needs will be met. If someone in your Family qualifies for the program, you are required to enroll in the EFMP.

Lyster Educational and Developmental Intervention Services (EDIS)

Bldg 301 Andrews Ave, Fort Rucker, AL 36362
334-255-7801/7237

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.rucker.amedd.army.mil/Departments/ClinicalDepts.html#EDIS>

Services for Education, and Intervention: Educational and Developmental Intervention Services (EDIS) is a community based program which provides developmental support to children from birth to 36 months. EDIS screens children for developmental concerns and provides services to eligible children.

ACS Exceptional Family Member Program

Soldier Service Center, Bldg 5700 Novosel Street, Suite 350, Fort Rucker, AL 36362
334-255-9277

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/exceptional-family-member-program/>

Services: The Exceptional Family Member Program (EFMP) is a mandatory enrollment

program that works in partnership with various military and civilian agencies to provide comprehensive and coordinated support. Army Community Service Exceptional Family Member Program offers advocacy services, IEP assistance, unit/FRG briefings, relocation assistance, respite care to eligible recipients, support groups, and referrals.

Alabama Easter Seals

5960 East Shirley Lane, Montgomery, AL 36117

334-395-4489

<http://www.easterseals.com/alabama/>

Services: Easter Seals provides exceptional services to ensure that all people with disabilities have equal opportunities to live, learn, work and play.

Children and Adults with Attention Deficit Disorders (C.H.A.D.D.) 1-800-233-4050
Autism Society of America 1-800-3-AUTISM

Youth/Teen Programs

Youth Center

Bldg. 2800, 7th Avenue, Fort Rucker, AL 36362

<http://www.ftruckermwr.com/cyss/youth-services/>

334-255-2271/2260

Monday – Thursday, 2:30p.m. – 8p.m.

Friday, 2:30p.m. – 10:30p.m. Saturday,

1p.m. – 11 p.m.

Summer Camp Hours:

Monday – Friday, 7a.m. – 1p.m.

Services: The Youth Center has a wide range of programs, offering fun-filled afternoons, evenings, and weekend. Free Middle School Teen (MST) programs are offered daily after school and in the afternoons during the summer for youth ages 11-15 and teens ages 16-18. MST morning camps are offered at a nominal fee during the summer.

Youth Sports & Fitness

Youth Center, Bldg. 2800, 7th Avenue, Fort Rucker, AL 36362

334-255-2254/2257

Monday – Friday, 9:00 a.m. – 6:00 p.m.

<http://www.ftruckermwr.com/cyss/youth-sports-and-fitness/>

Services: The Youth Sports & Fitness program offers a wide range of opportunities for participation in sports, as well as fitness and health, and outreach activities. Our program employs a philosophy of “fun, fundamentals, and maximum participation.” Maintaining league standings, win and loss statistics and emphasizing winning at all costs defeats the idea that a child’s growth and development can be enriched by participating in sports activities. Enrollment and additional registration forms can be found at [Parent Central Services](#).

located in the Soldier Service Center Building 5700, Room 193, or at the facility where the activity is being held. You can also register online with [WEBTRAC](#).

SKIESUnlimited Instructional Program

School Age Center, Bldg, 2806, 7th Avenue, Fort Rucker, AL 36362

334-255-1867

<http://www.ftruckermwr.com/cyss/skiesunlimited/>

Services: The name SKIESUnlimited is an acronym for “School of Knowledge, Inspiration, Exploration, and Skills” with the word “Unlimited” for the unlimited possibilities this program can offer Army children and youth. SKIESUnlimited encompasses instructional programs for children and youth ranging from 18 Months old to adolescence. Through SKIESUnlimited, children and youth in the Child Development Center (CDC), School Age Center (SAC), Youth Services (YS), and Home Schooling have equal access to opportunities that expand their knowledge, inspire them, allow them to explore, and acquire new skills. To enroll in SKIESUnlimited you must enroll with [Parent Central](#). Activities offered include Dance, Gymnastics, Tae Kwon Do, Piano, Guitar, Voice, Violin, Swim, Tennis, Golf, I’m Alone, Home School and many other seasonal activities.

4-H

School Age Center, Bldg. 2806, 7th Avenue & Division Road, Fort Rucker, AL 36362

334-255-9108

<http://www.ftruckermwr.com/cyss/4-h/>

Services: The purpose of 4-H is to foster skill development in young people. Youth are given opportunities to select from a variety of programs and projects. Individuality is valued and each person is encouraged to discover his or her own skills, talents, and interests. 4-H helps young people learn to make decisions, think critically, build relationships, practice leadership, and develop a concern for their community and their world.

Youth Groups/ Club Beyond / Bible Study

Spiritual Life Center Bldg. 8939, Fort Rucker, AL 36362

Call 334-255-3447/3903

Tuesdays, 5:30p.m. - 8:00p.m.

<http://www.rucker.army.mil/chaplain/index.html>

Army Family Team Building Program

Soldier Service Center, Bldg. 5700, Suite 102, Fort Rucker, AL 36362

Monday-Friday 7:30a.m.- 4:15 p.m.

334-255-9637

<http://www.ftruckermwr.com/acs/army-family-team-building/>

Support & Education Services: Army Family Team Building is a series of classes that seeks to empower military personnel and Family members, maximizing their personal growth and professional development. The course modules are divided into three levels, each level provides knowledge and tools to help individuals thrive, not just survive Army life.

Lyster Army Health Clinic

Family Advocacy Program (FAP) – Treatment Services

Bldg 301, Andrews Ave, Fort Rucker, AL 36362

Clinic Hours: Monday – Friday 7:30a.m.- 4:30p.m., Appointments: 334-255-7029

Family Advocacy Program: 334-255-7029

<http://www.rucker.army.mil/tenants/lahc/>

Treatment Services:

-Family Advocacy Program, co-located with Department Behavioral Health, provides treatment services for individuals and families struggling with domestic violence and child abuse, including situations where abuse has not occurred but individual or families are “at risk” and require counseling to improve family relationships.

School Safety Hotline

1-800-639-5370

<http://mycrisishotline.com>

Support Services: School Safety Hotline is a safe hotline for youth to utilize to discuss issues with anorexia, cutting, drugs, grief, violence, teen pregnancy, sexual abuse, suicide, gangs and sexuality. All calls are confidential and anonymous.

Counseling

Anger Management

Chaplain and Religious Support Office

Spiritual Life Center, Bldg 8939, Fort Rucker, AL 36362

334-255-3447/3903

On-call duty Chaplain, After Hours 334-255-3100

Monday-Friday 8a.m. – 4:30p.m.

<http://www.rucker.army.mil/chaplain/>

Prevention & Intervention Services: Conflict Resolution and Anger Management Counseling. Also contact your Unit Chaplain for any and all interventions/preventions.

Military Family Life Consultants (MFLC)

ACS, Soldier Service Center, Bldg 5700, Novosel Street, Fort Rucker, AL 36362

334-441-9369/334-379-3029

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Prevention & Intervention Services: The MFLC program provides Soldiers, their Families

and Department of Defense civilians the opportunity to seek confidential and private counseling services in the areas of anger management, communication, relationship issues, relationship building, conflict resolution, parenting and decision making skills. Unit POC can also contact their embedded MFLC for more information. The Military and Family Life Consultant Program here is a free, short-term counseling service for service members and Families.

ACS Family Advocacy Program (no counseling, only prevention)

Soldier Service Center: Building 5700, Novosel Street, Fort Rucker, AL 36362

334-255-3898; Hotline 334-379-7947

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Services for Education and Prevention: Army Community Service FAP provides the following classes and group sessions for Soldiers and Families: Anger Management Classes, Stress Management Classes, Parent and Family Life Education as well as Command and Troop Education Briefings.

Tricare Behavioral Health Care Services

1-800-700-8646

www.tricare.mil/mentalhealth

Treatment Services: Tricare behavioral health services are available from civilian network providers for family members and other beneficiaries during times of stress, depression, grief, and anxiety. Active duty service members (ADSMs) should always seek nonemergency behavioral healthcare at military treatment facilities, when available. If services are not available, ADSMs must obtain referrals from their MTFs before receiving civilian care. All other beneficiaries do not need referrals or prior authorization for the first eight outpatient behavioral health visits per fiscal year to a network provider for a medically diagnosed and covered condition.

Military OneSource Counseling Services

1-800-342-9647

<https://www.militaryonesource.com>

Prevention and Intervention Services: Military OneSource offers three kinds on short-term, non-medical counseling options to Active-duty, Guard, and Reserve member and their Families. Military OneSource counseling services are designed to provide service help with short-term issues such as adjustments to situational stressors, stress management decision making, communication, grief, blended Family issues and parenting skills issues. Counseling sessions can be arranged face-to-face, telephone consultation or online consultations.

Career Counseling

Soldier for Life Transition Assistance Program; formerly Army Career & Alumni Program (ACAP)

Bldg. 4502, Room 250, Andrews Ave & Kingsman Street, Fort Rucker, AL 36362
334-255-2558

Hours of Operation: 8a.m. – 4p.m.

1-800-325-4715 (24/7 transition hotline)

<http://www.rucker.army.mil/imcom/services/soldierforlife/>

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

Transition Services: The Soldier for Life Transition Assistance Program provides transition and employment assistance to Soldiers and their adult Family members who are transitioning from active duty, veterans and retirees, and DoD civilian employees in a Reduction in Force status. Pre-separation planning includes benefits information, job search skills development, career guidance, job search assistance and other guidance relevant to a thorough transition.

ACS Family Employment Readiness Program

Soldier Service Center, Bldg 5700 Novosel Street, Suite 350, Fort Rucker, AL 36362
334-255-2594

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/employment-readiness-program/>

Support Services: The Employment Readiness Program provides job search assistance and career counseling. It offers assistance and workshops on resume building, job application, and cover letter preparation. The program also offers a resource library along with small business training, development, and counseling.

Services are available to active duty Soldiers, National Guard, reserve, retirees, DoD civilian employees, and their eligible Family members, to include youth and surviving spouses.

Caregiver Fatigue

Exceptional Family Member Program

Soldier Service Center, Bldg 5700, Room 350, Novosel Street, Fort Rucker, AL 36362
334-255-9277

Hours of Operation: Monday - Friday, 7:30a.m. – 4:15p.m.

Enrollment: Lyster Army Health Clinic, Bldg 301, Fort Rucker AL, 36362

334-255-7431

<http://www.ftruckermwr.com/acs/exceptional-family-member-program/>

Support Services: The Respite Care Program is a component of EFMP that provides a temporary rest period for Family members responsible for regular care of persons with disabilities. Care may be provided in the EFMP respite care user's home and other settings such as special needs camps and enrichment programs. Respite care is important because it

decreases Family stress, increases Family stability and reduces costly out-of-home placements, thereby contributing to Soldier readiness.

Caregivers Guide to the Comprehensive Transition Plan (CTP)

Staffed 24 hours a day, 7 days a week

1-800-984-8523

<http://wtc.army.mil/ctpfamilylearningmodule>

Services: The “Comprehensive Transition Plan Learning Module for Families” educates caregivers on the seven-part CTP process for Soldiers, elements of the Soldiers’ individual recovery plan and the role loved ones play throughout the entire process. The learning module can be found on the WTC website at <http://wtc.army.mil/ctpfamilylearningmodule>. In addition to the case-based scenarios on how the CTP’s goal settings could apply to individual, real-life situations, the “CTP Learning Module for Families” includes:

1. Explanations of each of the CTP’s seven stages
 2. Details on how loved ones can best support their Soldier during each step
 3. Identification and explanation of the medical and non-medical staff involved
 4. List of resources and informational videos
 5. Definitions of regularly used acronyms and terms
- The Army developed a holistic approach to caring for wounded warriors that extends beyond medical care.

Combat Stress

Lyster Army Community Hospital

Behavioral Health

Bldg 301 Andrews Ave, Fort Rucker, AL 36362

334-255-7028

Hours of Operation: Monday – Friday, 7:30a.m. – 4:15p.m.

<http://www.rucker.amedd.army.mil/Departments/ClinicalDepts.html#BMD>

Services: The Department of Behavioral Medicine provides a broad range of behavioral health services to Fort Rucker community. The Evidence-based behavioral health services are used to optimize Soldiers’ and families’ behavioral readiness through assessment, treatment, and preventive efforts provided across multiple services and subspecialties.

ACS Master Resiliency Training for Family Members and Civilians

Soldier Service Center, Bldg 5700, Room 177, Novosel Street, Fort Rucker, AL 36362

334-255-3735/2382

Hours of Operation: Monday - Friday, 7:30a.m. – 4:15p.m.

ACS offers Family Resilience Training every other month. Interested Family members and / or DACs can contact the ACS Relocation Readiness Program to sign up. Master Resiliency Training for Families will provide the missing link, teaching Family members to become more resilient in five aspects of total fitness: physical, emotional, social, spiritual and Family strength.

Master Resiliency Training for Soldiers

Permanent Party Soldiers are required to take Resilience Training when inprocessing. It is offered monthly, the POC is MSG Thomas Reid 255-2363. Students (AIT/Flight Students) take the training while in school.

Warrior Adventure Quest

Outdoor Recreation

Service Center West beach, Lake Tholocco, Bldg. 24235, Johnston Road, Fort Rucker, AL 36362

334-255-4305

Hours of Operation: Monday – Friday 7:30a.m. – 5p.m., Saturday 8a.m. – 4p.m., Sunday 11a.m. – 4p.m., Holidays 8a.m. – 4p.m.

<http://www.ftruckermwr.com/recreation/outdoor-recreation/warrior-adventure-quest/>

Prevention Services: Soldiers can participate in a High-Adventure Outdoor Recreation (ODR) Program that will assist in Soldier re-integration, maintaining combat readiness and increasing unit cohesion. Warrior Adventure Quest is only open to Active Duty Soldiers who have returned from deployment. Warrior Adventure Quest Activities include: White Water Rafting, Zip Lining, Deep Sea Fishing, Paintball, 4-man Scramble Golf.

Counseling: Children/Families/Martial/Individual

Lyster Army Health Clinic

Family Advocacy Program (FAP) – Treatment Services

Bldg 301, Andrews Ave, Fort Rucker, AL 36362

Clinic Hours: Monday – Friday 7:30a.m.- 4:30p.m., Appointments: 334-255-7029

Family Advocacy Program: 334-255-7029

<http://www.rucker.army.mil/tenants/lahc/>

Treatment Services:

Family Advocacy Program, co-located with Department Behavioral Health, provides treatment services for individuals and families struggling with domestic violence and child abuse, including situations where abuse has not occurred but individual or families are “at risk” and require counseling to improve family relationships.

Chaplain Services Spiritual Life Center

Bldg. 8939, Fort Rucker, AL 36362

334-255-3447/3903

Monday-Friday, 9a.m. – 4:30p.m.

<http://www-rucker.army.mil/chaplain/>

Intervention & Prevention Services:

All Chaplains provide personal and couple's counseling. They also offer a variety of training opportunities and events such as personal and relationship training with "Strong Bond

Retreats," stewardship training that utilizes curriculum such as "Financial Peace University" and other opportunities and training as needed. The chaplains offer "Marriage 101", which is a pre-marital workshop for those seeking to be married on post.

Installation Chaplain's Office

Center Chapel Office, 7th Avenue, Bldg 8945, Fort Rucker, AL 36362

334-255-2989/2012, After-hours: (334) 255-3100

<http://www.rucker.army.mil/chaplain/>

Prevention & Intervention Services: Conflict Resolution and Anger Management Counseling. Also contact your Unit Chaplain for any and all interventions/preventions.

Tricare Behavioral Health Care Services

1-800-700-8646

www.tricare.mil/mentalhealth

Treatment Services: Tricare behavioral health services are available from civilian network providers for family members and other beneficiaries during times of stress, depression, grief, and anxiety. Active duty service members (ADSMs) should always seek nonemergency behavioral healthcare at military treatment facilities, when available. If services are not available, ADSMs must obtain referrals from their MTFs before receiving civilian care. All other beneficiaries do not need referrals or prior authorization for the first eight outpatient behavioral health visits per fiscal year to a network provider for a medically diagnosed and covered condition.

Military Family Life Consultants (MFLC)

ACS, Soldier Service Center, Bldg 5700 Novosel Street, Fort Rucker, AL 36362

334-441-9369/ 334-379-3029

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftrucker.mwr.com/acs/family-advocacy-program/>

Prevention & Intervention Services: The MFLC program provides Soldiers, their Families and Department of Defense civilians the opportunity to seek confidential and private counseling services in the areas of anger management, communication, relationship issues, relationship building, conflict resolution, parenting and decision making skills. Unit POC can also contact their embedded MFLC for more information. The Military and Family Life Consultant Program here is a free, short-term counseling service for service members and Families. No records are kept.

Crisis Management

Emergency Operations Center

334-255-9776/9777

Emergency Support Services: This number should be used for emergency calls only.

Victim Advocate Program,

Soldier Service Center: Building 5700, Novosel Street,
334-255-9636, 334-432-3994/334-255-9644, 334-379-4653;

24/7 Victim Advocate Hotline 334-379-7947

Emergency Support Services: A Victim Advocate (VA) is a trained professional on call 24 hours a day/7 days a week to provide: Non-judgmental support, Crisis intervention, Safety planning, Assistance in obtaining protective orders, Accompany throughout the medical, investigative and legal processes, Coordination of emergency services; transportation, housing, food, etc., Referrals to military and civilian resources

National Suicide Prevention Lifeline

24hr Emergency number

1-800-273-8255, press 1 for Military Crisis Line

American Red Cross

Wiregrass Area Chapter, 1004 Montezuma, Dothan, AL 36303,
334-792-9852

Emergency After Hours 1-877-272-7337

Monday-Friday, 8:00a.m. – 4:30p.m

<http://www.redcross.org>

Support Services: ARC serves as the link between military and civilian worlds. They provide emergency communications between Soldiers and their Families as well as reporting service for emergency leave, personal and other family problems. This is the link to the national Messaging Center to inquire on the status of a Red Cross message. Emergency Leave and Army Emergency Relief are usually unavailable without Red Cross validation.

Deaths/Grief & Loss

Casualty Assistance Center

Soldier Service Center, Bldg 5700, Room 185, Fort Rucker, AL 36362

Monday-Friday, 7:30a.m. – 4:15p.m.

334-255-9081/9311/9005, After Hours (Staff Duty Officer) 334-255-3038/9777

<https://www.hrc.army.mil/TAGD/Fort%20Rucker%20Alabama%20Casualty%20Assistance%20Center>

Support Services: To provide compassionate unwavering support to Families of our deceased, wounded, and unaccounted-for Soldiers; while ensuring plans, programs, policies and systems remain updated in order to provide timely and accurate information and set the conditions for success. Additionally, assist active duty Soldiers in the event of loss of spouse or child.

ACS Survivor Outreach Services

Soldier Service Center, Bldg. 5700, Novosel Street, Room 102, Fort Rucker, AL 36362
334- 255-9637/9639

Monday – Friday, 7:30 a.m. – 4:15 p.m.

<http://www.ftruckermwr.com/acs/survivor-outreach-services/>

Support Services: SOS is an Army program developed to serve Surviving Families of the Fallen. SOS provides long-term support, resources and emotional connections by maintaining a continuing relationship between Survivors and the Army. SOS is available to all Survivors: spouses, children, parents, siblings and friends who are grieving the loss of a Soldier regardless of how they died. SOS coordinates with Military, Non-Governmental Organizations and the local community to create a support network. All Army, Army National Guard and Army Reserve component Survivors are eligible to participate.

Chaplain Services Spiritual Life Center

Bldg. 8939, Fort Rucker, AL 36362

Monday-Friday 9a.m. – 4:30p.m.

334-255-3447/3903, On-Call Duty Chaplain, After-hours: 334-255-3100

<http://www.rucker.army.mil/chaplain/>

Intervention & Prevention Services: Our pastoral therapy staff is trained to provide care for individuals, married couples and families. Our hours of operation are Mon-Fri from 0900-1630. However, we do understand that Army life requires flexibility, so we can also manage some special times according to needs and staff availability. We provide counseling in the many areas.

Tricare Behavioral Health Care Services

1-800-700-8646

www.tricare.mil/mentalhealth

Treatment Services: Tricare behavioral health services are available from civilian network providers for family members and other beneficiaries during times of stress, depression, grief, and anxiety. Active duty service members (ADSMs) should always seek nonemergency behavioral healthcare at military treatment facilities, when available. If services are not available, ADSMs must obtain referrals from their MTFs before receiving civilian care. All other beneficiaries do not need referrals or prior authorization for the first eight outpatient behavioral health visits per fiscal year to a network provider for a medically diagnosed and covered condition.

Military Family Life Consultants (MFLC)

ACS, Soldier Service Center, Bldg 5700 Novosel Street, Fort Rucker, AL 36362

334-441-9369/334-379-3029

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Prevention & Intervention Services: The MFLC program provides Soldiers, their Families and Department of Defense civilians the opportunity to seek confidential and private

counseling services in the areas of anger management, communication, relationship issues, relationship building, conflict resolution, parenting and decision making skills. Unit POC can also contact their embedded MFLC for more information. The Military and Family Life Consultant Program here is a free, short-term counseling service for service members and Families. No records are kept.

Military OneSource Counseling Services

Phone: 1-800-342-9647

<https://www.militaryonesource.com>

Prevention and Intervention Services: Military OneSource offers three kinds on short-term, non-medical counseling options to Active-duty, Guard, and Reserve member and their Families. Military OneSource counseling services are designed to provide service help with short-term issues such as adjustments to situational stressors, stress management decision making, communication, grief, blended Family issues and parenting skills issues. Counseling sessions can be arranged face-to-face, telephone consultation or online consultations.

