

Resources for Single Airmen

- **SAPR • Office: 676-0365 or Hotline: 676-7272**
 - Target Intervention
 - Sex Signals
 - Happy Hour
 - Football 101
 - Smart Dating
 - Race-2-Awareness
 - SAPR Symposiums
 - Promotional Items
 - Ladies Night Out
 - SASH

- **Airmen's Club • Bldg. 340 • 940-676-6460**
 - Karaoke Night
 - Pool Tournament
 - Weekend Dancing Nights

- **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

- **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

- **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

- **Outdoor Recreation • Bldg. 5 • 940-676-4141**

- Pool Passes