

Command Referral Guide

This publication was created by the Integrated Delivery System and is intended for use as a handy reference guide.



*A Complete Guide of
Comprehensive Airman Fitness
Classes and Programs*

**Strengthening the resiliency of our
Military Community
through Social, Spiritual, Physical,
and Mental Education.**

Table of Contents

Couples	4
Child Care and Youth Programs	5
Deployment and Readiness	5
Employment	6
Resiliency	6
Financial	7
School Liason	7
Counseling	8-9
Exceptional Family Member	10
Program Health/Fitness	10-12
Parenting	12
Personal Growth	14-15
Relocation	15
Sexual Assault Response	15
Spiritual	15-16
Spouse Resources	17
Substance Abuse	17
Aerospace Data Facility-Colorado	17
Transition	18
Mediation	19
Singles	20
Installation Helping Agencies	22-23
Phone Numbers	24-25

COUPLES

Family Advocacy Strength Based Therapy (FAST)

Family Advocacy offers this prevention program to address marital and parenting issues. Marriage, family and individual counseling services are available. Call 720-847-6453.



Marriage Retreat

Hosted by the Healthy Marriage Project and coordinated with Family Advocacy. The Facilitators have a true passion to see couples succeed in marriage. Get ready for an exciting weekend filled with rich tools, fun, and romance! Call 720-847-6453.

How to Avoid Falling in Love with a Jerk/Jerkette

Hosted by Family Advocacy teaches singles of all ages to build healthy relationships and how to follow your heart without losing your mind! Call 720-847-6453.

Prevention Relationship Enhancement Program (PREP)

Hosted by Family Advocacy and the Healthy Marriage Project. Ultimately, when our relationships are healthy, we are more productive, more satisfied in all areas of life. The curriculum of PREP presents the skills and strategies that are critical in sustaining those healthy relationships. Call 720-847-6453.

Pre-Marriage Counseling

Individual sessions provided by the Chaplains covering the basics, communication, conflict resolution, etc. Please call 720-847-GOD1 (4631) for more information.

Family Maltreatment Services

Family Advocacy offers maltreatment services to address assessment and intervention of any domestic violence or child abuse. According to DOD Directive 6400.1 & AFI 40-301 all active-duty members, DOD civilian employees and contractors must report all incidents of suspected family maltreatment to the Family Advocacy Office at 720-847-6453.

Domestic Abuse Victim Advocate (DAVA)

A voluntary service which provides 24/7 crisis intervention to victims of domestic violence. The DAVA can respond to secure locations, (hospital, police department and home) to provide support and resources. The DAVA can be contacted via phone number 303-214-0956

PHONE NUMBERS CONTINUED

AFTER HOURS.....303-725-0175
PUBLIC AFFAIRS.....720-847-9431
YOUTH PROGRAMS.....720-847-9992

PHONE NUMBERS



EMERGENCY NUMBERS

Ambulance.....	911
Command Post.....	720-847-5613
Fire.....	720-847-9117
Law Enforcement.....	720-847-9930
Sexual Assault Response Coordinator.....	720-847-SARC
Security.....	720-847-9250
Snowline & Emergency Info.....	720-847-SNOW

HELPFUL NUMBERS

Aerospace Data Facility Colorado Employee Assistance Program (EAP).....	303-677-3396
Airmen Against Drunk Driving.....	720-847-RIDE
Airman & Family Readiness Flight.....	720-847-6681
Casualty Assistance.....	720-847-6946
Chapel.....	720-847-GOD1
- Emergency Chaplain.....	720-847-5613
Child Development Centers (CDC).....	720-847-6174/7215
Clinic	
- Dental Appointments.....	303-340-3330
- Flight Medicine.....	720-847-6965
- Pharmacy.....	720-847-7455
- Primary Care (Appointment Line).....	720-847-WELL
Community Support.....	720-847-6881
Exceptional Family Member Program (EFMP)....	720-847-7667
Equal Opportunity.....	720-847-6250
Family Advocacy.....	720-847-6453
Family Child Care.....	720-847-9225
Fitness Center.....	720-847-6679
Health and Wellness Center.....	720-847-5699
Legal Office.....	720-847-6444
Mental Health Clinic.....	720-847-6451
Military Relief Societies (AER, AFAS, NMCRS).....	720-847-6681
Military & Family Life Counselor (MFLC).....	720-357-3891
	720-563-9960

