

COMMUNITY RESOURCE GUIDE

PRESENT



**NATICK SOLDIER
SYSTEMS CENTER**



1954



“One Team Committed to Soldier Success”

Proponent of the Natick Commanders Ready and Resilient Counsel

Contact information and updates:

Department of Human Resources: (508) 206-4049

Public Affairs Specialist: (508) 206-4025

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ABOUT NATICK SOLDIER SYSTEMS CENTER

For over 65 years, the U.S. Army Natick Soldier Systems Center (NSSC) in Natick, Mass., has enhanced, empowered, and enabled the Warfighter by researching and developing, and more recently integrating and sustaining, nearly everything they eat, wear, and carry. Located in a small suburb west of Boston, Natick's proximity to businesses, hospitals, and colleges and universities in the area has been instrumental to its mission success. As technology has progressed through the decades, cooperative agreements with our local partners helped ensure that not only Soldiers but all joint service members continued to benefit from cutting-edge technology created within NSSC.

Organized and commissioned in 1953 as the Quartermaster Research Facility, and then later known as "Natick Labs," developments made during the first decade benefited troops in the Vietnam conflict. Many items originally designed for Soldiers soon found their way into other markets with body armor technology, for instance, transitioning to protect law enforcement officers. As tenant organizations moved to Natick, Natick Labs became known as Natick Soldier Systems Center and the installation became a joint-service organization, no longer thinking about the needs of just the Army Soldier, but all Warfighters including Sailors, Marines, Airmen, Coast Guardsmen and most recently Guardians.

Through military operations in Vietnam, Grenada, Panama, the Persian Gulf, Somalia, Haiti, Kosovo, and Bosnia, NSSC employees worked tirelessly to research, develop, and improve items for our Warfighters, especially those deployed around the world. Over the years, Natick's products have received many patents. Many of these products have transferred into the hands of consumers, especially in the field of food research. Innovations in frozen food technology, freeze-drying and packaging can all trace their roots back to the NSSC.

After Sept. 11, 2001, it was more important than ever that NSSC continued its work on transitioning military technology into the hands of our Nation's first responder community. With troops deployed not only in Afghanistan and Iraq fighting the War on Terror, but in more than 100 countries around the world, NSSC continues the important mission of enhancing, empowering, and enabling the Warfighter.

The past 68 years would not have been possible without the creative and innovative employees of the NSSC. They are dedicated and passionate about the work they do, and they are recognized for it. Employees here have been honored since the 1960s with Army Research and Development Achievement Awards, which recognize significant scientific and engineering achievements. Employees who have, according to the Army, established a "pattern of excellence" have also received numerous meritorious civilian service awards. More recently, researchers at the DEVCOM Soldier Center were awarded the Major General Greene Team Innovation Award for their development of shelf stable pizza for the Meals, Ready-to-Eat (MRE) Ration.

Whether Soldier, civilian or contractor, the team at Natick have routinely gone the extra mile through the past 68 years to ensure the men and women of our military are well taken care of. They look forward to continuing to provide the service members of our nation the outstanding support they have come to expect from Natick.

NEWCOMERS ORIENTATION

If you are new to NSSC or are returning after spending time away from the installation, after you contact our organization, your second contact should be Army Community Services located in Building 1, 1st floor in room A-124 or (508) 206-4026. Whether a Service Member, DoD Civilian, or Contractor, your sponsor is a critical asset to familiarize you with NSSC and services offered. Because NSSC is a small diverse installation with unique missions, many services are provided via hub and spoke and across several installations. USAG Natick gladly provides installation walkthroughs as requested to familiarize newcomers with all facilities and services on and off the installation.

SOCIAL MEDIA

Stay connected with the latest news and updates from NSSC

NSSC Webpage: <https://www.army.mil/natick>

Garrison Webpage: <https://homeadmin.army.mil/natick/index.php>

Garrison Facebook Page:
<https://www.facebook.com/settings?tab=profile§ion=username>

Twitter: <https://twitter.com/NatickSSC>

INSTALLATION SUPPORT

In- and Out-processing

Newly assigned or departing service members and/or DA civilians should report to their gaining/losing agency to obtain their organizational in- or out-processing checklist. Several of the stops may require visiting USAG, Natick Headquarters, Building 1, 10 General Greene Avenue.