Tragedy Assistance Program for Survivors

1-800-959-TAPS (8277)

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

Support Services: Taps provides ongoing emotional help, hope, and healing to all who are grieving the death of a loved one in military service, regardless of relationship to the deceased, geography, or circumstance of the death. TAPS meets its mission by providing peer-based support, crisis care, casualty casework assistance, and grief and trauma resources.

Never Forgotten Card

Survivor Outreach Services

Soldier Service Center, Bldg 5700, Room 102, Fort Rucker, AL 36362

334-255-9637/9639

Monday-Friday, 7:30a.m. – 4:15p.m

<http://www.ftruckermwr.com/never-forgotten-card/>

Service: The Fort Rucker Directorate of Family and Morale, Welfare and Recreation (FMWR) offers a discount and activity card for Families (spouse, child, parent or 18 years or younger sibling) of fallen service members. The Never Forgotten Card Program includes everyday benefits, providing an extra discount at on post and off post facilities. The Never Forgotten Card is provided in recognition of the sacrifices of Survivors and demonstrates our commitment to provide quality programs and services to help enhance quality of life. Special events/activities can provide an opportunity to alleviate stress and provide leisure activities. The Never Forgotten Card is provided in recognition of the sacrifices of Survivors and demonstrates our commitment to provide quality programs and services to help enhance quality of life.

Employee Assistance Program

Employee Assistant Program (EAP) / ASAP

Lyster Army Health Clinic, Bldg 301, Suite T-125, Room T-100C, Fort Rucker, AL 36362

Employee Assistance Program Coordinator: 334-255-7678

Monday-Friday 7:30a.m. – 4:15p.m.

Service: The EAP provides a variety of program services to address various problems/issues/concerns primarily focused towards alleviating issues that affect civilian government employees' ability to conduct their job. The EAP also provides services for family members to enhance their well-being. These services are provided to sustain productivity, reduce employee absenteeism, and provide a safe and secure working environment, while ensuring that the Army's mission is accomplished in the most efficient manner. EAP services include, but are not limited to, screenings and assessment interviews, short-term counseling and coaching, prevention education services, and when necessary, referrals to off-site care facilities for services. The EAP can also provide employees and supervisors consultation, guidance, advice, and offer mediation to minimize issues affecting the employee-supervisor working relationship, the agency's productivity, and/or family member wellness.

Substance Abuse

Army Substance Abuse Program (ASAP)

Lyster Army Health Clinic, Bldg 301, Room T-125, Fort Rucker, AL 36362

Administration: 334-255-7509

Employee Assistance Program: 334-255-7678

Clinical Services: 334-255-7509

Prevention Services: 334-255-7806

Biochemical Testing: 334-255-7517

Risk Reduction Program: (334) 255-7508

Hours of Operation: 7:30a.m.-11:30a.m. Walk-ins, Clearing, Appointments, and Drug Testing;

Hours of Operation: 11:30a.m. - 1:00p.m. Appointments only; 1:00p.m. - 4:15p.m. Walk-ins, Clearing, Appointments and Drug Testing.

<http://www.acsap.army.mil>

Education & Prevention Services: The primary objective is to provide the substance abuser assistance, with the ultimate objective to restore soldiers to full and productive performance. ASAP has a professional staff educated and trained in the education, psychological, and sociological aspects of chemical dependency. Each treatment staff member is licensed and state certified in addictions counseling. Treatment consists of individual counseling, group therapy, couple counseling, family group therapy, educational

classes, and relapse prevention techniques. Additionally, the Employee Assistance Program Coordinator provides short-term counseling and referral services to eligible civilian employees and family members (both civilian and military).

Alcoholics Anonymous

Spiritual Life Center, Bldg. 8939, Room 38

Fort Rucker, AL 36362

Religious Support Office: (334) 255-3447/3903

Services: Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion having an impact on changing a person's life. AA meets every Thursday evening at the Spiritual Life Center.

Dothan

Wiregrass-Intergroup

Main: 334-792-3422

Area01:Alabama/NWFlorida Site:

www.aaarea1.org/ or <http://www.aa.org/>

Services: Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. There are no dues or fees for AA membership.

Narcotics Anonymous

Clean & Crazy Group – Wiregrass Club, 7838 Dale County Road 1

Level Plains, AL, 36322

Wiregrass Area 1-866-985-0008

Services: Narcotics Anonymous (NA) offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. The name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol.

Bradford Health Services

114 Adris Place

Dothan, AL, 36303

Main: (334)671-1677

Services: Bradford Health Services is a treatment center that focuses on substance abuse services by providing substance abuse treatment services including adolescent and adult intensive outpatient programs, adolescent and adult continuing care, adult outpatient detox, family support, and general education classes.

Twelve Oaks

2068 Healthcare Avenue

Navarre, FL, 32566

Main: (800) 662-1255

Services: Twelve Oaks is a treatment center that focuses on substance abuse services by providing substance abuse treatment including detoxification services and medical stabilization, in-patient rehabilitation, partial hospitalization, intensive outpatient, adult and adolescent programs, specialty PTSD Tract, aftercare program, relapse prevention, and AA/NA groups.

Alcohol & Drug Referral Hotline 1-800-252-6465

National Council on Alcoholism 1-800-622-2255

American Council on Alcoholism 1-800-527-5344

Financial Counseling

ACS Financial Readiness Program

Soldier Service Center, Bldg 5700, Novosel Street, Suite 350, Fort Rucker, AL 36362

334-255-9631/2594

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/financial-readiness-program/>

Support Services: provides Soldiers and Family members with accurate and current financial information, education, and individual financial counseling to ensure they are better able to make educated and informed financial decisions. The Financial Readiness Program has an assortment of services to assist individuals improve their financial well being, financial self-sufficiency, and reduce financial stressors. Emphasis is on educational workshops and presentations designed to inform individuals regarding money management, debt management, and saving and investing fundamentals. The Financial Readiness Program also provides information and support concerning consumer awareness, consumer advocacy, and emergency financial assistance.

Client Services- Tax Center

Soldier Service Center, Bldg 5700 Novosel Street, Suite 320, Fort Rucker, AL 36362

334-255-3482

Hours of Operation: Monday – Friday, 8:30a.m. – 4:30p.m., Closed every Thursday 8:30a.m. – 11:30a.m.

<http://www.rucker.army.mil/sja/>

Service: The Tax Center offers free federal and state income tax preparation and electronic filing for active-duty Soldiers, dependents, and military retirees during tax season.

Pastoral Counseling

Chaplain Services Spiritual Life Center

Bldg. 8939, Fort Rucker, AL 36362

334-255-3447/3903

Monday-Friday 8a.m. – 4:30p.m.

<http://www.rucker.army.mil/chaplain/>

Intervention & Prevention Services: The chaplains and staff at Fort Rucker promote religious life by providing religious activities and programs, pastoral care, pastoral counseling, and other religious ceremonies such as baptisms, marriage, and funerals. The Fort Rucker community is cordially invited to share in and benefit from these rich, spiritual activities. The Fort Rucker Ministry Team offers a variety of programs to meet the needs of Soldiers and Family Members. These include worship services, religious education, prayer gatherings, fellowship times, Bible and religious book studies and counseling services.

Emergency Crisis Hotline

Bldg. 8939, Fort Rucker, AL 36362

24hr Care Line 334-255-3100

<http://www.rucker.army.mil/chaplain/>

Emergency Support Services: This number should be used for emergency calls only.

Substance Abuse

Army Substance Abuse Program (ASAP)

Lyster Army Health Clinic, Bldg 301, Room T-125, Fort Rucker, AL 36362

Administration: 334-255-7509

Employee Assistance Program: 334-255-7876

Clinical Services: 334-255-7509

Prevention Services: 334-255-7506/7507

Biochemical Testing: 334-255-7517

Hours of Operation: 7:30a.m.-11:30a.m. Walk-ins, Clearing, Appointments and Drug Testing; 11:30a.m. - 1:00p.m. Appointments only; 1:00p.m. - 4:15p.m. Walk-ins, Clearing, Appointments and Drug Testing.

<http://www.rucker.army.mil/imcom/directorates/dhr/asap/>

<http://www.acsap.army.mil>

Education & Prevention Services: A wide range of prevention/education classes are available for Soldiers. The primary objective is to provide the substance abuser assistance, with the ultimate objective to restore soldiers to full and productive performance. ASAP has a professional staff educated and trained in the education, psychological, and sociological aspects of chemical dependency. Each treatment staff member is state certified in addictions counseling.

Alcoholics Anonymous

[Alcoholics Anonymous](#) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion, having an impact on changing a person's life. [AA](#) meets every Thursday evening, 7:00 p.m., at the Spiritual Life Center, Bldg. 8939, Room 38. For more information, contact the Religious Support Office, 334-255-3447/3903

Dothan

Wiregrass-Intergroup

Main: (334)792-3422

Area01:Alabama/NWFlorida

Site: www.aaarea1.org/ or

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

Services: Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. There are no dues or fees for A.A. membership.

Alcohol & Drug Referral Hotline 1-800-252-6465

National Council on Alcoholism 1-800-622-2255

American Council on Alcoholism 1-800-527-5344

Support Groups

Wounded Soldier and Family Hotline

1-800-984-8523

Support Services: The National Wounded Soldier and Family Hotline is 1-800-984-8523. The national hotline number offer Soldiers and Family members a way to resolve medical issues when the chain-of-command route has been exhausted.

TAPS (Tragedy Assistance Program for Survivors)

1-800-959-8277

info@taps.org

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

Support Services: TAPS recognizes the power of a peer support network. TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

International Spouse Support Group

Relocation Readiness Program

Soldier Service Center, Bldg 5700, Novosel Street, Fort Rucker, AL 36362

334-255-3735

<http://www.ftruckermwr.com/acs/relocation-readiness-program/>

Support Services: RRP provides opportunities for the spouses to learn about American and military culture, as well as practice English and receive information on the services and programs available to them, both on and off the installation. Spouses share their culture and language with each other as well. The International Spouses Get Together is a great place for ANY spouse to learn about the different cultures represented in our military and make new friends. The group usually meets every first Friday of the month in the Allen Heights Community Center from 9a.m. to 11a.m. To sign up for the support group and more information please contact 334-255-3735.

Hearts Apart (Waiting Families Program)

Relocation Readiness Program

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, Fort Rucker, AL 36362
334-255-3161/3735

Hours of Operation: 7:30a.m.- 4:15p.m.

<http://www.ftruckermwr.com/acs/relocation-readiness-program/>

Support Services: The Hearts Apart Program is a group sponsored by ACS designed to help Families cope with separation due to an unaccompanied tour, TDY, PCS or deployment. The group meets on a monthly basis to provide support to its members in a friendly relaxed atmosphere. Spouses receive a monthly courtesy call. Participation in the group is strictly voluntary. Soldiers remaining in on post housing are highly encouraged to attend the initial Hearts Apart brief with their spouse and assigned sponsor. Briefings are by appointment only, due to limited seating. Spouses of Soldiers who are deployed qualify for the Blue Star Card program.

Alcoholics Anonymous

[Alcoholics Anonymous](#) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion, having an impact on changing a person's life. [AA](#) meets every Thursday evening, 7:00 p.m., at the Spiritual Life Center, Bldg. 8939, Room 38. For more information, contact the Religious Support Office, 334-255-2989/ 2012.

Dothan

Wiregrass-Intergroup

Main: (334)792-3422

Area01:Alabama/NWFlorida

Site: www.aaarea1.org/ or

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

Services: Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. There are no dues or fees for A.A. membership.

School Safety Hotline

1-800-639-5370

<http://mycrisishotline.com>

Support Services: School Safety Hotline is a safe hotline for youth to utilize to discuss issues with anorexia, cutting, drugs, grief, violence, teen pregnancy, sexual abuse, suicide, gangs and sexuality. All calls are confidential and anonymous.

The Alabama Coalition Against Domestic Violence (ACADV)

1-800-650-6522

<http://acadv.org/>

Services: If you are a victim you can get help. The Alabama Coalition Against Domestic Violence is dedicated to serving you. Call the toll-free 24-hour crisis line. Safe shelters across the state will open their doors for you and your children. Many other services are available.

Alzheimer's and Dementia Caregiver Center

1-800-272-3900 24/7 Helpline

South Alabama and Florida Panhandle

223 W. Gregory Street

Pensacola, FL 32502

850.225.0680 cell

pcowley@alz.org

<http://www.alz.org/care/overview.asp>

Support Services: The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The Alzheimer's Association works on a global, national and local level to enhance care and support for all those affected by Alzheimer's and other dementias. We are here to help.

American Cancer Society

Montgomery Office, 3054 McGehee Rd, Montgomery, AL 36111

334-288-5926

Hours of Operation: 8a.m. – 5p.m.

Cancer Information Specialists at 1-800-227-2345, 24 hours a day

www.cancer.org

Support Services: Cancer survivors can connect to one another to share experiences and provide support through live internet chats or pre-recorded phone messages, call (877) 333-HOPE.

EFMP Information and Support Group

ACS Exceptional Family Member Program

Soldier Service Center, Bldg 5700, Room 350, Novosel Street, Fort Rucker, AL 36362

334-255-9277

Hours of Operation: Monday - Friday, 7:30a.m. – 4:15p.m.

Enrollment: Lyster Army Health Clinic, Bldg 301, Fort Rucker AL, 36362

334-255-7431

<http://www.ftruckermwr.com/acs/exceptional-family-member-program/>

Services: The group meets monthly during the months of September- May, 9-10a.m., the second Tuesday of the month, at The Commons, Bldg. 8950, Fort Rucker, AL 36362. The support group is open to active duty military families with a special needs or disabled Family member.

La Leche League of the Wiregrass (Breastfeeding)

Fort Rucker Family Readiness Group building “The Commons”, Bldg 8950, 7th Ave, Fort Rucker, AL 36362

<http://www.wiregrasslll.com/monthly-meetings.html>

Support Services: Meetings are the 2nd Tuesday of every month at 10a.m. Monthly meetings discuss topics such as the Advantages of Breastfeeding, Childbirth and the New Baby at Home, the Art of Breastfeeding, Overcoming Difficulties, Nutrition, and Weaning.

Mom & Me: Dad too! Playgroup

Family Advocacy Program, New Parent Support Program

Soldier Service Center, Bldg 5700, Room 350, Novosel Street, Fort Rucker, AL 36362

334-255-9647/3359

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Service: The playgroup meets every Monday from 9:30a.m. – 11a.m. at the Wings Chapel Nursery, on Andrews Ave.

M.O.P.S. (Mothers of Preschoolers) Fort Rucker

Spiritual Life Center, Bldg 8939, Fort Rucker, AL 36362

334-255-3946/2989

<http://www.rucker.army.mil/chaplain/>

Service: MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939. For more information email ruckermops@gmail.com or call the Religious Support Office or Director of Religious Education at (334) 255-3946/2989.

M.O.P.S. (Mothers of Preschoolers) Enterprise

Hillcrest Baptist Church, 500 Alberta Street Enterprise, AL 36330

mrslaurenposs@gmail.com - 334-475-0069

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

Support Services: MOPS stands for Mothers of Preschoolers and is open to all moms from pregnancy through kindergarten. Meetings are held the 2nd Friday, 9a.m. – 11:30a.m. of most months (September-May unless noted otherwise). A typical meeting consists of a brunch, coffee/tea, a speaker on a relevant topic, discussions in smaller groups about the

speaker's topic, and a creative activity. Child care is provided by loving and caring workers in age-appropriate rooms (birth to kindergarten). This program is called MOPPETS, and the children participate in supervised crafts, story-time, and snacks, in addition to playtime.

PWOC (Protestant Women of the Chapel)

Wings Chapel, Bldg 6036, Fort Rucker, AL 36362

334-255-3946/2989

<http://www.rucker.army.mil/chaplain/>

Support Services: PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. The ministry provides multiple bible studies, a place to unwind, and Christian fellowship with an "Aviation" flavor. Childcare provided only at 9:00 a.m. For more information, call (334) 255-3946/2989 or email pwocrucker@gmail.com

CWOC (Catholic Women of the Chapel)

Wings Chapel, Bldg 6036, Fort Rucker, AL 36362

334-255-9894/3946

<http://www.rucker.army.mil/chaplain/>

Service: CWOC meets every Wednesday, 8:30 a.m. - 10:30 a.m., at the Spiritual Life Center. CWOC provides great fellowship for Catholic women in the community. Childcare provided. For more information, call (334) 255-9894/3946.

B.E.S.T. Better Empowered Soldiers Today

Relocation Readiness Program

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, Fort Rucker, AL 36362

334-255-3735

Hours of Operation: 7:30a.m.- 4:15p.m.

<http://www.ftruckermwr.com/b-e-s-t/>

Services: Open to all military personnel. It is a mentorship / support program for our female Soldiers. All Soldiers are invited to attend but the topics are issues/concerns that our female Soldiers face. Female Soldiers are able to meet other Soldiers and make friends/connections for future mentorship or just friendships. Our goal is to help you develop a diverse network of many people with similar interests and backgrounds that you can turn to for help and advice when needed. Learn how to become a Better Empowered Soldier Today and feel more in control of your life by developing a strong network of friends, relatives, co-workers, fellow Soldiers, and others. B.E.S.T will explore topics of interest and concerns of Soldiers in the Army. Join strong fellow Soldiers to grow through a solid emphasis on empowering the whole person through hands-on, engaging, fun opportunities!

Community Spouses' Club

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

Services: Fort Rucker Community Spouses' Club members are spouses and DA civilians assigned to Fort Rucker. FRCSC has two missions. The primary mission is to develop a spirit of community responsibility. Our volunteers gladly give of their time and talents to serve both the military and civilian community. The hundreds of volunteer hours and thousands

of dollars raised result in grants to worthwhile charitable causes and scholarships for military spouses and high school students. FRCSC's second mission is to provide opportunities for social, cultural, and creative pursuits. Joining the club is a wonderful way to meet new people and try things you may have never dreamed of doing.

Crimes and Crime Prevention

Crimes against Persons/Property

Fort Rucker CID Office

Bldg 5430, Raider Street, Fort Rucker, AL 36362

334-255-3108

http://www.cid.army.mil/fort_rucker_cid.html

Services: The Fort Rucker CID Office's core mission is to provide the highest quality criminal investigative support to the following major supported Commands: U.S. Army Aviation Center of Excellence, U.S. Army Combat Readiness/Safety Center, U.S. Army Air Traffic Services Command (ATSCOM), U.S. Army Installation Management Command, U.S. Army Aviation Center Logistics Command, Warrant Officer Career College and Joint Forces Training Center (MSARNG), Camp Shelby, MS. The Fort Rucker CID Office conducts felony investigations in which the Army has an interest within the Southern and Central counties of Alabama, the Southern and Eastern counties of Mississippi and seven counties within the lower portion of Georgia

Fire and Emergency Services Division

Bldg 5001, Fort Rucker, AL 36362

334-255-0044

<http://www.rucker.army.mil/imcom/directorates/dps/>

Services: The Fire and Emergency Services Division, the largest fire department in the Army, serves Fort Rucker, their training sites, and the Wiregrass area when communities request mutual aid and assistance. This division provides emergency services, such as fire suppression and prevention, crash and rescue operation, hazardous material accidents, heavy extrication mission, high-angle and confined-space rescues, high-rise structure maneuvers, and advanced life support paramedic operations. The department also offers Child Safety Seat Inspections, Extinguisher Inspections, Fire Prevention Public Education, Facility Manager Training, information at Newcomer's Brief, Provides Station Tours, inspects Homes of FCC Providers, and Walk-in Blood Pressure Checks. The Fire Prevention Section personnel visit the schools on and off post to show the "Little People's Fire House" and to explain fire prevention with such characters as "Smokey the Bear" and "Sparky the Dog."

Traffic Violations - Staff Judge Advocate

U.S. Magistrate Court Liaison

Bldg 5700, Room 320, Novosel Street, Fort Rucker, AL 36362

334-255-3308

Services: Anyone issued an on-post traffic ticket requiring administrative corrections (ex: individual is asked to provide proof of insurance) must bring documentation supporting that action to Suite 336. Magistrate Court is held in the court room every other month for adjudication of tickets and misdemeanor traffic violations. Notifications of required appearances will be provided by the Central Violation Bureau.

Installation Provost Marshal Office U.S. Army

Bldg 5001, Lucky Star, Fort Rucker, AL 36362

334-255-2511

Hours of Operation: Monday - Friday, 8:30a.m. - 4:30p.m., closed every Thursday from 8:30a.m. -11:30a.m.

<http://www.rucker.army.mil/sja/>

Services: Fort Rucker police do more than law enforcement. They assist military personnel, civilians, visitors, and Families on post around the clock; help individuals locked out of Family housing, aid stranded motorists, and participate in community services and activities. Appropriately, the DPS motto is entitled the "Guardians." The Community Police Section educates community youth on protecting themselves from molestation and abduction, conducts drug awareness training, and conducts an annual bicycle rodeo to stress bicycle safety and update on-post bicycle registration. Through operation IDENT-A-KID, the community police provides parents with photographs and fingerprint cards of their children. The community police are dedicated to the on-post housing areas where they work with mayors, parents, children, and the chain-of-command as part of the neighborhood watch and Officer McGruff Safe House programs.

The Provost Marshal Office provides unit commanders with assistance in performing Health and Welfare inspections utilizing Military Police Investigations and Military Working Dog assets. The service can be a valuable asset to commander in identifying problems such as possession of stolen property, and possession of other contraband. The Police department offers Police department tours, provides Crime Prevention Handouts and information, and provides Crime Prevention and DARE information at Newcomer's Welcome.

