

THE ACS INSIDER



PTSD AWARENESS

With the Fourth of July just around the corner, let's be mindful that what is joyful for some can be incredibly difficult for others. For many trauma survivors, the loud noises associated with celebrations – like fireworks – can unexpectedly activate symptoms of Post Traumatic Stress, bringing on anxiety, panic attacks, and a range of challenging emotional responses.

If you or someone you know might be affected, the National Center for PTSD offers a helpful resource with strategies for managing distress: [CLICK HERE](#).

This resource not only provides coping mechanisms, but also encourages empathy and understanding, allowing us to build truly supportive and inclusive communities for everyone.

TALKING TO CHILDREN ABOUT DIFFICULT TOPICS

Today's world can feel overwhelming, even for adults. It's natural to want to shield children from upsetting news, but complete silence isn't always the best approach. Children are perceptive; they pick up on our anxieties and may hear snippets of information from friends or media. Open, honest, and age-appropriate conversations can actually reduce their anxiety and help them feel safe.

Why Talk About It?

- **Builds Trust:** Showing you're willing to discuss hard things builds a foundation of trust.
- **Corrects Misinformation:** Kids may misinterpret what they hear, leading to unnecessary fear.
- **Validates Feelings:** Acknowledging their feelings ("It's okay to feel sad/scared/confused") is crucial.
- **Empowers Them:** Talking about problems (and potential solutions, even small ones) can empower children and help them feel less helpless.

Tips for Different Age Groups:

- **Preschoolers (ages 3-5):** Keep it simple. Focus on feelings and safety. "Sometimes bad things happen, but grown-ups are working to keep you safe." Limit details and avoid graphic descriptions. Reassure them about their daily routines.

- **Early Elementary (ages 6-8):** They'll likely have more questions. Answer honestly, but briefly. Focus on the helpers – the people working to make things better. "There are doctors and nurses helping people who are sick," or "People are working hard to find peaceful solutions."
- **Late Elementary/Middle School (ages 9-13):** They're aware of more and may have strong opinions. Listen to their concerns, answer questions truthfully (but still age-appropriately), and encourage them to express their feelings. This is a good age to discuss media literacy – where they get their information and how to evaluate it.
- **Teens (ages 14+):** Treat them with respect and acknowledge their ability to understand complex issues. Be a sounding board for their thoughts and feelings. Help them find reliable sources of information and discuss ways to get involved in positive change.

General Guidelines:

- **Start the Conversation:** Don't wait for them to ask. Initiate the discussion in a calm and safe environment.
- **Listen More Than You Talk:** Let them lead with their questions and concerns.
- **Be Honest, But Age-Appropriate:** Avoid overwhelming details.

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TALKING TO YOUR CHILDREN, CONTINUED

- **Reassure Them:** Emphasize the safety of their family and community.
- **Limit Exposure to News:** Constant exposure to upsetting news can be damaging.
- **Model Healthy Coping Mechanisms:** Show them how you manage your own stress and anxiety.

Where to Find More Help:

Navigating these conversations can be challenging. Here are some resources to help:

- Common Sense Media: <https://www.common Sense Media.org/>
(Excellent resources on talking to kids about current events)
- PBS Kids for Parents: <https://www.pbs.org/parents/talking-about-difficult-news>
- Child Mind Institute: <https://childmind.org/>

**PLEASE NOTE THAT ACS WILL BE
CLOSED FROM JULY 7TH - 10TH.**

IF YOU NEED ASSISTANCE DURING THIS
TIME, PLEASE SEE THESE RESOURCE
LISTS:

[TOOELE COUNTY RESOURCES](#)
[SALT LAKE COUNTY RESOURCES](#)



ACS PHONE NUMBERS

Army Emergency Relief
1.877.272.7337

Army Volunteer Corps
435.831.2038

Information & Referral Program
435.831.2038

Domestic Violence Hotline (24-7)
855-827-0400

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



Live 1-on-1 Help Confidential Worldwide 24/7
Help is just a Click,
Call or Text away!

For confidential victim assistance visit www.SafeHelpline.org

988
SUICIDE
& CRISIS
LIFELINE

If you or someone you know
needs support now,
CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



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](https://ice.disa.mil/index.cfm?fa=card&sp=97441)



DUGWAY CFRG PRESENTS



4TH OF JULY

COMMUNITY BBQ & FIREWORKS

BBQ 12PM-2PM

@

THE CURT FORTIE PAVILION



BBQ SIGN UP:
WWW.PERFECTPOTLUCK.COM
SEARCH
COORDINATOR LAST NAME: HARWELL
PASSWORD: 0704

FIREWORKS 9:30PM

****BRING YOUR FIREWORKS & LAWN CHAIRS TO THE FIRE STATION****

YOU'RE INVITED TO A

60TH

BIRTHDAY PARTY & Info Fair

HELP US CELEBRATE ACS' 60th BIRTHDAY :
BOUNCY HOUSES ~ TREATS ~ CAKE ~
STORYTIME ~ CRAFT ~ INFORMATION
TABLES ~ RESOURCES AND MORE!

