








The resources listed in this flyer were gathered by your Fort Knox Employee Assistance Program from multiple public and private sources to support furloughed employees. Availability of services, offers, or assistance may vary and is subject to change. Individuals should contact the listed organization directly to confirm current eligibility, access, and details. Fort Knox Employee Assistance Program & Army Substance Abuse Program does not endorse or guarantee any specific service, nor is it responsible for expired offers or changes made by external providers.

Fort Knox Furlough Resource Guide, Version #2

Updated 05 NOV 2025

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LOCAL EVENTS / ANNOUNCEMENTS

Fort Knox Warrior Warehouse is open to both military and furloughed federal civilian employees.

Furloughed civilian federal employees and servicemembers in need of food, clothing, household and market items may contact Fort Knox Warrior Warehouse (Fort Knox American Red Cross). Thanksgiving boxes are also available for those in need. [Visit Fort Knox Warrior Warehouse Facebook page](#) or message Mrs. Amy Grimm on Facebook if the hours do not work for your family’s schedule or for additional details. Address: 1750 Famous Fourth Division Rd., Bay A, FKKY. Open: Mon, Wed, Fri 7am-2pm; Tues 3-7pm.

Kentucky Low Income Home Energy Assistance Program (LIHEAP) Fall Subsidy Enrollment 3 Nov – 12 Dec

Registration locations: Hardin County (270) 986-2724, 10am-2pm, appt only; Meade County (270) 422-2545; Larue County (270) 358-3937; Grayson County (270) 259-3500. Other county and more information available at <https://ckcac.org/news/>.

Fort Knox Warrior Warehouse Free Shop & Yard Sales – 13 – 15 Nov

- **Thurs., 13 Nov: Fort Knox Warrior Warehouse Active-Duty Free Shop**
 - 1600-1900: E4 and below / Spouse Free Shop
 - 1700-1900: E6 and below / Spouse Free Shop
 - 1700-1900 O1 & W1 / Spouse Free Shop
 - 1900-2000 E7 and Above / Spouse Pre Shop
- **Fri., 14 Nov, 0900-1300: Fort Knox Warrior Warehouse Military Appreciation Yard Sale:** Open to Veterans, DoD, NAF Employees.
- **Sat., 15 Nov, 0900-1300: November Community Yard Sale:** Open to all that can get on-post and in good standing at the Warrior Warehouse.

Payment at any of the above is specific - cash, cards, or checks ARE NOT accepted. See Facebook page for “New Pantry Items Needed”; no children under the age of 10; infants are allowed if they are in a body pack; no strollers; no children in carts; no pets. Address: 1750 Famous Fourth Division Rd., Bay A, FKKY.

Fort Knox Warrior Warehouse Holiday Meals – Nominate a family by 20 NOV

Do you know a family in need? You can nominate yourself or friend who is a furloughed civilian employee or military family that did not receive a meal from the chaplains. Nominations are due NLT 20 NOV. Visit the [Fort Knox Warrior Warehouse Facebook page \(https://www.facebook.com/groups/138395130713038/\)](#) for more information (information posted on 4 NOV).

Fort Knox Workforce Resource and Financial Assistance Fair, 18 NOV

Open to all Soldiers, federal civilian employees, and their Families impacted by the government shutdown. **Tuesday, November 18, 3:30pm – 7:30pm at Phillips Grove Event Center** (58 Ernest R. Kouma Blvd, Radcliff, KY 40160). Knox Regional Development Alliance (KRDA) has invited various community partners and agencies to provide resource and financial assistance information and support to the Fort Knox workforce impacted by the government shutdown. More information available at <https://growknox.org/fort-knox-workforce-resource-financial-assistance-fair/>.

Knox Hills

Any resident experiencing financial hardship due to the government shutdown and are unable to make their rent payment on time should contact their community office as soon as possible to discuss payment arrangement options. See also 29 October message from Knox Hills. Property management and maintenance operations will continue as normal. For more information, please call (502) 378-3708 or visit www.knoxhills.com.

Operation Homefront (Deadline 10 NOV) “Critical Financial Assistance Program” is available for military members, veterans, and their families. **The application window is open now until November 10.

<https://operationhomefront.org/critical-financial-assistance/>. Visit <https://operationhomefront.org/cfa-eligibility/> for eligibility details.

Free Flu Shots for non-Tricare DoD Civilians and Retirees; Tricare Beneficiaries (Retirees & Dependents); and ADSMs who missed their unit flu drive. Ages 6months and older. Nov 12-14, 17-21, & Dec 1, 3-6pm @ 1747 Famous 4th Division Rd., FKKY. Questions call Fort Knox Public Health (502) 624-6236.

Federal Employees Dental and Vision Insurance Program (FEDVIP) Open Season, 10 Nov-8 Dec; 2025 Virtual Benefits Fair. This is your annual opportunity to enroll in or change your FEDVIP dental and/or vision plan. More information at www.benefeds.gov. Explore your FEDVIP dental and vision benefits at the 2025 Virtual Benefits Fair to chat with carriers, review 2026 plan details, and get the information you need in one convenient, online location throughout open season. Live chats with carriers will be held November 13, 19, 25, and December 3, 2025. Visit BENEFEDS.GOV/WEBINARS to register.

Federal Employees Health Benefits (FEHB) Open Season, 10 Nov-8 Dec. Employees may make open season enrollments, changes, or cancellations through the Army Benefits Center – Civilian (ABC-C) using either <https://portal.chra.army.mil/abc> (ABC-C) site and select “GRB” (CAC required) or calling a Benefits Specialist at 877-276-9287, Mon – Thurs, 9am-5pm ET.

