



JOINT BASE SAN ANTONIO MILITARY & FAMILY READINESS CENTERS



2016 CALENDAR OF EVENTS

January



START FRESH WITH THE NEW YEAR



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



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.

HOURS OF OPERATION:

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	January	Time	Location
RELOCATION	Citizenship & Immigration Assistance	12	9 AM to Noon	JBSA-FSH
	Citizenship & Immigration Assistance; Naturalization Ceremony	26	9 AM to Noon; 2 PM	JBSA-FSH
	Newcomer's Orientation	4	8 AM to Noon	JBSA-RAN
	Newcomer's Orientation	13	8 AM to Noon	JBSA-LAK
	Newcomer's Orientation	15	8 AM to Noon	JBSA-FSH
	Newcomer's Orientation	27	8 AM to Noon	JBSA-LAK
	Newly Assigned CC/CCC/CCF	5	8-11 AM	JBSA-RAN
	Relocation & Overseas Orientation	13	10-11 AM/ 2-3 PM	JBSA-FSH
	Sponsorship Application Training	20	2-3 PM	JBSA-FSH
	Spouse Information Fair	14	9 AM to Noon	JBSA-FSH
	Trails and Tales Guided Tour	22	8 AM to 1 PM	JBSA-FSH
FINANCIAL	Basic Budget Management	7	9-10 AM	JBSA-FSH
	Car Buying Workshop	8	10-11:30 AM	JBSA-RAN
	Couponing 101	7	10-11 AM	JBSA-FSH
	How to Buy a House	12	11:30 AM to 12:30 PM	JBSA-LAK
	Heroes at Home Financial Event	26	9-11 AM	JBSA-LAK
	Investing for Your Future	13	11:30 AM to 12:30 PM	JBSA-LAK
	Officer's First Duty Station Mandatory Financial Training	19	8:30 AM to 12:30 PM	JBSA-RAN
	Officer's First Duty Station Mandatory Financial Training	20	9-11 AM	JBSA-LAK
	10 Steps to a Federal Job	6	9-11 AM	JBSA-FSH
EMPLOYMENT	Basic Resume Writing	5	9:30-11 AM	JBSA-RAN
	Dress for Success	20	1-1:30 PM	JBSA-LAK
	Employment Readiness Orientation	Mondays	9-10 AM	JBSA-FSH
	General Resume Writing Techniques	13	9-11 AM	JBSA-FSH
	Interview Process & Dress for Success	20	9-11 AM	JBSA-FSH
	Interview with Confidence	20	10 AM to Noon	JBSA-LAK
	Microsoft Office2013-Excel L1 (Pt 1)	26	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-Excel L1 (Pt 2)	28	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-PowerPoint L1 (Pt 1)	19	8 AM to Noon	JBSA-FSH

