



ACS Community Connection June 2026



June 2026

PCS SEASON
WE'VE GOT YOUR 6!

Army Community Service is here to help make your move a little easier.

- Relocation Assistance
- Newcomer Support
- Local Resources
- Planning Tools

Your next duty station starts with the right support. **CONNECT WITH ACS TODAY!**

ARMY COMMUNITY SERVICE ACS
Quality Services for Successful Army Living

Real-Life Solutions for Successful Army Living

VISIT YOUR LOCAL ACS OFFICE | EXPLORE RESOURCES AND PROGRAMS | SUPPORT FOR SOLDIERS AND FAMILIES | WHEREVER THE ARMY SENDS YOU, ACS IS HERE. WE'VE GOT YOUR 6!

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](https://www.armymwr.com/categories/community-support)

- Pg. 1 PCS Season
- Pg. 2 May Calendar of events
- Pg. 2 Family Advocacy
- Pg. 3 EFMP Events
- Pg 4-5 AER/Financial Readiness
- Pg. 6. Assertive Communication with teens
- Pg. 8 Relocation Readiness
- Pg 9. Employment Readiness
- Pg. 11 Community Resources

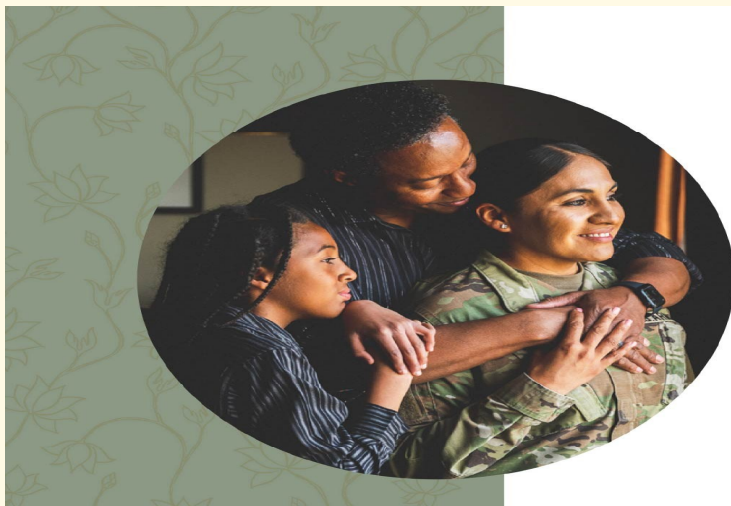
Connect with Fort Knox ACS Relocation Program t: (502) 624-8391 or e: usarmy.knox.id-t2.list.dfmwr-acs@army.mil

Additional information, resources, and tools can be found at <https://www.armymwr.com/acs-relocation-readiness>



START YOUR JOURNEY HERE

A Faster Way to Connect with Programs and Services.



ACS April Calendar of Events

March 1-June 14th Annual AER Campaign

Every Monday—Mindful Mondays at ACS with MFLC's

June 9th—EFMP Bowling

June 9th EFMP Real Talk Support Group

June 16th- EFMP Father's Day Craft

June 3rd— Newcomer Orientation

June 3rd and 17-Military Moves Briefing

June 11th and 30th— Resume Writing Class

June 11th and 25th— New Parent Support Program/EFMP Playgroup

Purple= EFMP Events

Green = Relocation Readiness

Red= Financial Readiness

Orange = Employment Readiness

Light Blue= Family Advocacy and New Parent Support programs

Gold = SOS

Pink = MFLC

**FORT KNOX NEW PARENT SUPPORT PROGRAM
AND EXCEPTIONAL FAMILY MEMBER PROGRAM**

COMMUNITY PLAYGROUP

MACDONALD ELEMENTARY SCHOOL
128 MCCRACKEN STREET; FORT KNOX, KENTUCKY 40121
FROM 10 AM TO 11:30 AM ON THE FOLLOWING THURSDAYS:

February: 12 & 26	April: 16 & 30	August: 13 & 27
March: 12 & 26	May: 14 & 28	September: 10 & 24
	June: 11 & 25	
	July: 9 & 23	

FAP

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.

YOU ARE NOT ALONE.

Help is Here.

