

JOINT BASE SAN ANTONIO
MILITARY & FAMILY READINESS

NOVEMBER

Calendar of Events



Fort Sam Houston • Lackland • Randolph
Three locations to serve our military community

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	November	Time	Location
RELOCATION	Citizenship & Immigration Assistance	10	9 AM to Noon	JBSA-FSH
	Citizenship & Immigration Assistance; Naturalization Ceremony	24	9 AM to Noon; 2 PM	JBSA-FSH
	Newcomer's Orientation	6	8 AM to Noon	JBSA-FSH
	Newcomer's Orientation	4	8 AM to Noon	JBSA-LAK
	Newcomer's Orientation	16	8 AM to Noon	JBSA-RAN
	Newcomer's Orientation	18	8 AM to Noon	JBSA-LAK
	Newcomer's Orientation	20	8 AM to Noon	JBSA-FSH
	Newly Assigned CC/CCC/CCF	3	8-11 AM	JBSA-RAN
	Sponsorship Application Training	18	2-3 PM	JBSA-FSH
	Spouse Information Fair	12	9 AM to Noon	JBSA-FSH
FINANCIAL	Basic Budget Management	19	1:30-2:30 PM	JBSA-FSH
	Credit Building	5	11:30 AM to 12:30 PM	JBSA-LAK
	Holiday Spending	6	10:30 to Noon	JBSA-FSH
	How to Start A Small Business	6	1-4 PM	JBSA-LAK
	Officer's First Duty Station Mandatory Financial Training	4	9-11 AM	JBSA-LAK
	Officer's First Duty Station Mandatory Financial Training	3	8:30 AM to 12:30 PM	JBSA-RAN
	Savings & Investing	4	9:30-10:30 AM	JBSA-FSH
	Smart Consumer	4	9-11 AM	JBSA-LAK
	Social Security & You	13	10 AM to Noon	JBSA-LAK
	EMPLOYMENT	Basic Resume Writing	10	9:30-11 AM
Employment Readiness Orientation		Mondays	9-10 AM	JBSA-FSH
Federal Resume Process		6	Noon to 2 PM	JBSA-LAK
Interview Process & Dress for Success		18	9-11 AM	JBSA-FSH
Interview with Confidence		20	Noon to 2 PM	JBSA-LAK
Microsoft Office2013-Excel L1 (Pt 1) FULL		47	8 AM to Noon	JBSA-FSH
Microsoft Office2013-Excel L1 (Pt 2) FULL		49	8 AM to Noon	JBSA-FSH
Microsoft Office2013-PowerPoint L1 (Pt 1)		10	8 AM to Noon	JBSA-FSH
Microsoft Office2013-PowerPoint L1 (Pt 2)		12	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	November	Time	Location
EMPLOYMENT	Microsoft Office 2013-Word L1 (Pt 1)	3	8 AM to Noon	JBSA-FSH
	Microsoft Office 2013-Word L1 (Pt 2)	5	8 AM to Noon	JBSA-FSH
	Networking & Salary Negotiation	5	10 AM to Noon	JBSA-RAN
	Resume Writing Techniques	12	Noon to 2 PM	JBSA-LAK
	Salary Negotiation & Social Media	25	9-11 AM	JBSA-FSH
	Spouse Employment Forum	18	9 AM to 2 PM	JBSA-LAK
	USA Jobs Navigation & Federal Resume Training	19	8:30-11 AM	JBSA-RAN
TRANSITION ASSISTANCE PROGRAM	Accessing Higher Education (ACES)	2-4	7:30 AM to 5 PM	JBSA-FSH
	Accessing Higher Education (ACES)	16-18	7:30 AM to 5 PM	JBSA-FSH
	Boots to Business	17-18	8 AM to 4 PM	JBSA-RAN
	Four to Go	13	9 AM to 3 PM	JBSA-LAK
	OPM Federal Application Process	9	1-4 PM	JBSA-FSH
	OPM Federal Application Process	12	1-4:30 PM	JBSA-LAK
	Pre-Separation	10	9 AM to Noon	JBSA-FSH
	Pre-Separation: Retirement	10	9 AM to Noon	JBSA-LAK
	Pre-Separation: Separating	12	9 AM to Noon	JBSA-LAK
	Pre-Separation & Retirement	4	Noon to 4 PM	JBSA-RAN
	Pre-Separation & Retirement	18	Noon to 4 PM	JBSA-RAN
	TAP-Goals, Plans, Success (GPS)	2-6	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	2-6	7:45 AM to 4:30 PM	JBSA-LAK
	TAP-Goals, Plans, Success (GPS)	2-6	8 AM to 4:30 PM	JBSA-RAN
	TAP-Goals, Plans, Success (GPS)	16-20	7:45 AM to 4:30 PM	JBSA-LAK
	TAP-Goals, Plans, Success (GPS)*	16-20	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	30-4 Dec	8 AM to 4:30 PM	JBSA-FSH
	Troops to Teachers	13	1-3 PM	JBSA-LAK
	Troops to Teachers	19	1-3 PM	JBSA-FSH
	VA Benefits Briefing	18	8 AM to 4:30 PM	JBSA-LAK
VA Stand Alone Workshop	10	8 AM to 2 PM	JBSA-RAN	
MFLC	Peer-to-Peer	19	12:30-2:30 PM	JBSA-FSH
	Stress During the Holidays	4	1-2:30 PM	JBSA-LAK
	Role Reversal: Caring for Those Who Cared for You	12	10 AM to Noon	JBSA-LAK
SBP	Survivor Benefit Plan	10	8-9:30 AM/1-2:30 PM	JBSA-RAN
SLO	Mentor Training	12	Noon to 1:30 PM	JBSA-RAN
	PCS'ing with School Age Youth (K-12)	12	1-3 PM	JBSA-LAK
	Mentor Training (CIS)	18	Noon to 1:30 PM	JBSA-LAK

