

THE ACS INSIDER



MILPARENTS ROCK

**MILITARY
ONE
SOURCE**

Learn how to protect our littlest troops. Find parenting programs for children of all ages.

Learn everyday ways to keep your children happy and healthy

You do your best every day to make sure your children are happy and healthy. Military OneSource offers information designed for military families to help them thrive. You will find:

- Resources for children of all ages
- Tips to keep your children safe
- Self-care strategies for parents
- Support for children with special needs

Parents: Share resources, ask for support

It takes a community to raise our kids right. If you see a parent who needs help, reach out. And if you need support, don't be afraid to ask. Check out these resources for parents and their children:

- New Parent Support Program, which provides services that may include:
 - Home visits
 - Parenting classes
 - Information and referrals
- Thrive, an online and self-paced parenting resource that provides:
 - Programs for parents and caregivers of children through 18 years of age
 - Various modules geared toward specific child age ranges to meet your needs

Find help on these and other topics, including ways to hone your parenting skills, at [Military One Source](https://www.militaryonesource.mil).

Contact your local Family Advocacy Program office or call Military One Source at www.militaryonesource.mil | 1-800-342-9647

CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month! Every adult in the community can play a role in supporting and protecting children. If you are worried about the wellbeing of a child, share your concerns with Family Advocacy Program staff. They can help you determine what to do next. Here are 5 ways that you can prevent child abuse:

1. KNOW THE SIGNS

- Sudden changes in behavior or school performance
- Always preparing for something bad to happen
- Frequently lacking adult supervision
- Fading bruises or other marks after an absence from school
- Unexplained burns, bites, bruises, broken bones or black eyes
- Being frightened of a parent or caregiver
- Abusing animals or pets



2. BE A TRUSTED ADULT

Let children know they can come to you with any concern and that you will:

- Listen without judgment.
- Believe them.
- Help and support them.

3. MAKE THE CALL

If you witness or suspect child abuse or neglect, do the right thing:

- Call your installation's Family Advocacy Program (435.831.2260)
- Call your local Child Protective Services office, 1-855-323-DCFS (3237).
- Call the [Childhelp National Child Abuse Hotline](https://www.childhelp.org) at 1-800-422-4453.
- Call 911 or Dugway Law Enforcement at 435.831.2929 if a child is in immediate danger.

Continued on the next page...





ACS PHONE NUMBERS

Army Emergency Relief
1.877.272.7337

Army Volunteer Corps
435.831.2038

Information & Referral Program
435.831.2038

Employment Readiness
435.831.2260

Financial Readiness Program
435.831.2260

Family Advocacy Program
435.831.2387

Relocation Readiness Program
435.831.2260

SHARP - 24/7 Victim Advocate
(719) 338-9654

Survivor Outreach Program
801.476.3808

ACS Director
Emily Harrison
435.831.2260
emily.c.harrison2.civ@army.mil

4. IDENTIFY TRUSTED ADULTS

- Talk with your child about specific people they can trust.
- Discuss when your child should talk to a trusted adult.
- Let them know they can go to another trusted adult if the first one doesn't help.

5. EMPOWER YOUR CHILD'S VOICE

- Teach children early about healthy body boundaries.
- Tell them to trust their feelings.
- Encourage them to say forcefully, "I don't like that," or "Stop touching me."
- Remind them to leave a situation that makes them uncomfortable.
- Ask them to tell a trusted adult right away if something makes them uncomfortable.
- Talk with them about how to listen to and help their peers.

Share these resources:

Teach your kids healthy boundaries:

<https://www.militaryonesource.mil/parenting/children-youth-teens/teach-your-kids-healthy-boundaries/>

Support for military kids:

<https://militarykidsconnect.health.mil/Feelings/How-to-Talk-to-an-Adult>

Start Prevention Tips Early

While all adults can make a positive impact in a child's life by following these tips, parents and caregivers play an important role in protecting children. Parents and caregivers, talk with your children about tips 4 and 5 early and often.

The Family Advocacy Program at ACS supports service members, DoD Civilians, Contractors and their family members impacted by child abuse and/or neglect through parent education and crisis intervention.



ARMY COMMUNITY SERVICE

Community Center, Building 5124 (East)
5124 Kister Avenue
Dugway, UT 84037

 www.dugway.armymwr.com

 435.831.2038



HOW ARE WE DOING?

