



# ACS Community Connection



April 2025

MILPARENTS  
**ROCK**

Rock-Solid Families Start Here

NEW PARENT  
SUPPORT PROGRAM

*Baby  
Expo*

Friday, April 18, 2025  
11 AM - 2 PM

Sadowski Center (6607 Wilson Road; Fort Knox, KY 40121)

Are you a new or expecting parent? Join us to celebrate and connect with Fort Knox community resources available to support your growing Military Family.



For more information, please call (502) 888-5884  
or email [megan.r.setter.civ@army.mil](mailto:megan.r.setter.civ@army.mil).

## Connect with ACS!

📍 411 Eisenhower Ave. Bldg.  
1477 Fort Knox, KY 40121

☎ (502) 624-8391

📘 Fort Knox Army  
Community Service

🌐 [Knox.armymwr.com/  
categories/community-  
support](http://Knox.armymwr.com/categories/community-support)

## Upcoming ACS Events

- **Installation Newcomer Orientation**  
April 2, Pg. 20
- **Gold Star Spouses Day**,  
April 5, Pg. 12
- **EFMP Bowling**  
April 8, Pg.8
- **Stitch Brigade**  
April 9 , Pg. 22
- **Federal Resume Writing**  
April 9 & 22, Pg.18
- **Community Playgroup - Egg Hunt**,  
April 10, Pg. 2
- **EFMP Superhero Family Night**  
April 15, Pg. 9
- **Marriage, Money, & Mayhem Class**  
April 17, Pg.15
- **Baby Expo**  
April 18, Pg. 1
- **Community Playgroup Reading Event**  
April 24, Pg. 3
- **EFMP Stomp Virtual Workshops**,  
April 21, 22, 23, & 24

The Family Advocacy Program has many exciting events this April in support of MilParents ROCK! Take a look inside the newsletter and find an event for you and your family!

MILPARENTS  
**ROCK**  
Rock-Solid Families Start Here

NEW PARENT SUPPORT PROGRAM  
EXCEPTIONAL FAMILY MEMBER PROGRAM



**EFMP** Family Support

**FORT KNOX COMMUNITY PLAYGROUP**

# EGG HUNT

**THURSDAY, APRIL 10, 2025 - 10:00 AM TO 11:30 AM**

**MACDONALD ELEMENTARY SCHOOL  
128 MCCRACKEN STREET; FORT KNOX, KY 40121**



**FREE AND OPEN TO ALL  
FORT KNOX PARENTS WITH CHILDREN  
AGES ZERO TO FIVE OF ALL ABILITIES.**

**FOR MORE INFORMATION, PLEASE CALL  
(502) 888-5884 OR EMAIL  
MEGAN.R.SETTER.CIV@ARMY.MIL.**

NEW PARENT SUPPORT PROGRAM AND  
EXCEPTIONAL FAMILY MEMBER PROGRAM



**EFMP** Family Support

# BE YOU!

## COMMUNITY PLAYGROUP READING EVENT

Thursday, April 24, 2025 - 10:00 AM to 11:30 AM  
MacDonald Elementary School  
(128 McCracken Street; Fort Knox, KY)

BOOK GIVEAWAY - CRAFT ACTIVITIES - CREATIVE PLAY



FREE AND OPEN TO ALL FORT KNOX PARENTS WITH  
CHILDREN AGES ZERO TO FIVE OF ALL ABILITIES.  
FOR MORE INFORMATION, PLEASE CALL (502) 888-5884  
OR EMAIL MEGAN.R.SETTER.CIV@ARMY.MIL.

# FORT KNOX NEW PARENT SUPPORT PROGRAM



## CLASS DESCRIPTIONS

### Basics of Postpartum and Newborn Care

The class on postpartum and infant care offers new parents essential insights and practical skills for navigating the early days of parenthood. Participants will learn about the physical and emotional changes that occur after childbirth, including self-care strategies for recovery. The curriculum covers key topics such as infant feeding techniques, safe sleep practices, bathing, diapering, and recognizing developmental milestones. Interactive discussions and hands-on demonstrations will empower parents to confidently care for their newborns while also addressing their own well-being. By the end of the class, attendees will feel better equipped to foster a nurturing environment for both themselves and their baby.

### Breastfeeding

The class on breastfeeding provides expectant and new parents with comprehensive knowledge and practical skills to support successful nursing. Participants will learn about the benefits of breastfeeding for both mother and baby, proper latch techniques, and effective positioning to ensure comfort during feeding. The curriculum also covers topics such as managing common challenges, understanding breastfeeding patterns, and maintaining milk supply. Through interactive discussions and demonstrations, attendees will gain confidence in their abilities to navigate the breastfeeding journey. By the end of the class, parents will feel empowered and well-prepared to foster a positive breastfeeding experience for themselves and their newborns.

