

# Community Resource Guide

January 1

# 2015

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

# Table of Contents

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Click on any of the below concerns or situations to jump to a point-of-contact.

<a href="#">Adoption</a>	<a href="#">Financial Counseling</a>	<a href="#">Post Traumatic Stress Disorder (PTSD)</a>
<a href="#">Attention Deficit Disorder</a>	<a href="#">First Aid Class</a>	<a href="#">Retiree Issues</a>
<a href="#">Alcohol Related Issues</a>	<a href="#">Fitness</a>	<a href="#">Risk Management</a>
<a href="#">Anger Management</a>	<a href="#">Gambling</a>	<a href="#">Self Care</a>
<a href="#">Assertiveness Training</a>	<a href="#">Grief Counseling</a>	<a href="#">Self Esteem</a>
<a href="#">Blended Families</a>	<a href="#">Heart Care</a>	<a href="#">Single Parenting</a>
<a href="#">Breast Feeding</a>	<a href="#">Hearing Conservation</a>	<a href="#">Spiritual Fitness</a>
<a href="#">Car Seat Safety</a>	<a href="#">HIV / AIDS</a>	<a href="#">STD Counseling</a>
<a href="#">Child Abuse &amp; Neglect</a>	<a href="#">Hypertension</a>	<a href="#">Stress Management</a>
<a href="#">Children Rearing</a>	<a href="#">Injury Prevention</a>	<a href="#">Suicide Prevention</a>
<a href="#">Children: Special Needs</a>	<a href="#">Lactation Support</a>	<a href="#">Teen Issues</a>
<a href="#">Cholesterol</a>	<a href="#">Leadership, Moral</a>	<a href="#">Time Management</a>
<a href="#">Community Safety</a>	<a href="#">Marital Counseling</a>	<a href="#">Tobacco Cessation (Adult/Teen)</a>
<a href="#">Conflict Resolution</a>	<a href="#">Marital Difficulties</a>	<a href="#">Travel Medicine</a>
<a href="#">Couples Counseling</a>	<a href="#">Mild Traumatic Brain Injury (mTBI)</a>	<a href="#">Water Safety</a>
<a href="#">CPR Training</a>	<a href="#">Men's Issues</a>	<a href="#">Women's Issues</a>
<a href="#">Crisis Intervention</a>	<a href="#">New Parenthood</a>	<a href="#">Worksite Ergonomics</a>
<a href="#">Deployment Readiness</a>	<a href="#">New Comer Orientation</a>	<a href="#">Worksite Safety</a>
<a href="#">Depression</a>	<a href="#">Nutrition Education</a>	<a href="#">Worksite Violence</a>
<a href="#">Domestic Violence</a>	<a href="#">Oral &amp; Dental Health</a>	<a href="#">Weight Management</a>
<a href="#">Drug Related Issues</a>	<a href="#">Parental Skills</a>	
<a href="#">EFMP</a>	<a href="#">Physical Therapy</a>	
<a href="#">Family Issues Support Services</a>	<a href="#">Pregnancy</a>	

*CHPC Bringing Your Local Resources Together*



## **Adoption**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule: Please call for appointment

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: 458-6015 Civ (49) 02451-63-3791

## **Alcohol Related Issues**

*Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)*

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

Description: Botvin's Life Skills Curriculum: A Drug and Alcohol Prevention Program; The course emphasizes 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: 12-18 year old Family Members

Schedule: N/A

Contact Info: AFNORTH School

DSN: (31) 45 527 8269

*Div/Dept: Army Substance Abuse Program Substance Abuse Rehab Department*

Service(s): Assessment Counseling; Information and Referral

Description: Clinical Assessment provided to Soldiers and Family Members who are referred for a substance abuse evaluation.

Target Audience: Soldiers and Family Members who are referred for a substance abuse evaluation

Schedule: Please call for appointment

Contact Info: Building 22 Room 102

DSN: 360-7410 Civ (31) 046-443-7410

*Div/Dept: Alcohol, Drug Abuse Prevention & Treatment (ADAPT)*

Service(s): Individual

Description: Individual assessment and treatment for alcohol related issues, provide education about alcohol usage, referral

Target Audience: Active Duty & family members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 (49) 02451-99-3378

## **Anger Management**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule: N/A

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): The Challenge of Blended Families

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

Target Audience: N/A

Schedule: Call for schedule

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Support Services

Description: N/A

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Anger Management and Coping Skills

Description: Individual therapy aimed at increasing coping skills and decreasing anger/inappropriate outbursts