Sponsorship

Soldiers will need to use the Army Career Tracker's Total Army Sponsorship Program to initiate the DA Form 5434 (Sponsorship Program Counseling and Information Sheet) and request a sponsor. Sponsorship is required to process permanent change of station orders to most installations. Department of the Army civilians can fill out the PDF version of DA Form 5434 and email it to their gaining organization or supervisor to request a sponsor

Phone: N/A

Website: <https://actnow.army.mil/>

Services: N/A

Programs: N/A

Fees: N/A

Target Audience: All military personnel and DA Civilians PCS to Natick

ID Card / Common Access Card (CAC) Processing

10 General Greene Avenue, Bldg. 1, Room A125, Natick, MA 01760

Phone: (508) 206-4030

Hours of Operation: M-F (0730-1500)

Website: <https://idco.dmdc.osd.mil/idco/>

Services: CAC and ID card processing, PIN resets, DEERS updates, and general services related to ID cards

Programs: N/A

Fees: N/A

Target Audience: Active-Duty, Reserve and National Guard Soldiers; Family members of Active-Duty, Reserve and National Guard; DA civilians, military Retirees and their Families

Army Family Housing

Housing Manager

10 General Greene Ave, Bldg. 45, Room L103, Natick, MA 01760

Phone: Desk: (508) 206-4140, Cell: (508) 654-1653

Hours of Operation: M-F (0800-1600)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/housing>

Services: On and Off base housing referral services, lease review, landlord/tenant dispute, landlord/tenant laws,

Programs: Rental Partnership Program, Preferred Employer discounts, Military Discount

Fees: N/A

Target Audience: On base housing: all Active duty, Reserve & National Guard Soldiers

Off base housing: Active duty, Family members of active duty, DA Civilians and their Family members, military Retirees, and their Family members

Employee Assistance Program (EAP)

656 Eichelberger Road, West Point, NY 10996
(In the Army Substance Abuse Program building)

Phone: (845) 938-1039

Hours of Operation: M-F (0800-1600)

Website: https://www.army.mil/article/235848/nssc_eap_program

Services: Provides assistance in addressing life's challenges and improving work and life balance through referral services, such as, short-term guidance, education, and mediation to civilian employees for resolution of adult living problems.

Programs: Prevention education, well-being promotion, basic budgeting, anger management, grief, relationship issues, conflict at work, depression, and anxiety.

Fees: N/A

Target Audience: Civilian employees and their Families, Military Family members, military Retirees, and their Families. Must be 18+ years old. Supervisors are encouraged to utilize the services

Civilian Human Resources Agency (CHRA) / Civilian Personnel Advisory Center

10 General Greene Avenue, Bldg. 1, Room A101, Natick, MA 01760

Phone: Teleworking (MS Teams only)

Hours of operation: M-F (0600-1730)

Website: <https://home.army.mil/natick/index.php/about/Garrison/civilian-personnel-advisory-center-cpac>. Retirement link: [GRB Platform \(army.mil\)](#) Army benefits link: [ABC-C - ABC-C \(army.mil\)](#)

Services: All DA civilian personnel actions, including leave and attendance, employee discipline, performance and appraisal assistance, and benefits assistance.

Programs: Army benefits, retirement preparation, workers compensation, labor and management employee relations

Fees: N/A

Target Audience: DA Civilians

Directorate, Human Resources (DHR)

10 General Greene Avenue, Bldg. 1, Room 214, Natick, MA 01760

Phone: (508) 206-4050

Hours of operation: M-F (0700-1700)

Website: N/A

Services: DA civilian personnel actions, records management, FOIA, awards, workforce development, publications, CAC/ID cards

Programs: ASAP and EAP

Fees: N/A

Target Audience: DA Civilians

Official Mail and Distribution

10 General Greene Avenue, Bldg. 25, Natick, MA 01760

Phone: (508) 206-4000

Hours of operation: M-F (0730-1600)

Website: N/A

Services: Official mail distribution, forms and publications orders/procurement, and accountable mail pick up

Programs: N/A

Fees: N/A

Target Audience: Service members and/or DA civilians assigned to units on Natick

NSSC Legal Assistance

10 General Green Ave, Bldg. 1, Natick, MA 01760

Phone: (508) 206-4052, adam.j.janeczek.civ@army.mil

Hours of Operations: By appointment

Website: N/A

Services: Basic level legal assistance including simple wills, powers of attorney, etc.

