

# NEWSLETTER

## **MAY 2024**

#### Fort Buchanan Military Family Life Counselors

**Available Services:** 

- Individual & Couples Support for Adults
- Family Non-Medical Counseling (parent or quardian must attend sessions with children)
- Appointments are available in person, phone or virtual

787-220-4538 787-463-1932

## **Our Programs**

- Family Advocacy Program
- Army Emergency Relief
- Army Volunteer Corps
- Survivor Outreach Services
- Financial Readiness Program
- Relocation Readiness Program



Military **Spouses** Recognition Day · 10 May

- 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**



787-707-3804

U.S. ARMY

facebook.com/ACSBuchanan



### WORKSHOPS INFORMATION

Thursday, 9 May | 10 am – 11 am at ACS Conference Room, Bldg. 225, Family Separation Services: To reduce the stress of deployment, enhance resiliency, and improve readiness among Military and Civilian personnel.

Friday, 10 May | 10 am – 12 pm at ACS Conference Room, Bldg. 225, Military Spouse Appreciation Day and Military Spouses' Forum: To honor and celebrate military spouses' dedication and support to their service members.

Monday, 13 May | 9 am – 10:30 am at ACS Conference Room, Bldg. 225, Banking: is more innovative and accessible than ever. In this workshop, learn how to unlock the benefits and rewards of personal banking services, including checking and savings accounts, credit cards, mortgage loans, auto loans, and more.

Tuesday, 14 May | 10 am – 11 am at ACS Conference Room, Bldg. 225, Preventing Culture Shock: This workshop will inform Service Members and DA civilians about methods to avoid culture shock before moving to an overseas duty station.

Thursday, 16 May | 10 am – 11 am at ACS Conference Room, Bldg. 225, New Parent Support Program (NPSP) Morning Playgroup: This group is for families with children ages 0-3. Parents can participate in activities that enhance parent-child interactions and stimulate the child's growth and development. Information & Referral Program 787-707-3804

Employment Readiness Program 787-707-3365

Mobilization & Deployment 787-707-3292

Survivor Outreach Program & 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 <u>wilda.diaz3.civ@army.mil</u>

### WORKSHOPS INFORMATION

Thursday, 23 May | 10 am – 11 am at ACS Conference Room, Bldg. 225, Personally Procured Move: To provide information to the military community about transporting your household goods between CONUS installations, find out how to request temporary storage, book your personally procured move, and submit a reimbursement request for your moving expenses.

### Friday, 24 May | 11 am – 12 pm 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.

Tuesday, 28 May | 9 am – 10:30 am at ACS Conference Room, Bldg. 225, Money Management: Navigating economically fragile times can be stressful, uncomfortable, and scary. This workshop aims to help you make intelligent decisions that will help you become financially stable.

Tuesday, 28 May | 10:30 am – 11 am at ACS Conference Room, Bldg. 225, Containerization of Personal Property: To inform the military community about the procedure for containerization of personal property for shipment; or crating of smaller items that may need additional protection for safe transport and moving to, from, or in-between overseas locations (OCONUS) or within the Continental United States (CONUS).

Thursday, 30 May | 9 am – 10 am at ACS Conference Room, Bldg. 225 and via MS Teams. Army Volunteer Corps/Training for OPOCs: To provide helpful management tools to OPOCs of the Army Volunteer Corps, such as volunteers' PDs, approving volunteers' hours, supervision, and mentoring. Hands training on navigating VMIS will be conducted during this workshop, and ideas for internal and annual volunteer recognition events will be brainstormed.

Thursday, 30 May | 11 am – 12 pm at ACS Conference Room, Bldg. 225 and via MS Teams. Army Volunteer Corps/Training for Volunteers: To provide helpful management tools to volunteers, including how to record volunteers' hours, manage their service records, ethics, and customer services, and open the floor for questions and answers.

## SPECIAL ACTIVITIES



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#### EVERY DAY is Child Abuse

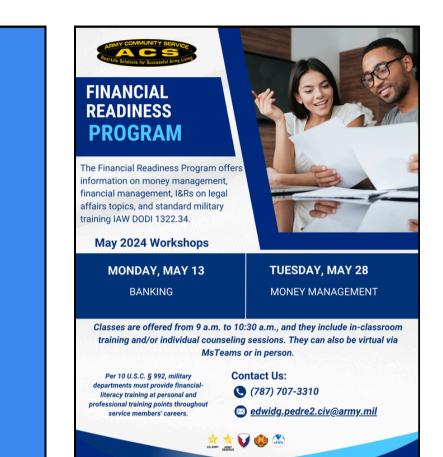
Help Us Give Every Child A Promise for a Safe and Better Tomorrow

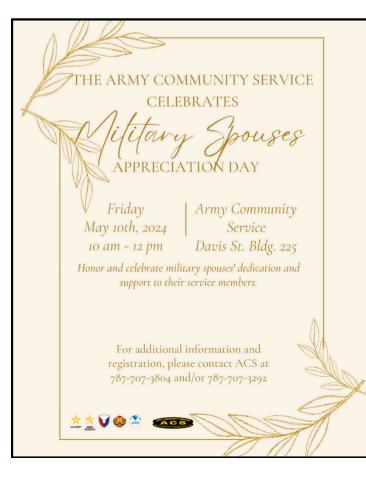
To Report Incidents of Child Abuse/Neglect, please contact: Department of the Family: (787) 749-1333

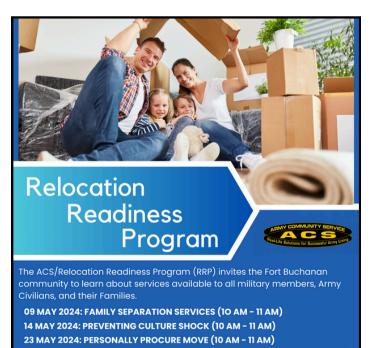
Fort Buchanan Reporting Point of Contact: Department of Emergency Services/ Police Department (787) 707-3337

> National Child Abuse Hotline: (800) 4-A-CHILD (422-4453)

For more information and the Family Advocacy Program, please call the Army Community Service at (787) 707-3709/3804/3292.







28 MAY 2024: CONTAINERIZATION OF PERSONAL PROPERTY (10:30-11:30 AM)

All workshops will be held at ACS Bldg. 225 Davis Street.

These orientations include the family members of the 1st MSC, PRARNG, PRANG, USNR, and USMC-R.

MORE INFORMATION State S

