

DISCOVER ARMY COMMUNITY SERVICE



USAG Wiesbaden Family and Morale, Welfare & Recreation





Helping Soldiers, Families and Civilians adapt to their community through comprehensive resources and support.

ACS is a primary resource agency that delivers services tailored to the needs of the extended USAG Wiesbaden community. Our goal is to maintain community readiness and resiliency through our wide range of proactive educational opportunities, as well as individualized counseling and coaching services.

Multiple programs within ACS offer a wide variety of classes, trainings and special events that empower our community. From first assignments through separation or retirement, ACS will lend support!

Eligibility:

- All Active Duty and retired military personnel and their Family members.
- Members of the Army National Guard and U.S. Army Reserve when on Active Duty and their Family members.
- Department of Defense Civilian employees and their Family members.
- Surviving Family members of fallen military personnel.

Table of Contents

Army Emergency Relief	2
Army Family Action Plan	4
Army Family Team Building	5
Army Volunteer Corps	8
Employment Readiness Program	9
Exceptional Family Member Program	10
Family Advocacy Program	12
Financial Readiness Program	14
Master Resiliency Training	16
Mobilization & Deployment Program	18
Relocation Readiness Program	20
Sexual Harassment & Assault Response Program	23
Survivor Outreach Services	25



Army Emergency Relief (AER)

Available to Soldiers, ARNG and USAR Soldiers on active duty for more than 30 days, retirees and all immediate family members as well as surviving spouses and orphans of Soldiers who died while on active duty or after they retired.

- Interest free loans
- Grants for wounded Soldiers medically evacuated from a theater of combat.
- AER Campaign Training offered to unit representatives who will learn about the history of AER, how to collect donations, and how to brief about the campaign.
- Scholarships are also available for Spouses and dependent children at aerhq.org from 1 January to 1 April annually. Free application for Federal Student Aid (FAFSA) must be completed as well.
- Commanders and 1SG can approve up to \$1500 for Basic Living Expenses by signing AER Form 600 up to two times a year.

Commanders Referral Example 1:

A Soldier requests AER assistance of \$485 to meet monthly Basic Living Expenses.
Reason: The Soldier states that his wallet was stolen and it contained over \$500.

Is this Soldier eligible?

YES: The Commander can approve the request based on the Soldier's statement or ask the Soldier to provide a copy of the police report filed with local authorities.

Commanders Referral Example 2:

A Soldier requests AER assistance of \$425 to meet monthly Basic Living Expenses.
Reason: The Soldier was punished under UCMJ the previous month and received a one month forfeiture of \$400.

Is this Soldier eligible?

NO: AER does not reimburse for forfeitures of pay and allowances resulting from UCMJ action or non-judicial punishment.

New to Germany?

Host Nation Orientation

Provides cultural, language and local information followed by an afternoon Wiesbaden walking tour.

Lending Closet

Borrow basic items like GPS and cell phones, in addition to kitchen kits, kid items for 30 days.

Master Resiliency Training

Moving is a fact of military life; it's also one of life's high-stress events. Master Resiliency Training can help you grow and thrive in the face of these challenges.

Relocation Tours

Free tours are offered throughout the year. Explore the Wiesbaden and surrounding areas, learn how to use public transportation, experience going to a local restaurant and go to the farmer's market.

Successful Money Management

Take charge of your finances! Identify spending habits, develop a budget and learn how to stick to it.





Army Family Action Plan (AFAP)

Let your voice be heard! AFAP is an outlet for community members to alert Army leaders to quality-of-life concerns and is an avenue to promote positive and effective change in the community.

Local garrisons host their annual AFAP conference, where more than 90% of the issues are retained and worked at the installation in conjunction with the ICE system, resulting in many community improvements.

Delegates provide creative, low-cost and high pay off solutions to the issues they consider most important.

Success Stories from the Department of the Army level:

New programs: including Army Family Team Building (AFTB,) Better Opportunities for Single Soldiers (BOSS) and Thrift Savings Plan (TSP) were all authorized.

