



**JOINT BASE SAN ANTONIO
MILITARY & FAMILY
READINESS CENTERS**

February

2016 CALENDAR OF EVENTS

FINANCIAL READINESS • FAMILY LIFE • EMPLOYMENT
& CAREER DEVELOPMENT • PERSONAL READINESS •
RELOCATION SERVICES • VOLUNTEER OPPORTUNITIES • UNIT
FAMILY READINESS • RESILIENCY TRAINING • DEPLOYMENT
READINESS • TRANSITION ASSISTANCE • EXCEPTIONAL
FAMILY MEMBERS • SCHOOL LIAISON SERVICES • TEAM
BUILDING • CASUALTY ASSISTANCE & SURVIVOR BENEFIT
SERVICES • MILITARY & FAMILY LIFE COUNSELORS

THREE LOCATIONS TO SERVE THE JBSA COMMUNITY
FORT SAM HOUSTON - LACKLAND - RANDOLPH

MILITARY SAVES

JBSA-Military & Family Readiness Services

The Joint Base San Antonio (JBSA) Military & Family Readiness Centers (M&FRC) are dedicated to providing a full range of quality programs and services that promote self-reliance, mission readiness, resiliency and ease adaptation into the military way of life.

One of our major functions is linking service members and their families with the right resources to meet their specific needs on JBSA or within the local community. We offer a variety of classes, trainings and workshops that promote, educate and facilitate readiness and resiliency:

Air Force Aid Society	Information & Referral
Armed Forces Action Plan	Key Spouses & FRG
Army Emergency Relief	Military & Family Life Counselors
Military Family Team Building	Personal & Family Life
Casualty Assistance	Relocation Services
Deployment Readiness	Resiliency Training
Employment & Career Development	School Liaison Services
Exceptional Family Member Program	Survivor Benefit Services
Financial Readiness	Transitional Assistance Program
Heart Link	Volunteer Opportunities
Hearts Apart	Warriors in Transition

Regardless of specific duty station location, patrons assigned to JBSA can attend trainings and utilize the services offered at all three locations. For more information about a program or service, call:

JBSA-Fort Sam Houston (FSH)
(210) 221-2705 or 221-2418

JBSA-Lackland (LAK)
(210) 671-3722

JBSA-Randolph (RAN)
(210) 652-5321

Requests for briefings, group or unit trainings, at alternate locations, and one-on-one consultations are available by request. Programs and events are subject to change. Some services are based on the number of participants and require a minimum number in order to be effective. If the minimum is not met, the class may be canceled or rescheduled. Other services may be limited due to seating or space. To ensure availability, call to sign up.

All services provided by JBSA-M&FRC are open to all branches of the military, Active Duty Military and their Families, Reservists, Coast Guard, National Guard, Retirees, Surviving Spouses, DoD civilian employees and DoD contracted employees, unless otherwise stated.

JBSA-Fort Sam Houston
Mon-Fri 7:30 AM-4:15 PM
Closed:
1st & 3rd Thursday 1-4 PM,
Federal Holidays &
AETC Family days

JBSA-Lackland
Mon-Fri 7:30 AM-4:30 PM
Closed:
1st & 3rd Thursday 2-4 PM,
Federal Holidays &
AETC Family days

JBSA-Randolph
Mon-Fri 7:30 AM-4:30 PM
Closed:
Federal Holidays &
AETC Family days

CALENDAR OF EVENTS

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS CENTERS

	Event	February	Time	Location
RELOCATION	Citizenship & Immigration Assistance	9	9 AM to Noon	JBSA-FSH
	Citizenship & Immigration Assistance; Naturalization Ceremony	23	9 AM to Noon; 2 PM	JBSA-FSH
	Newcomer's Orientation	5	8 AM to Noon	JBSA-FSH
	Newcomer's Orientation	10	8 AM to Noon	JBSA-LAK
	Newcomer's Orientation	19	8 AM to Noon	JBSA-FSH
	Newcomer's Orientation	22	8 AM to Noon	JBSA-RAN
	Newcomer's Orientation	24	8 AM to Noon	JBSA-LAK
	Newly Assigned CC/CCC/CCF	2	8-11 AM	JBSA-RAN
	Relocation & Overseas Orientation	10	10-11 AM/ 2-3 PM	JBSA-FSH
	Sponsorship Application Training	17	2-3 PM	JBSA-FSH
	Spouse Information Fair	11	9 AM to Noon	JBSA-FSH
Trails and Tales Guided Tour	26	8 AM to 1 PM	JBSA-FSH	
FINANCIAL	Basic Budget Management	4	9-10 AM	JBSA-FSH
	Car Buying Workshop	26	9 AM	JBSA-FSH
	Credit Building	25	11:30 AM to 12:30 PM	JBSA-LAK
	Couponing 101	4	10-11 AM	JBSA-FSH
	Coupon Strategies for Saving	25	Noon	JBSA-FSH
	Free Credit Report & Score	22-26	1-3:30 PM	JBSA-LAK
	Home Buying Workshop	26	10 AM	JBSA-FSH
	How to Start a Small Business	5	1-4 PM	JBSA-LAK
	Investing for Retirement	22	11:30 AM to 12:30 PM	JBSA-LAK
	Matri-Money and Marriage	3	1-2:30 PM	JBSA-LAK
	Money Smarts Youth Rally	24	5:30-7:30 PM	JBSA-RAN
	Officer's First Duty Station Mandatory Financial Training	16	8:30 AM to 12:30 PM	JBSA-RAN
	Planning for Retirement	23	2 PM	JBSA-FSH
	Savings & Investment	25	9-10 AM	JBSA-FSH
	Smart Consumer	24	10:30-11:30AM/1:30-2:30PM	JBSA-LAK
	Smart Consumer	26	10:30-11:30AM/1:30-2:30PM	JBSA-LAK
	Thrift Savings Plan	23	5:30-7 PM	JBSA-RAN
Using Credit Wisely	23-25	9 AM to Noon	JBSA-LAK	

Information provided within this document is current at the time of publishing. Training and event dates are subject to change. Please call the location hosting the event to verify.

This is a monthly publication produced by the 802d Force Support Squadron (FSS), JBSA-Military & Family Readiness Centers.

