

# ARMY COMMUNITY SERVICE News



JUNE 2022 EDITION

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## **WI-INTERSERVICE FAMILY ACTION COMMITTEE**

2 Jun | 0900 - 1400 | Camp American Legion

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

## **CONNECT THE TOTS: PLAYGROUP**

7, 14, 21, and 28 Jun | 1000 - 1200 |

South Post Housing Community Playground

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. To register, [click here](#) to send an e-mail or call x2412.



## **NEWCOMER ORIENTATION**

8 Jun | 0800 - 1300 | B1571

New to Fort McCoy? Learn about what we have to offer. Breakfast will be provided beginning at 0800. To register, [click here](#) to send an email or call x2359.



## **MEN'S RESILIENCE WORKSHOP**

16 Jun | 21 Sep | 14 Dec | 0730 - 1030 | Religious Support Office, B2675

Join us as we learn strategies to enhance spiritual and emotional resilience. For the month of June, we will look explore Relaxation & Stress Relief strategies. Breakfast is provided to all attendees. To register [click here](#) or call x7262.

## **LUNCH & LEARN - STRESS MANAGEMENT SKILLS**

22 June | 1130 - 1215 | B2111

The role emotions play in dealing with stress. Come learn how to put yourself in charge of the way you respond to everyday stressors! Bring your lunch if you like. Watch for more classes in the series. To register [click here](#) or call x6507.

## **CRAFTING FOR RESILIENCE WORKSHOP**

25 Jun | 0900 - 1600 | B2161



Spend time together as a Family creating (crafting) and learning skills to increase your resilience! This month, learn how important it is to 'pay it forward' with an activity called "Kindness Rocks." All craft stations will be open as well. Register for a 2-3 hour block of time. Early start time (0800) for EFMP Families. Register with your name, block of time, number of Family members attending and ages of children. To register [click here](#) or call x6507.

## **SOLDIER & FAMILY READINESS GROUP (SFRG) TRAINING**

21 Jun | 1300 - 1500 | B2111

This is required training for all command teams, SFRG Liaisons, and SFRG volunteers. Training will be tailored to meet the needs of the attendees. Register by calling x6812 or [click here](#).

## **NEW COMMANDERS & COMMAND SENIOR NCO ADVISORS: LEADERSHIP TRAINING**



For Commander/Senior NCO Advisors, this training block will fulfill the training requirements for: Army Substance Abuse Program Brief, Family Advocacy Brief and Exceptional Family Member Program Brief. To register call x2412 or [click here](#) to send an e-mail.

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

The campaign has been extended - runs through 30 June 2022. At the end of April we have met our goal of contacting 100% of personnel on Fort McCoy. If you are an active duty member or retiree, please consider donating by contacting your AER Unit Representative or stopping by B2111.

## **SUPPORT SURVIVORS WITH SAFE HELPLINE**

The Safe Helpline is available 24/7, any-time, 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

# ARMY COMMUNITY SERVICE NEWS

**More ways to invest your money in TSP** In addition to the TSP funds you know and love, you'll have more investment options. As long as your account meets certain eligibility requirements, you'll have the option to invest some of your TSP savings in a mutual fund window for additional fees. Unless you make a change to your investment elections, your current TSP investment choices will remain the same for both future contributions and current allocations. Please visit [www.tsp.gov](http://www.tsp.gov) for more information.



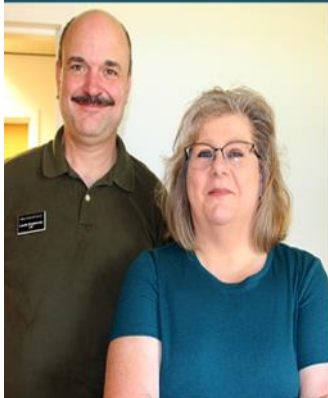
**VOLUNTEER THANK YOU** A grateful shout out to all our Fort McCoy Garrison Volunteers!! Thursday evening, 28 April, we celebrated the 83 volunteers that contributed to the 8,935 volunteer hours in calendar year 2021. We continue to celebrate those returning to help in calendar year

2022 including all our new volunteers! "As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others." – Audrey Hepburn. To learn more about volunteering for Fort McCoy, [click here](#) or call x6507.

The **Exceptional Family Member Program (EFMP)** is a mandatory enrollment program per AR 608-75 that works with military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs. EFMP benefits the family by considering medical and special education needs in the military personnel assignment process. For more information call x7262 or [click here](#) to send an e-mail.

The ACS Office will be closed on 20 June 2022 in observance of Juneteenth.

## 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**



## 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.

ARMY COMMUNITY SERVICE

## Lending Closet

We temporarily loan housekeeping items to incoming or outgoing Fort McCoy employees while their items are in transit.



### ITEMS AVAILABLE INCLUDE:

- Tri-Fold Mattresses
- Tables & Chairs
- Bagless Vacuum Cleaners
- Dishes
- Microwaves
- Instapots
- Air Fryers

STOP IN TO ACS OR CALL 608-388-2359 TO LEARN MORE.



## 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 children's books. Books can be checked out for a one month period.



## Army Family Action Plan (AFAP)



*Change begins with you!*

AFAP is a process that invites members of the Total Army Family to be agents of change. Establish and improve programs and services, develop and change policies and regulations, create legislation and amend laws.

**SUBMIT YOUR AFAP ISSUE THROUGH IMS**  
[ims.armyfamilywebportal.com](http://ims.armyfamilywebportal.com)

Since 1983, over 700 issues have been raised at the Department of the Army level – and those have resulted in over 500 improvements for Soldiers, Families, and Army communities.



Call ACS at 608-388-6712 for additional information



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**SHARP**  
SEXUAL HARASSMENT/INTOXICANT  
RESPONSE AND PREVENTION

**FORT MCCOY SHARP**

**Prevention Starts with You!**

**Fort McCoy SHARP 24/7 Helpline 608-388-3000**