Improvements to existing programs: transfer of Montgomery GI Bill to dependents and Temporary Lodging expanded from 4 days to 10 days.

Each success story originated as an idea that someone decided to pursue at the local level.

- Delegates: prioritize the issues that were submitted
- Facilitators: direct the delegates within the work group
- Room Managers: requests SMEs, tracks conference timeline
- Transcribers: capture the ideas and discussions of work groups
- Issue Supports: reviews any similar issues from past conferences, locally and higher
- Conference Assistants: help before, during and after the conference
- Subject Matter Experts: garrison agency representatives, answer questions

Army Family Team Building (AFTB)



Army Family Team Building is a volunteer-supported Department of the Army training program designed to help community members become adept at handling any situation in their path.

AFTB empowers you, through self-development and leadership skills, basic Army knowledge and specialized training, to maximize your potential and to be personally and professionally successful. AFTB will affect your everyday life, your social interactions and your career.

Why take the training?

- Learn practical life management skills
- Gain potential job skills for your resume
- Learn about your resources and benefits
- Grow confidence
- It's fun!
- It's free!

Modules are offered through the calendar year in the classroom or available online at myarmyonesource.com under "online training."

Military Knowledge (Level K)

K1 The Military Life...What does it mean?

Understand the mission, commitment required and challenges of military life in order to define realistic expectations

K2 Military Acronyms and Terms

Learn to communicate by using military specific language, terms, acronyms and military time

K3 Chain of Command

Understand military structure, rank, chain of command and basic unit organization

K4 Customs, Courtesies, Ceremonies and Traditions

Learn about military customs, courtesies and protocol for various military events

K5 Military Social Functions

Gain skills to feel comfortable at military social events

K6 Military Benefits & Entitlements

Differentiate between available benefits and provided entitlements

K7 Military & Civilian Community Resources

Describe and select resources available to military Families, both locally and globally

K8 Introduction to FRGs

Understand the mission, structure and purpose of FRGs

K9 Military Family Preparedness

Several aspects of preparation are discussed: legal, financial, emergency as well as the importance of accurate record keeping

K10 Resiliency, Be the Bouncing Ball

An introduction to Resiliency Training by definition, identifying characteristics and development of personal resilience

Personal Growth and Resiliency (Level G)

G1 Learn to Communicate

Review current social medias, current techniques and teachings of communications and their effectiveness in learning to communicate

G2 Effective Conflict Management

Evaluate various scenarios and employ respectful conflict management techniques in personal and professional settings

G3 Problem Solving Strategies

Gain useful strategies and generate effective solutions in their personal and professional lives

G4 Exploring Personality Training

Differentiate personality traits to discover effective ways to interact with peers, coworkers, friends and Family

G5 Improve Personal Relationships

Develop and maintain healthy personal relationships strategies; review benefits of being a supportive group member

G6 Successful Team Dynamics

Evaluate personal and professional scenarios to see how productive each is

G7 Growing through Change

Examine change and determine strategies for positively managing change

G8 Resiliency during Crisis and Grief

Identify how being resilient during crisis and grief can assist with the grieving process; additional review of community resources

G9 Overcoming Stress

Examine what stress is and how to reduce the effects of stress, personally and professionally

G10 Winning at Time Management

Gain time management skills and techniques, prioritizing activities in your personal and professional life

G11 Time to Serve: The Volunteer Experience

Explore the importance of volunteering within the community, the benefits for the volunteer and for the organizations they serve

G12 Heading toward Leadership

Distinguish various leadership characteristics and examine leader-follower relationships

Leadership Development (Level L)

L1 Leadership through Understanding Needs

Review of Maslow's Hierarchy of Needs and strategies to fulfill those needs

L2 Examining your Leadership Style

Identify your innate leadership approach and review other styles to incorporate in your personal and professional life

L3 Effective Communication for Leaders

Construct communication strategies to successfully convey information as leaders

L4 Developing Great Meetings

Select elements and techniques needed to successfully develop and conduct meetings

L5 Establishing Team Dynamics

Strategies used to build strong and cohesive teams, and to increase commitment with the team

L6 Resolving Conflict

Explore causes and benefits of conflict using scenarios and develop approaches to managing conflict

L7 Supporting others through Coaching and Mentoring

Distinguish between a coach and a mentor, assess the strengths and challenges of each and learn effective feedback techniques

L8 Virtual Meetings: Tips and Techniques

Identify key elements and devise strategies to conduct and manage a meeting using today's technology

Army Volunteer Corps



Army Volunteer Corps provides recruitment, referral, training, and recognition for the volunteers within the Wiesbaden community.