### FOR MORE INFORMATION

New Parent Support Program  
Fort Knox Army Community Service  
411 Eisenhower Avenue, Building 1477  
Fort Knox, KY 40121  
(502) 624-8391/6291



**Families can contact Megan Setter at 502-624-5970 to schedule individual classes.**

### Birth to Baby

The class on what to expect during labor and delivery prepares expectant parents for the transformative experience of childbirth. Participants will explore the stages of labor, common signs of onset, and various pain management options, including both medical and natural techniques. The curriculum also covers what to anticipate in a hospital or birthing center environment, including the roles of healthcare professionals and available support systems. Through informative discussions and visual aids, attendees will gain confidence in their birth plans and learn how to communicate effectively with their care team. By the end of the class, parents will feel more informed and empowered, ready to embrace the journey ahead.

### Comfort Techniques

The class on comfort techniques during labor provides expectant parents with effective strategies to manage pain and enhance the overall childbirth experience. Participants will explore a variety of methods, including breathing exercises, relaxation techniques, and movement strategies, as well as the use of heat, massage, and hydrotherapy. Emphasizing both physical and emotional support, the class encourages partners to actively participate in comfort measures, fostering a collaborative environment. Demonstrations will allow attendees to practice these techniques, ensuring they feel prepared and confident as they approach labor. By the end of the session, parents will have a toolkit of comfort strategies to help navigate the challenges of labor with greater ease.

### Infant and Toddler CPR

The class on infant and toddler CPR and choking equips caregivers with crucial life-saving skills to respond effectively in emergencies. Participants will learn the essential techniques for performing CPR on infants and young children, including the correct chest compression and rescue breath methods. The course also covers how to identify and manage choking incidents, providing step-by-step guidance on back blows and abdominal thrusts. Through hands-on practice with mannequins and real-life scenarios, attendees will gain confidence in their ability to act quickly and decisively. By the end of the class, caregivers will leave with the knowledge and skills needed to ensure the safety and well-being of their little ones in critical situations.

### Infant and Toddler Safety

The class on infant and toddler safety provides essential guidance for parents and caregivers to create a secure environment for young children. Participants will explore a range of topics, including childproofing the home, safe practices for car travel, and recognizing potential hazards in everyday settings. The curriculum covers emergency preparedness and strategies for preventing common injuries. Through interactive discussions and practical demonstrations, attendees will learn how to identify risks and implement effective safety measures tailored to infants and toddlers. By the end of the class, caregivers will feel empowered with the knowledge and skills needed to protect their little ones and promote a safe, nurturing environment.

### Period of PURPLE Crying and Safe Sleep

The class on the period of purple crying and safe sleep educates parents and caregivers about the normal developmental phase that infants experience, characterized by increased crying and fussiness. Participants will learn the characteristics of this phase, how to cope with the challenges it presents, and effective soothing techniques to help calm a distressed baby. Additionally, the class emphasizes the importance of safe sleep practices, including proper sleeping positions, safe sleep environments, and reducing the risk of Sudden Infant Death Syndrome (SIDS). Through engaging discussions and practical demonstrations, attendees will gain valuable insights to promote their baby's well-being while fostering a nurturing and safe environment. By the end of the session, parents will feel more informed and prepared to navigate this challenging yet critical period in their child's early life.

#### FOR MORE INFORMATION

**New Parent Support Program**  
**Fort Knox Army Community Service**  
 411 Eisenhower Avenue, Building 1477  
 Fort Knox, KY 40121  
 (502) 624-8391/6291



**Families can contact Megan Setter at 502-624-5970 to schedule individual classes.**



### Potty Training 101

The class on potty training offers parents and caregivers practical strategies and insights to successfully navigate this important developmental milestone. Participants will learn about the signs of readiness, different potty training approaches, and how to create a positive and encouraging environment for their child. The curriculum includes tips for managing accidents, establishing routines, and reinforcing good habits, all while emphasizing patience and understanding. Through engaging discussions and shared experiences, attendees will gain confidence in their ability to support their child through this transition. By the end of the class, parents will leave with a personalized potty training plan and the tools to make the process smoother and more enjoyable for their family.

### Recognizing and Reporting Child Abuse or Neglect

The class on recognizing and reporting child abuse and neglect equips participants with vital knowledge and skills to identify warning signs and take appropriate action. Through an engaging mix of discussions and role-playing scenarios, attendees will learn about the different types of abuse and neglect, their potential impacts on children, and the legal and ethical responsibilities involved in reporting. Emphasizing a compassionate approach, the class fosters a deeper understanding of the complexities surrounding these issues, while also providing practical guidance on how to navigate reporting procedures and support affected families. By the end of the session, participants will feel empowered to play an active role in safeguarding children's well-being within their communities.

### 24:7 Dad®

24:7 Dad® is an evidence-based fatherhood program used by hundreds of organizations across the U.S. to improve the knowledge, behavior, and skills of diverse dads. The program is built on the basis that fathers can be nurturers, and nurturing is a learned skill for men. Throughout the program, men examine their fatherhood history, learn the five characteristics of a 24:7 Dad®, and learn other essential behaviors such as working with mom and proper child discipline to help them be the best dads possible.

