

Off The Cuff

Spring Edition



Real Life Solutions for
Successful Army Living

CONNECT WITH ACS!



600 Thomas Ave. Bldg. 198



913-684-2800/HELP (4357)



ACS Fort Leavenworth



@LeavenworthACS



@ACS.FortLeavenworth



PROGRAMS

Army Emergency Relief

520-716-4951

<https://www.armyemergencyrelief.org/>

Employment Readiness Program/

Volunteer Corps

520-692-6250

Exceptional Family Member Program

520-692-6363/913-684-2838

Family Advocacy Program

520-692-6303/6378

Financial Readiness Program

520-716-4951

Information, Referral, & Follow-Up

913-684-2800/(ELP)4357

Military Family Life Counselor

256-749-7169/571-497-9321

New Parent Support Program

913-297-3212/9704

Relocation, Mobilization/Deployment

520-692-6153

Survivor Outreach Services

520-692-6179

Victim Advocate

913-683-2537 (24/7)

Military Family Life Counselors

Resiliency Center

Adult MFLC
571-497-9321

Adult MFLC
256-749-7169

Child Development Center

MFLC
913-548-6151

School Assigned
Bradley & Eisenhower
Elementary Schools
913-209-5522

Macarthur & Eisenhower
Elementary Schools
256-749-6793

Patton Jr./Leavenworth
High School
913-209-6312

Scan the QR Code for the latest info on ACS!



AER

April/May 2025



The Army Emergency Relief (AER) 2025 Campaign kicked off March 1 and ends June 14. With 30 different categories of assistance, AER has provided financial support to soldiers, retirees, and their Families for more than 80 years in the form of 0% interest loans and grants. AER has provided \$2 billion in assistance since 1942, including \$1 billion since 9/11.

The contributions you make from donations help to reduce the financial concerns of Army personnel and transform the lives of soldiers and Families.

Donate today!

Donate Online by going to:

<https://www.armyemergencyrelief.org/donate/>. Click on Donate Now and fill in all the boxes. Make sure to select Fort Leavenworth under Support - Section so that your donation is earmarked for our community. If you have any questions, please call 520-716-4951.

Financial Counseling Appointments and Financial Readiness Classes are available upon request. Please call 520-716-4951 to schedule.

APRIL ACS EVENTS

ARMY COMMUNITY SERVICE



Mon- Fri 8:00 a.m.-4:00 p.m. with limited hours Thur 1-4:00 p.m. | 913-684-HELP (4357) / 2800

APRIL 2025

Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

RELOCATION READINESS PROGRAM

In-Processing Brief

Tuesdays, 9:00-10:00am

OCONUS Levy Brief

Tuesdays, 10:00-11:00am

Hearts Apart Bowling for Families of Deployed Service Members

April 5, 12:00-2:00pm
Strike Zone Bowling Center
*Registration Required

Lending Closet

Are you In/Out-Processing and need essentials? ACS has short-term basic items to help you get by.

- kitchenware
- cookware
- small appliances

Smooth Move offered upon request.



<https://leavenworth.armymwr.com/>

EMPLOYMENT READINESS PROGRAM

Resume Writing

April 9, 12:00-2:00pm &

**Evening 5:00-7:00pm

Federal Employment

April 16, 12:00-2:00pm &

**Evening 5:00-7:00pm

Teen Employment Workshop

April 18, 10:00am-12:00pm

Interview Skills & Professionalism

April 30, 12:00-2:00pm

Visit us on FB @FortLeavenworth ERP for job postings.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

*Registration Required for EFMP events

EFMP Refreshing Conversation

April 3, 10:00-11:00am

EFMP Recreational Bowling

April 5, 12:00-2:00pm

Strike Zone Bowling Center

<facebook.com/FortLeavenworthACS>

FINANCIAL READINESS PROGRAM

Offers counseling services and classes upon request to assist Soldiers and their families in achieving personal financial goals.

