



December 2015

NMTSC | Ft. Sam Houston

OMBUDSMAN



XII of XII

Monthly Newsletter



PET THERAPY PROGRAM

If you're feeling a little stressed, if you need a break, or if you just need some tail wags, cuddles, or a furry hello, stop by and see the therapy pets!

Starting in the New Year, after the holiday exodus, the Chaplain will resume the pet therapy program!

There are two teams of therapy pets that visit once a week! Team one, under Chaplain Adams, has two Manx (tail-less!) cats and two dogs named Ladye and Carli. Team two, under LCDR Braden, has two Golden Retrievers named Gunner and Kassie.

COME SEE ALL THE CUTE, FURRY THERAPY PETS!

First floor (dogs) and Room 1305 (cats) of Fralish Hall on Tuesdays or Wednesdays from 1730 - 1830



IN THE SPOTLIGHT

NMTSC CHAPLAINS & THE RELIGIOUS MINISTRY TEAM!

Did you know that Chaplain Scott Adams and our newest addition to the NMTSC Chaplain Team, Father Dyke, are both available for students, staff, dependents, and civilian personnel at NMTSC? The Chaplains provide **confidential one-on-one counseling, spiritual and emotional support, and mentorship** - no matter your religious affiliation. Additionally, the Chaplains and the Religious Ministry Team coordinates volunteer opportunities within the community.

TIPS FROM THE CHAPLAIN: Life can be stressful, especially during the holidays. Make sure that you're talking to others about your worries and concerns. Focus on positive relationships and avoid the negative ones as best as you can. If you are ever feeling suicidal, reach out for help immediately and/or call the Suicide Hotline at 800-273-8255 or the Command CDO at 210-415-6560. Help is always available.

SAY HI TO THE CHAPLAINS AND THE RELIGIOUS MINISTRY TEAM

Fralish Hall | Room 1305 | 0600 - 1500 | 210-808-3155

Jaenke Hall | Room 1186 | 0800 - 1500 (or later by appointment) | 210-808-0035

OMBUDSMAN QUESTIONS OR CONCERNS?

CONTACT GRACE FOY AT 210-413-6973 | NMTSC.OMBUDSMAN@GMAIL.COM