June 2023



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

CONTACT US



Bldg. 225 Davis Street, Fort Buchanan

787-707-3804

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- 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

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."

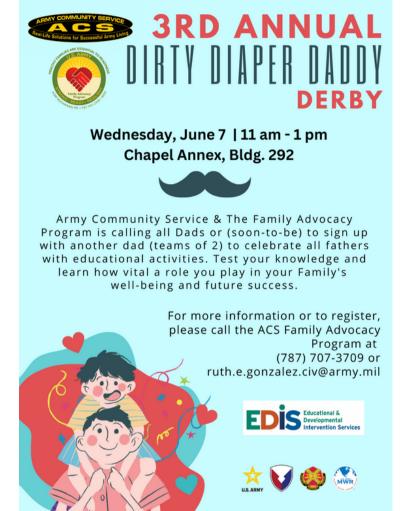
Monday, 26 June | 10 am – 11 am at ACS Conference Room, Bldg. 225 Family Life Skills: Science of Anger and Stress: Learn the science behind anger and stress. Explore how they can impact relationships if not managed appropriately.

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





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."**



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

FOR ADDITIONAL INFORMATION

787-707-3804 787-707-3292

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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.