*Mandatory Retirement or over 20 years of service.

	Event	November	Time	Location
EFMP	Mentor Training (SWISD)	20	11 AM to 1 PM	JBSA-LAK
	EFMP AccessAbility Fest	8	11 AM to 3 PM	JBSA-LAK
	Coffee Talk-Support Group	18	11:30 AM to 1 PM	JBSA-FSH
	EFMP Support Group	5	11 AM to 12:30 PM	JBSA-RAN
	EFMP Support Group	19	Noon to 1:30 PM	JBSA-LAK
PERSONAL & FAMILY LIFE	Anger Awareness (Part 1 of 4)	9	2-4 PM	JBSA-FSH
	Anger Awareness (Part 2 of 4)	16	2-4 PM	JBSA-FSH
	Anger Awareness (Part 3 of 4)	23	2-4 PM	JBSA-FSH
	Anger Awareness (Part 4 of 4)	30	2-4 PM	JBSA-FSH
	Army FAP Unit Training	9	9-11 AM /1-3 PM	JBSA-FSH
	Army FAP Unit Training	23	9-11 AM /1-3 PM	JBSA-FSH
	Bringing Baby Home (Part 1 of 2)	16	9 AM to 1 PM	JBSA-FSH
	Bringing Baby Home (Part 2 of 2)	18	9 AM to 1 PM	JBSA-FSH
	Car Seat 101	9	9-11 AM	JBSA-FSH
	Challenges of Dual Military Couples	18	1-2:30 PM	JBSA-LAK
	Step-Families 101 (Part 1 of 2)	9	8 AM to Noon	JBSA-FSH
	Step-Families 101 (Part 2 of 2)	16	8 AM to Noon	JBSA-FSH
	Helping Us Grow Securely (HUGS) Playgroup	Tuesdays	10 AM to Noon	JBSA-FSH
	Holiday Stress Management	2	11:30 AM to 12:30 PM	JBSA-RAN
	Information Fair	10	10 AM to 1 PM	JBSA-LAK
	ScreamFree Marriage (Part 1 of 4)	9	5-7 PM	JBSA-FSH
	ScreamFree Marriage (Part 2 of 4)	10	5-7 PM	JBSA-FSH
	ScreamFree Marriage (Part 3 of 4)	16	5-7 PM	JBSA-FSH
	ScreamFree Marriage (Part 4 of 4)	17	5-7 PM	JBSA-FSH
	ScreamFree Parenting (Part 1 of 4)	9	11:30 AM to 1 PM	JBSA-FSH
	ScreamFree Parenting (Part 2 of 4)	12	11:30 AM to 1 PM	JBSA-FSH
	ScreamFree Parenting (Part 3 of 4)	16	11:30 AM to 1 PM	JBSA-FSH
	ScreamFree Parenting (Part 4 of 4)	19	11:30 AM to 1 PM	JBSA-FSH
	Master your Emotions	Tuesdays	11 AM to Noon	JBSA-RAN
	Safety Seat Clinic	19	1:30-3:30 PM	JBSA-FSH
	Single Parent Support Group	13	11:30 AM to 1 PM	JBSA-LAK
	Single Parent Support Group	19	Noon to 1 PM	JBSA-RAN
Teen Talk	10	4-5 PM	JBSA-FSH	
Teen Talk	24	5-6 PM	JBSA-FSH	
VOLUNTEER	VOYA Nomination Workshop	18	9-11 AM	JBSA-FSH
	AFAP Forum/Conference	3-5	8 AM to 4 PM	JBSA-FSH

