



# JOINT BASE SAN ANTONIO MILITARY & FAMILY READINESS



2015

# DECEMBER

## 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  
Armed Forces Action Plan  
Army Emergency Relief  
Military Family Team Building  
Casualty Assistance  
Deployment Readiness  
Employment & Career Development  
Exceptional Family Member Program  
Financial Readiness  
Heart Link  
Hearts Apart

Information & Referral  
Key Spouses & FRG  
Military & Family Life Counselors  
Personal & Family Life  
Relocation Services  
Resiliency Training  
School Liaison Services  
Survivor Benefit Services  
Transitional Assistance Program  
Volunteer Opportunities  
Warriors in Transition

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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	December	Time	Location
RELOCATION	Citizenship & Immigration Assistance	8	9 AM to Noon	JBSA-FSH
	Citizenship & Immigration Assistance; Naturalization Ceremony	22	9 AM to Noon; 2 PM	JBSA-FSH
	Newcomer's Orientation	4	8 AM to Noon	JBSA-FSH
	Newcomer's Orientation	9	8 AM to Noon	JBSA-LAK
	Newcomer's Orientation	14	8 AM to Noon	JBSA-RAN
	Newcomer's Orientation	18	8 AM to Noon	JBSA-FSH
	Newly Assigned CC/CCC/CCF	1	8-11 AM	JBSA-RAN
	Relocation & Overseas Orientation	9	10-11 AM/ 2-3 PM	JBSA-FSH
	Sponsorship Application Training	16	2-3 PM	JBSA-FSH
	Spouse Information Fair	10	9 AM to Noon	JBSA-FSH
FINANCIAL	Basic Budget Management	15	9-10 AM	JBSA-FSH
	Car Buying	3	11:30 AM to 12:30 PM	JBSA-LAK
	Holiday Spending	4	10:30 to Noon	JBSA-FSH
	How to Achieve Victory Over Debt	15	9-10:30 AM	JBSA-RAN
	Officer's First Duty Station Mandatory Financial Training	8	8:30 AM to 12:30 PM	JBSA-RAN
	Thrift Savings Plan	2	9:30-10:30 AM	JBSA-FSH
EMPLOYMENT	10 Steps to a Federal Job	2	9-11 AM	JBSA-FSH
	Basic Resume Writing	15	9:30-11 AM	JBSA-RAN
	Employment Readiness Orientation	Mondays	9-10 AM	JBSA-FSH
	Federal Resume Process	9	Noon to 2 PM	JBSA-LAK
	General Resume Writing Techniques	9	9-11 AM	JBSA-FSH
	Interviewing Skills Workshop	10	10 AM to Noon	JBSA-RAN
	Interview Process & Dress for Success	16	9-11 AM	JBSA-FSH
