

September 2023

NEWSLETTER



“School is a building with four walls and tomorrow inside.”
– Lon Watters

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

September Workshops

Tuesday, 5 September | 10 am – 11:30 am at ACS Conference Room, Bldg. 225

EFMP Class: Reasonable Accommodation Workshop: To learn the process for reasonable accommodation and advocate for your Family member.

Thursday, 7 September | 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.

Thursday, 7 September | 10 am – 11 am at ACS Conference Room, Bldg. 225

Containerization of Personal Property: Come join us to learn how to prevent loss and reduce damage associated with handling your household goods (HHG), by having your personal property containerized.

Thursdays, 7, 14, 28 September | 9 am – 12 pm at ACS, Bldg. 225

Army Volunteer Corps: To provide useful management tools to volunteers and OPOC's of the Army Volunteer Corps, 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.

Monday, 11 September | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Budgeting: Budgeting is the process of creating a plan to spend your money. This spending plan is called a budget. Creating this spending plan allows you to determine in advance whether you will have enough money to do the things you need to do or would like to do.

Tuesday, 12 September | 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.

September Workshops

Tuesdays & Thursdays, 12, 14, 19, 21, 26, and 28 September | 4 pm – 5 pm at the ACS Conference Room, Bldg. 225, and MS Teams

Family Advocacy Program: Active Parenting of Teens: Help your tweens/teens develop the skills and character that they will need to survive and thrive in our society as they become independent, well-adjusted adults.

Monday, 18 September | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Major Purchases: Major purchases such as home repairs, cars, or furniture can be made safely using strategies for decision-making. Learn to evaluate and balance needs vs wants, new vs old, pricing, and the advantages of buying vs renting or leasing.

Tuesday, 19 September | 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, 20 September | 11 am at ACS Conference Room, Bldg. 225

Military Spouses' Forum: 1st year Anniversary: 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."

Friday, 22 September | 9 am – 12 pm at the Community Club, Bldg. 660

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

September Workshops

Saturday, 23 September | 12 pm – 4 pm at Fort Buchanan's Waterspout, Bldg. 161

Gold Star Mothers and Surviving Families Day Event: Join us in an afternoon full of fun, pool activities, music and more.

Monday, 25 September | 10 am – 11 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, 26 September | 9 am – 10 am at ACS Conference Room, Bldg. 225

Relocation Support for Kids: Come join us to learn about the relocation support available for kids during a PCS move.

Tuesday, 26 September | 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.

Wednesday, 27 September | 3 pm – 5 pm at the Chapel Annex, Bldg. 292

Family Advocacy Program: Back to School Family Game Night: Strengthen Family bonds with an afternoon of fun and friendly competition with or amongst Family and friends.

Thursday, 28 September | 10 am – 12 pm at the Chapel Annex, Bldg. 292

New Parent Support Program (NPSP): Baby Sign Language: Families and Caregivers will learn how to use baby sign to connect and communicate with their child.

September 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 September 2023 at 11:00 a.m.
at the Army Community Service, Davis Street, bldg. 225

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.



ARMY COMMUNITY SERVICE



**Invites New Military,
Family members, and
Civilian personnel**

(please bring your spouses)

Newcomers Orientation Briefing

TO LEARN ABOUT AVAILABLE
PROGRAMS, SERVICES, AND
RESOURCES THAT ENHANCE
THE WELL-BEING OF THE
FORT BUCHANAN COMMUNITY



**Friday,
September 22**

9:00 am - 12:00 pm

Fort Buchanan Community
Club & Conference Center

**For additional
information contact**

Army Community Service
(787) 707-3682/3804
or via email at:
sigfredo.perez.civ@army.mil

www.buchanan.armymwr.com



September Activities



EMPLOYMENT READINESS SERVICES

The Army Community Service in collaboration with the Reserve Component Transition Assistance Advisor provide: Employment Assistance, Career Exploration, Job Fairs Information, Resume Building, Available Network Systems and Referrals.

Services are available at ACS (face to face), via telephone, and virtually.

Davis Street Bldg. 225

Registration :
(787) 707-3292/3804
wilda.diaz3.civ@army.mil
(787) 289-1673
emaisonave@gapsi.com

