



# USAJFKSWCS

## Family Programs Newsletter



July 2025

### Mission & Vision

**Mission:** Family Programs promotes family stability and growth through outreach, information, referral, and follow-up services. Connecting the Families to the Military and Civilian community support services that will make a positive difference in their lives.

**Vision:** Our commitment is to provide a connection between the Special Warfare School Center (SWCS) Families, the Command, and the community resources which promotes self-reliance and resiliency. Through this connection we will increase a Family's ability to develop the life skills necessary to adapt to the unique challenges of Special Operations.

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## Important Announcement

- **School and Sports Physicals** – Womack Army Medical Center offers School & Sports physicals by appointment only from 8 a.m. to 3 p.m. on select Saturdays this summer. You must schedule an appointment by calling (910) 907-2778. Please bring all physical forms to your appointment. Appointments will only be available for scheduling three weeks prior to the Saturday clinic date.
- **Military/Veteran Crisis Lines:** is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.
  - CONUS: 988 Press 1
  - Europe Command: 844-702-5495
  - Indo-Pacific Command: 844-702-5493
  - Central Command: 855-422-7719
  - Africa Command: 888-482-6054
  - Southern Command: 866-989-9599
- **Stay Safe in the Heat** – When it gets hot outside, your body can get overheated and that can be dangerous. Here are two heat-related illnesses to watch out for:
  - Heat Stroke – skin feels hot and dry, confusion or faint, body temperature is 103 degrees or higher and fast, strong pulse. Call 911 right away and get the person to a cooler place, take off heavy clothes and cool them down with cold water.
  - Heat Exhaustion – Heavy sweating, dizziness, weakness or nausea, fast and weak pulse. Move to shade or indoors. Loosen clothes, sip water and cool the body with wet cloths/towels (or sheets) or a cold shower.

## Ongoing Manchester Road Closure

- **Manchester Rd Closure: Ongoing – 31 Aug 2025**

From around June 1 - August 31, Manchester Road from Morganton Rd to Morrison Bridge Rd will be closed for full-depth reclamation, the entire reconstruction of the roadbed. Military access will be maintained, but general traffic will need to seek alternate routes.

Here are a few potential options to consider:

- Southern Routes:

- Morganton Rd – King Rd – Plank Rd
- NC 211 – King Rd – Plank Rd

- Northern Routes:

- US 1-NC 690 – Morrison Bridge – Manchester
- US 1-NC 24/27 – NC 87

Fort Bragg PAO will announce road projects on their Facebook page, website, and the MAPA App.

More information can be found at the following links:

- <https://www.facebook.com/FortBraggPAO>
- <https://home.army.mil/bragg/roads>.
- <https://home.army.mil/bragg/> (MAPA is available in your phone's app store)



## SWCS Family Programs Upcoming Events

- \* 09 Jul – 2SWTG(A) Spouse in the School House      Click [here](#) to register
- \* 12 Jul – 2SWTG(A) Dancing Class      Click [here](#) to register
- \* 17 Jul – NCOA Battle House Team Building      Click [here](#) to register
- \* 19 Jul – HHC SWCS Teambuilding at the Ranch      Click [here](#) to register
- \* 24 Jul – JSOMTC Lunch with the Medics      Click [here](#) to register

## SWCS Family Programs STEAM Summer Series

- \* 17 Jul – Astronomy Day (Waitlist Available)      **SOLD OUT**
- \* 22 Jul – Exploring Nature      **SOLD OUT**
- \* 14 Aug – Fossil Fun Day      Click [here](#) to register

\* To view all these events and more visit our Official Webpage at:  
<https://www.swcs.mil/Resources/Family-Programs/>

## Soldier & Family Readiness Group (SFRG)

### Upcoming Virtual Classes

- \* 10 Jul – SFRG Informal Fund Custodian Training
- \* 17 Jul – Care Team Training
- \* 24 Jul – SFRG Key Contact Training

Participants will enter the virtual room by streaming through a smart phone, tablet or computer. Virtual registration closes 48 hours prior to start time. Link will be provided upon registration and through instructor.

If you are interested in registering for any of the above virtual classes,  
call the SFRG Center at: 910-432-3742.

## Fort Bragg Upcoming Events

To view all upcoming events, please visit the MWR website calendar at:

<https://bragg.armymwr.com/calendar?date=7/1/2025>

### **Highlighted:**

- **Summer Reading Program at Throckmorton Library**

Level Up at Your Library is an all-ages summer reading program based around puzzles and games. Whether you're playing with STEAM concepts or gamifying your reading logs, learning to play chess or how to code video games.

July Events and Programs

Register at <https://bragg.armymwr.com/programs/summer-reading-program>

Programs:

- \* 09 Jul – Felix and Fingers Pianos
- \* 16 Jul – Fayetteville Symphony Orchestra's Musical Petting Zoo
- \* 17 Jul – Gil's Keys to the Aquatic World
- \* 23 Jul – Green Gardening
- \* 30 Jul – The Wonders of Wildlife

Open to the public. For more information call: (910) 396-2665

## Better Opportunities for Single Soldiers (BOSS)

The BOSS Program assists Single Soldiers in identifying and planning recreational and leisure activities that are offered in a safe and exciting environment. It provides an opportunity for single soldiers to participate and contribute to their respective communities and gives the individual a sense of responsibility and involvement.

**BOSS Office:** Bldg. H-4358 Sapper Street

Office: 910-396-7751

Cell: 910-309-2966

[Better Opportunities for Single Soldiers :: Ft. Bragg :: US Army MWR](#)

## Resources

- SWCS Military & Family Life Consultants (MFLC) Team:  
Licensed Clinical Social Worker: 910-729-9380  
Licensed Clinical Mental Health Counselor: 910-723-3815  
Licensed Clinical Mental Health Counselor (specializes in children therapy):  
910-850-4416
- Defense Enrollment Eligibility Reporting System (DEERS):  
Location: Basement of Soldier Support Center  
Phone: 910-396-9339
- Humana / Tricare  
Phone: 800-444-5445  
Website: [www.humanamilitary.com](http://www.humanamilitary.com)
- Womack Army Medical Center (WAMC):  
Location: 2817 Rock Merritt Ave.  
Main Number: 910-907-9262  
Information: 910-907-6000  
Emergency Dept.: 910-907-7000
- Exceptional Family Member Program (EFMP) Medical and Family Support  
Location: 4th Floor Soldier Support Center  
Phone: 910-643-9642
- American Red Cross:  
Location: Bldg. 1-1139 corner of Macomb St. & Hamilton St.  
Website: [www.redcross.org](http://www.redcross.org)  
Phone: 910-396-1231
- Army Community Services:  
Location: 3rd Floor, Soldier Support Center  
Phone: 910-396-8682  
Website: <https://bragg.armymwr.com/programs/acs>

## Contact Us

### **U.S.A. John F. Kennedy Special Warfare Center and School (USAJFKSWCS) Family Programs Office**

Location: Bldg. D-3404 Darby Loop, Fort Bragg, NC 28310

Phone: 910-396-4455

Official Website: <https://www.swcs.mil/Resources/Family-Programs/>

Facebook Page: <https://www.facebook.com/S.W.C.S.FamilyPrograms>

USAJFKSWCS Family Programs Online Newsletter:

<https://sway.cloud.microsoft/ZoZFzfF28wZmfvkO?ref=Link>

\* This newsletter contains official/formal & unofficial/informal information. \*

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