Ozark Police Department

275 N. Union Ave, Ozark, AL 36360

334-445-6122

<http://www.ozarkalabama.us/ozark/CityGovernment/CityDepartments/PoliceDepartment/tabid/62/Default.aspx>

Daleville Police Department

730 S. Daleville Ave, Daleville, AL 36322

334-598-4442

<http://dalevilleal.com/home/CityServices/PoliceDepartment.aspx>

Enterprise Police Department

501 S Main Street, Enterprise, AL 36330

334-347-1211

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

Dothan Police Department

210 N Saint Andrews St, Dothan, AL 36303

334-615-3000

<http://www.dothan.org/index.aspx?nid=280>

Education and Training

Adult Education

Army Education Center (ACES)

Bldg 4502, Room 317, Kingsman St., Fort Rucker AL 36362

334-255-2378

[ACES Education Center](#)

Hours of Operation: Monday - Friday, 7:30a.m. - 4:00p.m.

On-Post Schools: Embry-Riddle Aeronautical University, Enterprise State Community College, Troy University, Central Texas College

Support Services: Provide full range of Army Continuing Education and Testing Center services to include: voluntary education, career, and transition counseling services; GoArmyEd.com training, advising, and problem resolution; Army Personnel and DAN TES testing services; BSEP/FAST instruction for Soldier academic skills improvement; Multi-Use Learning Facility (MLF) computer lab availability for Soldiers, Family members, retirees, and civilians; also provide counseling on GI Bill benefits and options.

Center Library

Bldg 212, Ruf Avenue, Fort Rucker, AL 36362

334-255-3885

Hours of Operation: Monday and Friday 9a.m. – 5p.m., Tuesday – Thursday 9a.m.-7p.m., Saturday 12-5p.m.

<http://www.ftrucker.mwr.com/recreation/center-library/>

Services: The Center Library is your resource for knowledge, communication and entertainment. Library accounts are available to all military and government civilian ID card holders. The library has 22 high-speed public access internet computers, high speed WiFi for laptops, copying service, individual study areas, and a digital scanner. We offer free FAX service to all toll free and DSN numbers as well as incoming FAX service at a nominal fee. Our Special Activities Room is available for groups of up to 50 people by reservation. The Center Library offers free monthly and seasonal programming for our community's children as well as special activities, story time, and guest speaker events. The Center Library is also proud to offer its patrons free reference assistance for all personal and academic research requirements, and access to online databases through our catalog. Inter-library loan services are offered on a case-by-case basis.

U.S. Army Aviation Technical Library

Bldg 9204, Ruf Avenue, Fort Rucker, AL 36362

334-255-2944

Hours of Operation: Monday – Thursday 8a.m. – 6p.m., Friday 8a.m. – 4p.m.

<http://www.rucker.army.mil/usaace/techlibrary/>

Services: The Aviation Technical Library is a mission support activity serving the U.S. Army Aviation Center of Excellence and supports Army Aviation warfighters around the world. The library provides in-depth academic and technical library reference support, research assistance and interlibrary loan service to all active duty military and civilian personnel at USAACE. Army Aviation personnel world-wide also can request information and assistance through email and the Army Knowledge Online QuestionPoint service.

Employment/Volunteer Services

Career Counseling

Soldier for Life Transition Assistance Program

Formerly Army Career & Alumni Program (ACAP)

Bldg. 4502, Room 250, Andrews Ave & Kingsman Street, Fort Rucker, AL 36362

334-255-2558

Hours of Operation: 8a.m. – 4p.m.

1-800-325-4715 (24/7 transition hotline)

<http://www.rucker.army.mil/imcom/services/soldierforlife/>

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

Transition Services: The Soldier for Life Program provides transition and employment assistance to Soldiers and their adult Family members who are transitioning from active duty, veterans and retirees, and DoD civilian employees in a Reduction in Force status. Pre-separation planning includes benefits information, job search skills development, career guidance, job search assistance and other guidance relevant to a thorough transition.

ACS Family Employment Readiness Program

Soldier Service Center, Bldg 5700 Novosel Street, Suite 350, Fort Rucker, AL 36362

334-255-2594

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/employment-readiness-program/>

Support Services: The Employment Readiness Program provides job search assistance and career counseling. It offers assistance and workshops on resume building, job application, and cover letter preparation. The program also offers a resource library along with small business training, development, and counseling.

Services are available to active duty Soldiers, National Guard, reserve, retirees, DoD civilian employees, and their eligible Family members, to include youth and surviving spouses.

ACS Volunteer Program

Bldg 5700 Novosel Street, Suite 183, Fort Rucker, AL 36362

334-255-1429

Hours of Operation: Monday – Friday, 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/army-volunteer-corps/>

<http://www.ftruckermwr.com/fort-rucker-volunteer-opportunities/>

Support Services: The Army Volunteer Corps focuses on supporting Fort Rucker Soldiers, Family members, surviving spouses, and civilian personnel through community involvement. Volunteer opportunities are available both on and off post. Individuals are matched to volunteer positions according to skill, experience and time available. Childcare is offered in some activities. Participants learn new skills, make friends, and become a part of the community. Volunteering can also be a wonderful way to gain job experience. Go to My Army One Source at <https://www.myarmyonesource.com> to register and apply for available positions or contact us to learn more about available volunteer opportunities.

Red Cross Volunteer Program

Lyster Army Health Clinic, Bldg 301, Andrews Ave, Fort Rucker, AL 36362

334-255-7379

Monday- Wednesday 7:30a.m. – 11a.m., Thursday & Friday 7:30a.m. – 4:15p.m.

Services: Anyone can volunteer on post and serve at Lyster Army Health Clinic as a Red Cross Volunteer. There are several different departments needing volunteers. It is a great way to build your resume and learn new skills. Disaster Services, Health & Safety Services, Services to Armed Forces, Project Share, Blood Services, and International Services are all part of the Red Cross.

If interested please visit the office, call, or email to find out more information.

www.RedCross.org/Alabama

Equal Employment Opportunity

Soldier Service Center, Bldg 5700, Room 260, 435 Novosel Street, Fort Rucker, AL 36362

334-255-2240

Monday – Friday, 7:30a.m. – 4p.m.

Support Services: Provides support and sustains a comprehensive effort to monitor compliance of EEO policies, practices and procedures that affect all employees based on merit to support and enhance readiness.

Military Spouse Employment Partnership

1-800-342-9647

<http://www.msepjobs.com>

Support Services: The Military Spouse Employment Partnership is designed to help military spouses access career resources and connect with potential employers who are ready to help spouses explore career options for their unique lifestyle. Please visit www.msepjobs.com to fill out a profile and begin searching for jobs in your area.

English as Second Language (ESL)

Relocation Readiness Program/ Enterprise State Community College (ESCC)

Soldier Service Center, Bldg 5700, Room 177, Fort Rucker, AL 36362

334-255-3161/2887

Hours of Operation: Monday – Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/relocation-readiness-program/>

Enterprise State Community College 334-347-2623 ext. 2218

Services: Free English as a Second Language classes are offered for all English levels. Learn at your own pace and level while enjoying innovative material. Morning and evening classes are offered with open enrollment. A certificate will be issued after testing. Topics include: speaking, reading, writing, grammar, idioms, dictation, cultural adaptation, citizenship, driver's license, and more.

Tuesdays and Thursdays 8a.m. – 11a.m., 6p.m. -9p.m. Wednesday-Computer Lab 8a.m. – 11a.m.

Finances

My Army Benefits

888-721-2769

<https://myarmybenefits.us.army.mil>

Support Services: My Army Benefits provides over 150 fact sheets for benefit eligibility. Calculate your deployment pay; forecast your retirement benefits; research education options and much more. If you require further assistance, speak with a benefits expert between 9a.m. – 5p.m. EST Monday-Friday.

ACS Army Emergency Relief (AER)

Soldier Service Center, Bldg 5700, Novosel Street, Suite 350, Fort Rucker, AL 36362
334-255-2341

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/army-emergency-relief/>

Support Services: AER is available to active duty Soldiers and their Family members; ARNG and USAR Soldiers on active duty for more than 30 days, under title 10 orders, and their Family members; retired Soldiers and their Family members; surviving spouses and children of deceased active or retired Soldiers.

ACS Financial Readiness Program

Soldier Service Center, Bldg 5700, Novosel Street, Suite 350, Fort Rucker, AL 36362
334-255-9631/2594

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/financial-readiness-program/>

Support Services: provides Soldiers and Family members with accurate and current financial information, education, and individual financial counseling to ensure they are better able to make educated and informed financial decisions. The Financial Readiness Program has an assortment of services to assist individuals improve their financial well being, financial self-sufficiency, and reduce financial stressors. Emphasis is on educational workshops and presentations designed to inform individuals regarding money management, debt management, and saving and investing fundamentals. The Financial Readiness Program also provides information and support concerning consumer awareness, consumer advocacy, and emergency financial assistance.

ACS Lending Hanger

Soldier Service Center, Bldg 5700, Novosel Street, Suite 177, Fort Rucker, AL 36362
334-255-3161/3735

Hours of Operation: Monday, Wednesday, Friday 7:30a.m. – 4p.m.

<http://www.ftruckermwr.com/acs/relocation-readiness-program/>

Support Services: Items such as pots and pans, dishes, irons, car seats, baby cribs, sleeping mats, high chairs, tables and chairs, and electric appliances are available for temporary loan for 30 days. Items are loaned for a limited period. Valid ID card holders and DA civilians are eligible. Soldiers in TDY status and civilians are assisted on a limited basis.

Military Family Life Consultants (MFLC)

ACS, Soldier Service Center, Bldg 5700 Novosel Street, Fort Rucker, AL 36362

334-441-9369/379-3029

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Prevention & Intervention Services: The MFLC program provides Soldiers and their Families the opportunity to seek confidential and private counseling services in the areas of anger management, communication, relationship issues, relationship building, conflict resolution, parenting and decision making skills. Unit POC can also contact their embedded MFLC for more information. The Military and Family Life Consultant Program here is a free, short-term counseling service for service members and Families. No records are kept.

Consumer Credit Counseling Service of Alabama

800-662-6119

Resiliency Training

Master Resiliency Training for Family Members/Civilians

Soldier Service Center, Bldg 5700, Room 177, Novosel Street, Fort Rucker, AL 36362

334-255-3735

Hours of Operation: Monday - Friday, 7:30a.m. – 4:15p.m.

ACS offers Family Resilience Training every other month. Interested Family members and / or DACs can contact the ACS Relocation Readiness Program to sign up. Master Resiliency Training for Families will provide the missing link, teaching Family members to become more resilient in five aspects of total fitness: physical, emotional, social, spiritual and Family strength.

Master Resiliency Training for Soldiers

Permanent Party Soldiers are required to take Resilience Training when in-processing. It is offered monthly, the POC is MSG Thomas Reid 255-2363. Students (AIT/Flight Students) take the training while in school.

Family Support

Divorce

Staff Judge Advocate General (JAG), Client Services

Soldier Service Center: Building 5700, Novosel Street, Rm. 320, Fort Rucker, AL 36362

Legal Assistance: -334-255-3482

Hours of Operation: 8:30a.m. - 4:30 p.m., M-F. Closed every Thursday from 8:30a.m. - 11:30 a.m., weekends and federal holidays.

<http://www.rucker.army.mil/sja/>

Services: Provide legal assistance and advice on Separation/Divorce/Child Custody. A Divorce Clinic is held every Thursday at 1:30 p.m. This is mandatory prior to personal consultation with an attorney. Please note that attorneys can only provide advice and assist with paperwork drafting and review. In many cases you will still need to hire a civilian attorney.

Chaplain Services Spiritual Life Center

Bldg. 8939, Fort Rucker, AL 36362

334-255-23447/3903

Monday-Friday 8a.m. – 4:30p.m. <http://www.rucker.army.mil/chaplain/>

Intervention & Prevention Services: Our pastoral therapy staff is trained to provide care for individuals, married couples and families. We provide therapy for marriage problems, infidelity; Family problems and divorce issues.

Deployment Readiness

ACS Mobilization and Deployment Readiness

Soldier Service Center, Bldg 5700, Novosel Street, Room 177, Fort Rucker, AL 36362

334-255-9578

Hours of Operation: 7:30a.m. – 4:15p.m.

Assistance 24-hour Family Assistance Center

Toll free number for family issues and crises 1-866-272-6981

<http://www.ftruckermwr.com/acs/mobilization-and-deployment/>

Support Services: The Mobilization and Deployment Readiness Program provides assistance and support to families of Active Component, Reserve Component and National Guard forces and emergency essential civilians to support of military operations, deployment or mobilization to enhance unit cohesion and increase readiness. The Mobilization and Deployment Readiness Program is responsible for Pre-deployment, Mobilization,

Deployment and Redeployment Briefings, and Support to Soldiers, DoD Civilians and Their Families.

Military Family Life Consultants (MFLC)

ACS, Soldier Service Center, Bldg 5700 Novosel Street, Fort Rucker, AL 36362
334-441-9369/379-3029

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Prevention & Intervention Services: The MFLC program provides Soldiers and their Families the opportunity to seek confidential and private counseling services in the areas of anger management, communication, relationship issues, relationship building, conflict resolution, parenting and decision making skills. Unit POC can also contact their embedded MFLC for more information. The Military and Family Life Consultant Program here is a free, short-term counseling service for service members and Families. No records are kept.

Chaplain Services Spiritual Life Center

Bldg. 8939, Fort Rucker, AL 36362
334-255-3447/3903

Monday-Friday 8a.m. – 4:30p.m.

<http://www-rucker.army.mil/chaplain/>

Intervention & Prevention Services: Our pastoral therapy staff is trained to provide care for individuals, married couples and families. We provide counseling and pastoral care.

Blue Star Card

ACS, Bldg 5700, Room 390 or 177, Novosel Street, Fort Rucker, AL 36362
334-255-3817/9578

Hours of Operation: Monday – Friday 7:30a.m. – 4:15 p.m.

<http://www.ftruckermwr.com/blue-star-card/>

Services: The Directorate of Family and Morale, Welfare and Recreation (DFMWR) Deployed Military Spouse/Guardian's Blue Star Card Program is a DFMWR discount and activity card for Spouses or Guardians of Children of Soldiers who are deployed.

Blue Star Card Program Includes:

- ☐ Everyday Benefits – to give Spouses/Guardians an extra discount at DFMWR facilities
- ☐ Childcare Benefits – to give Families a break through Child and Youth Services Programs
- ☐ Opportunities for Family members and Guardians of deployed Soldiers to interact in activities while their Soldier is away

Not Alone

P.O. Box 92371 Nashville, TN 37209
1-888-497-0379; Hotline 866-781-8010
info@notalone.com
<http://notalone.com>

Support Services: Not Alone is a nonprofit helping military families with the psychological trauma of war. For combat veterans and their Families (including spouses, children, parents, siblings, and significant others), Not Alone provides anonymous and free face to face counseling. Because they are not affiliated with the military, nothing that is said in counseling gets reported to the military.

Military OneSource Counseling Services

1-800-342-9647
<https://www.militaryonesource.com>

Prevention and Intervention Services: Military OneSource offers three kinds on short-term, non-medical counseling options to Active-duty, Guard, and Reserve member and their Families. Military OneSource counseling services are designed to provide service help with short-term issues such as adjustments to situational stressors, stress management decision making, communication, grief, blended Family issues and parenting skills issues. Counseling sessions can be arranged face-to-face, telephone consultation or online consultations.

Operation: Military Kids Alabama

Bradfra@aces.edu
334-844-2294
<http://www.operationmilitarykids.org/public/getInvolvedBy.aspx?state=Alabama>

Services: Operation: Military Kids is the U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment. Regardless of whether Families are experiencing deployment for the first time, the second time or another in a series of multiple deployments, OMK's goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being.

Family Readiness Group

Family Readiness Groups:

<http://www.rucker.army.mil/family/FRG%20Roster.pdf>

USAACE HQ: 334-255-9215

1AB 1-13th AVN REGT: 334-255-1319

 1-145th AVN REGT: 334-255-9134

110th AB 1-11th AVN REGT: 334-255-2173

 1-14th AVN REGT: 334-255-5034

 1-212th AVN REGT: 334-255-4113

1-223rd AVN REGT: 334-255-8704

NCO ACADEMY: 334-255-1307

ACLC: 334-255-9354

ATSCOM AFAT-ATS: 334-255-8117

CRC: 334-255-9883

GARRISON: 334-255-2095

Lyster Health Clinic: 334-255-7359

MEPD: 334-255-0464

TAOG: 334-255-8944

USAARL: 334-255-6917

USASAM: 334-255-7417

USAWOC: 334-255-0499

Food Stamps/Food Assistance

ACS Financial Readiness Program

Soldier Service Center, Bldg 5700, Novosel Street, Suite 350, Fort Rucker, AL 36362

334-255-9631/2594

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/financial-readiness-program/>

Support Services: provides Soldiers and Family members with accurate and current financial information, education, and individual financial counseling to ensure they are better able to make educated and informed financial decisions. The Financial Readiness Program has an assortment of services to assist individuals improve their financial well being, financial self-sufficiency, and reduce financial stressors. Emphasis is on educational workshops and presentations designed to inform individuals regarding money management, debt management, and saving and investing fundamentals. The Financial Readiness Program also provides information and support concerning consumer awareness, consumer advocacy, and emergency financial assistance.

Wiregrass Area United Way Food Bank

382 Twitchell Rd, Dothan, AL

334-794-9775

wiregrassfoodbank.com

Hours of Operation: Monday – Thursday 7:30 a.m. – 4 p.m.

The Wiregrass Area United Way Food Bank is a hunger relief agency serving Houston, Henry, Dale, Coffee, Geneva, and Barbour counties in Alabama.

Dale County Rescue Mission

186 N Union Ave, Ozark, AL 36360

334-774-0066

Hours of Operation: Monday and Saturday 9a.m. – 5p.m.

Lites/ Light of The World Ministries, Cogic

1336 Highway 84

Daleville, AL36322

334-598-4778

Provides a food pantry.

First United Methodist Church Daleville

44 S. Daleville Avenue

Daleville, AL 36322

334-598-2684

Provides a food pantry. Pantry hours: 3rd Tuesday and Thursday every month: 10am-12

Daleville Christian Fellowship Worship Center

1 Martin Luther King Jr. Circle

Daleville, AL 36322

334-598-6279

The food pantry's hours are 8:00a.m. - 10:00 a.m. on the second Saturday of the month.

Requires proof of income and completion of an application to determine eligibility.

Alternate phone numbers: (334) 598-9030 and (334) 598-8824.

Human Resource Development Corporation

100 George Wallace Drive

Enterprise, AL 36330

334- 347-0881

Provides a food pantry. Pantry hours: Mon-Fri: 8am-4:30 pm.

Christian Mission Centers

481 Geneva Highway

Enterprise, AL 36330

334-393-2607

Provides a food pantry. Serves Coffee, Elba, Enterprise, Pike, Troy, Geneva, Hartford, and Samson. Those in need of food until they receive their food stamps Pantry hours: Mon-Fri: 8am-5pm (closed 12pm -1pm).

Johns Chapel Ame

605 Geneva Highway

Enterprise, AL 36330
334-393-2661
Provides a food pantry.

[Good Samaritan Helping Hands](#)

708 South Main Street
Enterprise, AL 36330
334-477-3816
Provides a food pantry. Pantry hours: Wed-Sat 10am-5pm.

Shiloh 7th Day Adventist

316 Willa Street
Ozark, AL 36360
334-774-6713
Provides a food pantry.

Salvation Army Coffee and Dale County

154 East Broad Street
Ozark, AL 36361
334-445-3070
Provides a food pantry. Serves Coffee and Dale County Pantry hours: Mon-Fri: 9a.m.-5p.m.,

Pleasant Grove Baptist

1124 County Road 11
Ozark, AL 36360
334-774-8484
Provides a food pantry.

Ozark Praise And Worship

185 Bermuda Street
Ozark, AL 36360
(334) 445-4802
Provides a food pantry.

Ewell Bible Baptist Church

64 Sousie Street
Ozark, AL 36360
334-774-4127
Provides a food pantry.

Green Hill Presbyterian Church Food Closet

735 East Lee Street
Enterprise, AL 36330
334- 347-9530

Coffee County Health Department WIC Office Enterprise

2841 Neal Metcalf Road, Enterprise, AL 36331
Hours of Operation: Monday – Friday, 8a.m. – 5p.m.

<http://www.wicprograms.org/li/al-coffee-county-health-department-wic-office-enterprise>

Services:

Women, Infants, and Children (WIC) Services: Application, Voucher Issuance, and Nutrition Counseling.

To be eligible for WIC you must:

meet income guidelines. Must be a resident of Alabama.

Must have a nutrition need, which will be determined by a health professional at the WIC clinic. At the WIC appointment, you will need to bring all of the following:

proof of residency (a document with your street address on it, such as a lease or bill)

proof of identity (a driver's license or birth certificate)

proof of income (pay stubs) or, if you are currently enrolled in TANF, Food Stamps, or Medicaid, bring proof of enrollment

Survivor Outreach

Casualty Assistance Center

Soldier Service Center, Bldg 5700, Room 185, Fort Rucker, AL 36362

Monday-Friday, 7:30a.m. – 4:15p.m.

334-255-9081/9311/9005, After Hours (Staff Duty Officer) 334-255-3038/9777

<https://www.hrc.army.mil/TAGD/Fort%20Rucker%20Alabama%20Casualty%20Assistance%20Center>

Support Services: To provide compassionate unwavering support to Families of our deceased, wounded, and unaccounted-for Soldiers; while ensuring plans, programs, policies and systems remain updated in order to provide timely and accurate information and set the conditions for success. Additionally, assist active duty Soldiers in the event of loss of spouse or child.