Programs: N/A

Fees: N/A

Target Audience: Active Duty Service Members, DA Civilians, Retirees

Equal Employment Office

10 General Greene Avenue, Bldg. 1, Room A106, Natick, MA 01760

Phone: (508) 206-4018

Hours of operation: M-F (0600-1500)

Services: The EEO Program provides employees with rights and procedures for redress in instances in which they have suffered discrimination. Provide guidance to qualified employees with a disability on the procedures to request a reasonable accommodation

Fees: N/A

Target Audience: All NSSC DA Civilians

Inspector General (IG)

10 General Greene Ave, Bldg. 1, Room A123, Natick MA 01760

(In building 1 next to the ID card section)

Phone: (508) 206-3020; DEVCOM IG Hotline (410) 306-2424

Hours of operation: M-F (0800-1600)

Website: N/A

Services: Provide IG assistance, investigations, teaching and training, and IG inspections.

Programs: Prevention education, well-being promotion, basic budgeting, anger management, grief, relationship issues, conflict at work, depression, and anxiety.

Fees: N/A

Target Audience: Military Service Members, Family Members, Civilian employees and military Retirees and their Families

Department of Army Police/Security/Physical Security

10 General Greene Ave, Bldg. 1, Room A036, Natick MA 01760

(In building 1 basement across from Hanscom Credit Union)

Phone: (508) 206-4007; **Fax:** (508) 206-4009

Hours of operation: 24/7

Window Hours: M-F (0600-1800)

Services: Report a crime, Vehicle registration, Firearms registration (military family housing), Traffic Accident reporting, Lost CAC card reporting, visitor vetting and access control

Programs: Physical Security Inspections, Active Shooter training and crime prevention

Fees: N/A

Target Audience: Service members and their Families, Civilian employees, and contractors on the installation.

Hanscom Federal Credit Union

10 General Green Ave, Bldg. 1, Ground Floor

Hours of Operation: M-F (0830-1600)

Phone: (781) 698-2132, 2134, 2136

RELIGIOUS SUPPORT**NSSC Chaplain Section**

10 General Green Ave, Bldg.1, office A-122, Natick, MA 01760

Religious Affairs NCO

Office Phone: (508) 206-3012

Chaplain

Office Phone: (508) 206-3011

Hours of Operation: (walk-in) M-F (0900-1600) (Appointments available at any time)

Website: N/A

Services: Religious Support, Confidential Counseling Services, Team/Individual Conflict Management, Organizational Effectiveness Training, Advisement on Religion, Morals, Ethics and Morale, Moral Leadership Training/Development

Programs: N/A

Fees: N/A

Target Audience: All NSSC Servicemembers, Employees and their Families

MEDICAL SERVICES**NSSC Primary Care Clinic**

10 General Green Ave, Bldg. 42a, Natick, MA 01760

Phone: (508) 206-2449 or x2397

Sick Call (walk-in) M-TH (0800-0900); Appointments M-TH (1300-1500)

Website: N/A

Services: Limited primary care medical services to all AD assigned to NSSC; includes acute health concerns, and medical readiness/administrative exams (PHA, SHPE, Airborne physicals, etc.)

Programs: N/A
Fees: N/A
Target Audience: AD ONLY

Hanscom AFB Family Health Clinic

90 Vandenberg Dr., Bldg. 1900, Hanscom AFB, MA 01731

Medical: (781) 225-6789

Medical hours: M-F (0730-1630), closed the first Thursday afternoon every month for readiness training

Dental: (781) 225-6324

Dental hours: M-F (0730-1630), TU-TH (0730-1630), W (0830-1630)

Pharmacy hours: M-F (0730-1630), closed the first Thursday afternoon every month for readiness training

Website: <https://hanscom.tricare.mil>

Services: Acute, routine and wellness primary care services by appointment only to enrolled TRICARE beneficiaries.

Programs: Primary care, preventive care, EFMP, alcohol and drug abuse prevention and treatment (ADAPT), family advocacy, mental health, lab tests and radiology, case management, children's health, and vision.

