

NEWSLETTER

NOVEMBER 2024

www.buchanan.armymwr.com

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

Military Family Month



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

CONTACT US

 Bldg. 225 Davis Street, Fort Buchanan

 787-707-3804

 facebook.com/ACSBuchanan



WORKSHOPS INFORMATION

In gratitude, the Army Community Service recognizes our military families for their dedication and contributions to our military community.

November is Military Family Month, and we take this opportunity to appreciate our military families' continuous sacrifices and contributions. The observance recognizes Family members' challenges in supporting their loved ones in uniform.

Throughout November, Services are available hybrid: walk-in, by appointment, face-to-face, via phone, and/or virtually (ACS, Davis Street, Bldg. 225).

Every Friday during November | 1 pm – 3 pm at ACS, Davis Street, Bldg. 225, Calling Active-Duty Military Families to pick up a special swag bag. One bag per family.

Monday, 4 November | 9 am – 10:30 am at ACS Conference Room, Bldg. 225, Credit Cards and Consumer Loans: A credit card and a consumer loan are two different ways of borrowing money, providing different benefits. Which of the two best suits you depends on your needs and purchasing pattern. Learn how to compare personal loans and credit cards.

Wednesday, 6 November | 10 am - 11 am at ACS Conference Room, Bldg. 225, Dressing Up for the Employment Interview: Discover the appropriate attire for different industries and learn about grooming and personal presentation. This class will help you make a positive first impression during employment interviews.

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

Wednesday, 6 November | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225

Making the Holidays Special: Join the Exceptional Family Member Program (EFMP) to learn and share ideas for families of children with special needs.

Thursday, 7 November | 10 am – 11 am at ACS Conference Room, Bldg. 225

Living in Germany: Learn about the culture, history, and location of an overseas permanent change of station (PCS) move to Germany.

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

Investment Fundamentals: This workshop is designed to help students understand the risks of investing and give them the tools to answer the fundamental questions that help shape a sound investment strategy.

Tuesday, 12 November | 10:30 am – 11:30 am at ACS Conference Room, Bldg. 225,

Living in Japan: Learn about the culture, history, and location of an overseas permanent change of station (PCS) move to the country of Japan.

Wednesday, 13 November | 10 am – 11 am at ACS Conference Room, Bldg. 225

Preparing for an Employment Interview: This session covers how to research the company and role, common interview questions, and effective interview techniques. It also includes practical tips for practicing and improving your interview skills.

Wednesday, 13 November | 3 pm – 4 pm at ACS Conference Room, Bldg. 225

Adapting Health and Wellness: The Military and Family Life Counseling Program sponsors this workshop. Join us to learn about positive practices to promote excellent health and well-being.

Thursday, 14 November | 10 am – 11 am at ACS Conference Room, Bldg. 225

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

WORKSHOPS INFORMATION

Thursday, 14 November | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225
Let's talk about ADHD: Discuss different ways to talk to your child about ADHD to reduce stigma and increase possibilities.

Monday, 18 November | 9 am – 10:30 am at ACS Conference Room, Bldg. 225
Investing in Stocks and Bonds: While building a substantial savings foundation, such as an emergency fund, is important, balancing the risks and rewards of investing can help your money grow over time. I'd like you to please learn the benefits and risks associated with these two types of investment options.

Tuesday, 19 November | 9 am – 10 am at ACS Conference Room, Bldg. 225
Living in Korea: Learn about the culture, history, and location of an overseas permanent change of station (PCS) move to Korea.

Wednesday, 20 November | 10 am at ACS Conference Room, Bldg. 225
Military Spouses' Forum: Join us to brainstorm ideas for programs, events, workshops, and activities that strengthen and enhance Military Families' well-being. "Your voice is important. We want to hear your ideas."

Wednesday, 20 November | 1 pm – 2 pm at ACS Conference Room, Bldg. 225
Post-Interview Follow-Up: This class teaches the importance of sending thank-you notes and follow-up emails after an interview. It also discusses how to handle rejections professionally and plan your next steps.

