



*One Team, One Force, One Family*

## Airman & Family Readiness Center

Phone Number.....294-4329

### Air Force Aid Society (AFAS)

- ◇ Emergency financial assistance
- ◇ Outreach programs

### Career Focus Program

- ◇ Job Search Classes

### Family Life Education

### Family/Personal Readiness Program

- ◇ Pre-deployment Briefings
- ◇ Services for Spouses & Families

### Family Services Program

- ◇ Loan Closet

### Personal Financial Management Program

- ◇ Financial Management Classes

### Relocation Assistance Program (RAP)

### Transition Assistance Program (TAP)

## Health & Wellness Center

# HAWC

Offutt AFB

Phone Number.....294-5977/78

- ◇ Fitness Classes and Consultations
- ◇ Nutrition Classes and Counseling
- ◇ Tobacco Cessation Classes
- ◇ Fitness Improvement Program (FIP)
- ◇ Body Composition Improvement Program (BCIP)
- ◇ Wellness Classes, Briefings, and References

## Mental Health

Offutt AFB

Phone Number.....294-7411/19

- ◇ Personal Growth
- ◇ Self Learning
- ◇ Individual Empowerment/Counseling
- ◇ Positive Change

Give us a call to learn more information about specific strategies to maximize your personal, professional or relationship success.



The IDS comprises all helping agencies within the Offutt community working together to ensure services are available to provide safety, health & well-being, personnel preparedness and family adaptation. We focus on developing a sense of community for the active-duty population, DoD employees and dependents.



## Airman & Family Readiness Center

### Family Advocacy Program

### Mental Health

### ADAPT

### American Red Cross

### Chapel

### Health and Wellness Center

### Services Squadron Family Programs

### Sexual Assault Response Coordination





## Family Advocacy Program

### Phone Numbers:

Family Advocacy Program.....294-7886/87  
New Parent Support Program.....294-7860

- ◇ Outreach Program
  - Primary and secondary prevention to include educational briefings and classes on skill development, marketing, , community collaboration & intervention, and referral links
- ◇ New Parents Support Program (NPSP)
  - Provide prenatal support and support for parents with children ages 0–3
- ◇ Family Advocacy Strength-Based Therapy (FAST)
  - Individual, family, or marriage counseling on a space-available basis
- ◇ Maltreatment and Abuse evaluation and treatment planning

## Alcohol & Drug Abuse Prevention and Treatment

# ADAPT

### Offutt AFB

Phone Number.....294-3784

- ◇ Promote Healthy Lifestyles
- ◇ Maintain Air Force Standards
- ◇ Encourages Responsible Behavior
- ◇ Minimizes Negative Consequences to Individual/Family/Air Force



## American Red Cross

Phone Number.....294-5032

- ◇ Emergency Communication Services
- ◇ Emergency Financial Assistance
- ◇ Counseling Services
- ◇ CPR and First Aid Courses
- ◇ Babysitters Training
- ◇ Disaster Preparedness
- ◇ Deployment Tips



## Chaplain Service

### Phone Numbers:

SAC Memorial Chapel.....294-6244  
Capehart Chapel.....294-6051

- ◇ Privileged Communication:  
The military base chaplain has complete confidentiality. Consequently, the chaplain may be the first person to contact to discuss highly sensitive and/or personal concerns.
- ◇ Spiritual Needs
  - Doubts/fears/questions
  - Bereavement
  - Other personal crises
- ◇ Family Counseling
  - Pre-marital/marital counseling
  - Relationship adjustments
- ◇ Personal Problems
  - Individual Counseling
- ◇ Active Support
  - We stand ready 24 hours a day



Child Development Center.....294-2203

- ◇ Give Parents A Break Program (1st & 3rd Saturday)
- ◇ Weekly and Hourly Child Care (6 months to 5 year of age)
- ◇ Extended Duty Care for Alerts And Exercises (as needed/requested)

Family Child Care.....294-9016/17

- ◇ Child Care for PCS Program
- ◇ Home Alone Training Classes
- ◇ Weekly, Hourly, and Weekend Care (6 weeks to 10 years of age)

Youth Programs.....294-5152

- ◇ Teen Lock-Ins
- ◇ School-Age Program
  - Weekly Care (ages 5 to 12 years)
- ◇ Recreational Sports Program
- ◇ Instructional Classes

Community Center.....294-6247

- Trade Mark Events
- Instructional Classes

## Sexual Assault Response Coordinator

# SARC

### Offutt AFB

Phone Number.....232-9999

- ◇ Provides primary education and training for the prevention of sexual assault.
- ◇ Responds to victims of sexual assault.
- ◇ Recruits, trains, supervises and assigns Victims Advocates to victims of sexual assault.
- ◇ Develops partnerships with community resources and agencies.