

# NEWSLETTER

#### DECEMBER 2024

#### www.buchanan.armymwr.com

### **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





### 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

#### **CONTACT US**

Bldg. 225 Davis Street, Fort Buchanan

787-707-3804

f facebook.com/ACSBuchanan









#### **WORKSHOPS INFORMATION**

Throughout DECEMBER, Services are available hybrid: walk-in, by appointment, face-to-face, via phone, and/or virtually (ACS, Davis Street, Bldg. 225).

Tuesday, 3 December | 9 am - 10 am at ACS
Conference Room, Bldg. 225, International Travel
Symbols: Join us to learn the positive aspects of
using internationally accepted symbols to
communicate while traveling to foreign countries.
These tips will help reduce the stress caused by the
challenges of traveling abroad.

Wednesday, 4 December | 10 am - 11 am at ACS Conference Room, Bldg. 225, Negotiating Employment Offers: Learn the components of Employment offers and techniques for negotiating salaries and benefits. This class provides strategies for making informed decisions when accepting Employment offers.

Thursday, 5 December | 1 pm - 2:30 pm at ACS Conference Room, Bldg. 225, How to support your child with social anxiety: This workshop will provide the necessary tools for parents to confront their child's social fears and develop tools to deal with anxious feelings.

Monday, 9 December | 9 am - 10:30 am at ACS Conference Room, Bldg. 225, Blended Retirement System: The BRS is essential to your future financial security. It is crucial to understand how it works, the benefits you will receive, and how to monitor your retirement plan.

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

Tuesday, 10 December | 9 am – 12 pm at the Community Club & Conference Center, Bldg. 660, Newcomer's Orientation Fair: Come learn about available resources and services within the military and local community. This event is designed to enhance the well-being of our military and civilian communities. Please bring your family members.

Wednesday, 11 December | 10 am - 11 am at ACS Conference Room, Bldg. 225 Handling Pre-Employment Screening and Background Checks: This session explains the types of pre-employment screenings and how to prepare for them. It also covers how to understand and address screening results.

Thursday, 12 December | 1 pm - 2:30 pm at ACS Conference Room, Bldg. 225
Parenting and Role Modeling Self-Compassion Towards Children: Parents can help their children be kinder to themselves and replace a self-critical inner voice with a friendly one.

Monday, 16 December | 9 am - 10:30 a.m. at ACS Conference Room, Bldg. 225 Thrift Savings Plan Monday: The TSP is a Federal Government-sponsored retirement savings and investment plan. In this workshop, learn how to maximize your TSP retirement savings opportunity. This workshop will address the TSP options of tax treatment, TSP contribution, individual and lifecycle funds, and mutual funds.

Tuesday, 17 December | 9 am - 10 am at ACS Conference Room, Bldg. 225 Family Separation Services: Learn about the services available to Soldiers, Army Civilians, and their families who are separated due to deployments.

Wednesday, 18 December | 10 am at ACS Conference Room, Bldg. 225 Military Spouses' Forum: Join us to brainstorm ideas for programs, events, workshops, and activities that strengthen and enhance Military Families' wellbeing. "Your voice is important. We want to hear your ideas."

#### WORKSHOPS INFORMATION

Wednesday, 18 December | 1 pm - 2 pm at ACS Conference Room, Bldg. 225 Professional Etiquette and Communication: Learn about workplace behavior and communication, including email, phone, and meeting etiquette. This class also emphasizes the importance of managing your online presence professionally.

### Friday, 27 December | 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.

### Friday, 27 December | 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

#### EVERY DAY is Child Abuse **Prevention Day** Help Us Give Every Child A Promise for a Safe and Better Tomorrow **ALL incidents of Child Abuse/Neglect** MUST be reported to the Department of the Family: (787) 749-1333 (Talia's Law 23 December 2016) and then, please call: Fort Buchanan Reporting Point of Contact: Department of Emergency Services/ **Police Department** (787) 707-3337

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

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



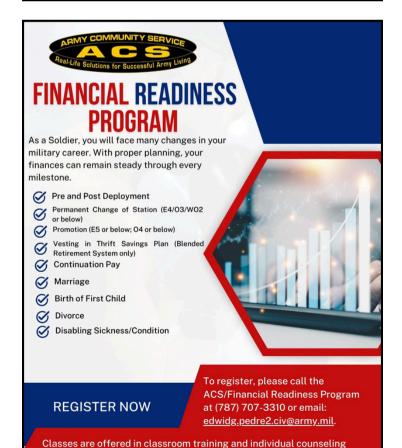








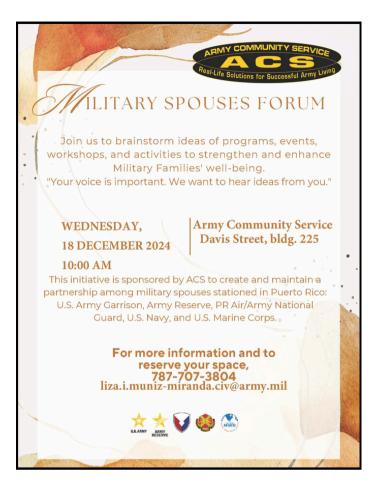




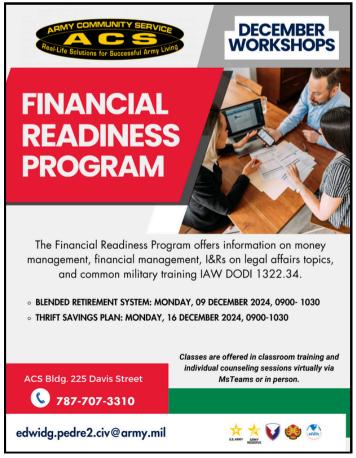
sessions virtually via MsTeams or in-person.



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