Why volunteer?

- Enhance job opportunities
- Gain work experience
- Learn new skills
- Network with others
- Add to your resume
- Become part of a team
- Be challenged and stay motivated
- Build self-confidence

Volunteer Management Information System (VMIS) Training for Organizations' Points Of Contact (OPOCs) learn how to approve volunteer applications, review volunteer hours and write job descriptions.

How to register as a volunteer:

- Go to <http://myarmyonesource.com>
- Select "Register" at the top right and fill out the application
- Click on "Volunteer Tools" at top right
- Select "Switch to OCONUS," "Germany," "Opportunity Locator"
- Select "USAG Wiesbaden"
- Use drop down menu for "Organization" and choose your org
- Choose the position(s) that you are interested in
- The OPOC should contact you within 5 working days
- The OPOC will approve your application once the two of you have agreed that you will volunteering with that org
- You are now able to record your hours

Employment Readiness Program



The Employment Readiness Program provides information and referral services in the areas of employment, education, training, transition and volunteer opportunities to give Soldiers, Retirees and Family members the competitive edge needed to secure employment. The primary purpose of the program is to educate and train eligible family members who are relocating due to a military or civilian sponsor's permanent change of station.

- USAJobs and Resume Tips Class
- Annual Career Fair
- Job Resource Center in the ACS Lobby
- Home Based Business information
- Executive Order information

Employment Readiness classes include:

- Using USAJobs.gov: Learn how to use this website whether looking for a local job or reviewing a new area
- Federal Resume Tips Class: Resume writing tips offered as well as a review of cover letters and other communications
- Civilian Resume: Learn about the different types of non-federal resumes and why it is important to target your resume towards the job you are applying for.
- Dress for Success: Focus of the class is how to dress properly for a job interview.
- Interview Techniques: This class will discuss the steps you need take before an interview and how to prepare for the different types of interview questions.

Exceptional Family Member Program (EFMP)



The Exceptional Family Member Program (EFMP) is a comprehensive, multi-agency program ready to assist Military Families with members that have special needs. The two key components of the program are the ACS EFMP office (education, information, advocacy and program management) and the Wiesbaden Army Health Clinic (WAHC) EFMP coordinator and physician, which offers to assist Families with enrollment, disenrollment, updates and EFMP screenings.

The EFMP is designed to work in concert with military and civilian agencies, provides a comprehensive, coordinated, multi-agency approach for community support, housing, medical, educational, and personnel services to Families with special needs. Enrollment is mandatory for Soldiers of Family Members with qualifying diagnoses under the provisions of Army Regulation AR 608-75. In a dual military Family, both Soldiers must be enrolled based upon the medical and educational requirements of their Family members. Enrollment updates are required every 3 years or as conditions change.

Who is an Exceptional Family Member (EFM)?

An EFM is a Soldier's immediate Family member (child or adult), regardless of age, with any psychological, physical, emotional, developmental, behavioral, or intellectual disorder that requires special treatment, therapy, education, training or counseling on an on-going basis.

EFMP offers systems navigation services assist or navigate Families through the process of locating and coordinating available systems of care. Our Systems Navigators will assist in:

- Assessing your EFM's and Family's strengths, weaknesses and needs
- Helping your Family develop and prioritize EFM and Family goals
- Develop a Family Service Plan to help reach those goals and objectives
- Identifying, locating, and making referrals for required services
- Providing workshops and literature to educate members about conditions, services and resources
- Locating support groups and social activities targeted at special needs populations
- Strengthening your ability to advocate for your Exceptional Family Member

Services Provided

Advocacy

We assist and support our clients in advocating for their needs. We can assist Families in clarifying issues and concerns, and submit questions, such as special housing requests and Individual Education Process (IEP) meeting requests, to any of the servicing agencies within the installation.