### FOR MORE INFORMATION

**New Parent Support Program**  
**Fort Knox Army Community Service**  
 411 Eisenhower Avenue, Building 1477  
 Fort Knox, KY 40121  
 (502) 624-8391/6291



**Families can contact Megan Setter at 502-624-5970 to schedule individual classes.**

Fort Knox New Parent Support Program  
& Exceptional Family Member Program

# 2025 Community Playgroups



MacDonald Elementary School  
128 McCracken Street; Fort Knox, Kentucky 40121  
From 10 AM to 11:30 AM on the following Thursdays:

- January: 9 & 23
- February: 13 & 27
- March: 13 & 27
- April: 10 & 24
- May: 15 & 29
- June: 12 & 26
- July: 10 & 24
- August: 14 & 28
- September: 11 & 25
- October: 9 & 23
- November: 6 & 20
- December: 4 & 18

.....  
Free and open to all Fort Knox parents with children ages zero to five of all abilities.  
For more information, please call (502) 888-5884 or email [megan.r.setter.civ@army.mil](mailto:megan.r.setter.civ@army.mil).



**EFMP** Family Support



# EFMP BOWLING

*Get ready for an afternoon of strikes and spares at the Houston Bowling Center.*

*Cost: FREE*


*Registration is required*

**8 APRIL 2025**  
**3: 00-4:30 PM**

**Houston Bowling Center**

 **2385 Knox St.**  
**Fort Knox, KY**

 **To Register,**  
**call 502-624-8391**

 **[usarmy.knox.id-training.list.dfmwr-efmp@army.mil](mailto:usarmy.knox.id-training.list.dfmwr-efmp@army.mil)**



**EFMP** Family Support



**Register now! Space is limited & registration is required!**



# SUPERHERO EFMP FAMILY NIGHT

**APRIL 15 • 4:30 PM-6:30 PM**  
**SADOWSKI CENTER • FREE**  
**OPEN TO ALL EFMP FAMILIES**



**SUPERHERO  
ACTIVITIES**

**MEET & GREET**

**BOUNCE HOUSES  
FOR HIGH-FLYING FUN**

**COME DRESSED AS YOUR  
FAVORITE SUPERHERO!**



TO REGISTER: ACS EFMP (502) 624-4067  
OR EMAIL [MARLA.J.HARRIS2.CIV@ARMY.MIL](mailto:MARLA.J.HARRIS2.CIV@ARMY.MIL)



**EFMP** Family Support





# EFMP RESPITE CARE

Respite care offers a qualified caregiver in your home for your family members enrolled in the Exceptional Family Member Program (EFMP). To determine your eligibility, please reach out to the ACS EFMP Family Support office at 502-624-8391.

[CONTACT US!](#)

**EFMP** Family Support

## EFMP Did You know??

Each installation offers services through two different EFMP offices-the Military Treatment Facility (MTF) EFMP and Army Community Service (ACS) EFMP

1. For EFMP initial screening, enrollment, updates, and overseas screenings, contact the Fort Knox MTF EFMP at 502-624-6211. This office is located in the Margetis facility, building 6289 on Claiborne Street.
2. For resources, advocacy, support groups, and local and state information, contact ACS EFMP at 502-624-4067. ACS EFMP is located on Eisenhower Ave in building 1477.



100%  
ONLINE



## VIRTUAL WORKSHOP

# HOSTED BY: FORT KNOX

### When You Attend a STOMP Workshop You Learn ...

- Empower yourself with knowledge of educational rights, support services, and access to TRICARE, ECHO, and ABA programs.
- Connect with local resources and a supportive community network to share ideas and solutions with other parents and professionals.

## REGISTER HERE

<https://www.tfaforms.com/5149931>

Scan QR  
Code



### DATES/TIMES

### TOPICS

APRIL 21

1:30-3:30P ET

Accommodation Across the Lifespan: Transition Plans are part of the IEP

APRIL 22

9:30-11:30A ET

Effective Communication

APRIL 23

1:30-3:30P ET

Pathways to Military Medical & Medicaid Benefits for Exceptional Families

APRIL 24

9:30-11:30A ET

Financial "Dependent" Planning for a Child's Financial Stability



Questions contact:  
(253) 720-5275 or  
stomp@wapave.org





RESILIENT LEGACIES  
*of their Soldiers'*  
 SERVICE & SACRIFICE  
*for our Nation*  
 GOLD STAR SPOUSES' DAY · APRIL 5<sup>TH</sup>



*On Gold Star Spouses' Day, remember surviving military spouses and honor the legacy of their Service Members who died in service for our nation.*



U.S. ARMY INSTALLATION MANAGEMENT COMMAND  
 Learn about the symbols of honor that Gold Star Spouses wear visit,  
[armymwr.com/survivor-outreach](http://armymwr.com/survivor-outreach)



**Gold Star Spouses' Day brings acknowledgment to and honors the many sacrifices of the Fallen and their surviving wives and husbands. On April 5th like always, we grieve with the Families of lost military service members and remember the spouses who have stood behind them.**



For more than 80 years, Army Emergency Relief has provided financial support to Soldiers and their Family members. Donations to the 2025 Campaign can be made by contacting unit representatives, making direct donations through ACS, or by going directly to the Army Emergency Relief's website.

