

JOINT BASE SAN ANTONIO MILITARY & FAMILY READINESS CENTERS

October-November 2022
CALENDAR OF EVENTS



Federal Voting Assistance • Armed Forces Action Plan • Volunteer Opportunities • Information & Referral • Personal & Work Life • Employment Assistance • Exceptional Family Members • Unit Family Readiness • Casualty Assistance • Deployment Readiness • Financial Readiness • Military & Family Life Counselors • Relocation Readiness • Resiliency • Survivor Benefit Services • Team Building • Transition Assistance

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

JBSA-MILITARY & FAMILY READINESS FLIGHT

The Joint Base San Antonio-Military & Family Readiness Centers incorporate services from all branches: Air Force Military & Family Readiness Center (M&FRC), Army Community Service (ACS), and Navy Fleet & Family Support to support the community. M&FRC programs and services support self-reliance, mission readiness, resiliency, and eases adaptation into the military way of life.

Regardless of specific duty station location, patrons assigned to JBSA can attend trainings and utilize the services offered at all three locations. We offer a variety of classes, trainings, and workshops that promote, educate, and facilitate readiness and resiliency:

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|-----------------------------------|-----------------------------------|
| Air Force Aid Society | Unit Family Readiness |
| Air Force Families Forever | Military & Family Life Counselors |
| Armed Forces Action Plan | Military Family Team Building |
| Casualty Assistance | Personal & Work Life |
| Deployment Readiness | Relocation Services |
| Employment & Career Development | Resiliency Training |
| Exceptional Family Member Program | Survivor Benefit Plan |
| Financial Readiness | Transition Assistance Services |
| Heart Link | Volunteer Opportunities |
| Hearts Apart | Warriors in Transition |
| Information & Referral | Voting Assistance Program |

Briefings for groups, units, or one-on-one consultations are available by request. Programs and events are subject to change. Some services require a minimum number of participants to be effective. Classes not meeting the minimum number of registered participants may be canceled or rescheduled. Other services may have a limited number of seats or space. Register in advance to guarantee service availability.

(FSH) JBSA-Fort Sam Houston (210) 221-2705	(LAK) JBSA-Lackland (210) 671-3722	(RND) JBSA-Randolph (210) 652-5321
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All services provided by the JBSA-M&FR Flight are free and open to all branches of the military, Active Duty Military and their families, Reservists, Coast Guard, National Guard, Retirees, Surviving Spouses, DoD civilian employees (APF and NAF), and DoD contracted employees, unless otherwise stated.



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



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



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

Services & Operational Status

The JBSA-M&FRC operational status and health and safety protocols will change based on installation guidance and the HPCON level. Registration and appointments are required to guarantee service availability. All registered participants will be notified of any schedule changes or cancellations if they occur.

- Routine:** No change, standard operational procedures.
- Alpha:** Standard operations with safety precautions (masks optional, social distance encouraged).
- Bravo:** Reduced in-person operations and an increase in virtual services (JBSA health & safety protocols enforced)
- Charlie:** May be limited to virtual services only (JBSA health & safety protocols enforced).

M&FRC offers different modes of services and workshops:

- Face-to-Face (F2F):** In-person.
- Virtual (V):** Online Synchronous.
- Hybrid (H):** In-person and Online Synchronous.

If the workshop modality type is not listed, call to confirm. Services are subject to change based on the current HPCON status. To schedule one-on-one consultation or to register, contact the hosting location:

JBSA-Fort Sam Houston (210) 221-2705 802fss.f syr.centerbox@us.af.mil	JBSA-Lackland (210) 671-3722 802fss.fsfr@us.af.mil	JBSA-Randolph (210) 652-5321 randolphmfr@us.af.mil
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For up to date information regarding JBSA operations, visit www.jbsa.mil/coronavirus.

CALENDAR OF EVENTS OCTOBER-NOVEMBER 2022

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

Site Legend: Face-to-Face (In-Person) Virtual (Online) Hybrid (both In-Person & Online Synchronous)

EVENT	OCTOBER	NOVEMBER	PAGE	SITE
RELOCATION	Bluebonnet Coffee Connection	--	9	p. 8 FSH
	First Move for Military Spouses	27	--	p. 7 FSH
	Immigration & Citizenship	26	16	p. 7 FSH
	Connection (Newcomer's Orientation)	W	W	p. 16 LAK
	Newcomer's Orientation	7, 21	4, 18	p. 7 FSH
	Newcomer's Orientation	17	14	p. 22 RND
	Newly Assigned CC/CCC/CCF	4	1	p. 22 RND
	Newly Assigned CC/CCC/CCF	--	15	p. 16 LAK
	Supplemental Sponsorship Training	20	17	p. 7 FSH
	FINANCIAL	Blended Retirement System	--	3
Car Buying		27	--	p. 17 LAK
Car Buying		--	10	p. 9 FSH
Consumer Protection		--	17	p. 9 FSH
Continuation Pay		7	--	p. 8 FSH
Credit & Debt Management		--	1	p. 9 FSH

This bi-monthly publication is produced by the 802d Force Support Squadron (FSS), JBSA-Military & Family Readiness Centers. Although every effort is made to publish accurate information, classes and guest speakers are subject to change due to unforeseeable circumstances. Some services require a minimum number of attendees in order to be effective. If the minimum is not met, the class may be canceled or rescheduled. Other services may be limited in size due to classroom space. To ensure availability, call to register.

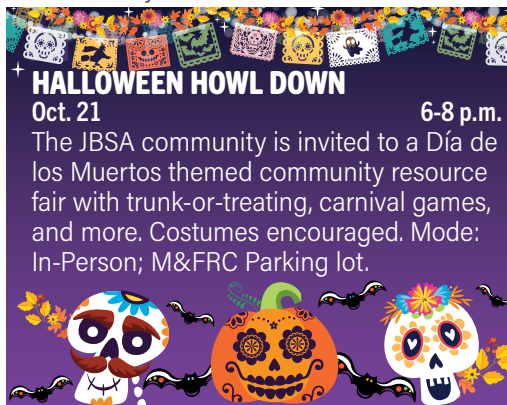
EVENT	OCTOBER	NOVEMBER	PAGE	SITE
Virtual Friday Q&A for Military Spouses	28	--	p. 26	RND
What to Expect When Considering an Adoption	25	--	p. 13	FSH
Unit Voting Assistance Officer Training	20	--	p. 27	RND
VOL				
Volunteering 101	18	15	p. 14	FSH
UNIT FAMILY READINESS				
R.E.A.L. Command Family Readiness Representative	25	--	p. 15	FSH
R.E.A.L. Fund Custodian Training	--	8	p. 15	FSH
R.E.A.L. Key Contacts Training	--	8	p. 15	FSH
R.E.A.L. SFRG Command Team Training	4	1	p. 15	FSH
Key Spouse Annual SAPR & Suicide Awareness Training	--	7	p. 21	LAK
Key Spouse Initial Training	12	--	p. 15	FSH
Key Spouse Initial Training	19, 25-26	--	p. 20	LAK
Key Spouse Continuing Education	19	--	p. 26	RND
Key Spouse Continuing Education	--	15	p. 15	FSH
Key Spouse Continuing Education	--	18	p. 21	LAK
Key Spouse Mentor Training	5	--	p. 26	RND
Key Spouse Mentor Training	--	10	p. 21	LAK
Key Spouse Refresher Training	19	--	p. 26	RND
Key Spouse Refresher Training	--	15	p. 15	FSH
DEPLOYMENT				
Couples & Deployment	--	8	p. 14	FSH
Kids & Deployment	11	--	p. 14	FSH
Pre-Deployment Briefing	4, 18	1, 15, 29	p. 27	RND
Pre-Deployment Briefing	Tu	Tu	p. 21	LAK
Pre-Deployment Briefing	13, 27	10	p. 14	FSH
Post-Deployment Reunion & Reintegration	M	M	p. 21	LAK
Post-Deployment Reunion & Reintegration	Tu	Tu	p. 27	RND
Post-Deployment Reunion & Reintegration	13, 27	10	p. 14	FSH
Rise Up - A Military Spouse Event	-	9	p. 14	FSH