The U.S. Army is committed to supporting Soldiers and dependents affected by domestic violence (DV). Victim Advocates provide confidential support, resources, and guidance every step of the way.

DV VICTIM ADVOCATES CAN HELP WITH:

- Safety planning
- Information and referral
- Assistance with restricted/unrestricted reporting
- Connection to community resources

You Have Options.

- Confidential help is available 24/7.
- Advocates are here to support your choices.
- Safe. Strong. Ready. We stand with you.

DOMESTIC VIOLENCE IS NEVER YOUR FAULT. SUPPORT IS ALWAYS AVAILABLE.

National Support
800-799-7233
thehotline.org

Fort Knox
ACS Victim Advocate
502-888-5796

Leader Training for Command Teams, FAP Troop Training for Units, and FAP Professional Trainings are available by request.

Fort Knox Policy Memo Number 6, Commanders “will attend domestic abuse and child abuse commander briefing designed for unit commanders within 45 days of assuming command and ensure Soldiers attend FAP troop awareness briefing on domestic abuse and child abuse to include resources available presented by ACS personnel.”

**To schedule FAP Training, please contact:
Dr. Megan Setter, Acting Family Advocacy Program Manager
megan.r.setter.civ@army.mil or (502) 624-5970/8391**



EFMP Father's Day Craft

June 16, 2026
4:00 PM – 5:30 PM
Army Community Service (ACS)
411 Eisenhower Ave, Fort Knox, KY
Registration is required
Call or Email ACS EFMP at
usarmy.knox.id-training.list.dfmwr-efmp@army.mil
502-624-8391 to register

EFMP Family Support 

Connect,
Share,
Support

Children's
Activities
Available



**Real Talk
with
EFMP**

**EVERY 2ND
TUESDAY
12PM**

June 9th

July 14th

August 11th

September 8th

Army Community Service
411 Eisenhower Ave. Bldg.1477

Call EFMP for more
information at
502-624-8391

EFMP Family Support



EFMP SUMMER BOWLING

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

Cost: *FREE*

Registration is required

9 JUNE 2026
21 JULY 2026
1:30-3:30PM

Houston Bowling Center
2385 Knox St.
Fort Knox, KY

To Register,
call 502-624-8391

usarmy.knox.id-training.list.dfmwr-efmp@army.mil



EFMP Family Support



**ARMY
EMERGENCY RELIEF**
EST. 1942

BE AER READY

Setting up your **AER portal account** in advance ensures help is available when an emergency happens.

Waiting to create an account at the time of need may result in a **24-HOUR DELAY** for most categories of assistance.



Being prepared now can make a **difference when time matters.**

<https://aerprod.powerappsportals.us/>

Empowering Soldiers, Enhancing Lives
2026 Annual Campaign

EST. 1942
ARMY EMERGENCY RELIEF

March 1 - June 14

ARMY EMERGENCY RELIEF

Accessible Financial Support
AER's Online Application

- ★ Request financial assistance*
- ★ Increased worldwide accessibility
- ★ Expedited delivery of funds

Scan QR Code to get started

*Certain restrictions apply

ARMY EMERGENCY RELIEF
 Soldiers Helping Soldiers

Fort Knox

A call to service!

STITCH BRIGADE

Welcome to a community of both new and experienced fellow fiber artists for a social opportunity to work on personal projects, learn new skills, and explore other arts!

Join our Facebook Page!
 "Fort Knox Stitch Brigade"

2nd Wednesdays at Barr Library, 5-7pm
 4th Wednesdays at ACS, 10am-12pm

VMIS Mobile is HERE!

SCAN. TRACK. VOLUNTEER.

ARMY COMMUNITY SERVICE ACS Real Life Solutions for Successful Army Living

U.S. ARMY MWR

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)



DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS

Resilience in Focus

Assertive Communication: Modeling Healthy Boundaries for Teens

This article draws on insights from Treva Anderson, Ph.D., a Master Resilience Trainer - Lead Performance Expert and subject matter expert in healthy relationships and communication. She explains how Families can model assertiveness and boundaries in everyday life.

February is Teen Dating Violence Awareness Month, which makes it a great time for Families to talk about what healthy communication and respectful relationships look like. Teens learn these skills long before they start dating, mostly by watching the adults around them. When parents model assertive communication and clear boundaries, teens pick up those habits and carry them into their own relationships.