Take a moment to let us know how we can improve:

<https://ice.disa.mil/index.cfm?fa=card&sp=97441>

Military Saves Week & AER Kickoff

A Financial Awareness **Event**

lll **14-17 April**

Drop in for **resources!**

Drop by anytime 14-17 April to room 223 during normal business hours to pick up useful financial resources or scan the QR Code to the right to sign up for an email that will contain useful financial resources.



New! Budgeting Basics Class

The first step to better finances is having a household budget. Join us for one of 2 virtual classes via Teams to learn how to create a basic budget. Class attendees will receive a free Clever Fox Budget Planner (a \$30 value), while supplies last!

CLICK HERE or Scan the QR Code to sign up!

Lunch & Learn, April 14th

12:00 to 12:30 PM

April 15th

6:30 to 7:30 PM



Questions? Contact Emily at 435.831.2260.

Dugway Proving Ground Command Art Contest



**COMMUNITY
ENTRIES:
DROP OFF TO EMILY
AT ACS, BLDG. 5124,
435.831.2260, NO
LATER THAN
4/24/25**

Show your creativity. Share a view of DPG in any art format. Art will be displayed during the Grand Opening of the Army Community Service Room in April 2025.

There will be three categories:
Adult, High School, Elementary School age.
This contest is open to the members of the
Dugway Proving Ground Community and their families.

Prizes (By Category)
First Place: \$50 Amazon Gift Card
Second Place: \$25 Amazon Gift Card

MONTH OF THE MILITARY CHILD

MOMC Extravaganza
Thursday, April 17th, 4:00 PM
CYS, Bldg. 5124 (West)

Come out as we celebrate our military children and children of DoD Civilians and Contractors who support the warfighter. Please wear purple - the color of the military child, and join CYS for the Annual Purple Up Parade around the parade field. Next, we'll come back to CYS to have quite the extravaganza! We'll have ice cream sundaes, carnival games, bounce houses, police/fire vehicles for the kids to check out and maybe even turn on the sirens!



SEXUAL ASSAULT AWARENESS & PREVENTION MONTH

Every Tuesday in April

Wear teal to show your support for teal Tuesday!

Tuesday April 8, 2025

Guest Speaker, 0900, HQ Auditorium

Guest Speaker 1200, Kuddes Conference Room

*Both events will also be broadcast by PAO (please use the TEAMS invite and link sent).

Tuesday April 15, 2025

Teal Ribbon Balloon Photo, 1030, EV HQ Parade Field

& 1230, WD in front of the Command building in the parking lot- You are cordially invited; wear teal and join us for a photo showing your support.

Wednesday April 30, 2025

National Denim Day- Denim Day started after a 1998 Italian Supreme Court decision overturned a rape conviction because the victim wore tight jeans. The court argued that the victim must have helped her rapist remove her jeans, implying consent. Italian women protested the court's decision by wearing jeans to work the following day, and this act of solidarity became the foundation for Denim Day. Denim Day has grown into a global movement, with people worldwide wearing denim to show support for survivors of sexual violence and to raise awareness about sexual violence. Please join us in showing support for the issue by wearing denim. You can learn more at: <https://denimday.org/why-denim> #DenimDay and #PeaceOverViolence

DoD
**Safe
Helpline**
Sexual Assault Support for the DoD Community



Anonymous. Confidential. 24/7.



safehelpline.org | 877-995-5247



CHRISTINE A. CATINO,
DPG SARC
5124, ROOM 231
CELL PHONE: (435)849-3196

LEARNING OPPORTUNITIES

EMPLOYMENT & CAREERS

Boots to Business for Veteran Beginning Farmers & Ranchers

April 4th | 8:30 AM - 5 PM | Virtual Training

This full-day workshop will aid those interested in exploring agriculture-based business ownership by leading participants through the key steps for evaluating business concepts and providing foundational knowledge required to develop a business plan.

[REGISTER HERE](#)

Workability Career Exploration & Job Fair

April 8th | 9:30 AM - 2PM | In Person | Community Center for the Deaf & Hard of Hearing - 5709 S. 1500 W., SLC, UT

An career event devoted to those with disabilities. Individuals can attend tailored workshops, meet with industry professionals and network during this special event. Questions? Contact Josh at 385.266.0509.