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	January	Time	Location
EMPLOYMENT	Microsoft Office 2013-PowerPoint L1 (Pt 2)	21	8 AM to Noon	JBSA-FSH
	Microsoft Office 2013-Word L1 (Pt 1)	12	8 AM to Noon	JBSA-FSH
	Microsoft Office 2013-Word L1 (Pt 2)	14	8 AM to Noon	JBSA-FSH
	Resume Writing Techniques	20	8-10 AM	JBSA-LAK
	Salary Negotiation & Social Media	27	9-11 AM	JBSA-FSH
	USA Jobs Navigation & Federal Resume Training	28	8:30-11 AM	JBSA-RAN
TRANSITION ASSISTANCE PROGRAM	Accessing Higher Education (ACES)	4-6	7:30 AM to 5 PM	JBSA-FSH
	Accessing Higher Education (ACES)*	12-13	7:30 AM to 5 PM	JBSA-FSH
	Accessing Higher Education (ACES)	25-27	7:30 AM to 5 PM	JBSA-FSH
	Boots to Business	26-27	8 AM to 4 PM	JBSA-FSH
	Career Technical Training	7-8	8 AM to 4 PM	JBSA-RAN
	Career Technical Training	20-21	8 AM to 5 PM	JBSA-FSH
	Career Technical Training	21-22	8 AM to 3 PM	JBSA-LAK
	OPM Federal Application Process	19	1-4 PM	JBSA-FSH
	OPM Federal Application Process	20	1:30-4:30 PM	JBSA-LAK
	Pre-Separation: AF	5	9-11 AM	JBSA-FSH
	Pre-Separation: AF	19	9-11 AM	JBSA-FSH
	Pre-Separation: Army	Tue-Fr	8:30-11:30 AM	JBSA-FSH
	Pre-Separation: Retirement	5	9 AM to Noon	JBSA-LAK
	Pre-Separation: Retirement	19	9 AM to Noon	JBSA-LAK
	Pre-Separation: Separating	7	9 AM to Noon	JBSA-LAK
	Pre-Separation: Separating	21	9 AM to Noon	JBSA-LAK
	Pre-Separation & Retirement	6	Noon to 4 PM	JBSA-RAN
	Pre-Separation & Retirement	20	Noon to 4 PM	JBSA-RAN
	Pre-Separation & Retirement	27	Noon to 4 PM	JBSA-RAN
	TAP-Goals, Plans, Success (GPS)	4-8	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	11-15	8 AM to 4:30 PM	JBSA-RAN
	TAP-Goals, Plans, Success (GPS)	11-15	7:45 AM to 4:30 PM	JBSA-LAK
	TAP-Goals, Plans, Success (GPS)	11-15	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	25-29	7:45 AM to 4:30 PM	JBSA-LAK
VA Benefits Briefing	20	8 AM to 4:30 PM	JBSA-LAK	
VA Education Benefits Briefing	19	1-3 PM	JBSA-LAK	
VA Stand Alone Workshop	29	8 AM to 2 PM	JBSA-RAN	
MFLC	3 C's of Communication	6	1-2:30 PM	JBSA-LAK
	Caregiver New Year Social	22	6-10 PM	JBSA-FSH
	Peer-to-Peer Support Group	12	9:30-11:30 AM	JBSA-FSH
	Peer-to-Peer Support Group	21	12:30-2:30 PM	JBSA-LAK

*Service Members with BA

	Event	January	Time	Location
SBP	Survivor Benefit Plan	19	8-9:30 AM/1-2:30 PM	JBSA-RAN
SLO	Mentor Training	14	Noon to 1:30 PM	JBSA-RAN
	Mentor Training	20	Noon to 1:30 PM	JBSA-LAK
	Mentor Training	22	11 AM to 1 PM	JBSA-LAK
EFMP	Any Baby Can Case Management	14	9 AM to Noon	JBSA-LAK
	Coffee Talk-Support Group	20	11:30 AM to 1 PM	JBSA-FSH
	EFMP Support Group	7	10:30 AM to Noon	JBSA-RAN
	EFMP Support Group	28	Noon to 1:30 PM	JBSA-LAK
	Special Education Support Services	30	10 AM to 1 PM	JBSA-FSH
PERSONAL & FAMILY LIFE	Adoption & Foster Care Workshop	28	9 AM to Noon	JBSA-LAK
	Anger Management (Part 1 of 4)	4	9-11 AM	JBSA-FSH
	Anger Management (Part 2 of 4)	7	9-11 AM	JBSA-FSH
	Anger Management (Part 3 of 4)	11	9-11 AM	JBSA-FSH
	Anger Management (Part 4 of 4)	14	9-11 AM	JBSA-FSH
	Army FAP Unit Training	12	9-11 AM /1-3 PM	JBSA-FSH
	Army FAP Unit Training	26	9-11 AM /1-3 PM	JBSA-FSH
	Bringing Baby Home (Part 1 of 2)	13	9 AM to 1 PM	JBSA-FSH
	Bringing Baby Home (Part 2 of 2)	27	9 AM to 1 PM	JBSA-FSH
	Car Seat 101	11	1-3 PM	JBSA-FSH
	Children in the Middle (Part 1 of 2)	14	Noon to 4 PM	JBSA-FSH
	Children in the Middle (Part 2 of 2)	28	Noon to 4 PM	JBSA-FSH
	Helping Us Grow Securely (HUGS) Playgroup	Tuesdays	10 AM to Noon	JBSA-FSH
	Master your Emotions	Tuesdays	11 AM to Noon	JBSA-RAN
	Safety Seat Clinic	21	1:30 to 3:30 PM	JBSA-FSH
	Single Parent Support Group	15	11:30 AM to 1 PM	JBSA-LAK
	Single Parent Support Group	12	Noon to 1 PM	JBSA-RAN
	VOLUNTEER & DEVELOPMENT	4 Lenses Discovery Workshop	8	9 AM to Noon
Instructor Trainer Course (ITC)		19-20	8:30 AM to 3:30 PM	JBSA-FSH
Leadership Development L. 1-2		6	9 AM to 12:30 PM	JBSA-FSH
Organization POC VMIS		6	10-11 AM	JBSA-FSH
Volunteer Advisory Counsel (VAC)		14	9-10 AM	JBSA-FSH
Volunteer Management Information System (VMIS) Training		27	9-10 AM	JBSA-FSH
Volunteer Orientation (M&FRC)		27	10-11 AM	JBSA-FSH
VOYA Nomination Workshop		13	1-3 PM	JBSA-FSH
VOYA Nomination Workshop		20	9-11 AM	JBSA-FSH