CHILDCARE/YOUTH PROGRAMS

Youth Center

Phone:720-847-9992

School Year Hours: Mon-Thurs 1600-2000

Fri 1600-2100

Sat 1500-2000

Summer Hours: Mon-Fri 1400-2000

Sat 1500-2000

A-Basin Child Development Center

Phone:(720) 847-7215

Hours:0615-1745

Crested Butte Child Development Center

Phone:(720) 847-6174

Hours:0615-1745

DEPLOYMENT AND READINESS

Deployed Family Member Dinner/Events

Hosted by the Airman & Family Readiness Center. A monthly get together for the family members of deployed, soon-to-be deployed, or those on remote tours. Open to all branches of service. Free dinner, great door prizes, guest speakers and useful information provided by the Airman and Family Readiness Center. Please call 720-847-6681 to inquire on dates, times, and location.

Pre-Deployment Briefing

Hosted by the Airman & Family Readiness Center. This is a mandatory briefing for Air Force members who have been selected for a remote assignment, deployment or TDY for over 30 days. Personal, financial, legal, and practical matters will be discussed. Spouses are encouraged to attend. Please call 720-847-6681 to register.

Return & Reintegration (R&R)

All Air Force personnel are required to attend an R&R after returning from a deployment. Rest & Relaxation leave cannot begin until this process is completed. Briefings will also be provided by the SARC, Mental Health, Chaplains, and the Airman & Family Readiness Flight. Valuable information will be shared on the readjustment process, so spouses are highly encouraged to attend. Please have your UDM contact the Airman & Family Readiness NCO once your returnee arrives to coordinate an R&R at 720-847-6681.

EMPLOYMENT

Career Development Workshop

Hosted by the Airman & Family Readiness Center. Participants will identify talents, transferrable skills, career values/interests, and discover if they fall in line with career goals; learn how personality influences career choices; understand the changing nature of work and emotional impact of any career transition; explore options and create an action plan to meet career goals; receive follow-up coaching to successfully reach goals, including individual attention on resume construction and interviewing; and leave with a career development plan. Free tokens will also be provided to continue career exploration via vocational assessments (DISCOVER, Eureka, and Myers-Briggs Type Indicator). Please call 720-847-6681 to register.

Job Search in the New Millennium

Hosted by the Airman & Family Readiness Center, 0800-1200, bldg. 606 auditorium. Sample resumes, job postings, cover letters, thank-you letters, salary negotiations, popular web-sites, and pre/post resume quiz

Presenting You Resume Workshop

Hosted by the Airman & family Readiness Center, 0900-1100, bldg. 606 Auditorium. Learn types of resumes, writing cover letters, thank-you letters, job postings/data bank and action verbs/skill category. Please call the Airman & Family Readiness Center for more details at 720 847-6681.

RESILIENCY

Community Support Program

The Community Support Coordinator is the focal point for Comprehensive Airmen Fitness. Responsible for coordinating installation resilience efforts, including all mental, physical, social, and spiritual fitness initiatives, programs and activities. Partners with all installation helping agencies in addition to building relationships with military organizations off base. Ensures resilience education/awareness is provided at the installation through use of master resilience trainers (MRTs), Wingman Day activities and leadership briefings. Serves as the Executive Director of the installation Community Action Information Board (CAIB) and as the Integrated Delivery System (IDS) Chair. Integrates IDS actions to provide the CAIB with a cross-functional look at installation quality of life, personal readiness, and community issues. Leads efforts to develop long term solutions through a variety of approaches to identify individu-

Family Advocacy Programs:

Phone: 720-847-6453

Hours: 0730-1630

Addresses the prevention and treatment of domestic violence and child abuse. Provides direct services that include crisis intervention and safety planning, counseling and rehabilitation, risk assessment, and training in the field of domestic violence and child abuse. The program includes prevention and education services, clinical counseling, case management, victim advocacy, parenting classes, New parent support programs, Anger management, healthy relationship education, services for single military parents, new Dads and effective communication seminars.

Mental Health Program:

Phone: 720-847-6451

Hours: 0730-1630

Provides individual counseling for active duty military and referral services for family.

Military and Family Life Counselor:

Phone: 720- 670-7831

Hours: Varied schedule

Provides brief non-medical counseling to active duty and former military as well as their families.

Outdoor Recreation:

Phone: 720-847-6100/6101

Hours: Mon, Tues, Thurs, Fri 0900-1730, Wed 0900-1300, Sat 0800-1400, Sun: closed

Provides a variety of classes to include: white water rafting trips, cycling, snowmobiling, skiing, paintball.