Community Support

EFMP support services help Families identify and access programs and services. Family support includes, but is not limited to, the following:

- Information for and referral to military and community services
- Education and outreach
- Local school and early intervention services information
- Warm hand-offs to the EFMP at the gaining installation
- Non-clinical case management, including individualized services plans
- Sensory Friendly services & equipment
- EFMP Bowling Nights
- In & Out Processing
- Support Groups
- Respite Care for qualifying Families

Multidisciplinary Inclusion Action Team (MIAT):

- Evaluates health, developmental, physical, social, emotional, learning and behavioral issues that may affect your child. This group will assist in developing accommodation needs for a child, youth or teen participating in Child and Youth Services (CYS) activities.
- It is the MIAT's philosophy and goal, within reason, to honor personal choices for childcare, school age services and youth services, including participation in recreational activities for children.
- As a parent, you are a vital member of this team. Your participation is strongly encouraged and valued. The MIAT can be of greater assistance when provided with a brief history, outline of current symptoms/ concerns and actions taken (rescue medicine, etc.).
- During the initial enrollment or re-registration, parents will complete the MIAT Screening Form, which will be reviewed by the Army Public Health Nurse (APHN). In some cases, the Medical Action Plan (MAP) will be provided for completion by the child's doctor, stating the diagnosis and modifications that need to be made. The MAP will be reviewed by the APHN and forwarded to EFMP manager, who will then contact parents to schedule a MIAT meeting.

Family Advocacy Program (FAP)



Provides education, intervention and assistance to prevent Family violence and to support strong, self-reliant Families and communities. FAP has multiple prevention and education programs and provides services to anyone with installation access.

Victim Advocacy: voluntary assistance and support to victims of spouse abuse.

- Crisis intervention and safety planning
- Assistance in securing medical treatment and counseling
- Information on legal rights and proceedings
- Transitional Compensation assistance
- Assistance with Early Return of Dependents (ERoD)
- Referral to additional resources

Victim Advocates can be reached during duty hours at ACS or on the 24-hour/7-days-a-week Domestic Violence Hotline at 0162-297-5625

New Parent Support Program (NPSP)

Provides comprehensive home visits with training on child development, behavioral stages, psychological nurturing, basic parenting skills and resource information.

Hospital visits are also provided.

Educational classes and play groups

Lending library with resources

Emergency Placement Care (EPC)

A voluntary or court-mandated service providing temporary 24-hour care in an EPC provider's home for children who cannot be cared for by their natural family or legal guardian. EPC provides short-term care, generally not to exceed 90 days. If interested in becoming an EPC Provider, please contact ACS.

Family Advocacy Program Classes

Scream Free Marriage

Relate to your spouse in a calm manner, controlling your own emotional responses, learning to focus on taking care of yourself as well.

Stress Management

Train to recognize signs and symptoms of stress, gain tools and strategies for stress reduction and management .

Anger Management

To learn to identify signs of anger, to recognize the impact and potential repercussions of uncontrolled anger, and to develop skills to reduce and manage anger issues.

Scream Free Parenting

Relate to your children in a calm, cool and connected way, taking hold of your own emotional responses.

Car Seat Inspection

Trained staff will inspect its installation in your vehicle.

New Parent Support Program Classes and Groups

Mommy and Daddy 101

Learn what to expect during the last trimester, during birth and after you come home with your new bundle of joy.

Play Morning

Socialize your child and meet other parents with children aged 12—36 months.

Newborn Network

Weekly gathering for expecting parents and parents with babies up to 12 months old; includes networking and breastfeeding information.

Baby Wearing and Cloth Diapering

Learn about cloth diapers and various slings that are available to you to stay close with your baby.