ARMY VOLUNTEER CORPS

Volunteer Basics
April 4, 12:00 - 1:00pm



Learn how to submit someone for the Military Outstanding Volunteer Service Medal (MOVSM) to recognize their volunteer efforts.

Visit: <https://vmsi.armyfamilywebportal.com> to register for an account and find opportunities to volunteer in the community.

<facebook.com/FortLeavenworthFMWR>

ARMY EMERGENCY RELIEF (AER)

provides emergency assistance to active duty service members, their families, and retired service members.

For emergency financial assistance, apply at <https://www.armyemergencyrelief.org/> and call the ACS main line during duty hours to follow up.

SURVIVOR OUTREACH SERVICES

April 5th is Gold Star Spouses Day. Gold Star Spouses are the resilient legacies of their service member's sacrifice to the nation.



Follow SOS@ <https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/>

<https://home.army.mil/leavenworth/>

FAMILY ADVOCACY PROGRAM



Mon- Fri 8:00 a.m.-4:00 p.m. with limited hours Thur 1-4:00 p.m. | 913-684-HELP (4357) / 2800

APRIL 2025

Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

NEW PARENT SUPPORT PROGRAM

**Call 913-297-3212/ 9704 to register for all NPSP classes & events

Stroller Walk

Tuesdays, 10:00am
Meet in front of Resiliency Center

Toddler Time

Wednesdays, 9:00am
Resiliency Center Playroom

Story Time

Wednesdays, 10:00am
Resiliency Center, Room 157



STORYTIME

Play Morning Thursdays, 9:00-10:00 am & 10:00-11:00am
Resiliency Center Playroom

Wiggles and Giggles

Fridays, 10:00am
Resiliency Center Playroom

<https://leavenworth.armymwr.com/>

Newborn Care Class

April 7, 5:00-7:00pm

Breastfeeding Class

April 14, 5:00-7:00pm

Dad's Night Out

April 23, 6:00-8:00pm
Restaurant TBD

Potty Training

April 28, 5:00-7:00pm
Resiliency Center, Room 157

Mom's Night Out

April 30, 6:00-8:00pm
Restaurant TBD



FAMILY ADVOCACY PROGRAM

**Registration Required for all FAP events. Classes at Resiliency Center, Room 145

CAPM Rock Painting

April 1 & 22, 10:00-11:00am

Co-Parenting Workshop

April 7, 14, 21, 28 12:00-1:00pm



Anger Management

April 17 11:30am- 1:00pm

Crocheting Club

April 18, 1:00-3:00pm

Prevention in the Park

April 25, 2:00-4:00pm
Rain Date: April 30

SAVE THE DATE!

Muffins With Mom

May 16, 1:00-3:00pm



Father Daughter Tea Party

June 1, 2:00-4:00pm

Father/Son Scavenger Hunt

June 7, 9:00-11:00am



CALL ACS TO REGISTER FOR CLASSES TODAY! ALL EVENTS LISTED ARE FREE!

<https://leavenworth.armymwr.com/>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

<https://home.army.mil/leavenworth/>

Give us a call at 913-684-2800 to sign up for any of our amazing classes, workshops, or specialized events!

MAY ACS EVENTS

ARMY COMMUNITY SERVICE



Mon- Fri 8:00 a.m.-4:00 p.m. with limited hours Thur 1-4:00 p.m. | 913-684-HELP (4357) / 2800

MAY 2025

Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

RELOCATION READINESS PROGRAM

In-Processing Brief
Tuesdays, 9:00-10:00am
OCONUS Levy Brief
Tuesdays, 10:00-11:00am
Hearts Apart Bowling for Families of Deployed Service Members
May 3, 12:00-2:00pm Strike Zone Bowling Center
**Registration Required*

PCS SEASON IS HERE!

Smooth Move offered upon request.

Lending Closet
Are you In/Out-Processing and need essentials? ACS has short-term basic items to help you get by.

