

NEWSLETTER

FEBRUARY 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

Thursday, 1 February | 10 am – 11 am at ACS Conference Room, Bldg. 225

Managing Relocation Stress: Learn to identify and manage signs of relocation stress during a scheduled move to a new duty station. This will help reduce the stress of moving to a new environment, enhance resiliency, and improve readiness.

Thursday, 1 February | 10 am – 11 am at the Chapel Annex, Bldg. 292

New Parent Support Program (NPSP) Morning Playgroup: Families with children ages 0-3. Parents can participate in activities that enhance parent-child interactions and stimulate the child's growth and development.

Tuesday, 6 February | 9 am – 10 am at ACS Conference Room, Bldg. 225

Shipment of Household Goods (HHG): Learn how to request household goods shipment during a permanent change of station (PCS) move.

Wednesday, 7 February | 9 am – 10 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.

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

wilda.diaz3.civ@army.mil

WORKSHOPS INFORMATION

Friday, 9 February | 1:30 pm – 2:30 pm at ACS Conference Room, Bldg. 225 or via MS Teams

Managing Deployments and Separations: There are steps you and your partner can take and resources you can tap to minimize the strain and grow together through your times apart as a couple and as a Family.

Monday, 12 February | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Financing Education Goals: Not every future college student can afford to pay for school out of pocket, which means you might need to tap into other resources to fund your education. This workshop offers various ways to pay for college.

Tuesday, 13 February | 10 – 11 am at ACS Conference Room, Bldg. 225 or via MS Teams.

Communication availability and Technology means: Learn about the communication methods and technology available for staying in touch during deployment.

Wednesday, 14 February | 10 am – 11 am at ACS Conference Room, Bldg. 225 or via MS Teams.

Professional Ethics/Dress for Success: Learn the importance of first impressions when applying and interviewing for a job.

Thursday, 15 February | 10 am – 11 am at ACS Conference Room, Bldg. 225

Shipment of Private Owned Vehicle (POV): To orient Service members (SM), Families, and Army Civilians about the POV shipment service available during a PCS move. This will help reduce the stress of moving to a new environment, enhance resiliency, and improve readiness.

WORKSHOPS INFORMATION

Thursday, 15 February | 2 pm – 3 pm at ACS Conference Room, Bldg. 225

Army Volunteer Corps/Training for OPOCs: To provide helpful management tools to volunteers and OPOCs of the Army Volunteer Corps, such as the ability to record volunteers' hours and manage their service records. To provide information to help OPOCs to stay up-to-date with ACS news, announcements, and events.

Saturday, 17 February | 10 am at Old San Juan

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

Tuesday, 20 February | 9 am – 10 am at ACS Conference Room, Bldg. 225

Permanent Change of Station (PCS) with Pets: To orient Service members (SM), Families, and Army Civilians about handling pets during a PCS move. This will help reduce the stress of moving to a new environment, enhance resiliency, and improve readiness.

Tuesday, 20 February | 11 am – 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.

Friday 23 February | 10 am at ACS Conference Room, Bldg. 225

Survivor Outreach Spouse and Surviving Family Forum: Join us and learn about organizations that support you with education, information, benefits, and networking opportunities. To provide you with a better understanding of local installations and community-based programs.

WORKSHOPS INFORMATION

Monday, 26 February | 9 am – 10 am at ACS Conference Room, Bldg. 225

Budgeting: A budget helps you achieve what's important financially. In this workshop, we will discuss gathering financial records, categorizing and analyzing current spending, plan for goals when building a budget.

Tuesday, 27 February | 10 am – 11 am at ACS Conference Room, Bldg. 225 or via MS Teams

MFLC Program: Collaborative Parenting: Learn ways to improve parent communication, strategies for collaborative parenting, and tools for discipline and consequences.

Wednesday, 28 February | 9 am – 11 am at ACS Conference Room, Bldg. 225 or via MS Teams

Baby Sign Language: Learn how to use baby signs to connect and communicate with your child.

Thursday, 29 February | 10 am – 11 am at ACS Conference Room, Bldg. 225,

Cultural Adaptation: Learn the cultural adaptation process in a new living environment.

Thursday, 29 February | 3 pm – 4 pm at ACS Conference Room, Bldg. 225

Army Volunteer Corps/Training for Volunteers: To provide useful management tools to volunteers, including how to record volunteers' hours, manage their service records, ethics, and customer services, and open the 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."

