



WARRIOR & FAMILY SUPPORT NEWSLETTER

Promoting Readiness & Quality of Life for Service Members & Families

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SPRING 2023



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This newsletter contains official and unofficial information. The inclusion of unofficial information has not increased the cost to the Government, in accordance with DOD 4525.8M

Warrior & Family Support has a web page where we post info for our military members & their families.

Come check us out at... <http://ne.ng.mil>

LETTER FROM THE EDITOR



Greetings,

I hope that you all had a wonderful Winter and are excited about the upcoming Spring. Here at WFS we are really looking forward to April (Month of the Military Child) and celebrating our children with all of you. Please look for the events that we are advertising on our Facebook page (<https://www.facebook.com/NebraskaWarriorFamilySupport>) and the CYS page (<https://www.facebook.com/NENGCYP>) you can follow and find when/where these events will be. We have an Egg Hunt set at the Seward National Guard Museum and the Military Kid's Ball at the Strategic Air Command Museum. We are all hopeful that you will join us.

We are also looking for volunteer help for these events and other events that we hold throughout the year. So, if you are someone that would like to give back to our Military Families and help, please reach out to our office for some fun opportunities. You can call us at 402-309-7333 and talk to our Lead Soldier Family Readiness Specialist about the volunteer program.

If there is anything that the WFS Office can assist you with, reach out to us to see if we are able to help. Please enjoy this newsletter and I hope to see you at some of our upcoming events.

- CPT Joshua Hruby
Editor



CHILD & YOUTH



APRIL IS MONTH OF THE MILITARY CHILD

CYS has been working hard and getting more programs and events off the ground! Some programs we have offered in the last quarter is a continued partnership with the Lincoln Children's Museum to provide educational and fun activities. Almost all the spots have been reserved and it's continued to be a sought-after resource. We've also partnered with the local YMCA in Lincoln to provide sports scholarships for Spring Sports.

In other news, this April is Month of the Military Child so get ready to celebrate! This year's theme is National Guard Kids: Rising to the Challenge. We are so thankful and proud of our Military Youth for continually rising to life's challenges and always maintaining their inner resiliency. **April 14th is Purple Up Day, so we encourage everyone to wear purple and take pictures.**

Keep an eye out on our Facebook page for event updates and other opportunities!

UPCOMING EVENTS

- **EGG HUNT**
April 8th, 2023 - 10am-12pm
Nebraska National Guard Museum
Seward, NE
- **CHILDREN'S MILITARY BALL**
April 29th, 2023 - 5pm-9pm
Strategic Air Command & Aerospace Museum
Ashland, NE

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SOLDIER & FAMILY READINESS SUPPORT



ARMY VOLUNTEER CORPS

Do you want to support your unit? Do you want to add to your resume and learn a new set of skills? Recognition? Or simply a feeling of having given back?

Then talk to your regional Soldier & Family Readiness Specialist!

Our Volunteers make a meaningful difference in the lives of Soldiers and their Families every day. Army Volunteer Corps (AVC) is designed to help you find local volunteering opportunities with organizations that benefit the Nebraska Army National Guard community.

The AVC has redefined volunteering within the Army. We embrace existing volunteer programs, unite all volunteers who support Soldiers and Families, (including the Active Force, National Guard and Army Reserve), and formalize the Army's commitment to volunteerism.

No matter where people volunteer in the Army community, they usually want to contribute to Soldiers and their Family members. We recognize this common goal and want to help you find the right opportunity for you.

Volunteering helps your community and helps you as well. When you participate with AVC, you'll:

- Gain a sense of satisfaction/achievement by meeting challenges;
- Learn about the Army and your community;
- Acquire new skills and/or expand old ones;
- Obtain work experience;
- Build new friendships and become a cohesive part of the community.

On 29 April, the Warrior Family Support Office will be honoring our Nebraska volunteers at the same time we hold our Children's Ball. Location is Strategic Air Command and Aerospace Museum at 28210 W. Park Hwy., Ashland, NE 68003. Attire is Dress Mess (Military) and formal attire (Civilians).

Please, come join us!

CONTACT

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RESILIENCE, RISK REDUCTION & SUICIDE PREVENTION



WHAT IS ARMY RESILIENCE?

