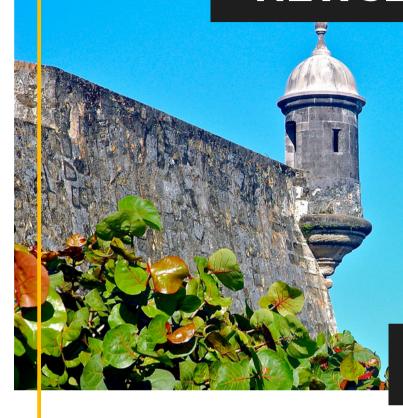


### **April 2023**

### **NEWSLETTER**



"The only difference between ordinary and extraordinary is that little extra." —Jimmy Johnson

#### **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



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### **April Workshops**

#### **During April, the Military Celebrates**

Autism Awareness · Child Abuse Prevention
 Month of the Military Children · Army Volunteer Recognition
 Gold Star Spouses & Families Recognition

**Tuesday, 4 April | 2 p.m. at the Garrison's Conference Room, Bldg. 390**Child Abuse Prevention Month (CAPM) Proclamation Signing indicates the beginning of CAPM and the focus of events/activities/classes on preventing child abuse and neglect through education.

Wednesday, 5 April | 6 a.m. at the Soldiers' Plaza. Raise the Gold Star Service Flag. Gold Star Spouses' Recognition Event at 10 am at the Army Community Service (ACS) Conference Room, Bldg. 225

Monday, 10 April | 9 a.m. - 10:30 a.m. at the ACS Conference Room, Bldg. 225 Ready to PCS: To provide information on financial management topics, including investing, insurance needs, financial education goals, preparing for transition and retirement, blended retirement system, TSP, and major purchases.

Tuesday, 11 April | 10 a.m. - 11:30 a.m. at ACS Conference Room, Bldg. 225 Resiliency and Functional Diversity workshop.

Thursday, 12 and 19 April | 9 a.m. - 11 a.m. at Chapel Annex, Bldg. 292 Child Abuse Prevention Month (CAPM) event - Piccolo Kids activity for Families with children ages 0-3. Parents and children will learn and participate in fun interactive activities that help stimulate and develop their child's social, motor, visual, and auditory skills.

Thursday, 12 and 19 April | 3 p.m. - 4 p.m. at the Post Library Bldg. 518 CAPM: ACS/Family Advocacy Program will partner with the FMWR Library to offer a fun afternoon for families. Participants will paint rocks to support the CAPM theme: MilParents Rock as they create positive memories and strengthen family bonds.

## **April Workshops**

Thursday, 13 and 27 April | 10 a.m. - 11 a.m. at the Chapel Annex, Bldg. 292 New Parent Support Program (NPSP) Playgroup - This is for Families with children ages 0-3. Parents can participate in activities that enhance parentchild interactions and stimulates the child's growth and development.

Monday, 17 April | 9 a.m. - 10:30 a.m. at ACS Conference Room, Bldg. 225 Bankruptcy: To provide information on financial management topics to increase readiness.

Tuesday, 18 April | 11:30 a.m. - 12:30 p.m. at ACS Conference Room, Bldg. 225 CAPM - ACS/Family Advocacy Program will be conducting Active Constructive Responding and Effective Praise Workshop for parents. You can learn how responding to your child when communicating can strengthen or strengthen your relationship.

Wednesday, 19 April | 11:00 a.m. at ACS Conference Room, Bldg. 225
Military Spouses' Forum - Join us to brainstorm ideas for programs, events, workshops, and activities to strengthen and enhance Military Families' wellbeing. "Your voice is important. We want to hear ideas from you."

Thursday, 20 April | 2 - 3:30 p.m. at ACS Conference Room, Bldg. 225 Citizenship and Immigration Services - To guide the citizenship or residency application process. To improve readiness among the military and Civilian personnel married to foreign-born spouses.

Friday, 21 April | 10 a.m. - 1:30 p.m. at Fort Buchanan Community Club and Conference Center, Bldg. 600

To recognize all Fort Buchanan registered volunteers during the Annual National Volunteer Week.

Monday, 24 April | 10 a.m. - 11 a.m. 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.

### **April Workshops**

# Wednesday, 26 April | 8:30 a.m. - 2:30 p.m. at Fort Buchanan Community Club and Conference Center, Bldg. 660

Free developmental screening (Child Find) and EFMP Educational Booth for children from 0 to 5 years of age. This partnership event is between ACS/EFMP, EDIS, and DoDEA.

#### Thursday, 27 April | 10 a.m. - 11 a.m. at ACS Conference Room, Bldg. 225

Vital Records Services - To obtain guidance on how to apply for critical records services and improve readiness among the military and Civilian personnel assigned to Fort Buchanan.

#### Friday, 28 April | 3 p.m. - 7 p.m. at the Community Club, Bldg. 660

ACS Joint Event: Celebrating Children and Youths. A fun afternoon of activities and events for the Fort Buchanan Families commemorating Autism Awareness Month, Child Abuse Prevention Month, Month of the Military Child, Volunteer Recognition Month, and Gold Star Families.





# **Upcoming Events**



# 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, 17 May 2023 at 11:00 a.m. at the Army Community Service, Davis Street, bldg. 225

#### FOR ADDITIONAL INFORMATION

787-707-3804 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.











# Fort Buchanan Military Family Life Counselors

#### **Available Services:**

- Individual & Couples Support for Adults
- Family Non-Medical Counseling (parent or quardian must attend sessions with children
- Appointments are available in person, phone or virtual

787-220-4538 or 787-463-1932



#### FORT BUCHANAN COMMUNITY CLUB PARKING LOT • 3 PM-7 PM



Puppet & Musical Show • Inflatables • Rock Climbing Children Activities • Food & Goodies! Multiple Service Information Booths

Come enjoy a fun family day and connect with available resources!

#### **During April, the Military Celebrates:**

Autism Awareness
 Child Abuse Prevention
 Month of the Military Children
 Army Volunteer Recognition
 Gold Star Spouses & Families Recognition

This is a joint event with different Military branches and Civilian agencies: DFMWR, ACS, CYS, Religious Support Office, 1st MSC, PRARNG, PRANG, RAHC/EDIS, DoDEA, American Red Cross, Military OneSource, and other agencies.

For additional information, please call ACS at 787-707-3295 and 787-707-3804 or email: raymond.morales.civ@army.mil