**You can also scan the QR Code above to make a donation!**

NEW

### Accessible Financial Support

## AER's Online Application

- ★ Request financial assistance\*
- ★ Increased worldwide accessibility
- ★ Expedited delivery of funds
- ★ Launches March 17, 2025

**Scan QR Code to get started**



April 2025


# Financial Literacy Month


It's your money. Take these steps to make your money work as hard as you do:



 **Review your budget** You can't fix what you don't see.



 **Check your credit** Credit is your financial first impression.

 **Assess your investments** No one ever said "I wish I saved less."

 **Plan your retirement** Retirement isn't an age—it's a strategy.

Scan the QR code to take the Financial Well-Being Assessment from the Office of Financial Readiness.



Stop by or call the Financial Readiness Office to take your first steps toward financial freedom:  (502)624-5989/8391  411 EISENHOWER AVE., BLDG 1477

Be a part of exciting  
Communication,  
Personality and  
Money, Fundamentals  
of Spending Plan and  
Financial Planning



**Marriage, Money and Mayhem**  
**Thursday, April 17**

**1800**

**ACS**

**502-624-5847**

**411 Eisenhower Ave Bldg 1477**



**Tax Day is April 15th—there's still time!**

**MilTax is a FREE specialized software that accounts for the complexities of military life that allows you to connect with a tax pro and file federal & up to 3 state returns.**



**DOES YOUR HOME NO LONGER  
FEEL LIKE A SAFE PLACE?**

If you're seeing signs of harmful behavior in your relationship, the Family Advocacy Program can help.

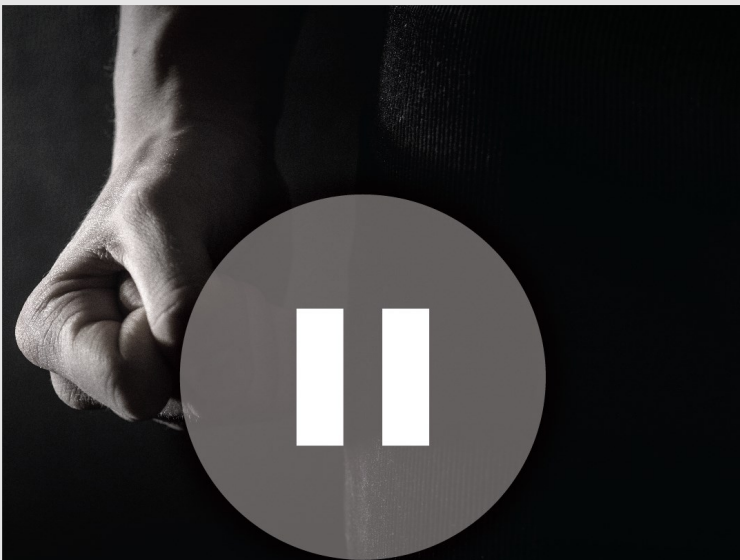
Call

502-624-8391

or visit

[militaryonesource.mil](http://militaryonesource.mil)

## **Take that PAUSE!**



**IF YOU'RE FEELING MORE FRUSTRATED  
THAN LOVING IN YOUR RELATIONSHIP,  
TAKE A PAUSE.**

If you think you're exhibiting harmful behaviors in your relationship, it may be time to get help. Find resources for help by calling 502-624-8391 or by visiting [militaryonesource.mil](http://militaryonesource.mil)



**Commanders & First Sergeants** make sure to sign up to get your Annual Family Advocacy Program Training.



**WHO:** Commanders And First Sergeants

**WHAT:** Initial/Annual Family Advocacy Program (FAP) Training

**WHEN:** The First Tuesday of the month, 9:00 a.m.—10:00 a.m.

**WHERE:** BLDG 1477, 411 Eisenhower Ave, Fort Knox, KY 40121 ACS Training Room

**WHY:** Fulfills AR 608-18 requirement for mandatory FAP training within 45 days of appointment to a command position.

**RSVP:** Contact: (502) 624-5571

Email: [joshua.m.rodeheaver.civ@army.mil](mailto:joshua.m.rodeheaver.civ@army.mil)

Alternative option, Online FAP training on JKO at

[https://jkodirect.jten.mil/html/COI.xhtml?course\\_prefix=OSD&course\\_number=-101](https://jkodirect.jten.mil/html/COI.xhtml?course_prefix=OSD&course_number=-101)

