



Email Us: 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

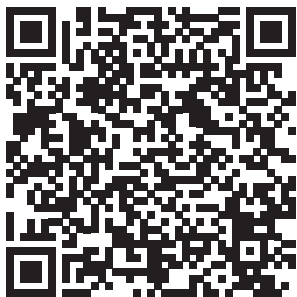


Financial Literacy



Happy New Year!

What's your motivation? Our motivation is you, U.S. Army Reserve Soldiers and their Families. Are you leaving money on the table? Do you know what is Continuation Pay? Are you enrolled in the Blended Retirement System (BRS)? Find out the facts here: <https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Continuation-Pay?serv=125>

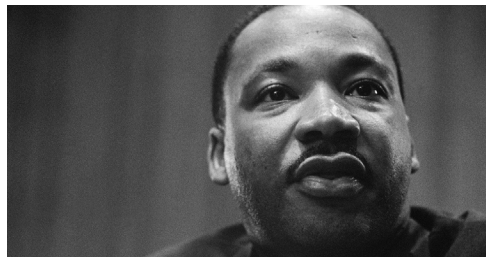


January 2024 Observances



Birth Defects Prevention Month

1/9 - Law Enforcement Appreciation Day
1/15 Martin Luther King Day



Martin Luther King Day

Every year on the third Monday of January we observe Martin Luther King, Jr. Day and reflect on the work that still needs to be done for racial equality. Today, make the holiday more than just a day off and take time to reflect and take action on civil rights issues across the globe. Learn More: <https://www.britannica.com/topic/Martin-Luther-King-Jr-Day>



Yellow Ribbon Reintegration Program



EVENTS

Register here:

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

Survivor Outreach Services

SNOWBALL EXPRESS



81st RD Survivor Outreach Services attended Snowball express event in Disney Springs, on Dec.6th. During the event the Gary Sinise Foundation hosted more than 1,800 children and spouses/ gardens of our fallen military heroes.

