

Community Resource Guide

January 1

2015

Here you will find community specific resource guides to help recognize and resolve Soldier, Civilian, and Family Member issues, concerns, and challenges.

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Alcohol Related Issues

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Assessment, Counseling, Education, and Prevention

Description: Preventing, identifying and treating adolescents with problems related to alcohol and other drugs is the top priority of ASACS. TREATMENT: ASACS provides early intervention and outpatient treatment for adolescents and their families. We offer assessments; individual, group, and family counseling; follow-up and after-care services in military communities. PREVENTION: Classroom presentations emphasizing positive coping skills such positive communication, problem-solving skills, stress and anger management, as well as education about gateway drugs: smoking, alcohol and marijuana.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div./Dept.: Army Substance Abuse Program (ASAP)

Services: Outpatient group treatment sessions; Rehabilitation Team Meeting;

Unit Prevention Leader

Description: Evaluation provided to Soldiers and Family Members who are in need of alcohol and/or drug detox services. Provided to Commanders of Soldiers who are enrolled in the Army Substance Abuse Program. Certify Unit Prevention Leaders, Officers or Non-Commissioned Officers as the Commander's Subject Matter Expert on all areas within the ASAP, conduct flawless urinalysis collections; provide alcohol and other illicit drug training to the unit.

Schedule: Call for appointment

Target Audience: Soldiers and Family Members who are referred for evaluation.

Contact Info: DSN 423-2658 Civ (32) 065 44 2658

Location: Building 401 SHAPE

Anger Management

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 11-19 (6th - 12th grade) who are at risk for problematic behavior, including drug and alcohol use. Also providing prevention services for issues like anger, stress, self-esteem issues, transitions, and bullying.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div/Dept: Army Community Services (ACS)

Service(s): Anger Management Classes

Description: Discuss the causes of anger and how it effects your health, relationships, and well-being. The focus is on helping people express their anger in a controlled and appropriate way.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Behavioral Health Service

Service(s): Individual/ Family Evaluations & Counseling

Description: Anger and anger management resolution may be the subject of individual therapies.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Anxiety

Div/Dept: Behavioral Health Service

Service(s): Individual/ Family Evaluations & Counseling

Description: Supportive counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues and anger.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Assertiveness Training

Div/Dept: Army Community Services (ACS)

Service(s): Support Services

Description: Discuss the causes of anger and how it effects your health, relationships, and well-being. The focus is on helping people express their anger in a controlled and appropriate way.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Behavioral Health Service

Service(s): Individual/ Family Evaluations & Counseling

Description: Supportive counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues and anger.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Div/Dept: Army Community Services (ACS)

Service(s): Support Services

Description: Discuss the causes of anger and how it effects your health, relationships, and well-being. The focus is on helping people express their anger in a controlled and appropriate way.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Asthma

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about Asthma

Target Audience: Tri-Care Beneficiaries

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Web page: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Attention Deficit Disorder

Div/Dept: Army Community Service (ACS)

Service(s): Support Services

Description: The EFMP provides information and assistance to involve families in community support services to meet their exceptional needs and ensures that facilities and programs are accessible. Education and support groups meet monthly.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about Attention Deficit

Target Audience: Tri-Care Beneficiaries

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Web page: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Behavioral Health Service

Service(s): Individual/ Family Evaluations & Counseling

Description: Supportive counseling services are available to families with a focus on problems exhibited by adults and children including depression, anxiety, school problems, deployment issues and anger.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Autism/Asperger's

Div/Dept: Army Community Service (ACS)

Service(s): Support Services

Description: The EFMP provides information and assistance to involve families in community support services to meet their exceptional needs and ensures that facilities and programs are accessible. Education and support groups meet monthly.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Home-Based Parent Education

Description: EDIS is a team of pediatric specialists (Occupational Therapist, Speech and Language Pathologist, Early Interventionist and Physical Therapist) providing specialized home-based services to children birth to three with suspected or confirmed developmental delays. Parents and Physician can refer children ages birth to 3 to EDIS..

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5970 CIV (0032) 6544 5970

Location: SHAPE Clinic, Building 401, Rm. 1B 124

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about Autism/Asperger's

Target Audience: Tri-Care Beneficiaries

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Behavioral Health Service

Service(s): Individual/ Family Evaluations & Counseling

Description: Supportive counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues and anger.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Baby Sitting Training

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Baby Sitting Training

Target Audience: Teens and Young Adults

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Blended Families

Div/Dept: Army Community Service (ACS)

Service(s): Family Advocacy

Description: This program provides prevention and education services and promotes prompt reporting and investigation of alleged child abuse. A variety of services are provided to develop relationship and parenting skills through groups, seminars, workshops, and intervention services to include shelter and respite care.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call for appointment

Contact Info: DSN 368-9693 Civ (32) 02 717 9693 Cell (32) 0473 682 846

Location: Building 4

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Counseling

Description: Offer counseling on an ongoing basis to families who are in crisis or need family assistance who are categorized as stepfamilies. Also offer a marriage retreat specifically targeting stepfamily couples

Target Audience: Active Duty

Schedule: Call for appointment

Contact Info: DSN 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Service

Service(s): Individual/ Family Evaluations & Counseling

Description: Supportive counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues and anger.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Blood Pressure

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about Blood Pressure

Target Audience: Tri-Care Beneficiaries

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Breast Feeding

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Breast Feeding

Target Audience: Tri-Care Beneficiaries

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Women, Infants and Children Overseas

Service(s): Nutrition

Description: The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Supplemental nutrition program to eligible participants located overseas. WIC Overseas is a program that provides you and your family with several important benefits: nutritious food that will contribute to a healthier diet; tips on how to prepare a balanced meal; nutrition and health screening; and access to other resources to help you and your family live healthier lives.