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

## **Anxiety**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using our Military and Family Life Consultants

Target Audience: DoD personnel, family members

Schedule: N/A

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Support Services

Description: N/A

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: Building H-405 JFCHQ-Brunssum

DSN: 364-2940 Civ (31) 045-526-2940

*Div/Dept: Mental Health Services*

Service(s): Individual therapy aimed at decreasing anxiety symptoms

Description: Individual therapy aimed at increasing coping skills and decreasing anger/inappropriate outbursts

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

## **Assertiveness Training**

*Div/Dept: Army Community Service (ACS)*

Service(s): Assertiveness Training

Description: Discover the meaning of assertiveness, how it differs from aggressiveness and how to keep the balance.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Call for schedule

Contact Info: Building 39 USAG Schinnen

DSN:360-7500 Civ (31) 046 443-7500

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule: N/A

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Mental Health Services*

Service(s): Individual

Description: Individual counseling aimed at increasing assertiveness skills

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

## **Asthma**

*Div/Dept: US Health Clinic- PCM Team*

Service(s):

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

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Attention Deficit Disorder**

*Div/Dept: Army Community Service (ACS)*

Service(s): Support Services

Description: N/A

Target Audience: Active Duty & family members

Schedule: Call for schedule

Contact Info: Building 39 USAG Schinnen

DSN:360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- PCM Team*

Service(s):

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

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

Civ:458-3200 CIV (49) 02451-99-3200

## **Autism/Asperger's**

*Div/Dept: Army Community Service (ACS)*

Service(s): Support Services

Description: N/A

Target Audience: Active Duty & family members

Schedule: Call for schedule

Contact Info: Building 39 USAG Schinnen

DSN:360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- PCM Team*

Service(s):

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

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

## **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: DSN: 364-3121/ commercial (31) 045 526 3121

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

## **Battlemind/Landing Gear**

*Div/Dept: Mental Health Services*

Service(s): Pre/Post-Deployment Training

Description: Pre and post deployment Briefing

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

## **Blended Families**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): The Challenge of Blended Families

Description: Discuss how to meet children's physical, emotional and intellectual needs in a blended family. Teach good behavior and to communicate openly.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule:

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

## **Blood Pressure**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

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

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

## **Breast Feeding**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

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

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Women, Infants, Children Overseas*

Service(s): Support Services

Description: N/A

Target Audience: N/A

Schedule: Call or walk in for appointment

Contact Info: 39 S

DSN: 360-7489 Civ (31) 046-443-7489

## **Child Abuse & Neglect**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

Description: Individual appointments with your Primary Care Manager for concerns about:  
Child Abuse/Neglect

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*Div/Dept: Army Community Service (ACS)*

Service(s): Family Advocacy, Training/Education

Description: Provides support and treatment for child abuse/neglect victims and offenders of families of domestic violence.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule:

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Mental Health Services- Family Advocacy Program(FAP)*

Service(s): Individual/Family sessions

Description: Treatment for victims and offenders involved in family violence/maltreatment

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

## **Child Development Issues**

*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:

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*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: Please call for appointment

Contact Info: SHAPE Clinic, Building 401, Rm. 1B 124

DSN: 423-5970 CIV (0032) 6544 5970

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

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

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

## **Child Play Group**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Children Play Group

Description: Weekly supervised play morning

Target Audience: DoD personnel, family members

Schedule: Call for Schedule

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): New Parent Support

Description: The New Parent Support program is targeted towards new or first-time parents. Services are available to all parents from pregnancy through the child's third year. The program is designed to strengthen parents' knowledge and skills so that they can then provide environments wherein their children are able to thrive.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK (49) 02451-99-3378

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Support Services

Description: N/A

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31)  
045 526-2940

## **Children: Parenting**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): New Parent Support

Description: Provide home visits to families that would like support. Resource for answers to child-rearing questions. Resource library available; topics include pregnancy, breastfeeding, toddler discipline, teen issues. Assist families with adapting to a new baby.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK (49) 02451-99-3378

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: For parents or those anticipating parenthood

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*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 (Social Worker, Psychologist, Occupational Therapist, Speech and Language Pathologist, Early Interventionist and Physical Therapist) providing specialized services to children birth to three with suspected or confirmed developmental delays. Parents and Physician can refer children ages birth to 3 to EDIS. School-age children may be referred to EDIS by the school for related assessments or services.

