



OCTOBER 2025

NEWSLETTER



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

DOMESTIC VIOLENCE INTIMATE PARTNER ABUSE AWARENESS MONTH OCTOBER 2025

DOMESTIC VIOLENCE AWARENESS EVENTS



RECOGNIZE IT • REPORT IT • PREVENT IT

1-30 OCT. AT ARMY COMMUNITY SERVICE, BLDG. 225

Stress Management Room
Take a Break, Find Your Calm: Visit our new Stress Management Room. Need a moment to recharge? Come visit us for a peaceful space designed to help you relax, refocus, and restore balance during your busy day.

Resources and book display available on themes related to family well-being
For Active Duty & AGR Military Personnel and their Family Members' ID Card Holders. Please reserve your space at 787-707-3804; 787-707-3292.

EVERY FRIDAY

Wear Purple
In support to victims of domestic violence, Please send pictures to the Army Community Service, Family Advocacy Program.

WED., 1 OCT. AT 11:30 AM AT AAFES

Signing of the Domestic Violence Awareness Proclamation.

FRI., 10 OCT. AT BLDG. 225

Family Well-Being Garden - Seeds of Hope
Garden - You are invited to help us create and grow our Family Well-Being Garden to promote family unity, strength, and love.

SUN., 19 OCT. AT 7 AM AT CABAÑA PICNIC AREA

5K Walk/Run- United Against Domestic Violence/Intimate Partner Abuse. Please call 787-707-3804; 787-707-3292 for information and to register.

FRI., 24 OCT., AT 6:30 PM AT CHARDON PLAZA, BLDG. 610

Purple Carpet Pets' Costume Parade
(Stop Animal Abuse). Pets' Parade in support of domestic violence and pet abuse awareness. Domestic violence often extends to family pets as a way for control and intimidation.

HELPLINES:
Working Together to End Domestic Violence

DOMESTIC ABUSE VICTIM ADVOCATE HELPLINE:
(202) 288-6362

DES/POLICE DEPARTMENT: (787) 707-3337


FAMILY ADVOCACY PROGRAM:
(787) 707-3709; 787-707-2589



THE U.S. ARMY FAMILY AND ARMY PROGRAMS IS BROUGHT TO YOU BY THE U.S. ARMY PULLATION MANAGEMENT COMMAND.

Contact Us!

 **Bldg. 225 Davis Street, Fort Buchanan**

 **787-707-3804**

 **facebook.com/BuchananACS**

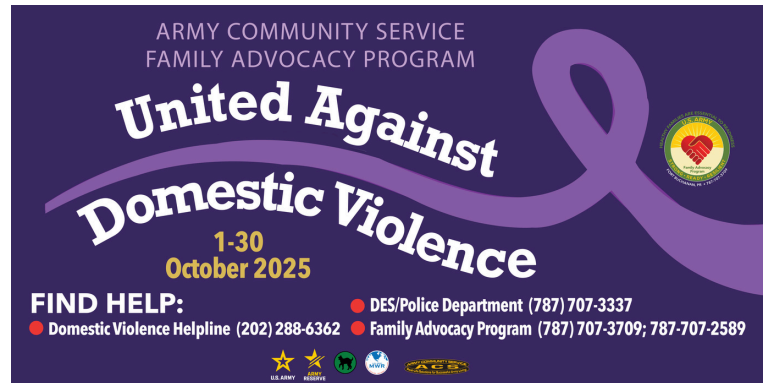
 **www.buchanan.armymwr.com**



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**

Our monthly workshops

October: Domestic Violence Awareness Month (DVAM) Campaign 2025

Every Friday: Wear Purple in support of victims of domestic violence. Please send pictures to the Army Community Service.

1 – 30 October at the Army Community Service, Bldg. 225,

Take a Break, Find Your Calm: Visit our new Stress Management Room. Need a moment to recharge? Visit us for a peaceful space designed to help you relax, refocus, and restore balance during your busy day. Resources and a book display on themes related to family well-being are available. For Active Duty & AGR Military Personnel and their Family Members' ID Card Holders. Please reserve your space by calling 787-707-3804, 787-707-3709, or 787-707-3292.

Wednesday, 1 October | 11:30 am at AAFES: Signing of the Domestic Violence & Intimate Partner Abuse Awareness Month's Proclamation.

Wednesday, 1 October | 10 am – 11 am at ACS Conference Room, Bldg. 225,

Writing a Resume for Employment Applications: This class focuses on crafting a professional resume that effectively highlights relevant skills and experiences. It includes tips on tailoring your resume for specific employers to increase your chances of getting noticed.

Monday, 6 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225,

Financial Abuse: Although financial abuse is very common, it's not as well-recognized as other forms of abuse, like hitting, shoving, or verbal threats of harm. Financial abuse, also known as economic abuse, can be a subtle tactic used in relationships of all kinds, from parents to children, children to parents, and between romantic partners or elders and caregivers.

Tuesday, 7 October | 10 – 11 am at ACS Conference Room, Bldg. 225,

Preparing for School Transfers: Join us to learn how to effectively prepare your child for a school transfer and how to help ease their stress during the stressful transition, growing stronger as a family.