	Event	January	Time	Location
UNIT FAMILY READINESS	FRG for Commanders	6	9 AM to Noon	JBSA-FSH
	FRG Forum	13	11 AM to Noon	JBSA-FSH
	FRG Leadership Academy	19	8:30 AM to 4:30 PM	JBSA-FSH
	FRG Key Caller	27	1-4 PM	JBSA-FSH
	Trauma in the Unit	14	8 AM to Noon	JBSA-FSH
	Key Spouse Initial Training	21	8:30 AM to 2:30 PM	JBSA-RAN
	Key Spouse Refresher Training	12	9-10 AM	JBSA-RAN
	Key Spouse Refresher Training	27	9-10 AM	JBSA-LAK
	Key Spouse Continued Education	27	10:30 AM to 12:30 PM	JBSA-LAK
	Heart Link	20	8:30 AM to 1:30 PM	JBSA-RAN
Heart Link	26	8:30 AM to 2:30 PM	JBSA-LAK	
DEPLOYMENT	Personal & Family Readiness	5	9-10 AM	JBSA-RAN
	Personal & Family Readiness	19	9-10 AM	JBSA-RAN
	Post-Deployment	Tuesdays	8-9 AM	JBSA-RAN
	Pre-Deployment	Tuesdays	7:30-9:30 AM	JBSA-LAK
	Pre-Deployment	7	9-11 AM	JBSA-FSH
	Pre-Deployment	14	1-3 PM	JBSA-FSH
	Pre-Deployment	21	9-11 AM	JBSA-FSH
	Pre-Deployment	28	1-3 PM	JBSA-FSH
	Post-Deployment Reintegration	Mondays	2:30-3:30 PM	JBSA-LAK
	Post-Deployment Reintegration	Tuesdays	8-9 AM	JBSA-RAN
	Post-Deployment	Wednesdays	1-3 PM	JBSA-FSH

JANUARY HOLIDAYS & SPECIAL OBSERVATIONS:

National Financial Wellness Month	1 st	-	New Year's Day (Closed)
National Mentoring Month	18 th	-	Martin Luther King Jr. Day (Closed)

Unless specified, patrons must sign up for trainings. Services may require a minimum number of participants to be held or may have limited seating. Event dates are subject to change, call to verify.

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

JBSA-Lackland (LAK)
(210) 671-3722 or 671-4057

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

HEROES AT HOME FINANCIAL EVENT



January 26 • 9-11 a.m.
JBSA-Lackland Gateway Club

Hosted by award-winning authors & financial experts. Guest speakers: Ellie Kay, Gerri Detweiler, and Ingrid Burns

- Living Rich for Less
- Saving Money-5 Ways to Improve your Credit
- Saving for the Future You Want

Free financial event, open to all DoD cardholders. Limited seating, to register call (210) 671-3722. Gifts provided to the first 75 patrons to arrive plus door prizes!