Target Audience: Active Duty/ Family Members

Schedule: Tues/Thurs 0800-1630

Contact Info: DSN 423-5971 Civ (32) 065 44 5971

Location: Building 401 SHAPE

Child Abuse & Neglect

Div/Dept: Army Community Service (ACS)

Service(s): Family Advocacy

Description: This program provides prevention and education services and promotes prompt reporting and investigation of alleged child abuse. A variety of services are provided to develop relationship and parenting skills through groups, seminars, workshops, and intervention services to include shelter and respite care.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call for appointment

Contact Info: DSN 368-9693 Civ (32) 02 717 9693 Cell (32) 0473 682 846

Location: Building 4

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Education

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Behavioral Health Service

Service(s): Individual/ Family Evaluations & Counseling

Description: Education related to domestic violence. Breaking abusive patterns of domestic violence.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Child Development Support

Div/Dept: Army Community Service (ACS)

Service(s): Family Advocacy

Description: This program provides prevention and education services and promotes prompt reporting and investigation of alleged child abuse. A variety of services are provided to develop relationship and parenting skills through groups, seminars, workshops, and intervention services to include shelter and respite care.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Education

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Child Play Groups

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Education

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Children: Parenting

Div/Dept: American Red Cross

Service(s): Classes

Description: Health and Safety Classes are available for Babysitting

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: DSN 452-9449

Location: Spangdalem Air Force Base GE

Div/Dept: Army Community Service (ACS)/Exceptional Family Member Program

Service(s): Parenting Skills Training, New Parent Support

Description: Learn new skills, work through parenting challenges and develop resources The New Parent Support Program provides education and support for expectant and new parents through their child's third year. Home visits can be arranged at the parents' convenience.

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: DSN 366-6832 Civ (32) 065 36 6832

Location: Building 318 SHAPE

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Education

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Situation Specific Support Groups for women or couples

Description: EDIS is a team of pediatric specialists (Occupational Therapist, Speech and Language Pathologist, Early Interventionist and Physical Therapist) providing specialized home-based services to children birth to three with suspected or confirmed developmental delays. Parents and Physician can refer children ages birth to 3 to EDIS..

Target Audience: 0-21 years, and their families

Schedule: Call for appointment

Contact Info: DSN 423-5967 Civ (32) 065 44 5967

Location: SHAPE Clinic, Building 401, Rm. 1B 124

Div/Dept: Behavioral Health Services

Service(s): Individual/ Family Evaluations & Counseling

Description: Supportive counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues and anger

Target Audience: Active Duty, Family Members, and other space available.

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Children: Special Needs

Div/Dept: Army Community Service (ACS)

Service(s): Support Services

Description: The EFMP provides information and assistance to involve families in community support services to meet their exceptional needs and ensures that facilities and programs are accessible. Education and support groups meet monthly.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call for appointment

Contact Info: DSN 366-6898 Civ (32) 065 32 6898

Location: Building 318 SHAPE

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Education

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Home-Based Parent Education

Description: EDIS is a team of pediatric specialists (Occupational Therapist, Speech and Language Pathologist, Early Interventionist and Physical Therapist) providing specialized home-based services to children birth to three with suspected or confirmed developmental delays. Parents and Physician can refer children ages birth to 3 to EDIS..

Target Audience: 0-36-months, and their families

Schedule: Call for appointment

Contact Info: DSN 423-5970 CIV (0032) 6544 5970

Location: SHAPE Clinic, Building 401, Rm. 1B 124

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Children with special needs

Target Audience: Tri-Care Beneficiaries

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Women, Infants and Children Overseas

Service(s): Nutrition

Description: The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Supplemental nutrition program to eligible participants located overseas. WIC Overseas is a program that provides you and your family with several important benefits: nutritious food that will contribute to a healthier diet; tips on how to prepare a balanced meal; nutrition and health screening; and access to other resources to help you and your family live healthier lives.

Target Audience: Active Duty/ Family Members

Schedule: Tues/Thurs 0800-1630

Contact Info: DSN 423-5971 Civ (32) 065 44 5971

Location: Building 401 SHAPE (Clinic 1st Floor A-Wing)

Childcare

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Education

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Cholesterol

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Cholesterol

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Combat Stress/PTSD

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Counseling

Description: Counseling

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Breast Feeding

Target Audience: Tri-Care Beneficiaries

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Diagnosis, treatment and counseling focused on decreasing symptoms of PTSD and support dealing with deployment issues.

Target Audience: Active Duty, Family Members, and others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Communicable Diseases

Div/Dept: Army Public Health Nursing-Preventive Medicine

Service(s): Health Education

Description: Instruction and Prevention Measures provided through individual/group counseling

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 423-5948/5044 Civ (32) 065 44 5948/5044

Location: Building 401 SHAPE (Clinic-2nd Floor A-Wing)

Conflict Resolution

Div/Dept: Army Community Services (ACS)

Service(s): Conflict Resolution Classes

Description: Discuss the causes of anger and how it effects your health, relationships, and well-being. The focus is on helping people express their anger in a controlled and appropriate way.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Conflict Resolution

Description: Communication Classes and Mediation Services

Target Audience: Active Duty, Family Members, Retirees, Civilians, and local Nationals

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Equal Opportunity (EO/EEO)

Service(s): Conflict Management

Description: Upon completion participants will be able to define conflict and levels of conflict; Describe the sources of conflict; Explain positive/negative factor of conflict:

Describe the methods of managing conflict.