School Liaison office:

Phone: 720 847-9038

Hours: 0730-1630

Provides educational support and assistance to military school-aged children. Collaborates with local school districts to enhance educational opportunities.

Sexual Assault Prevention and Response Program (SAPR)

Phone: 720-847-SARC

Hours: 0730-1630

Provides ; Response to victim of sexual assault, Referrals and on going victim support, Information and resources, Prevention education, Consultation with commanders and supervisors.

Youth Center

Phone:720-847-9992

Hours: Mon-Thurs 1600-2000, Friday 1600-2100, Sat 1500-2000, Sunday: Closed
Provides activities to educate, guide and entertain children of military and DoD civilian personnel. Programs are available throughout the year for kids, ages 5-18. \$30 annual membership fee/ \$2 fee non-member visit.

Installation Helping Agencies

A-Basin/Crested Butte Child Development Center

Phone: 720-847-7215/6174

Hours: 0615-1745

Airman's Attic

Phone: 720-847-7227

Hours: Mon 1230-1530, Tues 1300-1530; Thurs 1300-1530; 1st Sat of the month 1000-1400

Provides free household supplies and clothing to Buckley military community.

Airman & Family Readiness Center

Phone: 720-847-6681

Hours: Mon– Friday 0730-1630

Provides financial education, transition & relocation assistance, Air Force Aid Society assistance, Spouse employment assistance, Deployment support, Information and referral, and manages the Key spouse program.

Chapel

Phone: 720-847-GOD1 (4631)

Hours: Mon– Friday 0730-1630

Provides spiritual counseling, prayer support, worship services, marriage enrichment retreats, bible studies, and monthly fellowship luncheons.

Drug Demand Reduction Program

Phone: 720-847-6149

Hours: Mon-Friday 0730-1630

Provides drug and alcohol prevention education, community outreach, and drug testing

Education Center

Phone: 720-847-6675

Hours: Mon-Friday 0730–1630

Provides College and Career Counseling, Tuition Assistance for Active Duty Military and Department of Defense Civilian Employees, CCAF Counseling, Testing Services, GI Bill Benefit Information and Commissioning Program Guidance.

Health and Wellness Center:

Phone: 720-847-5699

Hours: 0730-1630

Health Promotion Operations is to provide and integrate evidence-based and cost effective community programs to optimize health and readiness.

al, family, installation, and community concerns.

FINANCIAL

Bundles for Babies

Hosted by the Airman & Family Readiness Center and the Air Force Aid Society. This class enhances financial awareness of the cost of raising a child. Other topics include fitness during pregnancy, WIC, and couples communication. AD Air Force, activated AF Reserve/Guard, Coast Guard members, and AD Army will receive a bundle of baby-related goodies valued at \$70.00. Navy and Marine members will receive information on how to receive their "Baby's First Sea Bag" through their pregnancy coordinator. All other personnel will receive a bag of baby-related items. Please call 720-847-6681 to inquire on dates offered.

Emergency Relief

The Airman & Family Readiness Center can process emergency relief cases through the Air Force Aid, Army Emergency Relief, and Navy/Marine Corps Relief Society. Please call 720-847-6681 to set up an appointment and determine what source documents are required in conjunction with the application.

Note: Lunch and Learn Financial Workshops are held monthly sponsored by the Airman & Family Readiness Center. Various topics are discussed with guest speakers from ENT Credit Union, Better Business Bureau, Consumer Credit Counseling Agency, and other professionals in the financial career field. By appointment, call 720 847-6681 to have your personal credit report pulled and reviewed by A&FRC counselors.

SCHOOL LIAISON PROGRAM

School Liaison Officer specializes in serving military families and offers a wide spectrum of services enabling families to become more involved in their children's educational experience. Provides educational support and assistance to military school-aged children. Collaborates with local school districts to enhance education opportunities. The point of contact is located at the Airman & Family Readiness Center and can be reached by calling 720 847-9038.



