



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



APRIL
2016 CALENDAR OF EVENTS



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

#WHYVOLUNTEER

**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.

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:
1st & 3rd Thursday 2-4 PM,
Federal Holidays &
AETC Family days

CALENDAR OF EVENTS

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS CENTERS

	Event	April	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	1	8 AM to Noon	JBSA-FSH
	Newcomer's Orientation	4	8 AM to Noon	JBSA-RAN
	Newcomer's Orientation	6	8 AM to Noon	JBSA-LAK
	Newcomer's Orientation	15	8 AM to Noon	JBSA-FSH
	Newcomer's Orientation	18	8 AM to Noon	JBSA-RAN
	Newcomer's Orientation	20	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	9-11 AM	JBSA-FSH
	Trails and Tales Guided Tour	22	8-11:30 AM	JBSA-FSH
FINANCIAL	Basic Budget Management	14	9-10 AM	JBSA-FSH
	Basic Budget Management	28	2-3 PM	JBSA-FSH
	Car Buying	22	10-11:30 AM	JBSA-RAN
	Couponing 101	14	10-11 AM	JBSA-FSH
	Thrift Saving Plan	21	9-11 AM	JBSA-FSH
	How to Buy a House	5	11:30 AM to 12:30 PM	JBSA-LAK
	Investing in 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
EMPLOYMENT	10 Steps to a Federal Job	6	9-11 AM	JBSA-FSH
	Basic Resume Writing	5	9:30-11AM	JBSA-RAN
	Dress for Success	6	2-3 PM	JBSA-LAK
	Employment Readiness Orientation	Mondays	9-10 AM	JBSA-FSH
	Federal Resumes USA Jobs	28	8:30-11 AM	JBSA-RAN
	Federal Employment Process	6	8-10 AM	JBSA-LAK
	General Resume Writing	13	9-11 AM	JBSA-FSH
	Interview & Dress for Success	20	9-11 AM	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	April	Time	Location
EMPLOYMENT	Interview with Confidence	6	1-2 PM	JBSA-LAK
	Microsoft Office2013-Excel L1 P1	12	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-Excel L1 P2	14	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-Excel L2	21	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-PowerPoint L1 P1	26	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-PowerPoint L1 P2	28	8 AM to Noon	JBSA-FSH
	Microsoft Office 2013-Word L2	7	8 AM to Noon	JBSA-FSH
	Resume Writing Techniques	6	10:30 AM to Noon	JBSA-LAK
	Navigating USA Jobs & Federal Resume Writing	28	8:30-11 AM	JBSA-RAN
	Youth Job Fair	29	4-6 PM	JBSA-LAK
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)	18-20	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	18-19	8 AM to 3 PM	JBSA-LAK
	OPM Federal Application Process	28	1-4 PM	JBSA-FSH
	Pre-Separation: AF	12	9 AM to Noon	JBSA-FSH
	Pre-Separation: AF	26	9 AM to Noon	JBSA-FSH
	Pre-Separation: Retirement	5	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
	Pre-Separation: Soldier4Life	Tue-Fri	8:30-11:30 AM	JBSA-FSH
	Pre-Separation: Voluntary	7	9 AM to Noon	JBSA-LAK
	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 PM	JBSA-FSH
	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 4:30 PM	JBSA-RAN
	TAP-Goals, Plans, Success (GPS)	18-22	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	25-29	7:45 AM to 4:30 PM	JBSA-LAK
	VA Education Benefits Briefing	5	1-3 PM	JBSA-LAK
VA Benefits Briefing	6	8 AM to 4:30 PM	JBSA-LAK	
VA Stand Alone Workshop	29	8 AM to 2 PM	JBSA-RAN	
MFLC	How Children Grieve	6	1-2:30 PM	JBSA-LAK
	Role Reversal - Caring for those Who Cared for You	6	9 AM to Noon	JBSA-RAN
	Peer-to-Peer Support Group	12	9:30-11:30 AM	JBSA-FSH

