

November 2023

NEWSLETTER




**CELEBRATING MONTH OF THE
MILITARY FAMILIES**

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



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

November Workshops

Thursday, 2 & 16 November | 10 am – 11 am at the Chapel Annex, Bldg. 292

New Parent Support Program (NPSP) Playgroup: Is for 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.

Thursdays, 2, 9, 16 November | 9 am – 12 pm at ACS, Bldg. 225

Army Volunteer Corps: To provide useful management tools to volunteers and OPOC's 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.

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

Credit Cards and Consumer Loans: Credit card and Consumer Loan are two different ways of borrowing money. Knowing which of the two is best suited to you is important, for each offer different benefits. After this training, the student will understand the types and sources of Consumer Credit.

Tuesday, 7 November | 10 am – 11:30 am at ACS Conference Room, Bldg. 225

EFMP Class: Reasonable Accommodation Workshop: To learn the process for reasonable accommodation and advocate for your Family member.

Thursday, 9 November | 10 am – 11 am at ACS Conference Room, Bldg. 225

Family Life Skills: Avoiding Thinking Traps in the Holidays. Avoid stressful holidays filled with misunderstandings by learning about the common thinking traps that cause strife and how to avoid them.

November Workshops

Monday, 13 November | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Investment Fundamentals: How does anyone make money through investing? In this training, you will understand how stock markets work, essentials of successful investment, and how to build a strong portfolio and reducing risks.

Tuesday, 14 November | 10 am – 11:30 am at ACS Conference Room, Bldg. 225

EFMP Class: Resources for People with Functional Diversity: Learn about resources available for people with Functional Diversity.

Wednesday, 15 November | 9:30 am at San Patricio Forest

Military Spouses' Forum: Celebrating Month of the Military Families. 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, 15 November | 3 pm – 5 pm at AHS Track

Month of the Military Families' Event: ACS Family Game Day and Turkey Run. Celebrate Month of the Military Family. Enjoy an afternoon of friendly Family competition and join CYS Sports in their yearly Turkey run.

Thursday, 16 November | 10 am – 11 am at ACS Conference Room, Bldg. 225

Living and Doing Business in Korea: Come join us to learn tips on living and doing business in the country of Korea; learn the culture, history, and location of your next duty station and reduce the stress of a PCS move overseas.

Friday, 17 November | 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.

November Workshops

Monday, 20 November | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Investment in Stock and Bonds: These two types of securities are quite different. In this training, you will learn what stocks are, the different kinds of stocks, what bonds are, the different types of bonds, and the benefits and risks in investing associated with these securities.

Tuesday, 21 November | 9 am – 10 am at ACS Conference Room, Bldg. 225

Living and Doing Business in Japan: Come join us to learn tips on living and doing business in the country of Japan; learn the culture, history, and location of your next duty station and reduce the stress of a PCS move overseas.

Monday, 27 November | 10 am – 11 am at ACS Conference Room, Bldg. 225

Family Life Skills: Science of Anger and Stress: Learn the science behind anger and stress. Explore how they can impact relationships if not managed appropriately.

Tuesday, 28 November | 10 am – 11:30 am at ACS Conference Room, Bldg. 225

EFMP Class: Calming Your Mind: Learn about the strategies and benefits of calming the mind.

Thursday, 30 November | 10 am – 11 am at ACS Conference Room, Bldg. 225

Living and Doing Business in Germany: Come join us to learn tips on living and doing business in the country of Germany; learn the culture, history, and location of your next duty station and reduce the stress of a PCS move overseas.

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, 15 November 2023 at 9:30 a.m. at the San Patricio Forest (A Little Forest in the City)

Celebrating the Month of the Military Families

FOR ADDITIONAL INFORMATION

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

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



ARMY COMMUNITY SERVICE PRESENTS

Family Fun Day

BRING YOUR FAMILY FOR AN AFTERNOON
FULL OF FUN AND GAMES.
CELEBRATING THE MONTH OF MILITARY FAMILIES.

WEDNESDAY, NOVEMBER 15, 2023

3 PM - 5 PM

ANTILLES HIGH SCHOOL RUNNING TRACK

ALSO ENJOY THE CYS TURKEY RUN.



FOR MORE INFORMATION, CONTACT US:

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