COUNSELING RESOURCES

Military and Family Life Counselor (MFLC)

Experienced, licensed mental health professionals, Masters or Ph.D. level, provide non-medical counseling services, coaching, education and trainings to military service members, couples, families and groups. Military Family Life Counselors are available to help with a variety of life issues; marital and relationship difficulties, job and work stresses, challenges of parenting, grief and loss, anxiety, anger management and the unique stresses of the military lifestyle, including frequent deployments, family separations and reintegration, always with a focus on increasing resiliency. Services are flexible; appointments can be on or off the installation, usually within 1 business day, after hours and weekend appointments are available. All contacts are anonymous and confidential, except for duty to warn circumstances. No written or electronic records are kept and no evaluations are made. The Military Family Life Counselor has a confidential cell phone, 720-357-3891 or may be reached through the AFRC, 720-847-6881.

Child and Youth Military Family Life Counselors (CYB-MFLC)

CYB-MFLCs are MFLC's specializing in child and youth behavioral issues, who provide broad-ranging support to military children and youth and to the family members and other adults who support them. They attend and engage in activities with children/youth, provide direct intervention in classroom, camp or family childcare situations, facilitate psycho-educational groups at child and youth program sites and provide feedback to staff, outreach to parents and conduct parent and staff training sessions. Issues addressed by CYB-MFLCs include school adjustment, deployment and separation, reunion adjustment, behavioral concerns, sibling and parent-child communication, fear, grief and loss and daily life issues. After hours and weekend appointments are available. The CYB-MFLCs confidential cell phone numbers are 720-357-3893 and 720-357-3894. In addition they may be reached through A-Basin CDC, 720-847- 7215 and Crested Butte CDC, 720-847-6174.

Cascade Employee Assistance Program (EAP) ***For CIVILIANS ONLY***

Contact information: 800-433-2320, www.cascadecenters.com
The Employee Assistance Program (EAP) is a FREE and CONFIDENTIAL benefit that can assist civilians and their eligible family members with any personal problems, large or small. For example, EAP assists with concerns such as: Alcohol & Drug Abuse, Career Development services, Conflict at Work, Consumer Concerns, Depression or Anxiety, Family Relationships, Financial Concerns, Grieving a Loss Legal Concerns, Marital Conflict, Personal Decision Making, Stress Management,

Online Resources

Military HOMEFRONT

www.militaryhomefront.dod.mil

A personal account must be created. Click on the leadership, troops and family, or service provider tab to find the appropriate information on the following quality of life topics:

Military One Source

www.militaryonesource.com

A personal account must be created. Provides a plethora of researched information, free articles, and resources on several of the same quality of life topics listed above. Educational materials on these topics can also be ordered at no cost.

SINGLES

Better Opportunities for Single Servicemembers

BOSS is a private organization that is designed to increase social opportunities and moral activities for all the single servicemembers, regardless of rank or branch. Focusing on monthly volunteer opportunities, morale building trips and meaningful events for all its members. For more information please contact the BOSS President, A1C Nicholas A. Heaton, nicholas.heaton@us.af.mil, 720-847-5735.

Satelite Cafe

Hosted by the Buckley Chapel at the Panther Dormitory, monthly activities offered to single members living in the dorms. An internet cafe with free wi-fi, television and living room space for socializing. For more information please contact the Chapel at 720-847-4631.

and referrals to community resources. Other EAP features include: Legal / Mediation Each covered member is eligible for one (1) initial thirty minute consultation per separate legal/mediation matter (limit 3 per year) at no cost with a network attorney/mediator. If the member decides to retain the participating attorney/mediator after the initial consultation, the member will be provided with a preferred rate reduction of 25% from the attorney's/mediator's normal hourly rate. " Cascade can help locate resources and information nationwide related to Elder-care and Childcare Services.

Financial Coaching – Coaches will provide 30 consecutive days of unlimited financial coaching, developing a needs analysis and an online action plan to help develop better spending habits, reduce debt, improve credit, increase savings and plan for retirement.

Mental Health Clinic

The Mental Health Clinic offers services for Active Duty members only. They provide solution-focused intervention for managing life stressors including (but not limited to) anxiety, depression, bereavement, and trauma. Readiness services such as pre-deployment, resiliency, redeployment briefings and mandatory deployment psychological testing is also provided. Psychological testing is also conducted for special duty assignments such as MTI/MTL and SERE. Traumatic Stress Response (TSR), services are also provided for acute intervention and psychological first aid to those affected by a traumatic event. Phone: 720-847-6451

Military One Source

Non-medical counseling is available through both Military OneSource and through Military and Family Life Counselor Programs. They offer many different types of counseling including; Face to Face Counseling, Online Counseling, Telephonic Counseling, Financial Counseling, International Calling Counseling, Health and Wellness Coaching. For more information on What military one source has to offer please Call their number 800-342-9647 or visit their website at <http://www.militaryonesource.mil>.

