

# ARMY COMMUNITY SERVICE News



FEBRUARY 2021 EDITION

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During this very unique and unprecedented time, the Fort McCoy ACS office wants you to know that we are here for our Soldiers, Families, DA Civilians, and Retirees. This newsletter is filled with helpful tips, contact information and resources. Please reach out to us via Facebook or e-mail as we still want to support you each and every day. Let's be "Safer At Home" when possible!



## ABUSE HELP IS AVAILABLE

If you, or someone you know, is experiencing or using abuse and violence in a relationship – there is confidential help available!

[www.thehotline.org](http://www.thehotline.org) [www.endabusewi.org](http://www.endabusewi.org) [www.ncadv.org](http://www.ncadv.org)

National DV hotline is available 24/7, 365 days a year 800-799-7233 (SAFE) or the FAP Program Manager at 608-630-7473.

## FAMILY CALENDARS

Now – 26 Feb | B2111

Design and create a personalized 2021 calendar with your Family! Spending time together working on a project is a great way to build communication and resilience skills. [Click here](#) to send an e-mail or call x6507 to learn how to receive your calendar kit. Limited supplies available.

## FY21 FORT MCCOY GARRISON SHARP TRAINING

2 Feb and 2 Mar | 0900 - 1000 | Microsoft Teams

For Garrison personnel only (limited to 25). Please have your training coordinator contact SHARP Victim Advocate Ryan Harvey at x8951 or [click here](#) to send an e-mail to register.

## BUILDING BONDS WORKSHOPS

Salt & Pepper Mill | 2 or 16 Feb OR 2 or 23 Mar

Wooden Pens | 4, 11, or 25 Feb OR 11 or 18 Mar

B1133 | 1600 - 1830

Class size is limited to 6 people. Masks are required. Must be registered one week prior to the class. Call x3505 to get registered.

## CONNECT THE TOTS Monthly Activity Bag



**February 5, 2021 | 10 am - 12 pm**  
**Army Community Service**

2111 South 8th Ave | Fort McCoy, WI

**Includes recipes, crafts, resources and more!**

Bags intended for toddlers; available while supplies last.



## RESILIENCE & GOAL-SETTING

3 Feb | 0900 - 1100 | B2111

Join us to learn how to build your resilience at a series of workshops to teach specific skills. Come to a few or come to them all! Goal-Setting on Feb 3 will focus on the 7-step goal-setting process and practicing the skill to plan for achieving personal and career goals. To register [click here](#) or call x6507.

## NEWCOMER ORIENTATION

10 Feb | 0800 - 1200 | McCoy's Community Center, B1571

New to Fort McCoy? Learn about what we have to offer. Masks are required in accordance with Fort McCoy health and safety guidelines. Attendance is limited to the first 20 registered. Breakfast will be provided beginning at 0800. To register, please call x2359.

## LIFE SKILLS: BEGINNING SEWING WORKSHOP

11 Feb 1630 - 1930 or 23 Feb 1630 - 1930  
16 Mar 1630 - 1930 | B2161

Designed for the beginner, this class will cover sewing basics to include hand-sewing, sewing machine set-up and completion of a face-mask. Other projects available if time allows. Register by calling ACS at x6507 or [click here](#) to send an e-mail.

## TEEN DATING VIOLENCE AWARENESS MONTH

Every February, people across the country join together to show support for teens and raise awareness about the issues they face in relationships. Let's help stop abuse before it starts!

Show your support for spreading awareness by wearing orange. Post a picture to the ACS Facebook page during the first week of February! [www.facebook.com/fortmccoyacs](http://www.facebook.com/fortmccoyacs)

Join us for a special virtual presentation of "Dealing with Teen Dating Abuse: Crossing the Line." 17 Feb at 1730 - 1800. Shown via Microsoft Teams - an active Teams account is not required to participate.

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## RESILIENCE & ATC MODEL

24 Feb | 0900 - 1100 | B2111

Acts, Thoughts and Consequences (ATC). Did you know you can control your thoughts to influence your emotions and reactions (consequences)? Join us to learn this important resilience skill. To register click [here](#) or call x6507.

## COPING WITH STRESS

10 Mar | 1230 - 1400 | Virtual Workshop via Microsoft Teams

FAP presents a Triple P informed workshop: Coping with Stress. This workshop is hosted by The Parenting Place. Learn the common causes of stress and how stress affects parenting, how to recognize signs of stress, and healthy ways to reduce and manage everyday stress. Please contact Family Advocacy Program Manager by [clicking here](#) to register.

## 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/text 608-630-7473 or [click here](#) to send an e-mail. Training available now - August 31, 2021

## FORT MCCOY VOLUNTEER HOURS

Did you volunteer for the Fort McCoy Garrison in 2020? Did you record your hours in the Volunteer Management Information System (VMIS)? Total volunteer hours are being tabulated for 2020. [Click here](#) to send an e-mail or call x6507 for more information.

## SFRG FOUNDATIONS TRAINING 3<sup>RD</sup> TUESDAY OF EVERY MONTH

REQUIRED TRAINING FOR ALL SFRG MEMBERS: All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend.

ATTENDEES WILL: Define and understand mission essential activities as outlined in the regulation, Understand SFRG roles and responsibilities, Recognize non-mission essential activities, resources, & professional development opportunities and Obtain mandated certification IAW Army Regulation. Register by calling ACS at x6712.

## SPONSORSHIP TRAINING

Need sponsorship training? For FY21, all sponsorship training will be conducted by request on a one to one basis. There are two types of training: Civilian employee sponsorship and Military sponsorship. Contact the Relocation Readiness program manager at x2359 to schedule your training.

## GARRISON SEXUAL HARASSMENT/ASSAULT RESPONSE PREVENTION (SHARP) TEAM

Sexual Assault Response Coordinator:  
608-630-7108 / x8989  
SHARP Victim Advocate: x8951  
Fort McCoy SHARP Hotline: 608-388-3000, 24/7  
Fort McCoy WeCare Mobile App  
DoD SAFE Helpline: 877-995-5247  
Website Online Chat: [www.safehelpline.org](http://www.safehelpline.org)  
Talk to someone now. Anonymous. Confidential. 24/7

Rape, Abuse, & Incest National Network (RAINN).  
National Sexual Assault Hotline: 800-656-4673 (HOPE)  
Website and Online Chat: [www.hotline.rainn.org](http://www.hotline.rainn.org) or the RAINN Mobile App.  
Sexual Assault. Sexual Harassment.

## NOT IN OUR ARMY

<https://www.armyresilience.army.mil/sharp/index.html>

## SEE SOMETHING? SPEAK UP!

Know the signs of Child Abuse and Neglect. As Wisconsin keeps physically healthy by staying safer at home, children have fewer interactions with professionals trained to observe and mandated to report suspected child abuse and neglect. [Click here](#) to learn the signs.

## SUPPORTING SURVIVORS THIS HOLIDAY SEASON WITH SAFE HELPLINE

The Safe Helpline is available 24/7, anytime, anywhere - including holidays - to provide confidential and anonymous support for survivors, their loved ones, and anyone in the DoD community affected by sexual assault.

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.

## LENDING CLOSEST

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, please call x2359.

The ACS Office will be closed on 15 February 2021 in observance of the holiday.

General emergencies: 608-487-4663

AER Assistance: 877-272-7337

SHARP emergencies: 608-388-3000

FAP emergencies: 608-630-7473