Tricare Open Season, 10 Nov-9 Dec. Employees may learn which plans they are eligible for and learn about the differences between the Tricare plans to choose the right coverage. If you are Tricare on active duty or have Tricare For Life (TFL) there’s no need to compare plans. TFL is automatic if you have Medicare Part A and Part B. More information at <https://tricare.mil/>.

Aldi’s \$40 Thanksgiving Feast, now to 24 Dec. Shoppers can purchase all the items needed to feed 10 people for \$40 – this includes a 14lb Jennie-O whole turkey, Hawaiian Sweet Rolls, cranberry sauce, mac & cheese, mashed potatoes & gravy, sweet potato casserole, green bean casserole, stuffing, carrots, and pumpkin pie. Prices may vary based on your selection and product availability. Visit your nearest Aldi’s for more information.

\$ FINANCE

General.

Team Kentucky provides support... ; File unemployment claim. File unemployment claims and view various resources including career counseling, virtual job fairs, employment opportunities and Kentucky state info including a personal message from Governor Beshear. File unemployment claims directly at <https://uiclaimsportal.ky.gov/>. More information located at TEAMKY4FEDEMPLOYEES.KY.GOV

TSP Hardship Withdrawal. Financial hardship in-service withdrawal or TSP loans can be explored at <https://www.tsp.gov/tsp-loans/>.

Community Action. Community Action helps with housing and utilities, food/commodities, education, employment support, youth enrichment and health support. Hardin Community Action Location #1: 1111 N Dixie Ave, Ste 5, Etown 42701 (270) 769-1927; Hardin Community Action Location #2: 428 West Dixie Highway, Etown, KY 42701 (270) 737-3736. Larue County Community Action: 120 Greensburg St., Hodgenville, KY 42748 (270) 358-3937.

National Housing Counseling Agencies. HUD-approved counselors can help with mortgage or rent assistance. Find one at <https://www.hud.gov/hud-partners#close>.

Consumer Financial for Credit Counseling provides tools for budgeting and managing debt during furloughs <https://www.consumerfinance.gov/consumer-tools/>.

National Foundation for Credit Counseling (NFCC) is offering tailored financial support to furloughed federal employees. Service includes free budget counseling, debt management plans, and guidance on prioritizing expenses during income disruptions. www.nfcc.org (800) 388-2227.

Emergency Loans or Financial Assistance.

Federal Employee Education & Assistance Fund (FEEA). FEEA has both an Emergency Hardship Loan program and Shutdown Grants available for qualifying full-time federal civilian employees. Additional state by state links to unemployment benefits, national resources and articles, and regional resources and articles are available at <https://feea.org/shutdown/>.

Army Emergency Relief (AER). Active duty and retirees and their eligible dependents, Surviving Spouses, and NG/R on Title 10 orders are eligible for financial assistance through Army Emergency Relief Portal at <https://aerprod.powerappsportals.us/> or <https://www.armyemergencyrelief.org/>. Recommend using a personal email to create your acct; use a computer not connected to the DOD Info Network (DODIN). Call 866-868-6378 if

you need help establishing your account or have problems with your account. Other service relief societies:

<https://www.nmcrcs.org>; <https://afas.org/>; <https://mycgma.org/>.

Kentucky Transition Assistance Program is the monetary assistance program established using federal funds from the Temporary Assistance for Needy Families block grant. KTAP provides financial and medical assistance to needy dependent children in KY and the parents or relatives whom the children live. KTAP helps families find jobs or get training that leads to a job. More info <https://www.chfs.ky.gov/agencies/dcbs/dfs/fssb/Pages/ktap.aspx>.

American Red Cross can connect you with various programs to assist with various financial needs to pay for childcare, utility, mortgage/rent, etc. There are over 600 resources, filter for your personal needs

<https://resources.redcross.org/>.

Association of Community Ministries 13 ministries serving the Metro Louisville area. Each area ministry offers services tailored for their community; however, every ministry offers some form of emergency financial assistance resource. Visit <https://www.louisvilleministries.org/our-services> for details on financial assistance for basic needs, food pantry & produce, Meals on Wheels, Household & Infant Supplies, Seasonal Programs, and Community Support. acmlouisvilleky@gmail.com

Catholic Charities of Louisville Sister Visitor Center. Provides emergency financial assistance to prevent eviction, utility shutoffs, and other crises that threaten a family's well-being. Serves all of zip code 40212 and parts of 40211 & 40203 as part of the Association of Community Ministries.

<https://cclou.org/gethelp/familysupport/family-aid/>

Salvation Army services include emergency food assistance, help with rent and utility bills and access to clothing and household essentials. Local chapters Elizabethtown (270) 982-0833 106 Helm St., Etown, KY; Louisville South Corps (502) 361-2397 1010 Beecher St., Louisville, KY; Louisville Social Services (502) 671-4900.

<https://www.salvationarmyusa.org/>

USA Cares provides financial assistance to post-9/11 military veterans, service members, and their families. Visit <https://usacares.org/> for more information.

VFW provides emergency financial assistance to veterans and their families. Visit <https://www.vfw.org/assistance> for more details.

Banking. Check your creditors/lenders, banks, & credit unions for special loans or furlough support. Here are a few local and national banks (in alphabetical order) that have shared their special furlough support.