Chapel Counseling Services

All discussions with a Chaplain are absolutely confidential (UCMJ privileged communication) and cover a wide variety of issues including individual counseling, relationship and family concerns, work issues, stress and anger management, suicidal ideations, spiritual concerns, and ethical issues.

Behavioral Health Optimization Program (BHOP)

The Behavioral Health Consultant (BHC) works directly with your Primary Care Manager (PCM) and offers brief, solution-focused behavioral health interventions to reduce stress-related health concerns, such as sleep, stress management, chronic pain, and anxiety. If a referral to Mental Health is appropriate, the BHC will discuss it with the patient and their PCM, and their PCM team will facilitate the referral.

EXCEPTIONAL FAMILY MEMBER PROGRAM

Exceptional Family Member Program (EFMP) and Family Member Relocation Coordination (FMRC):

The EFMP/FMRC Coordinator and the Special Needs Coordinator is located at the Buckley Clinic, 4th floor (13611 E. Colfax Ave, Aurora, CO). They assist all families with special needs by helping them obtain additional assistance such as the ECHO program, ABA services, Family voices and other resources. They aid sponsors requiring a Q-Code activation or removal. The FMRC Coordinator will aid in the family relocation process by clearing all family members with special needs for CONUS assignments and ALL family members for OCONUS assignments. They can be reached at 720-847-7667.

HEALTH AND FITNESS

Bike Ride Workouts

Hosted by the HAWC. Riding a bike on base can be an enjoyable experience and provide folks with a great aerobic workout. HAWC staff will ride along with individuals of all levels and provide valuable cycling information.

Body Composition (Bod Pod/Electrical Impedance/Skinfold) Analysis

Bod Pod and FMS is by appointment only. No eating or exercising 2 hrs prior, no excessive fluid intake and having the correct clothing at the time. For more information contact the HAWC at 720-847-5699.

Civilian Health Education Workshop (CHEW)

Hosted by the HAWC. An educational workshop for civilian employees, which is required prior to approval to exercise during duty hours. This health education class provides information on how to exercise safely, deal with stress during work, tobacco information, base safety issues, and nutrition. Students should bring their paperwork signed by a physician and two supervisors.

Diabetes, Asthma, Arthritis, Fibromyalgia, Chronic Neck and Low Back Pain, Injury Prevention, Hyperlipidemia and Hypertension Education

HAWC staff provides education and counseling for Buckley community members with treatable and manageable diseases and medical conditions.

Fitness Classes

The Fitness Center offers several fitness classes, check out mixed martial arts, spokes, step aerobics, weight lifting, and body sculpting. They also offer personal training.

Transition Assistance

Hosted by the Airman & Family Readiness Flight (A&FRF). Separating military members may take this class up to one year prior to their actual separation date or two years before their retirement date. Participants will prepare themselves for the transition to civilian life in this informative class. They will receive information on VA benefits, medical record reviews, how to prepare a resume, and how to prepare for an interview. Pre-separation counseling is a prerequisite. The VA Briefing is also part of TAP. For those who would like to have their medical record reviewed prior to separating/retiring, they must register with the A&FRF to attend this mandatory VA briefing. Upon completion of the briefing, participants may schedule an appointment through the A&FRF to have the actual review. Participants must be within 90 days of their separation date to have their medical records reviewed. Please call 720-847-6681 to register for TAP and VA Briefing.



MEDIATION

Available for military and civilian employees, the Alternative Dispute Resolution (ADR) program consists of a variety of approaches to early intervention and dispute resolution. Many of these approaches include the use of mediator who can assist disputing parties in resolving their disagreements. ADR increases the parties' opportunities to resolve disputes prior to or during the use of formal administrative procedures and litigation. For more information please contact the Equal Opportunity Office at 720-847-6250.

up, parenting, etc.. In addition, the ADF-C EAP offers a relaxation and guided imagery seminar once a month in an effort to manage on-going personal or professional stress related concerns. The EAP is available to provide more specific briefings on a variety of topics upon request. Referrals to community resources can also be made. Please feel free to contact the EAP with any questions or concerns, 303-677-3396. Office hours are Monday-Friday 8:00-4:30 P.M..