Resilience is the ability to grow and thrive in the face of adversity. Resilient individuals are willing to take calculated, necessary risks, and capitalize on opportunity. Some people seem to have an innate ability to bounce back from adversity. We continue learning and applying skills throughout our life that help us to deal with challenges, large and small. What may seem overwhelming to one person, may seem insignificant to another. Taking the time to learn and improve skills including emotional regulation, critical thinking, belief of control in life, and the ability to form healthy relationships can make all of us more resilient.

Through Resilience Training we focus on developing 6 competencies that improve individual resilience.

SELF AWARENESS – Helps us identify our thoughts, emotions, and behaviours, as well as recognize any patterns in these, particularly counterproductive ones.

SELF REGULATION – Helps us regulate our impulses, emotions, behaviors, and physiology to stop unhelpful thinking, express emotions appropriately, and achieve goals.

OPTIMISM – Helps us fight the Negativity Bias by looking for the good while remaining realistic, identifying what we can control, maintaining hope and building confidence.

MENTAL AGILITY – Improves flexible, accurate, and thorough thinking, take other perspectives, and try new strategies in order to understand problems.

STRENGTH OF CHARACTER – Helps us identify and understand our own top character strengths so we can have faith in our abilities and use them in our leadership and to overcome challenges.

CONNECTION – Helps us build strong relationships, use effective and positive communication, develop empathy, support others and be willing to ask for help in return.

Resilience Skills are extremely impactful for Military life and leadership but more importantly these skills can help families and communities better connect, communicate and support individuals as they face adversity.

Interested in learning more? Contact your Unit MRT or the R3SP Program Manager.

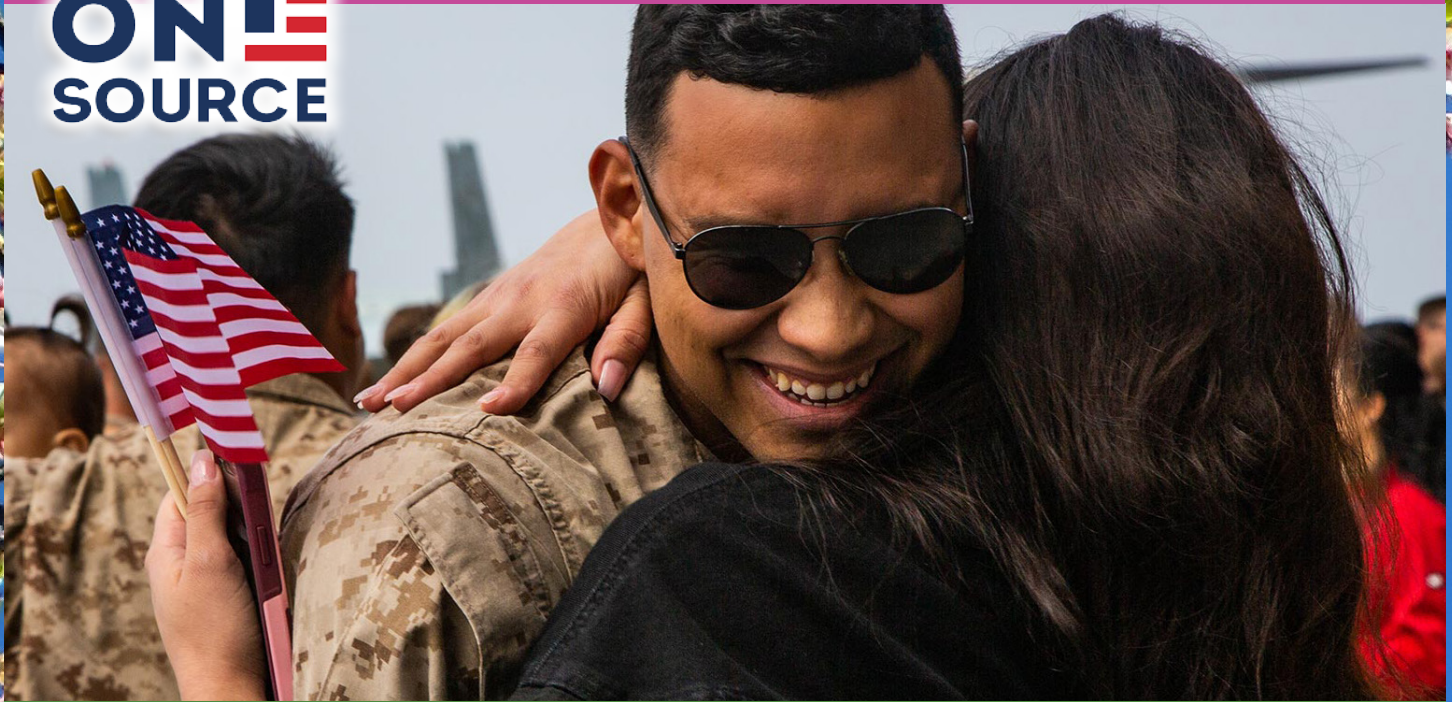
UPCOMING SUICIDE INTERVENTION TRAINING

This training is available for both Families and Service Members.

