

FORT MCCOY ARMY COMMUNITY SERVICE NEWSLETTER

MARCH 2024

Upcoming Events & Trainings

CONNECT THE TOTS

Mar 5, 12 & 19 | 10:00 am - 12:00 pm | ACS Family Building (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, [e-mail here](#) or call x2412.

ALL ABILITIES SPRING CRAFT NIGHT

March 7 | 4:30 pm - 5:30 pm | ACS Family Building (B2161)

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motors skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood. Supplies and instruction provided. To register, [e-mail here](#) or call x7262.

BUILD A BIRD HOUSE OR BIRD FEEDER

March 12, 21 or 26 | 4:00 - 6:30 pm | ACS Building Bonds Workshop (B1130)

Step into Spring by creating a bird house or bird feeder the whole Family can enjoy over the spring and summer months. Choose a bird house or bird feeder kit (based on availability) which you will put together and personalize it by painting or adding decorations to meet your creative ideas. All materials and instruction supplied; class size is limited; children must be accompanied by an adult. To register, please call x3505.

NEWCOMER'S ORIENTATION

March 13 | 8:00 am - 1:00 pm | McCoy's Community Center (B1571)

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. Spouses are highly encouraged to attend. To register, [e-mail here](#) or call x2359.



Army Community Service (ACS) enhances the well-being and quality of life of Fort McCoy military members, families and civilians by providing real life solutions for successful Army living.



***This month's Awareness Tree
is focused on the
importance of reading.***

Read Across America Week is celebrated from March 2 to 6 — it begins on the birthday of the beloved author, Dr. Seuss.

Check out the wide variety of books at our ACS Resource Library and take part in the Read Across America Diverse Books Challenge.

CLICK HERE TO LEARN MORE:
<https://www.nea.org/diverse-books-challenge>



2111 South 8th Ave, Fort McCoy, WI 54656



608-388-3505



mccoy.armymwr.com



facebook.com/mccoymwr

Upcoming Events & Trainings

INTER-SERVICE FAMILY ASSISTANCE COMMITTEE (ISFAC)

March 14 | 9:00 am - 2:00 pm | American Legion, Portage, WI

ISFAC is a voluntary military-community cooperative organized to allow service providers to engage in networking and connect Service and Family members, Veterans and Wounded Warriors with local military and community resources. To register, [email here](#) or call x6812.

CRAFTING YOUR RESILIENCE

March 16 | 9:00 am - 12:00 pm or 1:00 pm - 4:00 pm | ACS Family Building (B2161)

Spend time together as a Family creating (crafting) and learning skills to increase your resilience! At each workshop we will teach a resilience skill and create a craft. Supplies and instruction provided. To register, [e-mail here](#) or call x7262. *Class sized is limited. Children must be accompanied by an adult. Early start time for EFMP Families.*

INSURANCE NEEDS

March 19 | 9:00 am - 10:00 am | Army Community Service (B2111) or via Teams

During this class, attendees will learn about home, renter's, auto and umbrella insurance. If you are unsure of how to read your insurance policies, be sure to sign up to find out more information. To register, [email here](#) or call x3540. *Register by March 15.*

EASTER EGGSTRAVAGANZA

Kick off Spring at
McCOY'S COMMUNITY CENTER
SATURDAY MARCH 23, 2024 from 9-11 am
FOR ACTIVITIES & CRAFTS, PICTURES WITH THE EASTER BUNNY, BREAKFAST SPECIALS & MORE!

OPENING REMARKS & ARRIVAL OF EASTER BUNNY	EGG HUNTS			
9-9:15 am	0-2 YRS & EFMP FAMILIES 10am	3-5 YRS 10:15	6-8 YRS 10:30	9-12 YRS 10:45

608-388-2065 | mccoy.armymwr.com

VOLUNTEERS NEEDED! If interested, please call 608-388-6507 or email michael.d.larsen8.civ@army.mil to learn about the available opportunities.

Kindness Korner

March brings the first day of Spring. In Spring, we think of planting. We can plant vegetation and seeds of kindness. Sharing a kind word, extending an ear to listen or a helping hand or even displaying a simple gesture are all ways to plant the seeds. Once planted, seeds (kindness) begins to take root, grow and multiply.

Where are you going to plant your seeds?



*“Don’t judge
each day by
the harvest
you reap but
by the seeds
that you plant.”*


-Robert Louis Stevenson

MILPARENTS ROCK


ROCK-SOLID FAMILIES START HERE

For more information on Positive Parenting and Child Abuse Prevention, go to <https://www.militaryonesource.mil/preventing-violence-abuse/child-abuse-prevention-month/>

#MilParentsRock

**EFMP** Exceptional Family Member Program



"Talk Back Thursday"!
Transparent, Informative, Answers (T.I.A.)!
When: 7 March 2024
Time: 9-10 EST


Where - Use the QR Code below or <http://tinyurl.com/8k9axznw>


Do you have questions and need answers to:



- PCSing with a family member who has special education or other educational needs?
- School transitions, IEP's, EFMP Respite Care, Behavior Supports, 504 Plans and IFSP's?

Join representatives from Child Youth and School Services (CYSS), the School Liaison Program (SLP), Special Needs Specialist, Educational and Developmental Intervention Services Program (EDIS), IMCOM EFMP Family Support along with the EFMP Central Office's Attorney, Health Systems Specialist and Special Education Specialist


March is...

Disabilities Awareness Month

Send your questions in advance to:
marcine.lbest.civ@army.mil
12 Feb - 26 Feb, 2024
Subject Line: Talk Back





5 Ways to Prevent Child Abuse

Every adult in the community can play a role in supporting and protecting military children. If you're worried about the well-being of a military child, share your concerns with Family Advocacy Program staff. They can help you determine what to do next.

1. Know the signs.

- Sudden changes in behavior or school performance
- Always preparing for something bad to happen
- Frequently lacking adult supervision
- Fading bruises or other marks after an absence from school
- Unexplained burns, bites, bruises, broken bones or black eyes
- Being frightened of a parent or caregiver
- Abusing animals or pets

2. Be a trusted adult.

Let children know they can come to you with any concern and that you will:

- Listen without judgment.
- Believe them.
- Help and support them.

3. Make the call.

If you witness or suspect child abuse or neglect, do the right thing:

- Call your [Installation's Family Advocacy Program](#).
- Call your local Child Protective Services office.
- Call the [Childhelp National Child Abuse Hotline](#) at 800-422-4453.
- Call 911 or military law enforcement if a child is in immediate danger.

4. Identify trusted adults.

- Talk with your child about specific people they can trust.
- Discuss when your child should talk to a trusted adult.
- Let them know they can go to another trusted adult if the first one doesn't help.

5. Empower your child's voice.

- Teach children early about healthy body boundaries.
- Tell them to trust their feelings.
- Encourage them to say forcefully, "I don't like that," or "Stop touching me."
- Remind them to leave a situation that makes them uncomfortable.
- Ask them to tell a trusted adult right away if something makes them uncomfortable.
- Talk with them about how to listen to and help their peers.

Share these resources.

Teach your kids healthy body boundaries.
<https://www.militaryonesource.mil/parenting/children-youth-teens/teach-your-kids-healthy-boundaries/>

Support for military kids.
<https://militarykidsconnect.health.mil/Feelings/How-to-Talk-to-an-Adult>

Get installation support.

Fort McCoy Family Advocacy Program Manager
608-388-2412
brittany.r.sonie.civ@army.mil

**MILITARY
ONESOURCE**

The Family Advocacy Program supports service members and their families impacted by child abuse and/or neglect through parent education and crisis intervention.