ACS Survivor Outreach Services

Soldier Service Center, Bldg. 5700, Novosel Street, Room 102, Fort Rucker, AL 36362

334- 255-9637/9639

Monday – Friday, 7:30 a.m. – 4:15 p.m.

<http://www.ftruckermwr.com/acs/survivor-outreach-services/>

Support Services: SOS is an Army program developed to serve Surviving Families of the Fallen. SOS provides long-term support, resources and emotional connections by maintaining a continuing relationship between Survivors and the Army. SOS is available to all Survivors: spouses, children, parents, siblings and friends who are grieving the loss of a Soldier regardless of how they died. SOS coordinates with Military, Non-Governmental Organizations and the local community to create a support network. All Army, Army National Guard and Army Reserve component Survivors are eligible to participate.

Chaplain Services Spiritual Life Center

Bldg. 8939, Fort Rucker, AL 36362

334-255-3447/3903, On-Call Duty Chaplain, After-hours: 334-255-3100

Hours: Monday-Friday, 9a.m. – 4:30p.m.

<http://www.rucker.army.mil/chaplain/>

Intervention & Prevention Services: Our pastoral therapy staff is trained to provide care for individuals, married couples and families. Our hours of operation are Mon-Fri from 0900-1630. However, we do understand that Army life requires flexibility, so we can also manage some special times according to needs and staff availability. We provide counseling in the many areas.

Military Family Life Consultants (MFLC)

ACS, Soldier Service Center, Bldg 5700 Novosel Street, Fort Rucker, AL 36362

334-441-9369/379-3029

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Prevention & Intervention Services: The MFLC program provides Soldiers and their Families the opportunity to seek confidential and private counseling services in the areas of anger management, communication, relationship issues, relationship building, conflict resolution, parenting and decision making skills. Unit POC can also contact their embedded MFLC for more information. The Military and Family Life Consultant Program here is a free, short-term counseling service for service members and Families. No records are kept.

Military OneSource Counseling Services

Phone: 1-800-342-9647

<https://www.militaryonesource.com>

Prevention and Intervention Services: Military OneSource offers three kinds on short-term, non-medical counseling options to Active-duty, Guard, and Reserve member and their Families. Military OneSource counseling services are designed to provide service help with short-term issues such as adjustments to situational stressors, stress management decision making, communication, grief, blended Family issues and parenting skills issues. Counseling sessions can be arranged face-to-face, telephone consultation or online consultations.

Tragedy Assistance Program for Survivors

1-800-959-TAPS (8277)

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

Support Services: Taps provides ongoing emotional help, hope, and healing to all who are grieving the death of a loved one in military service, regardless of relationship to the deceased, geography, or circumstance of the death. TAPS meets its mission by providing peer-based support, crisis care, casualty casework assistance, and grief and trauma resources.

Tricare Behavioral Health Care Services

1-800-700-8646

www.tricare.mil/mentalhealth

Treatment Services: Tricare behavioral health services are available from civilian network providers for family members and other beneficiaries during times of stress, depression, grief, and anxiety. Active duty service members (ADSMs) should always seek nonemergency behavioral healthcare at military treatment facilities, when available. If services are not available, ADSMs must obtain referrals from their MTFs before receiving civilian care. All other beneficiaries do not need referrals or prior authorization for the first eight outpatient behavioral health visits per fiscal year to a network provider for a medically diagnosed and covered condition.

Fitness

Physical Fitness Facilities

Fort Rucker Physical Fitness Center

Bldg 4605 Andrews Ave, Fort Rucker, AL 36362

334-255-2296

Hours: Monday-Friday 5a.m. – 9p.m., Saturday 8a.m. – 6p.m., Sundays & Holidays 10a.m. – 6p.m., Holidays 8 a.m. – 6p.m.

INDOOR POOL HOURS OF OPERATION

Open to Authorized Patrons ONLY

Monday – Friday, 5:30 a.m. – 7 p.m. (5:30 – 7 a.m. is PT/Training only)

Saturday – Sunday/Holidays/DONSA's, 11 a.m. – 5 p.m.

Closes on 1 June 2015 for the summer season and will reopen in August.

<http://www.ftruckermwr.com/recreation/physical-fitness-centers/>

Support Services: The Fort Rucker Physical Fitness Center is a 64,000 square foot facility offering a variety of cardiovascular equipment ranging from treadmills to Concept2 rowers; LifeFitness selectorized equipment; and a free weight and dumbbell area with a Hammer

Strength circuit. Patrons are encouraged to stop by the customer service desk to sign out a variety of equipment. The facility is home to a regulation college size basketball court, two practice basketball courts, one court that can convert into a volleyball court, three racquetball courts, a squash court, a 25-meter indoor pool, football, soccer and softball fields, a quarter-mile track, 18-hole disc golf course, disc issue and purchase programs, a mountain bike trail, and mountain bike issue program. The facility maintains five running/walking trails around Fort Rucker and can provide runners with a map and trail descriptions. Patrons have access to men's and women's locker rooms with all the normal amenities, including sauna, steam room, and lockers for daily use and rental. The facility also offers swimsuit water extractors in each locker room. The Fort Rucker Physical Fitness Center organizes and hosts a variety of fitness programs and events, including personal training, group fitness, competitive running events, weight lifting competitions and health-promotion events.

Fortenberry-Colton Physical Fitness Center

Building 5900 on Skychief (Behind WOC School), Fort Rucker, AL 36362
334-255-3794

Hours of Operation: Monday – Friday, 5 a.m. – 9 p.m., Saturday 8 a.m. – 6 p.m., Sunday 10a.m. – 6 p.m.

Holiday Hours are 8 a.m. – 6 p.m.

<http://www.ftruckermwr.com/recreation/physical-fitness-centers/>

Services: The Fortenberry-Colton Physical Fitness Center is a 21,400 square foot modern facility that boasts top-of-the-line Life Fitness cardiovascular equipment, Strive selectorized strength equipment, and LifeFitness free weights. The facility includes a fitness room offering Cardio Theater for television viewing, a regulation basketball court, two practice courts, two volleyball courts, and a group fitness room. Also available is a 28-foot climbing wall, which allows four people to climb simultaneously. The wall has four auto-belay systems and four manual belays. Patrons have access to men's and women's locker rooms with all the normal amenities, including sauna, steam room, and lockers for daily use and rental. The Sports, Fitness, and Aquatic Branch hosts a variety of fitness events which includes: competitive and non-competitive runs, personal training, group fitness classes, Boot Camp, weight lifting competitions, health-promotion events, classes in aerobics and much more.

Body Mechanics

Bldg 4605, Andrews Ave, in Fort Rucker Physical Fitness Center, Fort Rucker, AL 36362
334-255-2296

Hours of Operation: Monday – Thursday, 8a.m. – 7p.m., Friday, 8a.m. – 5p.m., Saturday, 8:30a.m. – 2p.m. **Please call to make an appointment.**

<http://www.ftruckermwr.com/recreation/physical-fitness-centers/body-mechanics/>

Services: Body Mechanics offer a variety of body treatments including therapeutic massage, facials, body polish, mud wraps, and even a “retreat for the feet.”

Body Mechanics offers massages in sessions of 30, 60 or 90 minutes, using a combination of

Swedish, Deep Tissue, and Muscular massages. Body Mechanics even specializes in pregnancy massage for those women who are expecting. Each session is tailored specifically to the customer's needs. If a person has neck problems, more time will be spent in that area. The result is that no two customers get the same massage. In addition to relieving stress, massage also helps relieve symptoms of Fibromyalgia and headaches. Those with Multiple Sclerosis may also experience benefits because massage keeps the muscles supple.

Weight Management

Lyster Army Health Clinic

Bldg 301, Fort Rucker, AL 36362

334-255-7986/ 9908/ 9915

Monday-Friday 7:30AM – 3:30PM

Primary Prevention & Treatment Services:

Army Move! Adult Weight Control Program: The Army Move! Program is a 6-part comprehensive weight management and physical activity program, which focuses on behavior, nutrition and physical activity utilizing a multidisciplinary progressive approach. Classes run throughout the month.

Diabetes Prevention & Management 2-part series: Lyster's diabetes 2-part class uses the International Diabetes Center "Basics" Curriculum to provide a starting point on your journey toward better education about diabetes, how to manage your glucose levels, decreasing complications related to abnormal glucose and keeps you updated on the latest diabetes care guidelines. Classes run throughout the month.

Healthy Heart Management and Prevention: Lyster's Health Heart Class is designed to provide you with a starting place on your journey to learning about heart disease, how to guidelines. Classes run throughout the month.

Cooking Class: Pull up a chair at Lyster's kitchen and learn how to make delicious, healthy meals. Classes run throughout the month.

Weight Reduction Classes: This class provides education on general weight-loss principles with an emphasis on eating healthier, lowering fat intake, and modifying eating habits. A separate class is provided for active duty soldiers who are trying to lose weight. Tips on eating healthy in the field and exercise/fitness routines are discussed. A meal planning class is also available after attending the weight reduction class. The meal planning class provides an individualized meal plan for weight loss based upon age, weight, height, and activity level.

Sports Nutrition Class: This class provides information on basic nutrition, exercise, and dietary supplements (possible effects on health and wellness).

Installation Support

Animals/Boarding

Fort Rucker Stray and Adoption Facility

Bldg 8829 Andrews Road near Enterprise gate, Fort Rucker, AL 36362

334-255-0766

Monday-Friday 8a.m. – 3p.m.

Services: There are so many friendly animals at the Fort Rucker Stray Facility. Please **visit our Facebook page to view the available pets**. From the time the animals come in, they are tested for everything by the vet. The animals are on flea prevention and heart worm protection, and are up to date on all their shots. Cost for adoption ranges from \$97 to \$122 which includes vaccinations, microchips, deworming and defleaing. It does NOT include spaying or neutering. The facility can hold up to 11 cats and 11 dogs and is a kill shelter.

Save a Life!

Dog Kennels/ Boarding Facility in the Local Area

Critter Sitter Pet Sitting Service <http://crittersitterbytujea.com/>

Animal Health Center <http://www.animalhealthcenter.com/>

West Gate Veterinary Hospital <http://www.westgatevet.com/>

Healing Hands Animal Hospital <http://www.westgatevet.com/>

Dog Days, Nights Too! <http://www.dogdayshome.com/>

Fort Rucker Veterinary Facility

Bldg 9402, Dust Off Street, Fort Rucker, AL 36362

334-255-9061

Hours of Operation: Monday – Friday, 8a.m. – 4p.m.

<http://www.rucker.army.mil/imcom/services/medical/>

Services: Privately-owned animals are examined, immunized, and treated for diseases that may be transmitted to humans and cause a health problem for the military community. All animals housed on post must be registered at the VTF within three days of arrival and must be microchipped. Pets are seen by appointment only and must be preregistered. The facility is closed the last working day of each month for inventory. Services are provided to active duty Soldiers, retirees, reservists on orders for active duty 72 hours or more, and Family members.

Fort Rucker Dog Park

Intersection of Artillery Rd & Diamond Ave, Fort Rucker, AL 36362

Sunrise to sunset

<http://rucker.corviasmilitaryliving.com/residents/bark-park>

Service: Bark Parks are places where dog owners and non-dog owners can delight in the antics and craziness of dogs at play. Studies have shown that people somehow find it easier to start conversational talk to each other, with dogs as the initial focus, breaking down the usual barriers among unfamiliar people. Dog park design, rules of etiquette, and conflict resolution all play an important role in making your visit a positive and safe experience.

Fort Rucker Riding Stables

Bldg 20090, Hatch Road, Fort Rucker, AL 36362

334-598-3384

Hours of Operation (Front Office): Monday – Friday: 8a.m. – 5p.m.

<http://www.ftruckermwr.com/recreation/riding-stables/>

Services: The Fort Rucker Riding Stables is located on Hatch Road just south of the Silver Wings Golf Course, surrounded by over 10,000 acres of beautifully wooded trails. The complex includes a clubhouse with bathroom facilities and an emergency phone. Four community pastures, hay barn, 40 duplex barns with individual tack rooms and paddocks are available on-site as well as 67 stalls for transient and show horses. The Fort Rucker Riding Stables has two regulation dressage rings and two breaking pens. A lighted western arena and lighted jump/show arena, covered farriers' shed and double wash stalls with warm water are also available to patrons. Hay and stall bedding may be purchased from the Fort Rucker Riding Stables office. We also offer a convenient flexible feed service program to patrons.

Casualty Assistance

Casualty Assistance Center

Soldier Service Center, Bldg 5700, Room 185, Fort Rucker, AL 36362

Monday-Friday, 7:30a.m. – 4:15p.m.

334-255-9081/9311/9005, After Hours (Staff Duty Officer) 334-255-3038/9777

<https://www.hrc.army.mil/TAGD/Fort%20Rucker%20Alabama%20Casualty%20Assistance%20Center>

Support Services: To provide compassionate unwavering support to Families of our deceased, wounded, and unaccounted-for Soldiers; while ensuring plans, programs, policies and systems remain updated in order to provide timely and accurate information and set the conditions for success. Additionally, assist active duty Soldiers in the event of loss of spouse or child.

Deployment Readiness

ACS Mobilization and Deployment Readiness

Soldier Service Center, Bldg 5700, Novosel Street, Room 177, Fort Rucker, AL 36362

334-255-9578

Hours of Operation: 7:30a.m. – 4:15p.m.

Assistance 24-hour Family Assistance Center

Toll free number for family issues and crises 1-866-272-6981

<http://www.ftruckermwr.com/acs/mobilization-and-deployment/>

Support Services: The Mobilization and Deployment Readiness Program provides assistance and support to families of Active Component, Reserve Component and National Guard forces and emergency essential civilians to support of military operations, deployment or mobilization to enhance unit cohesion and increase readiness. The Mobilization and Deployment Readiness Program is responsible for Pre-deployment, Mobilization, Deployment and Redeployment Briefings, and Support to Soldiers, DoD Civilians and Their Families.

Deployment Health Assessments

Contact Unit Surgeon

Services: Deployment Health Assessments (DHAs) are designed to identify and address health concerns at specific times in the deployment cycle and thus they should be completed in the windows identified below. The Department of Defense Instruction (DODI) 6490.03 guides the Service in this area.

☐ Pre-Deployment Health Assessment (DD Form 2795): Completed within 60 days of expected deployment date.

☐ Post-Deployment Health Assessment (DD Form 2796): Complete no earlier than 30 days before the expected redeployment date and no later than 30 days after redeployment.

☐ Post-Deployment Health Reassessment (DD Form 2900): Completed 90-180 days after redeployment.

Resiliency training coincides with these assessments to maximize the effectiveness of the assessments and Soldier well-being. Training associated with each assessment is found at: www.resilience.army.mil/deployment.cfm

ID/CAC Card Processing

Military Personnel and Services Division (Identification/DEERS)

Soldier Service Center, Bldg 5700, Rm 160, Novosel St, Fort Rucker, AL 36362

334-255-2182

Hours of Operation: 7:45a.m. – 3:45p.m.

<http://www.rucker.army.mil/idcards/>

Call to make an appointment.

Services:

The ID Card section is located in the Soldier Service Center, Bldg. 5700, Room 160. Hours of operation are Mondays thru Fridays from 7:45 a.m. to 3:45 p.m.

Effective February 9, 2015, Mondays, Wednesdays and Fridays from 7:45 a.m. to 3:45 p.m. (normal duty hours) will be set aside for appointments only. Tuesdays and Thursdays from 7:45 a.m. to 3:45 p.m. (normal duty hours) will be for walk-in customers only.

Appointments can be made up to 120 days out. Cards can be renewed up to 90 days prior to expiration date. To make an appointment, please visit the website.

Housing/Lodging

On-Post Housing

Overview: <http://www.rucker.army.mil/newcomers/housing/>

Corvias Military Living was formed to partner with the U.S. military to address the challenges of providing safe, affordable, quality housing for America's military Families. In 2004, Picerne Military Housing, now Corvias Military Living, was selected by the U.S. Army to privatize Family housing at Fort Rucker. The Corvias Military Living team is committed to working with Fort Rucker to provide high quality homes and first-rate neighborhoods.

Corvias Military Living has the added benefit of relying on its past experience through the privatization of the housing at Fort Meade, Md., Fort Bragg, N.C., and Fort Polk, La.

Click here to visit the [Fort Rucker Corvias Military Living](#) website.

Utilities

The Utilities Clearing House staff assists Soldiers and Family members with electricity, cable television and telephone service orders. The Utilities Clearing House is located in the Soldier Service Center, Room 190. Operating hours are 8:00 a.m. to noon and 1:00 – 4:15 p.m., Monday through Friday.

IHG Army Hotels

Bldg 308, 6th Ave. Fort Rucker, AL 36362

334-598-5216 <http://www.rucker.army.mil/newcomers/housing/>

<http://www.ihg.com/armyhotels/hotels/us/en/fort-rucker/mfkra/hoteldetail>

Services: Fort Rucker IHG Army Hotels is available for official and unofficial travelers. Military Training Service Support students are priority. Reservations for temporary duty, permanent change of station and unofficial travelers are based on availability and are subject to preemption by ITP travelers. Waiting for you at the IHG Army Hotel:

Complimentary Breakfast

Free Weekly Social

Courtesy On-Post Shuttle Service

Pets Welcome

Free Local Phone Calls

Free Guest Internet Access

Business Center

Free Guest Laundry

IHG Rewards Club

check us out on-line at www.ihgarmyhotels.com

Lake Tholocco Lodging

Lake Tholocco Lodging, West Beach, Lake Tholocco, Bldg 24335, Fort Rucker, AL 36362

334-255-4234

Hours of Operation: Monday – Friday, 8a.m.-5p.m., open 8a.m. – 4p.m. on holidays

<http://www.ftruckermwr.com/lodging/lake-tholocco-lodging/>

Support Services: The Hospitality Team at Lake Tholocco Lodging looks forward to welcoming you home to Fort Rucker, Alabama and the magnificent Lake Tholocco! Situated on a 640 acre lake on the NorthWest Perimeter of Fort Rucker, Lake Tholocco Lodging transports guests to a world of rustic luxury amid the wilderness that flanks the Home of Army Aviation. Boating, water skiing, hiking, biking, and swimming are among the favorite sports at the lake, which boasts excellent fishing and hunting opportunities as well. Our cabin features include: 2 bedrooms; furnished, fully-equipped kitchens; front porches, complete with rockers; and spacious screened-in back porch picnic areas. All cabins come furnished with 32-inch flat screen televisions, complete with satellite and DVD Players, and complimentary wireless high-speed internet access. Also available on Lake Tholocco is the RV Park & Family Campground located just past Singing Pines, at the end of a beautifully paved forest trail. The RV Park features 18 Rustic (long-term) Sites and 30 short-term, Modern Sites.

Single Soldier Housing

Unaccompanied Personnel Housing (UPH) Soldier Service Center, Bldg 5700, Novosel Street, Room 160, Fort Rucker AL 36362.

334-255-1205

DSN 312-558-1205

Support Services: Only single Soldiers E1- E5 without dependents are authorized barracks space on Fort Rucker. Most barracks spaces will house 2 Soldiers and usually no choice is given. The rooms are furnished. Soldiers geographically separated from their Families are not authorized to live in the FSBP. Single Soldiers E-6 and above without dependents are allowed to live in post housing areas or can choose to move off post.

Fort Rucker Housing Services Office (HSO)

Soldier Service Center, Bldg 5700, Novosel Street, Fort Rucker, AL 36362

334-255-1854/2224

Monday-Friday 7:30a.m – 4:15p.m.

<http://www.rucker.army.mil/newcomers/housing/>

Support Services: The Housing Services Office's mission is to assist you with all of your housing needs. We are the Soldier's advocate! HSO provides personalized assistance and instruction to Service Member's and their families on the Automated Housing Referral Network. This DOD program provides contact information for Housing Office's and real estate listings of homes for rent that are close to military installations.

The HSO counsels customers on customary real estate practices for this area, rights and responsibilities of the landlords and tenants, standards of conduct and Equal Opportunity in Off Post Housing. Renters insurance is also advised for coverage against the loss of personal effects and household furnishings.

Inspector General

Inspector General

Bldg 4102, Andrews Ave. Fort Rucker, AL 36362

334-255-2118

Hours of Operation: Mo-Tue & Thu -Fri 8:30a.m. – 4:30p.m. Wednesday by appointment only

<http://www.rucker.army.mil/usaace/directorates/ig/>

Services: The Inspector General assesses and reports to the commanding general on matters affecting the performance of the mission and state of the command to include efficiency, discipline, morale, esprit de corps, and readiness. IGs operate within an environment consisting of commanders, Soldiers, Family members, DA civilian employees, retirees, and other civilians needing assistance with an Army matter and the IG system. The IG serves commanders and their Soldiers through the IG functions of teaching and training, inspections, investigations, and assistance.

Legal

Staff Judge Advocate General (JAG)

Soldier Service Center, Bldg 5700, Rm 320, Novosel St, Fort Rucker, AL 36362

Monday-Friday 8:30a.m. – 4:30p.m.; Closed every Thursday 8:30a.m. – 11:30a.m.

