

USAG Schinnen/Tri-border Community Health Promotion and Well Being Resource Guide

Last updated December 2011

Health Promotion and Well Being Council POC: christopher.r.staker.civ@mail.mil



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|--|--------------------|--|----------------------------------|------------------------|--|--|--------------------------------|------------------------------|-------------------|---|------------------------------|------------------------------|----------------------------------|---------------------------------------|---|---------------------|---------------|--|------------------------------------|
| <p>At any time that support is needed urgently contact your local MP station at 114 for 24hr on-call-support</p> | American Red Cross | Adolescent Substance Abuse Counseling Services | Airman & Family Readiness Center | Army Community Service | Army Substance Abuse/ Employee Assistance/ Community Counseling Center | Chaplain services/ Family Life Chaplain | Child, Youth & School Services | Dental Clinic Geilenkirchen | Equal Opportunity | Educational Developmental Intervention Services | Health Clinic/ Public Health | Health Clinic/ PCM Team | 470 ABS Wellness Center | Legal Office | Mental Health Services/Alcohol, Drug Abuse Prevention and Treatment Program/Family Advocacy | Occupational Health | Safety Office | Sports & Fitness Center Schinnen and AFNORTH | Women, Infants & Children Overseas |
| | ARC | ASACS | AFRC | ACS | ASAP | CH | CYSS | Dental Clinic | EEO/EO | EDIS | HC PH | HC PCO | HAWC | JAG | Mental Health/ ADAPT/FAP | OH | Safety | Sports Ctr | WIC |
| | 49-02451-63-2068 | 042-527-8269 | 49-02451-63-3791 458-6015 | 360-7500 | 357-7745 | 49-002451-63-2229 458-6003 (GK) 364-2940 (A) | 364-3121 (A) 458-6017 (GK) | 49-02451-99-3535 458-3535 | 361-5057 | 423-5801 | 49-02451-99-3328 458-3328 | 49-02451-99-3200 458-3200 | 49-02451-99-3386 DSN 458-6166 | 49-02451-63-2253 (GK) 360-7693 (S) | 49-02451-99-3378 458-3378 | 423-5912 | 360-7242 | 360-7488 (S) 364-3170 (A) | 360-7489 |
| Building # Schinnen (S) AFNORTH (A) Geilenkirchen (GK) | 208 GK | High School A | 78 GK | 39 S | SSO S | 4 GK H-405 A | H-505 A 82 GK | 198 GK | Chievr es | 401 SHAPE | 208 GK | 208 GK | 161 GK | GK 37 S | 208 GK | Health Care Fac S | | 36 S H-405 A | 39 S |
| Adoption | | | S | | | | | | | | | | | | | | | | |
| Adult Education | | | | | | | | | | | | | | | | | | | |
| Alcohol Related Issues | | L | | | L | | | | | | | | | | L | | | | |
| Anger Management | | | S | S | | S | | | | | | | | | L | | | | |
| Anxiety | | | | | | S | | | | | | | | | L | | | | |
| Assertiveness Training | | | S | S | | | | | | | | | | | S | | | | |