	Event	February	Time	Location
	Wise Investment Strategy	26	5:30-7 PM	JBSA-RAN
EMPLOYMENT	10 Steps to a Federal Job	3	9-11 AM	JBSA-FSH
	Basic Resume Writing	2	9:30-11 AM	JBSA-RAN
	Create an Effective Resume	23	2-4 PM	JBSA-LAK
	Dress for Success	17	3:30-4 PM	JBSA-LAK
	Employment Readiness Orientation	Mondays	9-10 AM	JBSA-FSH
	Federal Employment Process	17	1-3:30 PM	JBSA-LAK
	General Resume Writing	10	9-11 AM	JBSA-FSH
	Interview Process & Dress for Success	17	9-11 AM	JBSA-FSH
	Interview with Confidence	17	10 AM to Noon	JBSA-LAK
	Microsoft Office2013-Excel L2	25	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-PowerPoint L2	4	8 AM to Noon	JBSA-FSH
	Microsoft Office 2013-Word L2	11	8 AM to Noon	JBSA-FSH
	Resume Writing Techniques	17	8-10 AM	JBSA-LAK
	Salary Negotiation & Networking	4	10 AM to Noon	JBSA-RAN
	Salary Negotiation & Social Media	24	9-11 AM	JBSA-FSH
	Spouse Employment Forum	16	9 AM to 1 PM	JBSA-LAK
	USA Jobs Navigation & Federal Resume Training	25	8:30-11 AM	JBSA-RAN
	TRANSITION ASSISTANCE PROGRAM	Accessing Higher Education (ACES)	1-3	7:30 AM to 5 PM
Accessing Higher Education (ACES)*		9-10	7:30 AM to 5 PM	JBSA-FSH
Accessing Higher Education (ACES)		22-24	7:30 AM to 5 PM	JBSA-FSH
Boots to Business		2-3	8 AM to 4 PM	JBSA-LAK
Career Technical Training		18-19	8 AM to 5 PM	JBSA-FSH
Four to Go		19	8 AM to 4 PM	JBSA-LAK
OPM Federal Application Process		17	1-4 PM	JBSA-FSH
Pre-Separation: AF		2	9 AM to Noon	JBSA-FSH
Pre-Separation: AF		16	9 AM to Noon	JBSA-FSH
Pre-Separation: Army		Tue-Fr	8:30-11:30 AM	JBSA-FSH
Pre-Separation: Retirement		16	9 AM to Noon	JBSA-LAK
Pre-Separation: Separating		18	9 AM to Noon	JBSA-LAK
Pre-Separation & Retirement		3	Noon to 4 PM	JBSA-RAN
Pre-Separation & Retirement		17	Noon to 4 PM	JBSA-RAN
Pre-Separation & Retirement		24	Noon to 4 PM	JBSA-RAN
TAP-Goals, Plans, Success (GPS)		1-5	8 AM to 4 PM	JBSA-FSH
TAP-Goals, Plans, Success (GPS)		8-12	8 AM to 4:30 PM	JBSA-RAN
TAP-Goals, Plans, Success (GPS)		8-12	7:45 AM to 4:30 PM	JBSA-LAK
TAP-Goals, Plans, Success (GPS)	8-12	8 AM to 4 PM	JBSA-FSH	
TAP-Goals, Plans, Success (GPS)	22-26	7:45 AM to 4:30 PM	JBSA-LAK	

*Service Members with BA

	Event	February	Time	Location
	TAP-Goals, Plans, Success (GPS)	22-26	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	Feb 29-MAR 4	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	Feb 29-MAR 4	8 AM to 4 PM	JBSA-LAK
	VA 9/11 Education Benefits Briefing	16	1-3 PM	JBSA-LAK
	VA Benefits Briefing	17	8 AM to 4:30 PM	JBSA-LAK
	VA Stand Alone Workshop	26	8 AM to 2 PM	JBSA-RAN
	Wounded Warrior TAP (Part 1)	1-4	8 AM to Noon	JBSA-LAK
	Wounded Warrior TAP (Part 2)	8-11	8 AM to Noon	JBSA-LAK
MFLC	Peer-to-Peer Support Group	9	9:30-11:30 AM	JBSA-FSH
	Peer-to-Peer Support Group	18	12:30-2:30 PM	JBSA-LAK
SBP	Survivor Benefit Plan	16	8-9:30 AM/1-2:30 PM	JBSA-RAN
SLO	Mentor Training	11	Noon to 1:30 PM	JBSA-RAN
	Mentor Training	12	11 AM to 1 PM	JBSA-LAK
	Mentor Training	17	Noon to 1:30 PM	JBSA-LAK
EFMP	ARC Case Management	18	9 AM to Noon	JBSA-LAK
	Coffee Talk-Support Group	17	11:30 AM to 1 PM	JBSA-FSH
	EFMP Support Group	4	11 AM to 12:30PM	JBSA-RAN
	EFMP TRICARE: ECHO, Standard, Prime	25	Noon to 1:30 PM	JBSA-LAK
	EFMP-What Does it Mean to Me?	11	1-3 PM	JBSA-FSH
	Magik Theatre - Jack & The Beanstalk	5	6-7 PM	JBSA-FSH
	Magik Theatre - Dr. Krashundbang	6	1-2 PM	JBSA-FSH
PERSONAL & FAMILY LIFE	Army FAP Unit Training	16	9-11 AM /1-3 PM	JBSA-FSH
	Army FAP Unit Training	24	9-11 AM /1-3 PM	JBSA-FSH
	Bundles for Babies	3	1-4:30 PM	JBSA-LAK
	Bundles for Babies	5	8:30 AM to 12:15 PM	JBSA-RAN
	Car Seat 101	8	1-3 PM	JBSA-FSH
	Connecting through Communication	10	11 AM to 1 PM	JBSA-FSH
	Helping Us Grow Securely (HUGS) Playgroup	Tuesdays	10 AM to Noon	JBSA-FSH
	Infant Massage (Part 1 of 5)	8	9-10:30 AM	JBSA-FSH
	Infant Massage (Part 2 of 5)	10	9-10:30 AM	JBSA-FSH
	Infant Massage (Part 3 of 5)	17	9-10:30 AM	JBSA-FSH
	Infant Massage (Part 4 of 5)	22	9-10:30 AM	JBSA-FSH
	Infant Massage (Part 5 of 5)	24	9-10:30 AM	JBSA-FSH
	Internet Safety	22	11 AM to 1 PM	JBSA-RAN
	Safety Seat Clinic	18	1:30 to 3:30 PM	JBSA-FSH
	Single Parent Support Group	12	11:30 AM to 1 PM	JBSA-LAK



BUILD YOUR
**SAVINGS
ARSENAL**



TAKE THE PLEDGE
TODAY!

www.MilitarySaves.org

Military Saves Week February 22-27

SET A GOAL. MAKE A PLAN. SAVE AUTOMATICALLY!

Adequate emergency savings, retirement funds, and safe debt-to-income ratios are critical components of personal financial security. Set a personal savings or debt reduction goal, make a simple savings plan, and take action on that plan, or take another positive wealth-building action during Military Saves Week. Throughout the week JBSA-Military & Family Readiness will host free financial workshops to help you establish a financial plan and save money.

Military Saves encourages all service members, their families, and civilian employees to "Take the Military Saves Pledge."

FEB 22

- Investing for Retirement (LAK)
- Credit when Credit is Due (RAN)
- Free Credit Report & Score (LAK)

FEB 23

- Thrift Savings Plan (RAN)
- Planning for Retirement (FSH)
- Free Credit Report & Score (LAK)
- Using Credit Wisely (LAK)

FEB 24

- Money Smarts Youth Rally (RAN)
- Smart Consumer (LAK)
- Using Credit Wisely (LAK)
- Free Credit Report & Score (LAK)

FEB 25

- Coupon Strategies for Saving (FSH)
- Credit Building (LAK)
- Free Credit Report & Score (LAK)
- Using Credit Wisely (LAK)

FEB 26

- Smart Consumer (LAK)
- Wise Investment Strategies (RAN)
- Car Buying Workshop (FSH)
- Home Buying Workshop (FSH)
- Free Credit Report & Score (LAK)

For workshop details or to register, view the location's
Financial Readiness Section.

JBSA-Fort Sam Houston

INFORMATION & REFERRAL

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2705 or 221-2418**

One of Information & Referral's major functions is linkage-ensuring DoD ID cardholders and their families are connected with the appropriate service.

RELOCATION ASSISTANCE

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2705**

Reduce or eliminate problems arising due to frequent moves with specialized services such as: individual or group counseling; sponsorship and pre-arrival information; mandatory overseas briefings and post-move orientations; lending closet; and immigration services. Call for more information or to sign up for a class.

