

Child & Youth Services

Parent Newsletter

Presidio of Monterey October & November



CYS Contacts:

Parent Central Services

(831) 242-7765

Stilwell Community Center
2218 Gigling Rd. Bldg. 4260
Suite #1. Seaside, Ca 93955

Family Child Care

(831) 242-5820

Stilwell Community Center
2218 Gigling Rd. Bldg. 4260
Suite #2C. Seaside, Ca 93955

School Liaison Office

(831) 242-6904

Stilwell Community Center
2218 Gigling Rd. Bldg. 4260
Suite #2G. Seaside, Ca 93955

Youth Sports & Fitness

(831) 242-7809

Stilwell Community Center
2218 Gigling Rd. Bldg. 4260
Suite #7. Seaside, Ca 93955

Monterey Rd. CDC

(831) 583-1050

7693 Monterey Rd.
Seaside, CA 93955

Porter Youth Center

(831) 242-7823

4286 Normandy Rd.
Seaside, CA 93955

CYS Parent Points Program

Did you know that you can earn Parent Points towards money off of your child care bill? Earn 10 Parent Points for 10% off of one child's bill. There are SEVERAL ways to earn Parent Points including helping in your child's classroom, donating items, attending parent education classes and more. Contact CDC or Porter Youth Center for more information!

Important Dates:

October 1 – International Coffee Day
October 2 – Walk to School Day
October 4 – National Taco Day
October 5 – World Teachers' Day
October 14 – Columbus Day (Centers are CLOSED)
October 17 – National Pasta Day
October 24 – United Nations Day
October 26 – National Pumpkin Day
October 28 – National Chocolate Day
October 31 – Happy Halloween

November 3 – Daylight Saving Time Ends
November 5 – Election Day
November 11 – Veterans Day
November 13 – World Kindness Day
November 17 – National Take A Hike Day
November 26 – National Cake Day
November 28 & 29 – Thanksgiving Holiday
(Centers are CLOSED)

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In observance of the holiday, and so that our staff can enjoy this time with their families, both CYS centers (PYC & CDC) and the Administration Office will be closed Thursday and Friday, November 28 & 29*, 2019.

We will resume our normal business hours on Monday, December 02, 2019.

*Care will be provided on November 29th for Mission Essential personnel with a signed Command letter only. Request for care on the 29th needs to be communicated, and verified as mission essential, with the center 7 days prior.

CYS Health & Wellness

Childhood Immunizations

Did you know that when you get vaccinated, you're protecting yourself *and* your community? How does **community immunity** work? Germs can travel quickly through a community and make a lot of people sick. If enough people get sick, it can lead to an outbreak. But **when enough people are vaccinated against a certain disease**, the germs can't travel as easily from person to person — and the entire community is less likely to get the disease. Community immunity (also known as herd immunity) protects everyone. And it's an important reason for you and your family to get vaccinated — so you can help keep yourselves and your community healthy.



What's up with immunizations? On-time vaccinations throughout childhood are essential because they help provide immunity before children are exposed to potentially life-threatening diseases. **Over the years, vaccines have prevented countless cases of disease and saved millions of lives.** Infants, children, adolescents, teens and adults need different vaccinations, depending on their age, location, job, lifestyle, travel schedule, health conditions or previous vaccinations. Because of vaccines, some diseases (like polio and diphtheria) are rare in the U.S. Immunity is the body's way of preventing disease.

Statistically, the chances of your child getting diseases such as measles, pertussis, or another vaccine-preventable disease might be low. **HOWEVER**, you don't want them to be without the protection that vaccines provide. **Think of it this way:** You always make sure to buckle your child in his/her car seat even though you don't expect to be in an accident.

What about side effects? Any vaccine can cause side effects. For the most part, these are minor (for example, a sore arm or low-grade fever) and go away within a few days. A decision not to immunize a child also involves risk and could put the child and others who come into contact with him or her at risk of contracting a potentially deadly disease.

What about the flu vaccine? An annual flu vaccine is the best way to reduce your chances of getting the seasonal flu and spreading it to others. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older receive an annual flu vaccine. For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines.

CYS requires your child to have up-to-date vaccinations in order to register for programs.

Contact your local public health agency or health care provider if you have concerns.

