

NEWSLETTER

NOVEMBER 2024

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



www.buchanan.armymwr.com

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' wellbeing. "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

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



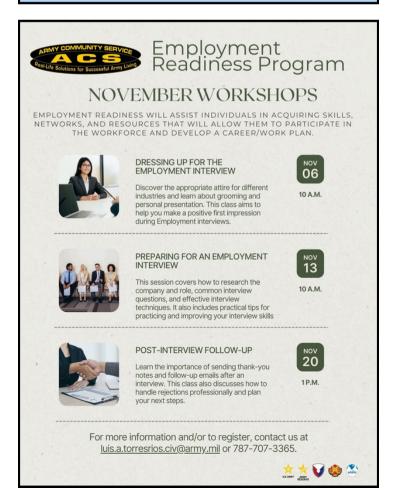


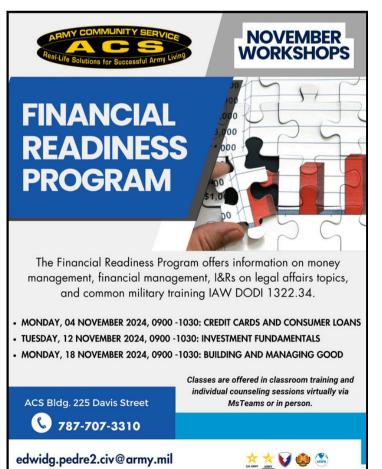








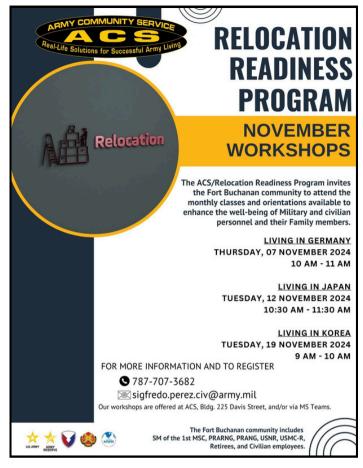




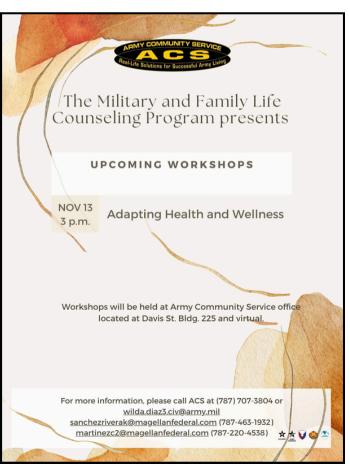
edwidg.pedre2.civ@army.mil

SPECIAL ACTIVITIES









SPECIAL ACTIVITIES



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

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 787-220-4538

or visit www.militarvonesource.mil