Parenting Support Group

Hosted by the Employee Assistance Program (EAP). Meets every other Thursday from 1200-1300 in the ADF. Please call EAP with any questions at 303-677-3396.

TRANSITION

Career Development Workshop

Hosted by the Airman & Family Readiness Flight. Participants will identify talents, transferrable skills, career values/interests, and discover if they fall in line with career goals; learn how personality influences career choices; understand the changing nature of work and emotional impact of any career transition; explore options and create an action plan to meet career goals; receive follow-up coaching to successfully reach goals, including individual attention on resume construction and interviewing; and leave with a career development plan. Free tokens will also be provided to continue career exploration via vocational assessments (DISCOVER, Eureka, and Myers-Briggs Type Indicator). Please call 720-847-6681 to register.

Department of Labor Job Search and Resume Reviews

Employment specialists from *Arapahoe/Douglas Works!* help veterans polish a resume and access job search information. Offered most Thursdays in the A&FRC. Please call 720-847-6681 for more information.

Pre-Separation Counseling

Hosted by the Airman & Family Readiness Flight. Mandatory to complete **prior to** TAP and prior to 90 days of separation. Offered most Tuesdays for separating members and Wednesdays for retiring members in the Airman & Family Readiness Center (Bldg 606, Rm 140). The group will complete the DD 2648 and discuss the effects of career change, transition benefits, etc. Please call 720-847-6681 to register.

Download their monthly exercise calendar at: <http://www.460fss.com/fitness---sports.html>.

Healthy Cooking Demo

Hosted by the HAWC. Active Duty, dependents, retirees and civilians are all welcome to visit the HAWC kitchen for healthy meal planning tips. In this fun setting, the health educator, diet technician and other Active Duty personnel are part of the program. Participants will be educated on healthy food choices and will prepare step-by-step planned menu's that are varied month to month. The best part is that participants get to sample the prepared meal! And, participants get a copy of the menu of the month, which includes the nutritional breakdown. Classes are to full capacity, so early registration is recommended. The class is offered every third Friday at the HAWC.

Individual Nutritional Counseling and Weight Management

HAWC staff provides education, counseling and programming for Buckley community members who would like to make lifestyle behavior changes to improve their eating habits and manage their weight.

Lending Library

Provided by the HAWC. Books, videos, audio tapes and interactive CDs covering a wide variety of health and wellness information (exercise, nutrition, stress management, relaxation, Tai Chi, healthy relationships, drug and alcohol abuse, self-esteem) to mention a few.

Massage Chairs and Relaxation Room

Hosted by the HAWC. State-of-the-art new massage chairs to help relax and de-stress the body. Provides atmosphere of relaxation and meditation while listening to quiet, calm music of your choice. Designed for taking a break from one's busy work schedule.

Medical Right Start

Hosted by the Medical Group. Mandatory for all incoming Air Force Active Duty personnel, but highly encouraged for all branches of service. Folks will receive a short tour of the facility, accomplish TriCare enrollment paperwork and complete any medical/dental requirements to satisfy medical readiness. One's spouse is welcome to attend the appointment, but please make alternate arrangements for children. Located in a metropolitan area, the Buckley Clinic operates a bit differently from other Military Treatment Facilities to which many are accustomed. The member and spouse will be provided with helpful information to understand how to access care in the Denver area. For

any questions, please contact the 460th MDG Beneficiary Counseling and Assistance Coordinator at 720-847-6137.

Metabolic and VO2 Testing

Hosted by the HAWC. This testing can provide participants with peak oxygen consumption, calories burned at different heart rates, aerobic and anaerobic threshold and target intensity zones. This can maximize participants' training for military fitness assessments, nutrition, and weight management.

Physical Training Leader (PTL)

Part 1: Group PT training conducted by HAWC

A required training class for anyone designated by their squadron commander to be a PTL for their unit. This course will cover the basics of physical fitness, how to lead group exercise classes for their squadron, the requirements of a PTL, testing procedures for the new AF Fitness Program, and how to administer the testing components correctly.

Part 2: Fitness Assessment Training conducted by Fitness Center staff

Running Gait Analysis

Hosted by the HAWC. Wearing proper running shoes is very important in offsetting injury and improving form. The gait analysis provides a video recording of participants' running gait on the treadmill and will assist in determining the proper shoe choice to enhance running skill.

Tobacco Cessation: Individual Counseling

Hosted by the HAWC, and in conjunction with pharmacotherapy with the medical providers, this program includes four intervention and counseling sessions on cessation of tobacco use (cigarettes, smokeless tobacco).