	Event	November	Time	Location
UNIT FAMILY READINESS	FRG Forum	5	11 AM to Noon	JBSA-FSH
	FRG Leadership Academy	18	8 AM to 4:30 PM	JBSA-FSH
	HeartLink: Military Family Appreciation	4	9-11 AM	JBSA-LAK
	HeartLink	12	8:30 AM to 1:30 PM	JBSA-RAN
	Key Spouse Training (Initial)	12	8:30 AM to 2:30 PM	JBSA-FSH
	Key Spouse Training (Initial)	13	8:30 AM to 3:30 PM	JBSA-RAN
	Key Spouse Cont'd Education	9	11 AM to 1 PM	JBSA-LAK

DEPLOYMENT & REINTEGRATION	Personal & Family Readiness	3	9-10:30 AM	JBSA-RAN
	Personal & Family Readiness	17	9-10:30 AM	JBSA-RAN
	Pre-Deployment	Tuesdays	7:30-9:30 AM	JBSA-LAK
	Pre-Deployment	Tuesdays	9-11 AM	JBSA-FSH
	Pre-Deployment	5	9-11 AM	JBSA-FSH
	Pre-Deployment	19	9-11 AM	JBSA-FSH
	Pre-Deployment	12	1-3 PM	JBSA-FSH
	Post-Deployment	4	1-3 PM	JBSA-FSH
	Post-Deployment	12	1-3 PM	JBSA-FSH
	Post-Deployment	18	1-3 PM	JBSA-FSH
	Post-Deployment	25	1-3 PM	JBSA-FSH
	Post-Deployment/Reintegration	Mondays	2:30-3:30 PM	JBSA-LAK

NOVEMBER HOLIDAYS & SPECIAL OBSERVATIONS:

Military Family Month	
1 st - Daylight Savings Ends	26 th - Thanksgiving Day (Closed)
10 th - Marine Corps Birthday	27 th - AETC Family Day (LAK & RAN Closed)
11 th - Veteran's Day (Closed)	

Unless specified, all events require patrons to register. Services may require a minimum number of participants to be held or 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

AccessAbility fest

Nov 8 • 11 a.m. to 3 p.m.

JBSA EFMP consultants invite patrons to attend the 9th Annual AccessAbility Fest, a gateway to resources, opportunities and independence. This comprehensive community initiative spotlights programs and services that support all abilities, physical, developmental, sensory and mental health challenges. This free event is open to the public and held at the El Mercado, 514 W. Commerce.