	Microsoft Office2013-Excel L1 (Pt 1)	8	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-Excel L1 (Pt 2)	10	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-PowerPoint L1 (Pt 1)	1	8 AM to Noon	JBSA-FSH
	Microsoft Office2013-PowerPoint L1 (Pt 2)	3	8 AM to Noon	JBSA-FSH
	Microsoft Office 2013-Word L1 (Pt 1)	15	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	December	Time	Location
	Microsoft Office 2013-Word L1 (Pt 2)	17	8 AM to Noon	JBSA-FSH
	Resume Writing Techniques	10	Noon to 2 PM	JBSA-LAK
	USA Jobs Navigation & Federal Resume Training	17	8:30-11 AM	JBSA-RAN
TRANSITION ASSISTANCE PROGRAM	Accessing Higher Education (ACES)	7-9	7:30 AM to 5 PM	JBSA-FSH
	Accessing Higher Education (ACES)	14-16	7:30 AM to 5 PM	JBSA-FSH
	Career Technical Training	21-22	8 AM to 5 PM	JBSA-FSH
	OPM Federal Application Process	10	1-4:30 PM	JBSA-LAK
	Pre-Separation: AF	1	9 AM to Noon	JBSA-FSH
	Pre-Separation: AF	15	9 AM to Noon	JBSA-FSH
	Pre-Separation: Army	Tue-Fr	8:30-11:30 AM	JBSA-FSH
	Pre-Separation: Retirement	8	9 AM to Noon	JBSA-LAK
	Pre-Separation: Separating	10	9 AM to Noon	JBSA-LAK
	Pre-Separation & Retirement	2	Noon to 4 PM	JBSA-RAN
	Pre-Separation & Retirement	16	Noon to 4 PM	JBSA-RAN
	TAP-Goals, Plans, Success (GPS)*	7-11	8 AM to 4 PM	JBSA-FSH
	TAP-Goals, Plans, Success (GPS)	7-11	8 AM to 4:30 PM	JBSA-RAN
	TAP-Goals, Plans, Success (GPS)	14-18	7:45 AM to 4:30 PM	JBSA-LAK
	TAP-Goals, Plans, Success (GPS)	14-18	8 AM to 4 PM	JBSA-FSH
	Transition Summit: Networking	9	4 PM	JBSA-FSH
	Transition Summit: Hiring Fair	10	9:30 AM	JBSA-FSH
	Troops to Teachers	10	1-3 PM	JBSA-FSH
	VA Benefits Briefing	9	8 AM to 4:30 PM	JBSA-LAK
	VA Stand Alone Workshop	15	8 AM to 2 PM	JBSA-RAN
MFLC	Emotional Eating & Conflict Resolution	2	1-2:30 PM	JBSA-LAK
	Peer-to-Peer Support Group	9	9:30-11:30 AM	JBSA-FSH
	Peer-to-Peer Support Group	17	12:30-2:30 PM	JBSA-FSH
SBP	Survivor Benefit Plan	15	8-9:30 AM/1-2:30 PM	JBSA-RAN
SLO	Mentor Training	10	Noon to 1:30 PM	JBSA-RAN
	Mentor Training (SWISD)	11	11 AM to 1 PM	JBSA-LAK
EFMP	Coffee Talk-Support Group	16	11:30 AM to 1 PM	JBSA-FSH
	Family Movie Day	21	1-3 PM	JBSA-FSH
	EFMP Support Group	3	11 AM to 12:30 PM	JBSA-RAN
	EFMP Support Group	17	Noon to 1:30 PM	JBSA-LAK
	EFMP: What Does it Mean to me?	10	1-3 PM	JBSA-FSH

