

# Resources for Marriage & Family

- **Outdoor Recreation • Bldg. 5 • 940-676-4141**
  - Travel Trailers
  - Camping Equipment
  - Fishing Equipment
  - Water Sports
  - Sports Equipment
  - Picnic Equipment
  - Home Improvement
  - Party Equipment
  - Lawn & Garden
  - Miscellaneous Rental Equipment Items
  - Six Person Camping Package
  - Four Person Camping Package
  - Two Person Camping Package
  - Fishing Package
  - Sports Package
  - Skeet Range
  - Mobile Climbing Wall
  - Adrenaline Rush Extreme Inflatable
  - Paintball
  - Pool
  - Main Pool
  - Water Aerobics classes
  - Swim Lessons
  - Pool Passes
  
- **Library • Bldg. 312 • 940-676-6152**
  - Children's Reading Program
  - Career Book Display and Research Material
  - Display's Available for Resiliency Education
  - Puppy Love Reading
  - Chess Lessons
  - Anger Control Training
  - Stress Management Training
  - How to use I-pad lessons
  
- **Youth Center • Bldg. 196 • 940-676-5437**
  - Open Recreation
  - Bowling
  - Fencing
  - Digital Arts Club
  - Art Club
  - Keystone Club
  - Power Hour
  - Fit Factor Program
  - Fine Arts & Photography Contest
  - Movies
  - Cooking Club
  - Badminton
  - Water Polo
  - School Age Program
  - Field Trips
  - Art Club
  - Cooking Club
  - Roller Skating
  - Library
  - Scrapping
  - Museums
  - Fit Factor Program
  
- **Fitness Centers • Levitow • Bldg. 384 • 940-676-2972 - Pitsenbarger • Bldg. 540 • 940-676-0491 - HAWC • Bldg 540 • 676-HAWC(4292)**
  - 15+ Yoga Classes / Month
  - 70+ Aerobic Classes / Month
  - 10+ Cycling Classes / Month

- **Chapel • 676-4370**

- Sunday Chapel Services
- Non-Sunday Worship Opportunities
  - Catholic Mass
  - Scripture Study Classes
- 24/7 Available Counseling for All Team Sheppard
- National Day of Prayer Observance
- Super Bowl Party (1500 attended this last time)
- Death Notifications
- Game Nights 60+ /year
- Spring Holiday Event
- March Madness Fun
- Operation Thanksgiving
- Winter Holiday Event
- Blessings of the Animals

- **Mental Health • Outpatient • Bldg 1200 • 676-6075**

- Individual Therapy
- Marriage Counseling
- Assistance with Personal Problems
- Relaxation Training
- Psychological Testing
- Substance Abuse Education and Treatment

- **Bowling Centers • South • Bldg. 318 • 940-676-7174 - North • Bldg. 811 • 940-676-2677**

- 4+ Leagues

- **A&FRC • Bldg. 962 • 940-676-4358**

- 1-2-3 Magic
- Active Relationships
- How to Avoid Marrying a Jerk/Jerkette
- SpouseLink
- NATO Link
- 10 Great Dates
- 4 lenses
- True Colors
- I Thee Wed
- Bundles for Babies
- Savings & Investing
- Thrift Savings Plan
- Budgeting/Spending plans
- FTAC
- 0-1/0-2 Financial Class
- Readiness Briefing
- Resume Writing
- Pre-separation Guides
- Operation Kids
- Military Spouse Appreciation Day
- Exceptional Family Member Program
- Sheppard AFB Spouse's Conference
- Trunk or Treat
- Reintegration Retreats
- Hearts Apart Support Group
- Parents & tot Playgroup
- Single Parent Support Group
- Thanksgiving/Christmas Food Baskets

- **Family Advocacy • Bldg 1200 (2nd Floor 2 North) • 676-2271**
  - New Parent Support Group
  - Individual/Marital Counseling
  - Family Resource Library
  - Domestic Abuse Project
  - 1-2-3 Magic Parenting Program
  - Anger/Conflict Resolution Class
  - Effective Communication Series
  - Fighting for Your Marriage Class
  - Stress Management Class
  - Pre/Post Deployment Prep Briefing
  - Love and Logic Parenting Series
  
- **Sheppard Club • Bldg. 340 • 940-676-8010**
  - Karaoke Night
  - Ladies Night
  - "First Friday" Buffet and Bingo
  - Special Brunches (Mother's Day Etc)
  
- **Child Development Center • Bldg. 195 • 940-676-2038**
  - Parents Night Out
  - Piano Lessons
  - Arts and Crafts Classes
  - Guitar Lessons
  - Defensive Driving Class
  - Chess Tournament
  - Disc Golf Tournament