Target Audience: Active Duty, Family Members, and others space available

Schedule: Call for appointment

Contact Info: DSN 361-5786 Civ (32) 068 27 5786

Location: Building 24 Caserne Daumerie

Div/Dept: Behavioral Health Services

Service(s): Individual Counseling

Description: Education related to domestic violence. Breaking abusive patterns of domestic violence. Discussion group dealing with family violence and relationships.

Target Audience: Active Duty, Family Members, and other space available.

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Consumer Affairs/Fraud

Div/Dept: Army Community Service (ACS)

Service(s): Personal Financial Readiness

Description: Classes and individual consultation are provided for budget preparation, credit management, consumer protection, investing and a variety of other topics related to personal financial management.

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Counseling: Children

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 11-19 (6th - 12th grade) who are at risk for problematic behavior, including drug and alcohol use. Also providing prevention services for issues like anger, stress, self-esteem issues, transitions, and bullying.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div/Dept: Chaplain Services (CH)

Service(s): Counseling

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info:

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Marital Counseling/ Individual Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Counseling: Couples

Div/Dept: Chaplain Services (CH)

Service(s): Counseling

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Marital Counseling/ Individual Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Counseling: Families

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 11-19 (6th - 12th grade) who are at risk for problematic behavior, including drug and alcohol use. Also providing prevention services for issues like anger, stress, self-esteem issues, transitions, and bullying.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div/Dept: Chaplain Services (CH)

Service(s): Counseling

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Marital Counseling/ Individual Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Counseling: Individual

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 11-19 (6th - 12th grade) who are at risk for problematic behavior, including drug and alcohol use. Also providing prevention services for issues like anger, stress, self-esteem issues, transitions, and bullying.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div/Dept: Behavioral Health Services

Service(s): Marital Counseling/ Individual Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

CPR Training

Div/Dept: American Red Cross (ARC)

Service(s): Class

Description: Covers adult, infant & child CPR and AED training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding. AED Class as requested.

Target Audience: AD, Family Members, Retirees, CIV, LN

Contact Info: DSN 452-9449

Location: Spangdalem Air Force Base GE

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education/ Training

Description: Training for CPR/First Aid, Advanced Cardiac Life Support

Target Audience: AD, FM, CIV, Retirees

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Crisis Intervention

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Drug and Alcohol Intervention, Counseling and Referral

Description: Individual and group help for Crisis involving Alcohol or Drug abuse.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to Schedule an appointment

Contact Info: DSN 423-2658 Civ (32) 065 44 381

Location: Building 401 SHAPE

Div/Dept: Chaplain Services (CH)

Service(s): Counseling

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education/ Training

Description: Training for CPR/First Aid, Advanced Cardiac Life Support/ Crisis Intervention

Target Audience: AD, FM, CIV, Retirees

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Behavioral Health Services

Service(s): Marital Counseling/ Individual Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Deployment

Div/Dept: Army Community Service (ACS)

Service(s): Deployment training, support and materials

Description: The program offers training, pre-deployment briefings, resource material and support to Family Readiness groups and waiting Family Members

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Chaplain Services (CH)

Service(s): Briefing

Description: Pre-Deployment/Re-Deployment classes for Active Duty and Family Members.

Counseling for Family Members during the deployment process. Post deployment classes and counseling to address stress and re-integration.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Army Public Health Nursing-Preventive Medicine

Service(s): Pre and Post Deployment Screening

Description: Instruction and Prevention Measures provided through individual counseling.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 423-5948/5044 Civ (32) 065 44 5948/5044

Location: Building 401 SHAPE (Clinic-2nd Floor A-Wing)

Div/Dept: Behavioral Health Services

Service(s): Marital Counseling/ Individual Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem

solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Div/Dept: Northern Law Center (NLC)

Service(s): Legal Assistance, Claims, Military Justice

Description: Provide general legal advice; prepare wills, powers of attorney, tax documents and separation agreements; dispatch and handle military claims.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for appointment

Contact Info: DSN 423-4910 Civ (32) 065 44 4910

Location: Building 318 SHAPE

Website: <http://www.usagbenelux.eur.army.mil/directorates/Legal/NLC.html>

Deployment Readiness

Div/Dept: Army Community Service (ACS)

Service(s): Deployment training, support and materials

Description: The program offers training, pre-deployment briefings, resource material and support to Family Readiness groups and waiting Family Members

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Education

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Army Public Health Nursing-Preventive Medicine

Service(s): Pre and Post Deployment Screening

Description: Instruction and Prevention Measures provided through individual counseling.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 423-5948/5044 Civ (32) 065 44 5948/5044

Location: Building 401 SHAPE (Clinic-2nd Floor A-Wing)

Depression

Div/Dept: Chaplain Services (CH)

Service(s): Individual Counseling

Description: Confidential Pastoral Counseling.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708 Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Treatment aimed at decreasing depressive symptoms and returning individuals to normal range of functioning

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Domestic Violence

Div/Dept: Army Community Service (ACS)

Service(s): Family Advocacy

Description: This program provides prevention and education services and promotes prompt reporting and investigation of alleged domestic violence. A variety of services are provided to develop relationship and parenting skills through groups, seminars, workshops, and intervention services including Shelter and Respite Care, anger management, etc.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9693 Civ (32) 02 717 9693 Cell (32) 0473 682 846

Location: Building 4

Div/Dept: Chaplain Services (CH)

Service(s): Individual Counseling

Description: Confidential Pastoral Counseling.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions.

Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Div/Dept: Northern Law Center (NLC)

Service(s): Legal Assistance, Claims, Military Justice

Description: Provide general legal advice; prepare wills, powers of attorney, tax documents and separation agreements; dispatch and handle military claims.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 318 SHAPE

Website: <http://www.usagbenelux.eur.army.mil/directorates/Legal/NLC.html>

Drug Related Issues

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Education, Prevention, Assessment, Treatment and Counseling

Description: Preventing, identifying and treating adolescents with problems related to alcohol and other drugs is the top priority of ASACS. TREATMENT: ASACS provides early intervention and outpatient treatment for adolescents and their families. We offer assessments; individual, group, and family counseling; follow-up and after-care services in military communities. PREVENTION: Classroom presentations emphasizing positive coping skills such positive communication, problem-solving skills, stress and anger management, as well as education about gateway drugs: smoking, alcohol and marijuana.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Drug and Alcohol Intervention, Counseling and Referral

Description: Evaluation provided to Soldiers and Family Members who are in need of alcohol and/or drug inpatient treatment services.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to Schedule an appointment

Contact Info: DSN 423-2658 Civ (32) 065 44 2658

Location: Building 401 SHAPE

Employment

Div/Dept: Army Community Service (ACS)

Service(s): Employment Readiness

Description: Employment Readiness provides resources, career assessments, training and resources for individuals seeking employment and career development.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Equal Opportunity (EO/EEO)

Service(s): Conflict Management

Description: Upon completion participants will be able to define conflict and levels of conflict; Describe the sources of conflict; Explain positive/negative factor of conflict; Describe the methods of managing conflict.

Target Audience: Active Duty, Family Members, and others space available

Schedule: Call for appointment

Contact Info: DSN 361-5786 Civ (32) 068 27 5786

Location: Building 24 Caserne Daumerie

English as a Second Language

Div/Dept: Army Community Service (ACS)

Service(s): Classes

Description: Classes

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Exceptional Family Member/ Special Needs

Div/Dept: Army Community Service (ACS)

Service(s): Support Services

Description: The EFMP provides information and assistance to involve families in community support services to meet their exceptional needs and ensures that facilities and programs are accessible. Education and support groups meet monthly.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call to schedule appt.

Contact Info: DSN 366-6898 Civ (32) 065 32 6898

Location: Building 4

Div/Dept: Equal Opportunity (EO/EEO)

Service(s): Information

Description: Information

Target Audience: Active Duty, Family Members, and others space available

Schedule: Call for appointment

Contact Info: DSN 361-5786 Civ (32) 068 27 5786

Location: Building 24 Caserne Daumerie

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Family Members with Special Needs

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Family Support Services

Div/Dept: Army Community Service (ACS)

Service(s): Deployment training, support and materials

Description: The program offers training, pre-deployment briefings, resource material and support to Family Readiness groups and waiting Family Members

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Chaplain Services (CH)

Service(s): Briefing

Description: Pre-Deployment/Re-Deployment classes for Active Duty and Family Members. Counseling for Family Members during the deployment process. Post deployment classes and counseling to address stress and re-integration..

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Equal Opportunity (EO/EEO)

Service(s): Information

Description: Information

Target Audience: Active Duty, Family Members, and others space available

Schedule: Call for appointment

Contact Info: DSN 361-5786 Civ (32) 068 27 5786

Location: Building 24 Caserne Daumerie

Family Readiness Group

Div/Dept: Army Community Service (ACS)

Service(s): Classes

Description: Classes

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Financial Counseling

Div/Dept: Army Community Service (ACS)

Service(s): Personal Financial Readiness

Description: Classes and individual consultation are provided for budget preparation, credit management, consumer protection, investing and a variety of other topics related to personal financial management.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div./Dept.: Chaplain Services (CH)

Service(s): Financial Peace

Description: Weekly instructional class biblically based

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708 Location: Building 2

First Aid Class

Div/Dept: American Red Cross (ARC)

Service(s): Class

Description: Covers adult, infant & child CPR and AED training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding. AED Classes as requested.

Target Audience: AD, Family Members, Retirees, CIV, LN

Contact Info: DSN 452-9449

Location: Spangdalem Air Force Base GE

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education/ Training

Description: Training for CPR/First Aid, Advanced Cardiac Life Support

Target Audience: AD, FM, CIV, Retirees

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Fitness Training

Div/Dept: Fitness Center

Service(s): Fitness

Description: Fitness

Target Audience: AD, FM, CIV, Retirees

Contact Info: DSN 368-9652 Civ (32) 02 717 9652

Location: Building 3

Food Safety

Div/Dept: Veterinary Services

Service(s): Commercial Food Inspection, Small animal Veterinary Services

Description: Commercial Food Safety Inspection, Food Source Authorizations

Target Audience: Military Facilities

Schedule: Call for appointment

Contact Info: DSN 361-5435 Civ (32) 068 27 5435

Location: Building 7010 Caserne Daumerie

Grief Counseling

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Grief Counseling

Description: Individual and family counseling to deal with the loss of a loved one

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Provides prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Hearing Conservation

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Hearing Conservation.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Occupational Health

Service(s): Education

Description: Hearing Conservation, Injury Prevention: Education, consultations for the prevention of work related injuries.