\*Mandatory Retirement or over 20 years of service.

	Event	December	Time	Location
PERSONAL & FAMILY LIFE	Army FAP Unit Training	3	9-11 AM /1-3 PM	JBSA-FSH
	Army FAP Unit Training	15	9-11 AM /1-3 PM	JBSA-FSH
	Bundles for Babies	4	8:30 AM to 12:15 PM	JBSA-RAN
	Bundles for Babies	9	1-4:30 PM	JBSA-LAK
	Car Seat 101	14	9-11 AM	JBSA-FSH
	Connecting through Communication	16	9-11 AM	JBSA-FSH
	Helping Us Grow Securely (HUGS) Playgroup	Tuesdays	10 AM to Noon	JBSA-FSH
	Holiday Stress Management	7	11 AM to 12:30 PM	JBSA-FSH
	Infant Massage (Part 1 of 5)	2	9-10:30 AM	JBSA-RAN
	Infant Massage (Part 2 of 5)	7	9-10:30 AM	JBSA-RAN
	Infant Massage (Part 3 of 5)	9	9-10:30 AM	JBSA-RAN
	Infant Massage (Part 4 of 5)	11	9-10:30 AM	JBSA-RAN
	Infant Massage (Part 5 of 5)	16	9-10:30 AM	JBSA-RAN
	Master your Emotions	Tuesdays	11 AM to Noon	JBSA-RAN
	Safety Seat Clinic	17	1:30 to 3:30 PM	JBSA-FSH
	Single Parent Support Group	11	11:30 AM to 1 PM	JBSA-LAK
Single Parent Support Group	17	Noon to 1 PM	JBSA-RAN	
VOLUNTEER	AFTB Birthday Celebration	10	10:30 AM	JBSA-FSH
	Organizational POC VMIS	2	10-11 AM	JBSA-FSH
	Volunteer Management Information System (VMIS) Training	2	11 AM to Noon	JBSA-FSH
	VOYA Nomination Workshop	9	9-11 AM	JBSA-FSH
	VOYA Nomination Workshop	16	9-11 AM	JBSA-FSH
UNIT FAMILY READINESS	FRG Forum	10	11 AM to Noon	JBSA-FSH
	FRG Leadership Academy	16	8:30 AM to 4 PM	JBSA-FSH
	Key Spouse Training (Initial) (Part 1 of 2)	1	5:30- 8:30 PM	JBSA-LAK
	Key Spouse Training (Initial) (Part 2 of 2)	2	5:30- 8:30 PM	JBSA-LAK
	Hearts Apart Holiday Party	3	6-8:30 PM	JBSA-RAN
	Hearts Apart Holiday Party	11	6-9 PM	JBSA-FSH
	Hearts Apart Holiday Party	18	6-9 PM	JBSA-LAK
DEPLOYMENT	Personal & Family Readiness	1	9-11 AM	JBSA-RAN
	Personal & Family Readiness	15	9-11 AM	JBSA-RAN
	Pre-Deployment	Tuesdays	7:30-9:30 AM	JBSA-LAK
	Pre-Deployment	1	9-11 AM	JBSA-FSH
	Pre-Deployment	8	9-11 AM	JBSA-FSH
	Pre-Deployment	15	9-11 AM	JBSA-FSH



# 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**

**Dec 4 & 18 • 8 a.m. to Noon**

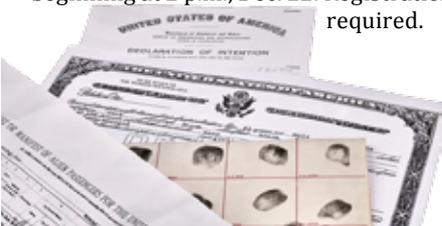
Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate with their Unit Personnel Coordinator or Commander Support Element. Spouses are welcome to attend; all patrons must be seated by 7:50 a.m.

## **CITIZENSHIP & IMMIGRATION ASSISTANCE**

**Dec 8 • 9 a.m. to Noon**

**Dec 22 • 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., Dec. 22. Registration not required.



## **RELOCATION & OVERSEAS ORIENTATION**

**Dec 9 • 10-11 a.m. & 2-3 p.m.**

Mandatory for personnel E-5 and below. This orientation focuses on pre-departure counseling, relocation planning, and preparing for a PCS move. Topics cover entitlement, shipment of household goods, emotional stressors of relocation, employment, and education. Only one session is needed.

## **INFORMATION FAIR**

**SPOUSE**  
*Information Fair*  
**Dec 10 • 9a.m.-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**

**Dec 16 • 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.



**Dec 2 • 9:30-10:30 a.m.**

Do you know how a TSP differs from the uniform services retirement system? Learn about major features, how it fits into the total retirement picture, and more.

### HOLIDAY SPENDING WORKSHOP

**Dec 4 • 10:30 a.m. to Noon**

Avoiding holiday debt means less stress in the New Year. Join us as we review ways to set a holiday budget and reduce spending. Don't let this season become a financial strain!

### BASIC BUDGET MANAGEMENT

**Dec 15 • 9-10 a.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.

## EMPLOYMENT READINESS

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

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

## EMPLOYMENT READINESS ORIENTATION

**Mondays • 9-10 a.m.**

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

### 10 STEPS TO A FEDERAL JOB

**Dec 2 • 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](http://www.USAJobs.gov). This class is taught by a Certified Federal Job Search Trainer and Career Coach.