NEWCOMER'S ORIENTATION

Feb 5 & 19 • 8 a.m. to Noon

Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate with their Unit Personnel Coordinator or Commander Support Element. Spouses are welcome to attend; all patrons must be seated by 7:50 a.m.

CITIZENSHIP & IMMIGRATION

ASSISTANCE

Feb 9 • 9 a.m. to Noon

Feb 23 • 9 a.m. to Noon, Ceremony 2 p.m.

Review American customs and cultures, or meet with a Citizenship & Immigration Service (USCIS) Officer for assistance with applications. Eligible patrons will take the Oath of Allegiance at a Naturalization Ceremony beginning at 2 p.m., Feb. 23. Registration not required.

RELOCATION & OVERSEAS ORIENTATION

Feb 10 • 10-11 a.m. & 2-3 p.m.

Mandatory for personnel E-5 and below. Topics cover entitlement, shipment of

household goods, emotional stressors of relocation, employment, and education. Only one session is needed.

SPOUSE INFORMATION FAIR

Feb 11 • 9 a.m. to Noon

Spouses, service members and civilians new to JBSA looking to connect with local military agencies are welcomed to attend the Spouse Information Fair. Meet with over 20 local military agencies and learn about services offered. Agencies included: Air Force and Army civilian personnel, legal assistance, exchange and commissary, Spouses Club, Medical/Tricare, FSS/MWR, School Liaison, Youth Programs, M&FRC and others. Registration not required.

SPONSORSHIP APPLICATION TRAINING

Feb 17 • 2-3 p.m.

Mandatory training for military sponsors. Review roles and responsibilities of a sponsor. The Electronic Sponsorship Application & Training (eSAT), <http://apps.militaryonesource.mil/ESAT>, provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important DoD and service relocation websites.

TRAILS & TALES GUIDED TOUR

Feb 26 • 8 a.m. to 1 p.m.

A guided tour of Fort Sam Houston; learn about old and new structures that share a rich history dating back more than 150 years. Patrons must be ready for departure at the M&FRC by 8 a.m. Due to limited seating, registration is required.

LENDING CLOSET

Monday-Friday 8 a.m. to 3 p.m.

The Lending Closet loans basic household goods while yours are in transit; kitchen equipment, high chairs, sleeping mats, irons and more. Permanent party, students, TDY, retirees and civilians may borrow up to 30 days. Please bring a copy of your orders.

FINANCIAL READINESS

JBSA-FSH • M&FRC, Bldg. 2797

(210) 221-2705

Financial Readiness provides information, tools, and resources to help develop individual strategies to achieve financial goals and provides information on emergency assistance. Specialized programs include: money management, credit and financial planning, insurance and consumer issues. Call for more information or to register.

BASIC BUDGET MANAGEMENT

Feb 4 • 9-10 a.m.

This course is required before attending any financial classes and budget counseling, unless referred by your command. A copy of your current (LES) is needed.

COUPONING 101

Feb 4 • 10-11 a.m.

An introduction to the concept of couponing. Receive information and resources to help you save more.

SAVINGS & INVESTMENT

Feb 25 • 9-10 a.m.

Identify strategies to help reach your financial goals. Reviewing the different types of saving options and learn about the risks and rewards of investing.

EMPLOYMENT READINESS

JBSA-FSH • M&FRC, Bldg. 2797

(210) 221-2418

Employment Readiness offers services to help give you the competitive edge necessary to secure employment. Trainings include: job counseling, employment and education information, volunteer opportunities, and assistance in resume writing. Call for more information or to reserve a seat.

EMPLOYMENT READINESS ORIENTATION

Mondays • 9-10 a.m.

Meet your Employment Readiness Team! This is an opportunity for us to get to know you and to assess how we can best assist you with your employment needs and desires.

10 STEPS TO A FEDERAL JOB

Feb 3 • 9-11 a.m.

Learn how to understand vacancy announcements, develop your electronic federal resume, track applications and more on the federal government's job site, www.USAjobs.gov. This class is taught by a Certified Federal Job Search Trainer and Career Coach.



Military Saves Week



PLANNING FOR RETIREMENT

Feb 23 • 2 p.m.

In order to avoid stockpiling mass amounts of money at the end of your career planning ahead is important. Review ways to figure out how much you'll need for retirement, if you're on track and different ways to save.

COUPON STRATEGIES FOR SAVING

Feb 25 • Noon

You don't have to be an extreme enthusiast to make couponing work. With more ways to save, couponing may be easier than you think! Join us for lunch and review tips, websites, mobile apps and more.

CAR BUYING WORKSHOP

Feb 26 • 9 a.m.

Budgeting for a car is more than just a monthly payment. This workshop will review sales traps, car fax, negotiation tips and more.

HOME BUYING WORKSHOP

Feb 26 • 10 a.m.

Purchasing a home may seem like an overwhelming process. Being informed can help ease stress, learn about down payments, mortgages, escrow, home inspections, property tax, and other fee and legal responsibilities.

GENERAL RESUME WRITING

Feb 10 • 9-11 a.m.

Creating a resume is one of the first steps in finding a job. Learn about the different resume formats and which one to use when writing a non-Federal resume. Get tips on how to effectively write summary statements, employment history and more.

INTERVIEWS & DRESS FOR SUCCESS

Feb 17 • 9-11 a.m.

Take pride in your appearance and follow expected guidelines of what to wear and be prepared for your interview. Discover ways to make a connection.

SALARY NEGOTIATION & SOCIAL MEDIA

Feb 24 • 9-11 a.m.

Learn the skill of salary negotiation and tap into the power of social media to find jobs and market yourself.

The Lab is available for unit or group trainings and will be closed to all others during this time. Call to confirm daily availability.

VIRTUAL CAREER LIBRARY

VirtualCareerLibrary.com/ftsh

A full range of career guidance and employment services are available. Resources include: educational e-books, employment guides, school/college finders, courses, virtual job data cards, and more. Free to all JBSA personnel and their families who participate in the Employment Readiness Program.



Microsoft Office 2013 Foundational Classes

Foundational Classes (Level 1) provide novice users with the skills and knowledge needed to advance.

Intermediate lessons (Level 2), build on instruction from foundational classes to provide advanced knowledge and skills. Free to DoD ID cardholders of all skill levels.

To register, call 221-2705. Trainings are held in the computer lab, limited seating.



Microsoft - Word Level 2
Feb 11 • 8 a.m. to noon



Microsoft - PowerPoint Level 2
Feb 4 • 8 a.m. to noon



Microsoft - Excel Level 2
Feb 25 • 8 a.m. to noon

The computer lab will be closed to all others while training is in session.

COMPUTER LAB

Monday-Friday • 8 a.m. to 4 p.m.

Computers with internet access are available for personal use, like emailing, online banking, browsing the web, printing forms, schoolwork and are CAC enabled.

TRANSITION ASSISTANCE PROGRAM (TAP)/ SOLDIER FOR LIFE

JBSA-FSH • Soldier for Life, Bldg. 2263 (210) 221-1213

TAP provides counseling and job assistance to service members preparing to leave federal service. Services include: pre-separation counseling, benefits, job search training, self-assessment tools, resume review, job analyzer software, and referral to service providers. Call to schedule an appointment or sign up.

ARMY PRE-SEPARATION

Tuesday-Friday • 8:30-11:30 a.m.

Soldiers planning to separate from the federal service must attend a mandatory counseling. Begin the process 18-months prior to your separation date. This counseling is held by the Soldier for Life Program, call 221-1213.