Target Audience: 0-21 years, and their families

Schedule: Please call for appointment

Contact Info: SHAPE Clinic, Building 401, Rm. 1B 124

DSN: 423-5970 CIV (0032) 6544 5970

*Div/Dept: Mental Health Services*

Service(s): Individual/Family sessions

Description: If you are having problems coping with the child raising years

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

## **Children: Deployment Support**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): New Parent Support

Description: Provide home visits to families that would like support. Resource for answers to child-rearing questions. Resource library available; topics include pregnancy, breastfeeding, toddler discipline, teen issues. Assist families with adapting to a new baby.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK (49) 02451-99-3378

## **Children: Special Needs**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

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

DSN: 423-5970 CIV (0032) 6544 5970

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Children with Specials Need.

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services- Exceptional Family Member Program(EFMP)*

Service(s): Identification and referral for special needs

Description: Enrollment in the Exceptional Family Member Program. Assistance with Exceptional Family Member Program reassignments

Target Audience: Active Duty, Family Members

Schedule: Call for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 CIV (49) 02451-99-3378

## **Child Care**

*Div/Dept: Child and Youth Services (CYS)*

Service(s):

Description: After School Program: Provides a supervised before and after school program as well as hourly/open recreational programs daily. Special events include trips, lock-ins, dances, etc. 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:

Schedule: N/A

Contact Info: Bldg H 505 A/ 82 GK

DSN: 364-3121 A/ 458-6017 GK/ commercial (31) 045-526-3121 A (49) 2451-63-2216

## **Cholesterol**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule:

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Combat Stress/PTSD**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: Support services

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule:

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Identification and referral for special needs

Description: Evaluation of suicidality, homicidality, PTSD and domestic violence

Target Audience: Active Duty, Family Members

Schedule: Call for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 CIV (49) 02451-99-3378

## **Communicable Diseases**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about:  
Communicable diseases.

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: (49) 02451-99-3200

## **Community Safety**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule:

Contact Info: GK Building 208

DSN: (49) 02451-99-3200

## **Conflict Resolution**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule: N/A

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): Conflict Resolution Skills

Description: Discuss the causes of conflict, step-by-step problems solving and mediation techniques. Emphasize the importance of good communication and show the benefits of settling differences.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling

Description: Pastoral Counseling

Target Audience:

Schedule: N/A

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: 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: N/A

Schedule: N/A

Contact Info: Building 24 Daumerie Caserne

DSN: 361-5057 Civ (32) 068-27-5057

*Div/Dept: Mental Health Services*

Service(s): Support Services

Description: Treatment aimed at increasing communication and decreasing conflicts in families/couples/individuals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Consumer Affairs/Fraud**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: To enhance management of personal finances and subsequently develop money management maturity, confidence, and responsibility. Confidential one-on-one counseling provided for families.

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN:458-6015 Civ (49) 02451-63-3791

*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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

**Counseling: Children**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling

Description: Pastoral Counseling

Target Audience:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

**Counseling: Families**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling

Description: Pastoral Counseling

Target Audience:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Support Services

Description: Treatment aimed at increasing communication and decreasing conflicts in families/couples/individuals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

**Counseling: Individuals**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling

Description: Pastoral Counseling

Target Audience:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Support Services

Description: Treatment aimed at increasing communication and decreasing conflicts in families/couples/individuals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Couples Counseling**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling

Description: Pastoral Counseling

Target Audience:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Support Services

Description: Treatment aimed at increasing communication and decreasing conflicts in families/couples/individuals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **CPR Training**

*Div/Dept: American Red Cross*

Service(s): CPR Training

Description: Individual Initial and Renewal

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

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: (49) 02451-63-2068

## **Crisis Intervention**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

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

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

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

Schedule: Please call for appointment

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN:458-6015 Civ (49) 02451-63-3791

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

Service(s): Assessment Counseling; Information and Referral

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

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

Schedule: Please call for appointment

Contact Info: Building 22 Room 102

DSN: 360-7410 Civ (31) 046-443-7410

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling for Individual or families experiencing Crisis

Description: Pastoral Counseling for Individual or families experiencing Crisis

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

Schedule: Please call for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Health Clinic/PCM Team*

Service(s): Crisis Intervention

Description: Individual Initial and Renewal

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Evaluation of suicidality, homicidality, and domestic violence

Description: Individual Initial and Renewal

Target Audience: Active Duty, Family Members

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Deployment Readiness**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Individual and family readiness

Description: Offers mandatory Pre-Deployment Briefs for airmen and family members, sustainment, and reintegration briefs