PARENTING

Love and Logic Parenting Class

Hosted by Family Advocacy this parenting class is helping raise responsible kids. Love and Logic provides simple solutions and practical techniques to help parents with kids of all ages. Skills learned can easily and immediately (first use) change their children's behavior. Call for more information 720-847-6453

New Parent Support Program

Assists new and expecting parents with the support they need to be successful. Services include: Tailored home visits by a Registered Nurse to address your needs and concerns, education on pregnancy, how to manage stress and challenges of parenting, strategies for potty training and MUCH more. Contact Family Advocacy for more information at 720-847-6453.

SPOUSE RESOURCES

Buckley Spouse's Group

Join the Buckley Spouse's Group for camaraderie, support and connection through fun monthly socials, craft nights, and other activities! Contact us at buckleyspousesgroup@msn.com.

Heartlink Spouse Orientation

Hosted by the Airman & Family Readiness Center. For spouses who are newly married (less than five years). Spouses will learn about the Buckley Mission, base services, and what benefits are available to them as an active duty spouse. Spouses will become oriented to military customs, protocol, and culture. They will learn what those acronyms mean, and best of all, meet new spouses! Spouses will receive a free lunch, free childcare, and a tour of the base. The Base Commander will welcome them, as well as several other speakers. Open to all branches of service. Please call 720-847-6681 to inquire on dates offered.

Key Spouse Program/Training Hosted by the Airman & Family Readiness Center. Unit representatives are provided initial training, resources and quarterly enhancement sessions. For additional information call 720-847-6681.

SUBSTANCE ABUSE

Alcohol and Drug Abuse Prevention and Treatment (ADAPT)

Assesses active duty members for substance related disorders, based on self or command referral. Provides prevention briefings for First Term Airmen Course and to duty sections upon request. Provides counseling to active duty members for substance related concerns. Please call 720-847-6451 for more information.

Drug Demand Reduction Program (DDR)

Element of the Behavioral Health Flight. DDR provides outreach prevention, education, and drug testing. Please call 720-847-6149 or 6473 for more information.

AEROSPACE DATA FACILITY- COLORADO (Employees Only)

Employee Assistance Program (EAP)

Licensed mental health clinicians available to provide individual, marital, and family counseling and consultation services. Services are available to any individual working at the ADF-C and their families. Services are confidential. The EAP currently provides a support group for individuals managing varying relationship issues; divorce, separation, break-

Chapel Fellowship Luncheon

A free lunch is offered the first Wednesday of every month in the chapel fellowship hall. Two seating's: 1100 - 1145 or 1200 - 1245. Put us on your calendar!

Protestant

Sunday Worship Services

Adult Bible Study - 0945

Worship - 1100

Children's Church - 1100

AWANA

The AWANA program is a fun, Christ-centered program for children ages 2 through 8th grade. Offered each Wednesday 1800 - 1930. Bring your kids for a time of learning, Bible memorization, and fun. Follows school schedule.

Buckley Women's Ministry

Offers Women's Bible Studies on Thursday mornings 0930-1130, Monday evenings at 1800, Wednesday at 1200. (Check with Chapel for details)

Singles Dorm Bible Study and Fellowship

Meets every Wednesday at 1700 in the Panther Hall Satellite Ministry Center.

Catholic

Sunday Worship Services

Mass - 0900

Confessions available 30 min before Mass

Daily Mass

There is Daily Prayer/Adoration every Tuesday, Wednesday, Thursday and Saturday in the Chapel at 1130. Please call for schedule.

Knights of Columbus (KOC)

A Catholic men's service organization, the KOC helps serve both the church and community through donations and community service projects. KOC meets the second Tuesday of the month from 1800 - 2000.



DADs 101

The class, hosted by the Family Advocacy Program, teaches men baby calming techniques, parenting styles, how to support the expecting mother pre and post-partum as well as creating a new life style around the newborn child. New and expecting fathers can learn child development and caregiving skills, discuss fatherhood roles and stereotypes, during the DADs 101 class. Call 720-847-6453.

Passport to Parenthood

Hosted by Family Advocacy's New Parent Support Program this workshop is geared for expectant first-time parents in their third trimester or parents who have older children and want a refresher on caring for young infants. Covers topic such as breast feeding, caring for the infant when home from the hospital and infant CPR. Call 720-847-6453.