*Service Members with BA

	Event	April	Time	Location
	Peer-to-Peer Support Group	21	12:30-2:30 PM	JBSA-LAK
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
	PCS'ing with School Age Youth	12	10 AM to Noon	JBSA-LAK
EFMP	Coffee Talk-Support Group	20	11:30 AM to 1 PM	JBSA-FSH
	EFMP Support Group	7	11 AM to 12:30 PM	JBSA-RAN
	EFMP - Dyslexia and Reading	28	Noon to 1:30 PM	JBSA-LAK
PERSONAL & FAMILY LIFE	Anger Management (Part 1 of 4)	4	Noon to 2 PM	JBSA-FSH
	Anger Management (Part 2 of 4)	11	Noon to 2 PM	JBSA-FSH
	Anger Management (Part 3 of 4)	18	Noon to 2 PM	JBSA-FSH
	Anger Management (Part 4 of 4)	25	Noon to 2 PM	JBSA-FSH
	Army FAP Unit Training	4	9-11 AM /1-3 PM	JBSA-FSH
	Army FAP Unit Training	18	9-11 AM /1-3 PM	JBSA-FSH
	Bundles for Babies	1	8:30 AM to 12:15 PM	JBSA-RAN
	Bundles for Babies	20	1-4:30 PM	JBSA-LAK
	Car Seat 101	18	1-3 PM	JBSA-FSH
	Children in the Middle (Part 1 of 2)	20	Noon to 4 PM	JBSA-FSH
	Children in the Middle (Part 2 of 2)	27	Noon to 4 PM	JBSA-FSH
	Family Team Building Campout	9-10	All Day	JBSA-FSH
	Five Love Languages of Children/Teens	29	11 AM to 2 PM	JBSA-RAN
	Five Love Languages of Couples	22	11 AM to 2 PM	JBSA-RAN
	Heart Link	19	8:30 AM to 2:30 PM	JBSA-LAK
	Heart Link	22	8:30 AM to 2 PM	JBSA-RAN
	Helping Us Grow Securely (HUGS) Playgroup	Tuesdays	10 AM to Noon	JBSA-FSH
	Infant Massage (Part 1 of 3)	4	9-10:30 AM	JBSA-RAN
	Infant Massage (Part 2 of 3)	11	9-10:30 AM	JBSA-RAN
	Infant Massage (Part 3 of 3)	18	9-10:30 AM	JBSA-RAN
	Safety Seat Clinic	21	1:30 to 3:30 PM	JBSA-FSH
	Single Parent Support Group	8	11:30 AM to 1 PM	JBSA-LAK
	Single Parent Support Group	21	Noon to 1 PM	JBSA-RAN
VOLUNTEER	4 Lenses Discovery Workshop	8	9 AM to Noon	JBSA-FSH
	Organization POC VMIS	6	10-11 AM	JBSA-FSH
	Resume Writing for Volunteers	13	10-11 AM	JBSA-RAN
	Volunteer Advisory Council (VAC)	25	9:30-10:30 AM	JBSA-LAK

	Event	April	Time	Location
VOLUNTEER	Volunteer Appreciation Community Fair	5	9:30 AM to 12:30 PM	JBSA-LAK
	Volunteer Appreciation Community Fair	7	Noon to 1:30 PM	JBSA-RAN
	Volunteer Management Information System (VMIS) Training	6	9-10 AM	JBSA-FSH
	VOYA & VEA Ceremony	13	1 PM	JBSA-FSH
	Volunteer Orientation (M&FRC)	27	10-11 AM	JBSA-FSH
UNIT FAMILY READINESS	FRG Forum	6	11 AM to Noon	JBSA-FSH
	FRG Key Caller	27	9 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
	Trauma in the Unit	19	9 AM to Noon	JBSA-FSH
DEPLOYMENT	Deployed Spouse Support Group	8	11:30 AM to 1 PM	JBSA-LAK
	Pre-Deployment	Tuesdays	8-10 AM	JBSA-LAK
	Pre-Deployment Resiliency	7	9-11 AM	JBSA-FSH
	Pre-Deployment Resiliency	14	1-3 PM	JBSA-FSH
	Pre-Deployment Resiliency	21	9-11 AM	JBSA-FSH
	Pre-Deployment Resiliency	28	1-3 PM	JBSA-FSH
	Personal & Family Readiness (Pre-Deploy)	12	9-10 AM	JBSA-RAN
	Personal & Family Readiness (Pre-Deploy)	26	9-10 AM	JBSA-RAN
	Post-Deployment Reintegration	Mondays	2:30-3:30 PM	JBSA-LAK
	Post-Deployment Reintegration	Tuesdays	8-9 AM	JBSA-RAN
Post-Deployment Resiliency	Wednesdays	1-3 PM	JBSA-FSH	