Target Audience: Active Duty, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5912 Civ (32) 065 44 5912

Location: Building 401 SHAPE (Clinic 1st Floor-A-Wing)

Heart Care

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Heart Care

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

HIV / AIDS

Div/Dept: Army Public Health Nursing-Preventive Medicine

Service(s): Health Education

Description: HIV/AIDS awareness, understanding and prevention training offered

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 423-5948/5044 Civ (32) 065 44 5948/5044

Location: Building 401 SHAPE (Clinic-2nd Floor A-Wing)

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: HIV/AIDS, STI counseling.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Hypertension

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Hypertension,

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Injury Prevention

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Injury Prevention

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Safety Office

Service(s): Education and Monitoring

Description: Safety Specialist available to perform safety analysis

Target Audience: DOD and Local National Workforce

Schedule: Call for appointment

Contact Info: DSN 361-1470 Civ (32) 068 27 1470

Location: Building 7014 Caserne Daumerie

Leadership, Morale

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Training

Description: Train soldiers in moral virtues and Army values to live and lead by good character and good conduct. 1. Basic morals and ethical decision-making; 2. Sexual ethics; 3. Medical ethics

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Lending Closet

Div/Dept: Army Community Service (ACS)

Service(s): The Lending Closet

Description: The Lending Closet provides in- and out-processing Service Members and civilian employees with a wide variety of essentials household items for their use while they await transportation of their household goods.

Target Audience: Active Duty, Family Members, Civilians

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Loans

Div/Dept: Army Community Service (ACS)

Service(s): Emergency Financial Assistance

Description: Through Army Emergency Relief interest free loans and grants may be provided for financial emergencies.

Target Audience: Active duty Service Members and their Family members, Retirees

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Marital Counseling

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Counseling

Description: Offering ongoing counseling to couples experiencing a crisis in the marriage or destructive issues and marital conflict that is creating distance and problems in their marriage.

Also will offer quarterly marriage training/retreats using PREP/Couples Communication

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals.

Reduce marital discord and improve relationships.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Marital Difficulties

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Counseling

Description: Offering ongoing counseling to couples experiencing a crisis in the marriage or destructive issues and marital conflict that is creating distance and problems in their marriage. Also will offer quarterly marriage training/retreats using PREP/Couples Communication

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals. Reduce marital discord and improve relationships.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Div/Dept: Northern Law Center (NLC)

Service(s): Legal Assistance, Claims, Military Justice

Description: Provide general legal advice; prepare wills, powers of attorney, tax documents and separation agreements; dispatch and handle military claims.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 318 SHAPE

Website: <http://www.usagbenelux.eur.army.mil/directorates/Legal/NLC.html>

Medical

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Medical issues

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Men's Issues

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Counseling

Description Individual counseling to deal with life issues for men

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Individual counseling to deal with life issues for men.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Mild Traumatic Brain Injury (mTBI)

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: mild Traumatic Brain Injury (mTBI)

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Diagnosis, treatment and counseling focused on decreasing symptoms of mTBI and support dealing with deployment issues.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Moral Leadership

Div/Dept: Chaplain/ Family Life Chaplain

Service(s): Training

Description: Train soldiers in moral virtues and Army values to live and lead by good character and good conduct. 1. Basic morals and ethical decision-making; 2. Sexual ethics; 3. Medical ethics

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

New Comer Orientation

Div/Dept: Army Community Service (ACS)

Service(s): Support Services

Description: Community Information.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Child Care

Description: Child Care available during the New Comer's Brief

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

New Parent

Div/Dept: Army Community Service (ACS)

Service(s): Education

Description: The New Parent Support Program provides education and support for expectant and new parents through their child's third year. Home visits can be arranged at the parents' convenience. The program is designed to enhance parents' knowledge and parenting skills.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education/ Training

Description: Education

Target Audience: AD, FM, CIV, Retirees

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Nutrition Education

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Nutrition Education

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div. /Dept.: Women, Infants and Children Overseas

Service(s): Nutrition

Description The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Supplemental nutrition program to eligible participants located overseas.

WIC Overseas is a program that provides you and your family with several important benefits: nutritious food that will contribute to a healthier diet; tips on how to prepare a balanced meal; nutrition and health screening; and access to other resources to help you and your family live healthier lives.

Target Audience: Active Duty/ Family Members

Schedule: Tues/Thurs 0800-1630

Contact Info: DSN 423-5971 Civ (32) 065 44 5971

Location: Building 401 SHAPE (Clinic 1st Floor A-Wing)

Oral & Dental Health

Div/Dept: NATO Dental Facility

Service(s): Screening & treatment

Description: Screening & Treatment

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1130 Civ (32) 02 686 1130

Location: Building 8011 Sterrebeek Annex

Div. /Dept.: Women, Infants and Children Overseas

Service(s): Nutrition

Description The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Supplemental nutrition program to eligible participants located overseas. WIC Overseas is a program that provides you and your family with several important benefits: nutritious food that will contribute to a healthier diet; tips on how to prepare a balanced meal; nutrition and health screening; and access to other resources to help you and your family live healthier lives.