Reference: <https://www.cdc.gov/vaccines/parents/why-vaccinate/index.html>
<https://www.vaccines.gov/basics/work/protection>



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND

ArmyMWR.com/CYS





Halloween

Trick-or-Treating Tips

S

Swords, knives, and other costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

A

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.
☐

O

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Monterey Road Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2019			2	3 Crazy Sock Day 	4	5 Butterfly Parade & Bazaar 10:30am in PG 
6 Marina's Farmers Market 10:00a-2:00pm	7	8 Monterey's Old Town Farmers Market 4:00p-7:00pm	9	10	11 Dino Day 	12 Seaside's Farmers Market 10:00a-2:00pm
13	14 MRCDC Closed for Columbus Day 	15	16 Wacky Wednesday 	17	18 Decades Day 50's 40's 60's 70's 80's	19 Glow Crazy Mother-son Dance 5:30-8:00pm 
20	21	22 "What's Your Favorite Color?" Day 	23	24 Mismatch Shoe Day 	25	26
27	28	29 Tie Dye Day 	30	31 TRUNK OR TREAT 3pm-4pm at MRCDC: Wear your costume 		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2019					1 Pirates Day 	2
3	4	5 Character Day	6	7 Robot Day 	8	9
10	11	12	13 Super Hero Day	14	15 CDC Farmer's Market 9:30-11:30am	16
17	18	19 Patterns Day 	20	21 Inside-Out Day	22 MRCDC's Fall Festival 3:00-5:00pm	23
24	25 Stuffed Animal Day	26 Crazy Hair Day	27 Holiday Luncheon 11:30am-12:30pm	28 Thanksgiving Day – Center Closed 	29	30

The Monterey Road Child Development Center's playground renovation is underway. Here are some photos of the work done so far. The project is expected to be on-going until March 2020. We are excited to see the finished look and we hope you are too. Please stay tuned as we continue to provide updates on this project.





The Monterey Road
Child Development Center
(MRCDC) will be holding Parent-
Teacher conferences during the
month of October.
Dates to be determined

Starting Monday, October 28,
2019, POM Fire Department
will be visiting MRCDC with
their fire trucks during
Fire Prevention Week.



The firefighters will be showing the children their firetrucks and
explaining the importance of fire safety.

**Join the
PPA**

If you are interested in making a
difference AND getting Parent Points
towards 10% off of your monthly bill,
then come join the Parent as Partners
Association (PPA). They meet the
second Thursday of every month in the
MRCDC lobby. If you are a parent and
want to help out by letting your voice
be heard, you are more than welcome to
join the PPA. Come in and join the fun!

Get those treats and costumes ready because the MRCDC will be hosting their annual **Trunk or Treat on Thursday, October 31, 2019** from **3:00pm-4:00pm** in the MRCDC parking lot! This is a chance for the children to show off their costumes while getting to shop from trunk to trunk for goodies!



Holiday Luncheon on Wednesday, November 27th 11:30am-12:30pm at MRCDC. Join us as we celebrate families with the annual MRCDC Holiday Luncheon.

Sign up in your child's classroom with the number of family members that will be attending.

For more information, please call 831-583-1050.



Porter Youth Center

October is a very busy month at Porter Youth Center. We recognize three important initiatives this month including Bullying Prevention Month, Red Ribbon Week and Fire Prevention Month. Please see the important dates below to find out more information on specific dates and activities. Red Ribbon- "Send a Message, Stay Drug Free" The Army Substance Abuse will host several Red Ribbon week activities this month.

- 1 October— Red Ribbon Poster Contest Begins. Winners will be announced 25 October.
- 21-25 October- Red Ribbon Grade Group Presentations with the Army Substance Abuse Program
- 21 October— 4th/5th Grade, 3:30pm
- 22 October— 3rd Grade, 3:30pm
- 23 October— Youth Program, 3pm
- 24 October— 1st/2nd Grade, 3:30pm
- 25 October— Kinder, 3:30pm
- 23 October— Red Ribbon Week Information Fair, 1pm
- 25 October— Red Ribbon Week Rally- Skits, Poster Contest Winners announced, and more!
- 30 October—



Bullying Prevention Month- Character Counts!

Every Wednesday with the Character Counts! program and daily through conflict resolution and social/emotional learning Porter Youth Center focuses on what it means to be of good character. This month we will focus more specifically on the topic of bullying prevention through the following planned activities:



August Character Counts!
Award recipients and activities.

7-11 October— Bullying Prevention Door Decorating Contest
 25 October— Special presentation about bullying from the Porter All Stars (Staff)
 25 October— Youth Program Social Media Shutdown focus on Bullying, 6pm

Fire Prevention Month— The Fire Department will visit on 28 October, 2:30-4:00pm. Children and Youth will tour the Fire Truck and Smoke House and will have the opportunity to compete in the annual Tug-O-War contest against POM FD.

Other Important Dates for October:

7-11 October— Fall Break. Please contact Porter Youth Center to enroll.

