

# WHAT IS FAMILY AND MWR?

Family and Morale, Welfare, and Recreation (MWR) is a global network of support and leisure services dedicated to enhancing the quality of life for the Army community. Our programs are designed to serve Soldiers-Active Duty, Reserve, and National Guardas well as their Families, Civilian employees, Retirees, and other eligible participants.

The heart of Family and MWR is the Army's unwavering commitment to the well-being of those who serve and defend our nation. With over 37,000 MWR employees worldwide, we deliver top-tier programs and services, including:

- Family, child, and youth programs
- Recreation and sports
- Entertainment, travel, and leisure activities esprit de corps.

#### **OUR MISSION**

We aim to meet the diverse needs and interests of every individual in the Army community, regardless of where they are or how long they have been connected to the Army.

#### WHY IT MATTERS

Family and MWR are more than just services-they're about contributing to the Army's strength and readiness. By reducing stress, building confidence, and fostering camaraderie, we ensure our Community remains strong, resilient, and ready for any challenge.

# **FAMILY AND MWR** LIFE WITH US **EDITORIAL TEAM**

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MWR-ICE-QR Interactive Customer Evaluation Facebook & Instagram: buchananmwr

# **GET YOUR** FAMILY AND MWR MEMBERSHIP

# **ACCESS TO THE FUN!**

# You get to visit and enjoy these facilities on post:

# **BENEFITS**

- · Bowling Center
- Community Club & Conference Center
- · Golf Course
- Special Events
- Boringuen Bar & Patio

# Plus the advantage of:



- Safety and security of a military installation
- · Free parking
- Affordable prices
- Quality products and services





- Visit the Visitors Control Center (VCC), located in Boringueneers Gate (PR Rd. 28- Cataño).
- To complete payment, visit the Leisure Travel Office at the Community Club, Bldg.660.
- Present one of the following:
  - Valid driver's license.
  - o Passport, or Birth certificate
- A background clearance report must be completed for a person 18 years and older.
- We accept cash, Visa®, MasterCard®, Discover®, and Military Star®.
- Complete the Family and MWR membership agreement form.
- Once payment is complete, return to the VCC to issue the card, which is valid for one year.

#### \*Fees:



- Under 5 years of age complimentary
- 6 to 12 years \$5
- 13 to 16 years \$20 per person
- All annual memberships (17 years and older) \$40 pp
- Membership is valid for one year
- MWR card is NON-transferable
- Membership does NOT allow access to AAFES Exchange, Gas Station, Class VI, Commissary, or any MWR facility not specified under benefits.

\*subject to change

## Contact and Hours of Operation:



#### 787-707-3215

ana.e.tirado.naf@army.mil

Bldg. 660 (Community Club) at Leisure Travel Office 7:30 a.m. to 3:30 p.m. Monday through Friday.





# This Family and MWR Programs and Services Guide is for You!

This guide is a source of information for you and your Family. It shows all the opportunities available through the Directorate of Family and Morale, Welfare, and Recreation at Fort Buchanan. Discover ways you can enjoy our Community. Whether you are looking for Recreation, Entertainment, Youth, Sports, or Army Community Services programs, we have the answer in this guide.

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MARKETING, ADVERTISING & COMMERCIAL SPONSORSHIP OPPORTUNITIES

#### **COMMERCIAL SPONSORSHIP PROGRAM**

Family and MWR offers unique sponsorship opportunities that benefit the Army community and your company. By partnering with us, you can increase your visibility within the Military market while supporting vital Family and MWR programs like childcare, fitness, and recreation for Soldiers and their Families.

Our goal is to foster positive partnerships between the government and private sector. Sponsors can select from various events and programs tailored to their target audience, offering flexible options for financial support or in-kind contributions.

# Sponsors benefit from:

- Access to Military Market
- Display of products, sampling and signage
- Opportunity to introduce new products to the community
- Reinforced brand recognition and loyalty
- Opportunity to participate in various events/programs
- Advertising on-post (Customized Packages available for your Company's specific needs.)

#### PAID ADVERTISING PROGRAM

Connect with Military customers through our on-post advertising channels, which reach thousands of Soldiers, Families, Retirees, Reserve Components, Allied Forces, Students, and Civilian Employees.

#### **ADVERTISING OPTIONS:**

#### Web Advertising

Highlight your brand through Family and MWR's social media platforms, reaching over 8,500 visitors each month.

# On Post Advertising

Strategically located ad spaces with high visibility for both vehicle and pedestrian traffic, including areas with 160,000 monthly vehicle visits and 3,000 weekly visitors.

#### • Banners

Eye-catching banners are placed at traffic intersections and near popular facilities like tennis courts and picnic areas.



#### Outdoor Electronic Billboard

Dynamic digital ads are displayed at key locations, such as the Exchange, Chardón Plaza, IHG Hotel, and Community Club.

