

# ARMY COMMUNITY SERVICE News



AUGUST 2018 EDITION

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## CONNECT THE TOTS: PLAY GROUP

**7 & 21 Aug | 0930 - 1100 | 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 South Post Patriot Park. To register, [click here](#) to send an e-mail or call x2412.

## SPONSORSHIP TRAINING

**7 Aug | 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 x2359 to register.

## NEWCOMER'S ORIENTATION

**8 Aug | 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 x2359 to get registered.



## FY18 SHARP ANNUAL REFRESHER TRAINING

**9 and 23 Aug | 0900 - 1030 | B2111**

FY18 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT 30 Sep 18. Call x8989 to get registered.

## BLENDED RETIREMENT SYSTEM (BRS) OVERVIEW

**21 and 28 Aug | 1300 - 1500 | B2111**

The BRS went into effect 1 January 2018. It combines a 20-year cliff-vested defined benefit annuity. Offers monthly retired pay with a defined benefit annuity. Contributes to portable Thrift Savings Plans. Offers government matching contributions. Call x3540 to register.

## THRIFT SAVINGS PLAN (TSP)

**22 Aug | 1300 - 1430 | B2111**

In this class you will learn the basics of TSP, the 5 funds within TSP and how to sign up for TSP. To register call x3540.

## LEADERSHIP TRAINING

**22 Aug | 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 x3505.

## FY18 SHARP ANNUAL REFRESHER TRAINING

**9 and 18 Sep | 0900 - 1030 | B2111**

FY18 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT 30 Sep 18. Call x8989 to get registered.

## CONNECT THE TOTS: FALL PLAY GROUP

**11, 18 & 25 Sep | 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 the ACS Family building. To register, [click here](#) to send an e-mail or call x2412.

## THRIFT SAVINGS PLAN (TSP)

**11 Sep | 1300 - 1430 | B2111**

In this class you will learn the basics of TSP, the 5 funds within TSP and how to sign up for TSP. To register call x3540.

## NEWCOMER'S ORIENTATION

**12 Sep | 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 x2359 to get registered.

## BLENDED RETIREMENT SYSTEM (BRS) OVERVIEW

**19 Sep | 1300 - 1500 | B2111**

The BRS went into effect 1 January 2018. It combines a 20-year cliff-vested defined benefit annuity. Offers monthly retired pay with a defined benefit annuity. Contributes to portable Thrift Savings Plans. Offers government matching contributions. Call x3540 to register.

# ARMY COMMUNITY SERVICE NEWS

## **BUILDING STRESS RESILIENCY: MAKING STRESS WORK FOR YOU**

**20 Sep | 0900 - 1030 | B2111**

This workshop will help you learn: how to make stress work for you; understand how your body responds to stress; how to manage different types of stress; and practice techniques for reducing stress-related tension. To register call x7262 by 13 Sep.

## **TAKING CONTROL**

**25 Sep | 1300 - 1430 | B2111**

This is a debt management class. Topics covered will include how to more with less, use debt as leverage, and making debt work for you. Call x3540 to register.

## **EMOTIONAL INTELLIGENCE & IT'S IMPACT IN THE WORKPLACE**

**26 Sep | 0800 - 1200 | B1571**

The definition of emotional intelligence is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. Call x6712 by 21 Sep to register.

## **CONSUMER RIGHTS**

**3 Oct | 1300 - 1430 | B2111**

This class explains the importance of understanding consumer rights and protection laws. This workshop covers contracts, misleading advertising, scams, fraudulent claims and how to file consumer complaints. Register by calling x3540.

## **STRENGTHENING PARENTING PRACTICES - FOR THE MILITARY FAMILY**

**11 Oct | 1130 - 1230 | B2111**

In this workshop participants will learn: The Three R's; Tools for solving everyday problems; How to talk to your child about difficult military lifestyle issues based on their developmental level; and how to manage your own emotions and aggressive responses when disciplining children. Call x7262 to register.

## **MILITARY SPOUSE PREFERENCE WORKSHOP**

**17 Oct | 0900 - 1030 | B2111**

This workshop is provided to help our Military Spouses better understand the Department of the Army Spouses hiring system and PPP-S (Priority Placement Program—Spouse).

## **BUDGETING**

**24 Oct | 1000 - 1130 | B2111**

In this class you will: explore the use of budgets, goals and financial statements; identify the essential elements of a budget; and recognize financial aspects unique to the military lifestyle. Call x3540 to register.

## **STRESS DURING THE HOLIDAYS - MAINTAINING BALANCE**

**15 Nov | 0900 - 1030 | B2111**

This presentation aims to guide individuals on ways to manage the unique stressors that are often associated with holidays. Objectives include: recognizing the signs and symptoms of stress; defining holiday expectations; recognizing and avoiding the "holiday blues"; practicing stress management techniques; and utilizing strategies to guide children through the holidays. Register by calling x7262.

## **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.

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.

The **Military and Family Life Counselor (MFLC) Program** is available for short-term, non-medical counseling services including anger management, relationship issues, parenting, decision-making skills, deployment stress, coping skills, separation, sadness, grief and loss. Call 608-388-3505 to get connected with an MFLC.

The ACS Office will be closed on 3 Sep in observance of Labor Day.



## **LIKE US ON FACEBOOK**

Visit [www.facebook.com/fortmccoyacs](http://www.facebook.com/fortmccoyacs) or visit our webpage on the Fort McCoy MWR Webpage: [mccoy.armymwr.com](http://mccoy.armymwr.com)

## **INCREASE YOUR LEARNING POWER!**

***Army Community Service's Resource Library contains a wide variety of topics including:***

- ✓ Deployment    ✓ Employment    ✓ Finance    ✓ Parenting
- ✓ Relocation    ✓ Resiliency    ✓ And More!

We also have a selection of childrens books. Books can be checked out for a one month period.

