



USAJFKSWCS

Family Programs Newsletter

Special Edition



September 2026

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

This newsletter contains discussions on suicide and mental health, which may be sensitive or distressing for some readers. If you or someone you know is struggling or in crisis, help is available immediately:

- **Call or Text 988** to reach the Suicide & Crisis Lifeline (**Veterans/Service Members: Press 1**).
- **Text "HELLO" to 741741** to connect with the Crisis Text Line.
- **Call 911** or go to the nearest emergency room for immediate physical emergencies.

Medical Disclaimer:

The information provided in this article is for informational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your physician or a qualified healthcare provider with any questions or concerns regarding your health or medical condition.

Suicide Prevention Awareness Month (SPAM)

Mental Readiness is Operational Readiness

*September is National Suicide Prevention Awareness Month.
“We are stronger together. No one fights alone.”*

In Special Operations, our most valuable weapon system is not our equipment; it is our people. To maintain our edge, we must prioritize our physical, mental, and emotional readiness. Just as we conduct preventative maintenance on our equipment and train relentlessly for physical endurance, we must actively maintain our mental health and look out for the team members standing beside us.

Suicide prevention is not a checklist item; it is a year-round operational commitment. It is woven into the fabric of our team rooms, our classrooms, and our homes. Seeking help is not a sign of weakness; it is an act of tactical courage and a demonstration of professional self-awareness.

This month, we challenge every member of the USAJFKSWCS community to strengthen their connections, recognize the warning signs of silent struggle, and know exactly how to direct a teammate or family member to support before a crisis arises.

SWCS Family Programs SPAM Upcoming Events

“In accordance with Title 10 U.S.C. § 1788a, All SWCS Family Programs events are open exclusively to SWCS assigned Service Members and their immediate families.”

- ❖ **Run/Walk for your Life 5Kish** 01 SEP 26 from 6:30am – UTC at JFK Chapel Parking Lot. No Registration is required. Let's come together as a community to raise awareness for Suicide Prevention Awareness Month. This is a morning for movement, connection, and support. This event is open to all SWCS Cadre, Students, and their Families. For more information, please call 910-396-4455.

Please note: This is a non-competitive fun run and walk. It's not an official Ft. Bragg 5K race. We welcome everyone to join and participate at their own pace, whether you're running or walking!

- ❖ **Spouse Q-Course** 10 SEP 26 from 830am to 3:30pm at Camp Mackall. Register by 05 Sep at: <https://buytickets.at/1swtraininggroup/2183918>. Spouses, are you ready for a challenge? Join us for an unforgettable day of action and adventure at Camp Mackall. This is your chance to get a taste of the unique training and challenges experienced by our Service Members.

This event is open to the first 60 registered Spouses of SWCS Permanent Party, Cadre, and students (with preference given to first-time participants). Childcare is available but limited to the first 20 children registered.

- ❖ **Mind-Body Connection & Awareness** 17 SEP 26 from 11:45am to 1pm at HP Forge. Ready to connect your mind and body? Cadre and Permanent Party are invited to this event. Plus, you'll receive a FREE massage ball to continue your practice at home.

Training sessions include:

- ❖ Myofascial Release
- ❖ Trigger Points Release
- ❖ Mini Targeted Massage

There are only 30 slots available, so don't wait! Schedule your appointment today by registering at <https://buytickets.at/swcshhcjsomtc/2325442>

- ❖ **Family Mindfulness and Yoga** 19 SEP 26 from 9am to 12pm at Segra Stadium. Join us for a refreshing kids and parents yoga session to promote wellness and mindfulness. Open to all SWCS Cadre, Students, and Family Members; children aged 5 and older are welcome to join.

To register go to <https://buytickets.at/swcshhcjsomtc/2317549>. Registration deadline is 18 SEP 26. For more information, please call 910-432-8065

- ❖ **Resources Rodeo with Food Trucks** / 24 SEP 26 from 11am to 1pm at JFK Chapel Parking Lot. Bring the whole family and join us to discover the wide range of installation programs and resources available to you. It's a fantastic opportunity to connect with our community and enjoy some great food.