Abound Credit Union. Current members may apply for an emergency loan (based on credit) of up to \$10,000 with no payments for 90 days. An extended no fee Skip-A-Payment is available for existing loans. Call (800) 285-5669 or visit any local branch or their website and chat with an agent to discuss your personal needs. www.aboundcu.com

Andrews Federal Credit Union. Financial Assistance Loan up to \$5,000 for 24 months, 6% APR and defer your first payment for 90 days; penalty free Share Certificate withdrawal; loan extensions; Skip a Payment program on loans, and loan modifications. <https://www.andrewsfcu.org/Borrow/Consumer-Loans/Financial-Assistance-Options> (800) 487-5500.

Armed Forces Bank. Several options available including one month extension at no additional cost on consumer loans, one month deferment on credit card payment, one month payment extension on home equity line of credit (HELOC), one-month payment extension on mortgages, and overdraft fees will be refunded or waived during the shutdown as requested by those identified as impacted. Contact your local branch or contact customer service (888) 929-2265 to discuss your eligibility. Local address: 131 Gold Vault Rd., FKKY. www.afbank.com

Bank of America. For assistance related to your Bank of America accounts you may submit a financial assistance request online at <https://www.bankofamerica.com/> or call the priority line at (844) 219-0691, Mon-Fri, 8am-11pm ET, Sat-Sun, 8am-9pm ET or login to the mobile app and ask Erica about "Government Shutdown".

Chase. For Chase mortgage, credit card, auto or business loan payment, or if you have questions about Chase savings and checking accounts, please call (800) 254-7713. <https://www.chase.com/personal/government-shutdown>

Congressional Federal Credit Union. Offers various furlough solutions that include: Relief line of credit 9.00%APR during 60day draw period; 4.00%APY thereafter on remaining balance for a 36 fixed equal monthly payment; personal loans 7.99% APR with no payments for 60 days; line of credit limit increase; payment deferment; waive early certificate withdrawal penalties; suspension of automatic payments, transfers; free one-

on-one financial coaching. Call (800) 491-2328 / 800-491-CFCU or <https://www.congressionalfcu.org/loans/personal-loans/furlough-solutions>.

FedChoice Federal Credit Union. New and current members may apply for furlough loans and skip a loan payment on various loan products. Visit <https://www.fedchoice.org/> (800) 969-6151, 830am-4pm, M, T, TH, F; Wed 9:30am-4pm.

Military Star Card. All purchases made from 1 October to 30 November at the commissary will have 0% interest, with payments deferred for up to 90 days for new and existing Military Star cardholders. SEP 2023 – 31 DEC 2025 purchases will receive 0% interest plus no payments for 6 months on Home Depot purchases. Contact Military Star Card for more details or visit <https://www.myecp.com/CustomerAds/Page/Exchange>.

Navy Federal Credit Union. Short-term bridge pay loan at 0% APR for eligible members. Membership and verification of impacted pay is required. <https://www.navyfederal.org/about/government-shutdown.html>.

PenFed Credit Union. Offers a “Shutdown Relief Loan” which is up to one paycheck equivalent at 0% APR. Loan is short-term and is repaid after pay resumes. Must have direct deposit with PenFed; terms vary by member status. www.penfed.org

USAA. Shutdown Relief / No-Interest Loan is available for members for up to one net paycheck (max \$6,000). Repayments are typically within 3 months (two scheduled payments). Must have active USAA account with recent direct deposit; credit approval required. Special payment arrangements for auto and property insurance premiums, life and health insurance premiums, credit cards, consumer loans, home equity lines of credit and other credit. www.usaa.com

Childcare.

On-post Fees. Parents will be responsible for paying care provided during government shutdown. Childcare fees will be collected for services rendered after an appropriations bill or continuing resolution (CR) is passed. Once a CR is passed, families will have 30 days to pay the balance for care that was billed during the furlough. Late payments will not be assessed during the furlough period. Late payments and regular CYS procedures for non-payment will be applied 31 business days after the enactment of an appropriations bill or CR.

CCAP (Kentucky). Kentucky Child Care Assistance Program (CCAP) helps low-income families pay and search for childcare. The website allows you to prescreen to see your household’s eligibility for benefits, apply and manage your CCAP benefits, and get connected with Kynect benefits. https://www.kynect.ky.gov/benefits/s/child-care-program?language=en_US

Utilities.

Low Income Home Energy Assistance Program (LIHEAP) helps eligible low-income households meet their heating and/or cooling needs. Visit <https://www.chfs.ky.gov/agencies/dcbs/dfs/pdb/Pages/liheap.aspx>. See also “local events” above for Fall Subsidy registration or visit <https://ckcac.org/news/>.

Association of Community Ministries 13 ministries serving the Metro Louisville area. Visit <https://www.louisvilleministries.org/assistance> to reach out directly to your community ministry for details on LG&E utility and food assistance. (No funds available for water or rent at this time.) acmlouisvilleky@gmail.com

LG&E and KU Utilities There are a number of programs available, including signing up for a budget payment plan and making payment arrangements. Click the following link for more details on local agency partners providing aid <https://lge-ku.com/assistance-programs>. The following list is a portion of the partners provided by LG&E and KU as KY Assistance Agencies (see link for other areas):

- **Central KY Community Action Agency** may assist with heating needs for Hardin County Visit 708 Westport Rd., Elizabethtown, KY 42701 (270) 986-2724
- **Helping Hand of Hope** provides rent and utility assistance by appointment only. You must have late/disconnect notice. Be prepared to discuss household monthly gross income. 6796 S Wilson Rd., Elizabethtown, KY 42702 (270) 769-3092, Mon – Thurs 9am – 4pm; Fri 9am-2pm.
- **North Hardin Hope - Radcliff** 620 South Wilson Rd., Radcliff, KY 40160 (270) 351-4673
- **St Joseph Catholic Church/St Joseph Outreach Ministries** 109 West Walnut St, Leitchfield, KY 42754 (270) 287-9960

Infant Supplies/New Parents/Expectant Parents.

