ARMY COMMUNITY SERVICE News







NOVEMBER 2022 EDITION

FT McCOY FACEBOOK | ICE COMMENTS

POPS CONNECT WITH TOTS

1 Nov | 1000 - 1200 | B2161

Fathers will have an opportunity to bring their tots to playgroup once a quarter to learn skills that will cultivate bonding, communication, attachment and build Family resiliency. To register, e-mail here or call x2412.

SPIN YOUR OWN WOODEN PEN OR KEY CHAIN

1, 3, 15 or 17 Nov | 1600 - 1830 | B1133

Spend time with your Family making memories! Start with a blank block of wood, use the lathe to customize and finish with a high gloss coat of wax. To register, call x3505 at least one week prior to the class.

COFFEE, TEA & ME HOLIDAY STRESS MANAGEMENT WORKSHOP

3 Nov | 0900 - 1130 | South Post Community Center

Gain helpful strategies to de-stress during the holiday season. Explore mindfulness techniques. Develop confidence to navigate times of high anxiety. To register, call x7262/3505.

TRICARE & COUNTY VETERANS SERVICE OFFICE (CVSO) BENEFITS BRIEF

8 Nov | 0900 - 1100 | B2111

Are you struggling with TRICARE Prime Remote issues? Do you have questions regarding post military benefits and not sure how to access them? If so, these briefings are for you! CVSO briefing, 0900-1000; TRICARE Humana briefing, 1000-1100. To register, e-mall here or call x2359 no later than 7 Nov 22.

NEWCOMER'S ORIENTATION

9 Nov | 0800 - 1300 | B1571

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided beginning at 0800. To register, <u>e-mail here</u> or call x2359.

CONNECT THE TOTS PLAYGROUP

8, 22, 29 Nov | 1000 - 1200 | B2161

Do you want to connect with other parents? If you are looking for something to do with your children ages 4 and younger, please join us. To register, <u>e-mail here</u> or call x2412.

MONEY, FINANCIAL, AND LEGAL MANAGEMENT SERIES

15 Nov | 0900-1000, 1030-1130, 1300-1400 | B2111 or Microsoft Teams Come to the next installment of classes in the three areas of money, financial and legal affairs training. Attend one or all of the ACS series. To register, e-mall here or call x3540.

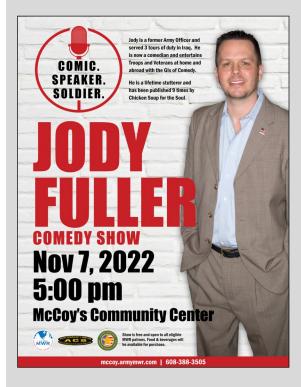
WOMEN'S RESILIENCE WORKSHOP

16 Nov | 0800 - 1200 | B2675

Join us as we explore the 5 dimensions of resilience. We will take a trip to the Sparta American Legion. Lunch will be provided. To register, e-mail here or call x7262.

5 LOVE LANGUAGES

17 Nov | SESSION #1: 1000 - 1200, B2111 | SESSION #2: 1700 - 1830, B2161 Do you know your partner's love language? What about your kid's love language? How about yours? Learning someone's love language helps us communicate better, show love and strengthen and improve relationships. To register, e-mail here or call x2412.



The ACS Office will be closed on November 11 for Veterans Day and November 24 & 25 for Thanksgiving.

SOLDIER & FAMILY READINESS GROUP (SFRG) TRAINING

15 Nov | 1300 - 1500 | Microsoft TEAMS This training is required for all command teams, SFRG Liaisons, and SFRG volunteers. Training will be tailored to meet the needs of the attendees. To register, e-mail here or call x6812.

FAMILY CHRISTMAS CARD WORKSHOP

10 Dec | 0900 - 1300

ACS Family Building, 2161 South 8th Ave Register for a 2-3 hour block of time to create greeting cards with your Family. All supplies furnished!! Multicultural supplies are available. One hour early start time (0800) for EFMP Families. To register or for more information call x6507 or click here to send an e-mail.



Fall Photo Booth

Bring your camera or smart phone and take photos of your Family or friends at scenic Pine View Campground.

Located at the gazebo near the campground beach.

Free to use. Recommend taking photos during afternoon hours in order to reduce harsh shadows.

Decor will be set up through November 15, 2022.







For questions, please call Army Community Service at 608-388-3505

COMMON MILITARY TRAINING

Military life can be trying for Service Members and their Families. Common Military Trainings are available to those who are coming up on the following milestones in their careers: PCS Moves, Promotions, Marriage, Childbirth, Pre-Deployment and Post-Deployment. Trainings are also provided for life events such as divorce and disabling conditions. Contact ACS at x3540 to set up individual, family or unit trainings.

SPONSORSHIP TRAINING

As a sponsor, it's your responsibility to provide information to new service members at your station. The updated, interac-

tive eSponsorship Application & Training,

eSAT gives you all the resources you need to be a successful sponsor. It is now more inclusive and uses real life situations to test your knowledge as you gear up for sponsorship. To take the training, click the link below:

https://www.militaryonesource.mil/moving-housing/moving/sponsorship/the-new-esponsorship-application-and-training/

NEW COMMANDERS & COMMAND SENIOR NCO ADVISORS: LEADERSHIP TRAINING

For Commander/Senior NCO Advisors, this training will fulfill the training requirements for the Army Substance Abuse Program brief, Family Advocacy Program brief and EFMP brief. To register, e-mall here or call x2412.

DOD SAFE HELPLINE

The DoD 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, 877-995-5247.



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Visit <u>www.facebook.com/fortmccoy</u> for up to date information.



FORT McCOY SHARP

Prevention Starts with You! Fort McCoy SHARP 24/7 Helpline 608-388-3000.

Schedule an appointment with one of our new Fort McCoy Military Family Life Counselors



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



