

NEWSLETTER

JANUARY 2024

www.buchanan.army.mil

Fort Buchanan Military Family Life Counselors

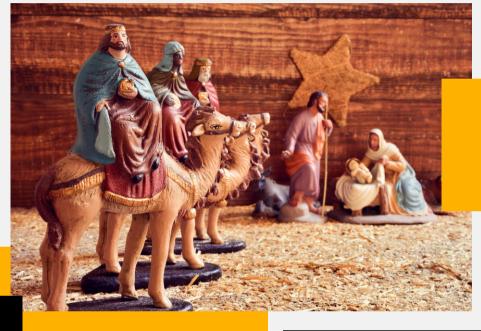
Available Services:

- Individual & Couples Support for Adults
- Family Non-Medical Counseling (parent or guardian must attend sessions with children)
- Appointments are available in person, phone or virtual

787-220-4538 787-463-1932

Our Programs

- Family Advocacy Program
- Army Emergency Relief
- Army Volunteer Corps
- Survivor Outreach Services
- Financial Readiness Program
- Relocation Readiness Program



- Employment Readiness Program
- Information and Referral Program
- Exceptional Family Member Program
- Mobilization and Deployment Program
- Military and Family Life Counseling Program
- Other services and resources

CONTACT US



787-707-3804

facebook.com/ACSBuchanan











WORKSHOPS INFORMATION

Wednesday, 3 January | 10 – 11 am at ACS
Conference Room, Bldg. 225 or via MS Teams
Mandatory Child Abuse Reporting Training: Learn
the signs of suspected child abuse/neglect and the
reporting procedures.

Thursday, 4 & 18 January | 10 – 11 am at the Chapel Annex, Bldg. 292
New Parent Support Program (NPSP) Morning
Playgroup: Families with children ages 0-3 years old. Parents can participate in activities that enhance parent-child interactions and stimulates the child's growth and development.

Wednesday, 17 January | 9 – 10 am at ACS Conference Room, Bldg. 225. Money Management Workshop: Navigating through economically fragile times can be stressful, uncomfortable, and even scary. This workshop's objective is to help you make smart decisions that will help you become financially stable.

Wednesday, 17 January | 10 am at ACS Conference Room, Bldg. 225

Military Spouses' Forum: Join us to brainstorm ideas of programs, events, workshops, and activities to strengthen and enhance Military Families' well-being. "Your voice is important. We want to hear ideas from you."

Information & Referral Program 787-707-3804

Employment Readiness Program 787-707-3365

Mobilization & Deployment 787-707-3292

Survivor Outreach Program & Army Volunteer Corps 787-707-3692

Exceptinal Family
Member Program
787-707-3295

Financial Readiness
Program & Army
Emergency Relief
787-707-3310

Family Advocacy Program 787-707-3709

Relocation Readiness
Program
787-707-3682

ACS Director 787-707-3292

WORKSHOPS INFORMATION

Thursday, 18 January I 10 am – 12 pm at ACS Conference Room, Bldg. 225 Sponsorship Workshop: Learn the process of providing successful sponsorship assistance to military and Civilian personnel relocating to their next duty station.

Friday, 19 January I 9 am – 12 pm at the Community Club, Bldg. 660 Newcomers Orientation: Come join us to learn about available programs, services, and resources that enhance the well-being of the Fort Buchanan community.

Saturday, 20 January | 9 am – 4 pm at the Community Club, Bldg. 660 United Hearts Couple's Workshop: Strengthen your relationship through interactive classes on a variety of topics. Lunch will be provided. Space is limited, registration is required.

Monday, 22 January | 9 – 10:30 am at ACS Conference Room, Bldg. 225. Major Purchases Workshop: Whether it's a wedding, purchasing a car, financing a new home, all major purchases in life should include a sound plan of action.

Tuesday, 23 January I 9 – 10 am at ACS Conference Room, Bldg. 225
Pre-Move Planning: Learn the process of pre-move planning, necessary to execute a successful permanent change of station (PCS) move.

Wednesday, 24 January | 10 – 11 am at ACS Conference Room, Bldg. 225 or via MS Teams. Federal Resume Writing: Learn the foundations of Federal Resume writing from analyzing an announcement to applying for a job.

