

Apr-May
3rd QTR FY21

USARCENT Soldier and Family Readiness Program

MONTH OF THE MILITARY CHILD

Let's show appreciation for our MilKids

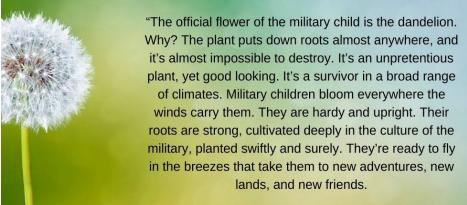
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ARMY SPOUSE CREED

MILITARY CHILD POEM









USARCENT SOLDIER AND FAMILY READINESS PROGRAM

Welcome to 3rd QTR FY21 Soldier and Family Readiness Program (SFRP) publication. This edition highlights monthly observances and provides resources and education opportunities to assist Soldiers, Families and DA Civilians in achieving and maintaining readiness for life.



Month of the Military Child

To our Military Children,

We would like to take this opportunity to recognize the extraordinary contributions of our USARCENT Military Children.

The month of April is designated as Military Child Appreciation Month and this is a chance to honor our Military Children for the support they provide their parents and the USARCENT team.

The Military Child's support for their parents is a critical piece to maintaining the Army Mission and the readiness of our Families, friends, and unit team mates.

The Military Child provides support and dedication to not only their Soldier parents, but demonstrates their commitment of inspiration and courage to men and women serving in the USARCENT command.

Please accept our deep appreciation and heartfelt "Thank You." It is our sincere pleasure to honor our USARCENT children. You are true role models for all of us.

USARCENT CORD/SFRP

National Volunteer Appreciation

National Volunteer Appreciation Month is dedicated to promoting and celebrating volunteers. This is a chance to recognize those who give their time to connecting and supporting their communities.

Local Army Community Services (ACS) provide a week long campaign to honor volunteers in organizations, workplaces and communities. The annual events let volunteers know we "Salute" their commitment to our Military Families, their units and the neighborhoods they reside in.

Contact your local ACS or Airman and Family Readiness Center (AFRC) for local event information and/or to review volunteer opportunities in your area.

Let's make some noise for our USARCENT Volunteers - Thank you!!



Volunteers make it happen - show your appreciation:

- · Social media shout-outs
- Volunteer of the Week spotlight
- Award recognition
- A simple "Thank You"

Visit the newly reconstructed
Volunteer Management Information
System (VNIS) at
vmis.armyfamilywebportal.com



Military Spouse Appreciation Day

Military Spouse Appreciation Day falls on the Friday prior to Mother's Day. The entire month of May is Military Appreciation Month, but, one day out of the month is dedicated to those who keep our Families in check and never lose momentum in moving forward in support of our Soldiers, Families and Army organizations across the globe.



Child Abuse Awareness

Child Abuse Awareness and Prevention Month. Child abuse and neglect is never okay or tolerated. Any time a Family member suffers from abuse, we fall short of our goals in readiness.

Child Abuse prevention is a year long endeavor that goes beyond a monthly observance. Soldiers and Families are encouraged to learn the signs and how to report child abuse.

Be a voice for the voiceless and let's protect our future.

If you suspect child abuse contact your local Military Police, 911 or Child Help National Abuse Hotline - 800-422-4453.

For additional resources call your local ACS/AFRC or the USARCENT SFRP at 803-885-8841.





Stress Less

Life has its challenges, especially in today's environment. How we handle and deal with stressors contributes greatly to our overall health.

Below is a list of websites and apps to add to your tool box:

Virtual Hope Box App - DHA approved

Army Wellness Center - phc.amedd.army.mil

Navy and Marine Corps Public Health Center - med.navy.mil

Tactical Breather App

Breath to Relax App

Mindfulness Coach App

Monthly Observances



May:

National Military Appreciation Month

Mental Health Awareness Month

Mother's Day

Armed Forces Day

Memorial Day

June:

PTSD Awareness Month

National Safety Preparedness Month

Father's Day

The Army's 245th Birthday







Look for our next edition in July for more information on topics/resources.

Contact the SFRP office at 803-885-8841

I am the spouse of an American Soldier.

I am a supporter of the United States Army – an encouragement for the protectors of the greatest nation on earth.

Because I am proud of my Soldier and the uniform that my Soldier wears, I will always act in ways creditable to my Soldier, the

Military service and the nation my Soldier is sworn to guard.

I am proud of my Soldier. I will do all that I can to protect and provide for my Family in my Soldiers absence. I will be loyal to my Soldier and to the vows that we made as we entered the covenant of marriage.

I will do my full part to carry on the values and goals we have set apart for our Family and I will continue to instruct our children in the same manner.

As a Soldier's spouse, I realize that I play a vital role in my Soldier's decision to become a member of a time honored profession – that I am doing my share to keep alive the principles of freedom for which my country stands.

No matter what situation I am in, I will never do anything, for pleasure, profit, or personal safety which will disgrace my Soldier, the uniform or our country. I will use every means I have to encourage my Soldier to be the best Soldier that one can be.

I am proud of my Soldier, my country and its flag. I will fly the flag and will always remember the sacrifices made by my Soldier and by generations of men and women that have served our beloved country.

I will try to make my Soldier proud of the manner in which I accept their decision to defend my freedom and the freedom of all American citizens for

I am the spouse of an American Soldier.



Accepting applications now!

Get ready for the best summer.

Offering in person and virtual attendance. Register @

https://www.militaryfamiy.org
/operation-purple-camp/

Join MCEC for a training seminar at militarychild.org on 19 July for a discussion on our Military kids education future from





MilKids talent show, visit

hiddenheros.org for rules and how
to submit your child's talent to the

event.

Resources on speaking with children about diversity:

PBS

https://www.pbs.org/parnets/understandingdiversity

Parents.com

https://www.parents.com/parenting/better-parenting/teaching-tolerance/talkin about-race-with-kids/

Additional Resources and information:

www.militaryonesource.mil
www.armyemergencyrelief.org
www.ausa.org
https://myarmybenifits.us.army.mil
www.militaryfamily.org

SFRP/EEO partners with SHARP to bring Sexual Assault and Child Abuse Awareness Prevention to the Shaw AFB community!









Purple Up Day at 1st TSC 2021

















