

NEWSLETTER


The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.”
~ Martin Luther King, Jr.

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



March Workshops

Thursday, March 2 | 10 am - 11 am at 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.

Tuesday, March 7 | 10 am - 11 am at ACS, Bldg. 225

Enhancing Social Skills and Resilience through Active Constructive Responding: To learn the social skills to maintain/create relationships.

Thursday, March 9 | 2 pm - 3 pm at ACS, Bldg. 225

Pre-Move Orientation: To provide orientation prior to moving to the next duty station, which will ensure all Permanent Change of Station (PCS) personnel received the services needed to move successfully.

Thursday, March 9 | 2 pm - 4 pm at Chapel Annex, Bldg. 292

New Parent Support Program: Baby Sign Language: This course will teach Families and caregivers how to use baby signs to connect and communicate with their children.

Monday, March 13 | 9 am - 10:30 am at ACS, Bldg. 225

Planning for Health Care Expenses Training: Distinguish among the types of health care plans; describe the typical features and limitations of health care plans; explain the fundamentals of planning for long-term custodial care.

Mondays, March 13 & 27 | 2 pm - 3 pm at ACS, Bldg. 225

Gold Star Spouses and Surviving Family Forum: To provide Gold Star Spouses and surviving Families with organizations that support them with education, information, benefits, and more.

March 13, 15, 20, 22, 27 & 29 | 1 pm - 2 pm at ACS, Bldg. 225

Active Parenting for Parents of Children: You will discover your parenting style; learn about winning cooperation; responsibility & discipline; understand and redirect misbehavior; build courage, character & self-esteem, and become an Active Family.

March Workshops

Tuesday, March 14 | 10 am - 11 am at ACS, Bldg. 225

Resiliency and Functional Diversity: To help Family members with functional diversity and their caregivers build self-awareness to enhance their resiliency.

Wednesday, March 15 | 11 am - 1 pm at ACS, Bldg. 225

Military Spouse Forum: To focus on military spouses' challenges they experience; to brainstorm and create programs and events to strengthen and enhance military Families' well-being.

Thursday, March 16 | 9 am - 12 pm at the Community Club, Bldg. 660

Newcomer's Orientation Brief: Learn about available programs, services, and resources that enhance the well-being of the Fort Buchanan community.

Friday, March 17 | 9:30 am - 11 am at the Community Club, Bldg. 660

Women Empowerment Event: Workshops on Career Development, Resume Building, Job Search, and Dress for Success during an Interview to provide assistance to develop a plan for job search based on each individual's unique needs and skills.

Tuesday, March 21 | 10 am - 11 am at ACS, Bldg. 225

Managing Relocation Stress: To provide stress management techniques prior to relocation to the next duty station.

Wednesday, March 22 | 10 am - 11 am at ACS, Bldg. 225

Having Children with Functional Diversity Workshop: To help couples/parents manage and examine the stress that is often placed upon them when they have a child with special needs.

Friday, March 24 | 11:30 am - 12:30 pm at ACS, Bldg. 225

Healthy Relationships: Problem-Solving Workshop: Learn to express complaints about the little things respectfully.

Monday, March 27 | 9 am - 10 am at ACS, Bldg. 225

Army Emergency Relief Training: This is to provide information about AER eligibility, authorized categories of assistance, scholarship opportunities, and annual campaign for Soldiers and their Families.