Target Audience: Deploying DoD personnel and spouses

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): Deployment Readiness

Description: Pre and post deployment Briefing

Target Audience: Deploying DoD personnel and spouses

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- Public Health*

Service(s): Pre and Post Deployment Support Services

Description: Coordination of all Pre and Post Deployment services

Target Audience: Active Duty and DOD Civilians

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3328 commercial (49) 02451-99-3328

*Div/Dept: Mental Health Services*

Service(s): Pre Post Deployment Readiness screening

Description: Available for group briefings or individual appointments for deployment related concerns and Airman Resiliency Training (Pre & Post Deployment briefings)

Target Audience: Active Duty, Family Members

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Depression**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling for Individual or families

Description: Pastoral Counseling for Individual or families

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

Schedule: Please call for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule:

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

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

Target Audience: Active Duty, Family Members

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500 Victim Advocate Hotline (+31) 0612 216 737

### *Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling for Individual or families

Description: Confidential Counseling to reduce the escalation of potentially violent situations

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

Schedule: Please call for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

### *Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Treatment for victims and offenders involved in family violence/maltreatment

Target Audience: Active Duty, Family Members

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Drug Related Issues**

### *Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)*

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

Description: Botvin's Life Skills Curriculum: A Drug and Alcohol Prevention Program; The course emphasizes 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: 12-18 year old Family Members

Schedule: N/A

Contact Info: AFNORTH School

DSN: (31) 45 527 8269

### *Div/Dept: Army Substance Abuse Program Substance Abuse Rehab Department*

Service(s): Assessment Counseling; Information and Referral

Description: Clinical Assessment provided to Soldiers and Family Members who are referred for a substance abuse evaluation.

Target Audience: Soldiers and Family Members who are referred for a substance abuse evaluation

Schedule: Please call for appointment

Contact Info: Building 22 Room 102

DSN: 360-7410 Civ (31) 046-443-7410

*Div/Dept: Alcohol, Drug Abuse Prevention & Treatment (ADAPT)*

Service(s): Individual Counseling  
Description: Assessment, treatment and referral  
Target Audience: Active Duty, Family Members  
Schedule: Please call for appointment  
Contact Info: GK Building 208  
DSN: 458-3378 CIV (49) 02451-99-3378

## **Employment**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Individual and family readiness  
Description: Employment Readiness provides resources, career assessments, training and resources for individuals seeking employment and career development.  
Target Audience: Deploying DoD personnel and spouses  
Schedule: Please call for appointment  
Contact Info: GK Building 78  
DSN: 458-6015 Civ (49) 02451-63-3791

*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: Building 39 USAG Schinnen  
DSN: 360-7500 Civ (31) 046 443-7500

## **English as a Second Language**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Information and Referral  
Description: Offers information and referral resources using Military One Source  
Target Audience: DoD personnel, family members  
Schedule:  
Contact Info: Building 78, Geilenkirchen NATO AB, Germany  
DSN: DSN 458-6015 Civ (49) 02451-63-3791

*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: Building 39 USAG Schinnen  
DSN: 360-7500 Civ (31) 046 443-7500

## **EFMP**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Individual and family readiness  
Description: Offers information and referral resources  
Target Audience: DoD personnel, family  
Schedule: Please call for appointment  
Contact Info: GK Building 78  
DSN: 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): EFMP (Exceptional Family Member Program)

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: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN 360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Family members with special needs

Target Audience: Tri-Care Beneficiaries

Schedule:

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Enrollment in the Exceptional Family Member Program. Assistance with Exceptional Family Member Program reassignments

Target Audience: Active Duty

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Financial Counseling**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Financial Counseling

Description: To enhance management of personal finances and subsequently develop money management maturity, confidence, and responsibility. Confidential one-on-one counseling provided for families.

Target Audience: Active Duty, Family Members

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Service (ACS)*

Service(s): Financial Counseling

Description: Financial Readiness Counseling on budgeting, consumer affairs, check writing. Classes available upon request.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling for Individual or families experiencing Crisis

Description: Pastoral Counseling for Individual or families experiencing Crisis

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

Schedule: Please call for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

## **First Aid Class**

*Div/Dept: American Red Cross*

Service(s): First Aid Class

Description: Individual Initial and Renewal

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

Schedule: Please call for appointment

Contact Info: Spangdalem

DSN: 452-9440

## **Fitness**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule:

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Sports & Fitness Centers*

Service(s): Sports and Fitness Facilities

Description:

Target Audience:

Schedule:

Contact Info: Building 26 Schinnen/H-405 Brunssum

DSN: 360-7488 (S) commercial (+31) 046 443 7488/ 364-3170 commercial (+31) 045 256 7488

## **Food Safety**

*Div/Dept: US Health Clinic- Public Health*

Service(s): Food Safety

Description: Information on food handling

Target Audience: Active Duty and DOD Civilians

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3328 commercial (49) 02451-99-3328

## **Gambling Support**

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Individual counseling aimed at dealing with gambling addiction

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Grief Counseling**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Pastoral Counseling

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

Target Audience:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Aids individuals with loss of family member, divorce, separation, and major illness.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Hearing Conservation**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

## **Heart Care**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Health Promotions*

Service(s): Education

Description: Coronary Heart Disease (CHD) associated risk factor identification of client by client. Cause and impact of elevated CHD levels. Preventive/lowering cholesterol levels through lifestyle change.

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3358 CIV 49-02451-99-3358

## **HIV / AIDS**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about: Cholesterol, Heart Care, Hypertension, Sexually Transmitted Infections, Stress Management, Tobacco Cessation

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Health Clinic- Public Health*

Service(s): Education and Prevention Supplies, Referral

Description: Individual appointments with your Primary Care Manager for concerns about: HIV/AIDS related issues

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3328 CIV (49) 02451-99-3328

## **Hypertension**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Health Clinic- Public Health*

Service(s): Education and Prevention Supplies, Referral

Description: High Blood Pressure associated risk factor identification of client by client. Cause and impact of elevated High Blood Pressure levels. Preventive/lowering High Blood Pressure levels through lifestyle change

Target Audience: Anyone with co morbidities indicating high risk of High Blood Pressure

Current clientele centered on recently diagnosed or identified through medical referral.

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3386 CIV 49-02451-99-3386

## **Injury Prevention**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: : 458-3200 CIV (49) 02451-99-3200

## **Leadership, Morale**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Training

Description: Provides communication and assessment skills training with Four Lenses and True Colors. Information and Referral services.

Target Audience: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): AFTB Training Classes levels I-III

Description: Courses (Level III 3) focus on developing leadership skills essential for every leader trying to achieve success in a team/group environment.

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

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/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:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

## **Lending Closet**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

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: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*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.

## **Loans**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Emergency Financial Assistance

Description: Through Air Force Aid Society interest free loans and grants may be provided for financial emergencies.

Target Audience: DoD personnel, family members

Schedule: N/A

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*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.

## **Marital Counseling**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Individual/ Family Counseling

Description: Pastoral Counseling

Target Audience:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Individual and Couple Counseling

Description: Reduce marital discord and improve relationships.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Marital Difficulties**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Individual/ Family Counseling

Description: Pastoral Counseling

Target Audience:

Schedule: Please call for appointment.

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Individual and Couple Counseling

Description: Reduce marital discord and improve relationships.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Medical**

*Div/Dept: Health Promotions*

Service(s): Individual appointments

Description: Risk factor identification of client by client.

Target Audience: Tri-care beneficiaries.

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3358 CIV 49-02451-99-3358

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Men's Issues**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about:  
Men's Issues

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Strengthen communication, resolve conflicts, problem solve, and increase trust.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Mild Traumatic Brain Injury (mTBI)**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about: Mild Traumatic Brain Injury

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Individuals counseling, referrals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **New Comer Orientation**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

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: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): Relocation

Description: Base Welcome Package, Sponsor Training, Newcomers orientation, Lending Closet, Cultural Adaptation Programs

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

## **New Parenthood**

*Div/Dept: Army Community Service (ACS)*

Service(s): New Parent Support

Description: The New Parent Support program is targeted towards new or first-time parents.

Services are available to all parents from pregnancy through the child's third year. The program is designed to strengthen parents' knowledge and skills so that they can then provide environments wherein their children are able to thrive.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Individuals counseling, referrals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Nutrition Education**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Education

Description: Discuss issues with provider who can refer to Wellness Center for various counseling, i.e., HTN, High cholesterol, weight reduction, etc.

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*Div/Dept: Health Promotions*

Service(s): Education

Description: General Nutrition education classes taught to encourage lifestyle change in clients. Includes Ideal body weight, body mass index, food guide pyramid, reading food labels, maintaining/loss of body fat.

Target Audience: Tri-care beneficiaries.