Urgent Care: If you're unsure about whether you need urgent care, call the Military Health System Nurse Advice Line to speak with a registered nurse or visit MHSNurseAdviceLine.com for web or video chat or dial 1-800-TRICARE (874-2273)

Fees: N/A

Target Audience: Service Members, Families, Retiree's

SEXUAL HARASSMENT ASSAULT RESPONSE & PREVENTION

NSSC (SARC) Sexual Assault Response Coordinator

10 General Greene Avenue, Bldg. 1, Room A-127, Natick MA 01760

Phone: (508) 206-4090; NSSC 24/7 SHARP Hotline: (508) 395-9141, DoD Safe Helpline: (877) 995-5247

Hours of Operation: M-F (0800-1600)

Website: www.sexualassault.army.mil; www.safehelpline.org

Functional Areas: Program management, prevention, training, community outreach, advocacy, & response

Programs: Enhance mission readiness through the prevention of sexual assault, sexual harassment, and associated retaliatory behaviors while providing comprehensive response capabilities

Fees: N/A

Target Audience: Includes all Active Duty, DA Civilians, & adult dependents

ARMY COMMUNITY SERVICES

Child Related Issues & Abuse

Military Police (On-Post)

508-206-4005

DA IMCOM 24/7 Domestic Violence Hotline 855-827-0400
Massachusetts Department of Children and Families 617-748-2000

Army Community Service Program- Family Advocacy Liaison

10 General Greene, Natick, MA 01760

Phone: (508) 206-4026

Hours of Operation: M-F (0900-1500)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/army-community-service>

Services: Provides NSSC prevention education, outreach services and liaison services to Family Advocacy Program Manager at Hanscom AFB

Programs: Prevention Education, outreach services, training, and appropriate referrals.

Fees: N/A

Target Audience: Includes all Active duty and Military Families members of active duty

Hanscom AFB Family Advocacy Program Manager

90 Vandenberg Drive, Hanscom AFB, MA 01731

Phone: (781) 225-6385

Hours of Operation: M-F (0730-1500)

Website: <https://hanscom.tricare.mil/Health-Services/Mental-Health-Substance-Abuse/Family-Advocacy>

Services: Provides prevention, response and treatment to child abuse, neglect, and domestic abuse/intimate partner violence in military families.

Programs: Outpatient Treatment, Crisis Intervention, Prevention Education, and appropriate referrals

Fees: N/A

Target Audience: Includes all Active duty and Military Families members of active duty

Child & Youth Services

Child Development Center, Hanscom AFB

1 Eglin St., Building 1994, Hanscom AFB, MA 01731

Phone: (781) 225-6129

Hours of Operation: M-F (0700-1700)

Website: <https://www.hanscomfss.com/child-development-center>

Services: Offers quality and affordable programs and services for eligible children and youth, birth through 5 years of age. The CDC offers full-time and hourly care on a space available basis for children ages 6 weeks to 5 years

Programs: Child Development Centers and Family Child-Care

Target Audience: Includes all Active duty, Retirees, DOD civilians, and Family members

School Age Program, Hanscom AFB

SAC Center, Building 1999, Hanscom AFB, MA 01731

Phone: (781) 225-6051

Hours of Operation: Vary based on needs. Call for more details

Website: <https://www.hanscomfss.com/school-age-program>

Services: Offers before and after school care as well as vacation and summer camps for children in grade K-6.

Programs: School Age program

Target Audience: Includes all Active duty, Retirees, DOD civilians, and Family members

School Liaison Services

10 Kirtland St., Building 1240, Hanscom AFB, MA

Phone: (781) 382-5277

Website: <https://www.hanscomfss.com/school-liaison-office>

Hours of Operation: M-F (0730-1600)

Services: School Liaison Services provides access to a wide range of educational resources available to Army families such as, assistance with school registration, academic credits issues, coordination of transition services, special needs system navigation and link to Home School organizations and support

Target Audience: Includes all Active duty and Family members

Army Fee Assistance Program

Phone: (800) 424-2246

Website: <https://www.childcareaware.org/fee-assistancerespite/military-families/army/afa-program/>

Hours of Operation: 8:00am- 7:00pm

Services: Provides authorized Active Duty, Reserve and DoD Civilian personnel assistance in locating, selecting, and offsetting the cost of civilian childcare when on-base childcare is not available or a viable option for the family.

Target Audience: Includes all Active duty, Reserve, and DoD Civilians

Schools

Natick Public Schools

13 East Central Street, Natick, MA 01760

Phone: (508) 647-6500

Hours of Operation: M-F (0800-1500)

Website: www.natickps.org

Services: Natick Public Schools service families within the Natick and Boston community from PreK- age 22.

Programs: Natick PS offers a variety of programs that work to support students and families. Programs include Academic Talented & Gifted program, After school and Early Risers, METCO, Elementary Enrichment, English Language learners, Natick Remote Learning Academy, Summer Learning Programs and Social-Emotional Learning.

