

NEWSLETTER

MAY 2024

www.buchanan.army.mil

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



Military Spouses Recognition Day • 10 May



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



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

wilda.diaz3.civ@army.mil

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



EFMP Exceptional Family Member Program

The ACS/Exceptional Family Member Program teaches Soldiers and their eligible Family members in classroom and individual sessions.

Call or email for available services at 787-707-3292/3804.



Call or email for more information

787-707-3292/3804

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NEW PARENT SUPPORT PROGRAM (NPSP)



We welcome expectant parents and parents of children from birth to three years of age who are active-duty Service members, Army Reserve and Army National Guard members who are on active duty for 30 days or more, and to Family members who are assigned, attached, and reside on the Fort Buchanan installation.

The NPSP provides hospital and home visits, morning playgroups, and educational and prevention services, including parenting classes, baby sign language, and more. Information and referrals to military and civilian programs that support parents of infants and young children are also available. All services and activities provided through the NPSP are voluntary and non-stigmatizing and emphasizing the parent's strengths.

INFORMATION

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



MILITARY ONESOURCE



PROTECT OUR CHILDREN

Report child sexual abuse – it's the right thing to do

It's a difficult situation, but it's critically important.

If you are concerned about the safety of your child or a young person in your community, these military and civilian resources can help point you in the right direction.

Where to start

- Find your installation's **Family Advocacy Program** at <https://installations.militaryonesource.mil>
- Contact your local **Child Protective Services agency**

- Call **Military OneSource** at 800-342-9647 or go to <https://www.militaryonesource.mil> for more about education, safety, prevention and treatment.
- Department of Defense Child Abuse and Safety Hotline:**
 - CONUS: 877-790-1197
 - OCONUS: 571-372-5348

Community-based crisis resources

- Childhelp National Child Abuse Hotline:** Call or text 800-422-4453
- Stop It NOW Helpline:** 888-773-8368
- Rape, Abuse and Incest National Network:** 800-656-4673

If you suspect a child is in immediate danger, call **911** or **Child Protective Services**.



The Department of Defense Family Advocacy Program offers support and resources for preventing and responding to child sexual abuse, including referrals to help from the civilian community.

5 Ways to Prevent Child Abuse

Every adult in the community can play a role in supporting and protecting military children. If you're worried about the well-being of a military child, share your concerns with Family Advocacy Program staff. They can help you determine what to do next.

1. Know the signs.

- Sudden changes in behavior or school performance
- Always preparing for something bad to happen
- Frequently lacking adult supervision
- Fading bruises or other marks after an absence from school
- Unexplained burns, bites, bruises, broken bones or black eyes
- Being frightened of a parent or caregiver
- Abusing animals or pets

2. Be a trusted adult.

Let children know they can come to you with any concern and that you will:

- Listen without judgment.
- Believe them.
- Help and support them.

3. Make the call.

If you witness or suspect child abuse or neglect, do the right thing:

- Call your installation's **Family Advocacy Program**.
- Call your local **Child Protective Services office**.
- Call the **Childhelp National Child Abuse Hotline** at 800-422-4453.
- Call **911** or military law enforcement if a child is in immediate danger.

4. Identify trusted adults.

- Talk with your child about specific people they can trust.
- Discuss when your child should talk to a trusted adult.
- Let them know they can go to another trusted adult if the first one doesn't help.

5. Empower your child's voice.

- Teach children early about healthy body boundaries.
- Tell them to trust their feelings.
- Encourage them to say forcefully, "I don't like that," or "Stop touching me."
- Remind them to leave a situation that makes them uncomfortable.
- Ask them to tell a trusted adult right away if something makes them uncomfortable.
- Talk with them about how to listen to and help their peers.

Share these resources.

- Teach your kids healthy body boundaries.** <https://www.militaryonesource.mil/parenting/children/youth-teens/teach-your-kids-healthy-boundaries/>
- Support for military kids.** <https://militarykidsconnect.health.mil/Feelings/How-to-Talk-to-an-Adult>

Start Prevention Tips Early

While all adults can make a positive impact in a child's life by following these tips, parents and caregivers play an important role in protecting children. Parents and caregivers, talk with your children about tips 4 and 5 early and often.

Get installation support.

MILITARY ONESOURCE

The Family Advocacy Program supports service members and their families impacted by child abuse and/or neglect through parent education and crisis intervention.

SPECIAL ACTIVITIES

EVERY DAY is Child Abuse Prevention Day

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.



FINANCIAL READINESS PROGRAM

The Financial Readiness Program offers
information on money management,
financial management, I&Rs on legal
affairs topics, and standard military
training IAW DODI 1322.34.



May 2024 Workshops

MONDAY, MAY 13
BANKING

TUESDAY, MAY 28
MONEY MANAGEMENT

Classes are offered from 9 a.m. to 10:30 a.m., and they include in-classroom
training and/or individual counseling sessions. They can also be virtual via
MsTeams or in person.

Per 10 U.S.C. § 992, military
departments must provide financial-
literacy training at personal and
professional training points throughout
service members' careers.

Contact Us:

(787) 707-3310

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THE ARMY COMMUNITY SERVICE
CELEBRATES

Military Spouses
APPRECIATION DAY

Friday | Army Community
May 10th, 2024 | Service
10 am - 12 pm | Davis St. Bldg. 225

Honor and celebrate military spouses' dedication and
support to their service members.

For additional information and
registration, please contact ACS at
787-707-3804 and/or 787-707-3292



Relocation Readiness Program



The ACS/Relocation Readiness Program (RRP) invites the Fort Buchanan
community to learn about services available to all military members, Army
Civilians, and their Families.

09 MAY 2024: FAMILY SEPARATION SERVICES (10 AM - 11 AM)

14 MAY 2024: PREVENTING CULTURE SHOCK (10 AM - 11 AM)

23 MAY 2024: PERSONALLY PROCURE MOVE (10 AM - 11 AM)

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 787-707-3682

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