334-255-3482

<http://www.rucker.army.mil/sja/>

Services: The Office of the Staff Judge Advocate (OSJA, JAG, or Legal Office) is responsible for providing legal advice and client services in the six main legal disciplines for the U.S. Army – Military Justice, Administrative and Civil Law (including Contracts and Labor law), Legal Assistance, Claims, and Operational Law. The Legal Office offers free legal assistance to ID cardholders on topics such as powers of attorney, wills, trusts, estates, taxes, divorces, adoptions, name changes, and notarizations. One thing you and your spouse should seriously consider is creating a power of attorney. The power of attorney gives legal authority for one spouse to conduct legitimate business on the other's behalf. Powers of Attorney (POA) can be established for a myriad of things ranging from giving one spouse the ability to register a vehicle in the other's name all the way to purchasing a house in their name. The post Legal Office will be able to provide you more detailed information regarding each state's view of POAs and what business transactions require a POA. Additional information regarding the Office of the Staff Judge Advocate General can be found at www.rucker.army.mil/sja/

☐ Powers of Attorney and Wills

Many military spouses may face both personal and financial issues during periods of separation due to deployments or Temporary Duty (TDY). To handle these matters, you should be prepared. Many military couples use a POA as a legal instrument during geographic separations. Two types of POAs exist. A General POA enables the spouse to conduct all the Soldier's personal affairs, while the Special POA is used for only one specific

purpose, (e.g., to sell or register a car or house). Soldiers should authorize POAs for only a limited time so that the document can be reviewed and revised at certain intervals (e.g., for one year). The Legal Assistance Office can assist in drafting, notarizing, and witnessing a POA. The Legal Assistance Office will also assist in drawing up wills. Most Soldiers and spouses should have a will directing disposition of assets, especially if they have children or own real estate.

☐ Personal Papers

It is important to keep the following papers and documents in a safe place and hand-carry them when PCSing, NOT packed when moving:

1. Current ID cards or passports for all Family members
2. Birth and Marriage certificates
3. Checking and savings account numbers
4. Insurance policies (car, life, personal property)
5. Naturalization papers or Alien registration card (green card)
6. Wills and/or Powers of Attorney
7. Title and car registration
8. Complete household inventory
9. Letters of adoption
10. Divorce papers
11. Immunization and other Medical records
12. School records
13. Veterinarian records (if applicable)

Client Services- Claims

Soldier Service Center: Building 5700, Novosel Street, Rm. 320, Fort Rucker, AL 36362

Legal Assistance: (334) 255-3482

Hours of Operation: 8:30 a.m. - 4:30 p.m., M-F. Closed every Thursday from 8:30a.m. - 11:30 a.m., weekends and federal holidays.

<http://www.rucker.army.mil/sja/>

Client Services- Claims: processes the claims of military and civilian employees for damage to household goods during government-sponsored moves and for damage to personal property on the installation. The Claims Division also investigates and processes tort claims against the government and pursues recoveries from third parties on behalf of the U.S. Army and USAACE. It also prepares litigation reports and responsive pleadings for the U.S. Attorney and Army Litigation Division.

Prior to filing a personnel claim with our office (for damage to personal property by a government-sponsored move), claimants must visit the Transportation Office and/or file their claim through the Defense Personal Property System (DPS) under move.mil first.

Client Services- Tax Center

Soldier Service Center: Building 5700, Novosel Street, Rm. 320, Fort Rucker, AL 36362

Legal Assistance: (334) 255-3482

Hours of Operation: 8:30 a.m. - 4:30 p.m., M-F. Closed every Thursday from 8:30a.m. - 11:30 a.m., weekends and federal holidays.

<http://www.rucker.army.mil/sja/>

The [Tax Center](#) offers free federal and state income tax preparation and electronic filing for active-duty Soldiers, family members, and military retirees year round.

Physical Evaluation Board Liaison Officer

Lyster Army Health Clinic

Bldg 301, Andrews Ave, Fort Rucker, AL 36362

334-255-7000

Hours of Operations: Monday – Friday 7:30a.m. – 4:15p.m.

http://www.rucker.amedd.army.mil/administration/medical_evaluations.html

Services: The appointed Physical Evaluation Board Liaison Officer (PEBLO) at the MTF is responsible for counseling Soldiers (or the next of kin or legal guardian in appropriate cases) concerning their rights and privileges at each step in disability evaluation, beginning with the decision of the treating physician to refer the Soldier to a MEBD and until final disposition is accomplished. For this purpose, the MTF commander will name an experienced, qualified officer, noncommissioned officer (NCO), or civilian employee as the PEBLO. Counseling will cover as a minimum, the following areas: Legal rights (including the sequence of and the nature of disability processing). Effects and recommendations of MEBD and PEB findings. Estimated disability retired or severance pay (after receipt of PEB findings and recommendations). Probable grade upon retirement. Potential veteran's benefits. Recourse to and preparation of rebuttals to PEB findings and recommendations. Disabled Veterans Outreach Program (DVOP). Post-retirement insurance programs and the Survivor Benefit Plan (SBP).

Police/Fire Department

Installation Provost Marshal Office U.S. Army MP/ Public Safety

Bldg 5001, Lucky Star, Fort Rucker, AL 36362

334-255-2222, DIAL 911 in an emergency

<http://www.rucker.army.mil/imcom/directorates/dps/>

Services: Fort Rucker military police do more than law enforcement. They assist military personnel, civilians, visitors, and Families on post around the clock; help individuals locked out of Family housing, aid stranded motorists, and participate in community services and activities. Appropriately, the DPS motto is entitled the "Guardians." The Community Police Section educates community youth on protecting themselves from molestation and abduction, conducts drug awareness training, and conducts an annual bicycle rodeo to stress bicycle safety and update on-post bicycle registration. Through operation IDENT-A-KID, the community police provides parents with photographs and fingerprint cards of their children. The community police are dedicated to the on-post housing areas where they work with mayors, parents, children, and the chain-of-command as part of the neighborhood watch and Officer McGruff Safe House programs.

The Provost Marshal Office provides unit commanders with assistance in performing Health and Welfare inspections utilizing Military Police Investigations and Military Working Dog assets. The service can be a valuable asset to commander in identifying problems such as possession of stolen property, and possession of other contraband. The Police department offers Police department tours, provides Crime Prevention Handouts and information, and provides Crime Prevention and DARE information at Newcomer's Brief.

Fire Investigations, Fire & Emergency Services

Bldg 5001, Fort Rucker, AL 36362

334-255-0044

Services: The Fire and Emergency Services Division, the largest fire department in the Army, serves Fort Rucker, their training sites, and the Wiregrass area when communities request mutual aid and assistance. This division provides emergency services, such as fire suppression and prevention, crash and rescue operation, hazardous material accidents, heavy extrication mission, high-angle and confined-space rescues, high-rise structure maneuvers, and advanced life support paramedic operations. The department also offers Child Safety Seat Inspections, Extinguisher Inspections, Fire Prevention Public Education, Facility Manager Training, information at Newcomer's Brief, Provides Station Tours, inspects Homes of FCC Providers, and Walk-in Blood Pressure Checks. The Fire Prevention Section personnel visit the schools on and off post to show the "Little People's Fire House" and to explain fire prevention with such characters as "Smokey the Bear" and "Sparky the Dog."

Yellow Dot Program

<http://www.adeca.alabama.gov/Divisions/lets/TrafficSafety/Pages/YellowDot.aspx>

The "Yellow Dot" program provides detailed medical information that can be crucial following a crash. Participants of the program receive a "Yellow Dot" decal, a "Yellow Dot" folder and an information form with the participant's name, an identifying photo, emergency contact information, personal physicians' information, medical conditions, recent surgeries, allergies and medications being used. A "Yellow Dot" decal on the driver's side rear window of a vehicle alerts first responders to check in the glove compartment for the corresponding "Yellow Dot" folder. Having this information following a crash helps first responders positively identify the person, get in touch with family or emergency contacts and ensures that the person's current medications and pre-existing medical conditions are considered when treatment is administered for injuries.

DARE Program

<http://www.dare.org>

Drug Abuse Resistance Education Program, taught to elementary age students all the way thru high school. The Program equips student with skills to resist peer pressures and how to effectively use their support system.

Ozark Police Department

275 N. Union Ave, Ozark, AL 36360

334-445-6122

<http://www.ozarkalabama.us/ozark/CityGovernment/CityDepartments/PoliceDepartment/tabid/62/Default.aspx>

Daleville Police Department

730 S. Daleville Ave, Daleville, AL 36322

334-598-4442

<http://dalevilleal.com/home/CityServices/PoliceDepartment.aspx>

Enterprise Police Department

501 S Main Street, Enterprise, AL 36330

334-347-1211

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

Dothan Police Department

210 N Saint Andrews St, Dothan, AL 36303

334-615-3000

<http://www.dothan.org/index.aspx?nid=280>

Transportation/Automotive

Transportation Office

Bldg 5700, Rm 270, Novosel Street, Fort Rucker, AL 36362

334-255-9842

Hours of Operation: Mon - Fri 7:30a.m. – 4:15p.m. Closed on holidays.

http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:CONTENT:0:::::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_CONTENT_DIRECTORY:130,Household%20Goods,30.90.90.30.30.0.0.0.0,2

Services: The Transportation Office provides assistance with arrangements to ship household goods and pets, to arrange port calls/ passenger travel and passports.

Fort Rucker and Enterprise AL Area Taxi Shuttle Delivery

334-498-1671; 334-494-7078

<http://www.ruckertaxi.webs.com/>

Services: Courtesy Transport, Taxi, Shuttle, Bus and Delivery vehicles, Drivers for Fort Rucker, AL, Enterprise, AL or long Distance to all points in the USA. Hotel and Guest Housing personnel can take FREE IHG shuttles to the Gates of Fort Rucker saving you and additional \$5 to \$10 off your total cost

Tristate Taxi

2304 Kristi Lea Dr, Dothan, AL 36303

334-984-0605

<http://ridetristate.com/>

Services: Enjoy more affordable, comfortable, and safe taxi services in Dothan, AL. Tristate Taxi is the cab that will take you away from the "ordinary" and give you the extra in "Extraordinary" by offering services and lower rates other companies wouldn't begin to offer.

Wiregrass Safe Taxi LLC

Dothan, AL

334-699-3159

Services: We offer a safe, clean, smoke-free, and reliable taxi service in the tri-state area. We service Houston County, Dale County, Henry County, Coffee County, Geneva County and surrounding areas. We for offer executive services \$65 for 3 hours which includes vehicle and driver. Please call to make reservations 48 hours in advance.

Automotive Skills Center

Bldg 1902, Headhunter Street & 2nd Ave, Fort Rucker, AL 36362

334-255-9725

Hours of Operation: Mo & Tue CLOSED, Wed – Fri 10:30a.m. – 7:30p.m., Saturday 9a.m. – 6p.m., Sunday 10a.m. – 6p.m.

Monday – Friday, "Mechanic for Hire" on duty by appts.

<http://www.ftruckermwr.com/recreation/automotive-skills-center/>

Services: The Fort Rucker Automotive Skills Center has the equipment you need to save money on do-it-yourself car maintenance and repair. At the Automotive Skills Center you have access to on-site trained instruction, assistance, tools and equipment. Stop by today to learn about how we can help with your automobile repairs and questions. The Automotive Skills Center has a mechanic for hire program which can save military Families money in labor fees for automotive repair. The center has a technical reference center which offers Mitchell On Demand software and an ALLDATA subscription available for patrons to access "how-to" automotive information. The references include vehicle-specific wiring diagrams, maintenance information, labor estimates, technical service bulletins, and recalls. The 26-bay center has 13 lifts, 12 flat bays (non-lift) – six located inside the main building and five sheltered bays outside of the main building, a paint booth and body bay.

Firestone Car Care

Bldg 6600 Dustoff St, Fort Rucker, AL 36362

334-598-1566

Monday-Saturday 7a.m. – 6p.m.

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

Service: International tire company Firestone manages hundreds of Firestone Complete Auto Care shops across the country. Wheel services from Firestone include tires for cars,

minivans, SUVs, light trucks as well as performance and winter tires. Additional services and products from Firestone Complete Auto Care include alignment, A/C services, oil changes, transmission services, and general maintenance.

Ozark Driver's License Office

833 S Union Ave, Ozark, AL 36360

334-774-6229

Monday-Tuesday 8a.m. – 4:30 p.m.

<http://www.dmv.com/al/alabama/dmv-office/ozark/833-s-union-ave>

Services: Issues licenses and learner's permits required to operate a motor vehicle, I.D. cards to non-drivers who are county residents. Voter registration applications available at all locations; no test is required if current license is valid.

Dothan Driver's License Office

5679 Montgomery Highway, Dothan, AL 36303

334-983-5616

Monday – Friday 8a.m. – 4:30p.m.

<http://local.dmv.org/alabama/houston-county/dothan/5679-montgomery-highway/dmv-office-locations.php>

Services: Driver's License, Identification Cards, Written Test, Road Test, Commercial, CDL Written, CDL Driving

Coffee - Enterprise Tag & Title

99 S. Edwards St, Enterprise, AL 36331

334-347-2688

Monday-Friday 8a.m. – 4:30p.m.

<http://local.dmv.org/alabama/coffee-county/enterprise/99-s-edwards-st/dmv-office-locations.php>

Services: vehicle registration/tags

Dale County Tag & Title

Court Square, Ozark, AL 36360

334-774-8427

Monday- Friday 8a.m. – 4:30p.m.

<http://www.dmv.com/al/alabama/dmv-office/ozark/court-square>

Services: Vehicle registration/tags

Weapons Registration

Provost Marshalls Office Law Enforcement Command

Bldg 5001, Lucky Star, Fort Rucker, AL 36362

334-255-2222

<http://www.rucker.army.mil/imcom/directorates/dps/>

Services: Individuals who use or store firearms on post must register them at the MP Station, Bldg 5001. Weapons registrations must be updated every five years. Weapons may be stored in Family housing, BOQ or BEQ, or places of storage at designated firing ranges or hunting areas. Concealed weapons carried on individuals, routinely transported in vehicles, or stored in vehicles are prohibited.

Medical Services

Behavioral Health

Lyster Army Community Hospital

Behavioral Health

Bldg 301 Andrews Ave, Fort Rucker, AL 36362

334-255-7028

Hours of Operation: Monday – Friday, 7:30 a.m. – 4:15 p.m.,

<http://www.rucker.amedd.army.mil/Departments/ClinicalDepts.html#BMD>

Services: The Department of Behavioral Medicine provides a broad range of behavioral health services to Fort Rucker community. The Evidence-based behavioral health services are used to optimize Soldiers' and families' behavioral readiness through assessment, treatment, and preventive efforts provided across multiple services and subspecialties

Chaplain and Religious Support Office

Spiritual Life Center, Bldg 8939, Fort Rucker, AL 36362

334-255-3447/3903

On-call duty Chaplain, After Hours 334-255-3100

Monday-Friday 8a.m. – 4:30p.m.

<http://www.rucker.army.mil/chaplain/>

Prevention & Intervention Services: Couples and Individual Counseling. Also contact your Unit Chaplain for any and all interventions/preventions.

Military Family Life Consultants (MFLC)

ACS, Soldier Service Center, Bldg 5700, Novosel Street, Fort Rucker, AL 36362

334-441-9369/379-3029

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/family-advocacy-program/>

Prevention & Intervention Services: The MFLC program provides Soldiers, their Families and Department of Defense civilians the opportunity to seek confidential and private counseling services in the areas of anger management, communication, relationship issues, relationship building, conflict resolution, parenting and decision making skills. Unit POC can also contact their embedded MFLC for more information. The Military and Family Life Consultant Program here is a free, short-term counseling service for service members and

Spectra Care

134 Prevatt Rd, Dothan, AL

334-794-0731, after hours 334-794-0300

<http://spcare.com/>

Treatment Services: SpectraCare Health Systems is a regional community-based system that provides mental health, substance abuse and intellectual disability services in Southeast Alabama in Barbour, Dale, Geneva, Henry and Houston Counties. The Substance Abuse Services Division offers a continuum of care to meet the needs of consumers. SA Services are offered in Barbour, Dale, Geneva, Henry, and Houston Counties. The Mental Illness Services Division offers a wide array of services for adults and children. Services are offered in Barbour, Dale, Geneva, Henry, and Houston Counties.

Tricare Behavioral Health Care Services

1-800-700-8646

www.tricare.mil/mentalhealth

Treatment Services: Tricare behavioral health services are available from civilian network

providers for family members and other beneficiaries during times of stress, depression, grief, and anxiety. Active duty service members (ADSMs) should always seek nonemergency behavioral healthcare at military treatment facilities, when available. If services are not available, ADSMs must obtain referrals from their MTFs before receiving civilian care. All other beneficiaries do not need referrals or prior authorization for the first eight outpatient behavioral health visits per fiscal year to a network provider for a medically diagnosed and covered condition.

Military OneSource Counseling Services

1-800-342-9647

<https://www.militaryonesource.com/MOS/About/CounselingServices.aspx>

Prevention and Intervention Services: Military OneSource offers three kinds on short-term, non-medical counseling options to Active-duty, Guard, and Reserve

member and their Families. Military OneSource counseling services are designed to provide service help with short-term issues such as adjustments to situational stressors, stress management decision making, communication, grief, blended Family issues and parenting skills issues. Counseling sessions can be arranged face-to-face, telephone consultation or online consultations.

National Depressive and Manic-Depressive Association 1-800-826-3632

National Institute of Mental Health’s Hotline 1-888-826-9438

Mental Health America 1-800-969-6642

Lyster Army Health Clinic

<http://www.rucker.amedd.army.mil/>

After Hours Nurse Line	1-800-874-2273
Audiology/Optomety Clinic	334-255-7185
Behavioral Health Services	
Adult Behavioral Health	334-255-7028
Army Substance Abuse	334-255-7509
EFMP	334-255-7431
Immunizations	334-255-7754
Laboratory	334-255-7062/7063
Managed Care Division	
Referrals	334-255-7000 option #3
Health Benefits Advisor	334-255-7233/7023
NDA Travel	334-255-7240/7567
Nutrition/ Preventive Medicine	334-255-7930/7986
Patient Administration Division	
Medical Records	334-255-7110/7109
CHCS Registration/In-processing	344-255-7236/7056
Release Information	334-255-7242/7239
PAO/Strategic Communications	334-255-7337
Patient Advocate	334-255-7229
Pharmacy	
Outpatient Pharmacy	334-255-7178/7175
Refills	334-255-7671
Physical Therapy	334-255-7169
Chiropractic Clinic	334-255-7709
Primary Care Consolidated Clinic	

Message for PCM/Nurse	334-255-7000
Radiology Department	334-255-7155
Third Party Collections	334-255-7139/7241/7689
TRICARE Office	800-444-5445
VA Clinic	334-503-7831/7836
VA Optometry Clinic	334-503-7894

Smoking Cessation Program

Bldg 301, LAHC, Andrews Ave, Fort Rucker, AL 36362
 334-255-9908/9915

Monday-Friday 7:30a.m. – 4:15p.m.

Intervention, Treatment, Education, and Support Services: Four 1-hour classes each month
 Bldg 301, Rm J-100 – 1:30p.m. -2:30p.m.

- CLASS ONE: "Understanding why we smoke and why quitting is so difficult".

Approaches to quitting. Choosing a replacement therapy.

- CLASS TWO: "Stress Management".

Coping with withdrawal symptoms. Getting ready to quit.

- CLASS THREE: "Mastering obstacles".

Weight management. Review of relaxation techniques. QUIT DATE.

- CLASS FOUR: "Enjoying it Forever".

Long term benefits. Avoiding a return to tobacco use. Strategies for regression

RESPECT-Mil

Point of Contact: 334-255-7758/7314

Hours of Operation: Monday -Friday 7:30a.m. – 4:15p.m.

A system of primary care designed to enhance the recognition and high-quality management of Post-Traumatic Stress Disorder (PTSD) and depression.

Clinics

Primary Care

Hours of Operation: Mon-Fri 7:30a.m.-4:15 p.m.

Sick Call: Mon - Fri 6a.m.-6:30a.m.

Point of Contact: 334-255-7000

The Department of Primary Care serves as the Primary Care Managers for the TRICARE Prime beneficiaries and active duty service members at Lyster Army Health Clinic.

Sick Call provides acute medical care to active duty Soldiers in student status or permanent party status on Fort Rucker. Acute conditions include: Today’s Injuries; ER follow-ups; symptoms with onset within one week or a worsening condition. Respiratory Therapist and GYN services are also located in the clinic

Occupational Health

Hours of Operation: Mon-Fri 7:30a.m. – 4:15p.m.

Point of Contact: 334-255-7930

Services Offered:

- ☒ Pre-employment physicals for Department of the Army civilians
- ☒ Department of the Army civilian and active duty firefighter physicals
- ☒ Travel Health information and immunizations
- ☒ Work Site Visits to identify occupational hazards
- ☒ Workmen’s Compensation Issues
- ☒ Occupational related immunizations
- ☒ Hearing and Vision Conservation for employees
- ☒ New Employee Health Interviews
- ☒ Red Cross Volunteer Physical Exams
- ☒ Evaluation and treatment of work-related illnesses and injuries

Allergy/Immunization Services

Hours of Operation: Mon –Fri 7:30a.m.-3:30p.m.

Point of Contact: 334- 255-7754

Allergy immunization visits are scheduled by appointment. All other immunizations are administered on a walk-in basis. A valid military ID card is required for all visits. There are no exceptions.

The influenza vaccination is administered on a seasonal basis. Please contact our clinic for more details. All children older than 6 months have been recommended to receive the flu vaccine.

Active Duty Soldiers scheduled to PCS to OCONUS assignments and those deploying overseas require a DA 4036-R from their unit. Vaccinations cannot be given without this form.