**SATURDAY,
17 FEBRUARY 2024
10 AM** | **OLD SAN JUAN
VIA CATAÑO'S FERRY**

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**





NEW PARENT SUPPORT PROGRAM (NPSP)





The NPSP provides hospital and home visits, morning playgroups, educational and prevention services to include parenting classes, baby sign language, and much more.
Information and referral to military and civilian programs that support parents of infants and young children are also available.
All services and activities provided through the NPSP are voluntary and non-stigmatizing and emphasizes the parent's strengths.

We welcome expectant parents and parents of children from birth to three years of age who are active-duty Service members, Army Reserve, and Army National Guard members who are on active duty for 30 days or more and to Family members who are assigned, attached, and reside on the Fort Buchanan installation.

INFORMATION

787-707-3804/3292 or
wilda.diaz3.civ@army.mil

Relocation Readiness Program February Workshop

The Army Community Service Relocation Readiness Program is here to assist with a comprehensive support system, whether it's your first move or the last of many. We have all kinds of information and resources to help you and your family navigate your next military move. The ACS/Relocation Readiness Program invites the Fort Buchanan community to attend and learn about the various programs and services available to SM, Retirees, Civilian employees and their Family members.

Thursday, 01 February 2024, 10 am - 11 am Managing Relocation Stress	Tuesday, 06 February 2024 9 am - 10 am Shipment of Household Goods (HHG)
Thursday, 15 February 2024 10 am - 11 am Shipment of Private Owned Vehicle (POV)	Tuesday, 20 February 2024, 9 am - 10 am Permanent Change of Station (PCS) with Pets
Thursday, 29 February 2024 10 am - 11 am Cultural Adaptation	



ACS Bldg, 225 Davis Street and via MS Teams | 787-707-3682/3804 | sigfredo.perez.civ@army.mil

SPECIAL ACTIVITIES

Family Advocacy Program



FEBRUARY 2024 WORKSHOPS

The Family Advocacy Program is dedicated to the prevention of intimate partner and child abuse. FAP Prevention and Education provides classes, workshops, seminars, and much more to help strengthen the relationships of all military Families.

Wednesday, 7 February (9 AM - 10 AM)
Mandatory Reporting of Child Abuse/Neglect Training

Wednesday, 28 February
Baby Sign Language (9 AM - 11 AM)
Smart Love (11 AM - 12 PM)



Participants must pre-register for classes, if attending via MS Teams.

787-707-3804/3292

wilda.diaz3.civ@army.mil



February Workshops

WILL BE HELD ON TUESDAYS FROM 10 AM TO 11:30 AM
AT ACS BLDG. 225 OR VIA MS TEAMS

The Exceptional Family Member Program teaches Soldiers and their eligible Family members, in both classroom and individual sessions, the following classes: Reasonable Accommodation, Resources for People With Functional Diversity, Family Care Plan, and Calming Your Mind.

FEBRUARY 06

- REASONABLE ACCOMMODATION

FEBRUARY 13

- RESOURCES FOR PEOPLE WITH FUNCTIONAL DIVERSITY

FEBRUARY 20

- FAMILY CARE PLAN

FEBRUARY 27

- CALMING YOUR MIND



Register Now

787-707-3804/3292

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LIZA.I.MUNIZ-MIRANDA.CIV@ARMY.MIL



Financial Readiness Program



The Financial Readiness Program 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. Check out February's Workshops on Mondays.

**Monday
Feb. 05
9 am - 10 am**

Credit Cards and
Consumer Loans

**Monday
Feb. 12
9 am - 10 am**

Financial
Wellness

**Monday
Feb. 26
9 am - 10 am**

Life Insurance
Planning

At ACS, Bldg. 225
and MS Teams

✉ edwidg.pedre2.civ@army.mil

☎ 787-707-3310/3804



Baby Sign Language

by Educational and Developmental Intervention Services (EDIS)

Wednesday, February 28, 2024

**AT THE
ACS, BLDG. 225
DAVIS STREET
9 AM-11 AM**

**FOR PARENTS OF CHILDREN
AGES 0-3 YEARS OLD**

Learn Baby Sign Language and expand your child's natural gestures this will help with important pre-verbal skills such as social reciprocity, imitation, understanding symbols, and communication intent.

For more information, please call the ACS Family Advocacy Program at 787 707-3804/3292 or email wilda.diaz3.civ@army.mil.
Space is limited, so registration is required.

(Note: The workshop is not intended to teach American Sign Language (ASL) to children who are deaf)