The Family Advocacy Program (FAP) at Fort Knox Army Community Service (ACS) is available to support Military Families prenatal to age three experiencing hardship during the shutdown and connect them to community resources for critical needs (behavioral health, diapers, formula, wipes, clothing, food, etc.). Please call Dr. Megan Setter, Acting Family Advocacy Program Manager, at (502) 888-5884 for assistance. FAP's New Parent Support

Program (NPSP) will respond to all new requests for traditional NPSP services (expecting parent classes, home visitation services, community playgroups) upon government re-opening.

Lincoln Trail District Health Department. Provides health information for maternal child health, early childhood, to teen and young adults. Visit <https://ltdhd.org/> for more information. Also check out their [Facebook page](https://www.facebook.com/LincolnTrailDHD#) <https://www.facebook.com/LincolnTrailDHD#> for event flyers and information.

Catholic Charities of Louisville. In partnership with Norton Women and Children's, Catholic Charities of Louisville provides a **Mother-Infant Care** program (6 classes from birth preparation, breastfeeding essentials, infant CPR and newborn care). All participants receive a large gift of baby essentials-such as cribs, car seats, or pack n'plays-along with a layette full of necessities. **Mama Matters** is a supportive community for moms with children ages 5 and under that meet 1st & 3rd Thurs in-person; 2nd & 4th Thurs virtually. Each time mom participates, they earn points that can be exchanged for baby & household items. <https://cclou.org/gethelp/familysupport/>
Email: ewessels@archlou.org.

The Golden Arrow is a nonprofit agency since 1997 which aids mothers and children as an outreach ministry of St Martin of Tours, the center works in conjunction with the Schuhmann Center. Provides diapers, formula, baby food, and clothing. Clothing & diapers are given out every 2 months upon completion of the clothing voucher. No appt necessary. 835 East Gray Street, Louisville, KY 40204 (502) 589-3537

<https://www.shrineofstmartin.org/goldenarrow>

Little Way Pregnancy Resource Center provides a variety of free services to help you find answers – pregnancy tests, ultrasounds, and options consultation. (502) 264-8233 <https://littlaway.org/>

Lincoln Trail District HANDS Program is a voluntary home visitation program for moms, dads, and families. HANDS answers questions and provides parents with support at no-cost to the family. Any parent expecting a new baby may participate. Families must enroll before the child is 3 months old. <https://ltdhd.org/hands-program/>
(270) 769-1601

Southwest Community Ministries may assist with various infant supplies like diapers, wipes, and misc. newborn and maternity care items. swcm1984@yahoo.com <https://southwestcommunityministries.org/>

SITIO Ministry provides diapers and formula every month. A baby layette includes diapers, baby shampoo, diaper rash cream, bibs, booties, hats, heavy and light receiving blankets, bottles, sippy cups, teethers, and pacifiers which are given to the mother a month before the baby is born. The center also provides backpacks, school supplies, baby food, baby toiletries, blankets, equipment, bottles, toys, new/gently used car seats, pack and play, furniture, sheets, pillow cases, and household items at no charge. Clients receive Christmas toys and Easter Basket. Mon-Fri, 9am-12noon Sitio Ministry, 903 Fairdale Rd., Louisville, KY 40118 <https://www.sitioministry.org/>

KY SNAP – Supplemental Nutrition Assistance Program helps low-income people buy food for healthy meals at participating stores. Visit https://kynect.ky.gov/benefits/s/snap-program?language=en_US for requirements, updates/impacts based on current government shutdown, and to apply for benefits.

Walnut Street Infant Resource Ministry provides gently used clothing up to size 5T, diapers, formula, toiletries, bottles, bibs, blankets, and other baby needs. Mon-Thurs., 10am-12:45pm, Wed, 4:30-6:45pm. (502) 584-2343. <https://www.cmwsbc.org/infant-2>

WIC- Women, Infants and Children Program is a nutrition education program that provides nutritional counseling, breastfeeding support, education, nutritious foods, and referrals to health care services. Visit <https://www.chfs.ky.gov/agencies/dph/dmch/nsb/Pages/wic.aspx> to check eligibility, requirements, apply and for updates/government shutdown impacts.

Zora's Cradle provides access to financial and health supports pre- and post-pregnancy. Their mission is to provide comprehensive support to expectant mothers (they also serve children, teens, and adults). Services include behavior therapy, assistance with housing vouchers and deposit aid, serves as an approved breastmilk depot (approved by The Milk Bank), and access to community health workers. (502) 830-9460
<https://zorascradle.org/zoras-cradles-services> Email: info@zorascradle.org

Parke DuValle Community Health Centers provides safe, high quality, accessible and affordable preventive and primary health care for all ages. Provides adult health, behavioral health, dental services, immediate care, PCMH care, pediatric care, pharmacy assistance, WIC & Nutrition, Women's Health, and Sexual Health. Fees are based on your ability to pay; no one will be denied access to services due to inability to pay (<https://pdchc.org/sliding-scale-fee/>). General website: <https://pdchc.org/>

Helpful Tips:

- Contact all agencies being paid directly by your payroll, e.g., medical, dental, vision, etc. to arrange payment and ensure continued coverage.
- Furloughed federal employees may qualify for state unemployment benefits but must repay them after they receive their backpay. <https://uiclaimsportal.ky.gov/>.
- Cancel any unnecessary subscriptions and review your financial budget to avoid overdraft fees.
- Mobile and internet companies may also be providing extended or deferred payments.