JULY

THURSDAY **24** 10 AM - 1 PM

Keetch Army Community &
Family Room and the Grassy
Area Outside Building 5124



QUESTIONS?
CALL 831.2260



MILITARY, VETERAN & FAMILY WELLNESS FAIR

JULY 18 | 2-8 P.M.

DISCOVER RESOURCES

- ✓ Employment & Education
- ✓ Family Support
- ✓ Health & Wellness
- ✓ Benefits & Claims
- ✓ PLUS: Food Trucks, live music & activities for the whole family.

FREE ADMISSION

✓ PLEASE REGISTER TO AID IN PLANNING



Together With:



Utah Department of
Health & Human
Services



LOCATION: Miller Conference Center @ SLCC Sandy Campus
- 9750 South 300 West, Sandy, Utah 84070 -



JULY



MWR MONTHLY CALENDAR OF ACTIVITIES AND EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
		1 CRAFT 10AM-3PM YOGA CLASS 6:30PM	2 COMMANDER'S CUP 10AM-12PM TIE DYE SHIRTS 11AM	3 MWR OFFICES CLOSED	4 <i>4th of July</i>	5
6	7 MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM	8 CRAFT 10AM-3PM YOGA CLASS 6:30PM	9 LIBRARY AT DITTO 11AM TOP GUN MAVERICK 5:30PM	10 LEGO BUILDING DAY ALL DAY STORYTIME 11AM SONIC 3 5:30PM & DEN OF THIEVES 2 PANTERA 8PM	11	12
13	14 YOGA CLASS 6:30PM	15 CRAFT 10AM-3PM YOGA CLASS 6:30PM	16 THE LITTLE MERMAID 5:30PM	17 BOARD GAME DAY ALL DAY STORYTIME 11AM TEENAGE MUTANT NINJA TURTLES 5:30PM & BLACK BAG 8PM	18 ODR EVENT: HIKING DARK TRAIL 7AM-12:30PM	19
20	21 YOGA CLASS 6:30PM	22 CRAFT 10AM-3PM YOGA CLASS 6:30PM	23 TRANSFORMERS 5:30PM	24 ACS BIRTHDAY PARTY 10AM-2PM STORYTIME 11AM CAPTAIN AMERICA BRAVE NEW WORLD 5:30PM & WOLFMAN 8PM	25 ODR EVENT: DAYS OF 47 RODEO 5PM-10PM	26
27	28 MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM	29 CRAFT 10AM-3PM YOGA CLASS 6:30PM	30 BOOK CLUB 7PM FROZEN 2 5:30PM	31 STORYTIME 11AM UNBREAKABLE BOY 5:30PM & TWISTER 8PM		

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



Give Your Child a Strong Start in School

Research shows Waterford Upstart works, and kids love it!

Waterford Upstart is an on-demand early learning program that gives you tools, coaching, and resources so you can prepare your child for a bright future.



What Do You Get?

- Tailored software with **fun and engaging lessons** in reading, math, and science that are done in **just fifteen minutes a day**
- Personalized family coaching and **easy-to-use resources** that support the work you're already doing with your child
- **A computer and internet access** for those who qualify

Why Should You Sign Up?

- To **prepare your child** for kindergarten
- Your child can **learn anytime, anywhere**
- To **join your child** in their learning journey

No Cost for Families!

The program is provided by funding from the State of Utah and the Utah Legislature.



Get started now!
See if you qualify

Scan this QR Code
Or visit waterford.org/upstart
888-982-9898



Military Families use this link to sign up: <http://signup.waterford.org/gov25-military>

Presented by USARD Family Advocacy Program

SUMMER SHAPE UP | 2025

Join our virtual series to improve your relationship with yourself, partner and kids

**JUNE 3
JULY 1
AUGUST 5
7PM EDT**

Mental Edge:

Performing When It Matters Most

Develop calm, clarity, and control in high-stress environments

Communicating with Your Young Adult

Learn long distance communication skills for parents with young adults leaving the home

**JUNE 28
JULY 16
AUGUST 20
11 AM EDT**

**JULY 30
AUGUST 27
2PM EDT**

Balancing a Two Parent Working Home

Learn practical tips to share the workload and create balance in your family

Red Flags in Relationships

Learn how to identify red flags in relationships and when it's time to walk away

**JULY 22
AUGUST 19
12PM EDT**

**MOST FRIDAYS
IN JUNE, JULY
& AUGUST
1PM EDT**

Friday Q&A With Family Advocacy Program

Do you wish you could handle conflict better? Wonder how you can deescalate tantrums? Join us on Fridays to ask questions about relationships and parenting

For more information and to register please scan the QR Code.

Registration for all classes will close 24 hours prior to the class start time.

