

ARMY COMMUNITY SERVICE

News



AUGUST 2021 EDITION

[FACEBOOK](#) | [ICE COMMENTS](#)

RESILIENCE & MENTAL GAMES

4 Aug | 0900 - 1100 | MS TEAMS

Has your mind ever been so busy that you can't fall asleep? Do you have difficulty focusing on a task so you can complete it, either at work or at home? If so, this is the training for you! Learn how to settle your busy mind to become more productive. To register [click here](#) or call x6507.

NEWCOMER ORIENTATION

11 Aug | 0800 - 1200 | McCoy's Community Center, B1571

New to Fort McCoy? Learn about what we have to offer. Breakfast will be provided beginning at 0800. To register, please call x2359.

CONNECT THE TOTS: PLAY GROUP

3, 10, 17, 24 and 31 Aug | 1000 - 1200 | South Post - Patriot Park

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 the Patriot Park. To register, [click here](#) to send an e-mail or call x7262.

REDUCING STRESS THROUGH SELF-CARE

Learn how to maintain a healthy mind & body through this self-paced online training! TOPICS INCLUDE: The difference between normal stress and unhealthy stress AND Healthy coping strategies for stressful situations. To register, call x6712 or [click here](#) to send an email. Training available now - 31 Aug 21.

HOW I SURVIVED FOR 27 HOURS UNDER THE WORLD TRADE CENTER DEBRIS

1 Sep | 1000 - 1100 or 1300 - 1400 | B1363

ACS in partnership with NCOA presents Genelle Guzman-McMilan, the last person to be pulled from the World Trade Center debris. Genelle's story has been featured numerous times on television and in publications, including CNN, 700 Club, Oprah, the Early Morning Show on CBS, Time Magazine, Guidepost Magazine, National Geographic and recently a mini-series called "ANGELS AMONG US" which was aired on the CMT channel. To register call x2359 or [click here](#) to send an e-mail.

PCS OPEN HOUSE

22 Sep | 1100 - 1300 | McCoy's Community Center

Do you have orders to PCS from Fort McCoy to a new duty station? Make the PCS Open House your "one stop PCS shop!" Representatives from the following areas will be there: ACS Relocation Readiness, ACS Exceptional Family Member Program (EFMP), Personal Property Processing Office (Household Goods Movement), LRC Transportation Passenger Movement Section, DPW Housing Office, DHR Military Personnel Division, MWR-CYS School Liaison Officer. Register by calling x2359 or [click here](#) to send an e-mail.

The ACS Office will be closed on 6 September in observance of Labor Day.

Sponsorship training is available by appointment only for the remainder of FY21. There are two types of Sponsorship training: Civilian Sponsorship and Military Sponsorship. To schedule a training, please call x2359.

ACS SUMMER READING PROGRAM

Now - 25 Aug | B2111

Open to youth of all ages. Choose from a wide variety of books from classic authors such as James Herriott, Laura Ingalls Wilder, Beverly Cleary, and many more. Books can be checked out of the ACS Resource Library. Each book read earns an incentive. Read a minimum of 15 books to be entered to win a prize! Register by calling x2359/3505 or [click here](#) to send an e-mail for more info.

The ACS Lending Closet provides temporary loans of basic household items to PCSing Soldiers, Civilian employees, and their respective Family members arriving at or departing Fort McCoy while their household items are in transit. Items may be borrowed for up to 30 days. For questions or more information, call x2359.

Army Emergency Relief (AER) is authorized for Emergency Travel due to a death or serious illness of an immediate Family member. Initial assistance will start as a 50% loan and 50% grant. The AER office is located inside ACS or call x3540.

The Army Family Action Plan (AFAP) is a grass-roots process beginning at the installation level that seeks input from the Total Army Family regarding significant quality of life issues that affect the well-being of Soldiers, Civilians, Retirees, and their respective Families. The AFAP alerts Leadership on areas of concern that need attention and gives them the opportunity to put plans into place to work toward resolution. Hundreds of legislative, regulatory, and policy changes have occurred over the past 30+ years due to the AFAP. [Click here](#) for more information. An AFAP conference is scheduled for 4-5 Nov 21 to discuss submitted issues.

ARMY COMMUNITY SERVICE NEWS



SHARP WEBSITE RESOURCES

ARD: SHARP (army.mil) / Enhance Army readiness through the prevention of sexual assault, sexual harassment, and associated retaliatory behaviors while providing comprehensive response capabilities.

www.safehelpline.org / Safe Helpline is the Department of Defense's (DoD) sole hotline for members of the DoD community affected by sexual assault. Safe Helpline is a completely **anonymous, confidential**, 24/7, specialized service providing help and information anytime, anywhere. A Safe Helpline user can access one-on-one support, peer-to-peer support, information, resources and self-care exercises 24/7 to aid in their recovery. **877-995-5247** or chat via the **Safe Helpline App**.

<https://www.rainn.org> / Rape, Abuse, & Incest National Network (RAINN) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (**online.rainn.org**) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice. **800-656-HOPE** or chat via the **RAINN App**.

<https://www.nsvrc.org/> National Sexual Violence Resource Center (NSVRC) provides research & tools to advocates working on the frontlines to end sexual harassment, assault, and abuse with the understanding that ending sexual violence also means ending racism, sexism, and all forms of oppression. **877-739-3895**

<https://www.militaryonesource.com> / Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, **you are eligible** to use this Department of Defense-funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more. **[Learn about some of the ways we serve you.](#)**
800-342-9647

<https://www.myarmyonesource.com> / ArmyOne Source serves American troops and their Families; 24 hours a day, seven days a week, 365 days a year; people can call in and speak to a consultant or go online and access information or email a consultant. **800-342-9647**

FORT MCCOY SHARP OFFICE: 608.388.8989 | FORT MCCOY 24/7 SHARP HOTLINE: 608.388.3000
DOD SAFE HELP LINE: 877.995.5247

Schedule an appointment with our new Fort McCoy Military Family Life Counselor



Services Available

- Individual & Couples Support for Adults
- Family Non-Medical Counseling
Parent or guardian must attend each session

**In Person, Phone or Virtual
Appointments Available**

**2111 South 8th Avenue | Fort McCoy, WI
1-608-388-8068**