### GENERAL RESUME

#### WRITING TECHNIQUES

**Dec 9 • 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**

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 - Dec 15 • 8 a.m. to noon  
Part 2 - Dec 17 • 8 a.m. noon



#### **Microsoft - PowerPoint Level 1**

Part 1 - Dec 1 • 8 a.m. to noon  
Part 2 - Dec 3 • 8 a.m. to noon



#### **Microsoft - 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.**

**INTERVIEWS & DRESS FOR SUCCESS****Dec 16 • 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****Dec • 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](http://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.

**TRANSITION ASSISTANCE PROGRAM (TAP)/ SOLDIER FOR LIFE****JBSA-FSH • Soldier for Life, Bldg. 2263 (210) 221-1213**

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

**ARMY PRE-SEPARATION****Tuesday-Friday • 8:30-11:30 a.m.**

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

Program, call 221-1213.

**AIR FORCE PRE-SEPARATION****Dec 1 & 15 • 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.

**ACCESSING HIGHER EDUCATION (ACES)****Dec 7-9 & 14-16 • 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)****Dec 7-11 & 14-18 • 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.**

**TROOPS TO TEACHERS****Dec 10 • 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.

**CAREER TECHNICAL TRAINING****Dec 21-22 • 8 a.m. to 5 p.m.**

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

## 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

**Dec 14 • 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.

### CONNECTING THROUGH COMMUNICATION

**Dec 16 • 9-11 a.m.**

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



### **Holiday Stress Management**

**Dec 7 • 11 a.m. 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.

### ARMY FAP UNIT TRAINING

**Dec 3 & 15 • 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.

### SAFETY SEAT CLINIC

**Dec 17 • 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

**Dec 9 • 9:30-11:30 a.m.**

**Dec 17 • 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.

### EFMP: WHAT DOES IT MEAN TO ME?

Dec 10 • 1-3 p.m.

This quarterly workshop provides a basic foundation for families newly enrolled in EFMP. Explore how the three pillars (HRC, MEDCOM and IMCOM) work together to provide Army EFMP family services. Other topics covered include: medical form, Tricare, respite care, navigation systems and outreach services.

### COFFEE TALK - EFMP SUPPORT GROUP

Dec 16 • 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.



Dec 21 • 1-3 p.m.

The Exceptional Family Members Program and the Family Life Program invite JBSA families to a sensory friendly showing of "Arthur Christmas".

## 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.*

## AFTB BIRTHDAY CELEBRATION

Dec 10 • 10:30 a.m.

Join us in celebration of Army Family Team Building (AFTB) birthday. AFTB/MFTB empowers individuals by maximizing their personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation that meets the military mission.

## VOLUNTEER SERVICES

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

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

## ORGANIZATIONAL POINT OF CONTACT (OPOC) VMIS

Dec 2 • 10-11 AM

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

## VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

Dec 2 • 11 a.m. to Noon

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

## VOYA NOMINATION PROCESS

Dec 9 & 16 • 9-11 a.m.

Review the new nomination form and learn how to submit a package for 2016. This workshop will review helpful tips in writing a winning nomination. Nominations submitted on forms from previous years will not be accepted as they are obsolete. In order for your volunteer to be considered for the 2016 VOYA, nominations must be submitted no later than Feb. 29.

## DEPLOYMENT READINESS

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

Deployment Readiness offers workshops, briefings and support groups to enhance

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

## NEW SCHEDULE BEGINNING JANUARY 2016

JBSA-FORT SAM HOUSTON

# DEPLOYMENT BRIEFING

The new schedule will begin January 2016

### Pre-Deployment:

1st & 3rd Thursdays: 9-11 AM  
2nd, 4th, 5th Thursdays: 1-3 PM

### Post-Deployment:

Wednesdays: 1-3 PM

## PRE-DEPLOYMENT

Dec 1, 8, 15 • 9-11 a.m.

Dec 16 • 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

Dec 3, 9, 16 • 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

Dec 10 • 11 a.m. to Noon

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

## FRG LEADERSHIP ACADEMY

Dec 16 • 8:30 a.m. to 4 p.m.