JBSA-FORT SAM HOUSTON

INFORMATION & REFERRAL

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

Information & Referral helps DoD ID cardholders and their families connect with the right resources to meet their specific needs on JBSA or within the local community.



HALLOWEEN HOWL DOWN

Oct. 21 6-8 p.m.
The JBSA community is invited to a Día de los Muertos themed community resource fair with trunk-or-treating, carnival games, and more. Costumes encouraged. Mode: In-Person; M&FRC Parking lot.

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 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.

LENDING CLOSET

Call to schedule an appointment.
Monday-Friday 7 a.m. to 4 p.m.
Closed 1st & 3rd Thursday 1-4:30 p.m.

The Lending Closet loans essential household goods like kitchen equipment, sleeping mats, irons, and more, while you're in transit. Permanent party, technical school students, TDY, and

civilians may borrow items for up to 30 days. A copy of your orders is needed.

NEWCOMER'S ORIENTATION

Oct. 7, 21 & Nov. 4, 18 8 a.m. to Noon
A mandatory in-processing brief for all military personnel newly assigned to JBSA-Fort Sam Houston. Family members are welcome. Service members must coordinate attendance with their Unit Personnel Office. Mode: In-Person.

SUPPLEMENTAL SPONSORSHIP TRAINING

Oct. 20 & Nov. 17 9-11 a.m.
Appointed unit sponsors, Soldier & Family Readiness Groups, Key Spouse members, and other military family members interested in becoming a sponsor must complete the Sponsorship Application & Training online at <https://millelearning.militaryonesource.mil>. Once completed, this optional supplemental training offers additional assistance with information on local resources and tips to support incoming personnel. Registration is required. Mode: In-Person.

IMMIGRATION & CITIZENSHIP

Oct. 26 & Nov. 16 12:45-1:30 p.m.
Service members and their immediate family who are enrolled in DEERS meet with a Citizenship & Immigration Service Officer for assistance with applications during a Q&A session. Registration not required. Call for details. Mode: In-Person.

FIRST MOVE FOR MILITARY SPOUSES

Oct. 27 1-2 p.m.
Are you preparing for your first move? Register for a discussion about exploring your new installation, finding employment, moving with kids and selecting a new school, planning for a Special Needs family member, childcare, financial effects of moving, and more. Mode: Virtual.

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

October 2022

Domestic Violence Awareness Month
National Cyber Awareness Month
National Disability Employment Awareness Month
10 Indigenous Peoples/Columbus Day (All Centers Closed)
13 Navy Birthday
26 National Day of the Deployed

November 2022

National Family Caregivers Month
National Military Family Month
Warrior Care Month
8 Election Day
10 Marine Corps Birthday
11 Veterans Day (All Centers Closed)
13 Remembrance Day
24 Thanksgiving Day (All Centers Closed)
25 AETC Family Day (All Centers Closed)

BLUEBONNET COFFEE CONNECTION

Nov. 9 9:30 a.m. to Noon

Registration deadline: Nov. 7

Connect with other military spouses to learn new skills, participate in an arts and crafts activity, and discover local resources. A light lunch is provided. Participants will be picked up from the Dodd Field Chapel and the M&FRC then shuttled to the event destination. Bring your military-connected friends and neighbors. Children may attend with their parent. *Mode: In-Person.*

FINANCIAL READINESS

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

Financial Readiness can assist with developing an individual plan to achieve financial goals. Specialized services include money management, credit and debt management, consumer issues, and information on emergency assistance. Financial literacy trainings address the DoD mandatory financial touchpoints required across the military lifecycle. Call for more information or to register.

CONTINUATION PAY

Oct. 7 1-3 p.m.

When can you collect? Are there tax implications with the payout amounts? Get answers to questions like these and more regarding your Continuation Pay under the Blended Retirement System. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

PROMOTIONS & FINANCIAL READINESS

Oct. 7 & Nov. 14 1-3 p.m.

Make the most out of your new financial opportunity by learning how to set up spending goals, reduce excessive debt, grow your retirement, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

HOW TO BUDGET

Oct. 11 & Nov. 8 9:30-11:30 a.m.

Participate in this hands-on, guided process to learn how to create a spending plan worksheet. Attendees must bring a copy of their current LES, spouse's income information (if applicable), a list of monthly expenses, and debt information such as the total balance owed, monthly payment, and annual percentage rate (APR). *Mode: In-Person.*

RETIREMENT PLANNING STARTER - TSP VESTING

Oct. 12 & Nov. 9 9-11 a.m.

Become familiar with contribution limits, tax-deferred investments, and rates of return. Learn what options are available after separating from the military or civil service. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

SAVE FOR THE UNEXPECTED

Oct. 18 9:30-11 a.m.

Life is full of unexpected turns that can derail your financial stability. Discover tips to help build and grow an emergency fund and be prepared for financial emergencies. *Mode: In-Person.*



MARRIAGE & FINANCIAL READINESS

Oct. 21 & Nov. 4 1-3 p.m.

Did you know money is one of the top issues that cause relationship problems? Get tips to help create a new household spending plan that works for both of you; review debts, credit reports and scores, discuss emergency funds, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

DIVORCE & FINANCIAL READINESS

Oct. 21 & Nov. 18 1-3 p.m.

Review tips to help navigate the financial process of divorce. Establish a spending plan based on new potential expenses and income, update account beneficiaries, reshape retirement funds, and more. This

training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

CREDIT & DEBT MANAGEMENT

Nov. 1 9:30-11 a.m.

