



The more you know...

resource guide

ARMY SUBSTANCE ABUSE PROGRAM

A multi-faceted program comprised of non-clinical functions, including: Prevention Education, Suicide Prevention, Military and Civilian Drug Testing, Risk Reduction, Employee Assistance, and Prime for Life.

Number: (866) 720-3784

Hours: M-F, 0730-1630

Location: Building 556, 344 Heard Avenue

READY AND RESILIENT PERFORMANCE CENTER

Performance Experts provide master resilience and performance-enhancement training to Soldiers, Families, and Army Civilians.

Number: (808) 655-9804

Hours: Monday through Friday, 0730-1630

ARMY COMMUNITY SERVICES

Provides a wide range of information and services for Soldiers and Family members that build self-reliance and promote readiness. ACS programs include:

- Army Emergency Relief
- Financial Readiness Program
- Survivor Outreach Services
- New Parent Support Program and Victim Advocacy
- Army Volunteer Corps
- Exceptional Family Member Program Mobilization and Deployment Readiness Program Resiliency
- classes (Parenting, Marital, Stress, Anger)

Number: (808) 787-4227

Hours: M-F, 0730-1630

Location: Building 690, 310 Glennan Road

ARMY WELLNESS CENTER

Builds and sustains good health and performance through goal-setting for lifestyle change that affect both short and long-term health. Services include: health coaching, stress management, health education classes, and body composition analysis, to name a few.

Number: (808) 655-1866

Hours: M-W, 0700-1630; TH, 0700-1230; and F, 0700-1200

Location: Building 6447, 156 Lewis Street

MILITARY ONESOURCE (24 HOURS)

Connects Soldiers and Families to information, answers, and support to help reach goals, overcome challenges, and thrive. Services provided include: tax assistance, spouse employment help, webinars and online training, and non-clinical counseling.

Number: (800) 342-9647

CHAPLAIN FAMILY LIFE CENTER

Provides confidential counseling/trauma therapy with a licensed counselor for individuals, couples, and Families.

Number: (808) 655-9355

Hours: By appointment

Location: Building 791, 155 Tidball Road

RED CROSS HERO CARE CENTER (24 HOURS)

Serves as the link between military and civilian worlds; providing emergency communication between Soldiers and their Families as well as the reporting service for emergency leave to include personal and other family issues. Number: (877) 272-7337

OUTDOOR RECREATION

Offers island adventure programs, recreational programs, and equipment checkout or rental. Trained instructors provide guided tours around the island or teach new skills. Offerings include:

- Surfing, snorkeling, and stand-up paddle board
- Hawaiian canoeing and kayaking
- Biking and hiking
- Party equipment rentals

Number: (808) 655-0143

Hours: TU-SA, 0830-1700

Location: Building 2110, 435 Ulrich Way

MILITARY POLICE (24 HOURS)

24-hour force protection, law enforcement, and community assistance for Army installations on Oahu.

Schofield Barracks: (808) 655-5555

Fort Shafter: (808) 438-7114