Course title: OSD-101 Abuse within Relationships and Families: For Leaders

## FAMILY ADVOCACY PROGRAM FORT KNOX RESOURCES

**Fort Knox  
Family Advocacy  
Program  
502-624-5970/8391**

**Fort Knox  
ACS Victim Advocate  
502-888-5796**

**Fort Knox Military Police  
911 (Emergency)  
502-624-2111 (Non-  
Emergency)**

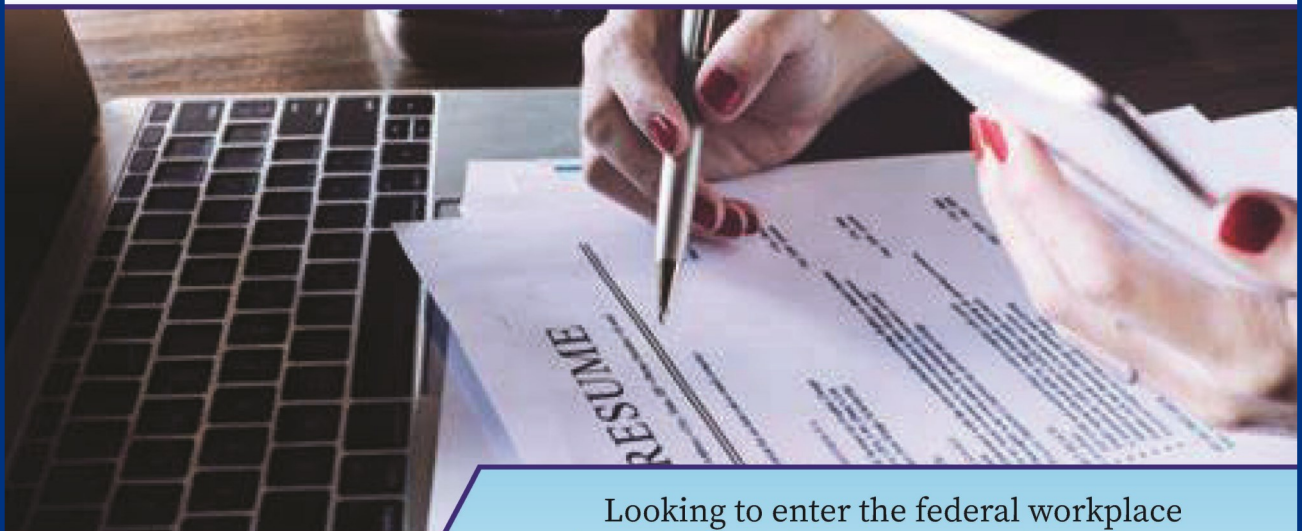
**Military OneSource  
1-800-342-9647  
[Militaryonesource.mil](http://Militaryonesource.mil)**

**National Support  
800-799-7233  
[Thehotline.org](http://Thehotline.org)**

# Looking for a job?

The ACS Employment Readiness Program can assist you with various employment needs from career planning to writing resumes and more. Call 502-684-8068 for more information or to RSVP for a class.

## Federal Resume Writing Class



Looking to enter the federal workplace and would like help writing your federal resume?

### Upcoming Classes:

- \* Wednesday 9 April 10:00am-12:00pm
- \* Tuesday 22 April 5:00pm-7:00pm
- \* Tuesday 6 May 5:00pm-7:00pm
- \* Wednesday 21 May 1:00pm-3:00pm
- \* Thursday 5 June 10:00am-12:00pm
- \* Tuesday 24 June 1:30pm-3:30pm



For more information or to RSVP, contact the Employment Readiness Program:

502-624-8068  
summer.t.carney.civ@army.mil



SPOUSE EDUCATION & CAREER OPPORTUNITIES

Find a job through the Military Spouse Employment Partnership at:

<https://myseco.militaryonesource.mil/portal/msep/jobs>

# Military Spouse

## Co-Working Space

PURSUE YOUR CAREER GOALS

ATTEND VIRTUAL MEETINGS

START OR GROW A BUSINESS

WORK/STUDY WITHOUT INTERRUPTION

ATTEND ONLINE CLASSES

### Is working from home not working for you?

We now offer Military Spouse Co-Working space for professionals, freelancers, and startups; to connect, communicate, and collaborate.

The Co-Working Space can also be used for online classes, when you need a quiet space to study and focus on that final!



For more information or to reserve a spot call 502-624-8068 or 502-624-2133



411 Eisenhower Ave, Bldg 1477  
Fort Knox, KY 40121

### Who

**Military Spouses**

### Where

**Graham Hall  
70 Pershing Dr Bldg 1378**

### When

**Mon-Fri • 8am - 4:30pm  
Closed Holidays**

We offer Military Spouses a Co-Working space for professionals, freelancers, and startups a quiet place to connect, communicate, and collaborate.

The Co-Working Space can also be used for online classes when you need a quiet place to focus.

For more info or to reserve a spot call 502-624-2133.

