

NEWSLETTER

MARCH 2024

www.buchanan.army.mil

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



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



WORKSHOPS INFORMATION

**Tuesday, 5 March | 9 am – 10 am at ACS
Conference Room, Bldg. 225 and via MS Teams**

Overseas Move: Germany. Learn about the culture, history, and location of an overseas permanent change of station (PCS) move to Germany.

**Monday, 11 March | 9 am – 10:30 am at ACS
Conference Room, Bldg. 225 and via MS Teams**

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.

**Friday, 15 March | 9 am – 12 pm at the Community
Club, Bldg. 660**

Newcomers Orientation: Join us to learn about available programs, services, and resources that enhance the well-being of the Fort Buchanan community.

**Monday, 18 March | 9 am – 10:30 am at ACS
Conference Room, Bldg. 225 and via MS Teams**

Financial Literacy: Our discussion in this workshop will allow you to gain knowledge regarding the effective management of money and debt.

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

Tuesday, 19 March | 9 am – 10 am at ACS Conference Room, Bldg. 225 and via MS Teams

Overseas Move: Korea. Learn about the culture, history, and location of an overseas permanent change of station (PCS) move to Korea.

Wednesday, 20 March | 10 am at ACS Conference Room, Bldg. 225

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."

Thursday, 21 March | 9 am – 10 am at ACS Conference Room, Bldg. 225 and via MS Teams.

Reintegration After Deployment: Learn about what you can do to prepare for your reunion and reintegration with loved ones and friends after deployment.

Thursday, 21 March | 10 am – 11 am at ACS Conference Room, Bldg. 225

New Parent Support Program (NPSP) Morning Playgroup: Families with children ages 0-3. Parents can participate in activities that enhance parent-child interactions and stimulate the child's growth and development.

Friday, 22 March | 10 am at ACS Conference Room, Bldg. 225

Survivor Outreach Spouse and Surviving Family Forum: Join us and learn about organizations that support you with education, information, benefits, and networking opportunities. We want to provide you with a better understanding of local installations and community-based programs.

WORKSHOPS INFORMATION

Tuesday, 26 March | 3 pm – 4 pm at ACS Conference Room, Bldg. 225 and via MS Teams

MFLC Program: Resiliency During Uncertainty: Learn how to face adversity and build greater resilience in facing challenges.

Wednesday, 27 March | 10 am – 11 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. Hands training on how to navigate VMIS will be conducted during this workshop, as well as brainstorming ideas for internal and annual volunteers' recognition events.

Thursday, 28 March | 10 am – 11 am at ACS Conference Room, Bldg. 225 and via MS Teams

Overseas Move: Japan. Learn about the culture, history, and location of an overseas permanent change of station (PCS) move to the country of Japan.

Friday, 29 March | 3 pm – 4 pm at ACS Conference Room, Bldg. 225

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.

SPECIAL ACTIVITIES



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,
20 MARCH 2024
10 AM**

**Army Community Service
Davis Street, bldg. 225**

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.

**For more information and to reserve your space,
787-707-3804 /3292
wilda.diaz3.civ@army.mil**











The ACS/Exceptional Family Member Program teaches Soldiers and their eligible Family members in classroom and individual sessions.

Call or email for available services at
787-707-3292/3804.



Call or email for more information

WILDA.DIAZ3.CIV@ARMY.MIL

787-707-3292/3804










RELOCATION READINESS PROGRAM





MARCH WORKSHOPS

The Army Community Service Relocation Readiness Program is here to assist with a comprehensive support system, whether it's your first move or the last of many. We have all kinds of information and resources to help you and your family navigate your next military move. The ACS/Relocation Readiness Program invites the Fort Buchanan community to attend and learn about the various programs and services available to SM, Retirees, Civilian employees and their Family members.

**Tuesday, 05 March 2024
9 am - 10 am
Overseas Move: Germany**

**Tuesday, 19 March 2024,
9 am - 10 am
Overseas Move: Korea**



**Thursday, 28 March 2024
10 am - 11 am
Overseas Move: Japan**

ACS Bldg. 225 Davis Street and via MS Teams 787-707-3682/3804 sigfredo.perez.civ@army.mil







Financial Readiness Program

The Financial Readiness Program teaches Soldiers and their eligible Family members, in both Classroom and individual counseling sessions, how to save and invest, how to establish goals, debt elimination strategies, and save for emergencies. It offers information on financial management topics, including investing, insurance needs, financing education goals, preparing for transition and retirement, Blended Retirement System, TSP, and major purchases.

**Check out March's Workshops on Mondays.
Virtual via MS Teams is also available.**

**Monday
11 March
9 am - 10 am**







Use Credit Wisely

**Monday
18 March
9 am - 10 am**

Financial Literacy

At ACS, Bldg. 225 and/or MS Teams

edwidg.pedre2.civ@army.mil
787-707-3310/3804

SPECIAL ACTIVITIES



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