- kitchenware
- cookware
- small appliances



<https://leavenworth.armymwr.com/>

EMPLOYMENT READINESS PROGRAM

Resume Writing
May 7, 12:00-2:00pm &
**Evening 5:00-7:00pm
Federal Employment
May 14, 12:00-2:00pm
**Evening 5:00-7:00pm
Interview Skills & Professionalism
May 21, 12:00-2:00pm
**Evening 5:00-7:00pm
Teen Employment
May 30, 10:00am-12:00pm

Visit us on FB @Fort Leavenworth ERP for job postings.

ARMY VOLUNTEER CORPS

Volunteer Basics
May 9, 12:00 - 1:00pm

Visit: <https://vmis.armyfamilywebportal.com> to register for an account and find opportunities to volunteer in the community.

VOLUNTEER



<facebook.com/FortLeavenworthACS>



FINANCIAL READINESS PROGRAM

Offers counseling services and classes upon request to assist Soldiers and their families in achieving personal financial goals.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**Registration Required for EFMP events*

EFMP Refreshing Conversation
May 1, 10:00-11:00am

EFMP Recreational Bowling
May 3, 12:00-2:00pm
Strike Zone Bowling Center

<facebook.com/FortLeavenworthFMWR>

ARMY EMERGENCY RELIEF (AER)

provides emergency assistance to active duty service members, their families, and retired service members.

For emergency financial assistance, apply at <https://www.armyemergencyrelief.org/> and call the ACS main line during duty hours to follow up.

SURVIVOR OUTREACH SERVICES

SOS Paint & Brunch
Saturday, May 10, 2025
10:00am-1:00pm
Resiliency Center/Bldg. 198
Follow SOS at <https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/>

<https://home.army.mil/leavenworth/>

FAMILY ADVOCACY PROGRAM



Mon- Fri 8:00 a.m.-4:00 p.m. with limited hours Thur 1-4:00 p.m. | 913-684-HELP (4357) / 2800

MAY 2025

Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

NEW PARENT SUPPORT PROGRAM

**Call 913-297-3212/ 9704 to register for all NPSP classes & events

Stroller Walk
Tuesdays, 10:00am
Meet in front of Resiliency Center

Toddler Time
Wednesdays, 9:00am
Resiliency Center Playroom

Story Time
Wednesdays, 10:00am
Resiliency Center Room 157

Play Morning
Thursdays, 9:00-10:00am & 10:00-11:00am
Resiliency Center Playroom

Wiggles and Giggles

Fridays, 10:00 - 11:00am
Resiliency Center Playroom

<https://leavenworth.armymwr.com/>

TODDLER TIME



Childbirth Series
May 5, 12, 19,
5:00-7:00pm Resiliency Center Room 157

Dad's Night Out
May 21, 6:00-8:00pm
Restaurant TBD

Mom's Night Out
May 28, 6:00-8:00pm
Restaurant TBD

FAMILY ADVOCACY PROGRAM

**Registration Required for all FAP events. Classes at Resiliency Center, Room 145

Anger Management: 8 Week Session
May 1, 8, 15, 22, 29 &
June 12, 19, 26, 1:30pm- 3pm

5 Love Languages of Teens
May 14, 1:00-2:30pm



Stress Management May 15, 11:30am-1:00pm



May 16, 1:00-3:00pm
EFMP Playground
(Behind the Post Theater)
Event for ages 2+

<facebook.com/FortLeavenworthFMWR>



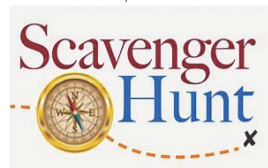
May 16, 1:00-3:00pm

Navigating the Teen Years
May 28, 1:00-2:30pm

SAVE THE DATE!

Father Daughter Tea Party
June 1, 2:00-4:00pm

Father/Son Scavenger Hunt
June 7, 9:00-10:00am



<https://leavenworth.armymwr.com/>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

<https://home.army.mil/leavenworth/>

CALL ACS TO REGISTER FOR CLASSES TODAY! ALL EVENTS LISTED ARE FREE!