Additional FAP Trainings:

- Community Education
- Commander and Senior Leader Education
- Troop Training (family dynamics of spouse and child abuse and prevention)

Financial Readiness



Financial Readiness offers individual financial counseling and group classes by Accredited Financial Counselors (AFC). The goal of the program is to help military families prevent financial difficulties before they arise and prepare them for their financial future.

Emphasis is placed on the training portion of the program designed to educate Soldiers and spouses in several areas:

- Money management
- Proper use of credit
- Financial planning
- Deployment
- Transition
- Relocation
- Credit improvement
- Investment information
- Retirement

Individual counseling sessions are available as well as classes on a variety of topics.

Your Finances in Germany

Being stationed in Germany may have an impact on your finances. This class gives you the tools to incorporate additional costs in your budget and take advantage of unique opportunities to save.

Successful Money Management

Assists the participants in identifying their own spending habits and teaches how to stick to a budget while setting short and long range finance goals.

Banking and Checking Accounts

Provides information on various accounts and other banking services, and how to choose services based on individuals' needs.

Home Buying

Provides an overview of home buying; topics covered are buying vs. renting, how to determine your housing needs, knowing how much to pay for a home, inspection, appraisals and taxes.

Saving and Investing

Identifies how to set goals for a savings plan and the difference between short term savings and long term investments.

Thrift Savings Plan (TSP)

Explains the TSP as a long term retirement program and discusses how to participate and contribute as well as the different types of TSP funds.

Credit and Debt Management

Discusses the pros and cons of using credit, how to choose credit cards and installment loans. Also looks at credit records, history and how to correct credit report mistakes.

Couples and Finances

Explores why spouses sometimes have a different approach to finances and how to discuss them in an effective, healthy way.

Consumer Rights & Obligations

Focuses on consumer rights, obligations and scams perpetrated to defraud consumers. Also looks at product warranties and coverage and how to go about filing a complaint if necessary.

Budgeting for Baby

Identify common expenses related to babies and children and how you can plan for them. Money-saving tips are given to help from pre-natal to college expenses.

Conserving Special Pay

Discusses different types of special pay, options for savings, or investing deployment pay. Also, managing debit cards, paying bills and the importance of financial communication when the Soldier deploys.

Planning for Retirement

Review of investment options for retirement (TSP, IRAs, 401K, 403B) and information on different insurance options (life, health, and personal belongings) as you transition into retirement

Class information can also be found through the "Online Training" tab at www.armyonesource.com.

Master Resiliency Training (MRT)



Resiliency Training teaches you skills that will make you stronger by building mental toughness. These skills will also develop your ability to understand the thoughts, emotions and behaviors of yourself and others. Master skills to strengthen your relationships through communication strategies. Learn how to respond constructively to positive experiences and discuss problems effectively.

Find out your resiliency level by taking the GAT 2.0 (Global Assessment Tool).

This survey tool allows individuals to confidentially assess their physical and psychological health based on the five dimensions of strength: emotional, social, spiritual, physical and Family fitness.

Find it at: <http://csf2.army.mil/takethegat.html>

What is ARMYFIT?

It is an online self-assessment and self-development environment for Soldiers, Family members and Army Civilians. Once you complete the GAT 2.0, you will have full access to all of the resources within, including tailored videos, information, and people/organization to follow, all based on your GAT 2.0 scores.

Find it at: <http://ArmyFIT.army.mil>

Goal Setting

Understand the key components of the 7-step process and use independently to plan for achieving personal and career goals.

Hunt the Good Stuff

Counter the negativity bias, create positive emotion, and notice and analyze what is good.

ATC Model

Identify your thoughts about an activating event and the consequences (emotions & reactions) of those thoughts.

Energy Management

Modulate energy to a level that is appropriate for the task-at-hand and that allows optimal performance.

Avoid Thinking Traps

Identify and correct counterproductive patterns in thinking through the use of critical questions.

Detect Icebergs

Identify core beliefs and values that fuel out-of-proportion emotions and reactions, and evaluate the usefulness of these beliefs.