Armed Forces Action Plan (AFAP) Forum

**IMCOM Academy
November 3-5, 2015**

Issues will be reviewed, prioritized and presented to senior leadership for action and resolution.

**How to check the status of your issue?
AFAP Forum results will be announced online after the holidays.**

JBSA-Fort Sam Houston

INFORMATION & REFERRAL

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

Information & Referral serves as 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. Call the M&FRC for assistance.

RELOCATION ASSISTANCE

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

Relocation Readiness helps reduce or eliminate problems arising due to frequent moves. Specialized programs and services include: 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

Nov 6, 20 • 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

Nov 10 • 9 a.m. to Noon

Nov 24 • 9 a.m. to Noon, Ceremony 2 p.m.

Information is provided on American customs and culture. A Citizenship and Immigration Service (USCIS) officer will be available on-site to assist with application questions. Eligible patrons will take the Oath of Allegiance at a Naturalization Ceremony beginning at 2 p.m., Nov. 24. Registration not required.

SPOUSE INFORMATION FAIR

Nov 12 • 9 a.m. to noon

Spouses, service members and civilians new to JBSA or 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

Nov 18 • 2-3 p.m.

Mandatory training for military sponsors. Sponsors serve as the link between a newcomer and their unit, installation and new community. Learn about roles and responsibilities. The Electronic Sponsorship Application & Training (eSAT) is available at <http://apps.militaryonesource.mil/ESAT> and 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.

Recently PCS'd and in need of a few household items until yours arrive? 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.



SAVINGS & INVESTING

Nov 4 • 9:30-10:30 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.

BASIC BUDGET MANAGEMENT

Nov 19 • 1:30-2:30 p.m.

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

HOLIDAY SPENDING WORKSHOP

Nov 6 • 10:30 a.m. to Noon

It's easy to underestimate the cost of the holidays and spend more than you may have planned or can afford. Learn how to reduce stress and overspending by preparing for the holidays in advance. Don't let this season become a financial strain!

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.

INTERVIEWS & DRESS FOR SUCCESS

Nov 18 • 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

Nov 25 • 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.

VIRTUAL CAREER LIBRARY

www.VirtualCareerLibrary.com/ftsh

A full range of career guidance and employment services, resources include: educational e-books, employment guides, school/college finders, virtual job data cards, and more. Free to all participants of Employment Readiness.



Microsoft Office 2013 Foundational Classes

Become proficient and improve work-flow. Microsoft Office 2013 foundational classes provide novice users with the skills and knowledge needed to advance. Trainings are 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 available.



Microsoft - Word Level 1
 Part 1 - Nov 3 • 8 a.m. to noon
 Part 2 - Nov 5 • 8 a.m. noon



Microsoft - PowerPoint Level 1
 Part 1 - Nov 10 • 8 a.m. to noon
 Part 2 - Nov 12 • 8 a.m. to noon



Microsoft - Excel Level 1
~~Part 1 - Nov 17 • 8 a.m. to noon~~
~~Part 2 - Nov 19 • 8 a.m. to noon~~
November Excel is FULL.

December Excel Level 1
 Part 1 - Dec 8 • 8 a.m. to noon
 Part 2 - Dec 10 • 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.

ACCESSING HIGHER EDUCATION (ACES)

Nov 2-4 & 16-18 • 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.

TAP-GOALS, PLANS, SUCCESS (GPS)

Nov 2-6, 16-20*, 30-4 Dec • 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.**

OPM FEDERAL APPLICATION PROCESS

Nov 9 • 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.

AIR FORCE PRE-SEPARATION

Nov 10 • 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 counseling is held at M&FRC, Bldg. 2797. To register, call 221-2380.

TROOPS TO TEACHERS

Nov 19 • 1-3 p.m.

Troops to Teachers assists eligible military personnel in pursuit of teaching as a second career. Topics include: counseling, referral and placement assistance, identifies required certifications and employment opportunities.

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.

CAR SEAT 101

Nov 9 • 9-11 a.m.

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

SCREAMFREE MARRIAGE

Nov 9-10 & 16-17 • 5-7 p.m.