[REGISTER HERE](#)

How Career Assessments Can Help

April 10th | 1 PM MDT | Virtual
Join the SECO Spotlight live event on April 10 at 3p.m. EDT to discover how career assessments can point you on the path that best suits your interests, skills and passions. To access the event on Facebook, please visit <https://www.facebook.com/DoDMilSpouse>.

Unlock Your Next Career with DoD Child & Youth Programs

April 21th | 11 AM MDT | Virtual
Join us April 21 at 1 p.m. EDT to learn about careers with DoD Child and Youth Programs. From entry-level staff to director-level positions, you'll hear about openings, benefits and opportunities for professional development. To access the event on Facebook, please visit <https://www.facebook.com/DoDMilSpouse>.

FINANCIAL READINESS LUNCH & LEARN

How to Protect Your Finances From Fraud

April 1st & 3rd | 12 PM | Virtual
With fraud being so prevalent in today's world, join us to learn strategies to protect yourself and your finances!

[REGISTER HERE](#)

ACS Budgeting Basics Lunch & Learn

April 14th | 12 - 12:30 PM | Teams
Gain control of your finances with our Budgeting Basics class. Learn practical strategies to track spending, create a realistic budget, and achieve your financial goals. Class attendees will receive a free Clever Fox Budget Planner (a \$30 value), first come first serve!

[REGISTER HERE](#)

Wise Use of Credit

April 22nd & 24th | 12 PM MDT | Virtual
Got Credit? Let us show you how to use credit wisely so that you can stay on track with your long term financial goals.

[REGISTER HERE](#)

Budget Friendly Tips for a Fantastic Summer

April 29th | 12 PM MDT | Virtual
Beat the summer heat and boredom without emptying your wallet! Join us for this informative session where we'll explore a variety of budget-friendly summertime options.

[REGISTER HERE](#)

FAMILY ADVOCACY

Home Run Parents

Tuesdays starting April 8th | 4 sessions | 7-9 PM | Virtual
Home Run Parents teaches you using the Relationship Attachment Model, how to manage your relationship with your children and takes the guesswork out of how to build respect, teamwork, loyalty, and appreciation between you and your kids.

[REGISTER HERE](#)

Parenting with Love & Logic

April 24th | 9 AM - 4 PM | Virtual
This FREE course uses the Parenting the Love and Logic Way® curriculum and teaches parents how to raise responsible kids and enjoy parenting. Participants will learn how to end power struggles with their children, teach responsibility, and prevent arguments.

[REGISTER HERE](#)

Positive Discipline

Tuesdays starting April 22nd | 8-10 PM MDT | 4 Virtual Sessions
Positive Discipline is a parenting program designed to teach young people to become responsible, respectful, and resourceful members of their communities. Parenting with Positive Discipline means being kind and firm at the same time.

[REGISTER HERE](#)

7 Principles for Making Marriage Work

Weds. starting April 30th | 6:30-8:30 PM MDT | 5 Virtual Sessions
This educational workshop is designed to help couples improve their friendship and conflict management skills. The Seven Principles Program includes lectures and private couple exercises. Please plan for both partners to attend all sessions.

[REGISTER HERE](#)

ON DEMAND TRAINING

Army Family Team Building

Army Family Team Building (AFTB) is a Family Training and readiness program that provides participants with a better understanding of Army culture, as well as the skills and resources needed to become resilient, self-sufficient members of the military community. This training is open to anyone who wants to learn more about the Army lifestyle. There are 3 levels of AFTB Training available and each course offers a certificate of completion.

[CLICK TO ACCESS](#)

Child & Family

You can now access a range of free e-courses and quick lessons on a range of topics including marriage, couples, parenting, and self-improvement - on demand. Presented by the USU Extension and the Utah Marriage Commission.

