



ACS Community Connection



Welcome to 2025!

January 2025

Connect with ACS!

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

☎ (502) 624-8391/6291

📘 Fort Knox Army
Community Service

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

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

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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.

Army Community Service (ACS) is a comprehensive network of programs offered to improve Soldier and Family readiness. We cover everything from financial health to spouse employment for all members of the military community, including Soldiers, Families, Department of the Army Civilians, Veterans, Survivors and Retirees. Flip the pages to find out more about ALL our programs.

Playgroup is for all Fort Knox children, 5 and under, of all abilities!



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

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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.



EFMP ADVENTURES ROCK CLIMBING

JAN 14 • 5 PM - 7 PM • SMITH GYM • FREE

Take the leap and elevate your adventure with the Fort Knox Adventure Program (FKAP) and the Exceptional Family Members Program (EFMP) to start the new year off scaling new heights on our indoor rock wall at Smith gym. All experience levels are welcomed!

Age: 8+ • Limited spots • All children under the age of 18 must have a legal guardian present


To register please contact ACS EFMP (502) 624-4067 or email marla.j.harris2.civ@army.mil



EFMP Family Support








For more information or to register please contact ACS EFMP at 502-624-4067 or marla.j.harris2.civ@army.mil.



Bounce House
INDOOR PLAY ZONE

JANUARY 30 - 3:30 PM - 4:15 PM
SADOWSKI CENTER - \$5 FOR AGES 3 AND UP

To register please contact ACS EFMP (502) 624-4067 or email marla.j.harris2.civ@army.mil

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.



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

Alternative option, Online FAP training on JKO at

https://jkodirect.jten.mil/html/COI.xhtml?course_prefix=OSD&course_number=-101

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

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

FORT KNOX EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP RESPITE CARE

Respite care provides a temporary rest period for Families. Respite is important because it can reduce Family stress and increase Family stability.

To see if your Family Member qualifies for the EFMP Respite Care Program, call ACS EFMP at (502)624-8391



If you have a child enrolled in EFMP, you may be eligible for EFMP Respite Care.

For more information, please contact the ACS EFMP Family Support office at 502-624-8391.

**If you're feeling powerless in your relationship,
you have options for support.**



**DO YOU FEEL HOPELESS
IN YOUR RELATIONSHIP?**

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

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

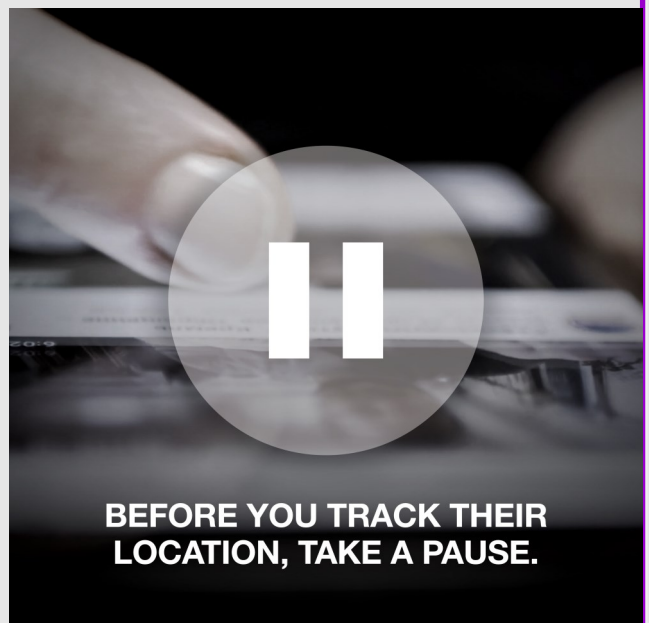
**National Support
800-799-7233
Thehotline.org**

**Fort Knox
Family Advocacy
Program
502-624-4528/8391**

**Military OneSource
1-800-342-9647
Militaryonesource.mil**

Take that PAUSE!

If concern for your partner is turning into control, it's time to get help. Contact the Family Advocacy Program at 502-624-4528 to talk through your options or find resources for support.



**BEFORE YOU TRACK THEIR
LOCATION, TAKE A PAUSE.**

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.

Kindness is like snow. It beautifies everything it covers. - Kahlil Gibran

SPREAD KINDNESS LIKE SNOWFLAKES

To begin the new year with kindness,

- Practice gratitude
- Take time for yourself
- Set small goals
- Give back
- Laugh often

INSTALLATION NEWCOMER ORIENTATION

COMMUNITY PARTNER INFORMATION FAIR

MILITARY SPOUSES INVITED TO ATTEND

SABER & QUILL · 0830-1200

1118 CHAFFEE AVE · FORT KNOX, KY 40121

1ST 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

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!

Volunteer Opportunity!