Caregivers NEW YEAR Social

JANUARY 22 • 6-10 PM
JBSA-FORT SAM HOUSTON M&FRC

Caregivers and their Warriors from all branches of service are invited to join us for an evening in honor of the Caregiver at the JBSA-FSH M&FRC. Join us for a dinner buffet, live music, a DJ, dancing, a photographer and door prizes. To RSVP, call (501) 606-1990. Business casual attire.

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

Jan 15 • 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

Jan 12 • 9 a.m. to Noon

Jan 26 • 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., Jan. 26. Registration not required.

RELOCATION & OVERSEAS ORIENTATION

Jan 13 • 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

Jan 14 • 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.

TRAILS & TALES GUIDED TOUR

Jan 22 • 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.

SPONSORSHIP APPLICATION TRAINING

Jan 20 • 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.

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) 221-2380**

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

Jan 7 • 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

Jan 7 • 10-11 a.m.

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

EMPLOYMENT READINESS

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2380**

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 sign up.

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

Jan 6 • 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.

RESUME WRITING TECHNIQUES

Jan 13 • 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

Jan 20 • 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

Jan 27 • 9-11 a.m.

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

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



Microsoft Office 2013 Foundational Classes

Microsoft Office 2013 foundational classes provide novice users with the skills and knowledge needed to advance. Free to DoD ID cardholders of all skill levels.

To register, call 221-2380 or 221-2705. Trainings are held in the computer lab, limited seating.



Microsoft - Word Level 1

Part 1 - Jan 12 • 8 a.m. to noon
Part 2 - Jan 14 • 8 a.m. to noon



Microsoft - PowerPoint Level 1

Part 1 - Jan 19 • 8 a.m. to noon
Part 2 - Jan 21 • 8 a.m. to noon



Microsoft - Excel Level 1

Part 1 - Jan 26 • 8 a.m. to noon
Part 2 - Jan 28 • 8 a.m. to noon

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

TRANSITION ASSISTANCE PROGRAM (TAP)/ SOLDIER FOR LIFE

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

Transition Assistance 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.

AIR FORCE PRE-SEPARATION

Jan 5 & 19 • 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.

ACCESSING HIGHER EDUCATION (ACES)

Jan 4-6 & 25-27 • 7:30 a.m. to 5 p.m.

*Jan 12-13 • 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)

Jan 4-8 & 11-15 • 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.**



Jan 26-27 • 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.

CAREER TECHNICAL TRAINING

Jan 20-21 • 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.

OPM FEDERAL APPLICATION PROCESS

Jan 19 • 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.

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

Jan 12 • 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.

COFFEE TALK - EFMP SUPPORT GROUP

Jan 20 • 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.

SPECIAL EDUCATION SUPPORT

Jan 30 • 10 a.m. to 1 p.m.

Registration Deadline: Jan 25

A parent training program focused on helping you and your child navigate the educational system. Parents will receive information on special education laws, ARD/IEP process, individualized support,

and how to understand and access the available resources to help support their child's education. Participants will receive a meal, childcare, and a certificate with 3 credit hours. This class requires a minimum 12 participants.

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.

ANGER MANAGEMENT

Jan 4, 7, 11, 14 • 9-11 a.m.

This is a 4-part series that must be attended in order. Learn to identify triggers, signals, expressions of anger, and techniques to effectively control anger.

CAR SEAT 101

Jan 11 • 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.

BRINGING BABY HOME

Jan 13 & 27 • 9 a.m. to 1 p.m.

This 2-part series must be attended in order. Knowing what to expect will help ease the overwhelming feeling of preparing for your newborn baby's homecoming. Both parents are encouraged to attend.

ARMY FAP UNIT TRAINING**Jan 12 & 26 • 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 a week in advance.

CHILDREN IN THE MIDDLE**Jan 14 & 28 • Noon to 4 p.m.**

This 2-part series must be attended in order and meets the Texas court ordered requirements for divorcing parents. Topics focus on how families can meet the needs of children growing up between two homes and provides separating parents with very specific strategies on how to handle the unusual circumstances surrounding divorce and co-parenting. This is a free service.