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

# HEARTS APART HOLIDAY PARTY

Dec 11 • 6-9 PM

## RSVP by Dec 1

Let's celebrate the holidays! Join us for dinner, holiday carols, gifts from Santa, photos and more. Patrons will also have the opportunity to make a video to send to their loved ones. Hearts Apart is a support group for military families of a deployed or geographically separated service member. This event is held at the FSH-Military & Family Readiness Center

## 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**

**Dec 9 • 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 is held at Mitchell Hall.

## **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.

## **CAR BUYING**

**Dec 3 • 11:30 a.m. to 12:30 p.m.**

Purchasing a new or used vehicle can be a very stressful process. Knowing the facts can help you save money and take control of your purchase. This class is facilitated by the Air Force Federal Credit Union and held in Bldg. 4600.

## **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**

**Dec 9 • Noon to 2 p.m.**

Review the civilian hiring process and how to navigate [www.USAJobs.gov](http://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.

## **RESUME WRITING TECHNIQUES**

**Dec 10 • 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.

## **VIRTUAL CAREER LIBRARY**

[VirtualCareerLibrary.com/lacklandafb](http://VirtualCareerLibrary.com/lacklandafb)



A full range of career guidance and employment services are available.

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

## **TRANSITION ASSISTANCE PROGRAM (TAP)**

**JBSA-LAK • M&FRC, Bldg. 1249**

**(210) 671-3722**

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

## **PRE-SEPARATION COUNSELING: RETIREMENT**

**Dec 8 • 9 a.m. to Noon**

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

## **VA BENEFITS BRIEFING**

**Dec 9 • 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.

### **OPM FEDERAL APPLICATION PROCESS**

**Dec 10 • 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.

### **PRE-SEPARATION COUNSELING:**

#### **VOLUNTARY SEPARATION**

**Dec 10 • 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)**

**Dec 14-18 • 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.*

### **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.

#### **KEY SPOUSE INITIAL TRAINING**

**Dec 1, 2 • 5:30-8:30 p.m.**



This two-part training is mandatory for all newly appointed

Key Spouses and highly recommended for new Key Spouse mentors. Patrons interested in learning more about the program or volunteering are also encouraged to attend. Topics covered: program roles, SAPR, Resiliency Training Overview, and Suicide Awareness. Key Spouse is an official Readiness Program that supports Airmen and their families as a quality of life initiative. Appointed Key Spouses and Key Spouse Mentors will complete the required training modules to gain awareness of information and referral resources necessary to support families

through the military life cycle.

#### **BUNDLES FOR BABIES**

**Dec 9 • 1-4:30 p.m.**

Active duty expecting parents 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.



#### **SINGLE PARENT SUPPORT GROUP**

**Dec 11 • 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.

# HEARTS APART HOLIDAY PARTY

**Dec 18 • 6-9 PM**

**RSVP by Dec 9**  
Let's celebrate the holidays! Join us for photos with Santa, food, holiday carols, games and more. Hearts Apart is a support group for military families of a deployed or geographically separated service member. This event is held at the Arnold Hall Community Center.

### **SCHOOL LIAISON OFFICE**

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

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

#### **MENTOR TRAINING**

**Dec 11 • 11 a.m. to 1 p.m.**

Volunteer mentors spend time with young people and encourage positive choices,

promote high self-esteem and academic achievement. This workshop prepares patrons to become a successful mentor. At completion of this training, mentors may be placed in a school within a 5 mile radius of JBSA-Lackland or a school of their choice. Mentor taught by the SLO and Community In Schools.

## EXCEPTIONAL FAMILY MEMBER PROGRAM

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

Dec 17 • Noon to 1:30 p.m.

This month, the EFMP support group will focus stress during the holiday, maintaining balance and stress resilience. Review the unique stressors that are often associated with holidays and ways to manage them. Objectives include: recognizing the signs and symptoms of stress; defining holiday expectations; avoiding the “holiday blues” by practicing stress management techniques; and utilizing strategies to guide children through the holidays with minimal stress to all parties. 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.

