

NEWSLETTER

OCTOBER 2024

www.buchanan.armymwr.com

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



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

Throughout October, Services are available hybrid: walk-in, by appointment, face-to-face, via phone, or virtually (ACS, Davis Street, Bldg. 225).

Family Advocacy Program/Domestic Violence Awareness Month (DVAM):

- **Tuesday, 1 October | 11:30 am: Reading/Signing Proclamation and Cake Cutting at AAFES.**
- **1 – 30 October: Decoration of Facilities Activity (This is a voluntary activity).**
- **1-30 October: Book Display and Compilation of Resources on Themes Related to the Prevention of Family Abuse at the Fort Buchanan Library.**
- **Every Friday: Wear Purple (This is a voluntary activity).**

Wednesday, 2 October | 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 highlighting relevant skills and experiences. It includes tips on tailoring your resume for specific Employment to increase your chances of getting noticed.

Thursday, 3 October | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225

Assistive technology for sensory regulation: This workshop will provide an overview of sensory processing and will offer participants information about resources, strategies, and tools they can use to help improve sensory regulation for children.

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

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

Understanding Personal Finance: Personal finance covers managing money, saving, and investing. This workshop will examine budgeting, banking, insurance, mortgages, investments, retirement, and tax considerations.

Tuesday, 8 October | 9 am – 10 am at ACS Conference Room, Bldg. 225

Preparing for School Transfers: Join us to learn how to effectively prepare your child for a school transfer, help ease the stressful transition, and grow stronger as a family.

Wednesday, 9 October | 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.

Thursday, 10 October | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225

Accessing Community Resources: Provide orientation on available resources within the military and local community.

Wednesday, 16 October | 10 am at ACS Conference Room, Bldg. 225

Military Spouses' Forum & Family Advocacy Program/Domestic Violence Awareness Month (DVAM): Makeup Demo: Unleash Your Inner Power & Glam. Military Spouses' Forum and the Military Community. "Your voice is important. We want to hear your ideas."

Thursday, 17 October | 10 am – 11 am at ACS Conference Room, Bldg. 225

Single and Relocating: Join us for tips on effectively coping with moving, share experiences, and practical advice to enjoy relocating to a different state or country.

WORKSHOPS INFORMATION

Thursday, 17 October | 1 pm – 2:30 pm at ACS Conference Room, Bldg. 225

Beat the Burnout: Coping with the emotional and physical demands of caring for an individual with disabilities.

Monday, 21 October 2024 | 9 am – 10:30 am at ACS Conference Room, Bldg. 225, Financial Abuse:

Although financial abuse is very common, it's not as well-recognized as other forms of abuse like hitting, shoving, or verbal threats of harm. Financial abuse, also known as economic abuse, can be a subtle tactic used in relationships of all kinds, from parents to children, children to parents, and between romantic partners or elders and caregivers.

Tuesday, 22 October | 9 am – 10 am at ACS Conference Room, Bldg. 225

PCS Entitlements: Join us to learn about the type of financial entitlements and weight allowance authorized during a PCS move.

Wednesday, 23 October | 8 am – 2 pm at the Community Club, Bldg. 660

Exceptional Family Member Program (EFMP) Child Find Event: Free child developmental screening 0 months to 5 years. Opportunity for a parent to ensure their child is developing within the normal developmental parameters.

Wednesday, 23 October | 10 am at USCG Sector San Juan, Bldg. 100 Conference Room:

Domestic Violence Awareness Survivor Panel hosted by and at the Coast Guard FAP.

Thursday, 24 October | 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!

Friday, 25 October | 6:30 pm at Chardon Plaza,

Family Advocacy Program/Domestic Violence Awareness Month (DVAM): Purple Carpet Pets Costume's Parade (To Stop Animal Abuse).

WORKSHOPS INFORMATION

Saturday, 26 October | 7 am at Fort Buchanan

Family Advocacy Program/Domestic Violence Awareness Month (DVAM): United Against Abuse 5K Walk/Run for the Fort Buchanan community.

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

Building and Managing Good Credit: A good credit score is essential if you care about your financial health. When you have good credit, you increase your qualification odds for credit cards and receive some of the best interest rates on various credit products. But building good credit doesn't happen overnight. Instead, it would help if you practice responsible credit behavior consistently.

Wednesday, 30 October | 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.

Wednesday, 30 October | 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.

Wednesday, 30 October | 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.

Family Advocacy Program/Domestic Awareness Month (DVAM):

Well-being & Quality of Life Activity (10 minutes) and Educational Booth at the Garrison's Townhall meeting, Fort Buchanan Community Club (Date/Time: To be announced).