# • MWR Life with Us Magazine

Showcase your message in this full-color monthly magazine, which highlights Family and MWR's programs, events, and activities.

# Let's be partners!

Iralis Jiménez: 787-707-3711 iralis.jimenez.naf@army.mil



# **BUSINESS OPERATIONS**

We aim to deliver high-quality, customer driven programs and services delivered by a trained and motivated staff in order to enhance the well-being and esprit de corps among the Soldiers, Civilians, Family and MWR Membership patrons, and their Families. BO oversees the Golf Club, Community Club, and the Bowling Center.



# FORT BUCHANAN GOLF CLUB

A Premier Golfing Experience.

Embark on an extraordinary golfing journey at Fort Buchanan Golf Course, where the art of golf meets exceptional service. Our course is a golfer's paradise; it was built in 1949 and meticulously designed to cater enthusiasts of all skill levels. Thanks to our diverse and thoughtfully laid-out course, each round promises a new challenge and a refreshing experience.

# **Experience the Thrill of Golf:**

Embark on an 18-Hole Odyssey: Dive into an exhilarating golfing experience on our ingeniously designed nine-hole course, featuring dual tees that unfold into an 18-hole escapade. Our course is a masterpiece of design, spanning over 6,300 dynamic yards and offering a balanced challenge with a course rating of 72 and a slope of 128. Perfectly tailored to inspire novices and seasoned golf aficionados, each hole is a new chapter in your golfing story, encouraging you to elevate your game to new heights. Join us for a golfing adventure that blends skill, strategy, and scenic beauty in every swina!

# **First-Class Standards:**

Our course proudly adheres to the rigorous standards of the United States Golf Association (USGA), ensuring a top-tier golfing experience.

# **Top-Notch Facilities:**

We've covered all your needs, from electric and pull carts to rental clubs. Immerse yourself in our full-featured driving range with nine hitting stations, practice greens, and bunkers.

Flexible Tee Times: Whether you are an early bird or a twilight golfer, our tee times are available for weekends and weekdays to fit your schedule.

# **Pro Shop**

The Pro Shop is open daily and offers a variety of golf equipment and accessories. Choose from a wide array of golf apparel, clubs, bags, shoes, gloves, hats, and more. We also have a wide selection of Fort Buchanan branded items available that make great gifts for family and friends!

# The 19th Hole at the Bunker Bar & Grill

All-day Breakfast is served at our Clubhouse starting at 6 am to 4 pm. Other delicious menu items are available after 10:30 am. The Bar & Grill is open from Tuesday to Sunday.

Food service for groups and take-out is also available. Please give us a call and we'll be happy to assist with your needs.

# **Hours of Operation: Golf Course**

Monday Closed Tuesday through Sunday 7 am to dusk Pro-Shop 787-707-3980/3852

#### The 19th Hole at the Bunker Bar and Grill

Monday Closed Tuesday through Sunday 6 am to 6 pm 787-707-3559

Driving Range 7 am to 4 pm

# **Golf Club**

Depot Road East, Bldg. 171 fortbuchanangolf@army.mil



# COMMUNITY CLUB & CONFERENCE CENTER

Our facility is open to a wide range of people. It is equipped with a main ballroom, seven bars with the capability for seven private rooms. Our main ballroom accommodates approximately 500 guests for social or military functions. We can accommodate wedding receptions, entertainment, and at the same time, meet the dining needs of our Soldiers and Families. All facilities are available to anyone with a Federal Government ID, an official sponsor, or a Family and MWR Membership.

# As a Conference Center

We plan, organize, and manage various events such as military and civilian training workshops, courses and conferences, birthday parties (for all ages), anniversaries, weddings, receptions, ethnic recognitions, and celebrations. We serve the needs of Soldiers by providing mobile catering services seven days a week as needed. Wedding receptions are one of our major activities. We work closely with you to coordinate that moment to meet your needs.



# Daily Lunch Lunch Buffet

Served Monday through Friday from 11 am to 1 pm. and is open to the community. **Daily Lunch Specials** are also

available at the Borinquen
Bar & Patio, Monday through
Friday from 11 am to 2 pm.

# The Boringuen Bar & Patio

Where community folks gather to chat and enjoy a variety of menu items such as Burgers, Pinchos (Kabobs), Churrasco, and more. Open Wednesday, Thursday, and Friday evenings. Live entertainment, DJ, and karaoke are featured for special events.

Our Borinquen Bar & Patio features plasma TVs showing sports events, and surround-sound music. The *Borinquen Lounge and Patio* hours of operation are Wednesday from 3 pm to 9 pm, and Thursday and Friday from 3 pm to 11 pm.