APRIL HOLIDAYS & SPECIAL OBSERVATIONS:

Child Abuse Prevention Month	1 st	- April Fools Day
Sexual Assault Awareness Month	5 th	- Gold Star Spouse Day
National Financial Literacy Month	14th	- Air Force Reserves Birthday
Month of the Military Child	18th	- Federal Income Tax Day
National Volunteer Appreciation Week	10-16	

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



From deployments to new schools, military children face unique challenges that other youth will never experience. In an effort to recognize the hard work- and applaud- the courage of military children, the Department of Defense has deemed April as the Month of the Military Child.

Wear purple, April 15 as a visible way to show support and thank our military youth!



VOLUNTEER!

Volunteers are needed to support many on- and off-installation agencies, both on a regular basis and for one-time events. Individual and team efforts are vital throughout the community, in everything from schools, to sports, to cultural, charitable, religious, and civic activities.

Why Volunteer? #WhyIVolunteer

It's a great way to meet people in your community, make connections and new friends. Explore new areas of interest, career paths and improve self-confidence. To give back to your community, help others in need, and make a difference. Gain new skills, work experience, and improve your resume. Just because you can or for fun!

Some of the Volunteers Opportunities on JBSA and the surrounding community:

Youth Sports Coaches	USO	Fisher House
Warrior Family Support Center	School Youth Mentors	MFTB
Armed Forces Action Plan	Spouses Club Thrift Shop	Hospitals
Performing Arts Group	Harlequin Dinner Theatre	Chapels
Military & Youth Sponsor	Library	M&FRC
Boys & Girls Club	Key Spouses	FRGs
Airman's Attic	Habitat for Humanities	Any Baby Can

Contact a Military & Family Readiness Center Volunteer Coordinator for details:

JBSA-Fort Sam Houston
(210) 221-2705

JBSA-Lackland
(210) 671-3722

JBSA-Randolph
(210) 652-5321

National Volunteer Week - April 10-16, 2016

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

Take action and encourage individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference.

Upcoming Events:

- April 5** • Volunteer Appreciation & Community Fair, JBSA-Lackland
- April 7** • Volunteer Appreciation & Community Fair, JBSA-Randolph
- April 13** • Resume Writing for Volunteers, JBSA-Randolph
 - Volunteer of the Year (VOYA) and Volunteer Excellence Award (VEA) Ceremony, JBSA-Fort Sam Houston

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

April 1 & 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

April 12 • 9 a.m. to Noon

April 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., April 26. Registration not required.

RELOCATION & OVERSEAS

ORIENTATION

April 13 • 10-11 a.m. & 2-3 p.m.

Mandatory for personnel E-5 and below; topics cover include entitlement, shipment of household goods, emotional stressors

of relocation, employment, and education. Only one session is needed.



**SPOUSE
INFORMATION FAIR**
April 14 • 9-11 a.m.

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

SPONSORSHIP APPLICATION TRAINING

April 20 • 2-3 p.m.

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

TRAILS & TALES GUIDED TOUR

April 22 • 8-11:30 a.m.

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

LENDING CLOSET

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

The Lending Closet loans basic household goods while yours are in transit; kitchen equipment, high chairs, sleeping mats, irons and more. Permanent party, students, TDY, retirees and civilians may borrow

up to 30 days. Please bring a copy of your orders.

FINANCIAL READINESS

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

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

BASIC BUDGET MANAGEMENT

April 14 • 9-10 a.m.
April 28 • 2-3 p.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

April 14 • 10-11 a.m.

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



April 21 • 9-11 a.m.

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

EMPLOYMENT READINESS

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

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

EMPLOYMENT READINESS ORIENTATION

Mondays • 9-10 a.m.

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

10 STEPS TO A FEDERAL JOB

April 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.

GENERAL RESUME WRITING

April 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.



Microsoft Office 2013 Foundational Classes

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

Intermediate lessons (Level 2) build on instruction from foundational classes to provide advanced knowledge and skills.

Free to DoD ID cardholders of all skill levels. To register, call 221-2705. Trainings are held in the computer lab, limited seating.