FOOD

Hardship to Hope Food Relief Application Open Now. Metro United Way launched the “Hardship to Hope Food Relief Fund” that will pay Kroger gift cards of varying amounts directly to SNAP recipients that have at least one child under 18 in the home or an elderly individual. Applications for Jefferson County opened Monday, November 3. SNAP Households with children or seniors who expected to receive their SNAP benefits November 1 to 7 are eligible to apply.

We are working with agencies in the remainder of Metro United Way’s service area to meet the needs of our neighbors in every county. Applications for Oldham, Shelby, and Bullitt County residents in Kentucky and Clark, Floyd, and Harrison County residents in Indiana should be available by Friday November 7. More information available at <https://metrounitedway.org/community-food-resources/>.

Fort Knox Helping Hands (American Red Cross) is a food pantry for active duty servicemembers, retirees, veterans (DD214 or Driver’s License with Veteran designation) and their families. Call (502) 624-2163 for information and an emergency food box. Mon-Fri, 9am-4pm.

FeedingAmerica.org can help you locate a food bank near you, provide SNAP assistance information, and meal resources for children and seniors. <https://www.feedingamerica.org/>

KYnect is Kentucky’s one-stop for resources, benefits and assistance programs. Topics include Qualified Health Plans (QHP), Advance Premium Tax Credit (APTC), food assistance (SNAP), Medicaid, childcare assistance, financial aid for children and caregivers (KTAP), and a list of resources for food, transportation, housing, employment, finances, physical and mental health. <https://www.kynect.ky.gov/>

Military Family Advisory Network. Guard and Reserve Soldiers impacted may submit food assistance application at militarymeal.org. Visit their Facebook for updates at <https://www.facebook.com/MilitaryFANet>

See also “Food & Clothing Pantries / Agencies” at the end of this document.



MENTAL HEALTH

Crisis Info

- ***If you are having a mental health crisis or contemplating suicide, please call 988. If you are experiencing an emergency, please call 911 or go to the nearest emergency room.***
- **Mental health providers in your area** may be found through your medical insurance company’s website. Contact the local EAP (502) 624-5679 for further assistance.
- **Active-duty family members do not need a referral to see a behavioral health provider off-post.** Visit <https://tricare.mil/mentalhealth/> for more information.
- **988 Suicide and Crisis Lifeline.** Call or text 988 or chat at <https://988lifeline.org/>. Anyone in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number – 988. Phone service providers will now direct 988 calls to the existing national lifeline with its 14 Kentucky call centers. Connection to additional crisis services will be provided if necessary.
- **Veterans Crisis Line.** Call 988 and press 1. The 988 Suicide and Crisis Lifeline is open to anyone in crisis, but also offers a component specific to Veterans by calling 988 and pressing 1 for the Veterans Crisis Line, sending a text to 838255, or chatting online at <https://www.veteranscrisisline.net/>.

Fort Knox Employee Assistance Program is available to all Department of the Army Civilians (DACs), DAC supervisors, military retirees and their adult family members during the shutdown. Please call (502) 624-5679/7031 to make an appointment. Responses may be delayed due to manning hours.

Fort Knox Ireland Army Health Clinic Department of Behavioral Health is available for active duty and child dependents. Mon-Fri, 7:30am – 4:30pm: (502) 626-9891 / 9892. For emergency care that occurs after hours, federal holidays, and weekends, call 911 or go to the nearest emergency room (ER).

Fort Knox Family Life Center offers pastoral counseling to military members, government civilians, retirees, and their dependents. Chaplain (MAJ) Silvey is a trained pastoral counselor and licensed marriage and family therapist (LMFT) with a master's degree in Marriage and Family Counseling from Texas A&M and Master of Divinity from Liberty University Theological Seminary. Call (502) 624-5225 for an appointment.

Fort Knox Religious Support Office (RSO). RSO continues to support the community with faith formation/religious education, religious worship services, and individual counseling, see [Fort Knox RSO webpage](#) or call (502) 624-1354/8556 for more information.

Military & Family Life Counselors (MFLCs), Mon-Fri, 8am – 4pm: Unit MFLCs: 1TSC, (502) 377-9681; 19th ENG, (270) 206-0856; HRC, (502) 382-0623; V Corps, (270) 853-3982. All others, call (270) 855-1082 or Army Community Service (502) 624-8391 / 6291. MFLCs are also available at all Child, Youth & School Service facilities, and on and off post schools that surround Fort Knox. Non-medical counseling is available via telehealth and in person.

Military OneSource, free 24/7/365 support at (800) 342-9647 or visit www.militaryonesource.mil. *En Espanola llame al* (800) 342-9647. TTY/TDD dial 711 and provide (800) 342-9647. Telephonic, web-based, and video counseling are available to Service members and the families of active duty, National Guard, reserve and Coast Guard (regardless of activation status), expeditionary civilians, and survivors.