Wednesday, 24 January | 11 – 12 pm at ACS Conference Room, Bldg. 225 or via MS Teams. Time-Out For Couples: All couples have disagreements. Sometimes we need a Time-Out. Learn what Time-Out is in Smart Communication between couples.

WORKSHOPS INFORMATION

Thursday, 25 January | 11 – 12 pm at ACS Conference Room, Bldg. 225 or via MS Teams. Gold Star Spouses and Surviving Families of Fallen Soldiers: A forum for spouses and Families of Fallen Soldiers to provide support through education, information on benefits, ID cards and networking opportunities.

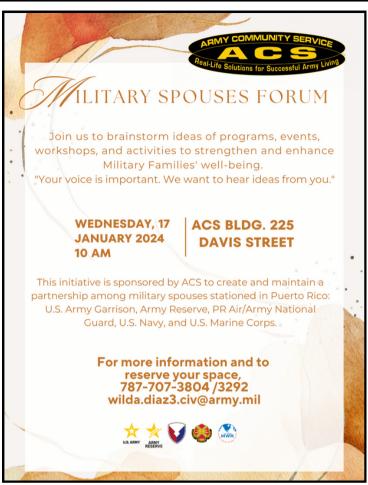
Tuesday, 30 January I 9 – 10 am at ACS Conference Room, Bldg. 225 or via MS Teams. Changes and Responsibilities during Deployment: Learn about the changes and adjustment process that affect military families during deployment.

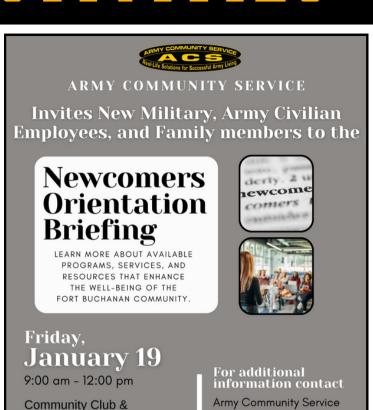
Tuesday, 30 January | 10 am and 3 pm at ACS Conference Room, Bldg. 225. MFLC Program: Matri-Money: Money and Marriage: Learn the emotional connection of money and how to communicate financial issues with your partner.

Wednesday, 31 January | 11 am – 12 pm at ACS Conference Room, Bldg. 225. Army Volunteer Corps/Training for OPOCs: To provide useful management tools to OPOCs of the Army Volunteer Corps, such as volunteers' PDs, approving volunteers' hours, supervision, and mentoring. On hands training on how to navigate VMIS will be conducted during this workshop as well as brainstorming ideas for internal and annual volunteers' recognition events.

Wednesday, 31 January | 3 – 4 pm at ACS Conference Room, Bldg. 225 Army Volunteer Corps/Training for Volunteers: To provide useful management tools to volunteers to include how to record volunteers' hours, manage their service records, ethics, customer services, and open floor for questions and answers.

SPECIAL ACTIVITIES







United Heart's Couples Workshop

A relationship is only as healthy or strong as the individuals in the relationship. Using their individual strengths, couples will learn how to overcome life's challenges together.

Saturday, January 20, 2024 9 am to 4 pm Community Club Bldg. 660

Register at ACS Family Advocacy Program at (787) 707-3709 or ruth.e.gonzalez.civearmy.mil. Space is limited to first 15 couples. Registration is necessary to participate. In partnership with Religious Support Office (RSO).

Breakfast and Lunch is included.













The Financial Readiness Program teaches Soldiers and their eligible Family members, in both Classroom and individual counseling sessions, how to save and invest, how to establish goals, debt elimination strategies, and saving for emergencies. It offers information on financial management topics including: investing, insurance needs, financing education goals, preparing for transition and retirement, Blended Retirement System, TSP, and major purchases.

Monday, 22 Jan 2024 from 0900-1000 Monday, 29 Jan 2024 from 0900-1000 Debt Management Money Mangement

(787) 707-3682/3804 or

sigfredo.perez.civearmy.mil



Confertence Center