Microsoft - Word Level 2
April 7 • 8 a.m. to noon



Microsoft - PowerPoint Level 1
Part 1 - April 26 • 8 a.m. to noon
Part 2 - April 28 • 8 a.m. to noon

Microsoft - PowerPoint Level 2
March 10 • 8 a.m. to noon



Microsoft - Excel Level 1
Part 1 - April 12 • 8 a.m. to noon
Part 2 - April 14 • 8 a.m. to noon

Microsoft - Excel Level 2
April 21 • 8 a.m. to noon

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

INTERVIEW & DRESS FOR SUCCESS**April 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.

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*VirtualCareerLibrary.com/ftsh*

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

TRANSITION ASSISTANCE PROGRAM (TAP)/ SOLDIER FOR LIFE**JBSA-FSH • Soldier for Life, Bldg. 2264 (210) 221-1213**

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

SOLIDER FOR LIFE PRE-SEPARATION**Tuesday-Friday • 8:30-11:30 a.m.**

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

TAP-GOALS, PLANS, SUCCESS (GPS)**April 4-8, 11-15, 18-22 • 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.

ACCESSING HIGHER EDUCATION (ACES)**April 4-6 & 18-20 • 7:30 a.m. to 5 p.m.*****April 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.



OPERATION **BOOTS to BUSINESS**
from service to startup

April 26-27 • 8 a.m. to 4 p.m.

A 2-day entrepreneurial course offered by the Small Business Administration (SBA). Discuss opportunities and challenges of business ownership and other self-employment options. Review steps for evaluating business concepts and developing a business plan. Learn about available resources to help access start-up capital and additional technical assistance. Boots to Business is now expanding beyond transitioning service members and is open to all service members at any time of their career and their spouses.

AIR FORCE PRE-SEPARATION**April 12 & 26 • 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 221-2705.

OPM FEDERAL APPLICATION PROCESS

April 28 • 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

April 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.

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

April 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.

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.

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.

ARMY FAP UNIT TRAINING

April 4 & 18 • 9-11 a.m. /1-3 p.m.

Mandated Unit Family Advocacy Training

(IAW AR608-18) regarding domestic and child abuse identification, reporting, and prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and transitional compensation program. Seating is limited, call to reserve seats for your unit. Reservations will be accepted up to 2 weeks in advance.

ANGER MANAGEMENT

April 4, 11, 18, 25 • Noon to 2 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.

Military Family Team Building

CAMPOUT

**April 9-10
Check-in 7:30-8 a.m.**

Key spouses, Family Readiness Groups, Ombudsman, Hearts Apart, Warriors in Transition and their families are invited to join us for an overnight team building camp out at Canyon Lake.

Disconnect from your devices and reconnect as a family with team building activities, games, a nature hike, and more! Meals, snacks and water will be provided. Families are responsible for recreational equipment and water toys. Park entrance and camping supplies are coordinated through JBSA-Lackland Youth Programs. The cost is \$35 and includes a family tent sleeping 4-5 people, sleeping bags, and lanterns. The camp out will be held, rain or shine. **Limited availability, registration required** - email usaf.jbsa.502-abw.mbx.502-fss-ac-s-mobilization-and-deployment@mail.mil or call 221-2418.

CAR SEAT 101

April 18 • 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.

CHILDREN IN THE MIDDLE

April 20 & 27 • 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

April 21 • 1:30-1:30p.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) 221-2418**

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

4 LENSES DISCOVERY WORKSHOP

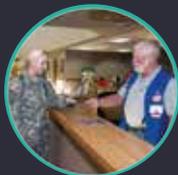
April 8 • 9 a.m. to Noon

Identify the different temperament styles and how each style measures self-worth. The interactive workshop exposes attitudes and 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.

VOLUNTEER SERVICES

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

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



VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

April 6 • 9-10 a.m.

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

ORGANIZATION POC VMIS

April 6 • 10-11 a.m.

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

VOLUNTEER ORIENTATION

April 27 • 10-11 a.m.

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

"Lifting spirits, touching lives"

VOLUNTEER APPRECIATION WEEK - 10-16 APRIL 2016

Make a difference in your community... Volunteer!

VOYA & VEA CEREMONY

April 13 • 1 p.m.