Open to all SWCS Cadre, Students, and Family Members. To register go to: <https://buytickets.at/swcshhcjsomtc/2325416>

- ❖ **Dodgeball Tournament** / 30 SEP 26 at 6:30am to UTC at the SWCS Quad. Get ready to dodge, duck, dip, and dive! Assemble your team and prepare to compete to win and claim bragging rights and have a blast with your unit.

Want to compete? Contact your chain of Command to sign up your team! For more information, call 910-396-4455.

* To view all these events and more visit our Official Webpage at:

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

SEPTEMBER SUICIDE PREVENTION AWARENESS MONTH

SEP 1
TUESDAY, SEPT 1 - 6:30 AM
JFK Chapel
Run for your life 5K
Run & Walk
Open to SWCS cadets, students, and families. For more information, call 910-396-4455.

SEP 5
SATURDAY, SEPT 5 - 9 AM
Segra Stadium, Fayetteville, N.C.
MINDFULNESS & yoga
Your mind is your greatest asset. Learn techniques to help you stay calm and focused. Welcome to bring your own mat. For more information, call 910-396-4455.

SEP 10
SUNDAY, SEPT 10 - 10 AM
JFK Chapel
SPOUSE Q-COURSE 2026
Spouse Q-Course 2026 is a mandatory course for all spouses of active-duty personnel. It is designed to help spouses understand the military lifestyle and the challenges it presents. The course is held at the JFK Chapel and is open to all spouses of active-duty personnel. For more information, call 910-396-4455.

SEP 17
THURSDAY, SEPT 17 | 11:30 AM | HP FORGE
MIND-BODY Connection & Awareness
Service members sign up to get help with managing their mind-body connection, to include: physical fitness, anger management, and more. 30 slots available, so schedule your appointment today! For more information, call 910-396-4455.

SEP 24
THURSDAY, SEPT 24 | 11 AM - 1 PM
BANK HALL
Family Programs' Resource Rodeo with Food Trucks
Come to RODEO with your family and enjoy a day of fun and games. There will be food trucks, games, and more. For more information, call 910-396-4455.

SEP 30
WEDNESDAY SEPT 30 | QUAD | 6:30 AM
2026 DODGEBALL TOURNAMENT
Want to compete? Contact your chain of command. For more information, call 910-396-4455.

988 If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.

For more information, contact the USAFKSWCS Family Programs at 910-396-4455. Subject to change. No federal endorsement intended. Current as of Aug. 5, 2026.

SWCS Family Programs Upcoming Events

“In accordance with Title 10 U.S.C. § 1788a, All SWCS Family Programs events are open exclusively to SWCS assigned Service Members and their immediate families.”

- ❖ **SWCS All - Story Time** 17 SEP 26 at Clay Hall Library starting at 1030am. Registration is not required.
- ❖ **SFWOI - CPR and First Aid Training** 19 SEP 26 at Southern Pines Fire Station # 2, 7850 NC-22, Carthage, NC 28327 starting at 10am. This hands-on workshop is designed to teach basic first aid, CPR, and AED usage, helping to build family resiliency and fortify relationships within our community. It is open to all Service Members, Spouses, and children aged 8 and older. Register at: <https://www.tickettailor.com/events/1swtraininggroup/2281944>

****CPR Certification will be provided****

Soldier & Family Readiness Group (SFRG)

Upcoming Virtual Classes

- ❖ 02 Sep – Command Family Readiness Representative (CFRR) Training - This training is required for all current and incoming CFRRs, training includes topics on understanding your role with the SFRG and the Command. In addition, as the CFRR, you are responsible for managing the volunteers within your SFRG. You will be required to take Organization Point of Contact (OPOC) training which is part of your CFRR duties. As an OPOC you will be an Administrator in the Volunteer Management Information System (VMIS), responsible for accepting applications, certifying volunteer hours, etc. This is an in-person training to register call 910-432-3742.
- ❖ 10 Sep – SFRG Informal Fund Custodian Training - this training is required for all current and incoming SFRG Informal Funds Custodians/Alternates. Training provides an overview of the Army regulations governing management of SFRG informal funds and fundraising.