Learn how credit scores are calculated, key factors to improve your score, and discuss associated costs. *Mode: In-Person.*

CAR BUYING

Nov. 10 11:30 a.m. to 12:30 p.m.

Review topics associated with purchasing a new or used car to avoid sales traps, dealer scams, and predatory lending. *Mode: In-Person.*

FIRST CHILD FINANCIAL PLANNING

Nov. 15 9-11 a.m.

Financial planning is essential to preparing for the arrival of your first child. Let our financial readiness professionals help you begin. This training fulfills a DoD Financial Touchpoint requirement and must be completed within 6 months of updating DEERS. *Mode: In-Person.*

CONSUMER PROTECTION

Nov. 17 9:30-11:30 a.m.

Learn ways to minimize the odds of becoming a victim of fraud, how to report issues, protect your assets, and fix your credit. *Mode: In-Person.*

EMPLOYMENT READINESS

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

Employment Readiness helps patrons improve essential skills needed to secure employment in a competitive job market. Services include job counseling, resume writing assistance, educational information, and more. Call to register.

MILITARY FAMILY SUPPORT PROGRAM

Meet with a career counselor from Workforce Solutions Alamo to learn about employment opportunities for military spouses. To schedule an appointment, call (210) 850-2152.

www.jbsa.mil/Resources/Military-Family-Readiness

USA JOBS NAVIGATION & FEDERAL RESUME

Oct. 5 & Nov. 2 1-3 p.m.

Discuss the federal hiring process, eligibility, preferences, navigating the site, and learn how to build a successful federal resume. *Mode: Hybrid.*

READY, SET, RESUME

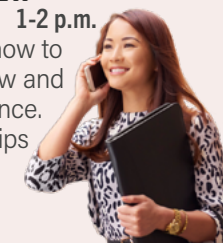
Oct. 12 & Nov. 9 1-2 p.m.

Knowing what to put on your resume can be confusing. This workshop introduces the different types of resume formats, including the federal style. *Mode: Hybrid.*

ACING THE INTERVIEW

Oct. 19 1-2 p.m.

It's essential to know how to prepare for an interview and interview with confidence. Discover preparation tips and review commonly used platforms. *Mode: Hybrid.*



YOUR PATHWAYS TO EMPLOYMENT

Oct. 24 & Nov. 28 9-11 a.m.

Discover your path to employment by setting a foundation for success. Learn about employment resources and hear a message from our mission partners: Workforce Solutions, Texas Workforce Commission, USO, NAF & Civilian Personnel, and the Career Skill Bridge program. *Mode: Virtual.*

LINKEDIN 101

Oct. 26 & Nov. 23 1-3 p.m.

Looking for a job? LinkedIn is a must for your social media toolbox! Learn about the benefits and create a professional profile that showcases your abilities and accomplishments. *Mode: Hybrid.*

CONVERSATIONAL INTERVIEW SKILLS

Nov. 16 1-2 p.m.

Get past your interview jitters and awkward starts by learning how to turn the interview into a conversation. Get tips to help prepare for a job interview, leave a positive lasting impression, and gain insight on appropriate attire. *Mode: Hybrid*

www.jbsa.mil/Resources/Military-Family-Readiness

CAREER CRUNCH

Nov. 30 11 a.m. to 1 p.m.

Learn about alternative and traditional employment options and skill development resources to help minimize a swiss cheese resume due to ongoing PCS's. Crunch through information on portable and trade careers, leverage networking through LinkedIn, and brush up on interview skills as we discover employment options that can easily transfer to new locations. Lunch is provided; registration is required. *Mode: Hybrid.*



MICROSOFT OFFICE: POWERPOINT CLINIC

Nov. 23 8-10 a.m.

Avoid stale presentations by learning how to use enhanced features like creating animated GIFs, rolling marquees, screen recording with narration voiceover, parallax effects, and more. *Mode: Virtual.*

TRANSITION ASSISTANCE PROGRAM

JBSA-FSH • Joint Transition Readiness Center, Bldg. 3639
(210) 916-7322 or 916-6089

TAP is a mandatory program for all service members separating or retiring from the military and must begin no later than 365 days prior to their transition date and helps service members meet their post-military goals. Call or email 802fss.fsyrr.tap@us.af.mil to schedule an appointment.

INDIVIDUALIZED INITIAL COUNSELING

Monday-Friday Call to Register
Those separating or retiring from active duty must meet with a counselor to officially start the transition process. This one-on-one counseling session must begin no later than 365 days before their separation or retirement date to complete a self-assessment to develop an individual transition plan. **This is the first step of the Transition process.** *Mode: In-Person.*

PRE-SEPARATION COUNSELING

Oct. 5, 21, 26 & Nov. 2, 22 9-11 a.m.
Oct. 5 & Nov. 2, 22 1-3 p.m.
This is the second step of the formal transition process, like the Individualized Initial Counseling (IIC), it must also begin no later than 365 days before your transition date. Review by-law information to include benefits, entitlements, and resources for eligible transitioning service members. Caregivers and spouses are encouraged to attend pre-separation counseling with their service member. **Prerequisite: IIC.** *Mode: In-Person.*

DOD TRANSITION DAY

Executive: Oct. 3, 24 & Nov. 14
Separation: Oct. 17, 31 & Nov. 28
SFAC/MEB: Oct. 12 & Nov. 16
8 a.m. to 4 p.m.

This day is comprised of the following required instructional classes: Managing Your Transition, MOS Crosswalk, and Financial Planning for Transition. **These classes are a requirement. Prerequisite: Pre-Separation.** *Mode: In-Person.*

VA BENEFITS & SERVICES

Executive: Oct. 4, 25 & Nov. 15
Separation: Oct. 18 & Nov. 1, 29
SFAC/MEB: Oct. 13 & Nov. 17
8 a.m. to 4 p.m.

This course explains how to navigate your transition journey with the Department of Veterans Affairs. Benefits and services discussed include: supporting yourself and your family, getting career-ready, finding a place to live, maintaining your health, and connecting with your community. **This class is a requirement. Prerequisite: DoD Transition Day.** *Mode: In-Person.*

DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

Executive: Oct. 5, 26 & Nov. 16
Separation: Oct. 19 & Nov. 2, 30
SFAC/MEB: Oct. 14 & Nov. 18
8 a.m. to 4 p.m.

This course sets the foundation for transitioning from military to civilian careers by introducing essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process. **This class is a requirement. Prerequisite: DoD Transition Day.** *Mode: In-Person.*

DOL EMPLOYMENT WORKSHOP

Executive: Oct. 11-12, 27-28 & Nov. 17-18
Separation: Oct. 20-21 & Nov. 3-4
8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor provides information to stay current in a competitive job market by reviewing emerging technology for networking and searching for

employment. Learn how to build an effective resume and brush up on interviewing skills. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** *Mode: In-Person.*

DOL CAREER & CREDENTIAL EXPLORATION

Oct. 13-14 & Nov. 8-9 8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor guides those pursuing career technical training. Discuss different vocational fields and identify the skills needed to develop an action plan for achieving career goals. Review accredited training institutions and credentialing programs. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** *Mode: In-Person.*

MANAGING YOUR (MY) EDUCATION

Oct. 17-18 & Nov. 14-15 8 a.m. to 4 p.m.