Give us a call at 913-684-2800 to sign up for any of our amazing classes, workshops, or specialized events!

April/May 2025

FAMILY ADVOCACY PROGRAM

The Family Advocacy Program is excited to share that alongside our array of activities and events, we will continue shining a spotlight on an important cause: Child Abuse Prevention Month (CAPM). It's a time for us to come together as a community and raise awareness about the significance of preventing child abuse and neglect.

Throughout the month, we have a plethora of engaging activities and events planned for families.

Whether you prefer joining us in person or participating in our at-home activities, there's something for everyone to enjoy. We'll be offering educational resources, support services, and engaging activities centered around this crucial theme. We invite all members of our Fort Leavenworth community to participate actively in these initiatives and join us in fostering a safe and nurturing environment for our children.

Let's join hands to spread awareness, support one another, and create a community where every child can thrive!

Join the Family Advocacy Program in wearing blue every Tuesday in April to support CAPM awareness.

Check out these CAPM Activities for a daily inspiration to decrease stress and strengthen family bonds.



April 2025

Military Families Rock



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Rock Painting Resiliency Center 10-11 am WEAR BLUE!!	Go on a Nature Walk	Scrap-booking Fun	NATIONAL WEAR BLUE DAY	Attend a family storytime at your local library
Plan a themed dinner night (taco or pizza night)	Go on a scavenger hunt in your neighborhood	Write a letter to a family member WEAR BLUE!!	Learn a magic trick	Volunteer with your family	Watch the sunset or sunrise	Visit your local museum PAIR DAY
Arts and Crafts Day	Build a fort	Visit your local zoo WEAR BLUE!!	Make instruments & create a band	Have a family sing-a-long in the car	Record your own family movie	Have a family movie night
Go on a one-on-one date with your child	Play hide & seek	Rock Painting Resiliency Center 10-11 am WEAR BLUE!!	Read a book together aloud	Put a Puzzle Together	Prevention in the Park EFMP Playground 2-4 PM	Have a park day and a picnic
Star Gaze	Create chalk art in the driveway	Plant flowers WEAR BLUE!!	Go on a Family Bike Ride	Family	Advocacy	Program

FAMILY ADVOCACY PROGRAM

The Victim Advocacy program continues to work toward education and awareness of Domestic Violence and Intimate Partner Violence (IPV). If you would like to schedule a Domestic Violence brief, please contact the Victim Advocate Coordinator at 913-683-2537 available 24/7 for assistance. Please call 913-684-2822 or 913-684-2808 to sign up. Virtual options are now available for all classes and workshops.

Check out this fun Family Bingo Board from Leader in ME as a suggestion of ways to engage with your Family this month.