# Community Club & Conference Center

Depot Road, Bldg. 660 787-707-3215/3515/5233 usarmy.buchanan.usaq.list.community-club-team@army.mil

# FORT BUCHANAN **BOWLING CENTER**

The Fort Buchanan Bowling Center aims to provide guests with a first-class bowling experience from start to finish. Our 18 lanes are certified to PBA standards, and our Cosmic Bowling program is fantastic! We offer a variety of adult mixed leagues year-round from 4 pm to 9 pm.

## Café 300 Snack Bar

The snack bar offers a variety of menu items, including sandwiches, hamburgers, and more. We also offer daily specials featuring local cuisine starting at 11 am from Tuesday through Friday. You don't have to bowl to enjoy these great offerings. Stop by for lunch!



# **Birthday Party Packages**

We'll help make your child's birthday party extra special!

Birthday parties at the Bowling Center are fun for kids and convenient for parents. Our party packages handle all the details. All you'll have to do is invite the guests, and the cake! Please call for information or visit us. We'll be happy to assist you!

# The 11th Pin

Our bar offers a comfortable place to relax for your Friday social or weekend needs. Enjoy a game of dominos and unwind after a long week. The Lounge is available for small private parties and adult birthday parties, please contact us for additional information.



# **Open Bowling Fees**

Active Duty: \$4 (excludes Cosmic)

Shoe Rental: \$4 Open Bowling: \$5 Cosmic Bowling: \$5.50

Locker Rental: \$45 | Active Duty: \$40

Special Oil Pattern: \$7 per lane

# Hours of operation

Sunday and Monday Closed Tuesday through Saturday 11 am to 9 pm

# **Bowling Center**

Bailey Road, Bldg. 168 787-707-3272 787-707-2695





Provide top quality Leisure Travel Services to Military members, Families, Retirees, and Civilians.

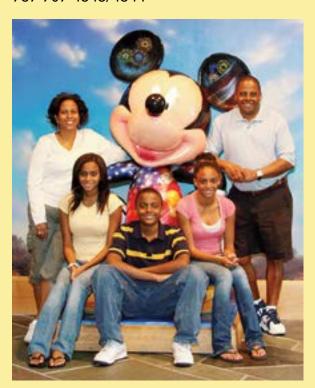
- Information on local Island attractions
- Assistance in booking travel arrangements
- Stateside attraction discounts: Disney Parks and Resorts, Universal Studios, etc.
- Individual and group tours
- Cruises
- Lodging Reservations

# **Hours of operation:**

Monday through Friday 9 am to 4 pm

#### **Leisure Travel Services**

Depot Road, Bldg. 660 787-707-4343/4344







# SPECIAL EVENTS

The Family and MWR Special Events team is dedicated to providing a diverse range of community-wide events throughout the year. Additionally, we extend our support to facilitate the success of large events organized by other Family and MWR program areas.

# Recurring special events:

- Independence Day Celebration
- Oktoberfest
- Halloween Haunted House
- Holiday Celebration
- Flea Market

## **Special Events Office**

Depot Road, Bldg. 660 (Community Club)

## **Hours of operation:**

Monday through Friday 7 am to 4 pm 787-707-3974/4391 / Cel: 786-890-7324

SPORTS AND FITNESS CENTER

Our Sports & Fitness Program provides the Fort Buchanan community with a variety of sports, fitness, and recreational opportunities. The main facility is currently undergoing renovations. Temporary facilities include a cardiovascular area equipped with cardiovascular exercise machines including steppers, treadmills, ellipticals, and cycles. A complete line of user-friendly Selectorized Nautilus weight machines for each individual muscle and complete free weight area.

Current Fitness Center services include individual supervision and guidance of exercise routines, Microfit evaluation, and tennis court reservations. The Fitness Center membership is free for active duty, Retirees, Reserve, National Guard component, 100% Service Connect, DoD Civilian employees, and their Family members. Our Fitness Center is also accessible to patrons with disabilities.

#### **MEMBERSHIP INCLUDES:**

# Use of Sports Facilities:

Reservations are required. A daily fee applies for guests.

- Tennis Courts
- Sand Volleyball Court
- Basketball/Volleyball Court

# **Group Fitness Programs:**

A high-quality group fitness program for a variety of patrons will take care of your physical needs. Our subject matter experts and trainers are in charge of driving customers through the rigors and enjoyment of diversified group and individualized activities.

There is a \$5 fee per class.

- Back to Basics
   Cross Drills
- Golden Age Program
- Hybrid Stationary Cycling
- Jui Jitsu

#### Cardiovascular Area:

Cardiovascular exercise machines that will help you tone your body.