Problem Solving

Accurately identify what caused the problem and identify solution strategies.

Put It In Perspective

Stop catastrophic thinking, reduce anxiety and improve problem solving by identifying the worst, best and most likely outcomes.

Mental Games

Change thoughts from counterproductive thinking to greater concentration when refocusing on the task at hand.

Real-Time Resilience

Shut down counterproductive thinking when it is happening to enable greater concentration and focus on the task at hand.

Identify Character Strengths in Self & Others

Identify character strengths in yourself and others to recognize the best of yourself and the best of others.

Character Strengths: Challenges and Leadership

Use character strengths to overcome challenges, increase team effectiveness and strengthen your leadership.

Assertive Communication

Communicate clearly and with respect. Use the IDEAL model to communicate in a confident, clear and controlled manner.

Effective Praise & Active Constructive Responding

Use effective praise to build mastery, create winning streaks and establish stronger relationships with others.



Mobilization & Deployment Program

Mobilization & Deployment Program provides assistance, support and advocacy to help Soldiers and Family Members cope with deployment related concerns, daily life issues and the adjustments and challenges of a military lifestyle.

Being prepared is vital for military Families. Family readiness impacts unit readiness. In addition to a supportive chain of command, an effective FRG is vital, especially during deployments. FRG Volunteers and Unit Leadership are provided with the tools that are needed to maintain a successful and effective FRG through training and an endless supply of resource materials.

Mobilization & Deployment Training:

FRG Leader Training

Learn operational guidance, expectations & requirements of being an effective and successful FRG leader.

Command Team Training

Learn what an FRG is, what they are really supposed to do and discuss the expectations & key functions, pertinent regulations and how to support your FRG's.

FRG Treasurer

Learn about FRG fund management and fundraising regulations, as well as authorized and restricted uses of FRG funds.

FRG Key Caller

Instruction on maintaining rosters and community resources.

Pre and Post-Deployment Training

Helping all community members plan, prepare and cope with separation and reintegration through training and workshops.

CARE Team Training

Learn expectations, requirements and functions of how to be part of a support team for other Families in a time of crisis.

Resiliency is more than a buzzword at ACS; it's the goal behind everything we do.

From adapting to changes that come with parenthood or a deployment, to building professional skills, ACS has the resources to help.



- *New Parent Support Program*
- *Mobilization & Deployment*
- *Master Resiliency Training*
- *Employment Readiness*
- *Volunteer Corps Program*



Relocation Readiness Program



Moving is a fact of military life - it is also one of life's high-stress events. The Relocation program supports Service Members, Civilians and Family members through educational training, guidance and outreach efforts.

A wide variety of programs are offered to help ease the stress of relocation and cultural assimilation. Assistance is available in group and individual settings. We are here to welcome you to our home in Wiesbaden!

Services include providing arrival information, newcomers' orientations and tours and a fully stocked lending closet (available to all incoming and outgoing Families while without their own household goods).

- Lending closet items include:
- Basic kitchen items—pots, pans, dishes utensils
- Pay as you go cell phones
- GPS devices
- Irons & ironing boards
- High chairs
- Pack n' plays
- Booster seats
- Strollers

Information & Referral Program (I&R)

Provides all front desk services and assesses client needs to refer them to the right ACS program or service.

In addition, I&R provides:

- ACS class sign up
- ACS & community room reservations
- Support to all incoming calls
- A comprehensive resource file of USAG Wiesbaden agencies, private organizations and local community information
- Tourist brochures and travel Information
- Basic German translation services
- Computers for client use
- Assistance for all ACS programs on initial processes

Relocation Readiness Programs

Host Nation Orientation

Offers an introduction to German customs, culture and phrases, overview of public transportation and a walking tour of downtown Wiesbaden.

Total Army Sponsorship Program

Sponsorship Training

Training on properly assisting incoming personnel, minimizing problems associated with relocating to a new duty station.

