



ACS Mobilization & Deployment Program Quarterly Brown Bag Lunch & Learns

Dates: 7 December, 12 January, 12 April, 12 July

Topics vary, but include*:

- *Changes in roles and responsibilities during deployment*
- *Communication maintenance issues and technology for staying in touch*
- *Stress and anger management strategies*
- *Coping strategies*
- *Suicide prevention and behavioral health screenings, intervention, and treatment*
- *Medical and dental benefits*
- *Legal assistance*
- *Personal security or safety*
- *Practical suggestions for reducing loneliness and isolation*
- *Available services and supports and how to access them*
- *Reintegration*
- *Interpersonal skills in marriage and parenting*
- *Financial management before, during, and after deployment*

**Can be tailored to the audience; see schedule.*

Family members are invited and encouraged to attend!



Please contact ACS to register or with questions at
717-245-4357 or ACS_Carlisle@army.mil.

See attached schedule for more information. MS
Teams link available upon request.

SFRG training and one-on-one sessions available
on demand and by request.

FY24 ACS Mobilization & Deployment Quarterly Brown Bags

Mob Dep Topics Covered*	Date	RSVP By	Time	Location
Q1				
<ul style="list-style-type: none"> • Changes in roles and responsibilities • Financial management, before, during, and after deployment • Available services and how to access them • Interpersonal skills in marriage and parenting • Legal assistance 	07 Dec	06 Dec	1300-1330	ACS—Anne Ely Hall (Room TBD)
Q2				
<ul style="list-style-type: none"> • Communication maintenance issues and technology for staying in touch • Practical strategies for combating loneliness and isolation • Personal safety and security • Available services and how to access them 	12 Jan	11 Jan	1200-1230	ACS—Anne Ely Hall (Room TBD)
Q3				
<ul style="list-style-type: none"> • Stress and anger management strategies • Coping strategies • Medical and dental benefits • Suicide prevention and behavioral health screenings • Available services and how to access them 	12 Apr	11 Apr	1200-1230	ACS—Anne Ely Hall (Room TBD)
Q4				
<ul style="list-style-type: none"> • Reintegration • Available services and how to access them 	12 July	11 July	1200-1230	ACS—Anne Ely Hall (Room TBD)

**Topics can be tailored toward attendees.*

Family members are invited and encouraged to attend.

SFRG Training available on demand and by request.

To register, e-mail ACS_Carlisle@army.mil at least one day before the event or call 717-245-4357. Specific room location will be determined based on number of attendees. Microsoft Teams information available for joining the group virtually by request.