# INSTALLATION NEWCOMER ORIENTATION

**COMMUNITY PARTNER INFORMATION FAIR**

*MILITARY SPOUSES INVITED TO ATTEND*

**SABER & QUILL · 0830-1200**

1118 CHAFFEE AVE · FORT KNOX, KY 40121

**1<sup>ST</sup> WEDNESDAY OF EACH MONTH**



**2025**

**Jan 8**

**Feb 5**

**Mar 5**

**Apr 2**

**May 7**

**Jun 4**

**Jul 2**

**Aug 6**

**Sep 3**

**Oct 1**

**Nov 5**

**Dec 3**



ACS Relocation Program (502) 624-8391/6291

[usarmy.knox.id-training.list.dfmwr-acs@army.mil](mailto:usarmy.knox.id-training.list.dfmwr-acs@army.mil)

## Welcome to Fort Knox!!

Moving is a part of Military life. The Relocation Readiness Program offers a comprehensive support system for Soldiers and their Families, and DA Civilians.

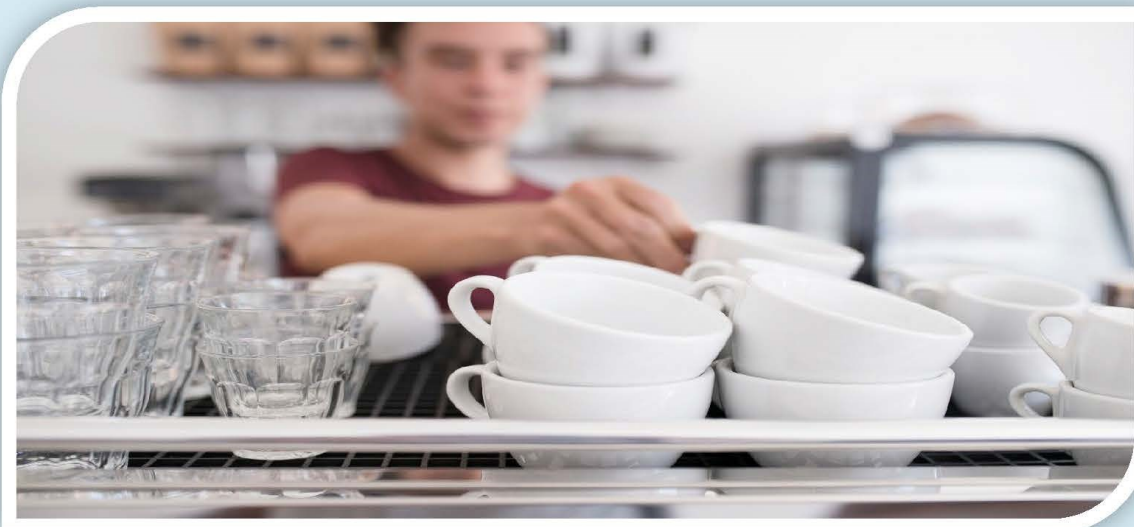
Join us for the Installation Newcomer Orientation the first Wednesday of each month to learn information about ACS programs, and 30 community partners will be available to assist you in being successful at Fort Knox.

**Spouses are encouraged to attend!**

# FORT KNOX ACS

RELOCATION READINESS PROGRAM

# LENDING CLOSET



**SOLDIERS, FAMILIES, & DOD CIVILIANS WITH ORDERS OR ID CARDS, CAN BORROW HOUSEHOLD ITEMS FOR FREE.**

Borrow housekeeping essentials & small appliances for up to 30 days to simplify your move!

Sample items available: Pots & Pans, Coffee Makers, Crock Pots, Toasters, Ironing Board & Iron, Bakeware, Dishes, Silverware, Drinkware, & More!

## CALL

502-624-8391

## LOCATION

411 Eisenhower Avenue,  
Bldg. 1477

**Monday – Friday, 0730-1600**



**The Lending Closet provides housekeeping essentials on free temporary loans to incoming and outgoing Soldiers, Families, and DoD Civilians, and in other cases as appropriate. We encourage you to not purchase items you already own and borrow from us while you wait.**

# Volunteer Opportunity!

**Next  
Project:  
Baby Hats  
for the NPSP  
Baby Expo.**

**Join the ACS Volunteer Stitch Brigade and donate your time, talent, and leftover yarn and fabric to create items such as baby booties, hats, blankets, and more in support of Military Families!**



Scan the QR code and join our Facebook group for meeting information and project updates.

**Stitch Brigade is on Facebook!  
Search: Fort Knox Stitch Brigade and click JOIN**

**April 9th @ Barr Library, 5:00pm -7:00 pm  
62 W Spearhead Division Ave, Fort Knox, KY 40121**



## VMIS: Volunteer Management Information System

**VMIS**, makes it easy for volunteers to search and apply for volunteer opportunities, log volunteer hours, and document training and awards. The best part is your service record will travel with you to each duty station!

To get started, visit:  
<https://vmis.armyfamilywebportal.com/>

### Volunteer Opportunities

- ◆ Army Community Service
- ◆ American Red Cross
- ◆ Fort Knox Spouses Club
- ◆ Barr Library
- ◆ Religious Education
- ◆ Humane Society
- ◆ & more!!

