



# S n a p s h o t

VOL. 21: March 2024



**24/7  
SUPPORT**

Email Us: [usarmy.usarc.usarc-hq.list.family-programs@army.mil](mailto:usarmy.usarc.usarc-hq.list.family-programs@army.mil)

Suicide Prevention Call or Text: 988

Military OneSource: 1-800-342-9647

Safe Helpline, Sexual Assault Support: 1-877-995-5247



## Women's History Month



The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion." The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.

Women from every background have long realized that an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our institutions and social interactions.



**USARC Family Programs**

[www.usar.army.mil/ARFP/](http://www.usar.army.mil/ARFP/)

## March 2024 Observances



Women's History Month, National Credit Education Month, Month of the Military Caregiver

3/8 - International Women's Day  
3/10 - Daylight Saving Time  
3/13 - K9 Veterans Day  
3/17 - St. Patrick's Day  
3/19 - First Day of Spring  
3/29 - Good Friday  
3/31 - Easter Sunday

## Survivor Outreach Services

Survivor Outreach Services (SOS) provides compassionate support to military families facing grief. The Support Coordinator is a dedicated liaison who offers personalized assistance to survivors in navigating available resources and benefits, including survivor benefits, insurance claims, emotional support services, and paperwork. They also advocate for survivors within the military community and beyond. The Support Coordinator stands as a beacon of hope, offering a lifeline of assistance and understanding to help survivors navigate the path toward healing and renewal. Contact our Support Coordinator for assistance.

## Yellow Ribbon Reintegration Program



### EVENTS

Register here:

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



K-9 Veterans Day is celebrated on March 13. On this day, K-9 breeders and handlers honor the service of their furry companions. K-9s serve vital roles in the military and law enforcement. They get embedded in border patrol and customs, airports, the Coast Guard, the F.B.I., the police, and even the Secret Service. This holiday also recognizes other service dogs that help people with disabilities and support animals for those with mental health issues. Service dogs often risk their health and lives to accomplish their missions. It's only fair that we should celebrate their efforts at least once a year.



[www.usar.army.mil/ARFP/](http://www.usar.army.mil/ARFP/)



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