SPECIAL ACTIVITIES

EVERY DAY 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
MEDCOM/RAHC Family Advocacy Program
(787) 707-2570/2589

National Child Abuse Hotline:
(800) 4-A-CHILD (422-4453)

For administrative information on the Family
Advocacy Program, call the FAP Manager
(787) 707-3709



NEW PARENT SUPPORT PROGRAM (NPSP)



We welcome expectant parents and parents of children from birth to three years of age who are active-duty Service members, Army Reserve and Army National Guard members who are on active duty for 30 days or more, and to Family members who are assigned, attached, and reside on the Fort Buchanan installation.

The NPSP provides hospital and home visits, morning playgroups, and educational and prevention services, including parenting classes, baby sign language, and more.
Information and referrals to military and civilian programs that support parents of infants and young children are also available.
All services and activities provided through the NPSP are voluntary and non-stigmatizing and emphasizing the parent's strengths.

INFORMATION

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



Employment Readiness Program

OCTOBER WORKSHOPS

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



WRITING A RESUME FOR THE
EMPLOYMENT APPLICATION
WEDNESDAY, 02 OCTOBER AT 1000

THIS CLASS FOCUSES ON CRAFTING A PROFESSIONAL RESUME HIGHLIGHTING RELEVANT SKILLS AND EXPERIENCES. IT INCLUDES TIPS ON TAILORING YOUR RESUME FOR SPECIFIC EMPLOYMENT TO INCREASE YOUR CHANCES OF GETTING NOTICED.

WRITING A COVER LETTER
WEDNESDAY, 09 OCTOBER AT 1000

UNDERSTAND THE PURPOSE AND STRUCTURE OF A COVER LETTER. THIS SESSION GUIDES CUSTOMIZING YOUR COVER LETTER FOR DIFFERENT EMPLOYMENTS AND AVOIDING COMMON MISTAKES.



COMPLETING AN EMPLOYMENT APPLICATION
WEDNESDAY, 30 OCTOBER AT 1000



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.

FOR MORE INFORMATION AND/OR TO REGISTER,
CONTACT US AT LUIS.A.TORRESRIOS.CIV@ARMY.MIL
OR 787-707-3365.



ChildFind Day

Free developmental screening
(Child Find) for children
from 0 to 5 years old.

WED. OCTOBER 23
8 AM - 2 PM
COMMUNITY CLUB
BLDG. 660



Do you think your toddler or preschooler is not speaking as he/she should for his/her age? Are you concerned that he/she does not play or learn like most children his/her age? Can your child crawl, walk, run, and jump like other children his/her age?

Walk-ins are welcome!

Eligible children from the military community to include supported Federal agencies (Active Duty Military assigned to Puerto Rico Title 10, AGR, Coast Guard members, command-sponsored families, DoD employees with transportation agreements, and National Guard AGR.)

For more information and to reserve your space:
Ms. Idalis Rios at idalis.m.rios.civ@army.mil - 787-707-3295
Ms. Daphne Narvaez at daphne.b.narvaez.civ@health.mil - 787-707-2169



SPECIAL ACTIVITIES



OCTOBER WORKSHOPS

FINANCIAL READINESS PROGRAM



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

- MONDAY, 07 OCTOBER 2024, 0900 -1030: UNDERSTANDING PERSONAL FINANCE
- MONDAY, 21 OCTOBER 2024, 0900 -1030: FINANCIAL ABUSE
- MONDAY, 28 OCTOBER 2024, 0900 -1030: BUILDING AND MANAGING GOOD

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

ACS Bldg. 225 Davis Street

787-707-3310

edwidg.pedre2.civ@army.mil





EFMP

Exceptional Family Member Program

The Exceptional Family Member Program teaches Soldiers and their eligible Family members, in-person and virtual sessions.

OCTOBER WORKSHOPS

Thursday, 03 October 2024, from 1300-1430. Assistive technology for sensory regulation: This workshop will provide an overview of sensory processing and will offer participants information about resources, strategies, and tools they can use to help improve sensory regulation for children.

Thursday, 10 October 2024, from 1300 to 1430. Accessing Community Resources: This session will provide an orientation on available resources within the military and local community.

Thursday, 17 October 2024, from 1300-1430. Beat the Burnout: Coping with the emotional and physical demands of caring for an individual with disabilities

Wednesday, 23 October 2024, from 0800 to 1200. Joint event with EDIS and EFMP: Child Find at the Community Club.

Thursday, 24 October | 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!