Our monthly workshops

Wednesday, 8 October | 10 am – 11 am at ACS Conference Room, Bldg. 225,

Writing a Cover Letter: Understand the purpose and structure of a cover letter. This session guides you in customizing your cover letter for various employment opportunities and helps you avoid common mistakes.

Thursday, 9 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225,

Exceptional Family Member Program Overview: Discuss the purpose of EFMP and how this program provides support to military Families.

Friday, 10 October | 10:00 am the Army Community Service, Bldg. 225,

Family Well-Being Garden – Seeds of Hope Garden: You are invited to help us create and cultivate our Family Well-Being Garden, promoting family unity, strength, and love.

Tuesday, 14 October | 10 am – 11 am at ACS Conference Room, Bldg. 225,

Single and Relocating: Join us to learn tips on how to effectively cope with moving, share experiences, and receive practical advice to make the most of the relocation process to a different state or country.

Thursday, 16 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225,

Accessing Community Resources: Provide orientation on available resources within the military and local community.

Sunday, 19 October | 7 am – 9 am at Fort Buchanan's Cabañas Picnic Area

5K Walk/Run United Against Domestic Violence & Intimate Partner Abuse Month Campaign. Please call 787-707-3804, 787-707-3709, 787-707-3292 for information and registration.

Monday, 20 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225,

Understanding Personal Finance: Personal finance encompasses managing your money, including saving, investing, and other financial activities. In this workshop, we will cover the following topics: budgeting, banking, insurance, mortgages, investments, retirement planning, and tax considerations.

Tuesday, 21 October | 10 am – 11 am at ACS Conference Room, Bldg. 225,

PCS Entitlements: Join us to learn about the type of financial entitlements and weight allowance authorized during a PCS move.

Our monthly workshops

Wednesday, 22 October | 10 am – 11 am at ACS Conference Room, Bldg. 225,

Completing an Employment Application: Get insights into different types of Employment applications and learn how to provide accurate and complete information. This class also offers tips for successfully navigating online applications.

Thursday, 23 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225,

Beat the Burnout: Coping with the emotional and physical demands of caring for an individual with disabilities.

Friday, 24 October | 6:30 pm at Chardon Plaza, Fort Buchanan

Purple Carpet Pets' Costume Parade (Stop Animal Abuse): Pets' Parade in support of domestic violence and pet abuse awareness. Domestic violence often extends to family pets as a way of control and intimidation.

Monday, 27 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225,

Building and Managing Good Credit: Achieving a good credit score is crucial for maintaining your overall financial health. When you have good credit, you increase your qualification odds for credit cards and receive some of the best interest rates on various credit products.

Tuesday, 28 October | 8 am – 2 pm at Child and Youth Services/School Age Center,

Bldg. 1110, Free Developmental Screening: Free developmental delay screening (Child Find) for children from 0 to 5 years of age and EFMP educational booth.

Thursday, 30 October | 10 am – 12:00 pm at Chappel Annex, Bldg. 292,

Parent to Parent Talk: Join our first EFMP support group, share your experience, and connect with those on the same path!

Friday, 31 October | 9 am – 10 am 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 floor for questions and answers.

Friday, 31 October | 10 am – 11 am at ACS Conference Room, Bldg. 225,

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

Our monthly workshops



FINANCIAL READINESS PROGRAM

The Financial Readiness Program offers information on money management, financial management, information and referrals on legal affairs topics, and common military training IAW DODI 1322.34.

Monday, 06 October 2025
0900- 1030 Financial Abuse

Monday, 20 October 2025
0900-1030 Understanding Personal Finance


Monday, 27 October 2025 0900-1030
Building and Managing Good Credit

Classes are offered in classroom training and individual counseling sessions virtually via MsTeams or in-person.

REGISTER NOW!

 787-707-3310
 edwidg.pedre2.civ@army.mil





Employment Readiness Program


OCTOBER 2025 WORKSHOPS


WEDNESDAY, 01 | 10 AM
WRITING A RESUME FOR THE EMPLOYMENT APPLICATION
This class focuses on crafting a professional resume that highlights relevant skills and experiences. It includes tips on tailoring your resume for specific employers to increase your chances of getting noticed.

WEDNESDAY, 08 | 10 AM
WRITING A COVER LETTER
To understand the purpose and structure of a cover letter. This session guides you in customizing your cover letter for various employment opportunities and helps you avoid common mistakes.

WEDNESDAY, 22 | 10 AM
COMPLETING AN EMPLOYMENT APPLICATION
Gain insights into various types of employment applications and learn how to provide accurate and comprehensive information. This class also offers tips for successfully navigating online applications.

787-707-3365 | luis.a.torresrios.civ@army.mil | Workshops will be held at ACS, Davis Street, Bldg. 225





Relocation Readiness Program


October Workshops

The ACS/Relocation Readiness Program invites the Fort Buchanan community to attend the monthly classes and orientations available to enhance the well-being of Military and civilian personnel and their Family members.

