

# USAG Benelux Community Health Promotion and Well Being Resource Guide

Last updated March 2015



At any time that support is needed urgently contact your local MP station at 114/ 3333 on SHAPE for 24hr on-call-support	American Red Cross	Adolescent Support & Counseling Services	Army Community Service	Army Substance Abuse/ Employee Assistance/ Community Counseling Center	Chaplain services/ Family Life Chaplain	Army Public Health Nursing -Preventive Medicine	Child, Youth &School Services	Dental Clinic Shape	Equal Opportunity	Educational Developmental Intervention Services	Health Clinic Shape	Behavioral Health Services	Northern Law Center	Occupational Health	Safety Office	Fitness Center (Chievres/SHAPE)	Veterinary Services	Women, Infants & Children Overseas
	ARC	ASACS	ACS	ASAP	CH	APHN/ PM	CYSS	Dental Clinic	EEO/ EO	EDIS	Health Clinic	BHS	Legal	OH	Safety	Sports Ctr	VET	WIC
Phone #	452-9440	366-6908	366-6824	423-2658	361-5448 423-6037	423-5948/ 5952	423-6039	423-5807	361-5786	423-5970	423-5886	423-5008	423-4910	423-5912	361-1470	361-5643 423-4405	361-5435	423-5971
Building # SHAPE (S) Daunerie Caserne (DC)	Spang-dalem	735S	318 S	401 S	3 DC/ 601 S	401 S	503/ 602/ 616 S	401 S	24 DC	401 S	401 S	401 S	318 S	401 S	14DC	20004 313 S	10 DC	401S
Adoption																		
Adult Education																		
Alcohol Related Issues		X		X														
Anger Management		X	X									X						
Anxiety											X	X						
Assertiveness Training			X									X						
Asthma											X							
Attention Deficit Disorder			X								X	X						
Autism/Asperger's			X							X	X	X						
Baby Sitting Training							X											
Blended Families			X		X								X					
Blood Pressure											X							
Breast Feeding											X							X
Child Abuse & Neglect			X				X					X						
Child Development Issues			X				X			X								
Child: Deployment Support			X				X											
Child Play Groups							X											
Children: Parenting	X		X				X			X		X						
Children: Special Needs			X				X			X	X							X
Childcare							X											
Cholesterol											X							

Combat Stress/PTSD					X						X	X						
Communcial Diseases						X												
Community Safety																		
Conflict Resolution			X		X				X			X						
Consumer Affairs/Fraud			X															
Counseling: Children		X			X							X						
Counseling: Couples					X							X						
Counseling: Individuals		X			X							X						
Counseling: Families		X			X							X						
CPR Training	X							X										
Crisis Intervention				X	X			X				X						
Deployment			X		X	X	X					X	X					
Deployment Readiness			X		X	X	X											
Depression					X						X	X						
Domestic Violence			X		X							X	X					
Drug Related Issues		X		X														
Employment			X						X									
English as a Second language			X															
Exceptional Family Members/Special Needs			X						X		X							
Family Support Services			X		X				X									
Family Readiness Group Assistance			X															
Financial Counseling			X		X													
First Aid Class	X							X										
Fitness																	X	
Fitness Testing																		
Food Safety																		X
Gambling Support																		
Grief Counseling					X							X						
Hearing Conservation											X			X				
Heart care											X							
HIV/AIDS						X					X							
Hypertension											X							
Injury Prevention															X			
Leadership					X													
Lending Closet			X															
Loans			X															
Marital Counseling					X							X						
Marital Difficulties					X							X	X					
Medical											X							
Men's Issues					X							X						
mild Traumatic Brain Injury(mTBI)											X	X						
Moral Leadership					X													
Newcomer's Information			X		X													
New Parent			X					X										
Nutrition Education											X							X

Oral & Dental Health								X										X
Pain Management										X								
Parenting Skills			X		X			X		X		X						
Patient Liaison										X								
Pets																	X	
Physical Therapy										X								
Pregnancy			X							X			X					X
PTSD/mTBI										X	X							
Religious services (Church Svcs)					X													
Relocation Assistance			X															
Safety (all-fire,water,etc)																		
Self Care																		
Self Esteem		X	X		X							X						
Sexual Assault			X										X					
Sexual Harrassment			X					X										
Sexually Transmitted Infections						X				X								
Single Parenting			X		X		X		X		X							
Sleep Issues										X								
Special Needs: Adult			X															
Special Needs: Child			X				X			X								
Spiritual Fitness					X													
Sponsorship Assistance			X															
Stress Management		X	X		X					X	X							
Suicide Prevention/Intervention			X		X						X							
Teen Activities/Issues		X			X		X				X							
Time Management			X															
Tobacco Cessation Classes						X												
Transition			X										X					
Translator/Interpreter																		
Travel Medicine						X												
Victim Advocacy/Support			X		X													
Volunteering			X															
Water Safety														X				
Weight Mgmt										X								X
Women's Issues					X					X	X							
Worksite Ergonomics										X			X					
Worksite Safety														X				
Worksite Violence											X							