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Email Us: usarmy.usarc.usarc-hq.list.family-programs@army.mil

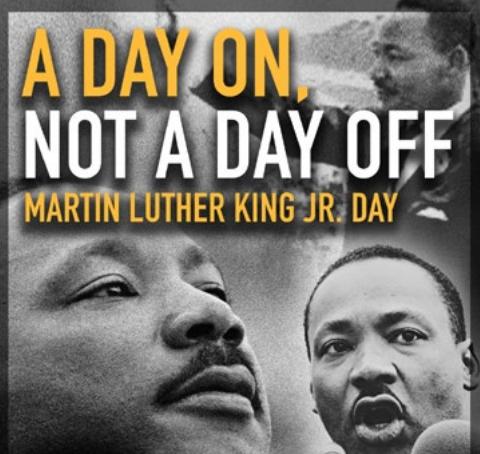
Suicide and Crisis Lifeline: 988

Military OneSource: 1-800-342-9647

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



Martin Luther King Jr. Day



Dr. King advocated for nonviolent resistance to overcome injustice as a means of lifting racial oppression. He created change with organized sit-ins, marches, and peaceful demonstrations that highlighted issues of inequality. Dr. King received the Nobel Peace Prize in 1964; he was the youngest person to ever receive this high honor. He followed in the footsteps of his grandfather and father by entering the ministry to become a Baptist minister. On April 4, 1968, at the age of 39, he was assassinated in Memphis, Tennessee as he stood on the balcony of his hotel. Dr. King traveled to Memphis, Tennessee to lead a march in support of striking sanitation workers.

We remember Dr. King as a husband, father, friend, and fierce advocate for the betterment of all people. Honor his memory by organizing, volunteering, and spreading the word. Remember to **MAKE IT A DAY ON, NOT A DAY OFF**, for you and those around you.

<https://www.dodea.edu/news/excellence-in-education/martin-luther-king-jr-day>

January 2026 Observances



- 1/1 - New Year's Day
- 1/9 - Law Enforcement Appreciation Day
- 1/11 - National Human Trafficking Awareness Day (#WearBlueDay)
- 1/20 Martin Luther King Jr.'s Birthday

BGCA & Joint Service



The BGCA & Joint Service End of Year Meeting 2025 was held at BGCA Headquarters Atlanta, GA. LTC Elisha Dansby and Mr. Robert Edwards attended working with all six branches of the military, the Army National Guard, IMCOM, and OSD. They all came together to collaborate and gain insight to better service military connected youth both on and off installations.
<https://www.bgca.org/about-us/military/>

Yellow Ribbon Reintegration Program



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

Wear Blue Day



Today is National Human Trafficking Awareness Day (#WearBlueDay). Human trafficking is not limited to sex trafficking—forced labor is also a widespread and often misunderstood form of exploitation. Stopping human trafficking starts with understanding it. By learning the facts, ending misconceptions, and starting the conversation, you can help change perceptions—and potentially change someone's life.

<https://www.dhs.gov/blue-campaign/publication/january-11-wearblueday>