The 7 Habits of Highly Effective Families

B	I	N	G	O
Habit 1 Be Proactive® Identify any reactive behaviors your family wants to stop doing.	Habit 2 Begin With the End in Mind® Choose a quote that represents what's most important to your family.	Habit 3 Put First Things First® Family time is a Big Rock! Have a family date night. What activity best fits your family?	Habit 4 Think Win-Win® Talk about how you show courage as a family.	Habit 5 Seek First to Understand, Then to Be Understood® Write about three things you do as a family to show respect to one another.
Habit 6 Synergize® Pick a date this month to synergize as a family with a "family meeting." Complete a Plus/Delta Chart to identify what is going well for your family and what you could change.	Habit 7 Sharpen the Saw® Share a family meal together. Take a family selfie and record the date of the meal.	Habit 1 Be Proactive Identify any proactive behaviors you want to start or continue doing.	Habit 2 Begin With the End in Mind Write a goal that you want to achieve as a family in the next month.	Habit 3 Put First Things First Write to tell about your family's three biggest priorities for the next week.
Habit 2 Begin With the End in Mind Discuss what your family wants to be celebrating at the end of this school year.	Habit 5 Seek First to Understand, Then to Be Understood What closes the door for understanding in your family? Criticizing, talking about yourself, and giving advice are door slammers. What can you do to open the door to listening for understanding?	Student Name _____	Habit 6 Synergize Identify and record two or three strengths for each member of your family.	Habit 7 Sharpen the Saw Exercise together as a family. How do you like to stay healthy and active?
Habit 7 Sharpen the Saw Write about your favorite family traditions or create a new family tradition.	Habit 1 Be Proactive Identify any reactive language your family wants to stop using.	Habit 2 Begin With the End in Mind Discuss and write about what you want your family to stand for.	Habit 3 Put First Things First Make a "perpetual calendar" for your family. What important dates does your family commit to each week? month? year?	Habit 4 Think Win-Win Talk about how you show consideration as a family. Write about it.
Habit 3 Put First Things First Schedule one-on-one family time. Use the prompt below to write about that time: My time with _____ was special because _____.	Habit 6 Synergize Work together to complete a community service project. Write to tell about how you used Habit 6.	Habit 5 Seek First to Understand, Then to Be Understood "I hate doing chores!" Your response: You seem to feel _____ [feeling] about _____ [subject].	Habit 7 Sharpen the Saw Try learning something new together. What did you learn?	Habit 4 Think Win-Win Make an Emotional Bank Account deposit by doing something kind for an extended family member, neighbor, or friend.

NEW PARENT SUPPORT PROGRAM

April/May 2025

As we move into Spring and the days become warmer, this is a great time to join New Parent Support Program (NPSP) for a Stroller Walk! Each Tuesday morning at 10am parents meet for Stroller Walk. It is a great way for parents to get out of the house, exercise and enjoy great weather with great people all at the same time! All you need to participate is to be expecting or have a child three years or younger and your own stroller!

During the month of April, New Parent Support Program is also offering classes on Newborn Care and Breastfeeding for expectant families. This is a great way to learn how to care for your newborn before they arrive and can help decrease some of the concerns of the first-time parent. For those with children who might be ready to say goodbye to diapers, New Parent Support Program also offers a Potty-Training class in April. In this class we learn the cues that show children might be ready to potty train, discuss the physical and developmental maturity that must be in place for successful potty training and talk through tips for success with potty training.

Spring is a great time to begin new experiences, whether it is improving your health with walking, learning the new skills to care for an expected little one, or assisting a toddler to graduate to big kid behaviors like potty training.

Did you know that the New Parent Support Program offers Home Visits upon request? Our NPSP team offers support with lactation, parent education, tips on baby proofing, or just a listening ear through those tough postpartum to toddler years.

For more information on all these programs or to schedule a home visit, please call 913-297-9704 or 913-297-3212.

New Parent Support Program is here to assist!



EXCEPTIONAL FAMILY MEMBER PROGRAM



Greetings from Fort Leavenworth EFMP!

As we Spring forward into April, let us help you gear up for your upcoming PCS! We can assist by providing you with a warm hand off to your gaining installation. This will connect you with your new EFMP team and give you an opportunity for an introduction and resources within your new community.

Have IEP questions? Let us educate you on what to expect when your kiddo transfers to a school in a new state. We can conduct an IEP preparation session to teach you how to properly advocate for your child through the SPED process.

Whether your departing Kansas this summer or staying for the upcoming year, we'd love for you to schedule time to come visit with us. We look forward to connecting with you soon!

RELOCATION

April Showers Bring May Flowers, but what does Fort Leavenworth ACS Bring? PCS Season!

If you are getting ready to leave Fort Leavenworth, please come by and check out our fully furnished loan closet! The lending closet has updated our pots and pans, indoor grills, kitchen knives, air fryers, and more! If you are PCSing in or out, we are happy to help cover your basic needs. Our lending closet provides basic housekeeping items on free temporary loans to incoming and outgoing Families and in other cases as appropriate. We have a fully stocked Lending Closet ready and waiting for you. Initially, these items are loaned out for 30 days. If additional time is required, requests for extensions are granted in 30-day increments. We understand the waiting game that goes into PSC season. That wait can be a hassle and our solution is our Lending Closet! We encourage you to NOT purchase items you already own, see us instead. We are here for your needs. Loan Closet hours are Monday, Tuesday, Wednesday, & Friday 0800-1600 and Thursdays 1300-1600.

