



December 2023

NEWSLETTER




This is the most wonderful time of the year!

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

December Workshops

Monday, 4 December | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Army Emergency Relief Training: AER provide funds to help eligible Soldiers and their Family members with immediate financial need. This training will address the types of assistance available to Service members, the different categories of assistance, special programs such as the Career Skills Support Program, and scholarship.

Tuesday, 5 December | 9 am – 10 am at ACS Conference Room, Bldg. 225

Family Separation Services: Come join us to learn about the services available during Family separation to Service members, Military Families, and Army Civilians.

Tuesday, 5 December | 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 & 21 December | 10 am – 11 am at the Chapel Annex, Bldg. 292

New Parent Support Program (NPSP) Playgroup: 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.

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

Blended Retirement System: This relatively new retirement system combines the annuity provision with the flexible elements of a Defined Contribution program. Knowing all the benefits afforded with this new retirement system is a crucial part of the personal development of a Soldier who is enrolled in the BRS.

Tuesday, 12 December | 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.

December Workshops

Wednesday, 13 December | 3 pm – 5 pm at Navy Reserve Center, Bldg. 77

Family Enrichment During the Holidays: Strengthening Family bonds and creating lasting memories by showing your holiday spirit and creativity in cookie decorating and Christmas caroling.

Friday, 15 December | 10 am at ACS Conference Room, Bldg. 225

Survivor Outreach Spouse and Surviving Family Forum: Join us and learn about organizations that support you with education, information, benefits, and networking opportunities. To provide you with a better understanding of local installations and community-based programs.

Monday, 18 December | 9 am – 10 am at ACS Conference Room, Bldg. 225

Thrift Savings Plan: Are you a federal government employee or an uniformed Service Members? Please join us and learn the Basics of TSP.

Monday, 18 December | 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, 19 December | 9 am – 10 am at ACS Conference Room, Bldg. 225

PCS Entitlements: Come join us to learn about the amount and type of items you are allowed to move. This will serve to improve resilience and alleviate stress associated with moving to a new location.

Tuesday, 19 December | 10 am – 11:30 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 December | 10 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."

Wednesday, 27 December | 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.

Special Activities



ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

Financial Readiness Program December Workshops

The Financial Readiness Program offers information on financial management topics, including investing, insurance needs, financing education goals, preparing for transition and retirement, Blended Retirement System, TSP, and major purchases.

Check out December's Workshops on **Mondays**.
All workshops will be held on ACS Bldg. 225 Davis Street.

DEC. 04	DEC. 11	DEC. 18
9 am - 10:30 am	9 am - 10:30 am	9 am - 10:30 am
Army Emergency Reliefs Basics	Blended Retirement System	TSP BASICS

SEE YOU THERE!

✉ edwidg.pedre2.civ@army.mil
☎ 787-707-3310/3804

U.S. ARMY ARMY RESERVE MWR ACS



FREE ENTRANCE

FAMILY ENRICHMENT DURING THE HOLIDAYS HOLIDAY COOKIE DECORATION CLASS

WED. DEC. 13 3PM - 5PM

@ Navy Reserve Center Hall Bldg. 77

Join the ACS/Family Advocacy Program to help strengthen your Family bonds and create lasting memories.

Enjoy cookie decorating, singing Christmas carols, and if you are brave, wear your best Ugly Christmas Shirt (too hot for sweaters).

**Only for Military Families.*

INFORMATION

**787-707-3709/3804 or
ruth.e.gonzalez.civ@army.mil**

Please RSVP. Spaces are limited.

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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 December 2023 at 10:00 a.m. at the Army Community Service, Davis Street, bldg. 225
Celebrating the Holidays

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.

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EMPLOYMENT READINESS SERVICES

The Army Community Service in collaboration with the DHR Transition Assistance Program, 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, Fort Buchanan.

Registration :

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(787) 707-3546
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TRANSITION
ASSISTANCE PROGRAM

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