The annual JBSA Volunteer of the Year Award (VOYA) and Volunteer Excellence Award (VEA) will be held at the JBSA-Fort Sam Houston Military & Family Readiness Center. The annual award ceremony pays tribute to the thousands of volunteers who contribute countless hours of service each year to help JBSA and local communities and honors those individuals who exemplify the role of the volunteer, as well as those who make a significant positive impact on the lives of others. With the exception of the VEA, volunteer services must have been performed during 2015, January 1 through December 31. Join us as we thank our volunteers for their contributions.

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.

POST-DEPLOYMENT RESILIENCY

Wednesdays • 1-3 p.m.

This training is given to service members and their families in order to identify

strengths and to facilitate reintegration. Participants will develop positive and additional relationship skills and build on existing skills.

FAMILY READINESS GROUP FORUM

April 6 • 11 a.m. to Noon

The FRG Forum is an open forum that offers networking and an opportunity to discuss issues, share lessons learned, facilitates questions and discussions.

PRE-DEPLOYMENT RESILIENCY

April 7 & 21 • 9-11 a.m.

April 14 & 28 • 1-3 p.m.

This training draws heavily on the

experiences of service members in order to prepare for the realities and challenges commonly encountered prior to and during a deployment.

TRAUMA IN THE UNIT

April 19 • 9 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 KEY CALLER

April 27 • 9 a.m. to Noon

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



ARMED FORCES ACTION PLAN

**Service Members • Retirees • Teens
• Military Spouses • Survivors •
Reservists • Civilian DoD Employees**

Tell Us What You Think

Have an idea or suggestion that can improve the military family, welfare, or quality of life?
Can you identify a critical issue affecting the readiness or morale at Joint Base San Antonio?



Be a part of this powerful process.

Volunteers are needed, call (210) 221-2705 or email usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil for more information.

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

April 6 & 20 • 8 a.m. to Noon

A mandatory in-processing briefing for all service members new to JBSA. Coordinate with your Unit Personnel Coordinator or Commander Support Element to schedule your orientation. The April 6 briefing is held at Mitchell Hall and the April 20 briefing is held at the Gateway Club.

FINANCIAL READINESS

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

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

to long-term investments. Call to register.



HOW TO BUY A HOUSE

April 5 • 11:30 a.m. to 12:30 p.m.

Discuss the pros and cons of buying and renting a home. Review your budget and credit score to help determine if you are ready to buy. Additional information will be provided on lenders, types of loans, pre-qualified vs pre-approved, down payments and Realtors. Facilitated by the Better Business Bureau. This workshop is held Wilford Hall Annex, bldg. 4600.

INVESTING IN YOUR FUTURE

April 13 • 11:30 a.m. to 12:30 p.m.

Learn how to build a strong financial foundation and understand the investment and the role of money. Facilitated by the Air Force Federal Credit Union. This workshop is held the Wilford Hall Annex, bldg. 4600.

EMPLOYMENT ASSISTANCE

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

Employment Assistance offers job search assistance and referral services. 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 EMPLOYMENT PROCESS

April 6 • 8-10 a.m.

Learn how to apply for a Federal job by understanding how the civilian hiring process works. Review terminology, resume writing tips, application manager, how to navigating through www.USAJobs.gov, the rating process and how to check the status. Bring a copy of your resume.

RESUME WRITING TECHNIQUES

April 6 • 10:30 a.m. to Noon

Learn which resume formats to use when

writing a non-Federal resume, how to effectively list employment history, and more. Bring a copy of your resume.

INTERVIEW WITH CONFIDENCE

April 6 • 1-2 p.m.

Be confident from the moment you walk through the door by preparing for your next job interview. Review interviewing techniques, how to create that great first impression and establishing a clear knowledge of shared interest and values.

DRESS FOR SUCCESS

April 6 • 2-3 p.m.

Make a good first impression with your day to day encounters, networking and during interviews by knowing what to wear. Review what type of attire is appropriate for specific situations and how to wear it. Don't forget to bring a tie!



April 29 • 4-6 PM

Teens and young adults, ages 15-21, are invited to join us at the Youth Center to learn about summer job opportunities and meet with employers. Don't forget to bring copies of your resume! Registration required.