Kinder/School-Age: Building Character with Roblox

Youth Program: Field Trip to Escape Room *Program will not be open until 1pm Daily*

14 October— PYC is Closed, Federal Holiday

23 October— Looniversity Classes begin

Youth Program
 Friday Night
 Talent Show.



Friday Nights in the Youth Program- 6-10pm

04 Oct— Chicken Wings Party
 11 Oct— Battle of the Bay Football Game SHS vs. MHS
 18 Oct— Basketball and Open Rec.
 25 Oct— Social Media Shutdown- focus on Bullying



Looniversity:

Each quarter in the School-Age Program. Staff teach specialized classes to the children. This quarter included Line Dancing, Jr. Torch Leadership Club, Let's Get Physical, and STEAM. A new quarter will start October 23rd. To find out more, please contact the PYC Front Desk at 831-242-7823.

November at PYC

In November Porter Youth Center observes **Military Family Appreciation Month**. It is a time to celebrate the contributions of military families and honor them with respect and appreciation for the sacrifices they make to support their service members. In celebration, please join us for the following activities:

Military Family Appreciation Event 2018



Build a Resilient Family—

November 8th, 6:30-8:00pm at Porter Youth Center

Join us for dinner and activities aimed to help families work better together. Please RSVP to the Porter Youth Center Front Desk, 831-242-7823.

Socks and Sweets Family Appreciation Celebration—

Nov. 15, 6:30-8:00pm at Porter Youth Center

Join us as we celebrate Military Family Appreciation Month. Come in your crazy socks and get ready to dance, play games, lip sync and eat sweets! Bring a desert to share. Please RSVP to the Porter Youth Center Front Desk, 831-242-7823.

Other Important Dates for November:

7 November— Kindergarten Information Night, 6-7pm ***DINNER WILL BE SERVED***

This is a night for future Kindergarten parents to find out about schools in the area and their registration processes. You **DON'T** want to miss this.

18-22 November— Marshall/DLAMP early release all week

25-27 November— Fall Break, please contact PYC to enroll.

28 November— Thanksgiving Day. PYC Closed (Federal Holiday)

Friday Nights in the Youth Program: 6-10pm

1 Nov- Open Recreation

8 Nov- Building a Resilient Family

15 Nov- Teen Room Closed, Family Appreciation Ice Cream Social at Stilwell

22 Nov- Indoor Hockey and Burgers

Other PYC Photos:

Kindergarten Photo Project



SCHOOL AGE PROGRAM



831-242-7823
www.mwrmonterey.com/CYS

Before School Care
6:30 a.m.—Drop-off

After School Care
Until 6:00 p.m.

School Break Care
6:30 a.m.—6:00 p.m.
Monday—Friday

****4 FREE HOURS PER MONTH****



Eligible Patrons include:
Active Duty Military, Retirees, DoD Civilians

Free After-School Teen Program

Homework Help
Gym Games
Arts & Crafts
Activities

Video Games
Instruments
Field Trips
Out Door Fun

Snacks
Tech Lab
3D Printer
HS Lounge

Open Until 10p.m. Fridays

(831) 242-7823



mwrmonterey.com/cys



Porter Youth Center offers free after school programming for middle school and teens. Once on site, youth have the opportunity to participate in programming focused on sports and recreation, character and leadership, education and career exploration, the arts, health and life-skills. Equipped with EVERY video game system, a full size gymnasium, snack bar, art center, pool table and MORE this is the place that every teenager wants to be. The program is open until 10pm on Friday nights, offers special trips to local attractions, 3-on-3 tournaments, music, and entertainment.

Outreach Services

CHILD & YOUTH SERVICES PRESENTS

Let's **Glow** Crazy

MOTHER - SON DANCE

SATURDAY, OCTOBER 19

530-800PM

Stilwell Community Center Ballroom

BLDG. 4260 Gigling Road, Seaside CA 93955

\$10 Per Ticket

Available at CYS, CDC & PYC



Ticket Price Includes:

DJ, Glow Bracelets, Dinner, Refreshments,
Photobooth & Souvenir Photo

For Active Duty Military, Retirees, DoD Civilians



Family Child Care

Intro to Family Child Care

Work From Home
Early Education Resources
Supplies & Furniture Provided
Meal Reimbursement
Extend Affordable Child Care
Transferable Credentials

Interested in becoming a Family Child Care (FCC) Provider in OMC or La Mesa?

Join Us in the CYS Conference Room,

Stilwell Community Center Bldg. 4260 Gigling Rd OMC

Friday October 25th at 10:00 a.m.

for information about FCC and how to become a Provider.

Please Call Traci Gibson 831-242-5820

mwrmonterey.com

www.facebook.com/PresidioCYSS



Family Child Care

Are you familiar with what Family Child Care (FCC) is all about?