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|--------------------------------------|-----|-------|------|-----|------|----|------|---------------|--------|------|-------|--------|------|-----|-------------------------|----|--------|------------|-----|
| Financial Support/Counseling | | | L | L | | S | | | | | | | | | | | | | |
| First Aid Class | L | | | | | | | | | | | S | | | | | | | |
| Fitness | | | | | | S | | | | | | S | | | | | | L | |
| Fitness Testing | | | | | | | | | | | | | L | | | | | | |
| Food Safety | | | | | | | | | | | L | S | | | | | | | |
| Gambling Support | | | | | | S | | | | | | | | | L | | | | |
| Grief Counseling | | | | | | L | | | | | | | | | L | | | | |
| Hearing Conservation | | | | | | | | | | | S | S | | | | L | | | |
| Heart Care | | | | | | | | | | | | L | S | | | | | | |
| HIV / AIDS | L | | | | | | | | | | S | L | | | | | | | |
| Hypertension | | | | | | | | | | | | L | S | | | | | | |
| Injury Prevention- | | | | | | | | | | | | S | | | | | | | |
| Leadership | | | S | | | L | | | | | | | | | | | | | |
| Lending Closet | | | L | L | | | | | | | | | | | | | | | |
| Marital Counseling | | | | S | | L | | | | | | | | | L | | | | |
| Marital Difficulties | | | S | S | | L | | | | | | | | | L | | | | |
| Medical | | | | S | | | | | | | S | L | | | | | | | |
| Men's Issues | | | | L | | S | | | | | | S | S | | L | | | | |
| mild Traumatic Brain Injury(mTBI) | | | | S | | S | | | | | | S | | | L | | | | |
| Moral Leadership | | | | | | L | | | | | | | | | | | | | |
| Newcomer's Information | | | L | L | | S | | | | | | L | | | S | | | | |
| New Parent | | | S | L | | | | | | | | S | | | S | | | | |
| Nutrition Education | | | | S | | | | | | | | S | S | | | | | | S |
| Oral & Dental Health | | | | | | | | L | | | | S | | | | | | | S |
| Pain Management | | | | | | | | | | | | L | | | S | | | | |
| Parenting Skills | | | S | L | | S | | | | S | | S | | | S | | | | S |
| Patient Liaison | | | | | | | | | | | | | | | | | | | |
| Pets | | | | | | | | | | | | | | | | | | | |
| Physical Therapy | | | | | | | | | | | | S | | | | | | | |
| Pregnancy | S | | S | S | | | | | | | | S | | | | S | | | S |
| PTSD/mTBI | | | | S | | S | | | | | | S | | | L | | | | |
| Religious Services (Church services) | | | | | | L | | | | | | | | | | | | | |
| Relocation Assistance | | | L | L | | | | | | | | | | | | | | | |
| Respiratory Protection | | | | | | | | | | | | S | | | | S | | | |
| Retiree Services | | | S | S | | | | | | | | S | | | | | | | |
| Safety (all- fire, water, etc) | | | | | | | | | | | S | S | | | | | | | |
| Self Care | | | | | | | | | | | | L | | | | | | | |
| Self Esteem | | | S | S | | L | | | | | | S | | | L | | | | |

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|---------------------------------|-----|-------|------|-----|------|----|------|------------------|------------|------|----------|-----------|------|-----|--------------------------------|----|--------|---------------|-----|
| Sexual Assault | | | | L | | S | | | | | | S | | | S | | | | |
| Sexual Harassment | | | | L | | | | | L | | | | | | S | | | | |
| Sexually Transmitted Infections | | | | | | | | | | | L | S | | | | | | | |
| Single Parenting | | | S | S | | S | | | | | | S | | | S | | | | |
| Sleep Issues | | | | | | | | | | | | S | | | L | | | | |
| Special Needs: Adult | | | S | L | | | | | | | | L | | | L | | | | |
| Special Needs: Child | | | S | L | | | | | | | | S | | | L | | | | |
| Spiritual Fitness | | | | | | L | | | | | | | | | | | | | |
| Sponsorship Assistance | | | L | L | | | | | | | | | | | | | | | |
| Stress Management | | | S | S | | S | | | | | | S | | | L | | | | |
| Suicide Prevention/Intervention | | | S | S | | L | | | | | | S | | | L | | | | |
| Teen Activities/Issues | | L | S | S | | S | L | | | | | | | | | | | | |
| Time Management | | | | S | | | | | | | | | | | S | | | | |
| Tobacco Cessation Classes | | | | | | | | | | | | S | L | | | | | | |
| Transition | | | L | S | | | | | | | | S | | | S | | | | |
| Translator/Interpreter | | | S | S | | | | | | | | S | | | | | | | |
| Travel Medicine | | | | | | | | | | | L | S | | | | | | | |
| Victim Advocacy/Support | | | | L | | S | | | | | | S | | | S | | | | |
| Volunteering Opportunities | S | | L | L | | S | | | | | | | | | | | | | |
| Water Safety | | | | | | | | | | | | S | | | | | | | |
| Weight Mgmt | | | | | | | | | | | | S | S | | S | | | | |
| Women's Issues | | | | S | | S | | | | | | S | | | S | | | | |
| Worksite Ergonomics | | | | | | | | | | | | S | | | | S | | | |
| Worksite Safety | | | | | | S | | | | | S | | | | | | L | | |
| Worksite Violence | | | | S | | | | | | | | S | | | L | | | | |