Target Audience: Natick and Boston residents

Hanscom AFB Schools

4 Ent Rd, Hanscom AFB, MA 01731

Phone: (781) 274-7721

Hours of Operation: M-F (0800-1500)

Website: <https://www.lincnet.org/Page/317>

Services: Hanscom, AFB schools serve families at Hanscom AFB from PreK- 8th grade. High school students are transported to Bedford High School or Shawsheen Vocational Tech High School.

Target Audience: Dependents of Active Duty or retired military personnel residing on Hanscom Air Force Base.

Special Needs

Army Community Service- Exceptional Family Member Program (EFMP)

10 General Greene, Natick, MA 01760

Phone: (508) 206-4026

Hours of Operation: M-F (0900-1500)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/army-community-service>

Services: The Exceptional family Member Program (EFMP) is a Department of the Army (DA) Program to assist you through selective assignments and reassignments as you travel with your special needs family members(s).

Programs: EFMP Family helps families navigate the identification and enrollment and assignment coordination processes. EFMP also assist with information and referral to military support providers and community services.

Fees: N/A

Target Audience: Includes all eligible military family members and dependent relatives with special needs

EFMP- Support

4th Armored Division Drive, Bldg. 10250, Fort Drum, NY 13602

Phone: (315) 772-5476

Hours of Operation: M-F (0730-1600)

Website: <https://home.army.mil/drum/index.php/about/Garrison/directorate-human-resources/soldier-and-family-readiness-division-sfrd/SFRC/exceptional-family-member-program-efmp>

Programs: EFMP helps to provide support and that require care for Family Members with disabilities and special needs, to better support the Soldiers and Family Members. EFMP assists with the special physical, emotional, developmental, and intellectual needs by providing community support services such as resources, information and referral advocacy, support groups, respite care and relocation assistance.

Fees: N/A

Target Audience: Includes Active Duty Family members and dependent relatives with special needs

EFMP -Keller Army Community Hospital

900 Washington Road, West Point, NY 10996

Phone: (845) 938-6881

Hours of Operation: M-F (0800-1500)

Website: <https://keller.tricare.mil/Health-Services/Family-Developmental-Services/EFMP>

Programs: EFMP is a program for both child and adult family members with any specialty medical or educational needs. The Keller EFMP office provides services for family members needing enrollment, dis-enrollment, update information and family member travel screening.

Fees: N/A

Target Audience: Includes Active Duty Family members and dependent relatives with special needs.

Mental Health Counseling

Hanscom AFB Mental Health Flight

90 Vandenberg Dr, Hanscom AFB, MA 01731

Phone: (781) 225-6789

Hours of Operation: M-F (0730-1500)

Website: <https://hanscom.tricare.mil/Health-Services/Mental-Health-Substance-Abuse>

Services: The Mental Health Clinic serves Active Duty Service Members who are eligible to receive treatment. Common services received at the clinic are intervention and prevention for mental health issues related to pre-deployment, post-deployment, stress, anger, anxiety, depression, adjustment problems and relationship issues

Fees: N/A

Target Audience: Includes all eligible active duty

Military OneSource Counseling Services

Contact information supports the entire state of Massachusetts

Website: <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/>

Services: Military OneSource counseling services are designed to provide service help with short-term issues such as adjustments to situational stressors, stress management decision making, communication, grief, blended Family issues and parenting skills issues. Counseling sessions can be arranged face-to-face, telephone consultation or online consultations

Target Audience: Active-duty, Guard, and Reserve member and their Families.

Career Counseling

Army Community Service- Employment Readiness Program (ERP)

10 General Greene, Natick, MA 01760

Phone: (508) 206-4026

Hours of Operation: M-F (0900-1500)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/army-community-service>

Services: Provides information and referral services in the areas of employment, education, training, and transition opportunities.

Target Audience: Military ID card holders to include all military personnel/Family members and DoD civilian ID card holders

Financial Counseling

Army Community Service – Financial Readiness Program (FRP)

10 General Greene, Natick, MA 01760

Phone: (508) 206-4026

Hours of Operation: M-F (0900-1500)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/army-community-service>

Services: The FRP offers education, counseling and emergency financial assistance and support services to assist members and their Families with their financial affairs. Individual counseling services provide support in areas such as budgeting, financial planning, retirement planning, debt liquidation, credit, and TSP. Army Emergency Relief (AER) assistance is available to help with rent/mortgage, utilities, food, POV repairs, medical/dental expenses, and other needs

Target Audience: Active and retired service members, ID card family members, and DoD Civilians; however, financial assistance is only available for active and retired service members and their ID card family members

Food Assistance

Supplemental Nutrition Assistance Program (SNAP)

Phone: (617) 887-8765

Website: <https://dtaconnect.eohhs.mass.gov/>

Services: Provides nutrition benefits to supplement the food budget of needy families so that purchase healthy food and move towards self-sufficiency.