This 2-day track helps service members achieve academic success by reviewing credit transfers, researching schools, exploring financial aid assistance, providing vocational education counseling, and more. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** To register, call the Education Center at (210) 221-9362.

EMPLOYER DAY

Oct. 26 10 a.m. to 1 p.m.

Network with hiring employers to secure employment prior to transitioning out of the military. Interviews may be held on-site, be sure to bring copies of your resume and dress to impress. *Mode: In-Person.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

This program provides transitioning service members opportunities to help turn their military skills into post-service careers by connecting with apprenticeships, internships, and certification training during their final 180 days of active duty service. Weekly Skillbridge showcase webcasts are held every Wednesday at 1 p.m. to spotlight

VIRTUAL MICROSOFT OFFICE 2016

Whether you're trying to impress your boss or land a new job, computer skills transfer to nearly any industry. Get familiar with themes, templates, formulas, formatting and more. Users of all skill levels learn tips to help improve proficiency and maximize productivity. Register for free, hands-on, instructor-led classes. Open to all DoD ID cardholders. *Mode: Virtual.*



Word
Oct. 4-6 • 11 a.m. to 1 p.m.



Outlook
Oct. 18-20 • 11 a.m. to 1 p.m.

MICROSOFT OFFICE: EXCEL I CLINIC

Oct. 7 11 a.m. to 1 p.m.

This intermediate level session reviews sparklines, what if analysis, pivot tables, slicers and timelines. *Mode: Virtual.*

MICROSOFT OFFICE: OUTLOOK CLINIC

Nov. 16 8-10 a.m.

Take your skills to the next level by learning how to use notes, quick parts, quick steps, and use automation tools to improve efficiency and save time. *Mode: Virtual.*

partners. For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

JBSA-FSH • M&FRC, Bldg. 2797
(210) 421-9387, 672-0529

Military & Family Life Counselors help service members, their families, and significant others by discussing issues from deployment and reintegration, marriage and relationships, stress, anxiety, anger, grief and loss, and other life concerns. Consultations are anonymous, no records kept. Unit briefings or trainings are also available. Call to schedule a one-on-one consultation or a group meeting. For Child and Youth Behavioral, call (210) 627-0400, 627-5665, or 627-7617.

PERSONAL FINANCIAL COUNSELOR

Personal Financial Counselors provide free and anonymous financial counseling services to service members and their families. To schedule a consultation, call (210) 238-2407.

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

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 for details or to register.

HALLOWEEN HOWL DOWN

Sensory Friendly: Oct. 21 5-6 p.m.

The JBSA Exceptional Family Member Program hosts a Día de los Muertos Halloween themed event with information on community resources, trunk-or-treats, carnival games, and more. A sensory friendly hour from 5-6 p.m. is available indoors for registered EFMP and Hearts Apart Families. Costumes encouraged. Mode: In-Person; M&FRC.



CONVERSATIONAL CORNER

Oct. 28 9-10:30 a.m.

Join the conversation for an open and diverse discussion about coping with ADHD. Mode: In-Person.

CHRIS KROSSING RANCH FIELD DAY

Nov. 5 1-4 p.m.

EFMP & Hearts Apart Families are invited to the Chris Krossing Ranch to hang out and enjoy fun ranch activities with horses and other animals. Limited openings, registration required. Mode: In-Person; 2909 Church Rd, New Berlin, TX 78155.

PERSONAL & WORK LIFE

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

Personal & Work Life collaborates with many helping agencies to promote family preparedness through education and readiness support. Call to register.

TEXAS WIC

The national Supplemental Nutrition Program for Women, Infants and Children (WIC) supports expecting parents from pregnancy to delivery to raising a child to 5 years of age. Meet with a clerk, Licensed Vocational Nurse, or Nutritionist at the M&FRC every 1st Tuesday and 3rd Wednesday from 7:30 a.m. to 4 p.m. to learn about nutrition, breastfeeding,

counseling services, and more. Open to all JBSA patrons. Call (210) 954-4566 to schedule an appointment. WIC is an equal opportunity program

CAR SEAT 101

Oct. 4 & Nov. 15 9-11 a.m.

There are many aspects to consider when installing a car seat and adjustments to make as your baby grows. This course provides information about the different types of car seats and reviews the basics of car seat installation to keep your child safe. After the class, sign up for the Car Seat Safety Clinic to have your car seat checked by a Child Passenger Safety Technician and Senior Checker. Service members E-5 and below may be eligible for a free car seat. Mode: In-Person.

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Oct. 7 & Nov. 4 2-2:30 p.m.

Join us to receive valuable resources and talk with experts as we explore ways to get and stay connected. Mode: Virtual.

PLAY & LEARN PLAYGROUP

Oct. 11, 25 & Nov. 8 9-11 a.m.

A fun-filled interactive meet-up to help children, ages 0-5, improve social, cognitive, and motor skills. Parents have an opportunity to network with other parents and must remain on-site. Mode: In-Person.

INFANT MASSAGE

Oct. 18 9:30-11 a.m.

Learn how infant massage can help alleviate colic, improve sleep, and create strong bonds between the baby and parents. Open to parents with babies ages 3 months and up. Mode: In-Person.

WHAT TO EXPECT WHEN CONSIDERING AN ADOPTION

Oct. 25 1-3:30 p.m.

Navigate through the legal, financial, and emotional aspects of adoption while in the military. This workshop is open to those who are considering or going through

an adoption while serving in the military. Mode: Virtual.



Nov. 10 9 a.m. to 2 p.m.

An orientation for military spouses from all branches of service - meet new friends while learning about the military mission, lifestyle, protocol, and local community resources. Supported by the Air Force Aid Society. Mode: In-Person.

MILITARY FAMILY TEAM BUILDING (MFTB)

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

MFTB is about mission readiness and family readiness. It helps service members grow as leaders and teaches families how to adapt and embrace challenges. Open to all DoD cardholders on JBSA. Unit training is available by request.

BECOMING AN IMPACTFUL LEADER

Oct. 13 & Nov. 10 2-3 p.m.

JBSA military and civilian leaders share their personal experiences of overcoming challenges in their career, personal growth, and resiliency. Participate in this open discussion and take advantage of development opportunity. This might be just what you need to hear. Mode: Hybrid.

VOLUNTEER SERVICES

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

Volunteers support the military and the community through various capacities such as coaches, office assistants, SFRG leaders, program assistants, and more. Volunteer Services coordinates with

the community to connect patrons with volunteer opportunities. Call for details.