Alabama Blue Cards are issued in this clinic. Please bring all immunization records with you when you request the Blue Card. **Alabama Blue Card requests may require a 72 hour turn-around time depending on the current clinic workload.**

Community Hospitals

Several TRICARE network hospitals are in the Wiregrass.

<http://www.tricare.mil/FindDoctor.aspx>

Dale Medical Center

100 Hospital Ave, Ozark, AL 36330

334-774-2601

Proximity to site: 15 miles

TRICARE Network Hospital, General admission

Flowers Hospital

Hwy 84 W, Dothan, AL 36303

334-793-5000

Proximity to site: 25 miles

TRICARE Network Hospital, General admission and trauma

Medical Center Enterprise

400 N Edwards St, Enterprise, AL 36330

334-347-0584

Proximity to site: 15 miles

TRICARE Network Hospital, General admission

Southeast Alabama Medical Center

Hwy 84 E & Ross Clark Cir, Dothan, AL 36303

334-793-8111

Proximity to site: 30 miles

TRICARE Network Hospital General admission and trauma

Dental

TRICARE Dental Program

1-855-638-8371

<https://employeedental.metlife.com/dental/public/EmpEntry.do>

The TRICARE Dental Program is a voluntary dental plan available to members of all active duty, active guard, reserve personnel, and their Families.

Fort Rucker Dental Clinic/ Brown Dental Clinic

Bldg 4405, 5th Ave/ 12th Street, Fort Rucker, AL
36362

334-255-3393

Monday - Friday, 7:30 a.m. - 4:15 p.m

<http://www.rucker.army.mil/imcom/services/medical/>

Services: The Fort Rucker Dental Clinic Command provides dental examinations, treatment, and consultations for active duty service members. Other than active duty, patients will receive care on a stand-by basis. Emergency care (relief from swelling, severe pain, trauma, or bleeding) will be provided for OTAD patients at all times. Active duty service members are seen at Brown Dental Clinic. Routine dental services are performed Monday - Friday, 7:30 a.m. - 4:15 p.m., by appointment, unless otherwise posted.

Military personnel can request after-hours emergency dental care by contacting the triage nurse at (334) 255-7151.

Optometry

Optometry and Audiology at Lyster Army Health Clinic

Bldg 301, Andrews Ave, Fort Rucker, AL 36362

Point of Contact: 334-255-7185

Hours of Operation: Mon –Fri 7:30a.m. – 4:15p.m.

<http://www.rucker.amedd.army.mil/Departments/ClinicalDepts.html#OPT>

The optometry service provides state-of-the-art quality eye care by extremely qualified optometrists with the help of an outstanding support staff. We are proud to serve TRICARE Prime beneficiaries and active duty service members.

Services Offered:

- ☒ Comprehensive Eye Exams ages 4-64
- ☒ Spectacle Fitting (Active Duty and retirees only)
- ☒ Department of Army Civilian Pilot Comprehensive Eye Exams
- ☒ Contact Lens Exams
- ☒ Diabetic Eye Exams
- ☒ Urgent Care Visits
- ☒ Flight Physicals
- ☒ Refractive Surgery evaluations (Active Duty Only)
- ☒ Dry Eye Management
- ☒ Retinal Photographs
- ☒ Visual Field Testing
- ☒ High Detail Retinal Imaging
- ☒ Referrals to Ophthalmologists (as needed)
- ☒ Driver License Screening

Audiologic evaluations to include, immittance battery, pure-tone audiometry, speech audiometry, and distortion product otoacoustic emissions

- ☒ Hearing conservation testing for military and DOD aviation personnel
- ☒ Hearing conservation education and briefings
- ☒ Tinnitus evaluations
- ☒ Progressive tinnitus management courses offered monthly
- ☒ Cerumen management with water irrigation and curette
- ☒ Hearing aid services: selection, fitting, electroacoustical analysis, adjustments, and repair.
- ☒ Electrophysiology (i.e., Auditory Brainstem Response)
- ☒ Posturography
- ☒ Conduct CAOHC courses
- ☒ Screening CAPD (Central Auditory Processing Disorder)
- ☒ Provision of RACHAP (Retiree At Cost Hearing Aid Program)
- ☒ Promotion of audiological services at Retiree Health Fair
- ☒ Pediatric Hearing Screenings at the Childhood Development Center (CDC)

- ☐ Hearing conservation education to children
- ☐ Custom earmolds (e.g. hearing protection for industrial setting, aviation, weapons fire, and recreation) offered biweekly
- ☐ Verification of attenuation for custom hearing protection

TRICARE

1-800-444-5445

<http://www.tricare.mil>

Services: Your coverage for eye examinations will differ depending on who you are and which health plan option you are using. Generally, TRICARE covers: Annual routine eye exams for active duty service members and active duty family members. Comprehensive eye exams every two years for beneficiaries enrolled in TRICARE Prime. Comprehensive eye exam every year for diabetic patients enrolled in TRICARE Prime. Ophthalmic services, which may include an eye exam and other specialized services, are covered in connection with the medical or surgical treatment of a covered illness or injury.

PTSD/TBI

Lyster Army Community Hospital

Behavioral Health

Bldg 301 Andrews Ave, Fort Rucker, AL 36362

334-255-7028

Hours of Operation: Monday – Friday, 7:30 a.m. – 4:15 p.m.,

<http://www.rucker.amedd.army.mil/Departments/ClinicalDepts.html#BMD>

Services: The Department of Behavioral Medicine provides a broad range of behavioral health services to Fort Rucker community. The Evidence-based behavioral health services are used to optimize Soldiers' and families' behavioral readiness through assessment, treatment, and preventive efforts provided across multiple services and subspecialties.

Tricare Behavioral Health Care Services

1-800-700-8646

www.tricare.mil/mentalhealth

Treatment Services: Tricare behavioral health services are available from civilian network providers for family members and other beneficiaries during times of stress, depression, grief, and anxiety. Active duty service members (ADSMs) should always seek nonemergency behavioral healthcare at military treatment facilities, when available. If services are not available, ADSMs must obtain referrals from their MTFs before receiving civilian care. All other beneficiaries do not need referrals or prior authorization for the first eight outpatient behavioral health visits per fiscal year to a network provider for a medically diagnosed and covered condition.

Sexual Transmitted Infections or Diseases (STIs or STDs)

Preventive Medicine Services/ Community Health Nursing

Lyster Army Health Clinic, Bldg 301, Andrews Ave, Fort Rucker, AL 36362

334-255-7930

Hours of Operation: 7:30a.m. – 4:15p.m.

<http://www.rucker.amedd.army.mil/services/community.html>

Primary Prevention and Education Services:

• Provides Education and Counseling to Beneficiaries:

- Sexually Transmitted Infection Education and Counseling
- Latent Tuberculosis Infection Education and Counseling
- Infectious Disease Education and Counseling
- HIV Education and Counseling
- Serves as the Health Consultant for Child and Youth Services
- Serves as a Consultant for the Special Needs Accommodation Process (SNAP)
- Responsible for Epidemiological Investigations regarding all Bloodborne Pathogens,
- Communicable Diseases and Sexually Transmitted Infections
- Provides classes to units on post and civilian employees
- Sexually Transmitted Infections
- Human Immunodeficiency Virus
- Infectious Diseases
- Bloodborne Pathogens
- Communicable Diseases
- Child and Youth Services Educational

TRICARE

Lyster Army Health Clinic, Bldg 301, Andrews Ave, Fort Rucker, AL 36362

1-800-444-5445

334-255-7233/7023/7433

Hours of operation: Monday-Friday 7:30a.m. – 4:15p.m.

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

Services: Services available include enrollment, PCM changes, claims assistance, benefit counseling, assistance in finding a network provider, and referral and authorization assistance.

Women's Health

Primary Care

Hours of Operation: Mon-Fri 7:30a.m.-4:15 p.m.

Point of Contact: 334-255-7000

The Department of Primary Care serves as the Primary Care Managers for the TRICARE Prime beneficiaries and active duty service members at Lyster Army Health Clinic. GYN services are located in the clinic. Patients need to see their PCM for a referral / appointment with GYN.

Cleveland and Gilchrist PC/ AVENTA specialist Women's Care

137 Clinic Drive, Dothan, AL 36303

Hours: Monday – Thursday, 8a.m.- 5p.m., Friday 8a.m. – 4p.m.

334-699-2229

<http://aventawoman.com/>

Services: Aventa is more than an OB/GYN practice. We are a lifetime confidant, a trusting partner in your health, and a humble servant to the care and needs of our patients—at every stage of a woman's life. Gynecological Services, Surgeries, Mammography, Obstetric Service, Ultrasonography, Labor and delivery, Well-woman care routine, and other related services are offered.

Ladies First Obstetrics & Gynecology

104 Medical Drive, Dothan

334-671-9445 or 877-671-9445

2126 Roy Parker Road, Suite 207, Ozark

334-4430150

847 Boll Weevil Circle, Suite 110, Enterprise

334-489-4125

Hours: Monday – Friday 8a.m. – 5p.m.

<http://ladiesfirstwiregrass.com/index.html>

Services: The following are some of the services we provide: Pregnancy Care Prenatal, Obstetrics, Labor and Birth, Postpartum, Family Planning, Menstrual & Hormonal Disorders, Premenstrual stress disorder, Abnormal pap smears, Colposcopy, Breast Disorders, Breast Exams, Contraceptive management, Menstrual Irregularity, Pelvic Pain, and many more. We are uniquely qualified to understand women and their personal health care needs.

A full list of network providers can be found on the Tricare Website.

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

Wiregrass Emergency Pregnancy Service

829 N Daleville Ave, Daleville

334-598-6131

<http://weps4life.embarqspace.com/#>

Services: Wiregrass Emergency Pregnancy Services officially opened its doors as Wiregrass Right to Life in February 1975. WEPS is a private, non-profit, interdenominational organization and is an affiliate of Heartbeat International. We are open to all women in need of our services.

Military Transition

Employment Assistance

Soldier for Life Transition Assistance Program; formerly Army Career & Alumni Program (ACAP)

Bldg 4502, Room 250, Andrews Ave & Kingsman St, Fort Rucker, AL 36362

334-255-2558; 1-800-325-4715 (24/7 transition hotline) Hours of Operation: 8a.m. – 4p.m.

<http://www.rucker.army.mil/imcom/services/soldierforlife/>

<https://www.facebook.com/pages/Ft-Rucker-ACAP/340520449349083>

<https://www.acap.army.mil/> (Schedule appointment)

Transition Services: The mission of the Soldier for Life Transition Assistance Program is to deliver top-quality customer service to Fort Rucker clients by aiding them in understanding their benefits, and to meet their individual transition and job assistance needs. The Soldier for Life Program provides transition and employment assistance to Soldiers and their adult Family members who are transitioning from active duty, veterans and retirees, and DoD civilian employees in a Reduction in Force status. Pre-separation planning includes benefits information, job search skills development, career guidance, job search assistance and other guidance relevant to a thorough transition. The program offers 5-day TAP Employment Workshops designed to teach you how to job search and will prove useful for the rest of your life. Additionally, VA subject matter experts will brief you on all your VA benefits at the workshop. Workshops are held Monday through Friday from 8:00 a.m. to 4:00 p.m. Call (334) 255-2558 or (334) 255-1117 to register and schedule for a workshop. Dates for monthly Employer Day Events can be found on the website as well as information about job fairs.

U.S. Department of Veterans Affairs

<http://www.va.gov/jobs/>

Offers resources for Veterans, their family members, and civilians to obtain career advice and find jobs. Whether looking for a job at VA, another federal agency, or you need help navigating opportunities in the private sector, the sites below will help you through the process. Get started on a new career today.

ACS Family Employment Readiness Program

Soldier Service Center, Bldg 5700 Novosel Street, Suite 350, Fort Rucker, AL 36362

334-255-2594

Hours of Operation: Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/employment-readiness-program/>

Support Services: The Employment Readiness Program provides job search assistance and career counseling. It offers assistance and workshops on resume building, job application, and

cover letter preparation. The program also offers a resource library along with small business training, development, and counseling. Services are available to active duty Soldiers, National Guard, reserve, retirees, DoD civilian employees, and their eligible Family members, to include youth and surviving spouses.

Military Spouse Employment Partnership

1-800-342-9647

<http://www.msepjobs.com>

Support Services: The Military Spouse Employment Partnership is designed to help military spouses access career resources and connect with potential employers who are ready to help spouses explore career options for their unique lifestyle. Please visit www.msepjobs.com to fill out a profile and begin searching for jobs in your area.

In/Out Processing

In-Processing

Cribbins Soldier Service Center, Novosel Str, between Andrews Ave and 5th Ave, Fort Rucker, AL 36362

334-255-1814

<http://www.rucker.army.mil/newcomers/inprocessing/>

All TRADOC, WOCC, USACRC, USAARL, and USASAM permanent party rated crewmembers and previous non-rated crewmembers assigned to Fort Rucker are required to hand carry their original Individual Flight Record Folder with a CAFRS. PCS electronic flight records file to the Student Support Division, Flight Records Section in BLDG 5700 RM 210 for in-processing within 14 calendar days IAW AR 95-1.

In-processing signs posted at each of the main entrances to Fort Rucker point permanent party Soldiers to the Soldier Service Center.

Permanent party Soldiers reporting to Fort Rucker during normal duty hours must sign in from leave or travel status in Rm. 280 of the Soldier Service Center. Normal duty hours are 7:30 a.m. to 4:15 p.m., Monday through Friday.

On the first duty day after arrival Soldiers should report to Bldg. 5700 to formally inprocess. Soldiers who arrive for inprocessing after duty hours should call 255-3100 for further instructions.

Student Soldiers

All rated and nonrated crewmembers (to include USAR and USARNG) attending a course at Fort Rucker in either a Permanent Change of Station or Temporary Duty status are required to hand carry their original Individual Flight Record Folder with a CAFRS. PCS electronic flight records file to the Student Support Division, Flight Records Section in BLDG 5700 RM 210 for in-processing IAW with Change 1 and 2 of FM 3-04.300.

Student Soldiers will receive inprocessing instructions upon reporting to the student company as indicated on their orders.

- Enlisted Soldiers report to 1-13th Aviation Regiment
- Warrant Officer Candidates report to the Warrant Officer Career College

•Officers and Warrant Officers report to 1-145th Aviation Regiment or 1-13th Aviation Regiment

Soldiers attend a levy briefing resulting in publication of Permanent Change of Station orders. Soldiers come to Bldg. 5700, Rm. 280 with unit clearance papers, a copy of DA Form 31 (Leave Form) and orders to obtain installation clearance papers.

All permanent party Soldiers receive a one-on-one records review appointment in Bldg. 5700, Rm. 280 upon initial inprocessing. Update of emergency data (DD 93) and life insurance (SGLV) documentation are completed on an as-needed walk-in basis. Soldiers can make appointments for further records review.

The Soldier's brigade or battalion is notified upon receipt of assignment instruction for permanent party Soldiers with a PCS.

All enlisted trainees and students will be notified of PCS assignments three weeks before graduation. All enlisted trainees and students will have PCS orders published no later than two weeks before graduation, unless the Soldier does not have a valid security clearance (DD Form 873) on file, or the unit has notified AG of a Soldier being placed on hold status for any reason.

Enlisted trainees and students will not have PCS orders published until such time as they receive a valid security clearance in hand. Orders will be published by the next duty day after AG receives the security clearance. Soldiers obtain installation clearance papers from their unit. Final clearance is completed in Bldg. 5700, Rm. 280

Transition Center

Soldier Service Center, Bldg 5700, Room 280, Novosel Street, Fort Rucker, AL 36362

Monday-Friday 7:30a.m. – 4:15p.m.

334-255-1803

<http://www.rucker.army.mil/imcom/services/transition/>

Services: The Fort Rucker Transition Center is responsible for separating all Soldiers (All types of separations including, but not limited to, ETS, Disability Separations, Retirement, Disability Retirement, and Administrative Separations (Chapters). Separating Soldiers receive orders, DD 214, and other associated documents pertaining to separation by ETS, chapter discharge or retirement.

Moving (PCS)

Relocation Readiness Program

Soldier Service Center, Bldg 5700, Room 177, Novosel Street, Fort Rucker, AL 36362

334-255-3161/3735

Hours of Operations: Monday – Friday 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/relocation-readiness-program/>

Services: The Relocation Readiness Program (RRP) provides information and assistance to military personnel and their Families as they transition from one community to another. The Lending Hangar has roll-a-way beds, car seats, TVs, microwaves and various kitchen

items available for you to borrow. Relocation is your one stop location for information about the Wiregrass area, including maps and phone directories. One of the most useful tools for the relocating Soldier or Family is the Installation Locator in Military One Source. Specific information is printed in a book form for any installation in the world. If you are arriving to Fort Rucker and considering living on the installation, contact Corvias Military Living at 334-503-3644 or go online: www.rucker.corviasmilitaryliving.com. If you are considering living off of the installation, contact the Housing Services Office at 334-255-1854/2224 or visit them on Facebook. You can also call Military One Source at 800-342-9647 to check on availabilities in the Wiregrass community.

When you are ready to leave Fort Rucker, just ask about the Military Installations Program. If you are going overseas, Relocation provides briefings on the following overseas assignments: Korea, Germany, Alaska and Hawaii.

Plan My Move

www.militaryhomefront.com

Services: “Plan My Move” is an automated information system designed to provide relocation information on all military installations. Specific information contained in “Plan My Move”; education, employment, medical & dental, housing, relocation services, support services.

Lending Hangar

Bldg 5700, Room 177, Novosel Street, Fort Rucker, AL 36362

334-255-3161/3735

Monday, Wednesday, Friday 7:30a.m. – 4p.m.

<http://www.ftruckerfmr.com/acs/relocation-readiness-program/>

Services: The Lending Closet provides kitchen items during transition for 30 days, such as pots, pans, dishes, irons, ironing boards, car seats, baby cribs, sleeping mats, high chairs, tables, chair and electrical appliances.

Thrift Store

Corner of Red Cloud / Ruf Ave. Fort Rucker, AL 36362

334-255-9595

Wednesday – Friday 10a.m. – 2p.m.

<http://fortruckerthriftshop.com/>

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

Services: The Thrift Shop raises funds for worthy causes through the sale of donated and consigned merchandise. The Thrift Store carries a great selection of household items, clothes, decorations, toys, and books. Over the years many organizations have benefited from its financial support. Some of these organizations include the Holiday Food baskets, community and local libraries and schools, Scouting programs, Wounded Warriors, Disabled American Veterans, the VA hospitals, Wiregrass Emergency Pregnancy service, Relay for life, and many others.

The Thrift Shop is completely dependent on the support and generosity of donors and volunteers. Help is always welcome and much needed in all aspects of the shop. Anyone

may shop with us, we do not check ID's.
Shop! Donate! Consign! Volunteer! Fundraising opportunities available!

Relocation Assistance

Transportation Office

Bldg 5700, Rm 270, Novosel Street, Fort Rucker, AL 36362

334-255-9842

Hours of Operation: Mon - Fri 7:30a.m. – 4:15p.m., Closed on Holidays.

http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:CONTENT:0::::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_CONTENT_DIRECTORY:130,Household%20Goods,30.90.90.30.0.0.0.2

Services: The Transportation Office provides assistance with arrangements to ship household goods and pets, to arrange port calls/ passenger travel and passports.

Transition Center

Soldier Service Center, Bldg 5700, Room 280, Novosel Street, Fort Rucker, AL 36362

334-255-1803

Monday-Friday 7:30a.m. – 4:15p.m.

<http://www.rucker.army.mil/imcom/services/transition/>

Services: The Fort Rucker Transition Center is responsible for separating all Soldiers (All types of separations including, but not limited to, ETS, Disability Separations, Retirement, Disability Retirement, and Administrative Separations (Chapters). Separating Soldiers receive orders, DD 214, and other associated documents pertaining to separation by ETS, chapter discharge or retirement.

Retirement Services

Retirement Services Office

Soldier Service Center, Bldg 5700, Room 161, Novosel Street, Fort Rucker, AL 36362

334-255-9124/9739 or 800-240-9373

Hours of Operation: Monday – Friday 7:30a.m. – 4:15p.m.

<http://www.rucker.army.mil/imcom/rso/>

Services: The Retirement Services Office at Fort Rucker provides information on benefits and entitlements to active duty Soldiers and their Families preparing for retirement. RSO provides counsel and support to active duty personnel, family members, retirees and their family members on the Survivor Benefit Plan program. RSO publishes an annual retiree newsletter and works in conjunction with the Retiree Council to host the installation's annual Retiree Appreciation Day.

Sponsorship

Check out the new comprehensive application for sponsorship training, communication, and management of the process [eSponsorship Application & Training](#)

The online application provides:

- ☒ Registration for you and your newcomer
- ☒ Training and certificate for your files
- ☒ Sponsorship Duty Checklist
- ☒ Newcomer and Family needs assessment
- ☒ Congratulations and Welcome letter templates and packages
- ☒ Links to important DoD and Service moving websites
- ☒ Management and status updates
- ☒ Reporting module
- ☒ Customer Satisfaction Surveys

Training can also be held at unit level.

If you will be completing Sponsorship Training without a CAC card, go to <http://www.militaryinstallations.dod.mil/> The Sponsorship Training link will be on the lower right hand side of the page.