Thursday, 21 November | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225
Parent-to-Parent Talk: Join our first EFMP support group, share your experience, and connect with others on the same path!

Wednesday, 27 November | 11 am – 12 pm at ACS Conference Room, Bldg. 225 and via MS Teams, 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

EVERY DAY is Child Abuse Prevention Day

Help Us Give Every Child A Promise
for a Safe and Better Tomorrow

ALL incidents of Child Abuse/Neglect
MUST be reported to the
Department of the Family: (787) 749-1333
(Talia's Law 23 December 2016)
and then, please call:
Fort Buchanan Reporting Point of Contact:
Department of Emergency Services/
Police Department
(787) 707-3337

National Child Abuse Hotline:
(800) 4-A-CHILD (422-4453)

For more information and the
Family Advocacy Program, call the
Army Community Service at
(787) 707-3709/3292



NEW PARENT SUPPORT PROGRAM (NPSP)



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.

The NPSP provides hospital and home visits, morning playgroups, and educational and prevention services, including parenting classes, baby sign language, and more.
Information and referrals 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 emphasizing the parent's strengths.

INFORMATION

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



Employment Readiness Program

NOVEMBER WORKSHOPS

EMPLOYMENT READINESS WILL ASSIST INDIVIDUALS IN ACQUIRING SKILLS, NETWORKS, AND RESOURCES THAT WILL ALLOW THEM TO PARTICIPATE IN THE WORKFORCE AND DEVELOP A CAREER/WORK PLAN.



DRESSING UP FOR THE EMPLOYMENT INTERVIEW

Discover the appropriate attire for different industries and learn about grooming and personal presentation. This class aims to help you make a positive first impression during Employment interviews.

NOV
06

10 A.M.



PREPARING FOR AN EMPLOYMENT INTERVIEW

This session covers how to research the company and role, common interview questions, and effective interview techniques. It also includes practical tips for practicing and improving your interview skills

NOV
13

10 A.M.



POST-INTERVIEW FOLLOW-UP

Learn the importance of sending thank-you notes and follow-up emails after an interview. This class also discusses how to handle rejections professionally and plan your next steps.

NOV
20

1 P.M.

For more information and/or to register, contact us at
luis.a.torresrios.civ@army.mil or 787-707-3365.



NOVEMBER WORKSHOPS

FINANCIAL READINESS PROGRAM

The Financial Readiness Program offers information on money management, financial management, I&Rs on legal affairs topics, and common military training IAW DODI 1322.34.

- MONDAY, 04 NOVEMBER 2024, 0900 -1030: CREDIT CARDS AND CONSUMER LOANS
- TUESDAY, 12 NOVEMBER 2024, 0900 -1030: INVESTMENT FUNDAMENTALS
- MONDAY, 18 NOVEMBER 2024, 0900 -1030: BUILDING AND MANAGING GOOD

Classes are offered in classroom training and individual counseling sessions virtually via MsTeams or in person.

ACS Bldg. 225 Davis Street

787-707-3310

edwidg.pedre2.civ@army.mil



SPECIAL ACTIVITIES

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

EFMP Exceptional Family Member Program

The Exceptional Family Member Program offers workshops to Soldiers and their eligible Family members, in-person and virtual sessions via MS Teams.

NOVEMBER WORKSHOPS

Wednesday, 06 November 2024
1 p.m. - 2:30 p.m.

MAKING THE HOLIDAYS SPECIAL: SHARE IDEAS FOR FAMILIES OF CHILDREN WITH SPECIAL NEEDS

Thursday, 14 November 2024
1 p.m. - 2:30 p.m.

LET'S TALK ABOUT ADHD: DISCUSS DIFFERENT WAYS TO TALK TO YOUR CHILD ABOUT ADHD TO REDUCE STIGMA AND INCREASE POSSIBILITIES.

Thursday, 21 November 2024
1 p.m. - 2:30 p.m.