[CLICK TO ACCESS](#)

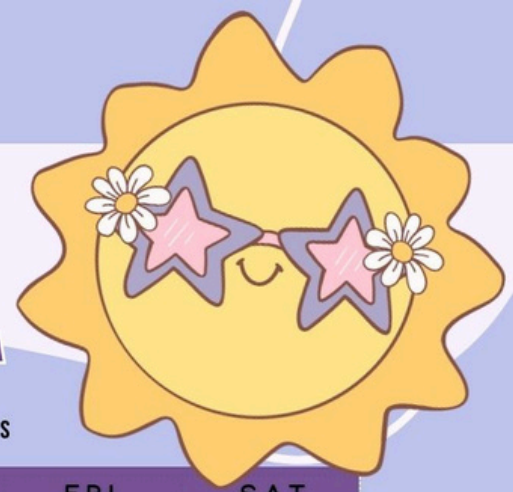
Financial Frontline

Whether you are newly married, having your first child, experiencing a military move, or want information on the Thrift Savings Program, there are 10 different trainings available to meet your needs. These online trainings are go-at-your-own-pace and are intended to be taken within 20-30 minutes.

[CLICK TO ACCESS](#)

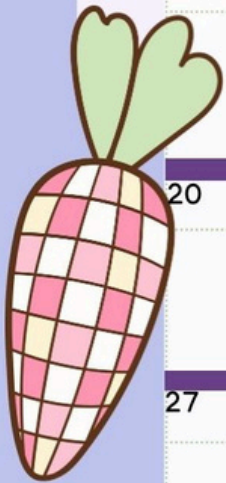


APRIL



MY'R MONTHLY CALENDAR OF ACTIVITIES AND EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
		1 TACO PLATE	2 FRENCH DIP W/ AU JUS & FRIES	3 CHILI DOGS W/CHIPS	4	5
		CRAFT 10AM-3PM YOGA CLASS 6:30PM THOR 5:30PM	LIBRARY AT DITTO 11AM SONIC 2 5:30PM	STORYTIME 11AM PING PONG TOURNAMENT 8PM SONIC 3 5:30PM		
6	7 COUNTRY FRIED STEAK	8 BEEF OR CHICKEN TACO SALAD	9 BBQ CHICKEN	10 CHILI DOGS W/CHIPS	11	12
	MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM FROZEN 5:30PM	CRAFT 10AM-3PM YOGA CLASS 6:30PM FROZEN 2 5:30PM	PUSS IN BOOTS 5:30PM	STORYTIME 11AM MUFASA 5:30PM	ODR EVENT: HIKING THE LEFT HAND FORK TRAIL LOOP 10:30AM-3PM	
13	14 PULLED PORK SANDWICH W/FRIES	15 TACO PLATE	16 TURKEY DINNER	17 CHILI DOGS W/CHIPS	18	19
	MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM ALICE IN WONDERLAND 5:30PM	CRAFT 10AM-3PM YOGA CLASS 6:30PM THE WILD ROBOT 5:30PM	PUSH UP CONTEST LIBRARY AT DITTO 11AM STEAM CLUB 4PM COCO 5:30PM	STORYTIME 11AM MONTH OF THE MILITARY CHILD EXTRAVAGANZA 4:30PM WICKED 5:30PM		
20	21 BBQ PEACH BURGER W/FRIES	22 BEEF OR CHICKEN TACO SALAD	23 BAKED POTATO BAR	24 CHILI DOGS W/CHIPS	25	26
	MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM INSIDE OUT 2 5:30PM	CRAFT 10AM-3PM YOGA CLASS 6:30PM BUZZ LIGHTYEAR 5:30PM	MOANA 5:30PM	STORYTIME 11AM COLOR RUN @ DUGWAY SCHOOL 12PM & 1:30PM MOANA 2 5:30PM	ODR EVENT: HIKING THE BEAR TRAP PASS 10:30AM-4PM	
27	28 GRILLED HAM & CHEESE W/FRIES	29 TACO PLATE	30 STUFFED MANICOTTI			
	MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM HOTEL TRANSYLVANIA 5:30PM	CRAFT 10AM-3PM YOGA CLASS 6:30PM WRECK IT RALPH 5:30PM	BOOK CLUB 7PM PIECE BY PIECE 5:30PM			