Family Life Ministry. The Archdiocese of Louisville offers groups and events to support families in stress. Topics include: grief and loss (including loss due to addiction), divorce recovery, infertility support, families impacted by addiction, and caregiving for loved ones. Email: family@archlou.org or (502) 636-0296.

<https://www.archlou.org/services-directory/archdiocesan-agencies-facilities/family/>

Psychology Today is a resource to easily search for and view clinician profiles by the insurance they accept.

<https://www.psychologytoday.com/>

ADDITIONAL RESOURCES

Lincoln Trail District Health Department. Serves Hardin, LaRue, Marion, Meade, Nelson, and Washington counties with clinical services and programs. Central office is located at 108 New Glendale Rd., Elizabethtown, KY 42702. Visit <https://ltdhd.org/> or call (270) 769-1601/800-280-1601 for more information. Also check out their [Facebook page](#) for event flyers, tips, reminders and information to stay healthy and well at <https://www.facebook.com/LincolnTrailDHD#>.

Federal Direct Insurance Corporation (FDIC). www.fdic.gov provides Consumer Resource Center and access *Money Smart* – a financial education program for people of all ages to enhance financial skills.

Fort Knox AA (Alcoholics Anonymous) & Al-Anon. Local support for everyone with a desire to stop drinking. This is an AA open discussion meeting and Al-Anon Family Group. Meetings are every Tuesday at 6:30pm, Cavalry Chapel (6587 Eisenhower Ave, FKKY – next to HRC building). POC: Demetrio (780) 541-0779. General AA info at <https://www.aa.org/>.

Al-Anon & Alateen Family Groups. Do you worry about how much someone drinks? Al-Anon and Alateen can help. Al-Anon Family Groups provide help and hope for families and friends of alcoholics. <https://al-anon.org/> (888) 4AL-ANON / (888) 425-2666.

American Red Cross Resource Directory. A directory of helpful resources ranging from food, housing, goods, transit, health, money, care, education, work, and legal is provided by American Red Cross at <https://resources.redcross.org/>.

Defense Civilian Personnel Advisory Services (DCPAS) Furlough Resources & Support and other resources can be found at www.dcpas.osd.mil.

Blue Star Families. has put together a list of resources at <https://neighborhood.bluestarfam.org/page/shutdown-resources>.

Green Path Financial Wellness. A nonprofit since 1961 empowers people to lead financially healthy lives by offering free debt counseling, housing counseling (facing foreclosure, looking for rental counseling, considering a

reverse mortgage or home purchase), and Debt Management Program designed to pay off your debt in 3-5 years. More information <https://www.greenpath.com/>.

National Foundation for Credit Counseling (NFCC) offers education and solutions through Credit Card Debt Counseling, Homeowner Guidance, Budgeting & Finance counseling with low or no cost, other financial counseling (bankruptcy, military & Veterans, small business owner finance, renter budgeting, and student loan debt), online courses and information, workbooks, and worksheets. <https://www.nfcc.org/> (800) 388-2227, one session is typically 30minutes to an hour.

Practical Money Skills offers interactive tools and educational resources to help individual and communities build stronger financial futures. Visa has developed education programs for people of all ages worldwide for the past 27 years. This program is available in 19 languages and 46 countries. Learn how to create a budget, calculate how much you need for emergency funds, or rework your budget. Use financial calculators to determine the cost of credit, too much debt, lunch expenses and time to pay off credit card debt

<https://www.practicalmoneyskills.com/en>.

Silverleaf provides sexual trauma victims and family advocacy, forensic services, crisis intervention, community education and therapy. 24-hour crisis line: (270) 234-9236; (877) 672-2124; Chat: Text HELLO to (270) 81-86423 (VOICE). www.silverleafky.org

United Way supports critical needs and assists communities to address local and global challenges by funding programs and initiatives that improve education, financial stability, and health. More information and resource located at <https://www.unitedway.org/>.

Metro United Way. Serves the Jefferson, Bullitt, Harrison, Floyd, Clark, Oldham, and Shelby counties by providing information and assistance. Click the link for more information <https://metrounitedway.org/community-food-resources/>

Central Kentucky United Way. Serves the Hardin, Meade, Breckenridge, Grayson, and LaRue counties by providing information assistance for needs such as food, housing, utility assistance, mental health resources, and more. Visit United Way of Central Kentucky at <https://unitedwayck.org/> or visit them at 604 North Main St., Elizabethtown, KY 42701 (270) 737-6608.



SAFETY AND ADVOCACY SERVICES

Fort Knox Family Advocacy Program (FAP). 411 Eisenhower Avenue; Bldg. 1477. (502) 624-8391

- For domestic violence reporting or safety services, please call the Victim Advocate at (502) 888-5796 (Mon-Fri, 7:30am-4pm) and (855) 827-0400 (After Hours, Weekends). In case of emergency, please call 911. The Fort Knox Military Police are also available 24 hours daily at (502) 624-2111 for unrestricted domestic violence reports. Local domestic violence emergency shelter programs include: 1) SpringHaven, Inc (Hardin & Meade) at (800) 767-5838 and 2) The Center for Women and Families (Bullitt & Jefferson) at (844) 237-2331.
- For child abuse or neglect reporting, please: 1) Contact the Fort Knox Military Police at (502) 624-2111 and 2) Contact your local child protective services agency (Kentucky: 877-597-2331, Indiana: 800-800-5556).
- Command Teams may access digital resources including FAP regulations, forms, and documents at [Commander Toolkit](#).

