

NEWSLETTER

"The love of a family is a life's greatest blessing".


— Eva Burrows

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



June Workshops

**ON BEHALF OF THE ARMY COMMUNITY SERVICE TEAM, HAPPY FATHER'S DAY
TO ALL FORT BUCHANAN DADS!**

Thursday, 1 June | 10 – 11 am at ACS Conference Room, Bldg. 225

Overseas Move: Korea - Learn about the culture, history, and location of this wonderful permanent change of station (PCS) move to the country of Korea.

Thursday, 1 and 29 June | 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.

Tuesday, 6 June | 8:30am – 10 am at ACS Conference Room, Bldg. 225

EFMP Class: Reasonable Accommodation for individuals with special needs
Learn the process for requesting reasonable accommodation.

Tuesday, 6 June | 10 – 11 am at ACS Conference Room, Bldg. 225

Overseas Move: Japan - Learn about the culture, history, and location of this amazing permanent change of station (PCS) move to the country of Japan.

Wednesday, 7 June | 11 am – 1 pm at Chapel Annex, Bldg. 292

3rd Annual Dirty Diaper Daddy Derby: Celebrating Fathers with fun and educational activities. Participants will have their knowledge tested while learning the vital role they play in their Family's well-being and future success.

Tuesday, 13 June | 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

June Workshops

Thursday, 15 June | 9 – 11 am at the Community Club, Bldg. 660

Newcomers Orientation – To learn about available programs, services, and resources that enhance the well-being of the Fort Buchanan community. This event is open to newly assigned Military, Family members, and Civilian personnel.

Tuesday, 20 June | 8:30 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.

Tuesday, 20 June | 10 – 11 am at ACS Conference Room, Bldg. 225

Re-Entry Continental U.S. (CONUS) - Learn about the re-entry process applicable when returning to CONUS from an overseas location.

Tuesday, 27 June | 10 am – 11:30 am at ACS Conference Room, Bldg. 225

EFMP Class - Calming Your Mind

Learn about the strategies and benefits of calming the mind.

Wednesday, 21 June | 11 am at ACS Conference Room, Bldg. 225

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, 26 June | 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.

Thursday, 29 June | 10 – 11 am at ACS Conference Room, Bldg. 225

Family Separation Services - Learn about the services available to Service members, Families, and Army Civilians who are separated from their families due to deployments.

Thursday, 29 June | 11 am – 12 pm at ACS Conference Room, 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, ID cards and networking opportunities.

June Activities



3RD ANNUAL DIRTY DIAPER DADDY DERBY

Wednesday, June 7 | 11 am - 1 pm
Chapel Annex, Bldg. 292



Army Community Service & The Family Advocacy Program is calling all Dads or (soon-to-be) to sign up with another dad (teams of 2) to celebrate all fathers with educational activities. Test your knowledge and learn how vital a role you play in your Family's well-being and future success.

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



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."



JUNE 21 @ 11 A.M.
ACS BLDG. 225 DAVIS STREET

FOR ADDITIONAL INFORMATION

787-707-3804 wilda.diaz3.civ@army.mil
787-707-3292

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.