### Why Track Your Volunteer Time?

- ◆ Skill building –add info to your resume.
- ◆ Scholarships & Education
- ◆ Recognition
- ◆ Dept. of the Army regulation

**Questions??**  
**Call**  
**502-624-6173**

## Have you recently been appointed as a Sponsor?

Use the eSponsorship Application & Training online course to learn about the tools and resources to help you sponsor a newcomer's move .

ACS can further assist you with additional resources by calling 502-624-8391/6291.



**Savvy Sponsors Help Others Start Strong**

The eSponsorship Application & Training online course gives you intel and resources you can use to help newcomers settle in successfully.

Be prepared for success as a sponsor. Take the eSponsorship Application & Training course to get the information and resources you need to sponsor with confidence. Here's a quick overview of what to expect.

### Easy Access

You can access the eSAT course 24/7 through MilLife Learning at <https://millifelearning.militaryonesource.mil/>

- Choose **Course Catalog**.
- Type **eSAT** in the search bar.
- Under course description, click **LOG IN TO ENROLL**.
- Follow steps to either log in or create an account.

### Updated Interactive Format

New sponsors can learn from realistic PCS scenarios. Experienced sponsors can demonstrate knowledge and earn a certificate at the beginning of the course.

### The Most Current Information

Get the most effective and up-to-date information so you can share accurate intel.

### Customizable Resources

Download a newcomer needs assessment, a newcomer needs checklist, and sample sponsor correspondence for your initial welcome and follow up messages.

### A Certificate of Completion

Upon completing the course, you can download and print your certificate. It's also stored on MilLife Learning for later retrieval.

Contact your installation Military and Family Support Center to learn more about sponsorship, and be sure to review your service-level sponsorship policies.

Fort Knox Army Community Service  
411 Eisenhower Avenue  
Building 1477  
502-624-8391/6291

For additional information, please contact the Relocation Program Manager at 502-624-6173.

Our consultants are standing by 24/7 to support you and your newcomer.  
<https://MilLifeLearning.MilitaryOneSource.Mil> | [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) | 800-342-9647





## Citizenship & Immigration Services



Are you seeking guidance on the citizenship and residency application process? Your Relocation Readiness Program Manager can act as a liaison and establish virtual appointments with the United States Citizenship & Immigration Services (USCIS) Louisville Office.

### Additional Support Options:

The U.S. Citizenship and Immigration Services Military Help Line.

- Call [877-247-4645](tel:877-247-4645) or visit <https://www.uscis.gov/military/military-help-line> to speak with a USCIS representative Monday thru Friday 8am-6pm.

Contact Military OneSource

- Call [1-800-342-9647](tel:1-800-342-9647) for help with immigration, citizenship and the naturalization process.
- FREE document translation & language translation services in real time.

Mango Language Program

- FREE for Active Duty Soldiers and their Families. Online learning programs includes 21 English language courses.

**Call 502-684-6173/8391 for more information  
or to set up an appointment.**

# ARMY FAMILY ACTION PLAN

Army Family Action Plan (AFAP) provides Soldiers, Army Civilians, Family members, Survivors, and Retirees a voice by identifying issues and concerns for Army Senior Leadership resolution.



## AT A GLANCE

**Since 1983, 744 issues elevated to HQDA have resulted in: 129 Legislative Changes**

Post 9/11 Veterans Educational Assistance Act of 2008:

- Distributed Soldier Montgomery GI Bill benefits to Dependents (Issue 497)

National Defense Authorization Acts (NDAA):

- Paternity leave (Issue 578)
- Chiropractic treatment for AD Soldiers (Issue 468)
- Spouse professional weight allowance (Issue 531)

197 Policy Changes:

- Family Member Employment in the Civil Service System (Issue 38)
- Convicted Sex Offender Registry (Issue 596)
- Exceptional Family Member Program Enrollment Eligibility for Reserve Component Soldiers (Issue 650)

216 Improved Programs and Services:

- Audio/Video Surveillance in Childcare Centers (Issue 447)
- Standard Level of Security Measures in Barracks (Issue 658)

## ABOUT

Since its inception in 1983, the AFAP remains the only such partnership between a branch of the United States military and its constituents. Information provided through the AFAP process gives commanders and leaders insight into current satisfaction detractors, quality of life needs, and expectations of Army constituents. Leadership uses the information to effect changes that improve quality of life and support programs. These changes foster a satisfied, informed, and resilient Army Community.

## SOLUTIONS

Issues can be submitted at the garrison Army Community Service office or online through the Army Family Web Portal. The needs of the Army community remain in the forefront of Army Senior Leadership. AFAP is the primary tool to communicate the important issues facing Soldiers, Army Civilians, Families, Survivors, and Retirees.

## FAQS

### What are AFAP issues?

Quality of life issues that are important to Soldiers, Family members, Army Civilians, Survivors, and Retirees. The Army Family Action Plan (AFAP) is the community's platform to voice quality-of-life issues, feedback, ideas, and suggestions. It's the best way to let Army Senior Leadership know what quality of life issues matter to the total Army Family and the impact if they are not addressed.

### How can I submit an AFAP issue?

AFAP issues can be submitted through the local ACS office or the online Army Family Web Portal Issue Management System.