ACCESSING HIGHER EDUCATION (ACES)

Feb 1-3 & 22-24 • 7:30 a.m. to 5 p.m.

***Feb 9-10 • 7:30 a.m. to 5 p.m.**

A 3-day track for those pursuing higher

education. Service members will review education requirements that support their personal goals. Topics include: achieving academic success, research and comparing institutions, and financials. Class is held at the Education Center, Bldg. 2408. *Service members must have a Bachelors degree to attend the 2-day workshop.

TAP-GOALS, PLANS, SUCCESS (GPS)

Feb 1-5, 8-12, & 22-26 • 8 a.m. to 4 p.m.

Feb 29-March 4 • 8 a.m. to 4 p.m.

A mandatory 5-day workshop for all service members separating from the military. The GPS workshop is facilitated by the Department of Labor, Veterans Administration, and M&FRC. *Workshops offered on these days are for patrons with over 20 years in service or mandatory retirement. Prerequisite: Pre-Separation Counseling.

AIR FORCE PRE-SEPARATION

Feb 2 & 16 • 9 a.m. to Noon

Airmen planning to separate from the federal service must attend a mandatory counseling. Begin the process 18-months prior to your separation date. This training is held at M&FRC, Bldg. 2797. To register, call 221-2380.

OPM FEDERAL APPLICATION PROCESS

Feb 17 • 1-4 p.m.

Review the Federal employment process and careers offered within the Federal government. Learn about resources that support the Veterans Employment Program, skill translators, resume builders, and more.

CAREER TECHNICAL TRAINING

Feb 18-19 • 8 a.m. to 5 p.m.

Service members will receive guidance and help in selecting technical training schools and technical fields. Review accredited institute applications, scheduling a session with a counselor or a career technical training expert, and VA vocational education counselors.

MILITARY & FAMILY LIFE COUNSELORS

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 517-6666 or 997-7521**

Military & Family Life Counselors help service members, their families, and significant others in addressing issues from deployment and reintegration, marriage and relationships, stress and anxiety, depression, grief and loss, or daily life issues. Consultations and trainings are anonymous, no records are kept. After-hours and weekend appointments are available. Meetings can also be arranged off-site. Call to schedule an appointment.

PEER-TO-PEER SUPPORT GROUP

Feb 9 • 9:30-11:30 a.m.

Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. Lunch is provided after the morning session. This group meets at the SFAC, Bldg. 3639 on BAMC.

SCHOOL LIAISON OFFICE

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2214**

The School Liaison Office assists parents with children in grades K-12. SLO can help with the transition between schools; provide information about local school systems, policies, programs and more.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2705**

The EFMP is a mandatory enrollment program that assists service members and their families with special, physical, emotional, developmental, or intellectual needs. EFMP works with military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support, and

personnel services. Call to sign up or for details.

MAGIK THEATRE TRIP

Jack & the Beanstalk: Feb 5 • 6-7 p.m.

Dr. Krashundbang: Feb 6 • 1-2 p.m.

EFMP families are invited to join us for a special show at the Magik Theatre. Space is limited, registration required. All participants must arrive at least 15 minutes prior to show time. Popcorn and other small snacks will be provided.

EFMP: WHAT DOES IT MEAN TO ME?

Feb 11 • 1-3 p.m.

This workshop is designed to explore how three pillars of the program (Medical, Human Resource, and Family Support) work and what each pillar offers to EFM sponsors and their families.

COFFEE TALK - EFMP SUPPORT GROUP

Feb 17 • 11:30 a.m. to 1 p.m.

This EFMP support group meets monthly for a casual dialogue to share helpful resources and ways to overcome challenges.

PERSONAL & FAMILY LIFE

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2418**

Personal & Family Life assists in improving the quality of life for individuals and families. Classes provide knowledge and skills needed to develop and strengthen communication, promote healthy relationships, child safety, coping with life events and realizing personal potential. Unit team building, Army unit annual domestic and abuse prevention trainings are also available. Call for class details or to register.

HELPING US GROW SECURELY (HUGS) PLAYGROUP

Tuesdays • 10 a.m. to Noon

An interactive playgroup for infants and toddlers; open to parents and their children, ages 5 and under. The playgroup meets at the Middle School Teen Center,

Bldg. 2515. Registration not required.

STEP-FAMILIES 101

Feb 4, 11 • 8 a.m. to Noon

This 2-part series must be attended in order. The step-family can be complex when it comes to family relationships. Discuss changes in the family dynamics, evolving roles, and the joys that come from being a step-parent.

CAR SEAT 101

Feb 8 • 1-3 p.m.

Review the basics of car seat installation and make sure your child is seated properly within their car seat. This class is required before attending the Safety Seat Clinic.



INFANT MASSAGE

Feb 8, 10, 17, 22, 24 • 9-10:30 a.m.

This 5-part series must be attended in order. Infant Massage helps normalize muscle tone, improve blood circulation, stimulate brain development and improve sensory awareness. In addition, it may help with relieving discomfort from constipation, gas and colic allowing babies (and parents) to sleep better.

CONNECTING THROUGH COMMUNICATION

Feb 10 • 11 a.m. to 1 p.m.

Learn communication and relationship building skills to help foster connection in relationships at home and in the workplace.

SINGLE PARENT SUPPORT GROUP

Feb 12 • 5-7 1 p.m.

Single parents to connect, share helpful resources, and ways to overcome challenges as a single parent. This month we'll review Dating Dynamics, the basics for healthy dating and fostering positive relationships.

ARMY FAP UNIT TRAINING

Feb 16 & 24 • 9-11 a.m. /1-3 p.m.

Mandated Unit Family Advocacy Training (IAW AR608-18) regarding domestic and child abuse identification, reporting, and

prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and transitional compensation program. Seating is limited, call to reserve seats for your unit. Reservations will be accepted up to 2 weeks in advance.

SAFETY SEAT CLINIC

Feb 18 • 1:30-3:30 p.m.

Make sure your child is safe while traveling on the road by ensuring restraints are properly installed and fit the child appropriately. Child and vehicle must be present; parents will be seen by appointment only at the Fire Station, Bldg. 3830. Prerequisite: Car Seat 101.



YOUTH TALENT SHOW & POETRY SLAM

Feb 20 • 6-8 p.m.

Do you have a special talent, love for the spot light or a way with words? Show us your skills! This family friendly talent show is free and welcomes all categories: solo, group and family acts. Open to all JBSA youth, elementary through high school. Rehearsal will be held Feb. 6, 3-6 p.m. at the Middle School Teen Center, bldg. 2515; Feb. 13, 3-6 p.m. at Youth Services, bldg. 1630; and a mandatory rehearsal will be Feb. 19 at the Military & Family Readiness Center. This is a collaborative project with Youth Programs. For more information, call 221-3381, 221-3502.

MILITARY FAMILY TEAM BUILDING (MFTB)

JBSA-FSH • M&FRC, Bldg. 2797 (210) 221-2418

MFTB/AFTB is about mission readiness and family readiness. It helps service members grow as leaders and teaches families how to adapt and embrace challenges. Call to sign up or for details. Open to all branches of service and DoD cardholders on JBSA.

MILITARY KNOWLEDGE (MODULES 1-3)

Feb 3 • 9 a.m. to 12:30 p.m.

Civilian employees new to the military workforce and military spouses are encouraged to attend this workshop. Review the chain of command, ranking structure, military acronyms, terms, and the similarities between the different branches of service.