- Treadmills
- Steppers



Individual assessment and guidance of exercise (tests are optional and by appointment)

## **Test Components:**

- Resting Heart Rate
- Muscle Strength
- Body Fat Percentage
   Cardiovascular Endurance

#### Reservation Procedure for Practice Sessions

- Only registered members are authorized to make reservations for basketball, tennis and sand volleyball courts.
- Request must be made 24 hours in advance
- Reservations are for one hour; additional time must be requested and approved by the Fitness Center Manager
- Reservations can be made via email maria.t.nunez5.naf@army.mil or 787-707-3767
- Scheduled events and games have priority over practice sessions

Fort Buchanan's Sports & Fitness Center is temporarily located at Bailey Road, Bldg. 148

## **Hours of operation:**

Monday through Friday 5 am to 7 pm Closed on Saturday and Sunday 787-707-3767

#### **Fitness Center's RECW Annex**

Patriot Blvd., Bldg. 170

## **Hours of operation:**

Monday through Friday 5 am to 7 pm Saturday 9 am to 1 pm Closed on Sunday 787-707-3281

The Outdoor Recreation Equipment CheckoutCenter offers a one-stop rental facility for your recreational and rental needs. We have the perfect items for your unit organizational day, backyard party, or weekend recreational getaway.

## Items available include:

- kayaks
- outdoor games
- camping equipment
  - picnic & parties' equipment
- scuba gear
- and more
- sports equipment

We also offer monthly trips around Puerto Rico that include sightseeing trips, kayaking, outdoor adventures, and much more.

<b>Water Sports</b>	Daily	Weekend	Weekly
Kayak (2 people)	\$29	\$49	\$119
Kayak (1 person)	\$25	\$45	\$99
Stand Up	\$29	\$45	\$99
Paddle Board			
Surf Board	\$29	\$39	\$99
Life Vest	\$2	\$5	\$25
Snorkel Set	\$5	\$9	\$19
Mask	\$2	\$5	\$9
Fins	\$2	\$5	\$9

# **Inflatables:**

A diverse range of inflatables is available for rent to enhance your party with joy. Rentals are offered in different sizes and might have age limitations.

# **Vehicle/Trailer Storage**

We offer a secure gated lot where you can safely store a variety of cars, including four-wheel vehicles, double axle trucks, boats with trailers, utility trailers, camper trailers, and RVs.



# **Classes & Services**

Boating Skills Classes	Filling Tank
Visual Test	Hydro Test

# Miscellaneous Items

	Daily	Weekend	Weekly
Water Pressure	\$39	\$75	\$199
(reservation requiered)			
Rotary Hammer	\$29	\$39	\$99
Wet/Dry Vac	\$9	\$15	\$29
Buffer Machine	\$29	\$39	\$99
Gas Trimmer	\$19	\$25	\$99
Aluminum Ladder	\$9	\$19	\$29
Honda Generator	\$39	\$69	\$169
3000 EUISA			

# **Games & Sports Equipment**

Carries & Sports Equipment			
	Daily	Weekend	Weekly
Mountain Bike	\$15	\$25	\$65
Horseshoes	\$3	\$5	\$15
Volleyball	\$2	\$5	\$9
Volleyball Set	\$9	\$19	\$49
Football	\$2	\$5	\$9
Basketball	\$2	\$5	\$9
Fishing Rods	\$5	\$10	\$25
Giant Jenga	\$7	\$15	\$25
Giant Connect 4	\$7	\$15	\$25
Corn Hole	\$7	\$15	\$25
Tick Tack Toe	\$5	\$9	\$19
Checkers	\$5	\$9	\$19
C			

Camping	Daily	Weekend	Weekly
Tent (4 people)	\$15	\$25	\$59
Tent (6 people)	\$19	\$35	\$69
Gas Lantern	\$5	\$9	\$19
Gas Stove	\$7	\$9	\$19





Various Inflatables available. Prices depend on

# **Hours of Operation**

Tuesday through Friday 8 am to 4:30 pm Saturday 8 am to 1 pm Sunday, Monday & Federal Holidays Closed

# **Outdoor Recreation**

South Terminal Road, Bldg. 608 787-707-3734/3138

Authorized patrons include Active-Duty Military, Retirees, Reservists, DOD Civilians, and their Families.



# **Picnic Area Rentals**

Outdoor Recreation has four Picnic Areas available for group activities at a nominal fee.

The Cabaña Picnic Area is the largest facility, holding approximately 250 people. It has a stage area, dance floor, enclosed area for food service, and restrooms. Facilities are available from Monday to Sunday, 6:00 am to 11:00 pm. When making reservations, please have a date and alternate date(s) ready. Patrons must make reservations in advance by calling 787-707-3734 or 787-707-3138.





machines, auto lifts, and and many other tools and equipment available to upgrade and maintain your privately owned vehicle.

We aim to empower you with the knowledge and skills to work on your vehicle. We provide hands-on instruction and supervision to ensure you learn the best vehicle maintenance and repair practices. We also have computerized data available to assist with vehicle maintenance and repairs.

At the Automotive Skills Center, you can learn valuable skills such as installing brake pads, performing tuneups, tire rotation, wheel balancing, tire repair, oil changes, and more. We also have state-of-the-art equipment to perform almost

any minor repair needed for your car.