VOLUNTEERING 101

Oct. 18 & Nov. 15 1-2 p.m.
Learn about volunteer opportunities in the community and how to navigate the Volunteer Management Information System. Participants also discuss rules and regulations for volunteering on a military installation. *Mode: Virtual.*

DEPLOYMENT READINESS

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

Deployment Readiness offers workshops, briefings, and support groups to enhance mission preparedness and self-reliance throughout the phases of the deployment cycle. Registration is required no later than 48 hours prior.

KIDS & DEPLOYMENT

Oct. 11 2:30-3:30 p.m.
Develop a foundation for helping your child of any age navigate the emotional stress of a deployed parent. Discuss ways to include your child in open and positive conversations, anticipate common reactions, tips for coping, and how to talk about unanticipated, real-life situations that have developed. *Mode: In-Person.*

COUPLES & DEPLOYMENT

Nov. 8 2:30-3:30 p.m.
Deployment can be a challenge for even the most seasoned military couple. Preparing together is key for supporting each other and strengthening your relationship from a distance. Discuss ways to improve communication, review common emotions and reactions, and get your financials in order. *Mode: In-Person.*

PRE-DEPLOYMENT BRIEFING

Oct. 13, 27 & Nov. 10 8-10 a.m.
All service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment are required

to attend. Review tips to help prepare for a deployment to include financial management. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

POST-DEPLOYMENT REUNION & REINTEGRATION

Oct. 13, 27 & Nov. 10 10 a.m. to Noon
Required for all service members returning from deployment; this training covers reintegration into home life, finances, and provides resources to deal with associated stressors. Spouses are highly encouraged to attend. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

RISE UP - A MILITARY SPOUSE EVENT

Nov. 9 9 a.m. to 2 p.m.
Registration deadline: Nov. 7
This event is dedicated to all military spouses - we salute you for all your contributions and recognize the ongoing challenges and changes you face throughout the military life cycle in support of your service member's career. Join us to unwind and de-stress with a day full of fun activities like speed friending, painting, games, and giveaways. *Mode: In-Person.*

MRT: HUNT THE GOOD STUFF & ATC

Oct. 11 1:30-2:30 p.m.
Discuss how to Hunt the Good Stuff to counter the negativity bias, create positive emotion, and notice and analyze what is good. Learn how to identify your thoughts about an Activating Event (A), your heat-of-the-moment Thoughts (T), and the Consequences (C) those thoughts can generate during this Master Resiliency Training. *Mode: In-Person.*

MRT: GOAL SETTING

Oct. 25 1-3 p.m.
During this Master Resiliency Training, participants discuss the 7-Step Goal Setting process to identify, plan for, and commit to pursuing a goal. *Mode: In-Person.*

MRT: IDENTIFY CHARACTER STRENGTHS IN SELF & OTHERS

Nov. 8 1-3 p.m.
This Master Resiliency Training teaches how to identify the 24 universal Character Strengths in yourself and those of others. Learn how to use your strengths to increase your effectiveness and strengthen relationships. *Mode: In-Person.*

MRT: PROBLEM SOLVING

Nov. 22 1:30-3 p.m.
Don't put a band-aid over a problem. This MRT training reviews ways to improve accuracy in identifying the cause of a problem and develop effective solution strategies to resolve it. *Mode: In-Person.*



R.E.A.L. COMMAND TEAM TRAINING

Oct. 4 & Nov. 1 9-11 a.m.
Commanders and First Sergeants receive insight into the Soldier & Family Readiness Group operations and learn about the roles between the command team and the SFRG leaders. Review the basics of SFRG funding, volunteer management, and recruiting concepts. *Mode: In-Person.*

R.E.A.L. COMMAND FAMILY READINESS REPRESENTATIVE TRAINING

Oct. 25 8:30 a.m. to 3:30 p.m.
Soldiers appointed as the CFRR receive information to assist with operational, logistical, and administrative aspects of the SFRG. As a liaison between the command and SFRG volunteers, it's essential to know the ins and outs of the SFRG. Discuss the CFRR roles, Rear Detachment, VMIS, CARE Team, Informal Fund Custodian, Social Media, OPSEC, and other elements of the SFRG. *Mode: In-Person.*

R.E.A.L. KEY CONTACTS TRAINING

Nov. 8 9-11 a.m.
All SFRG Key Contacts must attend this training. Review your roles and responsibilities, discuss how to address potential issues, and learn about resources. *Mode: In-Person.*

R.E.A.L. FUND CUSTODIAN TRAINING

Nov. 8 1-3 p.m.
Current and incoming SFRG Fund Custodians are required to attend this training and review regulations for managing informal funds and fundraising. *Mode: In-Person.*

KEY SPOUSE INITIAL TRAINING

Oct. 12 8:30 a.m. to 3 p.m.
This training is mandatory for all newly appointed Key Spouses and Key Spouse Mentors who have not received the initial training from their previous location. Review the 8 core modules in the standard Air Force Key Spouse training curriculum, roles, and responsibilities. *Mode: In-Person.*

KEY SPOUSE REFRESHER TRAINING

Nov. 15 9-10 a.m.
Key Spouses and Key Spouse Mentors who've had a break of service in their role or just PCS'ed to JBSA must attend this refresher training before functioning as a KS or KSM. *Mode: In-Person.*

KEY SPOUSE CONTINUING EDUCATION

Nov. 15 10-11 a.m.
Key Spouses and Key Spouse Mentors participate in professional development training and networking opportunities to maintain skills and learn about resources. This quarterly training complements the Initial Training. *Mode: In-Person.*



FEDERAL VOTING ASSISTANCE PROGRAM

JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-2705
The Federal Voting Assistance Program provides information and guidance to service members, their families, and all other U.S. civilian DoD employees by contributing to a better understanding of voter rights and absentee voting. For more information, email 802fss.fsyrvote@us.af.mil.

INFORMATION & REFERRAL

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

Information & Referral help patrons connect with the right resources to meet their specific needs on JBSA or within the local community.

RELOCATION ASSISTANCE

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

Relocation Assistance is available to service members and their families through the process of a permanent change of station (PCS). Take charge of your PCS by visiting installations.militaryonesource.mil to learn about entitlements, benefits, planning tools, and more. Call for more information or to register for a class.

PLAN MY MOVE - SMOOTH MOVE

Contact your Unit Personnel Coordinator or Commander Support Element

Service members (E4 and below and O2 and below) PCS'ing for the first time, and all ranks PCS'ing OCONUS are required to complete this online training. After completion, virtual out-processing tasks can be cleared by M&FRC. Family members are encouraged to attend.

CONNECTION (NEWCOMER'S ORIENTATION)

Wednesdays 7:30 a.m. to 3 p.m.