ACTIVITIES COLOR-CODED PER LOCATION

CHILD YOUTH SERVICES

(435) 831-3345

COMMUNITY CLUB

(435) 831-2901

SHOCKLEE FITNESS CENTER

(435) 831-2705

DUGWAY LIBRARY

(435) 831-2178

DITTO DINER

(435) 831-5193

ARMY COMMUNITY SERVICE

YOGA STUDIO

(801) 556-0959



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OUTDOOR RECREATION TRIPS



DPGFMWR



COMMUNITY FAMILY READINESS GROUP

- In lieu of an FRG Meeting for April, we encourage you to come out to the Community Garden on 25 April at 10 AM for a **Garden Talk & Potluck Lunch**. Come and learn new gardening techniques from a Master Gardener! Bring a dish to share for lunch.
- For those volunteers wishing to submit **volunteer hours**, please note that March Volunteer hour are due in VMIS no later than 10 April.
- **Seeking Fund Custodians** - The CFRG is looking for a couple of great volunteers to act as fund custodians. This is a crucial position that allows the FRG to hold fundraisers for future events and activities. If you would like more information, please contact Emily at 435.831.2260.
- Thank you to everyone who came out to our first **Paint Night** last month! We had a great group of folks and we painted a desert sunset. We are looking to do these events every other month. Be on the lookout for next Paint Night event this May.



DUGWAY CFRG PRESENTS...

Community GAME NIGHT

EVERY THIRD THURSDAY OF THE MONTH

NEXT EVENT:
17 APRIL, 6 PM

COME OUT FOR A COMMUNITY GAME NIGHT!
MEET NEW FRIENDS!

BRING YOUR FAVORITE GAMES TO PLAY
BOARD GAMES - BINGO - POKER - CHESS - AND MORE

AT THE DUGWAY COMMUNITY CLUB

COMMUNITY GARDEN EVENTS

GARDEN CLEAN UP - FRIDAY, 18 APRIL, 9-12 PM

Join the community as we clean up the Community Garden.
Don't forget your work gloves!

**GARDEN TALK & POT LUCK LUNCH
FRIDAY, 25 APRIL, 10 AM**

Discover the joys of gardening, learn new techniques, and connect with Linden Greenhalgh, Master Gardener from the Tooele County USU Extension.
After, we'll enjoy a potluck lunch - please bring a dish to share.
Open to the entire community regardless if you have a garden plot. Bring your own chairs.

A few plots are still available. If you are interested in your own garden plot, please contact Clark at 435.831.2318.

DUGWAY COMMUNITY GARDEN
LOCATED NORTH OF 5TH AVE. ACROSS FROM THE HIGH SCHOOL BASEBALL FIELD

FindTreatment.gov

SAMHSA's National Helpline

1-800-662-HELP (4357)

FindSupport.gov

988 Suicide & Crisis Lifeline

988 or 988Lifeline.org

APRIL

**ALCOHOL
AWARENESS
MONTH**

**HELP IS
AVAILABLE**

SAMHSA

samhsa.gov/find-help

Counseling Services & Support

Strictly Confidential

Employee Assistance Program (EAP)

Marie Colton, SSW, CEAP

435-849-3294

pierremarie.c.colton.civ@army.mil

Army Substance Abuse Program Manager

Employee Assistance Program Coordinator

Chaplain Services

MAJ Gary Sands

435-831-2537 | 435-830-8929

gary.d.sands2.mil@army.mil

Chaplain





FIRST FRIDAY CONCERTS
AT THE LIBRARY'S VIRIDIAN EVENT CENTER

Each First Friday of the Month
April, 4th, 7:30 - 9:00 PM
Phoenix Jazz & Swing Band



South Jordan Spring Spectacular
Saturday, April 5th
Ballfields, 10800 S. Redwood Road

SOJO

SPRING SPECTACULAR



Spring Egg Hunt

APRIL 19 | 9 AM SHARP
UTAH YOUTH SOCCER COMPLEX: 7965 S. 4000 W.
FREE EGG HUNT - AGES 2-15 WELCOME
ADA HUNT AVAILABLE!
BRING YOUR OWN BASKET!

WEST JORDAN



skyward SYMPHONY

Disney in Concert

April 5th | FREE | 7:30
2025 | ENTRY | PM

Abravanel Hall 123 W S Temple St, Salt Lake City, UT 84101



BlueCross. BlueShield.
Federal Employee Program.

Mental Health Matters

Maximizing your Mental Health

April 30th at 1 PM MT

Scan QR to Register