



FEBRUARY 2025

NEWSLETTER




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

Teen Dating Violence Awareness & Prevention Month

Contact Us!

 Bldg. 225 Davis Street, Fort Buchanan

 787-707-3804

 facebook.com/BuchananACS

 www.buchanan.armymwr.com



Fort Buchanan Military Family Life Counselors

- 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

**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**

Our monthly workshops

Monday, 3 February | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Budgeting: Budgeting involves number-crunching, attention to detail, and making informed decisions about fund allocation—but it's well worth the effort. This class will help you create a spending plan for your money, thus ensuring that you have enough money for your expenses, saving and investing, and your goals.

Tuesday, 4 February | 10 am – 11 am at ACS Conference Room, Bldg. 225

Managing Relocation Stress: Learn stress management techniques to help you identify signs of stress during a scheduled move to a new duty station.

Wednesday, 5 February | 10 am – 11 am at ACS Conference Room, Bldg. 225

Writing a Resume for the Employment Application: This class focuses on crafting a professional resume that highlights relevant skills and experiences. It includes tips on tailoring your resume for specific Employment to increase your chances of getting noticed.

Thursday, 6 February | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Enhancing Social Skills in Children with Special Needs: This workshop provides parents with practical, hands-on strategies to support their children's social development while fostering a supportive community among participants.

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

PCS with Pets: Learn about handling pets during a PCS move that will help you understand the process of moving your furry member to a new environment.

Wednesday, 12 February | 10 am – 11 am at ACS Conference Room, Bldg. 225

Writing a Cover Letter: Understand the purpose and structure of a cover letter. This session will help you customize your cover letter for different employers and avoid common mistakes.

Wednesday, 12 February | 2 pm – 3 pm at ACS Conference Room, Bldg. 225

Sensory Arts and Crafts Activity: This workshop is designed specifically for parents and their children. It will provide a wonderful opportunity for parents to bond with their children while exploring creative and sensory-rich activities.

Our monthly workshops

Tuesday, 18 February | 10 am – 11 am at ACS Conference Room, Bldg. 225

PCS Entitlements: Join us to learn about the type of financial entitlements and amount of household goods items you are allowed to move during a permanent change of station.

Wednesday, 19 February | 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."

Thursday, 20 February | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225

Behavior Management Strategies: This workshop equips parents with tools to handle behavioral issues constructively.

Monday, 24 February | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Budgeting: A personal budget is a financial tool that tracks income and expenses. It allows you to set goals and make plans for the future. This workshop will discuss gathering financial records, categorizing and analyzing current spending, and planning for goals when building a budget.

Wednesday, 26 February | 10 am – 11 am at ACS Conference Room, Bldg. 225

Completing an Employment Application: This class provides insights into different types of Employment applications and teaches how to provide accurate and complete information. It also offers tips for successfully navigating online applications.

Thursday, 27 February | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225

Enhancing Social Skills in Children with Special Needs: This workshop provides parents with practical, hands-on strategies to support their children's social development while fostering a supportive community among participants.

Friday, 28 February | 9 am – 10 am at ACS Conference Room, Bldg. 225 and via MS

Teams, Army Volunteer Corps/Training for OPOCs: To provide helpful management tools to OPOCs of the Army Volunteer Corps, such as volunteers' PDs, approving volunteers' hours, supervision, and mentoring.

Friday, 28 February | 11 am – 12 pm at ACS Conference Room, Bldg. 225 and via MS

Teams, Army Volunteer Corps/Training for Volunteers: To provide helpful 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.

Our monthly workshops



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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.

Thursday, 6 February 2025: 9:00 am - 10:30 am
Enhancing Social Skills in Children with Special Needs: This workshop provides parents with practical, hands-on strategies to support their children's social development while fostering a supportive community among participants.

Wednesday, 12 February 2025: 2:00 pm - 3:00 pm
Sensory Arts and Crafts Activity: This workshop is designed specifically for parents and their children. This engaging workshop provides a wonderful opportunity for parents to bond with their children while exploring creative and sensory-rich activities.

Thursday, 20 February 2025: 1:00 pm - 2:30 pm
Behavior Management Strategies: This workshop equips parents with tools to handle behavioral issues constructively.

Thursday, 27 February: 1:00 pm - 2:30 pm
Enhancing Social Skills in Children with Special Needs: This workshop aims to provide parents with practical, hands-on strategies to support their children's social development while fostering a supportive community among participants.

MORE INFO (787) 707-3295
idalis.m.rios.civ@army.mil



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Employment Readiness Program

FEBRUARY 2025 WORKSHOPS

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

WRITING A RESUME FOR THE EMPLOYMENT APPLICATION: **FEB 05**
10 A.M.
This class focuses on crafting a professional resume that highlights relevant skills and experiences. It includes tips on tailoring your resume for specific employments to increase your chances of getting noticed.

WRITING A COVER LETTER **FEB 12**
10 A.M.
Understand the purpose and structure of a cover letter. This session provides guidance on customizing your cover letter for different employments and avoiding common mistakes.

COMPLETING AN EMPLOYMENT APPLICATION **FEB 26**
10 A.M.
Get insights into different types of employment applications and learn how to provide accurate and complete information. This class also offers tips for successfully navigating online applications.

ALL WORKSHOPS ARE IN PERSON AND VIRTUALLY.
For more information and/or to register, contact us at luis.a.torresrios.civ@army.mil or 787-707-3365.



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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."

Date: Wednesday, 19 February, 2025
Where: ACS, Bldg. 225 Davis Street **Time:** 10 a.m.




For more information and to reserve your space, call or email at 787-707-3804, liza.i.muniz-miranda.civ@army.mil.



Our monthly workshops



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FINANCIAL READINESS PROGRAM

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

Monday, 10 February 2025, 0900- 1030
Financing Education Goals

Monday, 24 February 2025, 0900-1030
Budgeting

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

CONTACT US! 787-707-3310
edwidg.pedre2.civ@army.mil

ACS, Bldg. 225
Davis Street



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RELOCATION READINESS PROGRAM

FEBRUARY 2025 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.

Tuesday, 4 February | 10 am – 11 am
Managing Relocation Stress: Learn about stress management techniques to help you identify signs of stress during a scheduled move to a new duty station.

Tuesday, 11 February | 10 am – 11 am
PCS with Pets: Learn about handling pets during a PCS move that will help you understand the process of moving your furry member to a new environment.

Tuesday, 18 February | 10 am – 11 am
PCS Entitlements: Learn about the type of financial entitlements and amount of household good items you are allowed to move during a permanent change of station.

All workshops are in-person and virtual. ACS Bldg. 225, Davis Street.
The Fort Buchanan community includes SM of the 1st MSC, PRARNG, PRANG, USNR, USMC-R, Retirees, and Civilian employees.

For more information, please call ACS/Relocation at (787) 707-3682 or sigfredo.perez.civ@army.mil.