WE OFFER ALL TRAINING AT ACS DAVIS STREET BLDG. 225 AND VIA MS TEAMS

FOR MORE INFORMATION, PLEASE CALL THE ACS/EFMP
787-707-3295
idalis.m.rios.civ@army.mil





RELOCATION READINESS PROGRAM

Relocation

OCTOBER 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, Civilian personnel and their Family members.

PREPARING FOR SCHOOL TRANSFERS
TUESDAY, 08 OCTOBER 2024, 9 AM - 10 AM

SINGLE AND RELOCATING
THURSDAY, 17 OCTOBER 2024, 10 AM - 11 AM


PCS ENTITLEMENTS
TUESDAY, 22 OCTOBER 2024, 9 AM - 10 AM

FOR MORE INFORMATION AND TO REGISTER
787-707-3682
sigfredo.perez.civ@army.mil

The Fort Buchanan community includes SM of the 1st MSC, PRARNG, PRANG, USNR, USMC-R, Retirees, and Civilian employees.

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X X
X X
X X





The Military and Family Life Counseling Program presents

UPCOMING WORKSHOPS

OCT 15
3 p.m.


Building Strong Relationships

NOV 13
3 p.m.

Adapting Health and Wellness

Workshops will be held at Army Community Service office located at Davis St. Bldg. 225 and virtual.

For more information, please call ACS at (787) 707-3804 or wilda.diaz3.civ@army.mil
sanchezriverak@magellanfederal.com (787-463-1932)
martinezc2@magellanfederal.com (787-220-4538)





Domestic Violence

AWARENESS MONTH

1-30 OCT

- Domestic Violence Awareness Month Proclamation Signing
- Wear Purple on Fridays
- Decoration of Facilities

Domestic Violence Awareness Campaign Kick-off is Oct. 1st at the Exchange Main Lobby at 11:30 am with the proclamation signing.

• WEAR PURPLE on Fridays to support the campaign! Decorating your Facility boosts the DV awareness theme (and is voluntary).

1-30 OCT **ARMY COMMUNITY SERVICE FAMILY ADVOCACY PROGRAM EVENTS DURING OCTOBER**

1-30 OCT **Book Display & Compilation of Resources on Themes Related to Domestic Violence**
To promote prevention and educate the community on themes related to the prevention DV/intimate partner abuse.

16 OCT 10 AM **Makeup Demo: Unleash Your Inner Power & Glam**
Army Community Service, Bldg. 225 Davis Street, For Military Spouses Forum and the Fort Buchanan Community.

23 OCT 10 AM **Domestic Violence Awareness Survivor Panel**
USCG Sector, San Juan, Bldg. 100 Conference Room.

25 OCT 6:30 PM **Purple Carpet Pet's Costume Parade (Stop Animal Abuse)**
Pet's Parade in support of domestic violence and pet abuse awareness. Domestic violence often extends to family pets as a way for control and intimidation.

26 OCT 7 AM **United Against Domestic Violence - 5K Walk/Run**
Cabaña Picnic Area, Join us in honoring and supporting all that have been affected by domestic violence.

Please register NLT two (2) days prior to the event at (787) 707-3292/3804 or via email: wilda.diaz3.civ@army.mil



ACS Family Advocacy Program invites you

Glow in Confidence

Unleash your inner power and glamour!

16 October 2024 at 10 am
At Army Community Service, Bldg. 225 Davis Street, Fort Buchanan. For the Military Spouses Forum and the Fort Buchanan Community

Make-Up Demo

- Enhance Well being
- Boost Self Confidence
- Encourage self-care
- Learn Make Up Techniques

Book Your Appointment At

- (787) 707-3292/3804 or via email: wilda.diaz3.civ@army.mil
- NLT two (2) days prior to this event.






Domestic Violence Awareness Month

PURPLE CARPET

Pets Costume PARADE

Friday
25 October 2024
6:30 pm at Chardón Plaza Fort Buchanan

Come with your pet to the Parade in support of domestic violence and pet abuse awareness!

Domestic violence often extends to family pets as a mean of control and intimidation. Join us in preventing both human and animal abuse.

Limited spaces available. Please register NLT two (2) days prior to this event at (787) 707-3292/3804 or email: wilda.diaz3.civ@army.mil






buchanan.armymwr.com

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

United AGAINST DOMESTIC ABUSE

5K Walk/Run

Saturday, October 26
7 am
Meeting at Cabaña Picnic Area, Fort Buchanan

For more information and to register:
787-707-3804/3292
ACS/Family Advocacy Program
wilda.diaz3.civ@army.mil