Target Audience: Massachusetts families who qualify

Women, Infant, and Children (WIC)

188 Marrett Street, Building 1540 Hanscom AFB MA 01731

Phone: (617) 575-5330

Website: <https://www.mass.gov/locations/bedford-wic-program-military-only>

Services: WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify. WIC's goal is to help pregnant and breastfeeding women and kids under 5 healthy

Target Audience: Massachusetts families who qualify

Family Support

Army Community Service Program

10 General Greene, Natick, MA 01760

Phone: (508) 206-4026

Hours of Operation: M-F (0900-1500)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/army-community-service>

Services: A social service agency that offers a comprehensive array of programs and services dedicated to maintaining the readiness of Soldiers, Families, and communities by fostering self-reliance, resiliency, and stability. We are the commander's principal Family readiness agency, providing comprehensive, coordinated, as responsive services that support readiness of Soldiers, civilian employees, and their Families
Target Audience: Active duty, Retired Military, Family members, and DA civilians

Moving (PCS)/Relocation

Army Community Service Program- Relocation Assistance Program (RAP)

10 General Greene, Natick, MA 01760

Phone: (508) 206-4026

Hours of Operation: M-F (0900-1500)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/army-community-service>

Services: The Relocation Readiness Program offers support system to help you and your Family make permanent change of station (PCS) moves as smoothly as possible. The mission of the Relocation Readiness Program is to minimize the stress of relocation by offering information, skills and resources to Soldiers and Families that will simplify the moving process throughout their military career

Target Audience: Active duty, Retired Military, Family members, and DA civilians

Army Community Service- Lending Closet

Phone: (508) 206-4026

Hours of Operation: M-F (0900-1500)

Website: <https://home.army.mil/natick/index.php/my-fort/all-services/army-community-service>

Services: The lending closet provides basic housekeeping items for temporary loan to incoming and outgoing families and in other cases determined appropriate. Items include small household goods. Items are loaned out for 30 days with DoD card

Target Audience: Active and retired service members, ID card family members, and DoD Civilians

DFMWR

MWR Director's Office

10 General Green Ave, Bldg. 38, Natick, MA 01760

Phone: (508) 206-4104

Hours of Operation: M-F (0900-1500)

Website: www.natick.armymwr.com

Services: All General Inquiries, Unit Funds, Private Organizations, Donations, Vending, Marketing

Programs: All MWR Programs and Activities

Fees: N/A

Target Audience: All Personnel

Physical Fitness Center

10 General Green Ave, Bldg. 14, Natick, MA 01760

Phone: (508) 206-4098

Hours of Operation: 24/7 Open Use; Training Staff Hours M-F (0900-1300)

Website: www.natick.armymwr.com

Services: Self-guided Fitness, Group and Individual Instruction, Showers and Changing areas, Fitness Assessments and Orientation

Fees: N/A

Target Audience: All Personnel

Community Activities Center (CAC)

10 General Green Ave, Bldg. 38, Natick, MA 01760

Phone: (508) 206-4104

Hours of Operation: Snack Bar M-F (0900-1400); Bar Service TU & TH (1430-1900); Weekends by Appointment

Website: www.natick.armymwr.com

Services: Food and Beverage Service, Recreation Opportunities, Meeting and Event Space

Programs: Snack Bar

Fees: Service Specific listed on Website

Target Audience: All Personnel

Outdoor Recreation

10 General Green Ave, Bldg. 38, Natick, MA 01760

Phone: (508) 206-4104

Hours of Operation: M-F (0900-1500)

Website: www.natick.armymwr.com

Services: Recreation Equipment Checkout and Rental, Beach Area at Lake Cochituate

Fees: Service Specific listed on Website

Target Audience: All Personnel

AAFES Barber Shop

10 General Green Ave, Bldg. 1, Natick, MA 01760

Hours of Operation: W-TH (1515-1730)

Services: Hair Cuts

Fees: As Posted

Target Audience: All Personnel; Active Duty walk to front of line