Tuesday October 7 10-11 a.m.	Preparing for School Transfers
Tuesday October 14 10-11 a.m.	Single and Relocating
Tuesday October 21 10-11 a.m.	PCS Entitlements

Workshops will be held at ACS, Davis Street, Bldg. 225

For more information and to register, contact us
(787) 707-3682 or sigfredo.perez.civ@army.mil






The Army Community Service (ACS) invites the Fort Buchanan Community to attend monthly workshops to learn how to become a valuable resource as a Volunteer and Organizational Point of Contact.

OCTOBER WORKSHOPS

Friday, 31 October:
Army Volunteer Corps Training for Organizational Point of Contacts (OPOCs)
9:00 a.m. to 10:00 a.m.


Army Volunteer Corps Training for Volunteers
10:00 a.m. to 11:00 a.m.
At ACS, Davis Street, Bldg. 225

These workshops are significant, foster knowledge, and create authentic interactions. They can also help attendees become involved and connected with service in the Army Volunteer Corps.

Get in touch with us
787-707-3682/3804
sigfredo.perez.civ@army.mil



Our monthly workshops



EFMP **Exceptional Family Member Program**


October 2025 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, Oct. 09 9-10:30 a.m.	Exceptional Family Member Program Overview: Discuss purpose of EFMP and how this program provides support to military Families.
Thursday, Oct. 16 9-10:30 a.m.	Accessing Community Resources: Provide orientation on available resources within the military and local community.
Thursday, Oct. 23 9-10:30 a.m.	Beat the Burnout: Coping with the emotional and physical demands of caring for an individual with disabilities.
Thursday, Oct. 30 10-12 p.m.	Families First: Join our EFMP support group, share your experience, and connect with those on the same path!

Workshops will be held at ACS, Davis St. Bldg. 225

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





**EFMP** **Exceptional Family Member Program**

Parent Support Group

Family First

These meetings will offer a warm and welcoming space for parents to connect, share experiences, and support one another. They will also include interactive activities with the children, providing opportunities to model and practice positive behavior strategies.

Child participation is recommended for ages six weeks to three years.



Thursday, 30 October 2025
1000-1200

Thursday, 13 November 2025
1000-1200

At the Chapel Annex

*For Soldiers and eligible families.



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

CHILD FIND EVENT

FREE developmental screening for children from 6 weeks to 5 years old.

Tuesday, 28 OCTOBER 2025
8:00 a.m. - 2:00 p.m.
CYS School Age Center, Bldg. 1110

Early screenings help identify children's strengths and areas where support may be needed, such as in speech, motor skills, behavior, and learning. Catching concerns early makes a big difference in school readiness and lifelong success.

Screenings will be provided by professionals from the Educational and Developmental Intervention Services (EDIS) and the Department of Defense Education Activity (DoDEA), who will be on-site.

More info!

Ms. Idalis Rios at
idalis.m.rios.civ@army.mil
787-707-3295

Ms. Daphne Narvaez at
daphne.b.narvaez.civ@health.mil
787-707-2169



This event is targeted to eligible children from the military community, including supported federal agencies (Active Duty military assigned to Puerto Rico on Title 10 orders, AGR, Coast Guard members, Families that are command-sponsored, DoD employees with transportation agreements, and National Guard AGR).



Our Special Activities During October

THE ACS/FAMILY ADVOCACY PROGRAM INVITES YOU TO BE PART OF OUR

FAMILY WELL-BEING GARDEN

JOIN US IN CREATING AND PLANTING A COMMUNITY GARDEN

SEEDS OF HOPE

FRIDAY, 10 OCTOBER • 10 AM

ARMY COMMUNITY SERVICE, BLDG. 225, DAVIS STREET

- Promote family unity, strength, and love
- Share and learn gardening skills with others
- Meet new friends, connect with your community!

Sponsored by Army Community Service: Family Advocacy Program (FAP), and Exceptional Family Member Program (EFMP).

787-707-3709 / 3292 / 3804

U.S. ARMY U.S. ARMY RESERVE ACS EFMP

Army Community Service, Family Advocacy Program invites the Fort Buchanan Community to join the

PURPLE CARPET PET'S COSTUME PARADE

FRIDAY, 24 OCTOBER 6:30 PM AT CHARDÓN PLAZA, BLDG. 610

In support of domestic violence and pet abuse awareness.

For more details: 787-707-3804 / 3292 / 3709

U.S. ARMY U.S. ARMY RESERVE ACS

United AGAINST DOMESTIC VIOLENCE INTIMATE PARTNER ABUSE

5K Walk/Run

Sunday, October 19, 2025 7 am

Meeting at Cabaña Picnic Area, Fort Buchanan

For more information and to register: 787-707-3804/3292

ACS/Family Advocacy Program wilda.diaz3.civ@army.mil

U.S. ARMY U.S. ARMY RESERVE ACS

DOMESTIC VIOLENCE INTIMATE PARTNER ABUSE AWARENESS MONTH

OCTOBER 2025

DOMESTIC VIOLENCE AWARENESS EVENTS

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DES/POLICE DEPARTMENT: (787) 707-3337

FAMILY ADVOCACY PROGRAM:
(787) 707-3709; 787-707-2589

U.S. ARMY U.S. ARMY RESERVE ACS