Sponsorship Info

For those assigned to Fort Rucker who would like more information on how to request a sponsor or to contact the Total Army Sponsorship Program Liaison officer, go to:

<http://www.rucker.army.mil/newcomers/sponsorship/>

<i>1AB</i> 334-255-9347	<i>1AB 1-13th</i> 334-255-1319	<i>1AB 1-145th</i> 334-255-9134
<i>110th AB</i> 334-255-2418	<i>110th AB 1-11th</i> 334-255-2173	<i>110th AB 1-14th</i> 334-255-5034
<i>110th AB 212th</i> 334-255-4113	<i>110th AB 223rd</i> 334-255-8704	<i>98th Silver Wings Band</i> 334-255-1323
<i>AMCOM ACLC</i> 334-255-9354	<i>NCO Academy</i> 334-255-2179	<i>USASAM</i> 334-255-7409

eSponsorship Application & Training (eSAT)

<http://apps.mhf.dod.mil/ESAT>

Services: eSAT is designed to support military service members assigned the responsibility of unit sponsorship by supplying training online. eSAT also connects sponsors and newcomers through communication tools, which include sponsor and newcomer registration, newcomers' needs assessment and custom welcome package.

Veterans Services

Veterans Affairs

Intake site, SFL center, Bldg 4502, Room 250, Andrews Ave & Kingsman Street, Fort Rucker, AL 36362

334-213-3302 Tuesday 8a.m. to noon

Veterans Crisis Line 1-800-273-8255 (Press 1)

<http://www.va.gov/>

Services: The U.S. Department of Veterans Affairs offers a wide range of benefits including disability benefits, education benefits, training benefits, vocational rehabilitation and employment, home loans, burial benefits, survivor and Family member benefits, life insurance and healthcare.

VA Wiregrass Clinic

Lyster Army Health Clinic, Bldg 301, Andrews Ave, Fort Rucker, AL 36362

334-503-0550/7831

Monday-Friday 7:30a.m. – 4p.m.

Services: Outpatient Clinic for Veterans. Primary care services (includes Lab and X-rays)

- ☒ Handicapped Accessible: full and easy access for all veterans.
- ☒ Personal Care: Highly qualified primary care providers, specialty care referrals to the Tuskegee-East Campus.
- ☒ Prescriptions: Routine prescriptions processed through the mail or [My HealthVet](#).

Wounded Warrior

Wounded Soldier and Family Hotline 1-800-984-8523

Wounded and injured Soldiers and their Families expect and deserve the very best care and leadership from America's Army. The hotline can be reached from 7a.m.- 7p.m.

<https://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/SoldierandFamilyAssistanceCenter/default.aspx>

Army Wounded Warrior Program (AW2)

<http://www.wtc.army.mil/modules/soldier/s2-aw2EligibilityEnrollment.html>

Services: The Army Wounded Warrior Program (AW2) is the official U.S. Army program that assists and advocates for severely wounded, ill, and injured Soldiers, Veterans, and their Families, wherever they are located, regardless of military status.

Medical Evaluations

Lyster Army Health Clinic, Bldg 301, Novosel St, Fort Rucker, AL 36362

334-255-7000

Hours of Operation: 7:30a.m. – 4:15p.m. Monday - Friday

http://www.rucker.amedd.army.mil/administration/medical_evaluations.html

Services: The appointed Physical Evaluation Board Liaison Officer (PEBLO) at the MTF is responsible for counseling Soldiers (or the next of kin or legal guardian in appropriate cases) concerning their rights and privileges at each step in disability evaluation, beginning with the decision of the treating physician to refer the Soldier to a MEBD and until final disposition is accomplished. For this purpose, the MTF commander will name an experienced, qualified officer, noncommissioned officer (NCO), or civilian employee as the PEBLO.

Counseling will cover as a minimum, the following areas:

1. Legal rights (including the sequence of and the nature of disability processing).
2. Effects and recommendations of MEBD and PEB findings.
3. Estimated disability retired or severance pay (after receipt of PEB findings and recommendations).
4. Probable grade upon retirement.
5. Potential veteran's benefits.
6. Recourse to and preparation of rebuttals to PEB findings and recommendations.
7. Disabled Veterans Outreach Program (DVOP).
8. Post-retirement insurance programs and the Survivor Benefit Plan (SBP).

Wounded Warrior Recreation

Outdoor Recreation

West Beach, Lake Tholocco, Bldg 24235, Johnston Road, Fort Rucker, AL 36362

334-255-4305

Hours of Operation:

Monday-Friday, 7:30 a.m. – 5 p.m.

Saturday, 8 a.m. – 4 p.m.

Sunday, 11 a.m. – 4 p.m.

Holiday hours: 8 a.m. - 4 p.m. (unless otherwise posted)

<http://www.ftruckermwr.com/wounded-warrior-recreation/>

<http://www.ftruckermwr.com/recreation/outdoor-recreation/>

Wounded Warriors and handicapped hunters have new specialized hunting and recreational equipment in place at Fort Rucker. The Fort Rucker Outdoor Recreation department secured the equipment from monies raised during the past Wounded Warrior Fall Hunts. Fort Rucker Outdoor Recreation is excited to provide Wounded Warriors and disabled hunters with the availability of specialized recreation equipment. This equipment makes hunting more accessible for hunters with physical limitations.

Wounded Warriors and physically disabled persons now also have a new boat to enhance their recreational needs at Fort Rucker. A specially designed and customized Rhino boat was purchased with funds raised during the 2012 Wounded Warrior Hunt. The boat, named "The Warrior" has been completely customized to fit the needs of a physically disabled person to be able to operate the boat, which accommodates eight passengers, or be a passenger on the boat. Patrons can coordinate with the Fort Rucker Outdoor Recreation department for assistance with using the equipment. Patrons wanting to utilize the boat must complete the Fort Rucker Boater Safety Course. There will also be a separate safety briefing given to all patrons before the boat is released to the user.

Recreation

Better Opportunities for Single Soldiers (BOSS)

Better Opportunities for Single Soldiers (BOSS)

Bldg 8350, Headhunter Street, Fort Rucker, AL 36362

334-255-9404

<http://www.ftruckermwr.com/recreation/boss/>

Support Services: Fort Rucker's **Better Opportunities for Single Soldiers (BOSS)** is a program that supports the overall Quality of Life (QOL) for single and unaccompanied Soldiers. It supports the chain of command by identifying QOL issues and concerns, and by providing recommendations for QOL improvement. It also encourages and assists single Soldiers in identifying and planning for innovative and fun-filled recreational and leisure activities as well as community service projects. BOSS program eligibility and participation is open to all single Soldiers, which is defined as all unmarried, divorced, widowed, and unaccompanied Soldiers, to include single parent Soldiers. BOSS sponsored events may be open to all, with preference and priority to the single Soldier. Council and Event Planning

Meetings are open to all Soldiers and organizations that would like to participate in BOSS. Council Meetings are held every third Wednesday and Event Planning Meetings are held every Wednesday from 4 – 5 p.m. at the BOSS Building (Bldg. 8350). The meetings cover quality of life issues, community service projects, and leisure activities and trips. Weekly meetings ensure that the voices of single Soldiers are heard.

Recreation & Leisure

Morale, Welfare and Recreation (MWR)

<http://www.ftruckermwr.com>

Support Services: We have top-notch facilities, from championship golf at Silver Wings Golf Course to a fisherman's paradise at Lake Tholocco. We have something for everyone and our goal is to improve our Soldiers' quality of life during their stay at Fort Rucker.

We are proud to serve the needs of our community. Our staff is committed to providing outstanding customer service because our Soldiers and Community deserve the best.

Fort Rucker Family & MWR Mission: Provide Soldiers, Civilians and their Families with a quality of life commensurate with the quality of their service.

Arts & Crafts Center

Bldg 9205, Ruf Avenue, Fort Rucker, AL 36362

334-255-9020

Hours of Operation: Sun & Mon, Closed; Tuesday – Friday 9a.m. – 6p.m., Saturday 9a.m. – 4p.m.

Services: The Arts & Crafts Center is your one-stop-shop for crafty projects and personalized gifts! Our services include framing, laser engraving, coin engraving, color sublimation, screen printing, woodshop, pottery, with many instructional programs, RV storage, Lemon Lot registration, and more.

Automotive Skills Center

Bldg 1902, Headhunter Street & 2nd Ave, Fort Rucker, AL 36362

334-255-9725

Hours of Operation: Monday & Tuesday closed;

Monday – Friday, "Mechanic for Hire" on duty appts.

Wednesday – Friday, 10:30a.m. – 7:30p.m., Saturday, 9a.m. – 6p.m., Sunday 10a.m. – 6p.m.

<http://www.ftruckermwr.com/recreation/automotive-skills-center/>

Services: The Fort Rucker Automotive Skills Center has the equipment you need to save money on do-it-yourself car maintenance and repair. At the Automotive Skills Center you have access to on-site trained instruction, assistance, tools and equipment. Stop by today to learn about how we can help with your automobile repairs and questions. The Automotive Skills Center has a mechanic for hire program which can save military Families money in labor fees for automotive repair. The center has a technical reference center which offers

Mitchell On Demand software and an ALLDATA subscription available for patrons to access “how-to” automotive information. The references include vehicle-specific wiring diagrams, maintenance information, labor estimates, technical service bulletins, and recalls. The 26-bay center has 13 lifts, 12 flat bays (non-lift) – six located inside the main building and five sheltered bays outside of the main building, a paint booth and body bay. The center is easily accessible to Soldiers and their Families with operational hours structured to meet their needs.

Swimming

<http://www.ftruckermwr.com/recreation/swimming/>

SPLASH! Pool & Spray Park

Building 113 on Novosel Street (behind The Landing Zone)

Summer 2015 Schedule

Open to the public

May 2: Open Saturday & Sunday Only, Closed Mon-Fri

Starting May 29: Open Wed-Mon, Closed Tuesdays

Closing dates TBD

Tiki Bay - Open for the season

Located poolside next to SPLASH! at The Landing

Our Tiki Bay Tiki Bar is open seasonally and located poolside, serving The SPLASH! Water Park. Tiki Bay offers a tropical atmosphere where you can enjoy refreshing smoothies, pizza, hot dogs and more from the Tiki Bay Menu. Enjoy a cold beverage, listen to music, and play some corn hole! Ask about our After-Hours Poolside Parties.

West Beach, Lake Tholocco

Building 24207 on Johnston Road

Outdoor Recreation

Phone: 334-255-4305

Open to the public

Physical Fitness Center Indoor Pool

Closes on 1 June 2015 for the summer season and will reopen in August 2015.

Building 4605 on Andrews Avenue

Open to Authorized Patrons ONLY. Lap lanes and open swim area, Fitness and Recreational Equipment available

Flynn Pool

Opens 1 June 2015

Building 9222 on Park Drive

Open to Authorized Patrons ONLY, Fitness swimming, swim lessons and other instructional classes only. Not open for recreational swimming.

Center Library

Bldg 212, Ruf Avenue, Fort Rucker, AL 36362

334-255-3885

Hours of Operation: Monday and Friday 9a.m.-5p.m., Tuesday-Thursday 9a.m.-7p.m., and Saturday 12-5p.m.

<http://www.ftruckermwr.com/recreation/center-library/>

Services: The Center Library is your resource for knowledge, communication and entertainment. Library accounts are available to all military and government civilian ID card holders. The library has 22 high-speed public access internet computers, high speed WiFi for laptops, copying service, individual study areas, and a digital scanner. We offer free FAX service to all toll free and DSN numbers as well as incoming FAX service at a nominal fee. Our Special Activities Room is available for groups of up to 50 people by reservation.

The Center Library offers free monthly and seasonal programming for our community's children as well as special activities, story time, and guest speaker events. The Center Library is also proud to offer its patrons free reference assistance for all personal and academic research requirements, and access to online databases through our catalog. Inter-library loan services are offered on a case-by-case basis.

Intramural Sports

334-255-2392

<http://www.ftruckermwr.com/recreation/intramural-sports/>

The Sports Branch of Sports, Fitness and Aquatics is dedicated to serving the needs of our patrons by providing a safe and professionally run Intramural Sports Program. We strive to offer a variety of sports that focus on fun, athleticism, and provide a sense of teamwork for the Soldiers and all authorized patrons. We currently offer Softball, Volleyball, Basketball, Flag Football, Golf, and Bowling. This branch also provides information and support for the Varsity Sports Program and All Army Sports. All Active Duty Military Personnel, Retired Military Personal, members of the ARNG and USAR with a Reserve ID Card, Spouse of Active Duty, DOD, APF and NAF Civilian Employees are eligible to participate. Contract Civilians will be allowed to participate and form a team. Players must be 19 years of age to participate, if less than 19 years of age they must be Active Duty or married to Active Duty. Dependents other than spouses are not eligible to participate.

Youth Sports & Fitness

Youth Center, Bldg. 2800, 7th Avenue, Fort Rucker, AL 36362

334-255-2254/2257

Monday – Friday, 9:00a.m. – 6:00p.m.

<http://www.ftruckermwr.com/cyss/youth-sports-and-fitness/>

Services: The Youth Sports & Fitness program offers a wide range of opportunities for participation in sports, as well as fitness and health, and outreach activities. Our program employs a philosophy of “fun, fundamentals, and maximum participation.” Maintaining league standings, win and loss statistics and emphasizing winning at all costs defeats the idea that a child's growth and development can be enriched by participating in sports activities.

Enrollment and additional registration forms can be found at [Parent Central Services](#), located in the Soldier Service Center Building 5700, Room 193, or at the facility where the activity is being held. You can also register online with [WEBTRAC](#).

SKIESUnlimited Instructional Program

School Age Center, Bldg, 2806, 7th Avenue & Division Road, Fort Rucker, AL 36362

334-255-1867

<http://www.ftruckermwr.com/cyss/skiesunlimited/>

Services: The name SKIESUnlimited is an acronym for “School of Knowledge, Inspiration, Exploration, and Skills” with the word “Unlimited” for the unlimited possibilities this program can offer Army children and youth. SKIESUnlimited encompasses instructional programs for children and youth ranging from 18 weeks old to adolescence. Through SKIESUnlimited, children and youth in the Child Development Center (CDC), School Age Center (SAC), Youth Services (YS), and Home Schooling have equal access to opportunities that expand their knowledge, inspire them, allow them to explore, and acquire new skills. To

enroll in SKIESUnlimited you must enroll with [Parent Central](#). Activities offered include Dance, Gymnastics, Tae Kwon Do, Piano, Guitar, Voice, Violin, Swim, Tennis, Golf, I’m Alone, Home School and many other seasonal activities.

Trips and Leisure

MWR Central/ Leisure Travel Services

Soldier Service Center, Bldg 5700, Room 130, Novosel Street, Fort Rucker, AL 36362

334-255-2997/9517

Hours of Operation: 8:30a.m.-4:30p.m. Monday-Friday, Closed weekends and holidays

<https://www.ftruckermwr.com/mwr-central/>

Services: MWR Central provides a range of leisure time information and opportunities to Active Duty and retired military personnel, their Family members, DoD civilians and their Family members, and other members of the military community. Our team of experts can assist you with making lodging accommodations, booking cruises, and creating unique vacation packages. We offer discounted tickets to many of the major attractions in the surrounding areas of AL, FL, GA, TN, and more. MWR Central provides the option for authorized patrons to book “day trips” to highly desired destinations including the transportation. MWR Central is the “one-stop” for MWR information, registration, and ticketing to Special Events at The Landing, Outdoor Recreation, and for runs and tournaments offered through the Fort Rucker Physical Fitness Center.

Lake Tholocco Lodging

West Beach, Lake Tholocco

Bldg 24235, Fort Rucker, AL 36362

334-255-4234

Hours of Operation: Sunday-Saturday 7:30 a.m. – 5:00 p.m., open 8:00 a.m. – 4:00 p.m. on most holidays. CLOSED Thanksgiving Day, Christmas Day and New Years Day.

<http://www.ftruckermwr.com/lodging/lake-tholocco-lodging/>

Services: The Hospitality Team at Lake Tholocco Lodging looks forward to welcoming you home to Fort Rucker, Alabama and the magnificent Lake Tholocco!

Situated on a 640 acre lake on the Northwest Perimeter of Fort Rucker, Lake Tholocco Lodging transports guests to a world of rustic luxury amid the wilderness that flanks the Home of Army Aviation. Boating, water skiing, hiking, biking, and swimming are among the favorite sports at the lake, which boasts excellent fishing and hunting opportunities as well. Our cabin features include: 2 bedrooms; furnished, fully-equipped kitchens; front porches and spacious screened-in back porch picnic areas. All cabins come furnished with 32-inch screen televisions complete with satellite and DVD Players, and complimentary wireless high-speed internet access. Also available on Lake Tholocco is the RV Park & Family Campground located just past Singing Pines, at the end of a beautifully paved forest trail. The RV Park features 18 Rustic (long-term) Sites and 30 short-term, modern sites.

Outdoor Recreation

Outdoor Recreation Service center, West Beach, Lake Tholocco

Bldg 24235, Johnston Street, Fort Rucker, AL 36362

334-255-4305

Hours of Operation: Monday – Friday 7:30a.m. – 5p.m., Saturday, 8a.m. – 4p.m., Sunday 11a.m. – 4p.m., Holiday Hours (unless otherwise posted) 8a.m. – 4p.m.

Closed: Thanksgiving Day, Christmas Day, and New Years Day

<http://www.ftruckermwr.com/recreation/outdoor-recreation/>

Services: Outdoor Recreation is located on the West Beach side of Lake Tholocco, Fort Rucker. Lake Tholocco is a 640-acre lake that offers numerous recreational activities. Boating, skiing and swimming are favorite sports at the lake. Facilities include four fishing piers, beaches, pavilions, and clean restrooms. Outdoor Recreation is EFMP Friendly!

Fort Rucker has several excellent lakes and ponds for fishing. Come try your luck with hybrid bass, catfish, crappie, largemouth bass, or bream and see if you'll catch The Big One! State Fishing

License and Post Fishing Permits are required for ages 16 and older.

Riding Stables

Bldg 20090, Hatch Road, Fort Rucker, Al 36362

334-598-3384

Hours of Operation: Monday – Friday (Front Office) 8a.m. – 5p.m.,

<http://www.ftruckermwr.com/recreation/riding-stables/>

Services: The Fort Rucker Riding Stables is located on Hatch Road just south of the Silver Wings Golf Course, surrounded by over 10,000 acres of beautifully wooded trails. The complex includes a clubhouse with bathroom facilities and an emergency phone. Four

community pastures, hay barn, 40 duplex barns with individual tack rooms and paddocks are available on-site as well as 67 stalls for transient and show horses. The Fort Rucker Riding Stables has two regulation dressage rings and two breaking pens. A lighted western arena and lighted jump/show arena, covered farriers' shed and double wash stalls with warm water are also available to patrons. Hay and stall bedding may be purchased from the Fort Rucker Riding Stables office. We also offer a convenient flexible feed service program to patrons.

Rucker Lanes Bowling Center

Bldg 9227, Ruf Avenue, Fort Rucker, Al 36362

334-255-9503

Hours of Operation: Monday – Thursday, 10 a.m. – 10 p.m., Friday & Saturday, 10 a.m. – 12 a.m., Sunday, 10 a.m. – 8 p.m., Holidays, 10 a.m. – 10 p.m.

<http://www.ftruckermwr.com/dining-entertainment/rucker-lanes-bowling-center/>

Services: Our facility has 20 lanes with automatic scorers, a pro shop, lockers, shoe rental, snack bar and video games. Open bowling and bumper bowling for children ages 3 – 10 is available year round. Rucker Lanes provides services for birthday parties, unit functions and Hail and Farewells.

Silver Wings Golf Course

Bldg 20067, Combat Road, Fort Rucker, AL 36362

334-598-2449/1632

Hours of Operation: 7 days a week, 7a.m. – Dusk

<http://www.ftruckermwr.com/recreation/silver-wings-golf-course/>

Services: Silver Wings Golf Course is a 27-Hole Championship facility. The course has outstanding Champion Bermuda Greens and one of the most challenging layouts in the region. The fairways are tree lined with numerous hardwoods and pines that gently roll through different elevation changes. The facility boasts a fully stocked Golf Shop, [Divots Restaurant & Grille](#), Meeting & Banquet rooms, and a 300 yard long lit Practice Range.

The facility is open to the public and offers several types of membership opportunities. Membership includes unlimited green fees, advanced tee times, Golf Shop merchandise discounts, Member-only tournaments, discounted outside tournament fees, complimentary USGA GHIN handicap, and reduced room fees and food minimums in Divots' Banquet Room.

Spiritual Support/ Religious Services

Emergency Religious Support

Emergency Crisis Hotline

24hr Care Line 334-255-3100

Emergency Support Services: Use to contact the On-Call Duty Chaplain after duty hours

Garrison Chaplain's Office

Bldg 8945, Fort Rucker, AL 36362

Monday-Friday 9a.m. – 4:30p.m.

334-255-2989/2012

Visit us at: <http://www.rucker.army.mil/chaplain/>

The main office manages the USAACE and Garrison Commander's Religious program through coordination of Religious Activities, religious support, and Chaplain and Chaplain Assistant development. This includes funerals, weddings, and Chapel programs. Contact your Unit Chaplain to initiate religious services and support.

Worship Opportunities at Fort Rucker

Welcome to the Fort Rucker Chapel Community. Your Chaplain Staff is here to assist you and your family with resources and opportunities to grow spiritually resilient. You can call on a Chaplain for emergency ministry; spiritual and faith counseling; prayers, rites, and sacraments; worship services; confidentiality; religious literature; bible studies; and seminars. Here are out specific offerings:

Traditional Protestant Service On Sunday's at 8:00 a.m. , this service offers a evangelical worship opportunity in Fort Rucker's oldest Chapel. Expect to hear hymns, great preaching, and great fellowship from this early riser crowd. We meet at the Headquarters' Chapel located behind the USAACE Headquarters.