Bundles for Babies

Please refer to page 7 for details.

OB Orientation

Hosted by 460 MDG and the HAWC. Open to expectant parents in their first trimester. Focuses on what to expect during pregnancy and gives information on available community resources. Please call 720-847-6864 to inquire on dates offered.

Give Parents a Break

This program is designed to offer childcare for Air Force families experiencing undue stress due to Spouse deployed or on extended TDY (30 days or more), extensive extended shifts, family crisis (birth of a baby, serious illness of a family member, death in the family, extended illness of a family member), or whose child is special needs. Certificates should be given based on need. Childcare is provided for children ages 6 months to 12 years, once a month, to members referred to the program.

PERSONAL GROWTH

STOP Program

Hosted by Family Advocacy. The STOP Program teaches innovative skills, techniques, options and plans for a better relationship. The program is designed for men to have a chance to discuss family problems, destructive behaviors and the impact that violence has on the relationship. Call 720-847-6453.

Keeping Your Cool

Hosted by Family Advocacy. This class explores beliefs about anger, triggers and coping with overwhelming emotions, includes understanding dangerous responses to anger that can create problems in your life. Teaches skills which reduce both

stress and anger. Call 720-847-6453.

Educational Briefings & Seminars

Provided by Family Advocacy. Family Violence Education and Prevention Training for training of leaders, agencies and action teams and for educating and training community target populations on domestic violence and child maltreatment. Education and training topics include: Types of Maltreatment, DOD definitions, Risk Factors in Family Violence, Social Impact and Prevention Strategies. Also, includes state laws, AF policy, family violence links to family and mission readiness, squadron specific statistics and metrics, family violence risk reduction training, identification and reporting protocols, and community systems in prevention, resource finding and service linking, informal neighborhood support, and community networks. Call 720-847-6453

Consultation

Family Advocacy offers consultation services to Commander's, First Sergeants, Base Agencies, Civilian Agencies and Medical Providers to promote early identification of family issues for resource finding and service linking. Call 720-847-6453.

4 Lenses Discovery

Hosted by the Airman & Family Readiness Flight. Whatever situation folks might be in, understanding personality theory helps them become more successful. With a real understanding of what motivates others and what their goals are, they can communicate more effectively, appreciate and tolerate the differences in others, and generally improve personal relationships. This understanding will dramatically change the way people see themselves and others from now on. It will give them powerful insight into why people think, feel and act the way they do. Call 720-847-6681 to set up a workshop.

True Colors

Hosted by the Equal Opportunity Office. True Colors is a model of personality identification that is easy to understand, remember and apply. With the colors of Blue, Gold, Green and Orange – True Colors distills the elaborate concepts of personality theory into a user-friendly, practical tool used to foster healthy productive relationships. Call 720-847-6250 to set up a workshop.

RELOCATION

Right Start Newcomer Orientation

Hosted by the Airman & Family Readiness Center. Mandatory for all incoming Air Force Active Duty personnel but highly encouraged for all branches of service. This program will ensure newcomers are properly educated on what Team Buckley has to offer and what issues are unique to the base. Briefings are provided by Legal, Security Forces, OSI, Chaplains, A&FRC, Services, and a host of other base agencies. Spouses are highly encouraged to attend. A free lunch will also be served! Offered the third Wednesday of every month from 0800-1400 in Bldg 606 Auditorium. Please call 720-847-6681 for more information.

Sponsor Training

Hosted by the Airman & Family Readiness Center (A&FRC). A great first impression is essential to making new Team Buckley members feel welcome. If one has been assigned as a sponsor, this mandatory online training provides everything one needs to know to make it happen. The website is <http://apps.mhf.dod.mil/esat>. Please call 720-847-6681 for more information.

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

The Sexual Assault Response Coordinator (SARC) provides command support, prevention education, annual training and 24/7 victim response. All organizations may receive education and training at, but not limited to, Commanders' Calls, unit training events and pre/post deployment briefings. For more information and victim response call 720-847-9414/9858 or **24/7 Helpline @ 720-847-SARC (7272)**.

SPIRITUAL

For any faith group/organization not listed, please call 720-847-GOD1 (4631) for more information.



[Follow us on Facebook!](#)

Counseling

All discussions with a chaplain are confidential (UCMJ privileged communication) and cover a wide variety of issues including individual counseling, relationship and family concerns, work issues, stress and anger management, suicidal ideations, spiritual concerns, and ethical issues.