# ARMY COMMUNITY SERVICE News



# FEBRUARY 2018 EDITION

### **ACTIVE SHOOTER TRAINING**

**1** Feb | **1100** - **1300** | **McCoy's Community Center**, **B1571** This training will provide attendees the tools and resources needed to help prepare for and respond to an active shooter incident within the workplace. Call 608-388-6712 to register.



# CONNECT THE TOTS: PLAY GROUP

6, 13, AND 27 Feb | 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, <u>click here</u> to e-mail or call 608-388-2412.

#### **COPING STRATEGIES FOR THE UNCERTAINTIES OF LIFE**

8 Feb | 0900 - 1030 | B2111 This workshop offers a series of strategies to help adults cope with unexpected developments, disappointments and other situations in which expectations fall short of reality. Call 608-388-7262 to register.

#### FAMILY VALENTINE WORKSHOP

10 Feb | 0930-1600 | B2161 Spend some time together making valentines! Register for a 1-3 hour block of time. Early start times for EFMP Families. Call 608-388-6507 to get registered.



#### SPONSORSHIP TRAINING

#### 13 Feb | 1000-1100 | B2111

Sponsorship is a Commander's program that assists sponsors and sponsorship coordinators in providing a smooth transition to relocating Soldiers, civilian employees, and their Families. Call 608-388-3505 to get registered.

#### **NEWCOMER'S ORIENTATION**

#### 14 Feb | 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. Call 608-388-2359 to get registered.

#### SAVE THE DATE...

Find out more by calling 608-388-3505 or <u>click here</u>.

- 10 Apr Connect the Tots
- 11 Apr April Awareness Speaker for SHARP, FAP, EFMP, ASAP
- 11 Apr Newcomer's Orientation
- 17 Apr Connect the Tots
- 17 Apr Taking Control
- 24 Apr Connect the Tots
- 25 Apr SHARP Denim Day
- 25 Apr SHARP Annual Refresher Training



# FACEBOOK | ICE COMMENTS

February is **Random Acts of Kindness Month**! Have you heard the saying: "Kindness begins with yourself"? For the month, we are sharing information on "The Happiness Project", i.e., ideas and encouragement to identify the things that bring you joy. Stop into ACS (Monday-Friday, 0730-1600) during the month of February and pick up a book and journal to aid in this process. Please note supplies are limited. While you are here, browse our lending library for many other resources.

#### ARMY EMERGENCY RELIEF (AER) CAMPAIGN KICKOFF

14 or 21 Feb | 1300 - 1430 | B2111 This is Unit Representative Training to learn about what AER is and the importance of their role in the campaign. Call 608-388-3540 to get registered.

FY18 SHARP REFRESHER TRAINING 15 Feb | 0900 - 1030 | B2111 Training for all Soldiers and DA Civilians must be completed NLT 30 Sep 2018. Call 608-388-8989 to get registered.

#### **BUILD A FLAG SHADOW BOX**

20 or 22 Feb | 1600 - 1900 | B1133 Spending time together as a Family builds resilience! Build a Flag Shadow Box to hold your military memorabilia. Single and geographical bachelors are welcome. Register by 14 Feb by calling 608-388-3505. Space is limited.

#### ALL ABOUT US DAY

24 Feb | 0830 - 1600 | B2161 It's Back! Come examine and strengthen your emotional, Family, physical, social, and spiritual resiliency dimensions of strength! Space is limited. Participants must commit to all day attendance. <u>Click here</u> to send an e-mail or call 608-388-6507 to get registered.

THE ACS OFFICE WILL BE CLOSED ON 19 FEBRUARY IN OBSERVANCE OF THE PRESIDENTS' DAY HOLIDAY.

# **ARMY COMMUNITY SERVICE NEWS**

#### **BLENDED RETIREMENT SYSTEM**

27 Feb | 1300 - 1500 | B2111 Learn about the new Blended Retirement System that went into effect on 1 Jan. Call 608-388-3540 to get registered.

#### NEW COMMANDERS AND COMMAND SENIOR NCO ADVISORS LEADERSHIP TRAINING

28 Feb | 0800 - 1100 | B2111

For Commanders/Senior NCO Advisor convenience, this training block will fulfill all of the following requirements in 1 training session: Army Substance Abuse Program Brief, Family Advocacy Brief, and SHARP Leadership Brief. Call 608-388-3505 to get registered.

# INTRO TO LOVE AND LOGIC

#### 1 Mar | 1800 - 2000 | B2111

This is a FREE interactive high energy thrill ride teaching about the techniques and importance of being an empathetic and effective parent. To register, <u>click here</u> to send an e-mail or call 608-388-2412.

#### **CONNECT THE TOTS: PLAY GROUP**

6, 13, AND 27 Mar | 0930 - 1100 | B2161 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, <u>click here</u> to e-mail or call 608-388-2412.

### FY18 SHARP ANNUAL REFRESHER TRAINING

7 or 20 Mar | 0900-1030 | B2111 FY18 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT Sep 30, 2018. Call 608-388-8989 to get registered.

#### **NEWCOMER'S ORIENTATION**

#### 14 Mar | 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. Call 608-388-2359 to get registered.

### NUTS & BOLTS OF AN INDIVIDUALIZED EDUCATION PROGRAM (IDP)

#### 15 Mar | 0900 - 1100 | B2111

This workshop will provide parents with basic tools to understand the special education process in easy to understand terms. This training is a collaborative effort with ACS and Wisconsin Family Assistance Center for Education, Training & Support (WI FACETS). Call 608-388-7262 to be registered by 8 Mar.

#### **CAREGIVING AND THE SANDWICH GENERATION**

20 Mar | 1730 - 1930 | B2111

Are you struggling caring for your parents and your children? Well this class is for you. Come learn the importance for self-care. Learn how to cope with stresses of being in the sandwich generation. To register, <u>click here</u> to send an e-mail or call 608-388-2412 to get registered.

# MILITARY SPOUSE PREFERENCE WORKSHOP

#### 21 Mar | 0900 - 1030 | B2111 This workshop will help Military Spouses better understand the Department of the Army hiring system Priority Placement Program-Spouse. Call

608-388-7262 to register.

### LIFE SKILLS: BEGINNING SEWING

We are working on re-scheduling the Beginning Sewing class originally planned for 20 Jan 18 in March. If you would like to attend and were not originally scheduled to come or on our waiting list, please contact us so we know how many sessions to open. Call 608-388-6507 or <u>click here</u> to send an email.

# **DID YOU KNOW...**

The **Army Family Action Plan (AFAP)** is a program where the Total Army Family can submit quality of life concerns to be discussed at the 7-8 Nov 18 AFAP conference. The deadline to submit issues or become a volunteer to review the issues is 7 Sep 18. Issues must be within the overarching authority of DA to resolve. **Click here** for more information.

**Volunteer Appreciation Week** is 15-22 Apr 18. The annual Fort McCoy Commander's Volunteer Recognition Banquet is being planned for April where we will recognize our volunteers for contributing many hours to Fort McCoy in 2017. More details to follow. Call 608-388-6507 or <u>click here</u> to learn more about volunteering.

**English Language Learners (ELL)** classes are provided by Western Technical College for students who wish to develop more proficient English skills in listening, speaking, reading, and writing. Structured classes are offered in La Crosse – 608-785-9535, Sparta – 608-785-9542, and Independence – 715-985-3392. The Spring Term 2018 session will run from Jan 8 to Apr 20, 2018.

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 608-388-2359.