Target Audience: Active Duty/ Family Members

Schedule: Tues/Thurs 0800-1630

Contact Info: DSN 423-5971 Civ (32) 065 44 5971

Location: Building 401 SHAPE (Clinic 1st Floor A-Wing)

Pain Management

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Pain Management

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Parental Skills

Div/Dept: Army Community Service (ACS)

Service(s): Education

Description: The New Parent Support Program provides education and support for expectant and new parents through their child's third year. Home visits can be arranged at the parents' convenience. The program is designed to enhance parents' knowledge and parenting skills.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div./Dept.: Chaplain Services (CH)

Service(s): Single Parenting

Description: Offer counseling on an ongoing basis to families who are in crisis or need family assistance who are categorized as stepfamilies. Also offer a marriage retreat specifically targeting stepfamily couples. Pre-marital counseling.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education

Description: Blended Families, Parenting Skills

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Situation Specific Support Groups for women or couples

Description: EDIS is a team of pediatric specialists (Occupational Therapist, Speech and Language Pathologist, Early Interventionist and Physical Therapist) providing specialized home-based services to children birth to three with suspected or confirmed developmental delays. Parents and Physician can refer children ages birth to 3 to EDIS.

Target Audience: 0-36-months, and their families

Schedule: Call for appointment

Contact Info: DSN 423-5970 CIV (0032) 6544 5970

Location: SHAPE Clinic, Building 401, Rm. 1B 124

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Therapy and counseling dealing with parenting issues.

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Patient Liaison

Div/Dept: Brussels SHAPE Clinic

Service(s): Information and referral

Description: Contact Tri-Care for information about treatment outside the clinic and Patient Liaison services

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Pets

Div/Dept: Veterinary Services

Service(s): Commercial Food Inspection, Small animal Veterinary Services

Description: Small animal veterinary services for your pet

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 361-5435 Civ (32) 068 27 5435

Location: Building 7010 Caserne Daumerie

Physical Therapy

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Physical Therapy

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Pregnancy

Div/Dept: Army Community Service (ACS)

Service(s): New Parent Support Program

Description: The New Parent Support Program provides education and support for expectant and new parents through their child's third year. Home visits can be arranged at the parents' convenience. The program is designed to enhance parents' knowledge and parenting skills.

Target Audience: Active Duty, Family Members, Retirees and Civilians who are expectant or new parents of children three years old and under.

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Pregnancy

Target Post Deployment Service members/Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Occupational Health

Service(s): Individual appointments; worksite inspections

Description: Health assessment for pregnant workers to determine possible workplace profile.

Target Audience: Active Duty, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5912 Civ (32) 065 44 5912

Location: Building 401 SHAPE

Div./Dept.: Women, Infants and Children Overseas

Service(s): Nutrition

Description: Nutritional and breast feeding information

Target Audience: Active Duty/ Family Members

Schedule: Tues/Thurs 0800-1630

Contact Info: DSN 423-5971 Civ (32) 065 44 5971

Location: Building 401 SHAPE (Clinic 1st Floor A-Wing)

Post Traumatic Stress Disorder (PTSD)

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: PTSD/mTBI

Target Post Deployment Service members/Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description : Provides treatment for PTSD/mTBI

Target Audience: AD, FM

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Religious Services

Div./Dept.: Chaplain Services (CH)

Service(s): Religious Services

Description: Contact the Chaplain's Office for a listing of local Religious Services

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Relocation Services

Div/Dept: Army Community Service (ACS)

Service(s): Relocation Services

Description: Classes and individual consultation are provided for relocation issues concerning your next move.

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Safety

Div/Dept: Safety Office

Service(s): Education and Monitoring

Description: Safety Specialist available to perform safety analysis

Target Audience: DOD and Local National Workforce

Schedule: Call for appointment

Contact Info: DSN 361-1470 Civ (32) 067 27 1470

Location: Building 7014 Caserne Daumerie

Self Esteem

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 11-19 (6th - 12th grade) who are at risk for problematic behavior, including drug and alcohol use. Also providing prevention services for issues like anger, stress, self-esteem issues, transitions, and bullying.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div/Dept: Army Community Services (ACS)

Service(s): Self Esteem Classes

Description: Discuss the causes of Self Esteem and how it effects your health, relationships, and well-being. The focus is on helping people express themselves in a controlled and appropriate way.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div. /Dept.: Chaplain Services (CH)

Service(s): Building Self-Esteem

Description: Pastoral counseling.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Provides prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Sexual Assault

Div/Dept: Army Community Service (ACS)

Service(s): Individuals who identified through restricted or unrestricted reports of sexual assault are assisted and supported in receiving medical treatment, counseling and other supportive services as needed. Unit, organization and leadership training and briefings are provided. Training and continuing education is provided for Unit Victim Advocates.

Description: Legal Assistance, Claims, Military Justice

Schedule: Call to schedule appt.

Contact Info: DSN 366-6861 Civ (32) 065 32 6861 Cell (32) 0478 630 986

Location: Building 4

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Sexual Assault

Target Post Deployment Service members/Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Northern Law Center (NLC)

Service(s): Legal Assistance, Claims, Military Justice

Description: Provide general legal advice; prepare wills, powers of attorney, tax documents and separation agreements; dispatch and handle military claims.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 318 SHAPE

Website: <http://www.usagbenelux.eur.army.mil/directorates/Legal/NLC.html>

Sexual Harassment

Div/Dept: Army Community Service (ACS)

Service(s): Individuals who identified through restricted or unrestricted reports of sexual assault are assisted and supported in receiving medical treatment, counseling and other supportive services as needed. Unit, organization and leadership training and briefings are provided. Training and continuing education is provided for Unit Victim Advocates.

Description: Legal Assistance, Claims, Military Justice

Schedule: Call to schedule appt.