VIRTUAL CAREER LIBRARY

VirtualCareerLibrary.com/lacklandafb

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

TRANSITION ASSISTANCE PROGRAM (TAP)

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

TAP provides counseling and job assistance to service members, DoD civilians and family members preparing to leave federal

service. Information is also provided for service members to make informed decisions regarding reenlistment. Services include: pre-separation counseling, benefits, job search, resumes, self-assessment tools, and more. Call to schedule an appointment.

PRE-SEPARATION COUNSELING: RETIREMENT

April 5 • 9 a.m. to Noon

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

VA EDUCATION BENEFITS BRIEFING

April 5 • 1-3 p.m.

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



VA BENEFITS BRIEFING

April 6 • 8 a.m. to 4:30 p.m.

Mandatory briefing providing information on available Veteran benefits and services – learn how to apply for health care, education, home loans, insurance, and disability benefits. *Prerequisite: Pre-Separation Counseling.*

PRE-SEPARATION COUNSELING: VOLUNTARY SEPARATION

April 7 • 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)

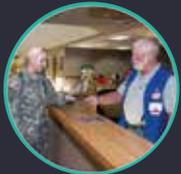
April 11-15 & 25-29 • 7:45 a.m. to 4:30 p.m.

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 welcomed. *Prerequisite: Pre-Separation.*

VOLUNTEER SERVICES

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

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, program assistants, and more. Call to sign up or for information.



VOLUNTEER APPRECIATION & COMMUNITY FAIR

April 5 • 9 a.m. to 12:30 p.m.

Thank you for making the difference! Volunteers give their time and services making a significant impact on our community. Current JBSA-Lackland volunteers and patrons interested in becoming a volunteer or learning about volunteer opportunities are invited to attend a Volunteer Appreciation Community Fair at Arnold Hall Community Center, bldg. 5506. JBSA mission partners and representatives from local community agencies will be on-site to discuss available volunteer opportunities. Open to all DoD ID cardholders interested in becoming a volunteer.

VOLUNTEER ADVISORY COUNCIL (VAC)

April 25 • 9:30-10:30 a.m.

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

CAREER TECHNICAL TRAINING TRACK

April 18-19 • 8 a.m. to 3 p.m.

This 2-day workshop provides service members will guidance and help in selecting technical training school and technical field. Review accredited institute applications, scheduling a session with a counselor or a career technical training expert, and VA vocational education counselors. *Pre-Requisite: TAP-GPS.*

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

JBSA-LAK • M&FRC

(210) 540-5025 or 540-5030

Military & Family Life Counselors help service members, their families, significant others address issues from deployment and reintegration, marriage and relationships, family issues, communication challenges, stress and anxiety, depression, grief and loss, and daily life issues. Consultations are anonymous, no records are kept.

HOW CHILDREN GRIEVE

April 6 • 1-2:30 p.m.

Participants will receive information to help navigate the grieving process with their children, including those impacted by divorce. Topics covered include: stages of child grief; concepts, perceptions, and beliefs; and emotional and behavioral response in children and adolescent. This class held at the Wilford Hall Annex, bldg. 4600.

PEER-TO-PEER SUPPORT

April 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.

A light lunch is provided from 11:30 a.m. to 12:30 p.m. This group meets at the Wilford Hall Annex, bldg. 4600.



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

JBSA-LAK • M&FRC, Bldg. 1249

(210) 671-3722

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

EFMP SUPPORT GROUP

April 28 • Noon to 1:30

This month, the EFMP support group will focus on Dyslexia and Reading Strategies. Parents will gain an understanding of the root causes of dyslexia, ways to identify warning signs, as well as strategies to help struggling readers and spellers. Examine some common myths surrounding dyslexia and accommodations. This group meets at the CAMP facility, Bldg. 3850, near the Fischer House.

SCHOOL LIAISON OFFICE

JBSA-LAK • M&FRC, Bldg. 1249

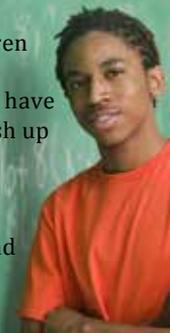
(210) 671-3722

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

PCS'ING WITH SCHOOL AGE YOUTH (K-12)

April 12 • 10 a.m. to noon

Participants will review information on moving schools and tools to ease the transition for children in grades K-12. Discuss the different responses children have when changing schools; brush up on the enrollment process, immunizations, and records; placement and attendance, transcripts, special needs and more.



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

April 8 • 11:30 a.m. to 1 p.m.