BRIEFER TRAINER COURSE (BTC)

Feb 17 • 8 a.m. to 4 p.m.

A professional development course designed to improve briefing skills and techniques. Students are required to give a 8-minute presentation as part of the course. Evaluations are provided to students by a Master Trainers. Briefer Training Course modules include: Introduction to Effective Briefings, Sharpening your Briefing Skills and Making the Briefing your Own.

VOLUNTEER SERVICES

JBSA-FSH • M&FRC, Bldg. 2797 (210) 221-2705

Volunteer Services provides volunteers with opportunities based on interest and agency needs. Volunteers support the military in a variety of capacities such as: coaches, office assistants, FRG leaders, program assistants, and more. Call to sign up or for information.

ORGANIZATIONAL POINT OF CONTACT (OPOC) VMIS

Feb 3 • 10-11 AM

Unit/Agency Organizational Points of Contact (OPOC) will receive training with the Volunteer Management Information System (VMIS). Open to all registered OPOCs.

VOYA NOMINATION PROCESS

Feb 10 • 9-11 a.m.

Feb 17 • 1-3 p.m.

Review the new nomination form and learn how to submit a package for 2016. This workshop will review helpful tips in writing a winning nomination.

Nominations submitted on forms from previous years will not be accepted as they are obsolete. **In order for your volunteer to be considered for the 2016 VOYA, nominations must be submitted no later than Feb. 29.**

VOLUNTEER ADVISORY COUNSEL (VAC)

Feb 11 • 9-10 a.m.

A monthly meeting for agencies with volunteers to discuss current issues, share program plans, success and proposed events.

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

Feb 24 • 9-10 a.m.

Volunteers will receive hands-on training with the Volunteer Management Information System (VMIS). Open to all registered volunteers.

VOLUNTEER ORIENTATION

Feb 24 • 10-11 a.m.

Volunteers newly assigned to the M&FRC will in-process and receive training on their responsibilities.

DEPLOYMENT READINESS

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2418**

Deployment Readiness offers workshops, briefings and support groups to enhance mission preparedness and self-reliance throughout different phases of a deployment cycle. Registration is required for unit family readiness programs, sign up no later than 48 hours prior to the event.

PRE-DEPLOYMENT

Feb 4 & 18 • 9-11 a.m.

Feb 11 & 25 • 1-3 p.m.

Service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment are required to attend this briefing.

POST-DEPLOYMENT

Wednesdays • 1-3 p.m.

Patrons returning from deployment are

required to attend this briefing. Review ways to deal with the stressors associated with reintegration back into the home life.



HEARTS APART

Feb 12 • 3-7 p.m.



Registration deadline: Feb 8.

The USO will be on-site to assist patrons in recording a special Valentines Day message to send to their deployed service member. Hearts Apart is a support group for military families of a deployed or geographically separated service member.

FAMILY READINESS GROUP (FRG) FORUM

Feb 17 • 11 a.m. to Noon

An open forum that provides networking and an opportunity to discuss issues, share lessons learned, facilitates questions and discussions.

FRG LEADERSHIP ACADEMY

Feb 23-24 • 8:30 a.m. to 3:30 p.m.

FRG's play a critical role in assisting Command with their mission. This training provides commands with a better understanding of their FRGs, how to utilize their volunteers, in addition to their roles and responsibilities to the families.

FRG TREASURER TRAINING

Feb 25 • 9-11 a.m.

Mandatory for current and incoming FRG Treasurers. Topics covered: regulations for managing covers, FRG informal funds, and fundraising. Commanders, FRG Leaders and FRG Funds Custodians are encouraged to attend.



JBSA-Lackland

INFORMATION & REFERRAL

JBSA-LAK • M&FRC, Bldg. 1249
(210) 671-3722

Information & Referral is a one-stop information and referral center for DoD ID cardholders and their families. One of its major functions is linkage-ensuring personnel and their families are connected with the appropriate service on and off JBSA.

RELOCATION ASSISTANCE

JBSA-LAK • M&FRC, Bldg. 1249
(210) 671-3722

Relocation Assistance offers an array of services to assist you and your family when you experience a permanent change of station (PCS). One-on-one appointments are available to provide invaluable information that will ensure your move is as smooth as possible. Plan your move online <http://go.usa.gov/39D9V>. Call for more information or to sign up.

NEWCOMER'S ORIENTATION

Feb 10 & 24 • 8 a.m. to Noon

Mandatory in-processing briefing for all service members new to JBSA. Coordinate with your Unit Personnel Coordinator or Commander Support Element to schedule your orientation. The Feb. 10 briefing is held at Mitchell Hall and the Feb. 24 briefing is held at the Gateway Club.

FINANCIAL READINESS

JBSA-LAK • M&FRC, Bldg. 1249
(210) 671-3722

Personal Financial Readiness offers guidance to aid you with financial matters such as budgeting, debt reduction, and basic investment planning. Services are designed to address money management issues and range from basic spending plans to long-term investments. Call to register.

Military Saves Week



FREE CREDIT REPORT & SCORE

Feb 22-26 • 1-3:30 p.m.

Customers can walk-in to receive a free copy of their credit report and their credit score.

INVESTING FOR RETIREMENT

Feb 22 • 11:30 a.m. to 12:30 p.m.

Discuss the need for emergency savings; retirement options, such as a Traditional IRA and a Roth IRA; and retirement expenses to include: housing, maintenance, transportation, food, hobbies, and more. Facilitated by the Better Business Bureau, at the Wilford Hall Annex, bldg. 4600.

USING CREDIT WISELY

Feb 23-25 • 9 a.m. to noon

Review basic guidelines on investment strategy and tips to reach your financial goals. Facilitated by Security Service Federal Credit Union, Air Force Credit Union, and Bank of America - Financial Freedom: 9-9:45 a.m.; Checking, Savings, and Credit Cards: 10-10:45 a.m.; Credit Building and Car Buying: 11-11:45 p.m.

ARE YOU A SMART CONSUMER?

Jan 24 • 10:30-11:30 a.m. / 1:30-2:30 p.m.
Jan 26 • 10:30-11:30 a.m. / 1:30-2:30 p.m.

What you don't know can hurt you. Facilitated by Dean Taylor, Education Director, Better Business Bureau. Limited seating available.

CREDIT BUILDING

Feb 25 • 11:30 a.m. to 12:30 p.m.

Review what makes up your credit score and identifies simple steps to strengthen it. Facilitated by a the Air Force Federal Credit Union at the Wilford Hall Annex, bldg. 4600.

MATRI-MONEY AND MARRIAGE

Feb 3 • 1-2:30 p.m.

Address financial concerns that may present challenges to married couples. Explore the emotional connection to financial matters, utilize goal setting strategies and practice effective communication. This class is facilitated by a Military and Family Life Counselor and held at the Wilford Hall Annex bldg. 4600.



HOW TO START A SMALL BUSINESS

Feb 5 • 1-4 p.m.

Receive the latest information about starting a small business before you open your doors. The Small Business Development Center will discuss writing effective business plans, market research, how to select a good location, time management and other important topics. This workshop is held at the Arnold Hall Community Center.

EMPLOYMENT ASSISTANCE

**JBSA-LAK • M&FRC, Bldg. 1249
(210) 671-3722**

Employment Assistance offers job search assistance and referral services for employment opportunities. Classes are designed to help give you the competitive edge necessary to secure employment. Services include: job counseling and training, employment and education information, volunteer opportunities, and assistance in resume writing. Call to register.