Contact Info: DSN 366-6824 Civ (32) 065 32 6824 Cell (32) 0478 630 986

Location: Building 4

Div/Dept: Equal Opportunity (EO/EEO)

Service(s): Classes

Description: SHARP Training (US)/POSH Training (LN)

Target Audience: Active Duty, Family Members, and others space available

Schedule: Call for appointment

Contact Info: DSN 361-5786 Civ (32) 068 27 5786

Location: Building 24 Caserne Daumerie

Sexually Transmitted Infections

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Sexually Transmitted Infections

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Army Public Health Nursing-Preventive Medicine

Service(s): Individual appointments

Description: Contact your Primary Care Manager.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 423-5948/5044 Civ (32) 065 44 5948/5044

Location: Building 401 SHAPE (Clinic-2nd Floor A-Wing)

Single Parenting

Div/Dept: Army Community Service (ACS)

Service(s): Education

Description: The New Parent Support Program provides education and support for expectant and new parents through their child's third year. Home visits can be arranged at the parents' convenience. The program is designed to enhance parents' knowledge and parenting skills.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div. /Dept.: Chaplain Services (CH)

Service(s): Single Parenting

Description: Offer counseling on an ongoing basis to families who are in crisis or need family assistance who are categorized as stepfamilies. Also offer a marriage retreat specifically targeting stepfamily couples.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708 Location: Building 2

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): Education/ Training

Description: Reserved care program before and after school and on school out days, open recreation, summer camp: Provides a supervised program of events before and after school and on no school days to middle school youth. Homework assistance, computer labs, leadership forums, games, arts programs, etc. offered daily. Meals and snacks provided during open hours.

Target Audience: AD, FM, CIV, Retirees

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Equal Opportunity (EO/EEO)

Service(s): Information

Description: Information

Target Audience: Active Duty, Family Members, and others space available

Schedule: Call for appointment

Contact Info: DSN 361-5786 Civ (32) 068 27 5786

Location: Building 24 Caserne Daumerie

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description : Provides prevention services for issues like anger, stress, self-esteem issues and grief and loss, etc

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Sleep Issues

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Sleep Issues

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Special Needs-Adult

Div/Dept: Army Community Service (ACS)

Service(s): Support Services

Description: The EFMP provides information and assistance to involve families in community support services to meet their exceptional needs and ensures that facilities and programs are accessible. Education and support groups meet monthly.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call to schedule appt.

Contact Info: DSN 366-6898 Civ (32) 065 32 6898

Location: Building 4

Special Needs-Child

Div/Dept: Army Community Service (ACS)

Service(s): Support Services

Description: The EFMP provides information and assistance to involve families in community support services to meet their exceptional needs and ensures that facilities and programs are accessible. Education and support groups meet monthly.

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs.

Schedule: Call to schedule appt.

Contact Info: DSN 366-6898 Civ (32) 065 32 6898

Location: Building 4

Spiritual Fitness

Div./Dept.: Chaplain Services (CH)

Service(s): Classes and Briefings

Description: Spiritual Resiliency Training

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Sponsorship Assistance

Div/Dept: Army Community Service (ACS)

Service(s): Sponsorship Training

Description: Train to become a sponsor to a new member of your unit.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Stress Management

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 11-19 (6th - 12th grade) who are at risk for problematic behavior, including drug and alcohol use. Also providing prevention services for issues like anger, stress, self-esteem issues, transitions, and bullying.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Schedule: Call for appointment

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div/Dept: Army Community Services (ACS)

Service(s): Stress Management Classes

Description: Discuss the causes of stress and how it affects your health, relationships, and well-being. The focus is on helping people express themselves in a controlled and appropriate way.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div. /Dept.: Chaplain Services (CH)

Service(s): Building Self-Esteem

Description: Pastoral counseling.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description Individual appointments with your Primary Care Manager for concerns about: Stress Management

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 401 SHAPE

Div/Dept: Behavioral Health Services

Service(s): Individual Counseling

Description: Individual appointments for concerns about: Stress Management

Target Audience: Active Duty, Family Members, Retirees and Civilians with family members with special needs

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Suicide Prevention

Div/Dept: Army Community Service (ACS)

Service(s): Military & Family Life Counselors/Individual Evaluations & Counseling

Description: Licensed clinicians provide short term, situational problem-solving confidential consultation to help Service Members and their families cope with the stress resulting from military life. .

Target Audience: Active duty Service Members and their Family members, Retirees

Schedule: Call to schedule appt.

Contact Info: Cell: 0497 65 3738 Location: Building 4

Div./Dept.: Chaplain Services (CH)

Service(s): Suicide Prevention

Description: Crisis intervention services are available.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Crisis intervention services are available.

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Teen Issues

Div/Dept: Adolescent Support and Counseling Service (ASACS)

Service(s): Counseling

Description: Individual, group and family therapy for teens 11-19 (6th - 12th grade) who are at risk for problematic behavior, including drug and alcohol use. Also providing prevention services for issues like anger, stress, self-esteem issues, transitions, and bullying.

Target Audience: 11-19 year old (6th to 12th grade) Family Members

Contact Info: Meg Long LCPC MAC DSN: 366-6908 Civ: (+32) 065 32 6908

Location: SHAPE American High School room H047

Div./Dept.: Chaplain Services (CH)

Service(s): Individual and Family Pastoral Counseling

Description: Individual and Family Pastoral Counseling

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Child, Youth and School Services (CYSS)

Service(s): School Age Care

Description: Reserved care program before and after school and on school out days, open recreation, summer camp: Provides a supervised program of events before and after school and on no school days to middle school youth. Homework assistance, computer labs, leadership forums, games, arts programs, etc. offered daily. Meals and snacks provided during open hours.