Fort Knox Sexual Harassment/Assault Response and Prevention Program (SHARP)

Pike Hall, 52 Third Ave., Bldg. 1310, Rm 124, Phone: (502) 851-3779, DoD Safe Helpline: (877) 995-5247

Website/Online Chat: <http://www.safehelpline.org>

- For sexual assault or sexual harassment reporting and safety services, please call SHARP at (502) 851-3779. Local sexual violence service agencies include: 1) Silverleaf Sexual trauma Recovery Services (Hardin & Meade) at (877) 672-2124 and 2) The Center for Women and Families (Bullitt & Jefferson) at (844) 237-2331.



Fort Knox Legal Assistance Division

- Legal Assistance is available to members of the Armed Forces and their Family members, retired military personnel and their Family members, and survivors of members of the Armed Forces who would be eligible if the service member was alive. Reserve Component personnel on active duty for thirty days or more are also entitled to legal assistance.
- Legal Assistance attorneys provide advice on most personal legal matters, review legal documents such as contracts and leases (if they are not related to a private income-producing business), and prepare wills, correspondence, and other legal documents. They are not authorized to appear with you as your attorney of record in any court. Issues on which advice is provided include automobile accidents, wills, credit matters, repossessions, consumer complaints, living wills, health surrogate forms, life insurance contracts, and powers of attorney. The services of the legal assistance office are provided without charge.
- Attorney consultations are by appointment. Please call (502) 624-2771 to schedule.
- Contact Information: HQ, United States Army Cadet Command, ATTN: ATCC-SJA-L, Bldg. 1310, Pike Hall, Fort Knox, KY 40121. (502) 624-2771 Hours: Mon - Wed & Fri: 9am - 4pm, Thurs: 1 - 4pm

Legal Aid Society

Phone: (502) 584-1254 | (800) 292-1862. Veterans' Hotline: (844) 268-0838 <https://yourlegalaid.org/>

For individuals and families with incomes at or below 125% to 200% of the federal poverty guidelines in the following Kentucky counties: Breckinridge, Bullitt, Grayson, Hardin, Henry, Jefferson, Larue, Marion, Meade, Nelson, Oldham, Shelby, Spencer, Trimble, and Washington. Legal Aid Society provides free legal services to hundreds of Kentucky Veterans who need critical legal assistance but do not have the means to hire an attorney. Through the legal advice and representation by both staff and volunteer attorneys, we are able to help veterans: Avoid homelessness; Access VA or other benefits; Resolve family law issues such as custody and child support; Obtain life planning documents, such as Powers of Attorney, Living Wills or Healthcare Surrogates, and Last Will and Testaments; Expunge eligible criminal records; and Address issues effecting financial stability such as consumer debts.



Fort Knox Gammon Fitness is available 24/7, free weekend classes. Saturday and Sunday classes are free, but you must be pre-registered for gammon 24/7 access. Register your government ID/CAC 5am-7:45pm Mon-Fri. Saturday classes include 8-9am: MetKon Rx (Cardio/Kore) Room C; 9-10am Morning Spin, Room A; 10-11am Zumba, Room C; Sunday: 8-9am PiYo, Room C. Weekday classes are \$5 each; 10 classes for \$45; monthly unlimited pass for \$70. Visit [Fort Knox Sports and Fitness Facebook page](#) for cancellations, updates or call (502) 624-4033 for more info.

SLAM – Sweat Like a Mother Fort Knox is offering free workouts during the government shutdown. Join SLAM Tuesdays & Thursdays 6-6:45am or 9-10am Monday-Fridays (various locations, see website for schedule), for a creative and fun total body workout designed for pregnant and postpartum moms. Visit <https://www.sweatlikeamother.com/fortknox/> or follow them on [Facebook](#) or [Instagram](#).

FOOD & CLOTHING PANTRIES / AGENCIES

All Nations Worship Ministries

200 Vineland Centre Dr, Vine Grove 40175
(270) 352-4919

Senior 60+, TEFAP & Pantry: 1st & 3rd calendar
Thurs monthly 3:30-6:30pm

The Bridge Community Church

6746 S Wilson Road
Elizabethtown, KY 42701
Phone (270) 734-9003

Last Wed of every month
10:30am to 1pm

Catholic Charities of Louisville-Sister

Visitor Center: Provides emergency food & financial assistance to residents living west of 9th street and north of Broadway. Mon-Fri, 10am-2:30pm (Closed 1st Tuesday of each month)

Catholic Charities of Louisville-Father Jack

Jones Food Pantry: Provides walk-up pantry. Serves neighborhoods surrounding Churchill Downs & UoL. Wed & Thurs, 10am-12pm

Cecilia Baptist Church: Clothing Closet

416 E Main Street
Cecilia, KY 42724
Phone (270) 862-4228

Christ Dependent Community Church

5687 S Wilson Rd, Etown 42701
(270) 900-1231

Pantry: 4th Sat of the month, 10am-12pm
Blessings bags on Thurs 12-1pm

College Heights UMC

710 College Street
Elizabethtown, KY 42701

Food Pantry available Wednesdays 8am-12noon

Cornerstone Church of God

120 Ruth Lane, Etown 42701
(502) 977-2299

Pantry: Sun, 12:15-12:45pm & Wed 7:30-8:30pm. Call before arriving

Department of Community Based Services

Family Support: SNAP (Food Stamps), medical, welfare, emergency bill pay, child-care assistance