Schedule: Please call for appointment

DSN: 458-3358 CIV(49) 02451-99-3358

*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: Call or walk in for appointment

Contact Info: 39 S

DSN: 360-7489 Civ (31) 046-443-7489

## **Oral & Dental Health**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about:  
Oral & Dental Health

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*Div/Dept: US Dental Clinic Geilenkirchen*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about:  
Oral & Dental Health

Target Audience: Active Duty US Military, Family Members

Schedule: Please call for appointment

Contact Info: GK Building 198

DSN: (49) 02451-99-3535

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

Service(s): Support Services

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: N/A

Schedule: Please call for appointment

Contact Info: 39 S

DSN: 360-7489 Civ (31) 046-443-7489

## **Pain Management**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Parental Skills**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Healthy Pregnancy, Healthy Baby

Description: Bundles for Babies workshop; offers information and referral on issues for pregnant couples

Target Audience: Expectant Mothers and Fathers

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015      Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): Parenting Group

Description: Breaking abusive patterns of child abuse/neglect Meets concurrently with Children/Adolescent Support Group. Participants learn techniques for effective parenting. Prepare for difficult situations before they occur.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: For parents or those anticipating parenthood

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*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 (Social Worker, Psychologist, Occupational Therapist, Speech and Language Pathologist, Early Interventionist and Physical Therapist) providing specialized services to children birth to three with suspected or confirmed developmental delays. Parents and Physician can refer children ages birth to 3 to EDIS. School-age children may be referred to EDIS by the school for related assessments or services.

Target Audience: 0-21 years, and their families

Schedule: Please call for appointment

Contact Info: SHAPE Clinic, Building 401, Rm. 1B 124

DSN: 423-5970 CIV (0032) 6544 5970

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual/Family sessions

Description: If you are having problems coping with the child raising years

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

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

Service(s): Support Services

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: N/A

Schedule: Please call for appointment

Contact Info: 39 S

DSN: 360-7489 Civ (31) 046-443-7489

## **Patient Liaison**

*Div/Dept: US Health Clinic- PCM Team*

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

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Physical Therapy**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

## **Pregnancy**

*Div/Dept: American Red Cross*

Service(s): Education

Description: Describes each trimester of pregnancy, different birthing methods, nutrition and care of a newborn

Target Audience: Expectant Mothers

Schedule: Please call for appointment

Contact Info: Spangdalem

DSN: 452-9440

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Healthy Pregnancy, Healthy Baby

Description: Bundles for Babies workshop; offers information and referral on issues for pregnant couples

Target Audience: Expectant Mothers and Fathers

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): Parenting Group

Description: The New Parent Support program is targeted towards new or first-time parents. Services are available to all parents from pregnancy through the child's third year. The program is designed to strengthen parents' knowledge and skills so that they can then provide environments wherein their children are able to thrive.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*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: Call to schedule appointment

Contact Info: 39 S

DSN: 360-7489 Civ (31) 046-443-7489

**Post Traumatic Stress Disorder (PTSD)**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Post Traumatic Stress Disorder

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN:458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Individuals counseling, referrals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## 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: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

## Relocation Services

### *Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Smooth Moves

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

Target Audience: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

### *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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

## Retiree Issues

### *Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Counseling/Workshops

Description: Transition assistance workshop

Target Audience: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

### *Div/Dept: Army Community Service (ACS)*

Service(s): Education and Referral

Description: Pre-retirement assistance to all AD personnel, and post-retirement services to all retirees in the AOR. Handles inquiries regarding VA and other programs related to benefits

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

### *Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Safety: (All, fire water, etc.)**

*Div/Dept: Health Promotions*

Service(s): Individual appointments

Description: Risk factor identification of client by client.

Target Audience: Tri-care beneficiaries.

Schedule: Please call for appointment

DSN: 458-3386 CIV(49) 02451-99-3386

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*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 360-7242 Civ (+31) 046 443 7242

Location: Building 8 Room 204 Schinnen

## **Self Care**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Self Esteem**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment counseling; Information and referral

Description: Offers information and referral resources through personalized consultation and  
Military One Source

Target Audience: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): Developing Positive Self Esteem

Description: Discuss self esteem and ways of building or rebuilding esteem in yourself and  
others.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about: Self esteem.