We are a Certified Service Station to conduct the Puerto Rico vehicle inspection.

• Oil Change (special offers)

- Tire Rotation
- Alignment
- Inspection (DTOP)
- Air Conditioning
- Fluid Checks
- And more



# Selling your car, truck,

motorcycle, or a 4-wheeler?

Here is your opportunity!

For only \$30 a month, you'll get an assigned space located near the Commissary parking lot.

For more details and registration, please contact the Automotive Skills office.



# **Vehicle Storage Lot**

A gated lot where you can safeguard the following vehicles:

- Four Wheels Vehicle
- Utility Trailer
- Double Axle Truck
- Camper Trailer
- Boat with Trailer
- Trailer or RV

For vehicle storage information call 787-707-3734

# ASC Hours of Operation

Bailey Road, Bldg. 159 Monday through Friday 7:30 am to 4 pm 787-707-3972



# BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

Are you a Single Soldier or Geographical Bachelor/Bachelorette?

There's a program just for you at Fort Buchanan called *Better Opportunities for Single Soldiers* or BOSS. With a focus on recreation, community service, and well-being, BOSS brings together a community of single Soldiers through good deeds and good times.

BOSS aims to provide single Soldiers with innovative recreation opportunities and a forum for quality-of-life issues between the single Soldier, installation staff, and command. This communication channel provides feedback and opportunities for Soldiers, enhances personal investment in the community, and aids in retention. Unit BOSS representatives receive briefings on current events at Fort Buchanan through monthly installation meetings, which they disseminate to their units.

For more information, and to become a BOSS member, fortbuchananBOSS@army.mil



# THE WATERSPOUT

This aquatic center has a pool from 0 to 4 feet deep, featuring a closed 130-foot water slide and an open 125-foot water slide, net crossing, fun umbrellas, deck and shade areas of wood trellis with lounges, picnic tables on a 15,000-square-foot deck area, showers, and lockers.

The entrance to the main pool and the lap pool are designed with safety in mind, optimizing accessibility via "beach" entries. This allows users with disabilities and children to enter the pool without any steep drop-offs, ensuring their safety. The 25 meter pool area, with a four lane lap pool, provides a safe and secure environment for swimmers. At four feet, this is the deepest water level at the facility. Professionally trained lifeguards are on duty at all times, further enhancing the safety of our facility. There are annual and seasonal memberships available for all military ID card holders.

This facility is available for private pool parties during off-duty time and for small birthday parties during operating hours. Convenient packages are available to accommodate your requirements. Our pool-certified personnel are ready to assist you or provide you with additional information. For reservations and memberships visit us Tuesday through Sunday, 10 am to 5 pm.

We have a snack bar and catering service for pool parties and groups.



# **Daily Admission Fees:**

Category	Price
Children 3 yrs and under	FREE
ID cardholders and Dependents	\$8
Non ID cardholders	\$10

## **Annual Family Membership Plan:**

Category	Summer	Winter	Annual
Military E1 - E5	\$150	\$100	\$225
Military E6 - E8 O1 - O3 E9/O4 and up	\$200	\$150	\$275

Retirees, \$250 \$200 \$325 DoD Civilians and others authorized ID cardholders

ID Cardholders 18 years and older can sponsor up to eight (8) guests.

\*Family is composed of one ID cardholder plus three (3). Cards are not transferable. A 25% rate will apply for additional members if there are more than four members.

\*\*Authorized personnel: Active Duty, Civilian DoD, Retirees, Reserve, and National Guard.



# POST LIBRARY

Here at the Fort Buchanan Library, we provide our community with a variety of programs and educational and recreational resources. Our print and online resources support our mission of fostering a welcoming environment that delivers quality library services encouraging readiness, resiliency, recreation, and life-long learning throughout the entire Army community.

The Library has a collection of approximately 20,000 books, DVDs, music CD's, video games and more. Our collections are constantly being updated with new materials and titles to support our community's needs.

#### SOME OF OUR SERVICES INCLUDE:

- Computers with internet access for public use
- Laptop checkout for in-house use
- WiFi access
- Color printer and copier
- Scanner
- Programs and events for all ages
- Online catalog for our print collection
- Access to over 50 online resources for professional and recreational use

**LIBRARY ACCOUNT ELIGIBILITY:** Active Duty Military Personnel, Reserve and National Guard Components, DOD Civilians, Retirees, and their Families are all eligible to use the Fort Buchanan Post Library. First-time visitors can set up an account that will follow them throughout their entire career and even through PCS moves. [Eligibility is verified through DEERS per DODI 1015.10]

#### **COLLECTIONS**

- Children's
- Young Adult
- Manga and Graphic Novels
- Fiction
- Non-fiction
- Video Games for PS4, Xbox 1, and Nintendo Switch
- Blu-Rays and DVDs
- Spanish and Bilingual

#### **Hours of Operation**

Depot Road, Bldg. 518 fortbuchananlibrary@army.mil Tuesday and Thursday 9 am to 6 pm Wednesday, Friday, and Saturday 9 am to 5 pm 787-707-3208

# ONLINE **RESOURCES:**

Get access to our services and resources available for you and your family. Learn about different topics from Continuing Education, Science and Technology, "Do-It-Yourself", Children's Corner and much more. Visit dodmwrlibraries.org to login and take advantage of all our online databases and resources.