916 North Mulberry Street Suite 120
Elizabethtown, KY 42701

Phone (270) 766-5029

Fax (270) 766-5163

Dare to Care (Jefferson & Bullitt Counties)

<https://daretocare.org/>

Elizabethtown Church of Christ: Clothing Closet

1211 N Dixie Highway
Elizabethtown, KY 42701

Phone (270) -765-6446

Feeding America (Hardin & Meade Counties)

<https://feedingamericaky.org/find-help/>

First Baptist Church

107 Bishop Lane, Etown 42701
(270) 765-5013

Pantry: Every 2nd calendar Sat of the month
10am-12pm

Goodwill

3032 Ring Road
Elizabethtown, KY 42701
Phone (270) 765-2617

Goodwill

175 W Lincoln Trail Boulevard
Radcliff, KY 40160

Phone (270) 351-6663

Heartland Christian Center

124 Ditto Lane, Vine Grove 40175
(224) 244-3887

Pantry: 2nd & 4th Friday of the month 4-6pm

Helping Hand of Hope

6796 South Wilson Road
Elizabethtown, KY 42702-0642
Phone: (270) 769-3092

Hours of Operation: Monday-Thursday 9:00 am-4:00 pm, Friday 9:00 am-2:00 pm

TEFAP: 2nd calendar Sat, 9am-1pm

Heritage International Christian Church

600 Knox Blvd, Radcliff 40160
(270) 351-7770

Pantry: 1st, 3rd and 4th Sat of the month, 11am – 1pm

Immanuel Baptist Church: Will need identifying information and state-issued ID. Must call for services.

Phone (270) 765-6516

Pantry: Mon-Fri 9am-1:30pm (must call first)

Journey Church

515 Bypass Rd, Brandenburg 40108 (270) 422-2020

Pantry: 1st and 3rd

Tuesday, 10am-12noon

Emergency box available anytime

Lakeside Worship: Food Pantry Wednesday
10am to noon

1801 Ring Road

Elizabethtown, KY 42701

Phone (270) 769-1297

Macedonia Action Christian Center

8990 Battletown Rd., Battletown 40104
(270) 497-4663

Meade County Community Action

101 N Main St., Muldraugh 40155

(270) 422-2545

CSFP: Boxes distributed week 2, wed, 10am (call for appt to apply)

Memorial UMC: Food bank 2nd Saturday of every month

631 N Miles Street

Elizabethtown, KY 42701

Phone (270) 769-3331

Mill Creek Baptist Church: Food pantry the 4th Saturday of every month 9-11am. ID and a completed application required

1182 Jones Street

Radcliff, KY 40160

Phone (270) 351-3524

Muldraugh United Methodist

101 N Main St., Muldraugh 40155

(270) 998-9115

Pantry: 2nd calendar Fri 1-5pm (drive-thru only)

New Hope Missionary Baptist Church:

Soup kitchen, food pantry, and clothing closet. Open every Saturday from 10am to Noon.

Pantry: 1st and 3rd Sat, 10-12noon; 2nd and 4th Tues 2-4pm

1591 Hill Street

Radcliff, KY 40160

Phone (270) 351-6808

Southwest Community Ministries: Food pantry, hygiene products, Meals on Wheels, financial help for those living in 40272, 40258, or Jefferson County portion of 40177 for utility assistance. 8504 Terry Rd., Louisville, KY 40258. Call (502) 935-0310 for additional assistance.

Stithton Baptist Church: Food Pantry open every Tues and Thurs from 1:00–3:00 pm. Photo ID, proof of address and proof of income or award letter for SSI/disability required.

95 Park Avenue

Radcliff, KY 40160

Phone (270) 351-6055

St John the Apostle Catholic Church

515 E Broadway, Bandenburg 40108
(270) 422-2196

Pantry: Thurs 9:30-11:30; 4:30-5:30pm. Call for emergency food box.

TEFAP: Thurs, 9:30-1:30; 4:30-5:30pm

St Vincent dePaul

307 W Dixie Hwy, Etown 42701

(270) 763-4249 (St James church phone)

Pantry: Mon, Wed, Thurs, & Fri, 10am-1pm

Sign of the Dove Church

1189 Sunset Drive

Radcliff, KY 40160

Phone (270) 351-3550

Pantry: Must call for same day appt 10-11am

Vine Grove United Methodist Church: Open Door Ministries, meals are always free. Soup kitchen every Sat from 4:30-6pm.

306 High Street

Vine Grove, KY 40175

Pantry: 1st, 3rd, & last Thurs of the month, 5-6pm.

Warm Blessings: Hot meals, showers, and laundry

609 East Dixie Avenue

Elizabethtown, KY 42701

<http://www.warmblessingsinc.com>

Phone (270) 763-9276

Open: Mon, Thurs, Fri 8am – 3pm.

Breakfast and lunch are served when it is open.

Hot meals carry out only 5:45 to 6:45 pm

Monday-Friday

Showers and washer/dryer by appt-call

ahead to sign up for laundry (2 loads per day)

Pantry: Every Fri., 8am – 3pm: frozen, canned, fresh produce, bakery and laundry supplies

Wesley Hilltop House

1001 Skyline Dr, Etown 42701

(270) 765-2573

Senior Meals: Tues & Thurs., 9am – 2pm

Community Meals: Sunday 5-7pm