This article will explain:

- What assertive communication is.
- How parents and Families can model it at home.
- How healthy boundaries support safe, respectful relationships.

Why assertive communication matters

Assertive communication means expressing your thoughts, feelings and needs clearly, confidently and respectfully. It sits in the middle between being passive (avoiding conflict or not speaking up) and being aggressive (blaming, attacking or trying to control the conversation).

One common misconception about assertive communication is that it's a personality trait; but it's actually a skill that anyone can learn and practice.

Another misconception is that being assertive means staying emotionless. You don't have to avoid emotion—you just need to be aware of your emotions so you can communicate without losing control.

When teens learn assertive communication, they build important skills, such as:

- Saying what they think or feel in a direct, calm way.
- Staying away from exaggerations that can escalate conflict.
- Recognizing when someone is disrespecting a boundary.
- Handling disagreements without shutting down or overreacting.

These skills help teens feel safer, more confident and better prepared for healthy relationships.

How Families can model assertiveness at home

Children and teens learn a lot from watching how adults communicate. Parents and Family members can model assertive communication by:

- Speaking clearly and calmly, even during disagreements.
- Pausing to regulate emotions when conversations get heated.
- Explaining why certain behaviors or words crossed a boundary.
- Listening and encouraging teens to share their thoughts.
- Showing that it's possible to be firm and respectful at the same time.

Even small moments, such as taking a break to cool down or calmly asking for space, show teens what assertive communication looks like in practice.

Three doable steps for setting and maintaining boundaries

1. Know what you want: Determine your needs and limits before you start the conversation.
2. Pause and self-regulate: If emotions rise, take a moment to steady yourself so you can communicate calmly.
3. Use "I" statements: Share your feelings without blaming. Sticking with "I" language, such as "I felt frustrated during the conversation," helps keep communication focused and respectful.

Tips for parents and Families

- Model the communication style you want teens to use; actions teach far more than lectures.
- Talk about boundaries and why they matter.
- Reinforce healthy norms, such as not cursing or belittling each other.
- Give teens opportunities to practice expressing their needs respectfully.

Why practicing helps teens

When teens get regular practice with assertive communication and boundaries at home, they learn what acceptable behavior is, how to express themselves clearly and how to handle conflict without aggression or passivity. These skills are essential not only for preventing dating violence, but also for building strong, respectful relationships in every part of their lives.

Resources

- Assertive Communication for Teens: How to Help Your Teen Become More Assertive <https://www.horizonservices.org/assertive-communication-for-teens-how-to-help-your-teen-become-more-assertive/>
- Being Assertive and Setting Boundaries <https://kidshelpline.com.au/teens/issues/being-assertive-and-setting-boundaries>

THIS IS OUR ARMY.

@ArmyResilience     
www.armyresilience.army.mil

- National Teen Dating Violence Awareness and Prevention Month <https://acf.gov/node/28884>
- Teen Dating Violence Awareness Month <https://www.loveisrespect.org/tdvam/>
- Use the 3 C's of Effective Communication to Navigate Tough Conversations <https://www.armyresilience.army.mil/ard/r2/Navigating-Tough-Conversations.html>

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



ACS Relocation Program (502) 624-8391/6
usarmy.knox.id-training.list.dfmwr-ac@

2026

Feb 4

Mar 4

April 1

May 6

June 3

July 1

Aug 5

Sept 2

Oct 7

Nov 4

Dec 2

MILITARY MOVES 2026 PCS BRIEFING



**1st and 3rd Wednesday of each
month:**

- January 7th and 21st
- February 4th and 18th
- March 4th and 18th
- April 1st and 15th
- May 6th and 20th
- June 3rd and 17th
- July 1st and 15th
- August 5th and 19th
- September 2nd and 16th
- October 7th and 21st
- November 4th and 18th
- December 2nd and 16th