Overdrive (Libby app) 194,000+ eBooks, audiobooks, magazines and movies for download to your computer or mobile device. Best sellers, fiction, nonfiction, military history, and more with new titles added weekly. Includes access to thousands of digital comics and graphic novels including Marvel® favorites and more.

Bluecareer (EBSCO) Provides in-depth information and training on 100+ skilled trades including automotive, aviation, construction, energy and more. Connects individuals with hundreds of trade schools and employers.

Mango Languages - Fun and effective way to learn a new language with 70+ different foreign languages and 21 English Language Learning courses.

Learning Express (EBSCO) Online tools to help you prepare for college and advance your military career. Includes study guides and practice exams for ASVAB, CLEP, DSST, SIFT and AFOQT.

PressReader Digital Newspaper - Delivers unlimited access to 7,000+ newspapers and magazines from 120 countries in more than 60 different languages.

Kanopy - Thousands of critically-acclaimed movies, classic cinema, documentaries, and award winning foreign films for streaming on your favorite devices. Includes the Great Courses streaming videos.



# ARMY COMMUNITY SERVICE

ACS provides consistent and comprehensive prevention, life skills, response, and transition services through an integrated system tailored to foster the Army's commitment to maximizing Soldier, Family, and Civilian adaptability and self-reliance.

# INFORMATION & REFERRAL (I&R)

The Information & Referral (I&R) program connects individuals with information, sources, and resources to meet their needs. It provides assistance in answering questions and making referrals to local military and Civilian service agencies, 787-707-3804

# RELOCATION READINESS PROGRAM (RRP)

The Relocation Readiness Program offers resources to make moving easier, including:

- 1. Newcomer's Orientation: An interactive workshop introducing community resources and Puerto Rican culture to help individuals transition to Puerto Rico.
- 2. Lending Closet: Basic household items that can be borrowed temporarily for those relocating.
- 3. Overseas Orientation: This includes briefings, cross-cultural adaptation training, and sponsorship training for moves abroad. It is designed to make transitioning to Puerto Rico an enjoyable experience. 787-707-3682

## **Lending Closet**

Need to put the coffee pot in the unaccompanied baggage? Basic housekeeping items are available to be loaned temporarily. 787-707-3682

#### **Overseas Orientation**

- Pre-move and post-move briefing
- Cross-Cultural adaptation training
- Sponsorship training

# **HOME & FAMILY LIFE** FAMILY ADVOCACY PROGRAM (FAP)

Provides support to Service members and their Families in managing personal and Family problems. For Service members involved in Family violence, early FAP referral reduces risk, establishes safety limits, and provides prevention and education on how to deal with everyday life changes and transitions within the military.

#### **Prevention & Education**

FAP provides classes covering a broad range of topics: Communication, Conflict Resolution, Self Esteem, Stress and Anger Management, Parenting Skills Classes, Parent Support Programs, Foster Care Information, Respite Care, Safety Education for Children, and Referrals. 787-707-3709

#### **New Parent Support Program (NPSP)**

For children ages 0-3. Offers Morning Playgroups to enhance children's social skills and provide a safe and healthy way for children and their parents to have fun outside their homes. Other services are provided to new parents. For information and morning playgroups. 787-707-3709

#### **Victim Advocacy**

If you are a victim of spouse abuse, the Victim Advocate is available to assist with the support and information necessary to make positive choices. Safety is our top priority. The program provides ongoing support and referrals. The Victim Advocate helpline is 787-221-7982.

#### **Resources Library**

ACS maintains an extensive resource library. Materials are available to borrow or keep. Please call ACS staff for additional information at 787-707-3804/3709.

#### **EXCEPTIONAL FAMILY MEMBER PROGRAM**

(EFMP) EFMP assists you with advocacy services, resources, education, and child services for Families with special needs. 787-707-3295.

# **MONEY MATTERS** FINANCIAL READINESS

It offers a wide range of free services geared toward assisting Soldiers and their Families in living within their means and saving for their future.

#### **Classes & Workshops**

Get your finances under control. Classes are offered on Money Management, Credit/Debt Management, Home and Auto purchases, Military Benefits/Entitlements, Budgeting, and more.

#### Counseling

Receive one-on-one free financial counseling. Make a financial counseling appointment if you are already in a bind or want to prevent future problems.