SAFETY SEAT CLINIC**Jan 21 • 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.*

MILITARY FAMILY TEAM BUILDING (MFTB)**JBSA-FSH • M&FRC, Bldg. 2797 (210) 221-2380**

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.*

4 LENSES DISCOVERY WORKSHOP**Jan 8 • 9 a.m. to Noon**

Learn how to identify temperament styles and how each style measures self-worth. The interactive workshop exposes attitudes and the probable motivation

behind behavior. Learn how to map out the strengths of an entire team, work more effectively with natural talents, and embrace diversity by appreciating and tolerating the differences in others.

INSTRUCTOR TRAINER COURSE (ITC)**Jan 19-20 • 8:30 a.m. to 3:30 p.m.**

A professional development course designed to improve instructional skills. ITC modules include Platform Skills, The Adult Learner, Characteristics of Effective Instructors, Managing the Learning Environment, and the Preparation Process.

LEADERSHIP DEVELOPMENT**Jan 6 • 9 a.m. to 12:30 p.m.**

Review methods to analyze behaviors and identify motivational strategies to help lead a team more effectively. Examine your leadership style – identify your own innate leadership approach and explore alternative styles of others to make things happen.

VOLUNTEER SERVICES**JBSA-FSH • M&FRC, Bldg. 2797 (210) 221-2380**

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**Jan 6 • 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.

VOLUNTEER ADVISORY COUNSEL**Jan 14 • 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)

Jan 27 • 9-10 a.m.

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

VOLUNTEER ORIENTATION

Jan 27 • 10-11 a.m.

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

VOYA NOMINATION PROCESS

Jan 13 • 1-3 p.m.

Jan 20 • 9-11 a.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.

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

Jan 7 & 21 • 9-11 a.m.

Jan 14 & 28 • 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.

FAMILY READINESS GROUP (FRG) FORUM

Jan 13 • 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 KEY CALLER

Jan 27 • 1-4 p.m.

This training defines the FRG key caller's role and responsibilities, address issues key callers may face and identifies resources.

TRAUMA IN THE UNIT

Jan 14 • 8 a.m. to Noon

Provides information and guidance to leaders on how to help service members, families and units understand and respond when traumatic events occur.

FRG LEADERSHIP ACADEMY

Jan 19 • 8:30 a.m. to 4:30 p.m.

This training covers key positions, roles and responsibilities. Establish a network, resources and communications.

FRG FOR COMMANDERS

Jan 6 • 9 a.m. to Noon

Provides leadership with an understanding of their FRGs, how to utilize their volunteers, in addition to roles and responsibilities.

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

Jan 13 & 27 • 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.

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.

HOW TO BUY A HOUSE

Jan 12 • 11:30 a.m. to 12:30 p.m.

Review the different types of loans and lenders; pre-qualified verses pre-approved; finding a Realtor and more. Hosted by the Better Business Bureau, this workshop is held at the Wilford Hall Annex, bldg. 4600.

INVESTING FOR YOUR FUTURE

Jan 13 • 11:30 a.m. to 12:30 p.m.

A crucial part of retirement planning, join us as we debunk the common myths associated with investing and explain how to begin investing for retirement while on a budget. Hosted by the Air Force Federal Credit Union. This workshop is held in the Wilford Hall Annex, bldg. 4600.

OFFICER FIRST DUTY STATION

MANDATORY FINANCIAL TRAINING

Jan 20 • 9-11 a.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, liability laws and more.

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.

RESUME WRITING TECHNIQUES

Jan 20 • 8-10 a.m.

Everyone needs a resume when job hunting. Learn which resume formats to use when writing a non-Federal resume.

INTERVIEW WITH CONFIDENCE

Jan 20 • 10 a.m. to Noon

Improve your ability to engage employers by creating a great first impression through appropriate attire, and a clear knowledge of shared interest and values.

DRESS FOR SUCCESS

Jan 20 • 1-1:30 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!

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 personnel and their families who participate in the Employment Readiness Program.

