

## Managing Deployments and Separations

Deployment is never easy and it often takes a toll on both the Soldier and the Family. There are many resources available to make it easier.



### **Mobilization & Deployment**

- Training for all phases of the deployment cycle
- Families Achieving Communication Tactics (F.A.C.T.S.) Workshops
- Battle-Mind training for Families
- Rear Detachment Leader training and support
- FRG (Family Readiness Group) Leader training
- FRG Care Team training
- FRG Key Caller training
- FRG Treasurer training
- Family support services
- Unit Readiness training

### **Military and Family Life Consultants**

When you need to talk to someone about concerns and issues of daily life. Free, confidential\* solution-oriented consultations

- On-Post Appointments

Fort Stewart call 432-1033, 492-6428, 432-0013, 536-7854, 432-1798, or 492-6367

Hunter call 655-8327, 506-4475, or 704-5420

- Off-Post Appointments

Fort Stewart call 492-6367 Hunter call 704-9505

*\*Duty to warn does apply when there is a threat to self or others and in any reportable abuse such as child abuse, elder abuse and domestic abuse.*

## Getting Involved in Your Community: Volunteer!

Whether you want to give your time every week, once a month, or once a year, there is a volunteer opportunity for you!

### **Army Volunteer Corps**

- Establishes partnerships to support personal growth
- Promotes and strengthens community efforts
- Enhances volunteer career mobility
- Teaches new skills and helps establish new friendships

## Real Life Solutions for Successful Army Living

Fort Stewart/Hunter Army Airfield

# ARMY COMMUNITY SERVICE



### **Fort Stewart**

Army Community Service  
201 Lindquist Road, Bldg. 86  
**(912) 767-5058/5059**

### **Hunter Army Airfield**

Army Community Service  
171 Haley Avenue, Bldg. 1286  
**(912) 315-6816**



## Real-Life Solutions for Successful Army Living

Welcome to Army Community Service at Fort Stewart and Hunter Army Airfield. This brochure gives you an overview of the many programs Army



We offer training classes, support groups, and Family advocacy programs. Services are offered to Active Duty, Retired, Reserve, and National Guard Soldiers and their Family Members, regardless of branch of service.

Community Service offers to help you and your Family with any issue related to daily life.

Since 1965, Army Community Service (ACS) has offered real-life solutions for successful Army living by providing a flexible system of social services and resources to our Army community.

Our mission is to provide services to support the readiness of Soldiers, their Families, and our communities to promote self-reliance, resiliency, and stability.

### ACS Mission Areas:

Money Matters

Home and Family Life

Work and Careers

Learning for Life

Making a Move

Managing Deployments and Separations

Getting Involved in Your Community

Department of Defense civilian employees are also eligible for most services.

Whether you need help with your finances, have questions about moving issues, need advice about your relationship, have parenting concerns, need assistance finding a job, have questions about volunteer opportunities, or just need to talk to someone about difficulties during deployment or life in the Army, the ACS team is here to serve and support you.



Online class registration, class descriptions, times, and locations are available on [www.stewart.army.mil/acs](http://www.stewart.army.mil/acs).

## Money Matters

Personal finances are the number one stress in the lives of military Families.

The ACS Financial Readiness Program offers financial education, counseling and support services to resolve financial issues with an emphasis on financial literacy and self-sufficiency.

### Financial Readiness Program

Services (not an all-inclusive list):

- One-on-one counseling to help with financial issues
- Budgeting and money management
- Bank account principles
- Consumer complaints
- Preparing your finances for deployment
- Home buying workshops
- Financial problem-solving
- Managing and paying off debt
- Insurance
- Long-term financial planning (investing)
- Wise use of credit

### Army Emergency Relief (AER)

- Emergency financial assistance for unforeseen financial crisis.
- Non-receipt of pay
- Rent/Utilities to prevent eviction
- Repair of essential POV
- Critical emergency travel
- Loss of funds
- Funeral expenses
- Critical medical, dental or hospital expenses
- Fire or disaster
- Money is provided through an interest-free loan or grant.
- Soldiers or Family Members\* must go through their unit Commander/ISG to request AER assistance.

