

ARMY COMMUNITY SERVICE News



NOVEMBER 2017 EDITION

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CONNECT THE TOTS: PLAY GROUP

7, 14 & 28 Nov | 0930 - 1100 | B2161

New to the area? Want to connect with other parents? Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and promote social – emotional skill building.

If you are looking for something to do with your children ages 4 and younger please join us at ACS Family building. To register, [click here](#) to e-mail or call 608-388-2412. [Click here](#) for more details.



NEWCOMER'S ORIENTATION

8 Nov | 0815 - 1230 | B2111

The Newcomer Orientation is open to new installation personnel and their spouses. It provides briefings by representatives from various activities regarding the services they offer and

includes a tour of the installation. [Click here](#) for registration info.

FAMILY CALENDAR WORKSHOP

4 Nov from 0900-1200 OR 1300 - 1600

14 Nov | 1600 - 1900 | B2161

Celebrate Month of the Military Family!

Families that had your photos taken in September – pick up your picture CD! Use those pictures to design and create a personalized 2018 Family calendar. Register for a 2-3 hour block of time. Early start times for EFMP Families. Must be registered by 2 or 8 Nov respectively. Call 608-388-6507 to register or [click here](#) for more information.



LEADERSHIP TRAINING

29 Nov | 0800 - 1100 | B2111

For Commander/Senior NCO advisors convenience, this training block will fulfill Army Substance Abuse Program Brief, Family Advocacy Brief, and SHARP Leadership Brief, in one training. To register call 608-388-3505.

[Click here](#) for more information.

FAMILY CHRISTMAS CARD WORKSHOP:

2 Dec | 0930 - 1600 | B2161

Celebrate the season! Design and create your own personalized cards. Multi-cultural supplies available. Register for a 1-3 hour block of time. Early start times for EFMP Families. Must be registered by 27 Nov. Call 608-388-6507 to



register. [Click here](#) for more information.



NOVEMBER HIGHLIGHT – MILITARY FAMILIES

Stop into ACS
(Monday-Friday,
0730-1600)

during the month of November and pick up a game to enjoy with your Family. We may even have a few other surprises for you! Please note supplies are limited. While you are here, browse our lending library for Family materials (and many other topics). You are always welcome at ACS!

WINTER WOODSHOP WORKSHOP

5, 12, or 14 Dec | 1600 - 1900 | B1133

Each Family may make a pallet tree or a snowman Family. Families, singles & geographical bachelors welcome! One hour early start time for EFMP Families. Kids – earn a tool for your tool bag! Call 608-388-3505 for more information or to register.



FY18 SHARP ANNUAL REFRESHER TRAINING

**6 AND 14 Dec |
0900 - 1030 | B2111**

Training for all Soldiers and DA Civilians

must be completed NLT 30 Sep 2018. [Click here](#) for more information or call 608-388-8989 to register.

NEWCOMER'S ORIENTATION

13 Dec | 0815 - 1230 | B2111

The Newcomer Orientation is open to new installation personnel and their spouses. It provides briefings by representatives from various activities regarding the services they offer and includes a tour of the installation.

[Click here](#) for registration info.

ARMY COMMUNITY SERVICE NEWS



DID YOU KNOW...

DOCTOR AND DENTAL BILLS CAN BREAK YOUR BUDGET?

No kidding! However, Army Emergency Relief may help pay those bills for necessary medical treatment at civilian

clinics, doctors' offices, and hospitals.

AER can also help your Family defray the cost of essential medical care beyond the scope of military hospitals, or outside TRICARE and/or MEDICARE coverage. AER will help with the cost of cranial helmets for infants.

Contact our Army Emergency Relief Office today at 608-388-3540.

Soldiers Helping Soldiers for 74 Years. [Click here](#) for more information on AER.



VOLUNTEERS ARE NEEDED

TREE LIGHTING VOLUNTEERS:

It's that time of year again! Volunteers are needed for the Tree Lighting on 7 Dec from 1630 - 1900. Call Julie at 608-388-3200 for more

information and to sign up to help our Fort McCoy Community!

December is the last month to record **VOLUNTEER HOURS** donated to **Fort McCoy** during calendar year 2017. December is coming fast! We want to recognize you for your contributions to our community in April 2018! Contact Lorie at 608-388-6507 to assist.

MWR DIGITAL LIBRARIES are also a great resource for those looking to advance their education or career. Peterson's DoD MWR Education Resource Center provides test prep for the PSAT, SAT, ASVAB and more. You'll also find last-minute study tips; quick quizzes; techniques for beating test stress; and test information, dates and deadlines. To find out more, [click here](#).

Move.mil is the Department of Defense's worldwide website for managing your move, to include understanding your allowances, scheduling your household goods (HHG) shipment and unaccompanied baggage, and tracking your shipment and filing claims, if necessary. You can access Move.mil as well as other relocation resource links by [clicking here](#).

ACS offers a variety of **RESILIENCE CLASSES** for your organization/unit. Call 608-388-6507 to learn more about what is available. In the meantime, here are some ideas for practicing resilience....

Physically: Go for a walk, dance, hike, swim, get a hug, play with a dog, clean & reorganize a room, take a bath.

Mentally: Read a book, learn a new skill like photography or drawing, do a DIY project, color, turn your phone off.

Emotionally: Meditate, practice yoga, light a candle, talk with a friend, go on a date, journal, write down a list of things you are grateful for.

MilitaryINSTALLATIONS provides articles, photos, major unit listings and contacts for programs and services at installations worldwide. Find information on housing, education, child & youth programs, and Family Center resources to name a few. For more information, [click here](#).

ACS OFFICE CLOSED

The ACS office will be closed:
10 November for Veterans Day
23 & 24 November for Thanksgiving



ASIST

Applied Suicide Intervention Skills Training

January 31 - February 1, 2018 | 8 am - 4:30 pm
ACS Building | 2111 South 8th Ave
Fort McCoy, WI

Suicide is preventable. Anyone can make a difference.

Applied Suicide Intervention Skills Training (ASIST) is for everyone who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

PARTICIPANTS WILL LEARN TO:

- Recognize and assess the potential risk of suicide
- Keep at-risk person safe until help arrives
- Reach out and offer support
- Link people with resources

ASIST is held over two consecutive days for a total of 15 hours.

LIMITED SPACE - REGISTER EARLY!

To register, please call Terrence Rogalla at 608-388-2441 or send an email to terrence.a.rogalla.civ@mail.mil

Must be registered by Jan. 26, 2018.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding dismissal from work centers.

For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com/acs/mccoy/programs/army-community-service/> and click on Community Support Calendar.



CALL ARMY COMMUNITY SERVICE AT 608-388-3505 FOR MORE INFORMATION