# **Credit Report Repair**

Incorrect information reported on your credit report? Call a counselor today for free information and assistance repairing your credit report.

#### **Army Emergency Relief (AER)**

Assistance may be provided for emergency leave, food, auto repair, and other unexpected emergencies. AER may assist active duty soldiers, their family members, and soldiers from ARNG and USAR on active duty, for more than 30 days. Their family members retired from active duty for longevity or physical disability, and their dependents. ARNG and USAR Soldiers who retired at age 60 and their Family members. Surviving spouses and children of Soldiers who died while on active duty or after they retired. 787-707-3310

# **EMPLOYMENT READINESS PROGRAM (ERP)**

Employment Career Counseling is available to assist with writing a federal electronic resume, classes on navigating the USAJOBS websites, valuable job search techniques, virtual job bank employment opportunities, networks, and resources needed to gain the required job skills. The ERP hosts/sponsors hiring events and job fairs on/off post and provides training in career selfassessment, interview skills, and how to start your own business. The resource computer lab is available to assist with career and job search readiness. 787-707-3365

## **Military Spouse Employment Partnership (MSEP)**

Through MSEP, America's employers will have direct access to a diverse and talented workforce, and military spouses can connect with meaningful, long-term employment opportunities.

## Military Spouse Employment Partnership

Helps spouses find rewarding work through partnerships with national companies that agree to allow the military spouse the option of taking their job with them when they move to a new duty station. 787-707-3365

Military Spouses Career Advancement Account **Program (MyCAA)-** Who is eligible for MyCAA Financial Assistance? Spouses of Service members on active duty in pay grades E-1 to E-5, W-1 to W-2, and O-1 to O-2 who can start and complete their coursework while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and Reserve Components in these same pay grades. Financial assistance is limited to \$4,000 (\$2,000 per calendar year). Financial aid may only be used for an associate's degree, occupational license, or credential. Visit myseco.militaryonesource.mil or call for more information at 787-707-3365.

# **SURVIVOR OUTREACH SERVICES (SOS) PROGRAM**

Survivor Outreach Services is a program designed to provide short-term and long-term support to the Survivors of Soldiers who died while on active duty. It demonstrates the Army's commitment to the Families of the fallen. SOS's mission is to build a unified program that embraces and reassures Survivors who are continually linked to the Army Family for as long as they desire. The program connects Family members with other resources that can help them cope with their loss. For more information or additional services, contact the SOS Coordinator at 787-707-3692.



# MILITARY AND FAMILY LIFE COUNSELORS (MFLC)

We are here to help you with your daily situations related to being part of the Army. Services are FREE and CONFIDENTIAL.

 Provides non-medical, short-term, situational problem-solving counseling to Service members and their Families.

## **Military Lifes Skills**

- Deployment Stress Coping Skills My Military Issues
- Relocation Adjustment
   Homesickness
- Sadness, Grief and Loss
   Separation
- Reintegration: Soldier to Citizen Building Resiliency Contact MFLC at: 787-220-4538 and 787-463-1932

## MOBILIZATION AND DEPLOYMENT (MOBDEP)

The primary POC for providing services during deployments, routine training exercises, and disasters. MobDep serves as the link between family members, rear-detachment, and Family Readiness Groups.

MobDep professionals interview callers and walk- in clients to evaluate the type of assistance required and make appropriate referrals to internal ACS programs and other agencies. MobDep resources include:

Computer Lab- Internet Access and Video Teleconferencing **Classes and Trainings** 

Ask about Op R.E.A.D.Y. Training and other life skills education resources. 787-707-3290/3804

#### **GETTING INVOLVED**

Do you want to give back to your community or learn new skills? The benefits of volunteering are as individual as the people who volunteer.

# ARMY VOLUNTEER CORPS (AVC)

Register to become an Army Volunteer at www. MyArmyOneSource.com; share your strengths, skills, and abilities. The Army Volunteer Corps provides volunteer placement opportunities based on interest and organization needs. Joining the Fort Buchanan volunteer team lets you gain work experience, meet new friends, and have fun! 787-707-3692

# ARMY FAMILY TEAM BUILDING (AFTB)

AFTB is a volunteer-based program that promotes readiness and self-sufficiency. Level K provides basic information and preparation for life in the military. Level G focuses on management skills for emerging leaders. Level L guides you through leadership skills. 787-707-3365

# ARMY FAMILY ACTION PLAN (AFAP)

AFAP is a grassroots process where your ideas are heard. Issues are submitted throughout the year, and a local conference is held annually to address them. Volunteer as a delegate, recorder, or facilitator during the annual AFAP conference. 787-707-3682