This 4-part series must be attended in order. Challenges previous notations about what marriage should be and focuses on learning to appreciate all that is right now and what

will be in the future.

SCREAMFREE PARENTING

Nov 9, 12, 16 & 19 • 11:30 a.m. to 1 p.m.

This 4-part series must be attended in order. Temper tantrums and crying fits are part of everyday life for parents with children, but the stress and frustration of handling them doesn't have to be. This principle-based approach to parenting focuses on the parents, instead of kids, and provide strategies to staying focused and calm during those frustration moments.

ANGER AWARENESS

Nov 9, 16, 23 & 30 • 2-4 p.m.



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

STEP-FAMILIES 101

Nov 9 & 16 • 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.

ARMY FAP UNIT TRAINING

Nov 9, 23 • 9-11 a.m. /1-3 p.m.

This is a 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.

TEEN TALK

Nov 10 • 4-5 p.m. & Nov 24 • 5-6 p.m.

Discussion group for teens on teen related topics; must be enrolled in Youth Programs. The Nov. 10 group will meet at the Middle School Teen Center, Bldg. 2515 and the Nov. 24 group meet at the Youth Center, Bldg. 1630.

BRINGING BABY HOME

Nov 16 & 18 • 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.

SAFETY SEAT CLINIC

Nov 19 • 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 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

Nov 19 • 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 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

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

Nov 18 • 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.

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.

Know of a volunteer that has gone above and beyond? The Volunteer of the Year (VOYA) award program identifies and recognizes outstanding and innovative volunteer efforts by the JBSA-Fort Sam Houston community.

VOYA NOMINATION PROCESS

Nov 18 • 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.

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.***

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

Tuesdays • 9-11 a.m.

Nov 5, 19 • 9-11 a.m. & Nov 12 • 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

Nov 4, 12, 18, 25 • 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

Nov 5 • 11 a.m. to Noon

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

KEY SPOUSES INITIAL TRAINING

Nov 12 • 8:30 a.m. to 2:30 p.m.

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 supporting service members and their families as a quality of life initiative and provides peer-to-peer support.

FRG LEADERSHIP ACADEMY

Nov 18 • 8 a.m. to 4:30 p.m.

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

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.

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

Nov 4 • 9 a.m. to 11 p.m.

Mandatory for all first duty station officers. Explore all aspects of finances to include pay, entitlements, insurance, credit management, Thrift Savings Plan and more.

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

Nov 4, 18 • 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. Orientation on the 4th is held at Mitchell Hall and Orientation on the 18th is held at the Gateway Club.

SMART CONSUMERS WORKSHOP

Nov 4 • 9-11 a.m.

Learn how to protect yourself against identity theft, common frauds and scams. Have confidence in your ability to enter contracts and make large purchases. This workshop is held in Bldg. 4600.

CREDIT BUILDING

Nov 5 • 11:30 a.m. to 12:30 p.m.

Everyone knows money makes the world go around. Understanding what makes up a credit score, how to strengthen the score is crucial. This workshop identifies simple steps you can take to strengthen your score. This class is taught by a representative from the Air Force Federal Credit Union and held in Bldg. 4600.



SOCIAL SECURITY & YOU

Nov 13 • 10 a.m. to Noon

Learn about changes to social security benefits and how it can affect your retirement. This workshop is taught by a representative from the U.S. Social Security Administration.

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.

FEDERAL RESUME PROCESS

Nov 6 • Noon to 2 p.m.

Review the civilian hiring process and how to navigate www.USAJobs.gov. Topics covered include: OPM guidance and terminology; writing tips for a federal resume; searching and applying for jobs; using the Application Manager to complete applications; and checking status and rating process. This class is taught at Arnold Hall.

HOW TO START A SMALL BUSINESS

Nov 6 • 1-4 p.m.

Receive the latest information about starting a small business before opening your doors. Learn how to write an effective business plan, conduct market research, select a right location, and other important topics to review before starting a business. This workshop is hosted by the Small Business Development Center.