SPOUSE EMPLOYMENT FORUM

Feb 16 • 9 a.m. to 1 p.m.

As a military spouse you are likely to move many times, which means that finding a job and building a career can be a challenge. This forum will provide information about the Priority Placement Program (PPP), job search process for civilian and military jobs, and the different types of resumes. This workshop is held at the Arnold Hall Community Center.

RESUME WRITING TECHNIQUES

Feb 17 • 8-10 a.m.

Everyone needs a resume when job hunting. Learn which resume formats to use when writing a non-Federal resume. Please bring a copy of your current resume.

INTERVIEW WITH CONFIDENCE

Feb 17 • 10 a.m. to Noon

Review interviewing techniques, creating a great first impression through appropriate attire, and a clear knowledge of shared interest and values.

DRESS FOR SUCCESS

Feb 17 • 3:30-4 p.m.

Make a first good impression as you network, interview, and in your daily work life interactions. Learn what, when, where, and how to wear the right attire. Don't forget to bring a tie!

FEDERAL EMPLOYMENT PROCESS

Feb 17 • 1-3:30 p.m.

Learn how to apply for a Federal job by reviewing the civilian hiring process. Patrons will learn about terminology, how to navigating through USAJobs.gov, federal resume writing tips, the Application Manager, checking on the status and rating process. Don't forget to bring a copy of your resume.

CREATE AN EFFECTIVE RESUME

Feb 23 • 2-4 p.m.

Review key elements in the resume writing process, career objectives, and descriptive accomplishment statements. Patrons will begin to construct a draft resume, bring Job lead and a copy of your resume if possible.

VIRTUAL CAREER LIBRARY

VirtualCareerLibrary.com/lacklandafb

A full range of career guidance and employment services are available. Resources include: educational e-books, employment guides, school/college finders, courses, virtual job data cards, and more. Free to all JBSA patrons participating in the Employment Readiness Program.



TRANSITION ASSISTANCE PROGRAM (TAP)

JBSA-LAK • M&FRC, Bldg. 1249
(210) 671-3722

TAP provides counseling and job assistance to service members, DoD civilians and family members preparing to leave federal service. Information is also provided for service members to make informed decisions regarding reenlistment. Services include: pre-separation counseling, benefits, job search, resumes, self-assessment tools, and more. Call to schedule an appointment.

WOUNDED WARRIOR TAP

Feb 1-4 & 8-11 • 8 a.m. to Noon

Wounded Warrior TAP is a new service offered by the Department of Labor. The curriculum is the same as the original DOLEW; however, the curriculum will be broken down and stretched over a 2-week period. One module of instruction is covered during 4 classroom hours. Meets mandatory transition requirements.



Feb 2-3 • 8 a.m. to 4 p.m.

A 2-day entrepreneurial education workshop hosted by the Small Business Administration. Discuss the opportunities and challenges of business ownership, review steps for evaluating business concepts, foundational knowledge required to develop a business plan, and information on SBA resources available to help access start-up capital and additional technical assistance.

TAP-GOALS, PLANS, SUCCESS (GPS)

Feb 8-12 & 22-26 • 7:45 a.m. to 4:30 p.m.
Feb 29-March 4 • 8 a.m. to 4 p.m.

This 5-day workshop is mandatory for all service members separating from the military. The GPS workshop is facilitated by the Department of Labor, Veterans Administration, and M&FRC. Spouses welcomed. Prerequisite: Pre-Separation.

PRE-SEPARATION COUNSELING: RETIREMENT

Feb 16 • 9 a.m. to Noon

This is a mandatory briefing, appointments may be scheduled up to 24-months before your retirement date. Call to reserve a seat.

VA EDUCATION BENEFITS BRIEFING

Feb 16 • 1-3 p.m.

Facilitated by the Texas Workforce Commission, this briefing is designed to inform service members about the Post-9/11 GI Bill and other education benefits.

VA BENEFITS BRIEFING

Feb 17 • 8 a.m. to 4:30 p.m.

A mandatory briefing providing information on available Veteran benefits and services. Learn how to apply for health care, education, home loans, insurance, and disability benefits. Prerequisite for Attendance: Pre-Separation Counseling.

PRE-SEPARATION COUNSELING:

VOLUNTARY SEPARATION

Feb 18 • 9 a.m. to Noon

This is a mandatory briefing, appointments may be scheduled up to 12-months prior to your separation date. Call to reserve a seat.

FOUR TO GO

Feb 19 • 8 a.m. to 4 p.m.

Service members planning retirement or are in their last re-enlistment before retirement are encouraged to attend. Meet with experts on various topics such as financial issues surrounding retirement, Tricare for retirees, veteran's information, the disability rating process, survivors benefit plan, and employment issues.

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

JBSA-LAK • M&FRC
(210) 540-5025 or 540-5030

Military & Family Life Counselors help service members, their families, significant others address issues from deployment and reintegration, marriage and relationships, family issues, communication challenges, stress and anxiety, depression, grief and

loss, and daily life issues. Consultations are anonymous, no records are kept.

PEER-TO-PEER SUPPORT

Feb 18 • 12:30-2:30 p.m.

Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. Lunch is provided before the afternoon session. This group meets at the Wilford Hall Annex, bldg. 4600.

SCHOOL LIAISON OFFICE

**JBSA-LAK • M&FRC, Bldg. 1249
(210) 671-3722**

The School Liaison Office assists parents with children in grades K-12. SLO can help with the transition between schools, provide information about local school systems, policies, programs and more.

MENTOR TRAINING

Feb 12 • 11 a.m. to 1 p.m.

Feb 17 • Noon to 1:30 p.m.

Volunteer mentors spend time with young people and encourage positive choices, promote high self-esteem and academic achievement. At completion of this training, mentors may be placed in a school within a 5 mile radius of JBSA-Lackland or a school of their choice. Mentor taught by the SLO and Community In Schools. This workshop is held at the Wilford Hall Annex, bldg. 4600.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**JBSA-LAK • M&FRC, Bldg. 1249
(210) 671-3722**

EFMP is a mandatory enrollment program that works with military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to active duty personnel and their family members. Call for more information.

ARC CASE MANAGEMENT

Feb 18 • 9 a.m. to Noon

EFMP families will have the opportunity to meet one-on-one with an Arc Case Managers. Three case managers will be available for 45-minute appointments. Case managers will meet with each family separately to will gather basic information about the child and family and provide resources. This workshop is held at the Youth Center.

EFMP SUPPORT GROUP

Feb 25 • 9 a.m. to Noon

This month, the EFMP support group will focus on the TRICARE Extended Care Health Option (ECHO), which provides supplemental services to active duty family members with qualifying mental or physical disabilities. This support group will meet at CAMP, Bldg. 3850.

EFMP TRICARE:

ECHO, STANDARD & PRIME

Feb 25 • Noon to 1:30 p.m.

This workshop will review the TRICARE Extended Care Health Option (ECHO), which provides supplemental services to active duty families with qualifying mental or physical disabilities . As well as the difference between Standard and Prime. This workshop is held at CAMP, Bldg. 3850.

PERSONAL & WORK LIFE

**JBSA-LAK • M&FRC, Bldg. 4600
(210) 292-3543**

Personal & Work Life collaborates with a number of other helping agencies to provide education and promote family preparedness through readiness support. Call to register for a class.

SINGLE PARENT SUPPORT GROUP

Feb 12 • 11:30 a.m. to 1 p.m.