PARENT TO PARENT TALK: JOIN OUR FIRST EFMP SUPPORT GROUP, SHARE YOUR EXPERIENCE AND CONNECT WITH THOSE ON THE SAME PATH!

FOR MORE INFORMATION, PLEASE CALL THE ACS/EFMP AT (787) 707-3295 OR EMAIL: IDALIS.M.RIOS.CIV@ARMY.MIL





ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

RELOCATION READINESS PROGRAM

NOVEMBER WORKSHOPS

The ACS/Relocation Readiness Program invites the Fort Buchanan community to attend the monthly classes and orientations available to enhance the well-being of Military and civilian personnel and their Family members.

LIVING IN GERMANY
THURSDAY, 07 NOVEMBER 2024
10 AM - 11 AM

LIVING IN JAPAN
TUESDAY, 12 NOVEMBER 2024
10:30 AM - 11:30 AM

LIVING IN KOREA
TUESDAY, 19 NOVEMBER 2024
9 AM - 10 AM

FOR MORE INFORMATION AND TO REGISTER
📞 787-707-3682
✉ sigfredo.perez.civ@army.mil

Our workshops are offered at ACS, Bldg. 225 Davis Street, and/or via MS Teams.

The Fort Buchanan community includes SM of the 1st MSC, PRARNG, PRANG, USNR, USMC-R, Retirees, and Civilian employees.




ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

FINANCIAL READINESS PROGRAM

As a Soldier, you will face many changes in your military career. With proper planning, your finances can remain steady through every milestone.

- Pre and Post Deployment
- Permanent Change of Station (E4/O3/WO2 or below)
- Promotion (E5 or below; O4 or below)
- Vesting in Thrift Savings Plan (Blended Retirement System only)
- Continuation Pay
- Marriage
- Birth of First Child
- Divorce
- Disabling Sickness/Condition

To register, please call the ACS/Financial Readiness Program at (787) 707-3310 or email: edwidg.pedre2.civ@army.mil.

REGISTER NOW

Classes are offered in classroom training and individual counseling sessions virtually via MsTeams or in-person.




ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living


The Military and Family Life Counseling Program presents

UPCOMING WORKSHOPS

NOV 13
3 p.m. **Adapting Health and Wellness**

Workshops will be held at Army Community Service office located at Davis St. Bldg. 225 and virtual.

For more information, please call ACS at (787) 707-3804 or wilda.diaz3.civ@army.mil
sanchezriverak@magellanfederal.com (787-463-1932)
martinez2@magellanfederal.com (787-220-4538)



SPECIAL ACTIVITIES

MILITARY ONE SOURCE  MILITARY & FAMILY LIFE COUNSELING



Schedule Your Relationship Checkup Today

Keep your relationship strong and healthy.

What is the Relationship Checkup?

Just as regular visits with your doctor and dentist can keep small issues from becoming big problems, the Relationship Checkup confirms what you and your partner are doing well and helps you discover areas of your relationship that could be made even stronger. Your Military and Family Life Counselor will use an evidenced-based approach that is:

- Free
- Confidential
- Brief and flexible scheduling
- Positive, strength-based
- Inclusive - appropriate for all couples
- Proven successful in military populations

How it works

You and your partner will complete an online questionnaire, then schedule a time to meet with your Military and Family Life Counselor to:

- Identify your greatest strengths as a couple.
- Discuss areas of concern and identify healthy strategies.
- Receive a personalized summary of your questionnaire responses.
- Continue your growth as a couple with research-based suggestions, referrals and actionable next steps to keep your relationship strong and healthy for life.

Find more ways to rekindle, repair or reset your relationship at www.MilitaryOneSource.mil/RetheWe.

Schedule your Relationship Checkup with a Military and Family Life Counselor:

Your point of contact: [ACS/MFLCs](#) Phone number: [787-463-1932](#) or [787-220-4536](#)

Call Military OneSource anytime, 24/7 at 800-342-9647 or visit www.militaryonesource.mil.



ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

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,
20 NOVEMBER 2024

Army Community Service
Davis Street, bldg. 225

10:00 AM

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