FCC is NOT babysitting within your home. FCC offers personal, individualized care within your home environment. FCC providers are fully vetted through the Army, passing thorough background checks and required training. FCC providers are held to the highest standard of care and regulations to ensure the best care possible for our children. FCC is currently recruiting qualified family members residing in Ord Military Community or La Mesa Housing. This is an excellent opportunity for you to work from home, earn extra income, and provide a much needed child care option for our military families. FCC also transfers from installation to installation, affording consistent employment throughout the multiple moves that may occur during a military career.

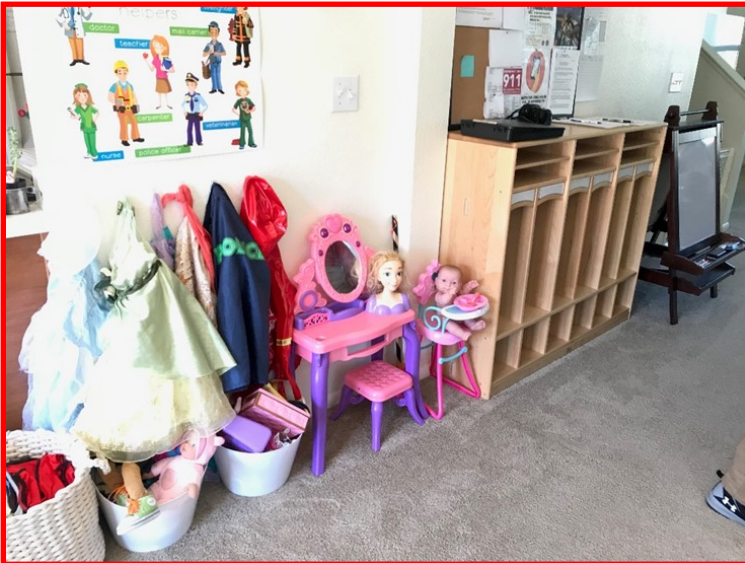
Family Child Care (FCC) welcomes its newest FCC Providers, Amanda and Amy.

Amanda has opened her Army Certified home within the Ord Military Community and is currently offering a Part-Day Pre-School program for children ages 3-5. She is open M-F from 0800-1100. Amanda offers a play-based educational program that prepares children for Transitional Kinder and Kindergarten.

Amy is offering a Full Day program M-F from 0700-1600. She take children ranging from 6-weeks to 5 years old. Amy offers a program where children learn and develop through purposeful, play-based activities and where they are afforded personalized care within a home environment.

Within the FCC home, your child will experience personalized care filled with developmentally appropriate activities and educational opportunities. Family Child Care providers can take up to 6 children, so space is limited. If you would like more information on these homes or other Family Child Care homes available within the Ord Military Community, Parent Central Services will be happy to provide you the providers information so that you can set up an interview and meet the providers and tour their homes. Please call 831-242-7765 for more information.

Amanda's FCC Home



Amy's FCC Home



School Liaison Office

Gizditch Apple Ranch Field Trip with Home School Co-op



Home School Co-op



Monterey High School Transition Response Team Meeting





Seaside Middle School Lunch Club



Soccer Clinic for Home School Co-op



MONTEREY PENINSULA UNIFIED SCHOOL DISTRICT

SCHOOL CALENDAR

2019-2020

JULY - 2019

SU	M	T	W	TH	F	SA
	1	2	3		5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
29	29	30	{31}			

AUG - 2019

SU	M	T	W	TH	F	SA
				{**1}	{**2}	3
4	{5}	**6		8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPT - 2019

SU	M	T	W	TH	F	SA
1		3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCT - 2019

SU	M	T	W	TH	F	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOV - 2019

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10		12	13	14	15	16
17	18	19	20	21	22	23
24	25	26				30

DEC - 2019

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	*20	21
22	23					28
29	30					

JAN - 2020

SU	M	T	W	TH	F	SA
				2	3	4
5	{6}	**7		9	10	11
12	13	14	15	16	17	18
19		21	22	23	24	25
26	27	28	29	30	31	

FEB - 2020

SU	M	T	W	TH	F	SA
						1
2	3	4	5	6	7	8
9		11	12	13	14	15
16		18	19	20	21	22
23	24	25	26	27	28	29

MAR - 2020

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR - 2020

SU	M	T	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY - 2020

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24		26	27	28	29	30
31						

JUNE - 2020

SU	M	T	W	TH	F	SA
	1	2	3	4		6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