- ❖ 17 Sep – Care Team Training - this training is critical prior to establishing a Care Team. The Care Team fills the gap between the notification team and the arrival of Family support.
- ❖ 27 Aug – SFRG Key Contact Training – this training will include how to organize and maintain a communication link between the Soldier and Family Readiness Group and the new Family members of the unit. Guidelines on confidentiality, telephone, e-mail and text messaging will also be discussed This is suggested training for SFRG Coordinators and anyone wanting to learn more about the SFRG Communication and Outreach structure.

For class information and registration, call the Pope AAF SFRG Center at 910-432-3742 or register online: <https://forms.osi.apps.mil/r/CUss8cBD04>.

Installation Resources for Suicide Prevention

- ❖ **Fort Bragg Suicide Prevention Program** – is designed to improve readiness by minimizing suicide behavior among Soldiers, their families, and DoW civilians. Located at the Soldier Support Center 2nd Floor, Wing A room 231 & 232. Hours: 8am to 5pm Monday to Friday. Office number: 910-432-7279.

- ❖ **USAJFKSWCS Unit Ministry Team**

Website: <https://socom.sharepoint-mil.us/sites/USASOC-SWCS-HQ-CHAP>

Chaplain

LTC Belton, Robert

Phone: 910-432-1762

Religious Affairs NCO

SFC Martin, Zachary

Phone: 720-838-3530

- ❖ **Army Substance Abuse Program** - promotes suicide prevention throughout the installation, focusing on Active-Duty Service Members, Family Members, and DA civilians. The SPCC'S enhance the understanding of suicide prevention, engage with the military community, and provide training and education on the Ask, Care, Escort (ACE) module. Located at the basement of the Soldier Support Center, room B-C-1. Phone number: 910-396-4100.

❖ **USAJFKSWCS Military and Family Life Counselors (MFLCs)**

They can meet in any location up to 50 miles from Fort Bragg.

Caters: Active-Duty Soldiers and their Families. They offer confidential non-medical counseling services to Service Members and their families.

Mr. Ron Butler, LCSW

Mobile: 910-729-9380

Ms. Lisa Davis, LCMHC

Mobile: 910-850-4416

Mr. Jason Martin, LCMHC

Mobile: 910-723-3815

- ❖ **Fort Bragg Armed Forces Wellness Center** - provides health assessments, exercise prescription, nutrition counseling, weight management, stress management, and anthropometric testing for Active-Duty Soldiers, Spouses, Retirees, Family Members, and DoW Civilians. Located at 2532 Stiner Rd, Fort Bragg, NC 28310 Phone: 910-643-2101

Federal Resources for Suicide Prevention

- ❖ **988 Suicide & Crisis Lifeline** - A national network of local crisis centers that provide free, confidential, 24/7 emotional support to individuals in suicidal crisis or emotional distress. It includes specialized routing for veterans and active-duty service members (by pressing 1).
- Link & Contact: 988lifeline.org | Call or Text: 988
- ❖ **Veterans Crisis Line** - A dedicated service run by the Department of Veterans Affairs (VA) that connects veterans, service members, National Guard, Reserve, and their families with caring, qualified VA responders 24/7.
- Link & Contact: veteranscrisisline.net | Dial 988, Press 1 or Text: 838255
- ❖ **Substance Abuse and Mental Health Services Administration (SAMHSA)** samhsa.gov – is the lead federal agency responsible for improving the quality and availability of substance abuse and mental health prevention, treatment, and rehabilitative services across the nation.

Research, Education & Program Resources:

- ❖ **National Institute of Mental Health (NIMH)** nimh.nih.gov – is the lead federal agency for research on mental disorders. NIMH conducts and funds clinical trials, provides free educational materials, and publishes data and statistics on suicide trends to help shape national prevention strategies.
- ❖ **Centers for Disease Control and Prevention (CDC)** cdc.gov – focuses on suicide as a critical public health issue. CDC tracks data, identifies risk and protective factors, and provides community-level resources and evidence-based prevention strategies to help prevent suicide before it occurs.
- ❖ **Suicide Prevention Resource Center (SPRC)** sprc.org – is the only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. They provide training, resources, and technical assistance to health professionals, organizations, and communities.
- ❖ **FindSupport.gov** findsupport.gov – is a user-friendly, comprehensive federal portal designed to help individuals find mental health and substance use treatment facilities, navigate health insurance options, and access support groups in their local areas.

Contact Us

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/>

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

**** This newsletter includes both formal and informal content. ****

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