# **CHILD & YOUTH SERVICES**

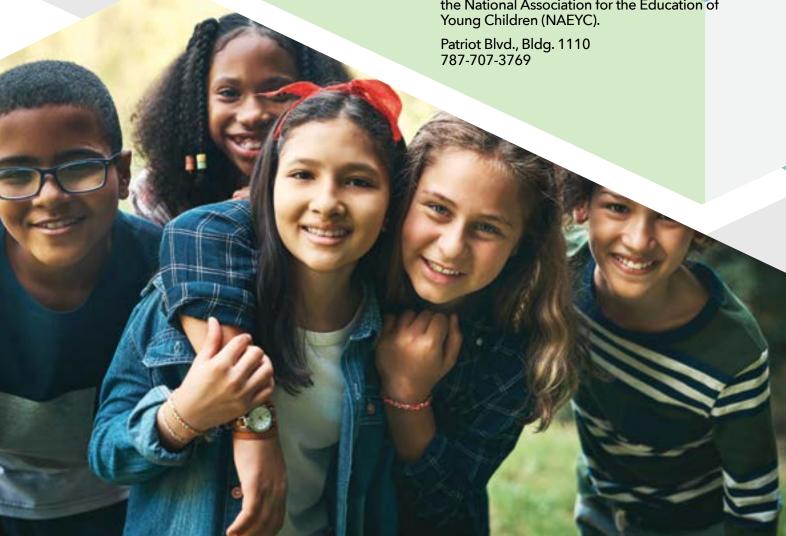
At our core, we support military readiness, recruitment, and retention. By managing and delivering facility-based and outreach services to eligible children and youth six weeks through 18 years of age, we help reduce the conflict between mission and parental responsibilities. Our year-round full-day, after-school, hourly, seasonal, and individual sports programs and events are designed with parent and youth input, making you an integral part of our mission. We ensure the inclusion of children and youth with special needs because every child matters. All CYS Programs are Department of Defense (DoD) Certified, a testament to our commitment to the mission.

The CYS Parent Central Services Office serves as a one-stop service for enrollment in CYS Programs.

Constitution Ave., Bldg. 136
787-707-3787/3541/3434

# CHILD DEVELOPMENT CENTER • CDC

CDC provides care for children ages six weeks to five years old. The CDC offers full-day and hourly care. CYS Services programs ensure the same quality of care for children regardless of how long childcare is provided. The program assistants plan a developmentally appropriate curriculum for young children, with special attention to the children's different needs, interests, and developmental levels. The Child Development Center operates from Monday through Friday from 6 am to 6 pm. Breakfast, lunch and a afternoon snacks are provided as appropriate. The Child Development Center is accredited by the National Association for the Education of Young Children (NAEYC).



# SCHOOL AGE CENTER • SAC

School Age Center (SAC) program is center-based for kindergarten through 5th grade youth. The SAC program operates Monday through Friday from 2 pm to 6 pm and provides a full-day program when school is out (6 am to 6 pm) during winter, spring, and summer camps. Hourly care is also available for families needing less than five hours per week. During the regular school year, care is provided on early release days and full days off from school. Breakfast, lunch, and afternoon snacks are provided as appropriate. The After School program is accredited by the National Afterschool Association (NAA). Upon accreditation expiration under NAA, the Department of the Army has selected the Council on Accreditation (COA) as its' new afterschool care accrediting body for all Military programs. COA is an international, independent, nonprofit, child/family service and behavioral healthcare organization founded in 1977 by the Child Welfare League of America and Family Service America.

Patriot Blvd., Building 1110 787-707-3468/3188

# CYS SPORTS & FITNESS **PROGRAM**

CYS Youth Sports offers children and youth semi-competitive and recreational sports games throughout the year, including soccer, baseball, basketball, and volleyball. The sports program focuses on programs based on the well-being of children and youth by creating proper sports environments, equal play opportunities for every child and youth, creating safe playing situations, and ensuring drug, tobacco, and alcohol-free atmospheres. Programs also focus on positive role models for children and youth, the part sports play in a child's or youth's life and allows parents to take an active and supportive role in the child's sport of choice. Youth Sports are a growth experience rather than a limiting experience.

The Youth Sports & Fitness program operates Monday through Friday from 7:30 am to 5 pm.

Constitution Ave., Bldg. 136 787-707-3406/3466

# CYS Youth Center • YC

The CYS Youth Center (YC) shares the same mission as those for younger children but emphasize the essential components of youth development. Youth need to feel a sense of belonging, experience success, affect change through meaningful service, and participate in experiences that foster independence. The facilities enrich youth experiences by providing arts, recreation, and leisure activities; sports, fitness, and health options: life skills, citizenship, and leadership opportunities; and mentoring, intervention, and education support services. The Youth Center is open during the school year, Monday through Friday, from 2 pm to 6 pm. Winter, and Summer camps are available to all eligible customers.























FORT BUCHANAN,
A VIBRANT MILITARY
COMMUNITY THAT EXTENDS
TO THE SURROUNDING
CIVILIAN FAMILIES.