- April 11-13 (*Kearney*)
- May 16-18 (*Lincoln*)
- July 11-13 (*Ashland*)
- August 8-10 (*Omaha*)

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BUILDING HEALTHY RELATIONSHIPS

This month is a great opportunity for you to look around, appreciate and build up your relationships. Not only with a significant other, but with children, friends and co-workers. Below are a few ways Military OneSource can help you to build these relationships.

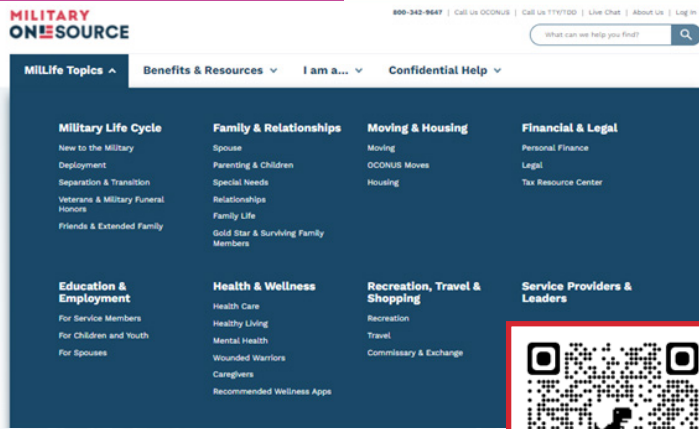
Building Healthy Relationships are free education-based consultations designed to strengthen your relationships. This series of personalized coaching sessions is tailored to help you set goals and strengthen your communication skills. This service, customized for you, can be conducted by phone or video. Call 800-342-9647 or start a live chat from the website to schedule an appointment with a Building Healthy Relationships consultant. Additionally, the below articles are available on our website:

- Strengthening the Couple Connection
- MilSpouse Toolkit
- Healthy Parent-Child Connections
- Communication Refreshers
- Staying Connected While Away
- Reconnecting After Deployment
- Blended Family

Love Every Day is a free mobile solution that prompts couples to connect in new ways. Partners answer one question each day for 21 days, which encourages communication, rekindles romance and strengthens their relationship over time. You can even surprise your significant other with a printable card from our website in the products section inviting them to participate.

For more information or ideas on how to boost existing relationships, reach out to Military OneSource at 800-342-9647 or visit www.militaryonesource.mil.





Did you know that the Military OneSource website had a design facelift? In response to user feedback, the MilitaryOneSource.mil header, main navigation and footer have been updated to make the website easier to navigate and help the user find information, resources and support more efficiently.

Looking for something to do? Whether you're looking for some family activities on your installation or a weekend getaway, you can turn to Military OneSource for ideas and resources on how to unwind and relax. From mastering a new hobby or exploring the shelves of your library to scoring discount tickets to the movies or joining a recreational sports league, we have your fun covered. www.militaryonesource.mil/recreation-travel-shopping/

Check it out! Get your free America the Beautiful Military Pass. The free pass is available to all active-duty, National Guard, Reserve and Coast Guard members, dependents of U.S. military members with DD Form 1173, U.S. Military Cadets, Veterans and Gold Star Family Members. You can choose to purchase the free Military Pass online for a \$10 processing fee. <https://www.militaryonesource.mil/recreation-travel-shopping/travel-lodging/enjoy-national-parks-for-free/>

Still at your fingertips: Your MWR Digital Library resources recently expanded. The integrated DOD MWR Libraries website delivers more free, online resources to service members and families. The DOD MWR Libraries digital collection includes e-books, audiobooks, movies, academic support (tutors), professional development, career transition and a vast array of learning resources and online content for all ages and interests. <https://www.dodmwrlibraries.org/>

Remember, Military OneSource is here for you 24/7; call anytime at 800-342-9647!

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