

# NEWSLETTER




“It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.”  
— Germany Kent

## 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](https://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

# May Workshops

## **Thursday, 4 and 25 May | 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.

## **Thursday, 4 May | 10 am – 11 am at the ACS Conference Room, Bldg. 225**

Household Goods (HHG) shipment Service: To learn about the service/process of shipping HHG available to Service members (SM), Families, and Army Civilians during a permanent change of station (PCS) move.

## **Tuesday, 9 May | 11:30 am – 12:30 pm at the ACS Conference Room, Bldg. 225**

Family Life Skills: Avoiding Thinking Traps (ATT): Strengthen your relationships by identifying common thinking traps that may lead to misunderstandings and/or lower your self-esteem.

## **Tuesday, 9 May | 10 am – 11 am at the ACS Conference Room, Bldg. 225**

Private owned vehicle (POV) Shipment Service: To learn about the service/process of shipping POV available to Service members (SM), Families, and Army Civilians during a permanent change of station (PCS) move.

## **Wednesday, May 10 | 10 am - 12 pm at the U.S. Navy Center, Bldg. 77**

Military Spouse Appreciation Day: Paint & Sip Coffee Event: To provide military spouses an educational and fun event. This is a time for them to relax and meet other military spouses while painting their favorite picture.

## **Wednesday, 10 May | 1:30 pm – 3 pm at the ACS Conference Room, Bldg. 225**

Reasonable Accommodation. To learn the process for reasonable accomadion.

## **Monday, 15 May | 9 am – 10:30 am at the ACS Conference Room, Bldg. 225**

Preparing for Transition and Retirement

## **Tuesday, 16 May | 10 am - 11:30 am at the ACS Conference Room, Bldg. 225**

Resources for people with functional diversity. To learn about resources available for people with functional diversity.

# May Workshops

## **Wednesday, 17 May | 11 am at the ACS Conference Room, Bldg. 225**

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."

## **Thursday, 18 May | 10 am – 11 am at the ACS Conference Room, Bldg. 225**

Permanent change of station (PCS) with pets: To learn how to ship pets and about the process available to Service members (SM), Families, and Army Civilians during a permanent change of station (PCS) move.

## **Thursday, 18 May | 11 am at the ACS Conference Room, Bldg. 225**

Gold Star Spouses' and Surviving Families Forum - Forum will provide information about benefits and education. We will have representative of supporting agencies in every forum to answer your questions and concerns.

## **Monday, 22 May | 10 am – 11 am at the 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

## **Monday, 22 May | 9 am – 10:30 am at the ACS Conference Room, Bldg. 225**

Blended Retirement System

## **Tuesday, 23 May | 9 am – 10:30 am at the ACS Conference Room, Bldg. 225**

Family Care Plan. To learn the importance of creating/maintaining a functional Family Care Plan.

## **Tuesday, 23 May | 10 am – 11 am at the ACS Conference Room, Bldg. 225**

Overseas Move - Germany: To learn about the culture, history, and location of the next duty station, and to reduce the stress of an overseas permanent change of station (PCS) move to the country of Germany.

## **Tuesday, 23 May | 11:30 am – 12:30 pm at the ACS Conference Room, Bldg. 225**

Family Life Skills: Assertive Communication Learn about the different types of communication styles and to use them to strengthen your relationships.

## **Tuesday, 30 May | 10 am – 11:30 am at the ACS Conference Room, Bldg. 225**

Calming Your Mind. To learn strategies and benefits of calming the mind.



# 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](mailto: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.



*celebrates Military Spouses' Day*

**Military Spouses are invited to a**

## PAINT & Sip Coffee Event



This is a time just for you to relax and meet other military spouses while painting your favorite picture.

**Wednesday, 10 May 2023 from 10 a.m. – 12 p.m.**

**U.S. Navy Center, Bldg. 77, Fort Buchanan**

For additional information and registration please contact Army Community Service at 787-707-3804 or 787-707-3692 or send email to: [liza.i.muniz-miranda.civ@army.mil](mailto:liza.i.muniz-miranda.civ@army.mil) and/or [damaris.quintananunez.civ@army.mil](mailto:damaris.quintananunez.civ@army.mil). Registration is required. Space is limited. Art supplies provided. (No childcare available).



**SURVIVOR**  
OUTREACH SERVICES

Army Community Service/Survivor Outreach Services  
invites you to the:

## GOLD STAR SPOUSES AND SURVIVING FAMILY FORUM

**Thursday, 18 May 2023 11:00-12:00**

**at ACS Conference Room, Bldg. 225, Davis Street**

We will offer Gold Star Spouses and surviving Families of Fallen Service members information on resources and community based-programs that support them with education, information, benefits, ID cards and networking opportunities.

For more information, or to register please call 787-707-3692  
[damaris.quintananunez.civ@army.mil](mailto:damaris.quintananunez.civ@army.mil)

