

**Youth Activities 784-2747**

Please call for date, time & cost

Arts & Crafts

Fit Factor

Torch Club: Ages 9-12

Keystone Club: Ages 13-18

4-H Clubs: Ages 9-18

Club Tech: Basic-Advanced  
computer training

Digital Arts: Music, Web, Photo  
and Design

Youth Employment Skills:  
= (Scholarship Money)

**Child Care Programs**

**\*\*Free Parents Night Out 14 Nov from  
5-11 pm Reservations and enrollments  
are required by 12 Nov**

Full-Time and Hourly child care  
Family Child Care 784-6560

Earn income and learn valuable business  
skills become a Family Child  
Care Provider. Call 784-6560

**Cannon CDC 784-2704  
Chavez CDC 784-6259**

**Legal Office 784-2211**

Power of Attorney & Notary Service  
Monday-Friday 8 AM - 4 PM  
Legal Assistance-Wills & Advice  
Walk-ins Monday 1-3 PM  
Wednesday 9-11 AM  
or call for an appointment.

**Women, Infants and Children**  
**(WIC) 784-2127**

**Domestic Violence Awareness Month**  
**Month of October**

**Equal Opportunity**

**Bldg 600, Suite 1029**

**(EO) 575-784-2471**

**Or 505-920-8519**

\*We conduct Complaint/Incident  
Clarification on unlawful discrimination  
and sexual harassment based on five  
protected categories: Race, Color,  
Religion, National Origin, and Sex.  
Three additional categories exist for  
Civilians: Age, Disability, and Reprisal.

\*Provide Human Relations Education

\*Provide informal assistance, referrals  
and briefing

\*Conduct Unit Climate Assessments

**Cannon Community Centers**

575-784-6381

Open M-F 8 AM-5 PM

Balloon Store (balloons and gifts)

Recreational Activities

Congressional Awards Program

Concert/Comedy/Sporting  
Event Trips

(784-2326 or 6381)

Open M-F 8 AM-9 PM,

Sat & Sun 12 PM-8 PM

Computers and WIFI available  
TV's and Gaming Systems

**Airmen Center**

Mon-Thurs 5 PM-9 PM, Fri 5-12 PM

Sat 12 AM-12 PM, Sun 12 PM- 8 PM

Computers and WIFI available

Video and Board Game Lounge

Theater Room and Snack Bar

**Community Centers in Housing**

Clovis 801 Housing (763-7464)

Open M-F 1-8 PM

Portales 801 Housing (356-2684)

Open M-F 4-8 PM

Reserve for Special Events

Instructional Classes available

TV and Gaming Systems

Recreational Table Sports

**IDS**  
**November**  
**2009**  
**Integrated**  
**Delivery System**



**Week of the AF Family**  
**1-7 NOV 2009**  
**Call 784-4228**  
**For Details**

**Year of the Air Force**  
**Family**



**Airman & Family Readiness Center**  
**784-4228**

**Week of the Air Force Family** 1-7 Nov  
**Stress During the Holidays** 2 Nov 1000-1100

**Resume Basics** 5 Nov 0900-1030  
**First Duty Station Financial Briefing**  
3&17 Nov 0800-1200

**Pre-Deployment Briefing**  
2&16 Nov 1500-1600

**Pre-Separation Counseling**  
3/10/24 Nov for those separating  
4&25 Nov for those retiring  
Both workshops are 0900-1030

**Casualty Notification Officer Workshop**  
4 Nov 1400-1500

**Veteran's Day-Holiday** Nov 11 Closed  
**VA Benefits Seminar**

**MEB** 12 Nov 0800-0830 **SMR** 12 Nov  
0830-1100

**Five Love Languages** 13 Nov 0930-1200

**Key Spouse Refresher Training** 12 Nov  
1730-2000

**Key Spouse Initial Training** 16 Nov 1100-1500  
19 Nov 1700-2100

**TAP Seminar** 17/18/19 Nov 0800-1600

**DTAP** 19 Nov 0830-1200

**Right Start** 18 Nov 0830-1100

**Operation Homefront Quilts** 20 Nov  
1000-1500

**Hearts Apart Movie Night** 21 Nov 1700-1900

**Five Love Languages of Children** 23 Nov  
0930-1200

**Tri-Care for Retirees**  
24 Nov 1300-1400

**Pre-Remote Briefing**  
25 Nov 1400-1500

**Smooth Move**  
24 Nov 0830-1100

**Thanksgiving Holiday**— 26&27 Nov Closed

**Military Family Life Consultant**  
NEED TO TALK ?

Contact your local MFLC to  
Schedule an appointment  
Consultation and trainings  
are free and confidential  
575-693-3140

Helping you is our priority!

**Family Advocacy**  
**784-2474**

**New Parent Support Program**

Service to help expectant/new  
parents meet changing roles.  
Kayla @ 784-2474 for info

**Prevention and Education**

Anger Management ♦ Communication  
"NEW"

**Single Parents Support Group**

Wingman's Conference Room  
1st floor of the Med Group 784-2474

**Therapy Services for:**

Communication / Marital Therapy  
Conflict Resolution/Problem Solving  
All prevention services are confidential  
Prevention services are not  
documented in your medical record

**Health & Wellness Center**  
**784-1004**

Tobacco Cessation Tuesday 1000 & 1530

ALA quit line 1-800-548-8252

Between 0600-1800 M-F

Pre-natal Fitness/Nutrition Clinic

Fourth Thursday at 1400

Come by the HAWC and get info on  
how to have a healthy heart! Assistance  
in accessing medical options, counseling  
and other services.

Diabetes Ed Classes 3rd Monday @ 0900

Jump Start 3rd Thursday @ 0900

Heart Healthy Ed Class 2nd Monday @0900

**Chapel**  
**784-2507**

**Catholic Mass**

Sunday Mass, 0930 & 1700 (Latin)

Daily Mass

Mon, Wed and Friday at 1205

Reconciliation Mon, Wed and

Friday at 1115-1145 &

Sundays at 0830-0900 & 1615-1645

Catholic RE: 1100-1200

**Protestant Services**

Sunday Services

Sunday School 0930-1030

Contemporary Service 1100

Children's Church 1100

Men's Bible Study 2nd & 4th Mon

12 Noon (Lunch Provided)

(AWANA)

After Hours Chapel 784-2253

Gospel Services Thurs 1200-1250

Bible Study Thurs nights 1800-1930

**Sexual Assault Prevention and**  
**Response Office**

Confidential reporting of sexual assault  
is available 24/7, call 784-SARC (7272)  
A trained Victim Advocate can provide  
assistance in accessing medical options,  
counseling and other services

**Want to know what's happening**  
**on and around base?**

**Click on [www.cannon.af.mil](http://www.cannon.af.mil)**

"Supporting our Families" (SOF)  
button has newcomers' information,  
as well as links to others in the Can-  
non community. The "local notes"  
button links to general happenings on  
base. Call the Public Affairs Office at  
784-4131 for more info!