

# NEWSLETTER

## JANUARY WORKSHOPS AT ACS

**05 January - 10:00 AM**

Family Life Skills: Goal Setting in 2023

**9, 11, 18, 20 & 23 January - 4:00 PM**

Co-Parenting Workshop

**10 January - 1:00 PM**

Common Reactions to a Child's  
Learning Disability Workshop

**12 January - 10:00 AM at Chapel Annex,  
Bldg. 292**

New Parent Support Program/Morning  
Group

**13 January - 6:00 PM at Naval Reserve  
Center Bldg. 74**

Last Day of Christmas "Octavitas" Event

**17 January - 9:00 AM**

Army Emergency Relief Orientation

**17 January - 10:00 AM**

Resilience and People with Special Needs

**23 January - 10:00 AM**

Science of Anger & Stress

Believe you can and you're half way there.  
- Theodore Roosevelt

## OUR PROGRAMS

- Family Advocacy Program
- Army Emergency Relief
- Army Volunteer Corps
- Survivor Outreach
- 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
- Other services and resources

## CONTACT US



Bldg. 225 Davis Street, Fort Buchanan




787-707-3804




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# January Upcoming Events



THE ARMY COMMUNITY SERVICE TEAM INVITES YOU TO  
**LAST DAY OF CHRISTMAS**  
**"OCTAVITAS"**  
CELEBRATION EVENT  
Special guest:  
Jesus Rivera Davila "El Boricuaazo"  
**FRIDAY, JANUARY 13, 2023 | 6 PM TO 8 PM**  
AT THE NAVAL RESERVE CENTER, BLDG. 74  
  
IN HONOR OF OUR MILITARY FAMILIES AND  
VOLUNTEERS AT FORT BUCHANAN.  
  
For more information and to  
reserve your space, please call  
787-707-3692 damaris.quintananunez.civ@army.mil  
787-707-3804 liza.i.muniz-miranda.civ@army.mil



**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."  
  
 **18 JANUARY 2023**  
**11 A.M. AT ACS**  
  
FOR ADDITIONAL INFORMATION  
**787-707-3804** wilda.diaz3.civ@army.mil  
**787-707-3292**  
  
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.



## 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 available in person, phone, or virtual

**787-220-4538 or 787-463-1932**