Moving? Come join us for relocation assistance. I can address specific issues with you one-on-one and give guidance and suggestions to help resolve any problems that may come along with your move. I will go over procedures, family travel, shipping of household goods/vehicles/pets, and more.

Hearts Apart (Waiting Families Program) If you or your spouse are serving an unaccompanied restricted PCS tour or extended temporary duty assignment (TDY), this support group discusses stresses and concerns, and shares coping skills. Come join us and let us be your guide to all that Fort Leavenworth has to offer.

UPCOMING CLASSES:

Fort Leavenworth, we at ACS are super excited to announce we will be offering Smooth Move upon request.



SURVIVOR OUTREACH SERVICES

Fort Leavenworth SOS recognizes Gold Star and Survivor Spouses on GOLD STAR SPOUSES DAY, Friday, April 5, 2024.

Survivor Outreach Services will host a “SOS PAINT & BRUNCH” for our Gold Star and Survivor Families on Saturday, May 10, 2025, from 10:00 AM until 1:00 PM.



EMPLOYMENT READINESS PROGRAM

April is National Internship Awareness Month!

An internship is a short-term job opportunity that gives people hands-on-work experience. Some are unpaid but there are many paid options. These opportunities are great for those just starting out or are making a career transition. Here are some opportunities for internships, fellowships, and apprenticeships.

The Student Intern Program for students enrolled in accredited institutions to gain employment within the federal government. There are many opportunities from high school level to graduate level. This can mean a foot in the door for federal work. Under the Student Intern Program, there are opportunities within the Pathways Program, the Recent Graduates Program, the Fellows Program, and the Presidential Management Fellows Program. To find out more information about the programs and how to apply for them, visit the Office of Personnel Management site at <https://www.opm.gov/policy-data-oversight/hiring-information/students-recent-graduates?url=intern> or USA Jobs at <https://help.usajobs.gov/working-in-government/unique-hiring-paths/students>.

Military spouses of currently serving members of the U.S. Army, Marine Corps, Navy, Air Force and Space Force, to include active, reserve and National Guard components, are invited to apply to the new Military Spouse Career Accelerator Pilot, a multi-year program that provides spouses with paid 12-week fellowships at employers across various industries and locations.

Military spouses accepted into the program will:

- Be placed with best-match organization based on their educational attainment, previous work experience and employer needs.
- Receive paid experience working in their desired industry or field.
- Have access to in-person and remote professional training, networking and hands-on experience in the civilian workplace.

Spouses who excel in their fellowship and are a good fit for their host company may be invited to join the employer as a direct hire at the end of the 12-week fellowship. To learn more about this program and to register, visit <https://myseco.militaryonesource.mil/portal/events/live/mscap>.

Apprenticeships are usually thought of as mainly for the trades. However, that is not always the case. Apprenticeship USA is a great resource that offers a list of registered apprenticeships that are paid, you learn the profession through on-the-job training plus classroom instruction, and earn a credential within that industry. To learn more about these exciting opportunities visit <https://www.apprenticeship.gov/career-seekers> where they will give you the tools you need to be successful.

ARMY VOLUNTEER CORPS

Volunteer Appreciation Week is April 20-26, 2025 and while we're ALWAYS thankful for our volunteers, we want to take a special opportunity to thank you this week! Your tireless devotion to your military community makes a difference to all of us who live and work here. From all of us – including Soldiers, Families, veterans, retirees, and Civilians – we thank you for your service!

Volunteer with ACS!

Volunteering within ACS offers you enriching and fulfilling opportunities to support the ACS mission of commitment to excellence. These opportunities provide a way to expand or build your skill set and connect with a dynamic team!

Apply today! Come in or call 913-684-2800 for more information!