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Individuals counseling, referrals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **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 366-6874 Civ (+32) 065 32 6874 Cell (32) 0478 630 986

Local Victim Advocate (+31) 0651 919 119

Location: Building 318 SHAPE

*Div/Dept: SHAPE Healthcare Facility*

Service(s): SHARP

Description: Individual appointments with the SHARP Team for concerns about: Sexual Assault

Contact Info: DSN 423-5886 Civ (32) 065 44 5886 Central Appointments

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

Location: Building 401 SHAPE

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Individuals counseling, referrals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **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 366-6874 Civ (32) 065 32 6874 Cell (32) 0478 630 986

Local Victim Advocate (+31) 0651 919 119

Location: Building 318 SHAPE

### *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 Daumerie Caserne

### *Div/Dept: Mental Health Services*

Service(s): Individual Counseling

Description: Individuals counseling, referrals

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Sexually Transmitted Infections**

### *Div/Dept: Health Clinic- Public Health*

Service(s): Education and Prevention Supplies, Referral

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: (49) 02451-99-3328

### *Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Single Parental Skills**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Healthy Pregnancy, Healthy Baby

Description: Bundles for Babies workshop; offers information and referral on issues for pregnant couples/singles

Target Audience: Expectant Mothers and Fathers

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): Parenting Group

Description: Breaking abusive patterns of child abuse/neglect Meets concurrently with Children/Adolescent Support Group. Participants learn techniques for effective parenting. Prepare for difficult situations before they occur.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: For parents or those anticipating parenthood

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*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 (Social Worker, Psychologist, Occupational Therapist, Speech and Language Pathologist, Early Interventionist and Physical Therapist) providing specialized services to children birth to three with suspected or confirmed developmental delays. Parents and Physician can refer children ages birth to 3 to EDIS. School-age children may be referred to EDIS by the school for related assessments or services.

Target Audience: 0-21 years, and their families

Schedule: Please call for appointment

Contact Info: SHAPE Clinic, Building 401, Rm. 1B 124

DSN: 423-5970 CIV (0032) 6544 5970

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual/Family sessions

Description: If you are having problems coping with the child raising years

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

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

Service(s): Support Services

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: N/A

Schedule: Please call for appointment

Contact Info: 39 S

DSN: 360-7489 Civ (31) 046-443-7489

## **Sleep Issues**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual/Family sessions

Description: If you are having problems with sleeping, anxiety etc.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 Civ (49) 02451-99-3378

## **Special Needs -Adult**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Adults with Specials Need.

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Identification and referral for special needs

Description: Enrollment in the Exceptional Family Member Program. Assistance with Exceptional Family Member Program reassignments

Target Audience: Active Duty, Family Members

Schedule: Call for appointment

Contact Info: GK Building 208

DSN: GK 458-3378 CIV (49) 02451-99-3378

## **Special Needs -Children**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment Counseling; Information and Referral

Description: Offers information and referral resources using Military One Source

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

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

DSN: 423-5970 CIV (0032) 6544 5970

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

Description: Individual appointments with your Primary Care Manager for concerns about: Children with Specials Need.

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

## **Spiritual Fitness**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: Pastoral Counseling

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

## **Sponsorship Assistance**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Sponsorship Training

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

Target Audience: DoD personnel, family members

Schedule:

Contact Info: Building 78, Geilenkirchen NATO AB, Germany

DSN: DSN 458-6015 Civ (49) 02451-63-3791

*Div/Dept: Army Community Services (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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

## **Stress Management**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment counseling; Information and referral

Description: Offers information and referral resources

Target Audience: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): Relocation Assistance/Sponsorship Training

Description: Information and referral services. Guidance, counseling, advocacy before, during, after the move, lending closet, locally produced publications.

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: Pastoral Counseling

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Treatment

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

Target Audience: Tri-Care Beneficiaries

Schedule: Call or walk in for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual or group

Description: Individual Counseling - increase positive coping skills, identifying stressors, stress management plan

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Suicide Prevention**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Assessment counseling; Information and referral

Description: Offers information and referral resources

Target Audience: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: Mental Health Services*

Service(s): Individual or group

Description: Treatment aimed at helping individuals identify stress triggers, and learning how to avoid them.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Teen Issues**

*Div/Dept: Child and Youth Services (CYS)*

Service(s): Individual or group

Description: After School Program: Provides a supervised before and after school program as well as hourly/open recreational programs daily. Special events include trips, lock-ins, dances, etc. 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: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: Bldg H 505 A/ 82 GK/ GK Building 4 JFC Brunssum Building H-405

DSN: 364-3121 A/ 458-6017 GK/ commercial (31) 045-526-3121 A (49) 2451-63-2216

*Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)*

Service(s): Counseling

Description: Counseling: Individual, group and family therapy for teens 12-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 year old Family Members

Schedule: Call or walk in for appointment

Contact Info: AFNORTH School

DSN: (31) 45 527 8269

## **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: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Mental Health Services*

Service(s): Individual or group

Description: Individual Counseling, prioritizing, learning to say no, managing demands

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Tobacco Cessation (Adult/Teen)**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about: Tobacco Cessation.