8/7 Students' First Day

9/2 Labor Day

10/7 - 10/11 Fall Break

11/11 Veterans' Day

11/25-11/29 Thanksgiving Break

12/23-1/3 Winter Break

1/8 Students' Return from Winter Break

1/20 Martin Luther King Day

2/10 Lincoln's Birthday

2/17 President's Day

3/16-3/27 Spring Break

5/25 Memorial Day

6/5 Students' Last Day of School

*Minimum Day

July 31 - August 1 - New Teacher Orientation/Staff Meeting/Preparation

August 2 1/2 Site Professional Development Day/ 1/2 Teacher Work Day

August 5 - Back to School Kick Off/Professional Development Day

August 6 and January 7 - Teacher Work Day

January 6 - Professional Development Day

October 4 - End of 1st Quarter (42 Days)

December 20 - End of 2nd Quarter (44 days)/End of 1st Sem. (86 days) All Secondary Grades

March 13 - End of 3rd Quarter (45 Days)

June 5 - End of 4th Quarter (49 Days)/End of 2nd Sem (94 Days)

June 5 - All Grades Due

180 Total Teaching Days

185 Service Days for Returning Teachers

187 Service Days for New Teachers

^ CAASPP Testing Window * Less Than a Full Day

All Holidays

Student Break

[] Collaboration Dates

{ } Professional Development

** Teacher Work Day

1st Day of School/Last day of School

Winter Expo

Craft Making & Stocking Stuffer Event

Save The Date

December 12 • 4:30–6:30 p.m.

Stillwell Community Center

Enjoy Hot Chocolate & Cookies

Stocking Stuffer Gifts

Find out about our programs
and how they serve our military
and civilian communities

Come celebrate
the holiday season,
grab some goodies
and gifts.



4260 Gigling Road, Ord Military Community
www.mwrmonterey.com • 831-242-7765
Fb: /PresidioCYSS

SCHOOL LIAISON SERVICES Home School Co-Op

School Liaison Services Home-School Program Schedule: School Year 2019-2020

August 20, 2019	September 10, 2019
October 15, 2019	November 5, 2019
December 10, 2019	January 14, 2020
February 11, 2020	March 10, 2020
April 14, 2020	May 12, 2020

Home School Families, the School Liaison Services welcomes your school-age children to the Home School Co-Op. There will be different fun and educational activities available for home schoolers including: Arts & Crafts, Technology Exploration and Sports. We look forward to having your children participate in this unique experience. Please wear appropriate footwear.

Discover the many things that Child & Youth Services can offer to you and your children:

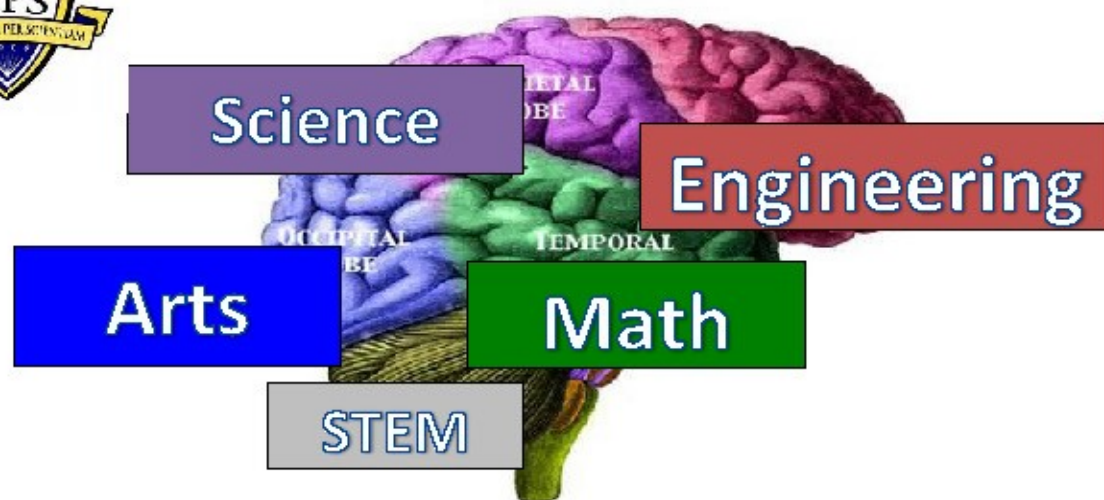
Facilities, Gymnasium, Computer Lab, Classes, Activities, Field Trips and much more. Meetings take place from 9-11:30 a.m. at Porter Youth Center, Bldg. 4283 on OMC.



REGISTRATION IS FREE. Children and youth (5-18) must be registered with CYS in order to participate, please call 831-242-7765 for an appointment. If you're already registered, please contact your School Liaison Officer to sign up for the events at 831-242-6904.

