



S n a p s h o t

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Email Us: usarmy.usarc.usarc-hq.list.family-programs@army.mil
Suicide and Crisis Lifeline: 988
Military OneSource: 1-800-342-9647
Safe Helpline, Sexual Assault Support: 1-877-995-5247



Domestic Violence Awareness Month



Domestic Violence Awareness Month. Communities and advocacy organizations across the country connect with the public and one another throughout the month to raise awareness about the signs of abuse and ways to stop it. U.S. Army Reserve Family Advocacy Program (FAP) military installations and local resources to provide essential support services where families live. For more information: <https://www.usar.army.mil/Featured/Family-Programs/FAP/>



Since 2004, the President of the United States and Congress have declared the month of October to be Cybersecurity Awareness Month, a dedicated month for the public and private sectors to work together to raise awareness about the importance of cybersecurity. This year's theme, Secure Our World, calls all Americans to action to adopt ongoing cybersecurity habits and improved online safety behaviors.

October 2024 Observances



Emotional Wellness Month, Halloween Safety Month, National Cyber Security Awareness Month, National Domestic Violence Awareness Month

- 10/13 U.S. Navy Birthday
- 10/26 Day of the Deployed
- 10/31 Halloween

Family Programs Annual Training



The Family Programs Annual training in Atlanta Georgia September 9 – 13, 2024 was outstanding! Command Sergeant Major Gregory Betty and Command Chief Warrant Officer LaShon P. White each gave presentations, and answer questions.

Family Programs staff united for a week of training and discussion and topics concerning Army Reserve soldiers and their families. We look forward to next years training.

Yellow Ribbon Reintegration Program



Register here: <https://www.yellowribbon.mil/>

HAPPY HALLOWEEN



Halloween is a holiday celebrated each year on October 31. The tradition originated with the ancient Celtic festival of Samhain (pronounced sow-in), when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.