

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

**** Give Parents a Break**

9 Jan 1100-1700

CDC

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

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

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.

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 briefings.

*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

Cyber Cafe

(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

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

IDS

January 2010 Integrated Delivery System



Airman & Family Readiness Center
784-4228

Heart Link 8 Jan 0900-1500

Healthy Eating Cooking Class(Part1)

6 Jan 1045-1200

Healthy Eating Cooking Class(Part2)

21 Jan 1800-1915

5 Love Languages for Singles

11 Jan 0900-1200

5 Love Languages for Children

19 Jan 0830-1200

TAP Seminar

12/13/14 Jan 0800-1600

DTAP 14 Jan 0830-1200

Pre-Separation Counseling

5/19/26 Jan for those separating

6/20/27 Jan for those retiring

Both workshops are 0900-1030

VA Benefits Seminar

MEB 7&21 Jan 0800-0830

SMR 7&21 Jan 0830-1100

Sponsor Training

11 Jan 0900-0930

Key Spouse Initial Training 14 Jan

1700-2030

How to Avoid Marrying a Jerk(ette)

13 Jan 0900-1200

Organizing Financial Records

13 Jan 1400-1500

Hearts Apart Valentine Crafts,

/Pizza Party 23 Jan 1700-1900

5 Love Languages

25 Jan 0930-1200

Getting the Love You Want (Part1)

27 Jan 0900-1200

Getting the Love You Want (Part2)

28 Jan 0900-1200

The Four Seasons Marriage

29 Jan 1000-1200

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

New Parent Support Program

Service to help expectant/new

parents meet changing roles.

****Single Parents Support Group**

1st & 3rd Thurs of Each Month

1500-1630

FASES 25 Jan 1230-1630

Referred Families Only

Wingman's Conference Room

1st floor of the Med Group

784-2474

Tyleen@ 784-6610_for info

Prevention and Education

Anger Management

Communication

Therapy Services for:

Communication / Marital Therapy

Conflict Resolution/Problem Solving.

All prevention services are

confidential Prevention services are

not documented in your medical

records.

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

Chapel

784-2507

Catholic Mass

Sunday Mass, 0930 & 1700

(Latin)Daily Mass Mon, Wed-

Friday at 1205 Reconciliation Mon,

Wednesday-Friday at 1115-1145

Sundays at 0830-0900 & 1615-1645

Catholic RE: 1100-1200

Protestant Services

Sunday Services Adult Sunday

School 0930-1030 /Contemporary

Service 1100/ Children's Church

1100 / Young Adult Bible Study

1800/ Wednesday Connection

Meal 1730 /AWANA 1800 / Young

Adult Bible Study 1800

After Hours Chapel 784-2253

**Sexual Assault Prevention
And Response Office**

Confidential reporting of sexual

assault is available 24/7, call 784-

SARC (7272) A trained Victim Ad-

vocate can provide assistance in

accessing medical options, counsel-

ing and other services.

**Want to know what's happen-
ing on and around base?**

Click on www.cannon.af.mil

“Supporting our Families” (SOF)

button has newcomers' infor-

mation, as well as links to oth-

ers in the Cannon community.

The “local notes” button links

to general happenings on base.

Call the Public Affairs Office at

784-4131 for more info!