A brown bag forum for single parents to connect, share helpful resources, and ways to overcome challenges as a single parent. This month a guest speaker from Military One Source (MOS) resources will discuss counseling, books, income tax filing services and other free resources such as

tax preparation services. This support group meets in Wilford Hall Annex bldg. 4600.

KEY SPOUSE INITIAL TRAINING

Feb 17 • 8:30 a.m. to 2:30 p.m.

Mandatory for all newly appointed Key Spouses and highly recommended for Key Spouse mentors. Patrons interested in learning more about the program or volunteering are also encouraged to attend. Review the nine core modules in the standard Air Force Key Spouse training curriculum. Upon completion, volunteers will receive a certificate.

BUNDLES FOR BABIES

Feb 3 • 1-4:30 p.m.

Welcome Baby

Active duty expecting parents assigned to JBSA-Lackland are encouraged to attend this class. Information will be provided on financial planning from conception to college, support programs offered within the community, and parenting skills. Active duty and active duty spouses from the Air Force, Navy, Marine Corps, and Coast Guard who participate will receive a free bundle paid by Air Force Aid Society.

CASUALTY ASSISTANCE & SURVIVOR BENEFITS

JBSA-LAK • (210) 671-3243 or 671-3216

Active duty service members interested in elections for Survivor Benefit Plan (SBP) must attend a briefing at least 120 days prior to retirement effective date.

DEPLOYMENT READINESS

JBSA-LAK • M&FRC, Bldg. 1249

(210) 671-3722

Mobilization readiness helps service members and their families prepare for deployments, provides access to support through courses, support groups, and prepares them for unique challenges that they face when returning.

POST-DEPLOYMENT REUNION & REINTEGRATION FOR AIRMEN

Mondays • 2:30-3:30 p.m.

Required for all service members returning from deployment. This training covers reintegration into home life and provides resources to deal with associated stressors. Spouses are highly encouraged to attend. Briefings are held at Logistics Readiness, Bldg. 5160 on the second floor.

PRE-DEPLOYMENT BRIEFING

Tuesdays • 8-10 a.m., 7:30 a.m. Sign-in

All service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment are required to attend. Briefings are held at Logistics Readiness, Bldg. 5160, second floor.

JBSA-Randolph

INFORMATION & REFERRAL

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

Military & Family Readiness serves as a one-stop information and referral center for single, married, active-duty, Guard, Reserves, DoD civilians, and retired members as well as their families. One of its major functions is linkage-ensuring personnel and their families are connected with the appropriate service on and off JBSA.

RELOCATION ASSISTANCE

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

Relocation Assistance offers an array of services to assist you and your family when you experience a permanent change of station (PCS). One-on-one appointments are available to provide invaluable information that will ensure your move is as smooth as possible. Plan your move online <http://go.usa.gov/39D9V>. Call for more information or to sign up.

NEWLY ASSIGNED COMMANDERS & FIRST SERGEANT BRIEFING

Feb 2 • 8-11 a.m.

Newly assigned Commanders and First Sergeants; this briefing will provide the mandatory Commander briefings, satisfy AFI requirements and introduce you to key personnel from the base support agencies; Equal Opportunity (EO), Family Advocacy (FAP), Medical (HIPAA), Military & Family Readiness (M&FRC) and Sexual Assault Prevention Response (SAPR).

NEWCOMER'S ORIENTATION

Feb 22 • 8 a.m. to Noon

Mandatory in-processing for all newly assigned JBSA-Randolph military and civilian personnel. Spouses are invited to attend. Call 652-3036 to register.

SPONSORSHIP TRAINING

In accordance with AFI 36-2103, all Sponsors must complete the Electronic Sponsorship Application & Training (eSAT), <http://apps.militaryonesource.mil/>. The online application features a checklist, newcomers needs assessment, customizable letters, emails and more. Once complete, contact M&FRC for additional information on how to become an effective sponsor. Family members interested in becoming a sponsor can access the eSAT through the My Training Hub.

LOAN LOCKER

Tuesday-Thursday 8-11 a.m.

If you're in need of a few items until your household goods arrive, check them out from the Loan Locker. We have basic items that can be borrowed while your household goods are in transit. Please bring a copy of your orders.

FINANCIAL READINESS

**JBSA-RAN • M&FRC, Bldg. 693
(210) 652-5321**

Personal Financial Readiness provides information and guidance to aid you with financial matters such as budgeting, debt reduction, and basic investment planning.

Services are designed to address money management issues, financial readiness education, and basic spend plans.

Military Saves Week



CREDIT WHEN CREDIT IS DUE

Feb 22, 29, Mar 7, 14 • 5:30-7:30 p.m.

This 4-part series must be attended in order. Review methods to enhance credit management skills. Topics covered: establish and rebuild credit, auto loans, mortgages, bankruptcy, and more. After completion, patrons are registered nationally, adding a positive statement to their credit report.

THRIFT SAVINGS PLAN

Feb 23 • 5:30-7 p.m.

Review contribution limits, advantages of tax-deferred investments, rates of return, options to consider after separating from the military or civilian service and more.

MONEY SMARTS YOUTH RALLY

Feb 24 • 5:30-7:30 p.m.

High school and college students are encouraged to attend a money smarts rally at Youth Activity Center. Facilitated by Randolph Brooks Federal Credit Union, Broadway Bank, and M&FRC Staff.

WISE INVESTMENT STRATEGIES

Feb 26 • 5:30-7:30 p.m.

Learn basic investment strategies and tips to help you reach your financial goals and become financially secure. Facilitated by Randolph Brooks Credit Union.

OFFICER FIRST DUTY STATION
MANDATORY FINANCIAL TRAINING

Feb 16 • 8:30 a.m. to 12:30 p.m.
 This is mandatory for 2LT, 1LT and CAPT assigned to their first permanent duty station. Explore all aspects of finances to include pay, entitlements, insurance, credit management, Thrift Savings Plan and more.

EMPLOYMENT ASSISTANCE

JBSA-RAN • M&FRC, Bldg. 693
(210) 652-5321
 Employment Assistance offers job search assistance and referral services for employment opportunities. Classes are designed to help give you the competitive edge necessary to secure employment. Services include: employment and education information, volunteer opportunities, and assistance in resume writing. Call for more information or to sign up for a class.

BASIC RESUME WRITING

Feb 2 • 9:30-11 a.m.
 Don't get frustrated over a resume, learn techniques that will help with preparing a non-federal resume.

SALARY NEGOTIATION & NETWORKING

Feb 4 • 10 a.m. to Noon
 Learn the art of networking and current do's and don'ts of salary negotiation.

USA JOBS NAVIGATION & FEDERAL RESUME TRAINING

Feb 25 • 8:30-11 a.m.
 Learn how to create a federal resume using the USA jobs Federal system.

RESOURCE CENTER

Monday-Friday • 8 a.m. to 4 p.m.
 The Resource Center has a limited number of computers with internet access for job searching and checking emails.

VIRTUAL CAREER LIBRARY

VirtualCareerLibrary.com/randolphafb
 The virtual library features a full range of career guidance and employment services. Resources include: educational e-books, employment guides, college finders, courses, virtual job data cards, and more. Free for all JBSA patrons participating in the Employment Readiness Program.