TRANSITION ASSISTANCE PROGRAM (TAP)

JBSA-LAK • M&FRC, Bldg. 1249

(210) 671-3722

Transition Assistance 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.

**PRE-SEPARATION COUNSELING:
RETIREMENT**

Jan 5 & 19 • 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 BENEFITS BRIEFING

Jan 20 • 8 a.m. to 4:30 p.m.
A mandatory briefing providing information on available Veterans benefits and services. Learn how to apply for health care, education, home loans, insurance, and disability benefits.



POST-9/11 GI BILL

VA EDUCATION BENEFITS BRIEFING

Jan 19 • 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.

CAREER TECHNICAL TRAINING

Jan 21-22 • 8 a.m. to 3 p.m.
Service members will receive guidance and help in selecting technical training schools and technical fields. Topics covered: accredited institute applications, scheduling a session with a counselor or a career technical training expert, and VA vocational education counselors.

**OPM FEDERAL APPLICATION
PROCESS**

Jan 20 • 1:30-4:30 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.

**PRE-SEPARATION COUNSELING:
VOLUNTARY SEPARATION**

Jan 7 & 21 • 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.

TAP-GOALS, PLANS, SUCCESS (GPS)

Jan 11-15 & 25-29 • 7:45 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. Spouses are welcome to attend. *Prerequisite for Attendance: Pre-Separation Counseling.*

**MILITARY & FAMILY LIFE
COUNSELORS (MFLC)**

JBSA-LAK • (210) 540-5025 or 540-5030
Military & Family Life Counselors (MFLC) help service members, their families, significant others, and DoD civilian staff 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.

3 C'S OF COMMUNICATION

Jan 6 • 1-2:30 p.m.
Improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration, and commitment). This workshop is held at the Wilford Hall Annex, bldg. 4600.

PEER-TO-PEER SUPPORT

Jan 21 • 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 after the morning session and 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 (SLO) 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
 Jan 20 • Noon to 1 p.m.
 Jan 22 • 11 a.m. to 1 p.m.



Volunteer mentors spend time with young people and encourage positive choices, promote high self-esteem and academic achievement. This workshop prepares patrons to become a successful mentor. 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.

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.

ANY BABY CAN'S CASE MANAGEMENT

Jan 14 • 9 a.m. to Noon

Learn about the services provided by Any Baby Can, a provider of the Texas Dept. of State Health Services, Children with Special Health Care Needs Program. Services are open to children, newborn through 17 years of age, with a chronic illness, disability, developmental delay or health risk and that reside in either Atascosa, Bandera, Bexar, Blanco, Caldwell, Comal, Edwards, Frio, Gillespie, Gonzales, Guadalupe, Hays, Kendall, Kerr, Kimble, Medina, Real, Uvalde or Wilson County.

EFMP SUPPORT GROUP

Jan 28 • Noon to 1:30 p.m.

This month, the EFMP support group will review of the Vocational Rehabilitation Services, process for applying to DARS and eligibility requirements. Attendees

will learn the basics of the Supplemental Security Income program, work incentives, and the cash and health benefit. Debunk myths surrounding this program like "If I go to work, I will lose my Medicaid" and discover local resources. This support group will meet 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

Jan 15 • 11:30 a.m. to 1 p.m.

A brown bag forum for single parents to connect with one another and share helpful resources and ways to overcome challenges as a single parent. This support group meets in Bldg. 4600.

KEY SPOUSE REFRESHER TRAINING

Jan 27 • 9-10 a.m.

Open to Key Spouses and Key Spouse Mentors that have already completed the mandatory initial training course and would like a review.

KEY SPOUSE CONTINUED EDUCATION

Jan 27 • 10:30 a.m. to 12:30 p.m.

This is an informational "lunch and learn" workshop for Key Spouses to expand their knowledge and add tools to their toolbox.

HEART LINK

Jan 26 • 8:30 a.m. to 2:30 p.m.

Heart Link is an orientation for military spouses. Meet new friends while learning about the military mission, lifestyle, protocol and other programs available. A light breakfast will be provided. Registration required.