Cross Roads Protestant Chapel Service On Sunday's at 10:45 a.m., this service kicks off with Fort Rucker's own Cross Roads Praise Band. Its worship style places you at ease and represents the newest concept in innovative praise and preaching. Come early and stay after for the Coffee House fellowship! We meet at Wings Chapel on Andrews Avenue near the Lemon Lot.

Catholic Service Meeting Saturday's at 5:00 p.m. and Sunday's at 9:00 a.m. the service provides all rites, sacraments, and education for Roman Catholic's at Fort Rucker. We meet at the Main Post Chapel across from the Post Theater.

Liturgical Protestant Service On Sunday's at 11:00 a.m., this service offers a style of worship reflective of many liturgical protestant groups. We meet at the Main Post Chapel across from the Post Theater.

Chaplain Services Spiritual Life Center

Bldg 8939, Fort Rucker, AL 36362

334-255-3447/3903

<http://www.rucker.army.mil/chaplain/>

Family Life Services

The Family Life Chaplain serves as Fort Rucker's provider of premier faith-based counseling services. Services offered include: Pastoral Counseling for Marriage and Family relationships such as communications, blended families, family conflict, infidelity, low-self esteem, and divorce issues; Personal relationships; Combat related stress; Spiritual Growth; and Crisis or trauma ministry.

Marriage Education Services

The Family Life Chaplain conducts the Marriage 101 Class on an as needed basis. This 2-day class is mandatory for all non-Roman Catholic personnel utilizing Garrison Chapels for their wedding. To enroll in the training and to obtain more information, please call the Spiritual Life Center, (334) 255-3447/3903. (Roman Catholic personnel are required to complete the Pre-Cana Course with the Military Catholic Priest. Contact the Main Post Chapel to schedule Pre-Cana Classes at (334)255-9894/2238)

For information on local Christian Counseling Centers contact (334) 255-3447/2989

Religious Education

Fort Rucker provides a wide range of Religious Education opportunities for spiritual growth. This includes our Protestant Sunday School and our Catholic Conferntiy of Christian Doctrine (CCD). Other religious education programs include:

Mothers of Preschoolers MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939. For more information email ruckermops@gmail.com or, call the Religious Support Office or Director of Religious Education at (334) 255-3946/2989.

Protestant Men of the Chapel PMOC meets the first Saturday of each month at 8:00 a.m. – 9:00 a.m. at Wings Chapel. Men are challenged and strengthen through group studies and fellowship. Free breakfast is provided. Cooks are welcomed! Contact (334) 255-3946/9995/2989 for more information.

Protestant Women of the Chapel PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. The ministry provides multiple bible studies, a place to unwind, and Christian fellowship with an "Aviation" flavor. Childcare provided only at 9:00 a.m. For more information, call (334) 255-3946/2989 or email pwocrucker@gmail.com

Catholic Women of the Chapel

CWOC meets every Wednesday, 8:30 a.m. - 10:30 a.m., at the Spiritual Life Center. CWOC provides great fellowship for Catholic women in the community. Childcare provided. For more information, call (334) 255-9894/3946.

Protestant Youth Groups Contact the Religious Support Office for information on Fort Rucker Youth Groups at (334)255-2989/3946.

Bible Studies

164th TAOG Bible Study

Building 30501

Wednesdays at 11:30 a.m.

Above the Best Bible Study (1st Aviation Brigade, 1-13th Aviation Regiment)

Yano Hall

Wednesdays at 11:00 a.m.

Adult Bible Study #1

Soldier Service Center

Wednesdays at 12:00 noon

Adult Bible Study #2

Spiritual Life Center

Tuesdays at 7:00 p.m.

Adult Bible Study #3

Spiritual Life Center

Wednesdays at 6:00 p.m.

Latter-Day Saints Study

Wings Chapel 334-255-3447

Thursdays at 6:30 p.m.

Protestant Women of the Chapel

Wings Chapel

Tuesdays at 9:00 a.m. and 6:00 p.m.

Wings Bible Study

(Meal and Bible Study)

Wings Chapel
Thursdays at 6:30 p.m.

Worship Services by Days and Times

Tuesday – Friday 12:05 p.m. Catholic Mass; Main Post Chapel, Bldg. 8940

Saturday 4:00 p.m. Catholic Confessions; Main Post Chapel, Bldg. 8940

5:00 p.m. Catholic Mass; Main Post Chapel, Bldg. 8940

Sunday

8:00 a.m. Traditional Protestant Worship Service; Headquarters Chapel, Bldg. 109

8:00 a.m. Latter-Day Saints Worship Service; Wings Chapel, Bldg. 6036

9:00 a.m. Catholic Mass; Main Post Chapel, Bldg. 8940

9:30 a.m. Protestant Sunday School; Wings Chapel, Bldg. 6036

10:45 a.m. Wings Cross-Roads (Contemporary Protestant) Worship Service; Wings Chapel, Bldg. 6036

10:15 a.m. CCD (except during summer months); Spiritual Life Center, Bldg. 8939

11:00 a.m. Liturgical Protestant Service; Main Post Chapel, Bldg. 8940

12:00 p.m. Eckankar Worship Service (4th Sunday); Wings Chapel, Bldg. 6036

For more information regarding other Faith Group Services contact (334)255-3140/2989



Visit us on Face Book (I placed our Face Book link in the icon. Please test it. The link is: <https://www.facebook.com/#!/fort.rucker.chapels>

Suicide Intervention/Prevention

Lyster Army Health Clinic

Bldg 301, Andrews Ave, Fort Rucker, AL 36362

334-255-7000/7028

For assistance 24 hours a day, seven days a week, call the Military OneSource-endorsed National Suicide Prevention Hotline at (800) 273-TALK.

<http://www-rucker.army.mil/tenants/lahc/index.html>

Prevention Services: Adult Behavioral Health; Social Work Services

Chaplain Services Spiritual Life Center

Bldg 8939, Fort Rucker, AL 36362

334-255-3447/3903

<http://www.rucker.army.mil/chaplain/>

Intervention & Prevention Services: We provide therapy in the following areas: Marriage problems; Combat related left-overs; Spiritual struggles; Parent-child conflicts; Personal adjustment difficulties; Grief; Infidelity; Low self-esteem; Family problems; Divorce issues; Crisis events; and Blended families.

Also contact your Unit Ministry Team for immediate counsel.

Suicide Prevention Program/ASAP

LAHC, Bldg 301, Andrews Ave, Fort Rucker, AL 36362

334-255-7010

<http://www.rucker.army.mil/imcom/directorates/dhr/asap/>

Prevention Services: The Suicide Prevention Program Manager is the proponent for Suicide Prevention Training for Soldiers, Family Members and Civilians.

Other Resources Include

1. National Suicide Prevention Hotline: 1-800-273-8255
2. DCoE Outreach Center: 1-866-966-1020
3. Military One Source: 1-800-342-9647

OTHER

Army Family Action Plan

Soldier Service Center, Bldg, Suite 102, Novosel St, Fort Rucker, AL 36362

334-255- 9637

Hours of Operation: Monday – Friday, 7:30a.m. – 4:15p.m.

<http://www.ftruckermwr.com/acs/army-family-action-plan/>

Services: The AFAP (Army Family Action Plan) is a grassroots level process that identifies issues of concern for the GLOBAL Army. AFAP is a program that gives everyone in the Army Family the opportunity to influence his/her own quality of life and standard of living. Fort Rucker hosts an annual AFAP conference that brings together representatives of the TOTAL ARMY FAMILY. These representatives, serving as conference delegates, evaluate, prioritize and make recommendations on issues that affect our quality of life at Fort Rucker and throughout the Army. Issues are also accepted by the AFAP Program Manager year round.

Army Flier

Bldg 131, Fort Rucker, AL 36362

334-255-2690/1239

Hours of Operation: Monday – Friday, 7:30a.m. – 4:15p.m.

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

Services: The Army Flier is an authorized publication for members of the Department of Defense. Contents of the Army Flier are not necessarily the official views of, or endorsed by,

the U.S. government, or the Department of the Army. The editorial content of this publication is the responsibility of the Fort Rucker Public Affairs Office. Ten thousand copies are published weekly by the *Dothan Eagle*, a private company in no way connected with the U.S. government under exclusive contract with the Department of the Army.

Armed Forces Bank/ PX Location

Monday – Saturday, 9a.m.-7p.m., Sunday, 10:30a.m. – 6p.m.
334-598-2402

Armed Forces Bank/ Bldg 9207

Monday – Sunday, 9a.m. – 8p.m.
334-598-3437

Army Aviation Center Federal Credit Union/ Bldg 8937

Monday – Friday, 8:30a.m.- 5p.m.
334-598-4411

Barber Shop, AAFES, Bldg 9214 PX

Monday – Friday, 9a.m. – 6p.m., Saturday 9a.m. – 5p.m., Sunday, 10a.m. – 5p.m.
334-598-4484

Barber Shop Mini Mall Exchange

Bldg 6600 Andrews Ave, Fort Rucker AL 36362
334-598-2498

Base Supply Store

1332 Night Hawk Street, Fort Rucker, AL 36362
334-598-1153/1139

Services: Fort Rucker Base Supply is operated by Alabama Industries for the Blind. We are a non-profit agency of National Industries for the Blind and one of over 600 non-profit agencies associated with the AbilityOne Program. Products available are items provided to the federal government under the Javits-Wagner-O’Day Act, a preferred source of supply for all federal government employees.

Beauty Shop, AAFES, PX

Monday – Friday 9a.m. – 6p.m., Saturday, 9a.m. – 5p.m.
334-598-4315

Class Six, Bldg 2906

Monday 9a.m. – 6 p.m., Tuesday - Saturday, 9a.m. – 7p.m., Sunday 11a.m. – 6p.m.

334-598-1137

Commissary, DECA Southern Region

Monday CLOSED, Tuesday – Friday 9a.m. – 7p.m., Saturday, 9a.m. – 6p.m., Sunday, 10a.m. – 5p.m.

334-255-2212

<http://www.commissaries.com/stores/html/store.cfm?dodaac=hqcsjh&page=news>

Community Clubs

The Landing

Bldg 113, Novosel Street, Fort Rucker, AL 36362

334-598-2426

<http://www.ftruckermwr.com/dining-entertainment/the-landing/>

Enjoy lunch seven days a week at The Landing. Throughout the year, special events are held in the many special areas of the facility. The Landing can accommodate parties, proms, hail and farewells, weddings and more. The Landing offers an extensive lunch menu.

The Landing Zone

Bldg 113, Novosel Street, Fort Rucker, AL 36362

334-598-8025

<http://www.ftruckermwr.com/dining-entertainment/the-landing-zone/>

The LZ offers a casual dining experience and features a full-service bar, daily specials, live entertainment and flat screen TVs. The LZ is open to the public.

Mother Rucker’s Sports Bar

Bldg 319, Ruf Avenue, Fort Rucker, AL 36362

334-503-0396

<http://www.ftruckermwr.com/dining-entertainment/mother-ruckers-sports-bar/>

Mother Rucker’s Sports Bar, located near the Holiday Inn Express on Ruf Avenue offers a “roadhouse feel” with a full-service bar, daily food specials, and 16 flat screen TVs. Mother Rucker’s is open to the public (adults ages 18 and older) 7 days a week.

Flower Shop, PX

Monday – Friday, 9a.m – 5p.m., Saturday, 9a.m. – 2p.m.

334-598-1678

Gas Station/Triangle Shoppette, Bldg 22305

Monday- Friday, 6:30a.m. – 8p.m., Saturday, 10a.m. – 6p.m., Sunday CLOSED

24Hour Pay at the gas Pumps

334-598-1295

Mini Mall Express Gas Station/Main Shoppette

Monday – Thursday, 5a.m. – 11:30p.m., Friday-Saturday, 5a.m. -12a.m., Sunday, 6:30a.m.-11:30p.m.

24 Hour Pay at the Gas Pumps

334-503-9338

Housing

<http://rucker.corviasmilitaryliving.com>

Allen Heights 334-503-3642

Bowden Terrace 334-503-3640

Munson Heights 334-503-3641

Lemon Lot

<http://www.ftruckermwr.com/lemon-lot-2/>

334-255-9020

Mini Mall/ Troop Mall, Bldg 6600

Alterations 334-598-1204

Barber Shop 334-598-2498

Cleaners 334-598-3417

Military Clothing and Sales Store 334-255-3313

Firestone Tire/Auto Part Store 334-598-1566

US Patriot Tactical Shop 334-709-4026

Motorcycle Safety Program Course

334-255-3000/1027

Post Office

Bldg 9000, 5th Ave, Fort Rucker, AL 36362

Monday – Friday, 9a.m. – 1p.m. & 2p.m. - 4:15p.m.

334-598-6446

PX Main Store

Bldg 9214

334-503-9044

Monday- Saturday, 9:00a.m-7:00p.m. , Sun 10:30a.m. – 6:00 p.m.,

Holidays 10:00a.m.-4:00 p.m.

Mobile Phone Kiosk

located inside PX Main Store 334-598-1274

Food Court

in PX Main Store

O' Charley's: Monday-Friday 10:00 a.m.-6:00p.m., Sat & Sun 10:00 a.m. – 5:00 p.m.
Popeye's: Monday-Saturday 10:30 a.m. – 7:00 p.m. Sun 11:00 a.m. – 5:00 p.m.
Subway: Monday-Friday 7:00 a.m. – 7:00 p.m., Sat 8:00 a.m. – 7:00 p.m., Sun 9:00 a.m. – 6:00p.m.
Anthony's: Monday-Saturday 11:00 a.m. -5:00 p.m., Sun 11:00 a.m. – 4:00p.m.

GNC

in the PX Main Store
334-598-4843
Monday-Saturday 9:00 a.m. – 6:00 p.m. , Sun 11:00 a.m. – 5:00p.m.

Burger King

Bldg. 4300
334-598-1140
Monday-Friday 7:00 a.m.-7:00 p.m. (Dining Room), 7:00 a.m. – 8:00 p.m.(Drive Thru)
Saturday 8:00 a.m. – 5:00 p.m. (Dining Room) 8:00 a.m. – 6:00 p.m. (Drive Thru)
Sunday 11:00 a.m. – 5:00 p.m. (Dining Room) 11:00 a.m. – 5:30 p.m. (Drive Thru)

Penske Truck Rental

Bldg 2906
334-598-3092
Monday – Friday 8:30 – 1:00 p.m. and 3:00 – 4:30 p.m., Saturday 8:30 a.m. – 12:00 p.m.

Recycling program

334-255-0468

Reel Time Theater

Bldg 9212
<http://www.shopmyexchange.com/ReelTimeTheatres/Movies-FtRucker.htm>
334-255-2408

Quick Reference

A

ACES Education Center 334-255-2378
Adult Behavioral Health 334-255-7028
Alcoholics Anonymous 334-255-2989/2012
American Red Cross 334-792-9852; Emergency After Hours 1-877-272-7337
Animal Shelter 334-255-0766
Army Career and Alumni Program (ACAP) now Soldier for Life Program 334-255-2558
Army Education Center (ACES) 334-255-2378
Army Emergency Relief (AER) 334-255-2341
Army Family Team Building Program 334-255-9637

Army Lodging

IHG Army Hotel 334-598-5216
Lake Tholocco Lodging 334-255-4234
Army Substance Abuse Program (ASAP) 334-255-7509
Army Substance Abuse Program (Clinical Program) 334-255-7509
Army Wounded Warrior Program (AW2) 1-877-393-9058
Audiology Clinic 334-255-7185

Automotive Services

Automotive Skills Center 334-255-9725
Firestone Car Care 334-380-5346

B

Better Opportunities for Single Soldiers (BOSS) 334-255-9404
Bowling center 334-255-9503

C

Caregivers Guide to the Comprehensive Transition Plan 1-800-984-8523
Casualty Assistance Center 334-255-9081/9311; After-Hours 334-255-3038/9777
Chaplain Services Spiritual Life Center 334-255-3447/3903

Child Abuse and Neglect

Fort Rucker Abuse reporting 334-379-7947

Military Police (on-post only) 334-255-2222

Adult Abuse Hotline 800-458-7214

Alabama's Domestic Violence Hotline 800-650-6522

DoD Child Abuse Safety and Violation Hotline at 1-800-336-4592

Child Development Center 334-255-2262

Child Development Center Mini, 24/7 334-255-3106

Child, Youth and School Services 334-255-9638

Child Safety Seat Inspection, Fire Department Fort Rucker 334-255-2217/3487

Chiropractic Clinic (active duty only) 334-255-7709

CID 334-255-3108

D

Dental

Brown Dental Clinic 334-255-3393

Tricare Dental Program 1-855-638-8371

Dog Park 334-503-3600

Driver's License Office

Ozark 334-774-6229

Dothan 334-983-5616

E

Employee Assistance Program 334-255-7876

Employment Readiness Program 334-255-2594

Equal Employment Opportunity 334-255-2240

Exceptional Family Member Program 334-255-9277

F

Family Advocacy Program 334-255-3898

Financial Readiness Program 334-255-9631/2594

Fire Department 334-255-2217/3487

Fitness Facilities

Fort Rucker Physical Fitness Center 334-255-2296

Fortenberry-Colton Physical Fitness Center 334-255-3794

Food Assistance

ACS Financial Readiness Program 334-255-9631/2594

Wiregrass Area United Way Food Bank 334-794-9775

Dale County Rescue Mission 334-774-0066

Lites/Light of the World Ministries 334-598-2684

First United Methodist Church Daleville 334-598-2684

Daleville Christian Fellowship Worship Center 334-598-6279

Human Resources Development Corporation 334-347-0881

Christian Mission Centers 334-393-2607

Johns Chapel Ame 334-393-2661

Good Samaritan Helping Hands 334-477-3816

Shiloh 7th Day Adventist 334-774-6713

Salvation Army Coffee and Dale County 334-445-3070

Pleasant Grove Baptist 334-774-8484

Ozark Praise and Worship 334-445-4802

Ewell Bible Baptist Church 334-774-4127

Green Hill Presbyterian Church Food Closet 334-347-9530

Fort Rucker Primary School 334-255-2822

Fort Rucker Elementary School 334-255-1607

G

Golf Course (Silver Wings Golf Course) 334-598-2449/1632

H

Hearts Apart (Waiting Families Program) 334-255-3161

Housing Services Office (HSO) 334-255-1854/2224

I

I.D. Cards (DEERS) 334-255-2437
IHG Army Hotel 334-598-5216
Immunization Services 334-255-7754
In and Out Processing 334-255-1814
Installation Chaplain's Office 334-255-2989
International Spouse Support Group 334-255-3161/2887

L

Lending Hangar 334-255-3161/3735
Library 334-255-3885
Lyster Army Health Clinic 334-255-7000
After hours Nurse Line 1-800-874-2273

M

Master Resiliency Training for Families (ACS) 334-255-3735
Military Family Life Consultants (MFLC) 334-441-9369/379-3029
Military OneSource Counseling Services 1-800-342-9647
Mobilization and Deployment Readiness (Family Program) 334-255-9578
MWR Central Travel Services 334-255-2997/9517
MWR Special Events 334-255-1749
MWR Sports and Fitness 334-255-9567
My Army Benefits 1-888-721-2769

N

National Wounded Soldier and Family Hotline 1-800-984-8523
New Parent Support Program 334-255-3359/9647
Not Alone 1-888-497-0379
Nutrition Clinic 334-255-7986

O

Optometry Clinic 334-255-7185

Outdoor Recreation 334-255-4305

Outreach Program 334-255-3817

P

Pharmacy 334-255-7178/7175

Physical Evaluation Board Liaison Officer 334-255-7000

Physical Therapy 334-255-1769

Police

Installation Provost Marshal Office U.S. Army MP 334-255-2222

Ozark Police Department 334-445-6122

Daleville Police Department 334-598-4442

Enterprise Police Department 334-347-1211

Dothan Police Department 334-615-3000

Preventive Medicine Services 334-255-7930

R

Radiology 334-255-7155/7156

Religious Education Center 334-255-2989

Relocation Readiness Program 334-255-3161/3735

Retirement Services Office 334-255-9124/9739

Riding Stables 334-598-3384

S

Safety Office 334-255-2511

School Liaison 334-255-9812

Sexual Assault Prevention and Response Program EMERGENCY HOTLINE 334-470-6629

Skies *Unlimited* 334-255-1867

Soldier for Life Transition Assistance Program 334-255-2558

Staff Judge Advocate 334-255-3482

Suicide Prevention Hotline 1-800-273-8255

Suicide Prevention Program 334-255-7010

Survivor Outreach Services 334-255-9637/9639

T

Thrift Store 334-255-9595

Tragedy Assistance Program for Survivors 1-800-959-TAPS (8277)

Transition Center 334-255-1803

Transportation Office 334-255-9842

Tobacco Cessation Program 334-255-9908

Youth Services & Youth Sports 334-255-2254

TRICARE 1-800-444-5445

TRICARE Dental Program 888-622-2256

V

Victim Advocacy Program 334-379-7946, 24/7 Domestic Violence Hotline: 334-379-7947

Vehicle Registration

Dale County, Ozark 334-774-8427

Coffee County, Enterprise 334-347-2688

On-Post 334-255-3168

Veteran's Affairs 334-213-3302 ext 3789

Veteran's Crisis Line 1-800-273-8255

Veteran's Affairs Wiregrass Clinic 334-503-7831

Veterinary Services 334-255-9061

Volunteer Corps 334-255-3817

W

Wounded Warrior and Family Hotline 800-984-8523

Wounded Warrior Wives 800-722-6098

Y

YMCA Enterprise 334-347-4513

For any information you cannot find here, please refer to 2-1-1 Information & Referral Search

www.211us.org

2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more.