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

January 8th @ Barr Library, 5:00pm -7:00 pm
62 W Spearhead Division Ave, Fort Knox, KY 40121

January 22nd @ ACS, 10:00am-12:00pm
411 Eisenhower Ave. Bldg. 1477

Financial Readiness Program



**Have you taken the
Financial Well-Being
Assessment yet?**

**For more information, resources
or to meet with a Personal
Financial Counselor, contact
Fort Knox ACS Financial
Readiness Program at
(502) 624-5989.**

Financial Frontline is a one-stop website that offers:

- Financial tools, lifecycle milestone checklists and resources aimed at helping users improve their financial literacy.
- Financial literacy training and various financial education materials tailored to the unique financial needs of Army personnel and their Families.
- Through expert advice and tailored solutions, Financial Frontline empowers soldiers and Families to build financial resilience.

Scan the QR code for more information!!



Getting ready to file taxes for your family?
Prep and file with **Military OneSource's MilTax**: free e-filing software and expert support made to account for military life.



Military OneSource Podcast- Nutritional Wellness in the New Year

Start planning for a healthier new year with this podcast episode. Hear from a registered dietitian about mindful eating, realistic steps you can take to meet nutritional goals and how to overcome barriers to wellness.

Find it here:

<https://www.militaryonesource.mil/resources/podcasts/military-onesource/nutritional-wellness-in-the-new-year/>

 A hand holds a smartphone displaying the "Chill Drills" app interface. The screen shows a play button and the title "Releasing Stress" by Heidi J. Bauer. Below the title, there is a short paragraph of text and a "Listen" button. The app logo "CHILL DRILLS BY MILITARY ONESOURCE" is visible at the top of the screen.

MILITARY ONESOURCE

Chill Drills by Military OneSource

Refresh and recharge with the Chill Drills app – audio relaxation exercises made especially for the MilLife.

What are Chill Drills?

Chill Drills by Military OneSource are simple audio mindfulness exercises created for the military community to help manage stress. They were developed by Heidi J. Bauer, MSW, LCSW, a therapist specializing in working with service members and their families. Chill Drills are now available on your phone, 24/7, by mobile app.

Each of the five exercises is designed to help calm your mind and relax your body. Practice your favorite drills regularly to lower your baseline stress level and be better prepared to deal with pressure in the future:

- **Tuning In.** A progressive muscle relaxation exercise to reverse the symptoms of stress.
- **Releasing Stress.** A calming drill to rid your mind of negative thoughts by focusing on different parts of the body.

- **Easing Back Pain.** A drill to help you become pain-free by targeting and releasing tension in your neck, shoulders and back.
- **Getting to Sleep.** A relaxation exercise to listen to in bed to help you fall asleep and improve the quality of your rest.
- **Music to Chill By.** A calming soundtrack to help you fall asleep.

Where to find Chill Drills

Chill Drills by Military OneSource are available for free on Google Play and the App Store. Install the app and put the support of the Defense Department and Military OneSource to work for you, anytime, anywhere. **Once downloaded, the Chill Drills app does not require internet access to listen to and enjoy the audio recordings. Chill Drills are also available to stream on the Military OneSource website, internet required.**

Visit www.MilitaryOneSource.mil/ChillDrills to download the app and learn more.



Use This Comprehensive Checklist from The Office of Financial Readiness to Prepare for a Prosperous New Year.



Take the Financial Well-Being Assessment

Think of the [Financial Well-Being Assessment](#) as a quick "checkup" for your financial health. It gives you a snapshot of your spending and saving habits, and helps you see if your financial goals are on track. Just answer 12 easy questions to get your score, then gain personalized insights to help you improve. Your answers are anonymous and the assessment does not track any data.



Check Your Credit Score

If you haven't checked your [credit score](#) in a while, this is the perfect time. Lenders and even insurance companies use your score to determine [your credit risk](#) based on scores that usually range from 300 to 850. It's important to [check your credit score](#) regularly to ensure it's accurate. Service members are also entitled to [free credit monitoring](#), and you can even [freeze your credit](#) to protect your wallet and your identity.



Review Your Investments

Are you making the most of your retirement savings? If you haven't increased your pre-tax TSP investments or your spouse's 401(k) contributions this year, now's the perfect time. And if you have room in your spending plan, consider raising your contributions before the end of December. The [Internal Revenue Service \(IRS\) changes the maximum](#) periodically, so consider [resetting your contributions](#) for next year. Also, don't forget: You can invest [a limited amount](#) in an [individual retirement account](#) (IRA). In fact, spouses who are stay-at-home parents can also contribute to IRAs.



Double-Check Annual Statements and Insurance Coverage

While you're at it, go ahead and pull your most recent [Social Security statement](#), as well as any annual statements for annuities, stocks and other investments, and real estate or personal property tax statements. It's important to periodically confirm their accuracy. It's also a good time to go over your [insurance paperwork](#) and ensure you still have the auto, [home or renters coverage](#) you need.