Follows us on online at: www.facebook.com/PresidioSLO or www.mwrmonterey.com/SLO

Breakfast for your Brain



WHAT:

FREE TUTORING

Science, Technology, Engineering &
Math (STEM) Focus*

A-G, AP, & IB

WHERE: Dudley Knox Library Naval Postgraduate School

WHEN: Saturdays 9 -11am – Fall 2019

August 17, 24

September 7

October 5, 19, 26

November 2, 16

December 7

Contact: BreakfastForYourBrain@nps.edu

- Identify student grade and subject by Wednesday @5pm prior to tutoring session.
- Fill out SECNAV 5512 form and email driver(s) first and last name for gate access.
- (background check required if no existing base access)

***Due to limited personnel, we are no longer able to provide enrichment services and must focus specifically on tutoring.**

Presidio Youth Sports

PRESIDIO YOUTH SPORTS

KARATE & JUJITSU

Ages 6-18



Registration Dates: November 12 - January 3

Sessions: January 6 - April 2

Location: Porter Youth Center Gym

Tuesdays & Thursdays 6:15pm - 7:15pm

Mondays & Tuesdays 6:15pm - 7:15pm

Mondays & Thursdays 6:15pm - 7:15pm

\$80 per 3 month session

15% discount for additional children.

Class Instructor is Tyler Owens.



Space is limited and registrations will be taken on a first come first served basis. All participants must be registered with Parent Central Services and have a current sports physical to participate in youth sports. Newcomers begin the registration process or enroll online at <https://webtrac.mwr.army.mil/webtrac/presidiocyms.html>

For more information call Andy or Nicole at 242-7809 or call Parent Central Services at 242-7765

Our club is dedicated in the loving memory of

Professor John Chow-Hoon

March 5, 1927 - July 23, 1988

"You are richer today than you were yesterday if you have laughed often, given something, forgiven even more, made a new friend, made stepping stones out of stumbling blocks, if you have thought more in terms of "thysself" than "myself", or if you have managed to be cheerful even though you were weary." -John Chow-Hoon

Our goal is to pass on the knowledge of our founder to the students by teaching self defense, respect, and discipline while having fun.



Presidio Youth Sports

Youth Basketball

2019–2020

Registration: September 30-December 5

Practice: Begins December 9

Games: January 18 - March 7

Skills Assessment: December 7

11:00 a.m. (Ages 9–10)

12:00 p.m. (Ages 11–12)

1:00 p.m. (Ages 13–14)

Age Groups:

9-10 Girls, 9-10 Co-ed

11-12 Girls, 11-12 Co-ed

13-14 Girls, 13-14 Co-ed

- \$55 First Child
15% discount for additional children.
- Coaches children play for free.
- Age cutoffs as of December 1, 2019.
- Coaches meeting and new coach certification
December 5, 5:30 p.m. Stilwell Community Center.

Anyone who wishes to coach or will be regularly helping with the program is required to fill out a volunteer application. Applications are available at Parent Central Services, Bldg. 4260 on OMC.

All participants must first be registered with Parent Central Services and have a current sports physical in order to participate in youth sports. All military branches, DOD civilians and students attending Marshall Elementary, Dual Language Academy, Seaside Middle School and Seaside High are welcome to participate. If you are new to PCS you will be required to make a registration appointment; please call 242-7765 to schedule.

Fee includes uniform, team photo, award certificate and medal.



Scan this QR Code with your Smart Phone/
Tablet Device to access CYS Online



Visit us online at:
www.mwrmonterey.com/CYS

Enroll online at <https://webtrac.mwr.army.mil/webtrac/presidiocyms.html>

For more information call Andy or Nicole at 242-7809/4510 or call Parent Central Services at 242-7765

Infant Play Group

Are you a New Parent?
Have an Infant (newborn to 1 year of age)?

Looking for a fun place to share, learn, and meet other new parents, newborns and infants?
Then come to the Infant Play Group to share, learn and socialize as you explore and encourage your infants development

Every Wednesday 9:00-10:00am
Stilwell Community Center



For more information Army Community Service 242-7660
mwmmonterey.com/acs



Couples Connection

The Secrets to Love That Lasts



ACS Gold Room, 5:30 p.m.-7:30 p.m., Wednesdays 2019

- | | |
|--|-------------------------------|
| 6 MAR: Restoring the Joy | 7 AUG: Dreaming to Completing |
| 3 APR: Fun and Friendship | 4 SEP: Growing with Children |
| 1 MAY: How to Fight Fair | 2 OCT: Family Frame Work |
| 5 JUN: Expectations vs. Desire | 6 NOV: Attitude of Gratitude |
| 3 JUL: Independence to Interdependence | 4 DEC: Surviving the Holidays |

Marriages do not come with instructions. Learn different techniques of how to build on each person's existing strengths and add critical life and relationship skills to your partnership. In particular we will discuss how we all think and react to life events. The goal of this class is to provide couples with a clear picture of what a healthy relationship looks like in such a way that they feel empowered and fully capable of creating their own healthy romantic relationship. Class facilitators will be Everett Zachary, Family Life Chaplain and Jason Ledford, LCSW.