The Welcome Center is the initial step of in-processing and integration for both active duty and federal employees assigned to JBSA-Lackland. Contact your Unit Personnel Coordinator or Commander Support Element for additional details. Registration is

required; visit www.signupgenius.com/go/10c0f44acac28a1ffc8-jbsalackland. Mode: In-Person; Mitchell Hall, Bldg. 2300.

NEWLY ASSIGNED COMMANDERS & FIRST SERGEANTS BRIEFING

Nov. 15 8-11:15 a.m.

Newly assigned Commanders, Command Chiefs, and First Sergeants: this mandatory briefing satisfies AFI requirements while introducing key personnel from installation support agencies such as Family Advocacy, Military & Family Readiness, and Sexual Assault Prevention Response. Mode: In-Person.

FINANCIAL READINESS

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

Financial Readiness provides resources, information, and addresses money management issues ranging from basic budgeting to long-term investment planning and debt reduction. Individual and group briefings are available. Call to register.

MANDATORY FINANCIAL TOUCHPOINTS

Call to schedule an appointment. Think of your financial journey as a road trip, you'll need a plan, fill-ups, and maintenance. These mandatory touchpoints help navigate each stage of your journey. **Touchpoints include: First Duty Station, PCS, Promotions, Vesting in TSP, Continuation Pay, Pre-/Post-Deployment, Marriage, Birth or Adoption of First Child, Divorce, and Career Transition.**



www.jbsa.mil/Resources/Military-Family-Readiness

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

Oct. 12 & Nov. 9 10 a.m. to Noon

Mandatory for all non-prior enlisted officers serving at their first duty station within 90 days of arrival—explore all aspects of finances to include pay, entitlements, insurance, credit management, Thrift Savings Plan, and more. Mode: Virtual.

MOVING OUT OF THE DORM

Oct. 13 10 a.m. to Noon

Planning to move out of the dorms? Learn how to create a comprehensive budget and review Basic Allowance for Housing (BAH), associated costs of renting, and renter's insurance. Mode: In-Person.



CAR BUYING

Oct. 27 10 a.m. to Noon

Review topics associated with purchasing a new or used car, avoid sales traps, dealer scams, and predatory lending. Mode: In-Person.



SAVING FOR THE HOLIDAYS

Nov. 3 10 a.m. to Noon

It's easy to get carried away with overspending during the holidays, start planning now! Discover ways to save and cut back, and avoid starting the new year with new debt. Mode: In-Person.



EMPLOYMENT READINESS

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

Employment assistance helps patrons build essential skills for locating and securing employment. Services include resume writing assistance and review, job or career counseling, information on local employment possibilities, and education and volunteer opportunities. Call to register.

www.jbsa.mil/Resources/Military-Family-Readiness

MILITARY FAMILY SUPPORT PROGRAM

Meet with a career counselor from Workforce Solutions Alamo to learn about employment opportunities for military spouses. To schedule an appointment, call (210) 850-2152.

REVERSE CAREER FAIR

Oct. 4 3-6 p.m.

Abandon the traditional job fair format and reverse the roles - employers will approach job seekers during a round table discussion to provide insight and advice as they pitch their elevator speech to you. San Antonio community partners, Military Spouse Employment Partnership (MSEP), and JBSA support agencies also assist with career guidance and resume reviews. Mode: In-Person.

EMPLOYER PANEL Q&A

Oct. 18 11 a.m. to 1 p.m.

Explore new horizons and discover valuable insight and advice from a panel of JBSA - Alliance employers seeking to hire service members and their spouses. Uncover career and training opportunities to help take your career to the next level and meet your professional goals. Mode: In-Person.

LINKEDIN WITH A RECRUITER

Nov. 1 1-3 p.m.

This business and employment-oriented social media site is an excellent resource for finding employment. Learn how to build a profile with professional imagery and brand yourself to attract employers and recruiters. Discover trade secrets from top recruiters from different fields and sector. Mode: In-Person.

RESUME WRITING

Nov. 15 1-3 p.m.

This hands-on resume writing lab provides instructions for preparing a viable resume for job searching and offers participants an opportunity to update their resumes on the spot. Mode: In-Person.

JBSA-LAK M&FRC

TRANSITION ASSISTANCE PROGRAM

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

TAP is a mandatory program for all service members separating or retiring from the military and must begin no later than 365 days prior to their transition. The program provides training opportunities and information to help service members meet their post-military goals. Services include self-assessment tools, pre-separation counseling, benefits overview, job search training, resume review, career options, academic and educational guidance, and more. Call to schedule an appointment or sign up.

INDIVIDUALIZED INITIAL COUNSELING Call for Schedule Details & Appointments.

Service members begin their transition process by completing a personal self-assessment to identify post-transition goals and develop their Individual Transition Plan (ITP). Those separating or retiring from active duty must complete this mandatory one-on-one counseling no later than 365 days before their separation or retirement date. **This is the first step of the Transition process.** *Mode: In-Person.*

PRE-SEPARATION COUNSELING

Oct. 3, 17, 31 & Nov. 14 8-10:30 a.m.

This is the second step of the formal transition process. Pre-Separation Counseling, just like Initial Counseling, must start no later than 365 days **before** your transition date. Review by-law information to include benefits, entitlements, and resources for eligible transitioning service members. Caregivers and spouses are encouraged to attend pre-separation counseling with their service member. **Prerequisite: Individualized Initial Counseling.** *Mode: In-Person.*

TAP WORKSHOP

Oct. 3-5, 17-19, Oct. 31-Nov. 2 & Nov. 14-16
8 a.m. to 4 p.m.

This mandatory 3-day workshop provides a standardized core curriculum. Review common challenges, financial planning, and VA benefits to help service members to depart career-ready. Facilitated by the Department of Labor, Veterans Administration, and M&FRC. After completion, additional workshops aligned with an individual's post-transition plan are offered. **Prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

VA Benefits and Services

Available on tapevents.mil

This course explains how to navigate your transition journey with the Department of Veterans Affairs. Benefits and services discussed include supporting yourself and your family, getting career-ready, finding a place to live, maintaining your health, and connecting with your community. **Prerequisite: Pre-Separation Counseling.** *Mode: Virtual.*

DOL EMPLOYMENT WORKSHOP

Oct. 6-7, 20-21 & Nov. 3-4, 17-18 8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor provides information to stay current in a competitive job market by reviewing emerging technology for networking and searching for employment. Learn how to build an effective resume and brush up on interviewing skills. **Subject to individual plans, this class may be required; prerequisite: TAP workshop.** *Mode: In-Person.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program on JBSA provides transitioning service members opportunities to help turn their military skills into post-service careers by connecting with apprenticeships, internships, and

certification training during their final 180 days of active duty service. There are over 60 different opportunities ranging from career fields in healthcare, IT, finance or accounting, management, engineering, government, law enforcement, and more. Weekly Skillbridge showcase webcasts are held every Wednesday at 1 p.m. to spotlights of approved partners. For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.