Assess Your Tax Situation

Take a quick look at your [tax situation](#). Forms like your W2 and mortgage interest statement won't be available just yet, but [you can begin collecting receipts](#) and other paperwork. You can even start estimating your tax liability and deductions if you itemize them. Now is a good time to make another investment or charitable donation before the end of the year. (Your [service aid society](#) is always a good option.) Then, make sure your withholdings are correct for the new year. Don't forget — service members and their families have free access to tax experts via [MilTax](#). If you're expecting a tax refund, you can even start planning how to [make it work for you](#).



Cancel Unused Subscriptions and Memberships

You probably have subscriptions and memberships that you're paying for, but not using, like "free" trials you forgot to cancel, streaming services that dropped your favorite shows, memberships not available near your current duty station, meal deliveries you don't enjoy or an off-base gym you never visit. Go through them, [cancel the ones you no longer need](#) and start the new year off fresh.



Make Financial Resolutions, Especially if You're Up for a Raise

Are you ready to adopt a new financial habit in the new year? Perhaps you or your spouse are due for a [promotion](#), a [raise](#) or a cost of living adjustment (COLA) that will enhance your financial wellness. Or maybe you're planning to focus your efforts on [paying off debt](#), building your [emergency fund](#), increasing your [TSP contributions](#), [spending less](#), tracking your [net worth](#), or saving for a [major purchase](#) like a [house](#) or a [car](#). Just keep your goals achievable and beware



Budget for Life Changes

Although MilLife can change on a dime, you can usually predict some of life's milestones. For instance, you might be planning on getting married or [expanding your family](#) in the next year. Maybe a family member needs [expensive surgery](#) or you want to treat your kids to a [great vacation](#). It might be time for a permanent change of station (PCS). This could be the year you [purchase a home](#). Perhaps [your child will be heading off to college](#) soon. Or maybe [retirement](#) no longer seems quite so far away. Regardless of what you are or aren't expecting, one thing is certain: Life changes all come with a financial cost. The holidays are a perfect time to sit down with your loved ones, set goals, plan for the year ahead and create a spending plan to cover life events.



Meet With an Expert

All service members have access to trusted [personal financial managers](#) or [counselors](#) with nationally recognized certifications. Make a free appointment early in January to go over your [spending plan](#) and financial goals for the year. Reach out to [your nearest installation](#) to find an expert who can help

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 502-624-9647.



MILITARY ONE SOURCE | MilLife LEARNING

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://militarylearning.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://MilitaryLearning.MilitaryOneSource.Mil> | www.MilitaryOneSource.mil | 800-342-9647



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.

Get Stuff Done!



MSEP
VIRTUAL
HIRING
FAIR

WEDNESDAY, JAN. 8

Remote Employment
11 a.m. to 3 p.m. EST

 **Register now on MySECO**

If you're a military spouse looking for remote work opportunities, this virtual event is designed for you. Don't miss this chance to meet employers who understand your challenges, strengths and need for remote work.

- **Connect with MSEP hiring managers and representatives** actively looking to hire military spouses in remote roles, even if you only join for a limited time.
- **Join from anywhere** using a desktop or mobile device.
- **Explore job openings** before, during and after the MSEP Virtual Hiring Fair through the **MSEP Job Search** link:
<https://myseco.militaryonesource.mil/portal/msep/jobs>

Whether you're looking for full-time or part-time roles, this event connects you with MSEP employers who are committed to supporting your career goals.

Need assistance with your resume, interview or networking skills? Contact the SECO Career Center at 800-342-9647 to schedule a consultation with a SECO career coach.

OR

Contact the ACS Employment Readiness Specialist at 502-624-8068.



Discover a World of Support with SECO

MilSpouses: Wherever you are on your career journey, the Spouse Education and Career Opportunities program from the Defense Department is ready with a roster of resources — from finding the money to master your education to landing the perfect job. Check out all these services and support!



The **MySECO website** is your first stop for jobs, scholarship searches, trusted career assistance, and a toolbox filled with online help from career paths to pursuing your education.

How would you use a scholarship of up to \$4,000? That's the **My Career Advancement Account**. Put it to work for licensure, certifications or an associate degree. See if you're eligible.

Hundreds of **Military Spouse Employment Partnership** employers have hired more than 325,000 talented military spouses like you. Search jobs open now, telework opportunities, partner companies and more.

Be ready to transition to civilian life someday. Connect with the **Military Spouse Transition Program** now for valuable resources at every step of your service member's career.

Discover all the ways **SECO career coaches or advisors** can help you reach your employment goals: skill building, assessments, one-one-one advising and more — all for free!

Call 800-342-9647 or scan and start your journey today with a SECO career coach or advisor.



U.S. Department of Defense

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

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



Community Information

(502) 624-8391/6291

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 organization for volunteer opportunities.

Our Mission:

Download the Digital Garrison App for real-time information about gate closures, inclement weather, events 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) 624-8391/6291
- 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>
- Community Resource Guide: <https://crg.amedd.army.mil>