

ARMY COMMUNITY SERVICE News



NOVEMBER 2020 EDITION

FACEBOOK | ICE COMMENTS

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 www.endabusewi.org 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.

FY21 FORT MCCOY GARRISON SHARP TRAINING

3 or 17 Nov | 0900 - 1000 | Microsoft Teams

This training will count as your annual SHARP Refresher Face to Face Training. To register, please contact Ryan Harvey at x8951 or [click here](#) to send an e-mail.

LIFE SKILLS: BEGINNING SEWING WORKSHOP

17 Nov 1630 – 1930 or 21 Nov 0900 – 1200 | 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.

NEWCOMER ORIENTATION

18 Nov | 0800 - 1200 | McCoy's Community Center, B1571

The Fort McCoy Newcomer Orientation is back! 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.

RESILIENCE & ASSERTIVE COMMUNICATION

19 Nov | 0900 - 1100 | B2111

Learn the IDEAL Model to learn how to communicate more clearly and with respect, especially during a conflict or challenge. Call x6507 or [click here](#) to send an e-mail by 12 Nov to register.

FAMILY ADVOCACY PROGRAM TRAININGS*

Commander Education Training | 8 Dec | 0900 - 1000

Offered for senior leaders to be aware of command responsibilities for identification and reporting of spouse and child abuse.

Annual Troop Education Training | 12 Jan | 0900 – 1000

Offered for all Soldiers to be aware of the Family dynamics of spouse and child abuse as well as the Army's policies regarding Family violence.

**Both trainings will be offered virtually via Microsoft Teams. An active Teams account is highly recommended for quality training.*

BUILDING BONDS WORKSHOPS

Wooden Pen | 5 Nov; 3, 10 or 17 Dec

Salt & Pepper Mill | 3, 10, 24 Nov; 1, 8 Dec
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.

2020 VETERANS DAY FREE MEALS AND RESTAURANT DEALS AND DISCOUNTS

The list is periodically updated, check back for additions [here](#).

MILITARY FAMILY SUCCESS KITS

Calling all Military Families...In recognition of Month of the Military Family, stop into ACS to access resilience information to make your Family a stronger unit. The month of November is dedicated to military families around the world to recognize the commitment and dedication they make on a daily basis while their family member is actively serving, deployed or training. Military Families need to be strong to make the Armed Forces strong! Stop into ACS M-F, 0730-1600 to pick up your family resilience kit. Contact Carmen at x7262 or [click here](#) to send an e-mail for more information.

EAR SAVERS & FACE MASKS

Finding it difficult to wear a mask all day? Ears hurt from the elastic? We have an option for you...Contact Lorie at x6507 (leave a message) or [click here](#) to send an e-mail.

1. Request an ear saver for yourself or your family. Children's sizes available.
2. Request cloth face masks for your Family. Currently, Children's sizes are NOT available.
3. We need volunteers to sew children size face masks! All materials supplied!

What are ear savers? They save your ears from the pull of the elastic on the face mask. Being a bendable piece of plastic that forms to the back of your head, the elastic attaches to the plastic eliminating the tug on your ears! Wear your hair up – we have an option for that too!

ARMY COMMUNITY SERVICE NEWS

NEW PARENT SUPPORT GROUP

Individualized Private Classes Available*
For New & Expecting Parents

LEARN ABOUT:

- Period of Purple Crying
- Risk factors of SIDS
- Safe Sleep

Plus, take home additional educational items for your new baby. *Classes available to Military Families only. To register for your private class, call or text 608-630-7473 or email jennifer.l.morris169.civ@mail.mil

UPCOMING PCS MOVE?

Do you have orders to PCS to another duty location? Contact Relocation Readiness at x2359 to get information on your new duty station. Books, maps, and Military Installation booklets are available.

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 or text 608-630-7473 or email jennifer.l.morris169.civ@mail.mil. Training available now - August 31, 2021

SFRG FOUNDATIONS TRAINING 3RD 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.

GARRISON SEXUAL HARASSMENT/ASSAULT RESPONSE PREVENTION (SHARP) TEAM

Sexual Assault Response Coordinator
608.388.8989/608.630.7108
SHARP Victim Advocate 608.388.8951
Fort McCoy SHARP Hotline: 608.388.3000, 24/7.
DoD SAFE Helpline: 877.995.5247 Website and Online Chat: 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 or the RAINN Mobile App.

Sexual Assault. Sexual Harassment.
NOT IN OUR ARMY. www.sexualassault.army.mil

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 at x2359 to schedule your training.

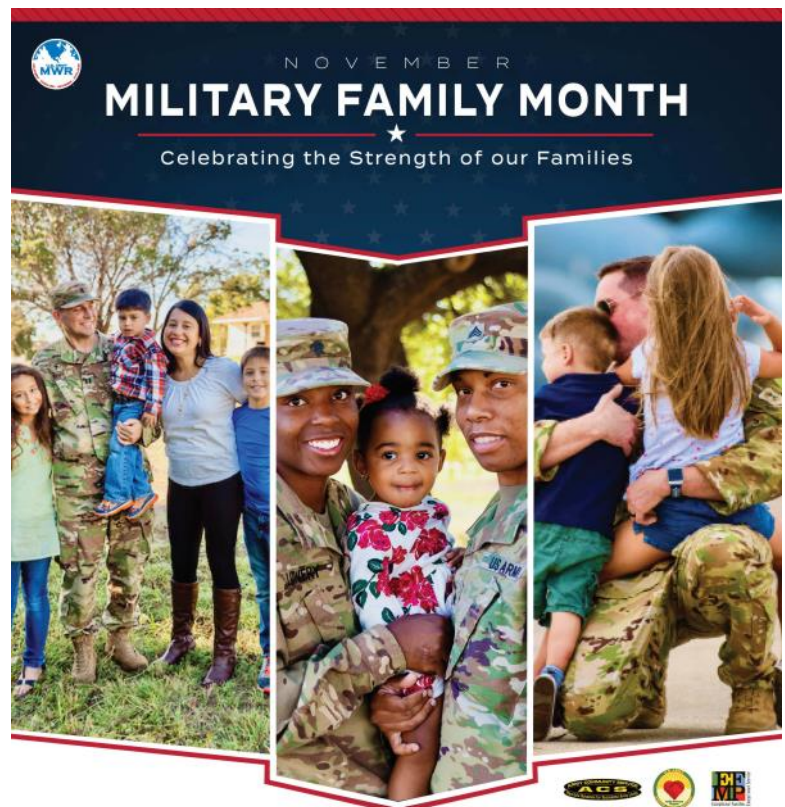
VOLUNTEERS NEEDED!

1. Sew children size face masks. All materials provided.
2. 30 minutes or less of your time each week to connect with others.

Contact Lorie at x6507 (leave a message) or [click here](#) to send an e-mail.

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.



In honor of our Military Families, join us for a virtual event in November.
Check out our ACS Facebook page for tips, tricks, and suggestions on how to have family fun each week!
Post your pictures & ideas along with ours!

Nov 2-8: Crafts | Nov 9-15: Reading | Nov 16-22: Games | Nov 23-29: Recipes

www.facebook.com/fortmccoyacs