

NEWSLETTER

"May we think of FREEDOM, not as the right to do as we please, but as the OPPORTUNITY to do what is right." - Peter Marshall

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

July Workshops

Wednesday, 5 July | 10 am at ACS Conference Room, Bldg. 225

EFMP Class - Resiliency and Functional Diversity Workshop. To help Family members with functional diversity and their caregivers by building self-awareness to enhance their resiliency.

Thursday, 6 and 20 July | 10 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.

Tuesday, 11 July | 10 am at ACS Conference Room, Bldg. 225

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

Tuesday, 11 July 2023 | 11 am at ACS Conference Room, Bldg. 225

PCS Entitlements: Join us to learn about the amount and type of items you are allowed to move during a PCS, which is generally referred to as your entitlements. This will serve to improve resilience and alleviate stress associated with moving to a new location.

Thursday, 13 July | 10 am at ACS Conference Room, Bldg. 225

Family Life Skills: Put It in Perspective (PIIP): When you face challenges with your family, you may tend to think about the Worst Case Scenarios. PIIP can help you build Optimism and lower anxiety, so that you can better assess the challenges you may face.

July Workshops

Monday, 17 July | 9 am at ACS Conference Room, Bldg. 225

Guidance for Life Changing Events: Major events highlight the importance of informed financial planning, investing, estate plan, and risk management. This class will emphasize the importance of detailed financial planning. For example, keeping an emergency fund with three to six months of living expenses.

Tuesday, 18 July | 10 am at ACS Conference Room, Bldg. 225

EFMP Class - Family Care Plan: Learn about the importance of a Family Care Plan and how to develop a Functional Family Care Plan.

Wednesday, 19 July | 11 am at 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, 20 July | 10 am at ACS Conference Room, Bldg. 225

Preventing Culture Shock: Join us to learn methods for preventing culture shock prior to an overseas assignment. These measures will improve resilience and alleviate stress associated with reporting to a foreign country.

Monday, 24 July | 9 am at ACS Conference Room, Bldg. 225

TSP: The TSP is a tax-deferred retirement savings and investment plan for Federal employees and members of the uniformed services. This class will provide an understanding of the basics of TSP, making contributions, fund options, and fund performance.

July Workshops

Monday, 24 July | 10 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, 25 July | 10 am at ACS Conference Room, Bldg. 225

Family Life Skills: 3 Keys to Success in Relationships: Healthy relationships have three core themes: Do Your Part/Decide, Don't Slide/Make It Safe to Connect.

Tuesday, 25 July | 11 am at ACS Conference Room, Bldg. 225

You are invited to join the ACS Team to celebrate 58 years of service to the military community.

Wednesday, 26 July | 10 am at ACS Conference Room, Bldg. 225

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

Thursday, 27 July | 10 am at ACS Conference Room, Bldg. 225

Cultural Adaptation: Join us to learn some strategies to help you adjust to a foreign culture in an overseas assignment. There is a period of adjustment to learn a new language, customs, gestures, and a monetary system.


July Activities

You are invited to Celebrate **58**
years of service to
the Military Community

**ARMY COMMUNITY SERVICE
HAPPY BIRTHDAY**

Tuesday, 25 July, 2023
11 a.m. - 2 p.m.
ACS, Davis Street, Bldg. 225
Fort Buchanan

For additional information please call
787-707-3682/3804 or by email
sigfredo.perez.civ@army.mil.



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, 19 July 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.

