

October 2023

NEWSLETTER



“Animals are such agreeable friends,
they ask no questions; they pass no
criticisms.” -George Eliot

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

October Workshops

Monday, 2 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Budgeting: Budgeting involves number-crunching, attention to detail, and making informed decisions about fund allocation—but it's well worth the effort. This class will help you create a spending plan for your money, thus ensuring that you have enough money for your expenses, saving and investing, and your goals.

Wednesday, 4 October | 12 pm – 1 pm at ACS Conference Room, Bldg. 225

Family Advocacy Program: Healthy Relationship BINGO: Have a fun, interactive time as we play Healthy Relationship BINGO learning about positive characteristics of healthy relationships.

Thursday, 5 October | 3 pm – 4 pm at ACS Conference Room, Bldg. 225

Relocation Tips for Teens: Come join us to learn tips on how to effectively cope with moving, stay in touch with friends, establish lines of communication with your parents, and recognize the positive aspects of a move and benefit from a journey to a new location.

Thursday, 5 & 19 October | 10 am – 11 am at the Chapel Annex, Bldg. 292

New Parent Support Program (NPSP) Morning Playgroup: 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, 10 October | 9 am – 10 am at ACS Conference Room, Bldg. 225

Single and Relocating: Come join us to learn how to effectively cope with moving, share experiences and practical advice to enjoy the process of relocating to a different state or country.

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

EFMP: Resources for People with Functional Diversity: Learn about resources available for people with Functional Diversity.

October Workshops

Wednesday, 11 October | 11:30 am – 12:30 pm at the ACS Conference Room, Bldg. 225

Domestic Violence Awareness Month (DVAM): Financial Abuse in Relationships: Join the ACS/Family Advocacy Program and the ACS/Financial Readiness Program to understand the relationship between financial control and domestic abuse.

Saturday, 14 October | 7 am – 9 am at the Fort Buchanan Perimeter

DVAM 5K Fun Run/Walk: Join the Fort Buchanan ACS/Family Advocacy Program in supporting: United to End Domestic Abuse. Don't forget to wear purple.

Monday, 16 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Building and Managing Good Credit: Achieving a great credit score is essential to your financial health. This training will teach you about the factors of a credit score, the importance of a low utilization rate, paying bills on time and in full, and limit new credit application.

Tuesday, 17 October | 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.

Wednesday, 18 October | 11:30 am – 12:30 pm at ACS Conference Room, Bldg. 225

DVAM: In Her Shoes Workshop: Experience the daily challenges and choices that victims of domestic abuse must make through an interactive workshop.

Thursday, 19 October | 10 am – 11 am at ACS Conference Room, Bldg. 225

Preparing for School Transfers: Come join us to learn how to effectively prepare your child for a school transfer and how to help ease for them the stressful transition growing stronger as a family.

October Workshops

Friday, 20 October | 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, 23 October | 9 am – 10:30 am at ACS Conference Room, Bldg. 225

Understanding Personal Finance: Personal finance is the study of personal resources considered important in achieving financial success. In this training, you will learn how to evaluate your income, your financial needs, and your expenses and allocating your money accordingly.

Tuesday, 24 October | 10 am – 11 am at ACS Conference Room, Bldg. 225

International Travel Symbols: Come join us to learn the positive aspects of using international accepted symbols to communicate that will help you move around while traveling to foreign countries.

Wednesday, 25 October | 8:30 am – 2:30 pm at Community Club, Bldg. 660

EFMP Child Find: Free child developmental screening 0 months to 5 years. Opportunity for parent to insure their child is developing within the normal developmental parameters.

Wednesday, 25 October | 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." Feel free to wear your favorite Custom (disfraz).

Friday, 27 October | 6:30 pm – 7 pm at Chardon Plaza, across from Bldg. 660

DVAM: Pet Costume Parade/Contest during CYS' Autumn Fest: Domestic abuse doesn't just affect people. Pets can become part of the abusive tactics of coercion and control.

Monday, 30 October | 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.

October Special Activities



OCTOBER IS THE DOMESTIC VIOLENCE AWARENESS MONTH

*Help end the silence. Report it if you see it.
Check out our activities and join us!*

Wear Purple on Fridays
Every Friday (6, 13, 20, 27) wear something purple to show your commitment.

5k Run/Walk at Fort Buchanan Perimeter
Saturday, October 14, 2023, from 7 am to 9 am. Registration starts at 6:30 am. Participants will be asked to register and complete a "Hold Harmless Form & Photo Release Form" electronically. Participants will be asked to wear PURPLE for the 5K.

Pets AGAINST Domestic Abuse
Friday, October 27, 2023 from 6:30 pm to 7:00pm. Call to register your pet. Domestic abuse doesn't just affect people. Pets can become part of the abusive tactics used by perpetrators as a means of coercion and control. Dress up your pet for the Autumn Festival. Make sure you use something PURPLE. Show off your creativity.

Educational Workshops at Community Club
Wednesday, October 4, 2023 from 12pm to 1 pm: Healthy Relationship BINGO
Wednesday, October 11, 2023, from 11:30 am to 12:30 pm: Financial Abuse
Wednesday, October 18, 2023, from 11:30 am to 12:30 pm: In Her Shoes

FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL THE ACS FAMILY ADVOCACY PROGRAM AT (787) 707-3709 OR EMAIL RUTH.E.GONZALEZ.CIV@ARMY.MIL.



DOMESTIC ABUSE PREVENTION PROCLAMATION SIGNING

Monday, 2 October 2023
11:30 am at Fort Buchanan
GC Conference Room Bldg. 390

Garrison Commander's commitment to increasing Domestic Violence Awareness and standing United Against Domestic Abuse.

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

787-707-3709
ruth.e.gonzalez.civ@army.mil



CHILD FIND DAY

WED. OCT 25

Free developmental screening (Child Find) for children from 0 to 5 years old.


8:30 AM - 2:30 PM COMMUNITY CLUB

Do you think your toddler or preschooler is not speaking as he/she should for his/her age? Are you concerned that he/she does not play or learn like most children his/her age? Can your child crawl, walk, run, and jump like other children his/her age?

Walk-ins are welcome!

Eligible children from the military community to include supported Federal agencies (Active Duty Military assigned to Puerto Rico title 10, AGR, Coast Guard members, Families that are command-sponsored, DoD employees with transportation agreement and National Guard AGR.)

FOR MORE INFORMATION:
EDIS: 787-707-2165
EFMP: 787-707-3295/3804



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, 25 October 2023 at 11:00 a.m.
at the Army Community Service
Davis Street, bldg. 225
Feel free to wear your favorite Custom (disfraz)

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.

