

# NEWSLETTER

**DECEMBER 2024**

[www.buchanan.armymwr.com](http://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

 [facebook.com/ACSBuchanan](https://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](mailto: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' well-being. "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

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

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



## NEWCOMER'S ORIENTATION FAIR

Tuesday, December 10, 2024  
9 am to 12 pm  
Community Club Bldg. 660

LEARN more ABOUT  
AVAILABLE PROGRAMS,  
SERVICES, and resources  
that enhance  
the well-being of the  
Fort Buchanan community.



We welcome new Military,  
Family members, Retirees, and  
Civilian personnel.  
Please bring your spouses!

FOR MORE INFORMATION:

Call ACS/Relocation at (787) 707-3682/3804  
or [sigfredo.perez.civ@army.mil](mailto:sigfredo.perez.civ@army.mil).



## FINANCIAL READINESS PROGRAM

As a Soldier, you will face many changes in your  
military career. With proper planning, your  
finances can remain steady through every  
milestone.

- Pre and Post Deployment
- Permanent Change of Station (E4/O3/W02 or below)
- Promotion (E5 or below; O4 or below)
- Vesting in Thrift Savings Plan (Blended Retirement System only)
- Continuation Pay
- Marriage
- Birth of First Child
- Divorce
- Disabling Sickness/Condition



To register, please call the  
ACS/Financial Readiness Program  
at (787) 707-3310 or email:  
[edwidg.pedre2.civ@army.mil](mailto:edwidg.pedre2.civ@army.mil).

REGISTER NOW

Classes are offered in classroom training and individual counseling  
sessions virtually via MsTeams or in-person.



## Schedule Your Relationship Checkup Today

Keep your relationship strong and healthy.

### What is the Relationship Checkup?

Just as regular visits with your doctor and dentist can keep small issues from becoming big problems, the Relationship Checkup confirms what you and your partner are doing well and helps you discover areas of your relationship that could be made even stronger. Your Military and Family Life Counselor will use an evidenced-based approach that is:

- Free
- Confidential
- Brief and flexible scheduling
- Positive, strength-based
- Inclusive - appropriate for all couples
- Proven successful in military populations

### How it works

You and your partner will complete an online questionnaire, then schedule a time to meet with your Military and Family Life Counselor to:

- Identify your greatest strengths as a couple.
- Discuss areas of concern and identify healthy strategies.
- Receive a personalized summary of your questionnaire responses.
- Continue your growth as a couple with research-based suggestions, referrals and actionable next steps to keep your relationship strong and healthy for life.

Find more ways to rekindle, repair or reset your relationship at [www.MilitaryOneSource.mil/RetheWe](http://www.MilitaryOneSource.mil/RetheWe).


Schedule your Relationship Checkup with a Military and Family Life Counselor:

Your point of contact: ACS/MFLCs      Phone number: 787-463-1932 or 787-220-4536

Call Military OneSource anytime, 24/7 at 800-342-9647  
or visit [www.militaryonesource.mil](http://www.militaryonesource.mil).



# SPECIAL ACTIVITIES



## 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,  
18 DECEMBER 2024** | **Army Community Service  
Davis Street, bldg. 225**

**10:00 AM**

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.

**For more information and to reserve your space,  
787-707-3804  
liza.i.muniz-miranda.civ@army.mil**



## Navigating Independence

A Workshop for Parents & Primary Caregivers



Wednesday  
11 Dec 2024

12pm-1pm

Antilles Middle School  
~Information Center~

**MS Counseling Psychology  
Ana Lucia Acosta**

**Let's talk about:**

- The role of family and community in neurodevelopmental support.
- Access to local resources and support networks.
- Practical strategies for encouraging independence.

**REGISTER NOW  
787-707-3295/ 3804**




## DECEMBER WORKSHOPS

# FINANCIAL READINESS PROGRAM





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

- BLENDED RETIREMENT SYSTEM: MONDAY, 09 DECEMBER 2024, 0900- 1030
- THRIFT SAVINGS PLAN: MONDAY, 16 DECEMBER 2024, 0900-1030

*Classes are offered in classroom training and individual counseling sessions virtually via MsTeams or in person.*

ACS Bldg. 225 Davis Street  
**787-707-3310**


**edwidg.pedre2.civ@army.mil**

## Employment Readiness Program

### DECEMBER WORKSHOPS


EMPLOYMENT READINESS WILL ASSIST INDIVIDUALS IN ACQUIRING SKILLS, NETWORKS, AND RESOURCES THAT WILL ALLOW THEM TO PARTICIPATE IN THE WORKFORCE AND DEVELOP A CAREER/WORK PLAN.



**NEGOTIATING EMPLOYMENT OFFERS**

Understand the components of Employment offers and learn techniques for negotiating salaries and benefits. This class provides strategies for making informed decisions when accepting Employment offers.


**DEC 04**  
10 A.M.



**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.

**DEC 11**  
10 A.M.




**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.

**DEC 18**  
1 P.M.

ALL WORKSHOPS ARE IN PERSON AND VIRTUALLY.  
For more information and/or to register, contact us at [luis.a.torresrios.civ@army.mil](mailto:luis.a.torresrios.civ@army.mil) or 787-707-3365.



# SPECIAL ACTIVITIES



## RELOCATION READINESS PROGRAM

### DECEMBER Workshops

The ACS/Relocation Readiness Program invites the Fort Buchanan community to attend the monthly classes and orientations available to enhance the well-being of Military and civilian personnel and their Family members.

**Tuesday, 03 December 2024 (9 am - 10 am)**  
International Travel Symbols

**Tuesday, 17 December 2024 (9am - 10 am)**  
Family Separation

For more information, please call ACS/Relocation at (787) 707-3682 or [sigfredo.perez.civ@army.mil](mailto:sigfredo.perez.civ@army.mil)

**ACS Bldg. 225, Davis Street**  
All workshops are in-person and virtual.



The Fort Buchanan community includes SM of the 1st MSC, PRARNG, PRANG, USNR, USMC-R, Retirees, and Civilian employees.



## EFMP Exceptional Family Member Program

The Exceptional Family Member Program offers workshops to Soldiers and their eligible Family members, in-person and virtual sessions via MS Teams.

### DECEMBER WORKSHOPS

**Thursday, 05 December 2024**  
1:00 p.m. - 2:30 p.m.

HOW TO SUPPORT YOUR CHILD WITH SOCIAL ANXIETY: HELP PARENTS CONFRONT THEIR CHILD'S SOCIAL FEARS AND DEVELOP TOOLS TO DEAL WITH ANXIOUS FEELINGS.

**Wednesday, 11 December 2024**  
1:00 p.m. - 2:30 p.m.

PARENTING AND ROLE MODELING SELF-COMPASSION TOWARDS CHILDREN: PARENTS CAN HELP THEIR CHILDREN TO BE KINDER TO THEMSELVES AND REPLACE A SELF-CRITICAL INNER VOICE WITH A FRIENDLY ONE.

FOR MORE INFORMATION, PLEASE CALL THE ACS/EFMP AT (787) 707-3295 / [IDALIS.M.RIOS.CIV@ARMY.MIL](mailto:IDALIS.M.RIOS.CIV@ARMY.MIL)