Free Dinner will be provided.

To make a reservation for the class please call 831-242-7660.
Child Care may be available if children are registered with Army Child and Youth Services and enrolled for childcare.



ACS LENDING CLOSET

Just arrived and your household goods haven't?

ACS can help, stop by and borrow items like:



Children & Parents Play Group

Have children age 0-4 and looking for a fun place to play?

Then come to the Children and Parents Play Group. Meet, share and learn with other parents as the world of the newborn, the curiosity of the toddler, and the persistence of the preschooler is explored.

Every Wednesday 10:00-11:00am
Stilwell Community Center



For more information Army Community Service 242-7660
mwmmonterey.com/acs



Family Advocacy Program Classes 2019

PROTECTING YOUR CHILD
FROM THE "REAL" WORLD

October 16
6:00 pm - 7:30 pm

*This discussion is based upon the book by Gavin DeBecker, Protecting the Gift, Keeping Children and Teenagers Safe (and Parents Sane). How to screen sitters and choose schools, warning signs of sexual abuse and safety skills for children outside the home.



PEACEFUL HOLIDAYS

November 13
6:00 p.m.-7:30 p.m.

*Holidays are eagerly anticipated by some and at times we are overwhelmed. What are some ideas that we can think about now to prepare for a smoother holiday season. We will look at travel, guests, gift expectations, balancing time and funds for holiday events and how to set up a successful season for all to enjoy.

*Presented by Ms. Gail Root, M.A. Pre & Perinatal Psychology

ACS Gold Room, General Stilwell Center, Gigling Rd, Bldg 4260, Seaside, CA, 93955.
Call 831-242-7660, or stop by to register. Check out www.mwmmonterey.com/acs



ARMY COMMUNITY SERVICE

Bldg. 4260 on OMC ✦ Mon-Thurs 8:00 am–5:00 p.m., Fri 1–5:00 p.m. | (831) 242-7660



OCTOBER

Most classes require pre-registration please call ACS for verification. If you intend to use our childcare services, your child(ren) must be registered with Child Youth Services prior to event. To register for events please call ACS at 242-7660. For child care registration, please call CYS at 242-7765.

Infant Playgroup

Wednesday, October 2, 9, 16, 23, & 30, 9–10:00 a.m. ACS, General Stilwell Community Center
Are you a new parent? Looking for a safe and fun place to share, learn and meet other new parents, newborns and infants? Join us for this interactive playgroup for infant's ages 0-1. Socialize with other parents as you learn and share from each other's experience as you explore and encourage your infant's development. Call Desiree Lowry at ACS at 831-242-7196 or 7660 or email desiree.g.lowry.civ@mail.mil for more information.



Children & Parents Playgroup

Wednesday, October 2, 9, 16, 23, & 30, 10–11:00 a.m. ACS, General Stilwell Community Center
Do you have children ages 1-4 years old and looking for a fun place to play? Join us at our Children and Parents Playgroup! Meet, share and learn with other parents the world of the newborn, the curiosity of the toddler and the persistence of the preschooler. Call Desiree Lowry at ACS at 831-242-7196 or 7660 or email desiree.g.lowry.civ@mail.mil for more information



Couples Connection

Wednesday, October 9, 5:30–7:30 p.m. at ACS, General Stilwell Community Center.
"Family Framework" Marriages do not come with instructions. Learn different techniques of how to build on each person's existing strengths and add critical life and relationship skills to your partnership. In particular we will discuss how we all think and react life events. The goal of this class is to provide couples with a clear picture of what a healthy relationship looks like in such a way that they feel empowered and fully capable of creating their own healthy, romantic relationships. Class facilitators will be Everett Zachary, Family Life Chaplain and Jason Ledford, LCSW.

Personal Financial Readiness Training

Wednesday, October 9 & 23, 1–4:00 p.m., at the Tin Barn, Bldg. 518 PVT Bolio Rd. on PoM
Topics will include: Principles of Personal Finance, Budgeting, Banking & Checking Accounts, Using Credit Wisely, Saving and Investing (TSP/Traditional vs. Roth TSP/Blended Retirement System), Car Buying, Insurance, Consumer Scams, and Identity Theft. It is recommended that all IET Service Members attend a session. Call 831-242-5501 or email leyla.burns.civ@mail.mil for more information

Smart Moving – Army Out-Processing

Thursday, October 10, 3:30–4:30 p.m., at the Tin Barn, Bldg. 518, PVT Bolio Rd. on POM.
Learn about your next Permanent Change of Station (PCS) move. Topics included are: Using a Checklist, Knowing your Benefits and Entitlements and Budgeting for Moving. Just show up. Call Cliff Thornburg at ACS at 831-242-6890 or 7660 or email clifford.o.thornburg.civ@mail.mil for more information. All are welcome.