ADOPTION & FOSTER CARE SEMINAR

Jan 28 • 9 a.m. to Noon

Review the adoption and foster care process, state and legal requirements, benefits, deers enrollment and more. Facilitated by the Texas Adoption Resource

Exchange, Dept. of Family & Protective Services, and M&FRC. This workshop meets at the Freedom Chapel, bldg. 1528.

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.

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.

NEWCOMER'S ORIENTATION

Jan 4 • 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.

NEWLY ASSIGNED COMMANDERS & FIRST SERGEANT BRIEFING

Jan 5 • 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).

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

JBSA-Randolph

INFORMATION & REFERRAL

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

Military & Family Readiness serves as 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.

OFFICER FIRST DUTY STATION **MANDATORY FINANCIAL TRAINING**

Jan 19 • 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.

CAR BUYING

Jan 8 • 10-11:30 a.m.

Almost everyone will purchase a new or used car while on active duty. Review ways to save money and avoid hassles on your next purchase.



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

Jan 5 • 9:30-11 a.m.

Don't get frustrated over a resume, learn techniques that will help with preparing a non-federal resume.

USA JOBS NAVIGATION & FEDERAL RESUME TRAINING

Jan 28 • 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

Transition Assistance 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

Jan 6, 20 & 27 • Noon to 4 p.m.

Separating or retiring from the military?

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.

CAREER TECHNICAL TRAINING

Jan 7-8 • 8 a.m. to 4 p.m.

This 2-day training assists service members interested in pursuing a second career within a technical field. Review and define technical career goals, identify required credentials, find career technical training opportunities and utilize your VA Education Benefits. *Prerequisite: GPS.*

TAP-GOALS, PLANS, SUCCESS

Jan 11-15 • 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

Jan 29 • 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 (MFLC) help service members, their families, significant others, and DoD civilians 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 prompt and accurate 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 that are provided to our military community, but not limited; Service member's Group Life Insurance (SGLI), Family Member Service member's Group Life Insurance (FSGLI), Traumatic Injury Protection (TSGLI), and Emergency Family Member Travel Program (EFMT), etc. Walk-ins are welcomed Monday-Friday, noon to 2 p.m., all others are appointment only.

SURVIVOR BENEFIT PLAN (SBP)

Jan 19 • 8-9:30 a.m. & 1-2:30 p.m.

The Survivor Benefit Plan briefing with the SBP Counselor (required by law) 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

Jan 14 • 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

The Exceptional Family Member Program (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

Jan 7 • 10:30 a.m. to Noon

This support group meets monthly for a casual dialogue to share helpful resources and ways to overcome challenges. Submit a topic you would like to review for the coming months.

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.

SINGLE PARENT SUPPORT GROUP

Jan 12 • Noon to 1 p.m.

Meet other parents who can relate to you and learn about things that matter most to you as a single parent. This month we're discussing ways to develop effective parenting skills. Registration not required, don't forget to bring a lunch.

KEY SPOUSE INITIAL TRAINING

Jan 21 • 8:30 a.m. to 2:30 a.m.

This is mandatory for all newly appointed Key Spouses and highly recommended for new Key Spouse mentors. Patrons interested in learning more about the program or volunteering are also encouraged to attend. Topics covered: program roles, SAPR, Resiliency Training Overview, and Suicide Awareness. Key Spouse is an official Readiness Program that supports Airmen and their families

as a quality of life initiative. Appointed Key Spouses and Key Spouse Mentors will complete the required training modules to gain awareness of information and referral resources necessary to support families through the military life cycle.

KEY SPOUSE REFRESHER TRAINING

Jan 12 • 9-10 a.m.

Open to Key Spouses and Key Spouse Mentors that have already completed the mandatory initial training course and would like a review.

HEART LINK

Jan 20, 8:30 a.m. - 1:30 p.m.

Heart Link is an orientation for military spouses. Meet and make new friends while learning about the military mission, lifestyle, protocol and other programs available. Lunch will be provided as well as a guided tour of the Taj Mahal.

DEPLOYMENT READINESS

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

Mobilization readiness helps military 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 REUNION

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

Jan 5 & 19 • 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



facebook.com/mfrcjbsa



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