SURVIVOR BENEFITS

JBSA-LAK • Bldg. 5616
(210) 671-3243, 671-3216, 671-3796

The Survivor Benefit Plan (SBP) briefing is required by law for all retiring service members and their spouses no later than 60 days (minimum 90 days recommended) prior to their approved retirement date. SBP Counselors make contact 190 days before the approved retirement date to ensure all service members are scheduled for this essential briefing. Call for details or to schedule an appointment.

RECORD OF EMERGENCY DATA

DD Form 93, Record of Emergency Data, or RED - no matter how you refer to it - it's a vital part of your military personnel records. Updates should be made at least annually and always upon life changes (new address, marriage, divorce, birth of a child, and other changes to beneficiaries). It's the service member's responsibility to keep it current in vMPF. When was the last time you updated yours? For more information call (210) 671-3796, 671-3243, 671-3216 or email 802fss.fsrc@us.af.mil.



EXCEPTIONAL FAMILY MEMBER PROGRAM

JBSA-LAK • M&FRC, Bldg. 5725
(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 ORIENTATION

Oct. 27 Noon to 1 p.m.

Discover who qualifies as an exceptional family member, how to enroll or dis-enroll, the 3 pillars that make up the program, and how it factors into assignment choices. Learn how the program can support you and your family through respite care, TRICARE, ECHO, education rights, and more. *Mode: Virtual.*



SAVING FOR THE HOLIDAYS

Nov. 3 10 a.m. to Noon

It's easy to get carried away with overspending during the holidays, start planning now! Discover ways to save and cut back, and avoid starting the new year with new debt. *Mode: In-Person.*



MILITARY & FAMILY LIFE COUNSELORS (MFLC)

JBSA-LAK • Bldg. 5725, Rm. 135
(210) 984-1076, 238-5528

Military & Family Life Counselors help service members, their families, and significant others address issues from deployment and reintegration, marriage and relationships, communication challenges, stress, anxiety, anger, grief and loss, and other daily life issues.

Consultations are anonymous, no records kept. Unit briefings or trainings are also available. Call to schedule a one-on-one consultation or a group meeting. For Child and Youth Behavioral, call (210) 627-0054, 540-5033, or 439-8723.

PERSONAL & WORK LIFE

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

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

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not held Nov. 11 & 25) 2-2:30 p.m.
Join us each week to receive valuable resources and talk with experts as we explore ways to get and stay connected. *Mode: Virtual.*

TUESDAY TEA AT TEN

Oct. 4 & Nov. 1 10-11 a.m.
Connect virtually every month to share ideas, network, and support one another. *Mode: Virtual.*

SINGLE PARENT SUPPORT GROUP

Oct. 5 11:30 a.m. to 12:30 p.m.
Long- and short-term single parents receive information on community resources, network with other parents, and participate in open discussions. *Mode: Virtual.*

HEART LINK Spouse Orientation

Oct. 13 9 a.m. to 1 p.m.
Spouses new to the military or new to JBSA receive information about the military mission and military lifestyle. Review topics to help adapt like acronyms, protocol, and local community resources. *Mode: In-Person.*

Bundles for Babies

Nov. 2 9-11:30 a.m.
In partnership with the Air Force Aid Society, information is provided on budgeting for a baby, dental and pediatric clinics, the New Parent Support Program, and more. Active-duty expecting parents are encouraged to attend. Patrons affiliated with the Air Force, Navy, Marine Corps, or Coast Guard receive a gift, courtesy of AFAS. Registration required. This training fulfills a DoD Financial Touchpoint requirement. *Mode: Virtual.*



ADOPTION & FOSTER CARE SEMINAR

Nov. 10 9 a.m. to Noon
Review the adoption and foster care process, state and legal requirements, benefits, DEERS enrollment, and more. Facilitated by the Texas Department of Family and Protective Services and M&FRC. This seminar fulfills the state requirement for prospective foster and adoption parents to attend an informational orientation. *Mode: Virtual*



KEY SPOUSE

KEY SPOUSE INITIAL TRAINING

Oct. 19 9 a.m. to 2 p.m.
All newly officially appointed Key Spouses or Key Spouse Mentors must complete an Initial Training, facilitated by M&FRC or self-paced online, before acting as an official KS or KSM. The KS Program Initial Training (classroom and virtual) consists of 8 standardized modules. *Mode: In-Person.*

KEY SPOUSE INITIAL TRAINING

Oct. 25-26 5:30-8:30 p.m.
This 2-part evening training is mandatory for all newly appointed Key Spouses and Key Spouse Mentors must complete an Initial Training before acting as an official

KS or KSM. Review the 8 standardized modules. *Mode: In-Person.*

KEY SPOUSE ANNUAL SAPR & SUICIDE AWARENESS TRAINING

Nov. 7 9 a.m. to Noon
Suicide Awareness & Prevention and Sexual Assault Prevention & Response training is an Air Force annual requirement for appointed Key and Mentor Spouses. *Mode: Virtual.*

KEY SPOUSE MENTOR TRAINING

Nov. 10 10-11 a.m.
After completion of the Key Spouse Initial Training, KS Mentors are required to take this 1-time mandatory training. The class duration may vary depending on participants and interactive scenarios. *Mode: Virtual.*

KEY SPOUSE CONTINUING EDUCATION

Nov. 18 10-11 a.m.
This quarterly training complements the Key Spouse Initial Training by providing networking opportunities and continued education. Training may be facilitated through various methods such as in-person or different computer-based platforms like podcasts, webinars, or Military OneSource. *Mode: In-Person.*

VOLUNTEER SERVICES

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

Volunteer Services provide volunteers with opportunities based on interest and agency needs. Volunteers support the military through various capacities such as coaches, office assistants, program assistants, and more. Call to sign up or for information.



DEPLOYMENT READINESS

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3722

Deployment Readiness helps service members and their families prepare for deployment through trainings and support groups that assist with the unique challenges of a deployment cycle.

POST-DEPLOYMENT REUNION & REINTEGRATION

Mondays (Not held Oct. 10) 9-10 a.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. *Mode: Virtual.*

PRE-DEPLOYMENT BRIEFING

Tuesdays 9-10 a.m.
When deploying, it's vital to have all your personal and family affairs in order. This briefing provides helpful information to assist with all phase of deployment. This is a mandatory briefing for all service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment. Spouses encouraged to attend. *Mode: Virtual.*

FEDERAL VOTING ASSISTANCE PROGRAM

JBSA-LAK • M&FRC, Bldg. 5725
(210) 671-3723

The Federal Voting Assistance Program (FVAP) provides services to Active Duty members, their families, and all eligible voters with information and guidance on the voting process. For more information, email lackland.vote@us.af.mil.