Protecting Your Child from the "Real" World

Wednesday, October 16, 6–7:30 p.m. ACS, General Stilwell Community Center
This discussion is based upon the book by Gavin DeBecker, Protecting the Gift, Keeping Teenagers and Children Safe (and Parents Sane). How to screen sitters and choose schools, warning signs of sexual abuse and safety skills for children outside the home.

CPR/AED Classes

Monday, October 28, 9:00 a.m.–1:30 p.m. at ACS
Nearly 80 percent of cardiac arrest occur outside the hospital. Providing training that enables employees to take appropriate rescuer action at the workplace is an essential element of an effective safety program. The CPR/AED Course gives you the skills to learn and complete this task. Upon successful completion, students receive a course completion card valid for two year. Call ACS at 831-242-7660 for more information.



Exceptional Family Member Program (EFMP). EFMP is a mandatory enrollment program that works with numerous military and community agencies to provide comprehensive care to military Service members and their Family Members with special needs. If you have any questions please call Zeny bate at ACS at 831-242-7960 or 7660 or email at zenaida.b.bate.civ@mail.mil

mwrmonterey.com/acs

facebook.com/PresidioFMWR

twitter.com/PresidioFMWR

facebook.com/POMemploymentreadiness



Free Basic Job Skills training in CPR/AED

Dates: Refer Below
Time: 0900-1330

Cost for AHA CPR Certification Card: \$25

Payment Methods:

• \$25 Cash at class or
Contact Health Educational Services for payment in advance: (831) 424-1867 Ext. 5

Questions:
Contact: Firefighter Jay Gonzalez
(831) 242-7701

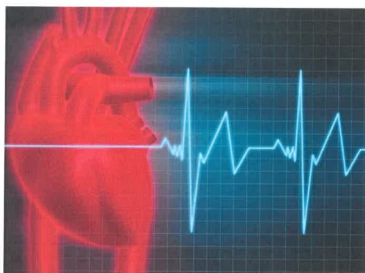
Information:
• Classroom materials will be provided by Fire Dept.

* Books provided by ACS



PRESIDIO OF MONTEREY FIRE DEPARTMENT

CPR/AED Classes



Nearly 80 percent of cardiac arrests occur outside the hospital. Providing training that enables employees to take appropriate rescuer action at the workplace is an essential element of an effective safety program. The CPR/AED Course gives you the skills to learn and complete this task. Upon successful completion, students receive a course completion card valid for two years

Location: Stillwell Center CYS Conference Room 4260 Gilling Rd. Seaside, CA 93955

Only 4 spots available per class for military community

Reserve your slot at ACS 242-7760



2019 Class Dates

Feb 25 th	May 20 th	Sept 30 th
Mar 18 th	June 24 th	Oct 28 th
Apr 29 th	July 22 nd	Nov 18 th
	Aug 26 th	



2019

10 JAN	11 JUL
14 FEB	08 AUG
14 MAR	12 SEP
11 APR	10 OCT
09 MAY	14 NOV
13 JUN	12 DEC

Army Out Processing Smart Moving Class

3:30pm-4:30pm

at Tin Barn on POM

Topics will include:

- CONUS and OCONUS moves
- Personally Procured Move (PPM)
- Shipping or Storing your vehicle
- Your benefits and entitlements

Call 242-7660 for more Information



FINANCIAL READINESS 2019 TRAINING

Open to all Service Branches, DoD Civilians and Family Members


- January 16* & 30 (*Nakamura Hall Bldg. 619)
- February 13 & 27
- March 13 & 27
- April 10 & 24
- May 8 & 22
- June 5 & 19
- July 3 & 17 & 31
- August 14 & 28
- September 11 & 25
- October 9 & 23
- November 6 & 20
- December 4



Wednesdays 1300–1600

Tin Barn on Presidio of Monterey (unless otherwise stated)
See back for lesson overview

For more information please contact Financial Readiness Program at 242-5501, Bldg. 4260 on OMC. Eligible patrons and their guests only. Restrictions may apply.



The CYS Newsletter can be viewed digitally at:
<https://presidio.armymwr.com/programs/cyss>

For questions about CYS programs contact:
Parent Central Services (831) 242-7765