

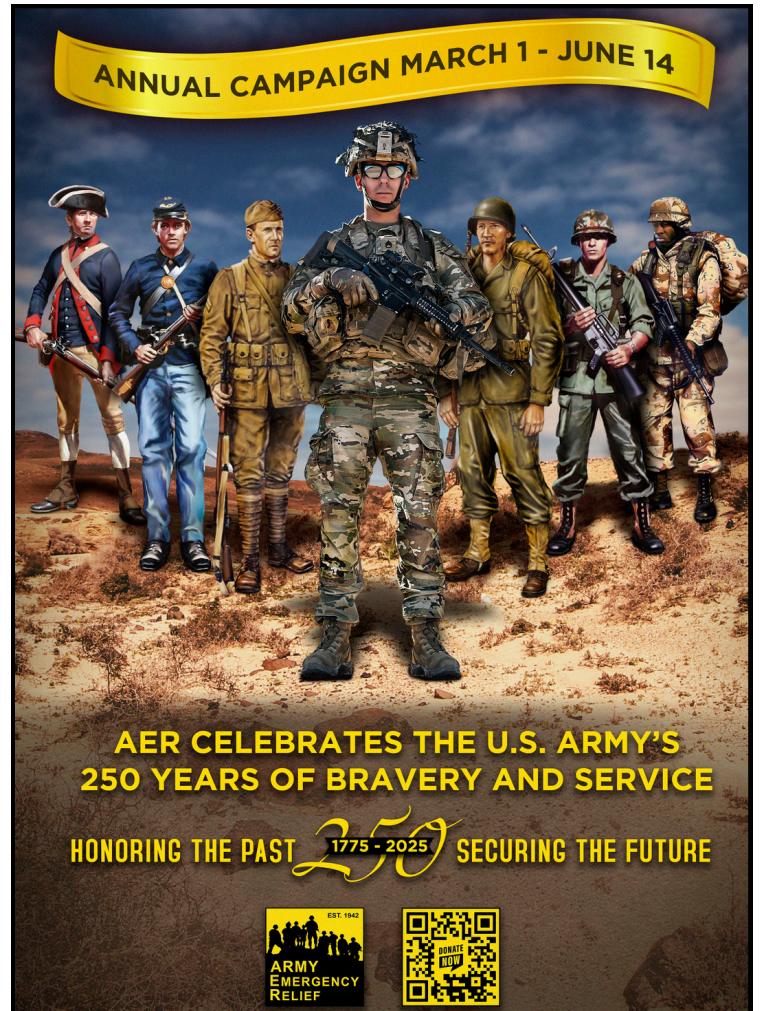


MARCH 2025

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



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

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

Relocation Support for Kids: Join us to learn about the array of relocation assistance and comprehensive moving resources available to help children transition smoothly to your next duty station.

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

Dressing Up for the Employment Interview: This class aims to help you make a positive first impression during Employment interviews by discovering the appropriate attire for different industries and learning about grooming and personal presentation.

Friday, 7 March | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Mindful Eating: Teach your child to listen to their hunger cues while encouraging mindful eating practices.

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

Using Credit Wisely: Good credit, bad credit, or no credit? Using credit wisely allows you to pay off significant expenses over time without becoming buried in debt. Learn about the relationship between credit and debt.

Wednesday, 12 March | 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.

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

Planting Possibilities: A gardening workshop for children with special needs and their families.

Friday, 14 March | 9 am – 12 pm at the Community Club & Conference Center, Bldg. 660, Newcomers Orientation Fair: Learn about available resources and

services within the military and local community. This event is designed to enhance the well-being of our military and civilian communities. Please bring your family members.

Our monthly workshops

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

Relocation Tips for Teens: Join us to learn how to cope effectively with moving, stay in touch with friends, and understand the process of relocating to a different state or country.

Wednesday, 19 March | 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."

Friday, 21 March | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Planting Possibilities: A gardening workshop for children with special needs and their families.

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

Financial Literacy: This workshop's discussion will allow you to gain knowledge regarding the effective management of money and debt.

Wednesday, 26 March | 10 am – 11 am 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, 27 March | 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.

Thursday, 27 March | 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, customer services, and open floor for questions and answers.

Friday, 28 March | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Food and Fitness: Connecting nutrition with physical activity, fun exercises and games to promote an active lifestyle.

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.

Friday, 07 March 2025 from 0900-10:30
Mindful Eating: Teach your child how to listen to their hunger cues while encouraging mindful eating practices.

Thursday, 13 March 2025 from 0900- 10:30
Planting Possibilities: A gardening workshop for children with special needs and their families.

Friday, 21 March 2025 from 0900 - 10:30
Planting Possibilities: A gardening workshop for children with special needs and their families.

Friday, 28 March 2025 from 0900- 10:30
Food and Fitness: Connecting nutrition with physical activity, fun exercises, and games to promote an active lifestyle.

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



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Employment Readiness Program

MARCH 2025 WORKSHOPS


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



DRESSING UP FOR THE EMPLOYMENT INTERVIEW **MAR 05**
10 A.M.
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.



PREPARING FOR AN EMPLOYMENT INTERVIEW **MAR 12**
10 A.M.
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.



POST-INTERVIEW FOLLOW-UP **MAR 26**
10 A.M.
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.

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 March, 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 March 2025, 9 A.M. - 10 A.M.
Using Credit Wisely

Monday, 24 March 2025, 9 A.M. - 10 A.M.
Financial Literacy

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

MARCH 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 March | 10 am – 11 am
Relocation Support for Kids: Join us to learn about the array of relocation assistance and comprehensive moving resources available to help children transition smoothly to your next duty station.

Tuesday, 18 March | 10 am – 11 am
Relocation Tips for Teens: Join us to learn how to cope effectively with moving, stay in touch with friends, and understand the process of relocating to a different state or country.

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.



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NEWCOMERS FAIR

● **Friday, March 14, 2025**
9 am to 12 pm
Community Club Bldg. 660

LEARN more ABOUT AVAILABLE PROGRAMS, SERVICES, and resources that enhance the well-being of the Fort Buchanan community.

We welcome new Military, Family members, Retirees, and Civilian personnel. Please bring your spouses!

FOR MORE INFORMATION:
Call ACS/Relocation at (787) 707-3682/3804
or sigfredo.perez.civ@army.mil.