## EMOTIONAL EATING & CONFLICT RESOLUTION

Dec 2 • 1-2:30 p.m.



Participants will review tips for developing and maintaining healthy eating habits. Objectives include: defining mindful eating, practicing steps to maintain healthy eating habits, learning how to identify hunger, and incorporating it into one's daily routine. Participants will also review ways to deal with and resolve conflict, particularly in the workplace.

## 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.



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**

**Dec 14 • 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.

**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**

**Dec 1 • 8-11 a.m.**

Newly assigned Commanders and First Sergeants; this briefing will provide the mandatory Commander briefings, satisfy

**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**

**Dec 8 • 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.

## HOW TO ACHIEVE VICTORY OVER DEBT

Dec 15 • 9-10:30 a.m.



Looking for new ways to combat debt? This class will review ways to achieve victory over debt and maintain financial independence.

## 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.



## INTERVIEWING SKILLS WORKSHOP

Dec 10 • 10 a.m. to Noon

Leave a lasting impression at your next job interview. Review how to answer questions, tips on what to wear, and ways to research prospective employers.

## BASIC RESUME WRITING

Dec 15 • 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

Dec 17 • 8:30-11 a.m.

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

## RESOURCE CENTER

Monday-Friday • 8 a.m. to 4 p.m.

The Resource Center has a limited number

of computers with internet access for job searching and checking emails.

## VIRTUAL CAREER LIBRARY

VirtualCareerLibrary.com/randolphafb



The virtual library features a full range of career guidance and employment services.

Resources include:

educational e-books, employment guides, college finders, courses, virtual job data cards, and more. Free for all JBSA patrons participating in the Employment Readiness Program.

## TRANSITION ASSISTANCE PROGRAM (TAP)

JBSA-RAN • M&FRC, Bldg. 693

(210) 652-5321

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

## PRE-SEPARATION & RETIREMENT COUNSELING

Dec 2 & 16 • 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.

## TAP-GOALS, PLANS, SUCCESS

Dec 7-11 • 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.**

### **VA STAND ALONE WORKSHOP**

**Dec 15 • 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)**

**Dec 15 • 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.

**HEARTS APART  
HOLIDAY  
PARTY**

**Dec 3 • 6-8:30 PM**

**RSVP by Nov 27**  
Let's celebrate the holidays! Hearts Apart patrons may pick up their Holiday box at the RAN-Military & Family Readiness Center from 4-5:30 p.m. Join us at the Washington Circle for the community-wide Holiday Tree Lighting Ceremony at 6 p.m. There will be light refreshments and a visit from Santa at the Taj Mahal. Hearts Apart is a support group for military families of a deployed or geographically separated service member.

### **INFANT MASSAGE**

**Dec 2, 7, 9, 11, 16 • 9-10:30 a.m.**

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

seating available, to register call 221-2418.  
This class is held at the HPRC.

### **BUNDLES FOR BABIES**

**Dec 4 • 8:30 a.m. to 12:15 p.m.**

Active duty expecting parents 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.



### **SINGLE PARENT SUPPORT GROUP**

**Dec 17 • 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 mastering your emotions. Registration not required, don't forget to bring a lunch.

## **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**

**Dec 3 • 11 a.m. to 12:30 p.m.**

This month, the EFMP support group will host an open discussion on how to keep your kids focused on their studies during the holiday break. Review numerous ways to incorporate learning fun into tedious household chores.

## **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**

**Dec 10 • 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.

### **POST DEPLOYMENT REUNION**

**Tuesdays • 8-9 a.m.**

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

### **PERSONAL & FAMILY READINESS**

**Dec 1 & 15 • 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

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## **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

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## **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](http://www.jbsa.mil/Resources/MilitaryFamilyReadiness)  
For more information and to view the monthly calendar online.