RESUME WRITING TECHNIQUES

Nov 12 • Noon to 2 p.m.

Everyone needs a resume when job hunting. Learn which resume formats to use when writing a non-Federal resume. This class is taught at Arnold Hall.

SPOUSE EMPLOYMENT FORUM

Nov 18 • 9 a.m. to 2 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.

INTERVIEW WITH CONFIDENCE

Nov 20 • Noon to 2 p.m.

Review interviewing techniques and elements such as the elevator speech, ways to sell yourself and what you have to offer, and how to answer questions. This class is taught at Arnold Hall.

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:

VOLUNTARY SEPARATION

Nov 12 • 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)

Nov 2-6, 16-20 • 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.**

PRE-SEPARATION COUNSELING:

RETIREMENT

Nov 10 • 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.

OPM FEDERAL APPLICATION PROCESS

NOV 12 • 1-4:30 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.

FOUR TO GO

Nov 13 • 9 a.m. to 3 p.m.

Service members finishing their last re-enlistment or those planning their retirement are encouraged to attend this workshop. Experts will be on site to discuss topics on financial issues, post-retirement legal issues, employment, veteran's benefits and survivor's benefits.



TROOPS TO TEACHERS

Nov 13 • 1-3 p.m.

Troops to Teachers assists eligible military personnel in pursuit of teaching as a second career in public schools. Troops to Teachers provides counseling, referral and placement assistance, identifies required certifications and employment opportunities.

VA BENEFITS BRIEFING

Nov 18 • 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.

PERSONAL & FAMILY LIFE

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

Personal & Family 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.

HEARTLINK

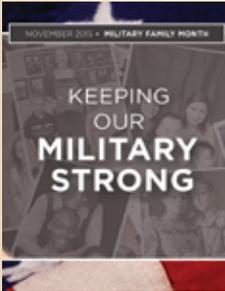
Nov 4 • 9-11 a.m.

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. A light breakfast will be provided.

Month of the Military Family

INFORMATION FAIR

Nov 10 • 10 a.m. to 1 p.m.



Service members and their families will receive information about services and programs offered by the Military & Family Readiness Center. This event is held in Bldg. 4550.

SINGLE PARENT SUPPORT GROUP

Nov 13 • 11:30 a.m. to 1 p.m.

This brown bag forum is meant to connect single parents with one another and share helpful resources and ways to overcome challenges of being a single parent. This support group meets in Bldg. 4600.

CHANGES FACED BY DUAL MILITARY COUPLES

Nov 18 • 1-2:30 p.m.

When both halves are in the military, relationships will face many difficult situations. This workshop will highlight the positive aspects of being in a dual military relationship, the challenges that they may face, and various ways to cop with those challenges. This class is held in Bldg. 4600

KEY SPOUSE CONT'D EDUCATION

Nov 9 • 11 a.m. to 1 p.m.

Key Spouses will focus on MiCare and TriCare. Demonstrations of MiCare and TriCare on-line functions, their differences, benefits and healthcare tools.

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.

PCS'ING WITH SCHOOL AGE YOUTH

Nov 12 • 1-3 p.m.

Enrolling your child in a new school can be stressful, this workshop will provide information to ease the transition. Topics include: difference responses children may have; enrollment records, immunizations, kindergarten entrance age; placement and attendance; course and educational placement; transcripts; and moving with a special needs student.

MENTOR TRAINING

Nov 18 • Noon to 1:30 p.m.

Nov 20 • 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. Participants who complete the requirements will be placed within a local public school.

EXCEPTIONAL FAMILY MEMBER PROGRAM

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.

EFMP SUPPORT GROUP

Nov 19 • Noon to 1:30 p.m.

This month, the EFMP support group will focus on secondary dependency; what it is and how to apply. The EFMP Parent Support Group can serve many purposes, sharing what has worked for you may also help others. This support group will meet at CAMP, Bldg. 3850.

MILITARY & FAMILY LIFE COUNSELORS

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.