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Health Promotions*

Service(s): Individual appointments

Description: Individual strategies to become tobacco free.

Target Audience: Tri-care beneficiaries.

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3358 CIV 49-02451-99-3358

## **Transition**

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

Service(s): Counseling/Workshops

Description: Transition assistance workshop

Target Audience: DoD Personnel

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*Div/Dept: Army Community Service (ACS)*

Service(s): Education and Referral

Description: Pre-retirement assistance to all AD personnel, and post-retirement services to all retirees in the AOR. Handles inquiries regarding VA and other programs related to benefits

Target Audience: 17 years old; AD, FM, Retirees, Civilians, Local Nationals, Families

Schedule: Please call for appointment

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div/Dept: Mental Health Services*

Service(s): Individual Counseling  
Description: Individuals counseling, referrals  
Target Audience: Active Duty, Family Members  
Schedule: Call or walk in  
Contact Info: GK Building 208  
DSN: 458-3378 CIV(49) 02451-99-3378

## **Travel Medicine**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services  
Description: Individual appointments with your Primary Care Manager for concerns about: Travel Medicine  
Target Audience: Tri-Care Beneficiaries  
Schedule: Please call for appointment  
Contact Info: GK Building 208  
DSN: 458-3200 CIV (49) 02451-99-3200

## **Victim Advocacy/Support**

*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: Building 39 USAG Schinnen  
DSN: 360-7500 Civ (31) 046 443-7500 Victim Advocate (+31) 0651 919 119

*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: GK Building 4 JFC Brunssum Building H-405  
DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services  
Description: Individual appointments with your Primary Care Manager for concerns about: Victim Advocacy  
Target Audience: Tri-Care Beneficiaries  
Schedule: Please call for appointment  
Contact Info: GK Building 208  
DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual or group

Description: Individual Counseling

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Volunteering**

*Div/Dept: American Red Cross*

Service(s): Education

Description: Volunteer opportunities in the community.

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

Schedule: Please call for appointment

Contact Info: Spangdalem

DSN: 452-9440

*Div/Dept: Airman & Family Readiness Center (A&FRC)*

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

Schedule: Please call for appointment

Contact Info: GK Building 78

DSN: GK DSN 458-6015 Civ 02451-63-2229

*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,

Schedule: Call to schedule appt.

Contact Info: Building 39 USAG Schinnen

DSN: 360-7500 Civ (31) 046 443-7500

*Div. /Dept.: Chaplain Services (CH)*

Service(s): Volunteer Opportunities

Description: Various Volunteer openings

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

## **Water Safety**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN : 458-3200 CIV (49) 02451-99-3200

## **Weight Management**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Health Promotions*

Service(s): Individual appointments

Description: Risk factor identification of client by client.

Target Audience: Tri-care beneficiaries.

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3358 CIV 49-02451-99-3358

## **Women's Issues**

*Div/Dept: Chaplain Services/Family Life Chaplain*

Service(s): Counseling

Description: Counseling

Target Audience: Active Duty, Family Members

Schedule: Call or walk in for appointment

Contact Info: GK Building 4 JFC Brunssum Building H-405

DSN: GK DSN 458-6008 Civ (49) 02451-63-2229 JFC Brunssum DSN 364-2940 Civ (31) 045 526-2940

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

Description: Individual appointments with your Primary Care Manager for concerns about: Women's issues

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: 458-3200 CIV (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Individual or group

Description: Strengthen communication, resolve conflicts, problem solve, and increase trust.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: 458-3378 CIV(49) 02451-99-3378

## **Worksite Ergonomics**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: (49) 02451-99-3200

## **Worksite Violence**

*Div/Dept: US Health Clinic- PCM Team*

Service(s): Support Services

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

Target Audience: Tri-Care Beneficiaries

Schedule: Please call for appointment

Contact Info: GK Building 208

DSN: (49) 02451-99-3200

*Div/Dept: Mental Health Services*

Service(s): Training

Description: Unit training is provided upon request to identify the hazards in the workplace, and to reduce the risks prevalent.

Target Audience: Active Duty, Family Members

Schedule: Call or walk in

Contact Info: GK Building 208

DSN: : 458-3200 CIV 458-3386 CIV(49) 02451-99-3386