Scan the QR code to submit an AFAP issue.



[HTTPS://IMS.ARMYFAMILYWEBPORTAL.COM/](https://ims.armyfamilywebportal.com/)



411 Eisenhower Ave, Bldg 1477  
Fort Knox, KY 40121  
502-624-8391

# Let Your Voice Be Heard!

## MILITARY AND FAMILY LIFE COUNSELORS (MFLC)



Services offered through the Military and Family Life Counseling Program are confidential, not reported to the command, and do not impact a service member's security clearance.

One-on-one, couple, or group — MFLCs can help you manage life challenges such as:

- Deployment adjustments
- Stress management
- Moving preparations and getting settled
- Relationship building
- A problem at work
- The grieving process following the death of a loved one or colleague.

**Call us at 502-624-8391 to receive contact information for an MFLC or call Military OneSource at 1-800-342-9647.**



## Join the Fort Knox Community Garden!

In 2024, we grew and shared 125 lbs of fresh produce with the Fort Knox community!

The Fort Knox Community Garden is nearly half an acre of public space dedicated for members of the military community to engage in a community-led, cooperative gardening effort targeting gardening and battling food insecurity among military families.



**Get involved and help grow fresh produce for the Fort Knox community!**



Anyone can participate in the garden's cooperative mission to serve our military families. Including but not limited to Active duty, reserve, veterans, retirees, families (spouses/youth), civilians, businesses invested in the military community, etc.

**Sign up to take care of one of the 25 garden beds or help in other ways around the garden, such as mowing, watering, and weeding.**

Email: [garden@knoxhills.com](mailto:garden@knoxhills.com)  
Apply on VMIS "community garden groundskeeper"

Garden location: 12th Armored Division Ave & Bullion Blvd. Fort Knox, KY 40121 (close to Child Development Center)

For more information about events and more, join our Facebook group: Gardening @Fort Knox

**Volunteer Opportunity!**

**Looking for Resources – Not sure who to call?  
Call ACS @ (502)624-8391**



**Community Information**

**(502) 624-8391**

Local, Military & Civilian Information and Resources

**Army Emergency Relief (AER)**

**(502)624-5989**

Emergency Financial Assistance

**Exceptional Family Member Program (EFMP)**

**(502) 624-4067**

Support to Family members with special needs; Respite Care

**Family Advocacy Program**

**(502) 624-5970**

Patient Education & playgroups, New Parent Support Program, Commander, Senior Advisors & Troop Briefings

Victim Advocacy Services

**(502) 888-5796**

**Financial Readiness Services**

**(502) 624-5989**

Budget Counseling, Consumer Rights, Understanding Credit, Personal Financial Management Training

**Mobilization, Deployment and Support Stability Operations**

**(502) 624-2006**

Pre & Post Deployment Briefings

**Relocation Services**

**(502) 624-6173**

Military One Source/Installation Directory, Welcome & Departure Resources, Foreign Born Spouse Support

**Survivor Outreach Services**

**(502) 624-2006**

Support Groups, Outreach, and Resources for Families of Fallen Soldiers .

**Volunteer Opportunities.**

Visit the Volunteer Management Information System (VMIS) website on the Army Family Web Portal at <https://vmis.armyfamilywebportal.com/>. Log in or use site as a Guest. On "Opportunities" page, click Filters and search by Fort Knox community. Or directly contact those organizations for volunteer opportunities.

## Our Mission:

Download the NEW mobile **My Army Post App (MAPA)** for real-time information about gate closures, inclement weather, events, units, and information about on-post services.



***The mission of Army Community Service (ACS) is to facilitate the commander's ability to provide comprehensive, standard, coordinated, and responsive service that support Soldiers, Department of the Army (DA) Civilians, and Families regardless of geographical location by maximizing technology and resources, eliminate duplication in service delivery, and measure service effectiveness.***

### **Important Phone Numbers & Community Resources**

- Army Community Service (ACS): (502) 624-8391
- Advocacy and Support Center (Elizabethtown): (877) 672-2124
- American Red Cross: (502) 624-2163
- Department of Community Based Services (DCBS) (CPS): (877) 597-2331
- Emergency, Ambulance, Fire, Police: 911
- Family Advocacy Program Manager : (502) 624-4528
- IRAHC Appointment Line: (800) 493-9602
- Installation Chaplain: (502) 624-5255/6847
- Military Family Life Counselors: (270) 855-1082
- Military One Source: (800) 342-9647
- Military Police (24/7): (502) 624-2111
- National Suicide Prevention Lifeline: 988
- Sexual Assault Hotline (24/7): (502) 851-3779
- SpringHaven Domestic Violence Shelter: (270) 769-1234
- Silverleaf Advocacy & Support Center (Elizabethtown): (877) 672-2124
- Social Work Service (FAP): (502) 626-9884/9885
- Victim Advocate (Domestic Violence): (502) 624-2635
- Kentucky Coalition Against Domestic Violence: <https://www.kcadv.org>