

# 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](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

# 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



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

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.