TRANSITION ASSISTANCE PROGRAM (TAP)

JBSA-RAN • M&FRC, Bldg. 693
(210) 652-5321
 TAP provides counseling and job assistance to service members, DoD civilians and family members preparing to leave federal service. Information is also provided for service members to make informed decisions regarding reenlistment. Services address pre-separation counseling, benefits, job search training, resume review and self-assessment tools. Call to schedule an appointment or to register for a class.

PRE-SEPARATION & RETIREMENT COUNSELING

Feb 3, 17 & 24 • Noon to 4 p.m.
 This is a mandatory briefing and is required before attending the TAP GPS workshop. Pre-separation appointment may be scheduled up to 24-months before retirement date or up to 12-months prior to separation.

TAP-GOALS, PLANS, SUCCESS

Feb 8-12 • 8 a.m. to 4:30 p.m.
 This 5-day workshop is mandatory for all service members separating from the military. The GPS workshop is facilitated by the Department of Labor, Veterans Administration, and M&FRC. Prerequisite: Pre-Separation & Retirement Counseling.

VA STAND ALONE WORKSHOP**Feb 26 • 8 a.m. to 2 p.m.**

Those exempt from the mandatory 5-day TAP GPS Workshop must attend a Veterans Administration stand-alone workshop. Topics covered include critical VA programs and services ranging from general benefits information, disability compensation, and GI Bill benefit.

MILITARY & FAMILY LIFE COUNSELORS (MFLC)**JBSA-RAN • M&FRC, Bldg. 693
(210) 627-1223 or 834-6904.**

Military & Family Life Counselors help service members, their families, and significant others address deployment and reintegration issues; marriage, relationship and family issues; communication challenges; stress and anxiety; depression, grief and loss; and daily life issues. Consultations and trainings are anonymous, no records are kept. After-hours and weekend appointments are available as well as off-site or group meetings. Call to schedule an appointment.

CASUALTY ASSISTANCE & SURVIVOR BENEFITS**JBSA-RAN • M&FRC, Bldg. 693
(210) 652-2104 or 652-3633**

The Casualty Assistance Office provides casualty reporting; dignified and humane casualty notifications; and ensures efficient, thorough and compassionate follow-on assistance to the next-of-kin for as long as is needed. Other services and programs provided to our military community include: Service member's Group Life Insurance, Family Member Service member's Group Life Insurance (FSGLI), Traumatic Injury Protection, and Emergency Family Member Travel Program. Walk-ins are welcomed Monday-Friday, noon to 2 p.m., all others are appointment only.

SURVIVOR BENEFIT PLAN (SBP)**Feb 16 • 8-9:30 a.m. & 1-2:30 p.m.**

The Survivor Benefit Plan briefing with the SBP Counselor is required by law and helps the service members and their spouse become familiar with the options, effects, and advantages of SBP. Duration: 90 min.

SCHOOL LIAISON OFFICE**JBSA-RAN • M&FRC, Bldg. 693
(210) 652-5321**

The School Liaison Office assists parents with children in grades K-12. SLO can help with the transition between schools, provide information about local school systems, policies, programs and more.

MENTOR TRAINING**Feb 11 • Noon to 1:30 p.m.**

Volunteer mentors spend time with young people and encourage positive choices, promote high self-esteem and encourage academic achievement. Participants who complete the requirements will be placed within a local public school.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)**JBSA-RAN • M&FRC, Bldg. 693
(210) 652-5321**

EFMP is a mandatory enrollment program that works with military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to active duty personnel and their family members. Call to sign up or for details.

EFMP SUPPORT GROUP**Feb 4 • 11 a.m. to 12:30 p.m.**

This support group meets monthly for a casual dialogue to share helpful resources and ways to overcome challenges. Join us to learn about the three pillars of EFMP and the EFMP process from start to finish.

PERSONAL & FAMILY LIFE

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

Personal & Family Life partners with a number of other helping agencies to provide education and promote family preparedness through readiness support. Call to sign up or for details.

KEY SPOUSE

CONTINUED EDUCATION

Feb 4 • 9 a.m. to Noon

Key Spouses and Key Spouse Mentors are encouraged to join us for an informational workshop to expand their knowledge and add tools to their toolbox.

BUNDLES FOR BABIES

Feb 5 • 8:30 a.m. to 12:15 p.m.

The Air Force Aid Society in partnership with M&FRC will provide information on budgeting for a baby, dental and pediatric clinic, New Parent Support Program and more. This class is open to active duty service members and their spouses who are expecting a baby.

KEY SPOUSE REFRESHER TRAINING

Feb 9 • 9-10 a.m.

The Key Spouse Refresher training is hosted on the second Tuesday of every month. Open to Key Spouses and Key Spouse Mentors that have already completed the mandatory initial training course and would like a review.

SINGLE PARENT SUPPORT GROUP

Feb 18 • Noon to 1 p.m.

A brown bag forum for single parents to connect, share helpful resources, and ways to overcome challenges as a single parent.

INTERNET SAFETY

Feb 22 • 11 a.m. to 1 p.m.

In this digital world, it's important for parents to know what mobile apps and social media sites their children are using. Learn about popular apps and safety risks that may accompany them. This workshop

is held at the HPRC, bldg. 999. To reserve a seat or for more information, call 221-0349 or 221-2418.

DEPLOYMENT READINESS

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

Deployment readiness helps service members and their families prepare for deployments, provides access to support through courses, support groups, and prepares them for unique challenges that they face when returning. Registration is required.

POST-DEPLOYMENT:

REINTEGRATION

Tuesdays • 8-9 a.m.

All military members returning from a deployment are required to attend this briefing. This training reviews reintegration into home life and provides resources to deal with associated stressors. Military spouses are encouraged to attend. This briefing is held at M&FRC.

PERSONAL & FAMILY READINESS

Feb 2 & 16 • 9-10 a.m.

All military members scheduled to deploy, go TDY longer than 30 days or on a remote assignment are required to attend this briefing. Military spouses are encouraged to attend and learn about various programs and resources available to them. This briefing is held at M&FRC.





JBSA-FORT SAM HOUSTON MILITARY & FAMILY READINESS CENTER

3060 Stanley Road, Suite 95, Building 2797
(210) 221-2705 or (210) 221-2418

Hours of operation:

Monday-Friday 0730-1615

Closed 1st & 3rd Thursday from 1300-1600 for in-service training

Closed for all federal holidays & AETC family days

JBSA-LACKLAND MILITARY & FAMILY READINESS CENTER

2160 Kenly Ave., Building 1249
(210) 671-3722

Hours of operation:

Monday-Friday 0730-1630

Closed 1st & 3rd Thursday from 1400-1600 for in-service training

Closed for all federal holidays & AETC family days

TECHNICAL TRAINING AIRMAN READINESS ELEMENT

1561 Stewart St., Building 5616
(210) 671-4057

Hours of operation:

Monday-Friday 0730-1630

Closed 1st & 3rd Thursday from 1400-1600 for in-service training

Closed for all federal holidays & AETC family days

WILFORD HALL SATELLITE OFFICE

1235 Wilford Hall Loop, Building 4600
(210) 292-3543

Hours of operation:

Monday-Friday 0730-1630

Closed 1st & 3rd Thursday from 1400-1600 for in-service training

Closed for all federal holidays & AETC family days

JBSA-RANDOLPH MILITARY & FAMILY READINESS CENTER

555 F Street West, Building 693
(210) 652-5321

Hours of operation:

Monday-Friday 0730-1630

Closed for all federal holidays & AETC family days



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Visit www.jbsa.mil/Resources/MilitaryFamilyReadiness
For more information and to view the monthly calendar online.