*\*During a Soldier's absence, Family Member should possess a Power of Attorney authorizing AER assistance.*



## Home and Family Life

Every couple faces challenges and while these challenges are private and personal, they do not have to be faced alone!

The Family Advocacy Program (FAP) coordinates services and activities that support our Families, enhance their relationship skills and improve their quality of life.

### Family Advocacy

- Couples communication
- Parenting and discipline skills
- Stress, anger and conflict management
- Life skills for teens and adults

### New Parent Support Program (NPSP)

Support for parents with children ages 0 to 36 months

- Home visits and caring services to enhance parent and infant/toddler attachment
- Information on child development stages
- Referrals to community resources
- Breastfeeding support
- Play Mornings
- Baby Bootcamp for Dads
- Infant Massage
- Parenting classes/education

### Sexual Assault Prevention and Response

- Reporting options for victims of sexual assault (Restricted/Unrestricted)
- Awareness and prevention training/education
- Referrals to community resources
- Self-defense training/education

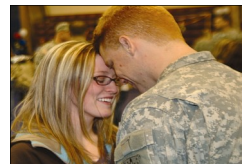
### Victim Advocates

Support and information on personal safety and available resources for victims of domestic violence and sexual assault.

- Victim Advocates are on-call 24 hours, 7 days a week  
Stewart (912) 767-3032  
Hunter (912) 315-5343

### Resiliency Training for Family Members

This training teaches how to enhance resiliency, how to be effective, and how to become more, well-rounded.



### Exceptional Family Member Program (EFMP)

Parenting a child with special medical or educational needs presents unique challenges.

The Army cares about Soldiers who have Family Members with special needs and has set up the EFMP program to lend a helping hand.

- Mandatory enrollment for Family Members with chronic medical problems (such as asthma, physical disabilities)
- Coordinates multi-agency community support (housing, medical, educational and personal services) to Families with special needs.
- Respite Care pays providers for up to 40 hours of care per month for Families with enrolled Exceptional Family Members (must meet certain medical criteria).

Employment is one of the most significant issues for Army

## Work and Careers

Families, particularly as they are impacted by the mobile military lifestyle. The Employment Readiness Program offers Family Members the competitive edge needed to secure employment.

### Employment Readiness Program

- Career Coaching
- Job-Search Assistance
- Job Bank Book (Federal and Private)
- Resource Library
- Computers with internet access, fax and copier
- Free classes and workshops covering resume writing, interviewing, networking, and dressing for success.



## Learning for Life

Strong Families are the pillar of support behind strong Soldiers. Army Family Team Building offers free training to prepare Army Families for success.

### Army Family Team Building (AFTB)

- Level I: Army culture and resources
- Level II: Personal development skills to adapt to Army life, manage change and accept challenges
- Level III: Professional growth and leadership skills
- Instructor Training: Facilitator and public speaking skills
- Dogface Soldier for Families: History of Fort Stewart and the 3rd Infantry Division, the Dogface Soldier song, our mascot Rocky, and more.



## Making a Move

Moving is a fact of Army life. It is also one of life's high stress events. Soldiers and Families undergoing transitions, whether inbound or outbound, are provided with counseling and relocation planning assistance.

### Relocation Readiness Program

- Personal relocation counseling
- Welcome packets (online)
- Local maps, phone books, and event calendars
- Kids on the Move program: free backpacks filled with fun activities
- Support Groups: Hearts Apart, Foreign-Born Spouses
- Lending Closet with basic household items
- Windshield Bus Tour of Installation
- Sponsorship Training at unit level (for 10 or more)
- Information on your next duty station
- Overseas Orientations

## Outreach Programs

### ACS Outreach/Family Welcome Center

- Newcomers Welcome/Family Orientation
- One-stop center to connect newcomers with local services

### Survivor Outreach Services

- Provides local, long-term support to surviving Family Members