Spouse Sponsorship

Connects incoming spouses with “seasoned” spouses. This provides an informal and welcoming opportunity for spouses to share ideas, information and resources on the local area, Germany and Europe.

Foreign-Born Spouse

Connect with other foreign-born spouses (military and civilian), learn more about the American and military way of life, share with others your own culture and make new friends.

Smooth Move Orientation

Targets your questions and concerns regarding your upcoming PCS and new duty stations.

English as a Second Language

Classes on basic English language and grammar rules offered in six week increments with different levels of teaching.

German Language Class

Covers basic phrases of the German language and cultural differences, cultural norms and modern life in Germany.

Local Area Tours

Guided tours of local towns and cities, a great way to learn more about the surrounding area.

Developing Leadership



**At any stage of your career or employment level,
build your knowledge and skills
with these classes:**

AFTB Leadership Development

Focuses on strengthening leadership skills

Master Resiliency Training

Provides a variety of classes on personal development

VMIS Training

Teaches how to use the Volunteer Management Information System

Sexual Harassment/Assault Response & Prevention (SHARP)

The Sexual Harassment/Assault Response & Prevention (SHARP) program's focus is to provide the best situational awareness training and victim advocacy services to community members throughout the USAG Wiesbaden.

Sexual violence has no place in the Profession of Arms and is a threat to the integrity and vitality of the All-Volunteer Force. Prevention of sexual violence is an inherent responsibility of every Soldier, leader and DA Civilian.

SHARP 5 Lines of Effort:

- Prevention
- Investigation
- Accountability
- Advocacy & Victim Assistance
- Assessment

Where to get assistance and information?

Wiesbaden SHARP Advocacy 24/7 Hotline
0162-296-6741

ARMY SHARP Website
www.preventsexualassault.army.mil
www.army.mil/sharp

DOD Safe Helpline

Call: 877-995-5247 | Text: 55-247 (CONUS) or 202-470-5546 (OCONUS)
Visit: <https://safehelpline.org/>
Download the app: <https://SafeHelpline.org/about-mobile>

This is a crisis support service for members of the DOD community who are victims of sexual harassment and sexual assault. Available 24/7 worldwide, users can “click, call or text” for anonymous and confidential support.





BECOME A FAMILY CHILD CARE PROVIDER

**For more information, contact CVS:
DSN: 548-9310 | CIV: 0611-143-548-9310
wiesbaden.armymwr.com**

Certification is required to provide child care.

Survivor Outreach Services (SOS)



Survivor Outreach Services is designed to provide long term support to Surviving Families of Fallen Soldiers.

The SOS program connects you with people who can help you cope with your loss. These services include, but are not limited to: grief counseling, financial counseling, benefits coordination, support groups and garrison and surrounding area events.

Many times after a loved one is lost, there are unresolved issues or questions that may surface months or years after the loss. The Army is dedicated to fulfilling the Family Covenant by providing support to Surviving Families for as long as they desire.

Benefit Coordinator

Provides expertise on Local, State and Federal benefits.

Financial Counselor

Provides assistance to surviving Families through investment and estate planning education.

Support Coordinator

Serves as the long-term support personnel for survivors. Ensures the survivors receive necessary services.

SOS is a holistic and multi-agency approach to delivering these services by providing access at garrisons and communities closest to where Families live. Regardless of your loved one's Army component, duty status, location or manner of death, the Survivor Outreach Services Support Coordinator and Financial Counselors are here to provide dedicated outreach and support when, and for as long as you desire.



CONTACT ACS

Location

Bldg. 7790, Mississippi Str. 22
Hainerberg Housing, 65189 Wiesbaden

Phone

DSN: 548-9201/9202
Civ: 0611-143-548-9201/9202

Email

usarmy.wiesbaden.imcom-europe.mbx.mwr-acs@mail.mil

Online

wiesbaden.armymwr.com

Domestic Violence Hotline

0162-297-5625

Sexual Assault Hotline

0162-296-6741

Military & Family Life Consultants (MFLC)

(49) 175-617-5799 or (49) 152-2659-7638
mflc.wiesbaden@gmail.com