

August 2023

NEWSLETTER



"The memories we make with
our family is everything."


– Candace Cameron Bure

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

August Workshops

Thursday, 3 and 17 August | 10 am – 11 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.

Thursdays, 3, 10, 17, 24, August | 9 am – 12 pm at ACS, Bldg. 225

Army Volunteer Corps: Provide useful management tools to volunteers and OPOC's such as the ability to record volunteers' hours and manage their service records. To provide information to help OPOCs to stay up-to-date with ACS' news, announcements, and events.

Tuesday, 8 August | 10 am – 11:30 am at ACS Conference Room, Bldg. 225

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

Wednesday, 9 August | 9 am – 11 am at the Chapel Annex, Bldg. 292

New Parent Support Program (NPSP) Sensory Gala: Opportunity for children to explore, play, and develop scientific processes while they play, investigate, and discover new sensations.

Thursday, 10 August | 9 am – 10 am at ACS Conference Room, Bldg. 225

Personally Procured Move (PPM): Join us to learn about the different ways to transport your household goods between CONUS installations, and find out how to request temporary storage, book your PPM and submit a reimbursement request for your moving expenses

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

Financial Education Goals: Build the knowledge and skills necessary to take your finances to the next level with practical tips and guidance. Build a solid foundation for your financial future through budgeting, reducing expenses, saving, and investing, understanding credit score, and using credit cards wisely.

August Workshops

Monday, 14 August | 2:45 pm – 4:00 pm (Mondays and Wednesdays) at DPTMS/Training Support Center, Bldg. 511. Cross-Cultural Basic Conversational Spanish Classes: We will provide the opportunity to military Families to learn basic conversational Spanish and significant aspects of the culture of Puerto Rico.

Tuesday, 15 August | 10 am – 11:30 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, 15 August | 1:30 pm – 3 pm at ACS Conference Room, Bldg. 225 Sponsorship workshop: Come join us to learn everything necessary to establish a sound sponsorship program for incoming Service members and DA Civilians prior to reporting to Fort Buchanan or moving to their next duty station.

Wednesday 16 August | 10 am at Finca Neo Jibairo by HidrOrgánica, Rio Grande. 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."

Monday, 21 August | 9 am – 10:30 am at ACS Conference Room, Bldg. 225 Using Credit Wisely: Credit cards are convenient and a valuable tool when used responsibly. Using credit cards as extra cash is not recommended. Learn how to use a credit card to improve or maintain your credit score. Recognize the pitfalls of credit cards. Practice shopping for credit.

Monday, 21 August | 11 am – 12 pm 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.

August Workshops

Tuesday, 22 August | 10 am – 11 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, 23 August | 3 pm – 4 pm at ACS Conference Room, Bldg. 225
Family Advocacy Program: Family Fun Time: Cake Pop Creations: Enjoy an afternoon with the Family making fun edible Cake Pops. Test your decorating creativity.

Thursday, 24 August | 10 am – 11 am at ACS Conference Room, Bldg. 225
Request of Vital Records: Join us to learn about the procedure for requesting vital records on-line from the local Demographic Register Office, which will ensure all members of the military community will be able to obtain copies of their individual vital documents

Monday, 28 August | 9 am – 10:30 am at ACS Conference Room, Bldg. 225
BRS and TSP: The “blending” in BRS comes from the blending of two major sources of retirement income: the existing annuity provision for those who retire after 20 or more years of service, plus the Thrift Savings Plan. Learn the major components of the BRS and the TSP.

Tuesday, 29 August | 9 am – 10 am at ACS Conference Room, Bldg. 225
Application for citizenship or immigration residency: Join us to learn about the procedure for applying for U.S. citizenship or residency, to the office of U.S. Citizenship and Immigration Services (USCIS).

Tuesday, 29 August | 10 am – 11 am at ACS Conference Room, Bldg. 225
EFMP Class: Calming Your Mind: Learn about the strategies and benefits of calming the mind.

August Activities

Thursday, 31 August | 11 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. To provide you with a better understanding of local installations and community-based programs.

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, 16 August 2023 at 10:00 a.m.
at Finca Neo Jibairo by HidrOrgánica, Rio Grande

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.



SENSORY GALA

TUESDAY, AUGUST 9
9 AM - 11 AM
CHAPEL ANNEX, BLDG. 292



For children from 0 to 3 years old.
Opportunity for children to explore, play, and develop scientific processes while they play, investigate, and discover new sensations.

For more information or to register, please call the ACS Family Advocacy Program at (787) 707-3709 or ruth.e.gonzalez.civ@army.mil.
Registration is necessary to participate.