STRESS DURING THE HOLIDAYS

Nov 4 • 1-2:30 p.m.

The holiday season is full of unique stressors. Learn to identify the signs and symptoms of stress and define holiday expectations. Avoid the holiday blues by practicing stress management techniques and navigate your children through the holidays with minimal stress. This workshop is held in Bldg. 4600.

ROLE REVERSAL: CARING FOR THOSE WHO CARED FOR YOU

Nov 12 • 10 a.m. to Noon

Caregivers will receive information and tools to make informed choices. Topics covered include health issues, accessing services, long-distance care giving, stress management and community/military resources. This event is held in Bldg. 4600.

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

Nov 3 • 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

Nov 16 • 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). The online application, <http://apps.militaryonesource.mil/ESAT>, was recently updated and features new resources. 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.

OFFICER FIRST DUTY STATION **MANDATORY FINANCIAL TRAINING**

Nov 3 • 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.

NETWORKING & SALARY NEGOTIATION

Nov 5 • 10 a.m. to Noon

Learn the art of networking and current do's and don'ts of salary negotiation.

BASIC RESUME WRITING

Nov 10 • 9:30-11 a.m.

Don't get frustrated over a resume, learn techniques that can help you in preparing a non-federal resume.



USA JOBS NAVIGATION & FEDERAL RESUME TRAINING

Nov 19 • 8:30-11 a.m.

Learn how to create a federal resume using the USA jobs Federal system.

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.

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.

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.

TAP-GOALS, PLANS, SUCCESS

Nov 2-6, • 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. **Prerequisite: Pre-Separation & Retirement Counseling.**

OPERATION BOOTS to BUSINESS from service to startup

Nov 17-18 • 8 a.m. to 4 p.m.

A 2-day entrepreneurial education initiative taught by the U.S. Small Business Administration (SBA). Topics covered include: steps for evaluating business concepts; foundational knowledge required to develop a business plan; and information on SBA resources to help access start-up capital and additional technical assistance.

PRE-SEPARATION & RETIREMENT COUNSELING

Nov 4, 18 • 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.

VA STAND ALONE WORKSHOP

Nov 10 • 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.

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)

Nov 10 • 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.



MILITARY & FAMILY LIFE COUNSELORS

**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.

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.

MASTER YOUR EMOTIONS

Tuesdays • 11 a.m. to Noon

Learn how to cope with anger in healthy and productive ways. Get tips on how to deal with angry people. This workshop is held at the HPRC. To register, call (210) 652-2448.

HEARTLINK

Nov 12 • 8 a.m. to 1:30 p.m.

Military spouses are invited to an orientation to learn about military customs, courtesies, acronyms, available resources throughout Joint Base San Antonio. Spouses will also have the opportunity to meet and network with other spouses. Lunch will be provided as well as a guided tour of the Taj Mahal.



KEY SPOUSE INITIAL TRAINING

Nov 13 • 8:30 a.m. to 3:30 p.m.

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 supporting service members and their families as a quality of life initiative and provides peer-to-peer support.

SINGLE PARENT SUPPORT GROUP

Nov 19 • 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's topic will cover 'Building Healthy Sibling/Parent Relationships'. Registration not required, don't forget to bring a lunch.



Holiday Stress Management

Nov 2 • 11:30 to 12:30 p.m.

Learn about the unique stressors that accompany the holiday season, the impact stress can have on your mind and body, and helpful tips to eliminate and cope with that stress.

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

Nov 5 • 11 a.m. to 12:30 p.m.

This month, the EFMP support group will focus on how to reinforce play and leisure skills at home. A growing body of research shows a link between play skills and the development of cognitive and social skills. Play allows individuals of all ages to learn delaying immediate reinforcement, setting and prioritizing goals, and considering the perspectives and needs of others. The purpose of this training is to show how established play and leisure skills can be

reinforced for long-term maintenance.

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

Nov 12 • 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.

DEPLOYMENT READINESS

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

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. Registration is required.

PERSONAL & FAMILY READINESS

Nov 3, 17 • 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.

