

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

 Bldg. 225 Davis Street, Fort Buchanan

 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

Exceptional 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 | 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 | 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 | 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 | 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





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."

**WEDNESDAY, 17
JANUARY 2024
10 AM** | **ACS BLDG. 225
DAVIS STREET**

This initiative is sponsored by ACS to create and maintain a partnership among military spouses stationed in Puerto Rico: U.S. Army Garrison, Army Reserve, PR Air/Army National Guard, U.S. Navy, and U.S. Marine Corps.



**For more information and to reserve your space,
787-707-3804 /3292
wilda.diaz3.civ@army.mil**



ARMY COMMUNITY SERVICE Invites New Military, Army Civilian Employees, and Family members to the

Newcomers Orientation Briefing


LEARN MORE ABOUT AVAILABLE PROGRAMS, SERVICES, AND RESOURCES THAT ENHANCE THE WELL-BEING OF THE FORT BUCHANAN COMMUNITY.



**Friday,
January 19**
9:00 am - 12:00 pm

Community Club & Conference Center

For additional information contact
Army Community Service
(787) 707-3682/3804 or sigfredo.perez.civ@army.mil



United Hearts 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.civarmy.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.



FINANCIAL READINESS PROGRAM

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 Management**

787-707-3310 | ACS Bldg. 225 Davis St. | edwidg.pedre2.civ@army.mil