The Single Parent Support Group is an open forum for both long- and short-term single parents. This support group is a brown bag forum for single

parents to meet to share helpful resources and ways to overcome challenges of single parenting. This month's topic will focus on Personal Financial Management, Thrift Savings Plan (TSP). This group meets at the Wilford Hall Annex, Bldg. 4600. Don't forget to bring a lunch!

HEART LINK

April 19 • 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.

BUNDLES FOR BABIES

April 20 • 1 p.m. to 4:30 p.m.

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



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

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

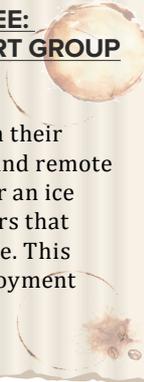
All service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment are required to attend. Briefings are held at Logistics Readiness, Bldg. 5160, on the second floor.

CONNECTIONS OVER COFFEE: DEPLOYED SPOUSE SUPPORT GROUP

April 8 • 11:30 a.m. to 1 p.m.

Registration Deadline: April 4

Spouses who are separated from their loved ones due to deployments and remote tours are welcomed to join us for an ice cream social. Connect with others that share the same deployed lifestyle. This month's topic will focus on Deployment Survival.



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.

NEWCOMER'S ORIENTATION

April 4 & 18 • 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

April 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, newcomer's needs assessment, customizable letters, emails and more. Once complete, contact M&FRC for additional information on how to become an effective sponsor. Family members interested in becoming a sponsor can access the eSAT through the My Training Hub.

LOAN LOCKER

Tuesday-Thursday 8-11 a.m.

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

FINANCIAL READINESS

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

Personal Financial Readiness provides information and guidance to aid you with financial matters such as budgeting, debt reduction, and basic investment planning. Services are designed to address money management issues, financial readiness education, and basic spend plans.

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

April 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

April 22 • 10-11:30 a.m.



Learn the ins and outs of car buying and review financing and ways to avoid predatory lending.

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

April 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 WRITING

April 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.

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

JBSA-RAN • M&FRC, Bldg. 693

(210) 627-1223 or 834-6904.

Military & Family Life Counselors help service members, their families, and significant others address deployment and reintegration issues; marriage,

relationship and family issues; communication challenges; stress and anxiety; depression, grief and loss; and daily life issues. Consultations and trainings are anonymous, no records are kept. After-hours and weekend appointments are available as well as off-site or group meetings. Call to schedule an appointment.

ROLE REVERSAL-CARING FOR THOSE WHO CARED FOR YOU

April 6 • 9 a.m. to Noon

Representatives from the Alamo Area Council of Governments Bexar Area Agency on Aging and M&FRC will provide information on secondary dependency, family care plans, accessing services, long distance care-giving, and more.

TRANSITION ASSISTANCE PROGRAM (TAP)

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

TAP provides counseling and job assistance to service members, DoD civilians and family members preparing to leave federal service. Information is also provided for service members to make informed decisions regarding reenlistment. Services address pre-separation counseling, benefits, job search training, resume review, and self-assessment tools. Call to schedule an appointment or to register for a class.

PRE-SEPARATION & RETIREMENT COUNSELING

April 6, 20 & 27 • Noon to 4 p.m.

This is a mandatory briefing and is required before attending the TAP GPS workshop. Pre-separation appointment may be scheduled up to 24-months before retirement date or up to 12-months prior to separation.

CAREER TECHNICAL TRAINING TRACK

April 7-8 • 8 a.m. to 4 p.m.

This 2-day workshop provides service members will guidance and help in selecting technical training school and

technical field. Review accredited institute applications, scheduling a session with a counselor or a career technical training expert, and VA vocational education counselors. *Pre-Requisite: TAP-GPS.*

TAP-GOALS, PLANS, SUCCESS

April 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

April 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.

CASUALTY ASSISTANCE & SURVIVOR BENEFITS

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

The Casualty Assistance Office provides casualty reporting; dignified and humane casualty notifications; and ensures efficient, thorough and compassionate follow-on assistance to the next-of-kin for as long as is needed. Other services and programs provided to our military community include: Service member's Group Life Insurance, Family Member Service member's Group Life Insurance (FSGLI), Traumatic Injury Protection, and Emergency Family Member Travel Program. Call to schedule an appointment.