Target Audience: AD, FM, CIV, Retirees

Contact Info: DSN368-6951 Civ (32) 02 717 6951

Website: <http://benelux.armymwr.com/europe/benelux/>

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Time Management

Div/Dept: Army Community Service (ACS)

Service(s): Time Management Classes

Description: Teaches personal and professional time management methods.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Tobacco Cessation (Adult/Teen)

Div/Dept: Army Public Health Nursing-Preventive Medicine

Service(s): Individual appointments

Description: Contact your Primary Care Manager for a tobacco cessation referral

Target Audience: Tobacco Users

Schedule: Call for appointment

Contact Info: DSN 423-5948/5044 Civ (32) 065 44 5948/5044

Location: Building 401 SHAPE (Clinic-2nd Floor A-Wing)

Transition

Div/Dept: Army Community Service (ACS)

Service(s): Transition Assistance

Description: Classes and individual appointments

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Div/Dept: Northern Law Center (NLC)

Service(s): Legal Assistance, Claims, Military Justice

Description: Provide general legal advice; prepare wills, powers of attorney, tax documents and separation agreements; dispatch and handle military claims.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 318 SHAPE

Website: <http://www.usagbenelux.eur.army.mil/directorates/Legal/NLC.html>

Travel Medicine

Div/Dept: Army Public Health Nursing-Preventive Medicine

Service(s): Health education

Description: Individual appointments for travel information and possible health concerns

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 423-5948/5044 Civ (32) 065 44 5948/5044

Location: Building 401 SHAPE (Clinic-2nd Floor A-Wing)

Victim Advocacy

Div/Dept: Army Community Service (ACS)

Service(s): Sexual Assault Response and Prevention/Victim Advocacy

Description: Individuals who identified through restricted or unrestricted reports of sexual assault are assisted and supported in receiving medical treatment, counseling and other supportive services as needed. Unit, organization and leadership training and briefings are provided. Training and continuing education is provided for Unit Victim Advocates.

Target Audience: Active duty Service Members and their Family members, Retirees

Schedule: Call to schedule appt.

Contact Info: Cell (32) 0472 9068

Location: Building 4

Div. /Dept.: Chaplain Services (CH)

Service(s): Individual Counseling

Description: Counseling available for unrestricted cases. Pastoral counseling is available for all cases.

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: DSN 423-6037/6066 SHAPE 361-5381 Chievres Civ (32) 065 44 6037/6066 067 28 5381

Location: Building 2

Volunteering

Div/Dept: Army Community Service (ACS)

Service(s): Volunteer coordinator

Description: Coordination of volunteer jobs and tracking the work you put in to help your later career.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call to schedule appt.

Contact Info: DSN 368-9783 Civ (32) 02 717 9783

Location: Building 4

Water Safety

Div/Dept: Safety Office

Service(s): Education and Monitoring

Description: Safety Specialist available to perform safety analysis

Target Audience: DOD and Local National Workforce

Schedule: Call for appointment

Contact Info: DSN 361-1470 Civ (32) 067 27 1470

Location: Building 7014 Caserne Daumerie

Weight Management

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Cholesterol, Nutrition or Weight Management.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 401 SHAPE

Div. /Dept.: Women, Infants and Children Overseas

Service(s): Nutrition

Description: Nutrition counseling for planning a healthy diet for the special needs of pregnancy, breastfeeding and infant/child feeding.

Target Audience: Active Duty/ Family Members

Schedule: Tues/Thurs 0800-1630

Contact Info: DSN 423-5971 Civ (32) 065 44 5971

Location: Building 401 SHAPE (Clinic 1st Floor A-Wing)

Women's Issues

Div. /Dept.: Chaplain Services (CH)

Service(s): Counseling

Description: A large Library of Women's issue. Pastoral Counseling and Mate Selection classes. Protestant Women Of the Chapel Bible studies

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: 368-9708 Civ (32) 02 717 9708

Location: Building 2

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Well Women Check ups

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Discussion focusing on women's issues. (i.e.: depression, deployments, parenting, grief, child abuse and it's impact on relationships)

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)

Worksite Ergonomics

Div/Dept: Brussels SHAPE Clinic

Service(s): Screening & treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Worksite Ergonomics

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Call for appointment

Contact Info: DSN 566-1515 Civ (32) 02 686 1515 Central Appointments

Website: <https://ermc.amedd.army.mil/SHAPE/index.cfm>

Location: Building 8011 Sterrebeek Annex

Div/Dept: Occupational Health

Service(s): Individual appointments; worksite inspections

Description: Per medical referral

Target Audience: Active Duty, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: DSN 423-5912 Civ (32) 065 44 5912

Location: Building 401 SHAPE

Worksite Safety

Div/Dept: Safety Office

Service(s): Education and Monitoring

Description: Safety Specialist available to perform safety analysis

Target Audience: DOD and Local National Workforce

Schedule: Call for appointment

Contact Info: DSN 361-1470 Civ (32) 067 27 1470

Location: Building 7014 Caserne Daumerie

Worksite Violence

Div/Dept: Behavioral Health Services

Service(s): Individual Evaluations & Counseling

Description: Treatment aimed at increasing communication, increasing trust, problem solving, developing coping strategies and decreasing conflicts in families/couples/individuals

Target Audience: AD, FM, others space available

Schedule: Call for appointment

Contact Info: DSN 423-5008 Civ (32) 065 44 5008

Location: Building 401 SHAPE (Clinic 2nd Floor A-Wing)