

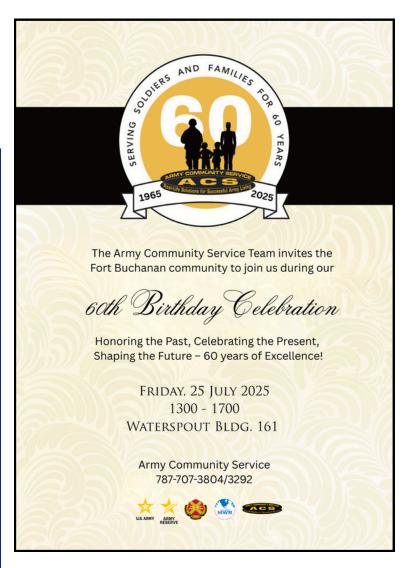
#### **JULY 2025**

# NEWSLETTER



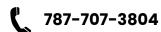
# **Our Programs**

- Family Advocacy Program
- Army Emergency Relief
- Army Volunteer Corps
- Survivor Outreach Services
- Financial ReadinessProgram
- Relocation Readiness
   Program
- Employment ReadinessProgram
- Information and Referral Program
- Exceptional Family
   Member Program
- Mobilization and Deployment Program
- Military and Family Life
   Counseling Program
- Other Services and Resources



### **Contact Us!**















## Fort Buchanan Military Family Life Counselors

- Individual & Couples Support for Adults
- Family Non-Medical Counseling (parent or guardian must attend sessions with children)
- Appointments are available in person, by phone, or virtually

787-220-4538 / 787-463-1932



Information & Referral Program 787-707-3804

**Employment Readiness Program 787-707-3365** 

Mobilization & Deployment 787-707-3292

**Survivor Outreach Services & 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

**Tuesday, 8 July | 10 am – 11 am at ACS Conference Room, Bldg. 225 Sponsorship Workshop:** Join us to learn how to provide sponsorship assistance to incoming military and Civilian personnel successfully.

Wednesday, 9 July | 10 am – 11 am at ACS Conference Room, Bldg. 225

Dressing Up for the Employment Interview: This class aims to help you make a positive first impression during Employment interviews by discovering the appropriate attire for different industries and learning about grooming and personal presentation.

Monday, 14 July | 9 am - 10:30 am at ACS Conference Room, Bldg. 225

Thrift Savings Plan: In this workshop, learn how to make the most of your TSP retirement savings opportunity. It will address the TSP options of tax treatment, TSP contribution, individual and lifecycle funds, and mutual funds.

**Tuesday, 15 July | 10 am – 11 am at ACS Conference Room, Bldg. 225 International Travel Symbols:** Join us to learn the positive aspects of using internationally accepted symbols to communicate while traveling to foreign countries. These tips will help reduce the stress caused by the challenges of traveling abroad.

Thursday, 17 July | 9 am - 10:30 am at ACS Conference Room, Bldg. 225
Summer Sensory Fun: Explore summer-specific sensory activities that can be done at home or outdoors to keep children engaged and calm.

Wednesday, 23 July | 10 am – 11 am at ACS Conference Room, Bldg. 225
Preparing for an Employment Interview: This session covers how to research the company and role, common interview questions, and effective interview techniques. It also includes practical tips for practicing and improving your interview skills.

Thursday, 24 July | 9 am – 10:30 am at ACS Conference Room, Bldg. 225
Behavioral Strategies: Equip parents with practical techniques to support their child's development, improve communication, and manage behavioral challenges.

Friday, 25 July | 9 am - 10 am at ACS Conference Room, Bldg. 225

Army Volunteer Corps/Training for OPOCs: To provide useful management tools to OPOCs of the Army Volunteer Corps, such as volunteers' PDs, approving volunteers' hours, supervision, and mentoring.

Friday, 25 July | 11 am - 12 pm at ACS Conference Room, Bldg. 225

Army Volunteer Corps/Training for Volunteers: To provide useful management tools to volunteers, including how to record volunteers' hours, manage their service records, ethics, customer services, and open a forum for questions and answers.

### Friday, 25 July | 1 pm – 5 pm at Waterspout, Bldg. 161

**Army Community Service's 60th Birthday:** Please join us as we celebrate 60 years of empowering Soldiers, Families, and Civilians through dedicated support and commitment! There will be birthday cake and refreshments, fun activities for all ages, music, and much more!

Monday, 28 July | 9 am - 10:30 am at ACS Conference Room, Bldg. 225

Bankruptcy: Bankruptcy is a solution for a 7–10-year financial hardship to endure and overcome. Know the process and find out about alternatives in this workshop. Creditors may even help you steer away from bankruptcy.

Wednesday, 30 July | 10 am - 11 am at ACS Conference Room, Bldg. 225

Post-Interview Follow-Up: Learn the importance of sending thank-you notes and follow-up emails after an interview. This class also discusses handling rejections professionally and planning your next steps.

Thursday, 31 July | 9 am-10:30 am at ACS Conference Room, Bldg. 225 Routines and Rituals: This class offers simple, practical strategies for building structure while fostering a sense of security and joy at home.

# **EFMP**Exceptional Family Member Program July Workshops

The Exceptional Family Member Program (EFMP) offers a diverse range of educational opportunities to Soldiers and their eligible Family members, including virtual, in-person, and hybrid classes. This approach ensures that participants receive comprehensive and personalized support, tailored to their specific needs.



#### Thursday, 17 July 0900-1030

**Summer Sensory Fun:** Explore summer-specific sensory activities that can be done at home or outdoors to keep children engaged and calm.

#### Thursday, 24 July 0900-1030

**Behavioral Strategies:** Managing challenging behaviors at home

#### Thursday, 31 July 0900-1030

**Routines and Rituals:** Learn the importance of routines and how to establish this structure at home.



#### Contact us

787-707-3295 idalis.m.rios.civ@army.mil





#### ARMY COMMUNITY SERVICE REMLETE Solutions for Successful Arms Livins **Employment Readiness Program** Employment readiness will be provided to assist individuals in acquiring skills, networks, and resources that will allow them to participate in the work force and to develop a career/work plan. WEDNESDAY WEDNESDAY WEDNESDAY 09 JULY AT 1000 23 JULY AT 1000 30 JULY AT 1000 DRESSING UP FOR THE PREPARING FOR AN POST-INTERVIEW **EMPLOYMENT INTERVIEW EMPLOYMENT INTERVIEW** FOLLOW-UP Discover the appropriate This session covers how to Learn the importance of sending thank you notes attire for different industries research the company and and learn about grooming role, common interview and follow-up emails after and personal presentation questions, and effective an interview. This class also This class aims to help you discusses how to handle make a positive first includes practical tips for rejections professionally impression during practicing and improving and plan your next steps. Employment interviews. your interview skills **%** 787-707-3365 ⊕ <u>luis.a.torresrios.civ@army.mil</u> ⊙ Bldg. 225 Davis Street