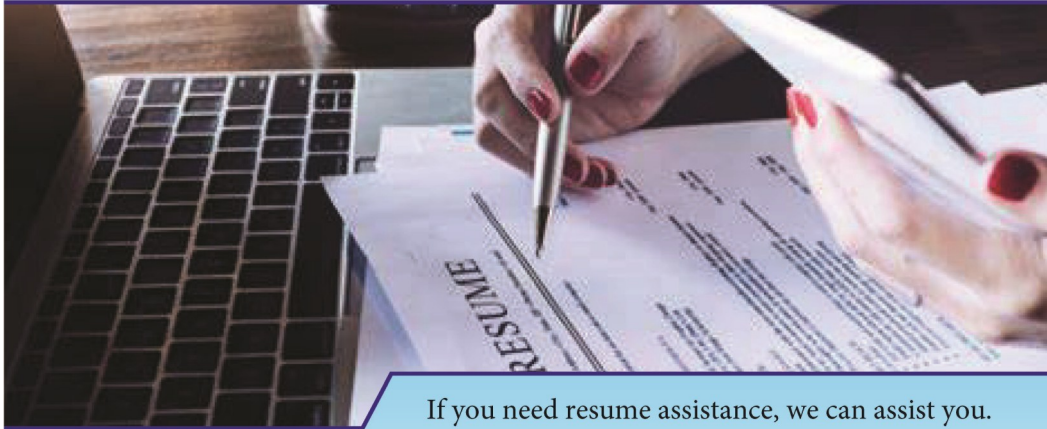
**LOCATION:
SABER & QUILL
@ 1300**

MORE INFO:

Call ACS: (502)624-8391



Resume Writing Class



If you need resume assistance, we can assist you.



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

502-624-8068

summer.t.carney.civ@army.mil

Upcoming Classes:

- * Tuesday 12 May 4:30pm-6:30pm
- * Thursday 11 June 9:30am-11:30am
- * Tuesday 30 June 4:30pm-6:30pm
- * Monday 27 July 2:00pm - 4:00pm

An official website of the United States government [Here's how you know](#)



Assess Your Financial Well-Being

Home

Find a Personal Financial Counselor

Learning Resource Library

MilSpouse Money Mission

Start Here

Knowing Your Benefits and Entitlements

Managing Your Money

Saving and Investing

Planning for the Future

Understanding Consumer Protections

Tools and Additional Resources

Trending Topics

Knock, Knock! It's PCS Season

Use the Plan My Move tool to create a custom checklist. Early planning = a smooth move.

START HERE

Mindful Monday Workshop

1100 to 1200

Begin your week mindfully
with a weekly reoccurring series
of mindful practices

ACS Conference Room
1477 Eisenhower Ave.

**RSVP: ACS MFLC
(270) 855-1082**



Fort Knox Child & Youth Supervision Policy

Age or Grade of Child	May Be Left Alone at Home	May Be Left Alone Overnight	May Play Outside Unattended	May Be Left Unattended in Car	May Care for Other Children	May Escort Other Children to/from Bus Stop
Newborn – Pre-Kindergarten	No	No	No	No	No	No (May <u>not</u> walk to/from school alone)
Kindergarten – 2nd grade	No	No	Yes With immediate access (visual sight or hearing distance) to adult supervision*	No	No	No (May <u>not</u> walk to/from school alone)
3rd – 5th Grade	No	No	Yes With immediate access to adult supervision*	No	No	No (May walk to/from school alone)
6th – 8th Grade	Yes Depending on maturity of child as determined by parent/guardian	No	Yes With immediate access to adult supervision*	Yes	Yes If 12 years old or older (Recommend youth complete Babysitting Course**)	Yes (May also walk others to and from bus stops)
9th – 10th Grade	Yes	No	Yes Youth must know phone numbers to contact adults for assistance*	Yes	Yes Depending on maturity of youth as determined by parent/guardian	Yes (May also walk others to and from bus stops)
11th – 12th Grade	Yes	Yes (Must be 16 years old; one night only, sponsor within 60-mile radius, immediate access to other adults for assistance)	Yes Youth must know phone numbers to contact adults for assistance*	Yes	Yes Depending on maturity of youth as determined by parent/guardian	Yes (May also walk others to and from bus stops)



Fort Knox
Family Advocacy Program
(502) 624-8391/6291



*As coordinated by the child/youth's parents or guardian
**Babysitter Training Course offered by CYS
(4-H/American Red Cross Training) - For more information, please call (502) 624-6703

Our Mission:

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.

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.



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) 624-5970
- 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>

**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.