March Workshops

Monday, March 27 | 10 am - 11 am at ACS, Bldg. 225

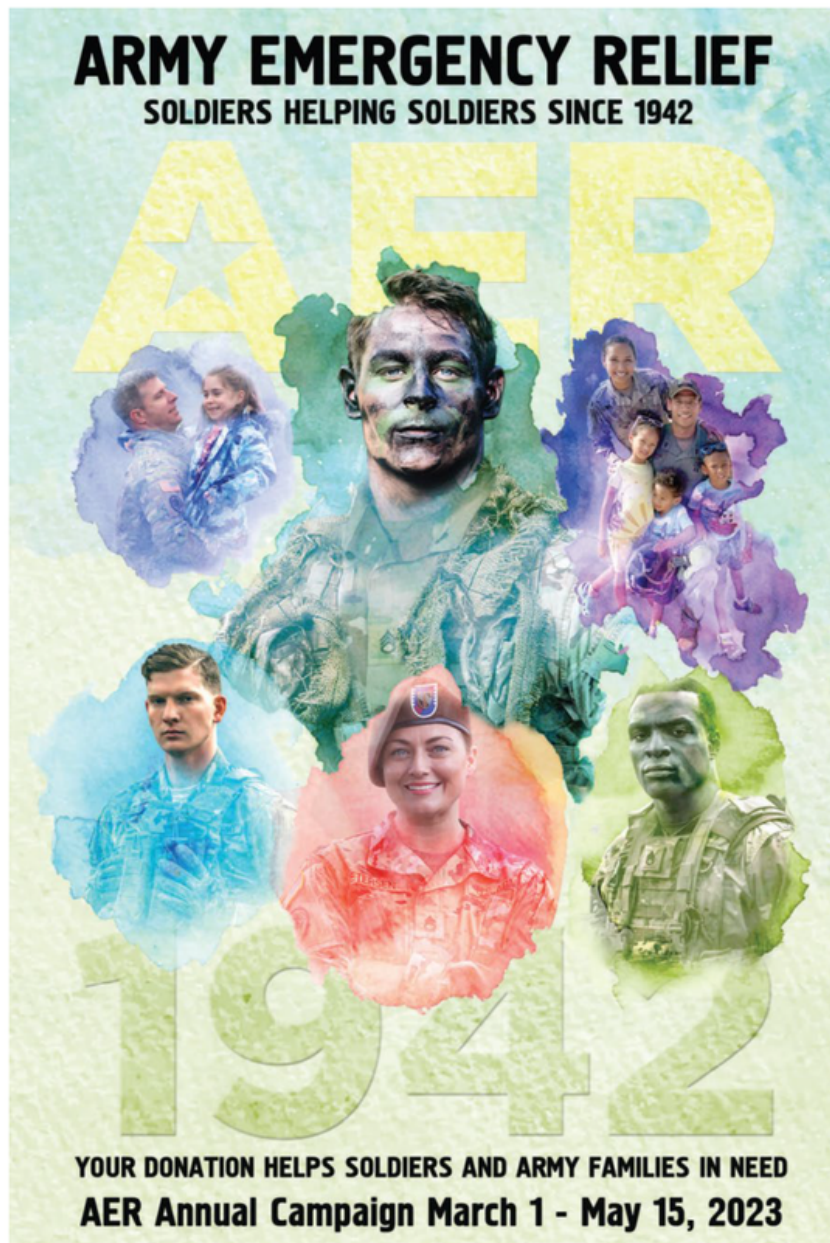
Family Life Skills: Science of Anger and Stress: Learn the science behind anger and stress. Explore how they can impact relationships if not managed appropriately.

Tuesday, March 28 | 10 am - 11 am at ACS, Bldg. 225

Section 504 of the Rehabilitation Act Workshop: To help Family members with special needs, self-advocate, and reasonable accommodation.

Thursday, March 30 | 2 pm - 3 pm at ACS, Bldg. 225

Cultural Adaptation Orientation: To provide cultural adaptation techniques prior to relocation to an overseas duty station.



Upcoming Events

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, 15 March 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.



Fort Buchanan NEWCOMERS ORIENTATION BRIEF

Thursday, 16 March 2023
0900 to 1200
Community Club Bldg. 660

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



New Military Personnel, Family Members
and Civilian Workforce.
Please bring your spouses.

For additional information, contact
the Army Community Service at:
787- 707-3682; 787-707-3804 or
sigfredo.perez.civ@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 or 787-463-1932