SURVIVOR BENEFIT PLAN (SBP)

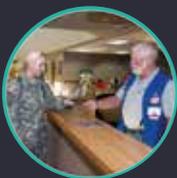
April 19 • 8-9:30 a.m. & 1-2:30 p.m.

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

VOLUNTEER SERVICES

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

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, program assistants, and more. Call to sign up or for information.



VOLUNTEER APPRECIATION & COMMUNITY FAIR

April 7 • Noon to 1:30 p.m.

Current and future volunteers are invited to the Religious Activity Center, bldg. 975 for a Volunteer Appreciation Community Fair. JBSA mission partners and representatives from local community agencies are on-site to discuss available volunteer opportunities

RESUME WRITING FOR VOLUNTEERS

April 13 • 10-11 a.m.

Volunteering is a great way to gain work experience. Review ways to include your volunteer experience in a resume as well as other helpful tips.

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 and provide information about local school systems, policies, programs and more.

MENTOR TRAINING

April 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**

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 information.

EFMP SUPPORT GROUP

April 7 • 11 a.m. to 12:30 p.m.

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

PERSONAL & FAMILY LIFE

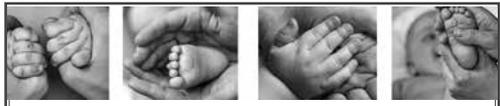
**JBSA-RAN • M&FRC, Bldg. 693
(210) 652-5321**

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.

BUNDLES FOR BABIES

April 1 • 8:30 a.m. to 12:15 p.m.

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



INFANT MASSAGE

April 4, 11, & 18 • 9-10:30 a.m.

This 3-part series must be attended in order. Infant Massage helps normalize muscle tone, improve blood circulation, stimulate brain development and improve sensory awareness. In addition, it may help with relieving discomfort from constipation, gas and colic allowing babies (and parents) to sleep better. This workshop is held at the Human Performance Resource Center (HPRC), bldg. 999. To register, call 221-2418.



KEY SPOUSE

KEY SPOUSE REFRESHER TRAINING

APRIL 12 • 9-10 a.m.

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

KEY SPOUSE INITIAL TRAINING

April 21 • 8:30 a.m. to 2:30 p.m.

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

SINGLE PARENT SUPPORT GROUP**April 21 • Noon to 1 p.m.**

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

HEART LINK**April 22 • 8:30 a.m. to 2 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.

5 LOVE LANGUAGES OF COUPLES**April 22 • 11 a.m. to 2 p.m.**

People tend to give love or show appreciation in ways that they prefer, rather than what their partner prefers. Based on a theory of Dr. Gray Chapman, Marriage and Family Counseling of over 20 years, there are 5 basic languages of love. Discover which love language speaks loudest to you and your partner. To register for this workshop, call 221-2418.

5 LOVE LANGUAGES OF CHILDREN**April 29 • 11 a.m. to 2 p.m.**

Do you speak your child's love language? Based on the theory of Dr. Gray Chapman, Marriage and Family Counseling of over 20 years, there are 5 basic languages of love. Of these 5, each teen has a primary love language, one that speaks more loudly and deeply to him or her. If a parent fails to speak this language adequately, the child will not feel loved, regardless of other expressions of love. To register for this workshop, call 221-2418.

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

Deployment readiness helps service members and their families prepare for deployments, provides access to support through courses, support groups, and prepares them for unique challenges that

they face when returning. Registration is required.

POST-DEPLOYMENT: REINTEGRATION**Tuesdays • 8-9 a.m.**

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

**PERSONAL & FAMILY READINESS
PRE-DEPLOYMENT****April 12 & 26 • 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 7:30 a.m. to 4:15 p.m.

Closed 1st & 3rd Thursday from 1-4 p.m. 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 7:30 a.m. to 4:30 p.m.

Closed 1st & 3rd Thursday from 2-4 p.m. 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 7:30 a.m. to 4:30 p.m.

Closed 1st & 3rd Thursday from 2-4 p.m. 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 7:30 a.m. to 4:30 p.m.

Closed 1st & 3rd Thursday from 2-4 p.m. 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 7:30 a.m. to 4:30 p.m.

Closed 1st & 3rd Thursday from 2-4 p.m. for in-service training

Closed for all federal holidays & AETC family days



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