INFORMATION & REFERRAL

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

Information & Referral helps patrons connect with the right resources to meet their specific needs on JBSA or within the local community.

RELOCATION ASSISTANCE

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

Relocation Assistance offers an array of services to assist with a permanent change of station (PCS). One-on-one appointments are available to provide information that ensures your move is as smooth as possible. Visit Plan My Move at planmymove.militaryonesource.mil and Military Installations at installations.militaryonesource.mil for more tips.

LOAN LOCKER

Monday-Friday 8 a.m. to 4 p.m.
Closed 1st & 3rd Thursday 1-4:30 p.m.

In need of a few items until your household goods arrive? Visit the Loan Locker to borrow basic items while your household goods are in transit. A copy of your orders is required.

NEWLY ASSIGNED COMMANDER, COMMAND CHIEF & FIRST SERGEANTS BRIEFING

Oct. 4 & Nov. 1 8 a.m. to Noon

Commanders, Command Chiefs, and First Sergeants; this mandatory briefing satisfies AFI requirements while introducing key personnel from the Military & Family Readiness Center, Equal Opportunity, Family Advocacy, HIPAA, and Legal. *Mode: In-Person.*

NEWCOMER'S ORIENTATION

Oct. 17 & Nov. 14 8 a.m. to Noon

Mandatory in-processing for all newly assigned JBSA-Randolph military and civilian personnel. Spouses are welcome to attend. Contact your CSS to register. *Mode: In-Person.*

SPONSORSHIP TRAINING

In accordance with AFI 36-2103, the Sponsorship Application & Training (eSAT) at <https://millifelearning.militaryonesource.mil> features a checklist, newcomers' needs assessment, customizable letters, and more. Once completed, contact M&FRC for additional information. Family members may become a sponsor by completing the eSAT.

FINANCIAL READINESS

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

Personal Financial Readiness provides information and guidance to assist 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 spending plans.

HOME BUYING

Oct. 18 10 a.m. to Noon

Get tips to help with purchasing a home and resolving mortgage issues. Discuss differences between renting and owning and learn about the home-buying process, choosing a Realtor, and the closing process. Get advice on how to resolve mortgage payment issues and alternatives to foreclosure. *Mode: In-Person.*



www.jbsa.mil/Resources/Military-Family-Readiness

HOW TO SURVIVE THE HOLIDAYS FINANCIALLY

Oct. 27 10-11:30 a.m.

It's easy to get carried away with overspending during the holidays, so start planning now! Discover ways to save and cut back, and avoid starting the new year with new debt. *Mode: In-Person.*



BLENDED RETIREMENT SYSTEM

Nov. 3 10-11:30 a.m.

How much do you really know about the Blended Retirement System? Find out what it means to your financial future. Review the basics, contributions and government matching, and the new recently introduced fund options. *Mode: In-Person.*

EMPLOYMENT READINESS

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

Employment Assistance offers job search and referral services for employment opportunities. Services include employment and education information, volunteer opportunities, and assistance in resume writing. Call to register.

MILITARY FAMILY SUPPORT PROGRAM

Meet with a career counselor from Workforce Solutions Alamo to learn about employment opportunities for military spouses. To schedule an appointment, call (210) 850-2152.

USAJOBS NAVIGATION & FEDERAL RESUME WRITING

Oct. 25 & Nov. 29 9-11 a.m.

Learn the building blocks of a successful federal resume and put them into action. Discuss the federal hiring process, eligibility, preferences, navigating the site,

and leveraging the site's features for a more effective application process. *Mode: In-Person.*

TRANSITION ASSISTANCE PROGRAM

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

TAP is a mandatory program for all service members separating or retiring from the military and must begin no later than 365 days prior to their transition. TAP aims to help service members meet their post-military goals. Services include self-assessment tools, pre-separation counseling, benefits overview, job search training, resume review, career options, academic and educational guidance, and more. The Individualized Initial Counseling and the Pre-Separation Counseling are also mandatory for those planning to re-enlist. Call to schedule an appointment or sign up.

INDIVIDUALIZED INITIAL COUNSELING

Call to schedule an appointment.

Service members begin their transition process by completing a personal self-assessment to identify post-transition goals and develop their Individual Transition Plan (ITP). Those separating or retiring from active duty must complete this mandatory one-on-one counseling no later than 365 days before their separation or retirement date. Airmen may schedule appointments as early as 36 months prior to retirement or separation. *Appointments are available in-person and virtual.*

PRE-SEPARATION COUNSELING

Oct. 12, 19, 26 & Nov. 2, 16 Noon to 3:30 p.m.

This is the second step of the formal transition process. Pre-Separation Counseling, just like Initial Counseling, must start no later than 365 days before your transition date. Review by-law information to include benefits,

entitlements, and resources for eligible transitioning service members. Caregivers and spouses are encouraged to attend with their service member. Airmen may schedule appointments as early as 48 months prior to retirement or separation.

Prerequisite: Individualized Initial Counseling. *Mode: In-Person.*

TAP WORKSHOP

Oct. 3-5 & Nov. 7-9 8 a.m. to 4 p.m.

This mandatory 3-day workshop provides a standardized curriculum for service member separating or retiring. Discuss common challenges, financial planning, and VA benefits to help service members depart career-ready. Facilitated by the Department of Labor, Veterans Administration, and M&FRC. After completion, additional workshops aligned with an individual's post-transition plan are offered. **Prerequisite:** Pre-Separation Counseling. *Mode: In-Person.*

VA BENEFITS & SERVICES

Oct. 28 & Nov. 18 8 a.m. to 3 p.m.

This is the same briefing given on the second day of the TAP Workshop. Learn about VA services, disability compensation, and GI Bill benefits. This class is also offered through *tapevents.mil/courses*. **Prerequisite:** Pre-Separation Counseling. *Mode: In-Person.*

DOL CAREER & CREDENTIAL EXPLORATION

Oct. 6-7 8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor guides those pursuing career technical training. Discuss different vocational fields and identify the skills needed to develop an action plan for achieving career goals. Review accredited training institutions and credentialing programs. **Subject to individual plans, this class may be required; prerequisite:** TAP workshop. *Mode: In-Person.*



BOOTS to BUSINESS

from the U.S. Small Business Administration

Oct. 12-13 8 a.m. to 4 p.m.

A 2-day track hosted by the Small Business Administration discusses business ownership opportunities and challenges. Review steps for evaluating business concepts, business plans, resources, and more. Register with M&FRC and online at <https://sbavets.force.com>. **Subject to individual plans, this class may be required; prerequisite:** TAP workshop. *Mode: In-Person.*

DOL EMPLOYMENT WORKSHOP

Nov. 3-4 8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor provides information to stay current in a competitive job market by reviewing emerging technology for networking and searching for employment. Learn how to build an effective resume and brush up on interviewing skills. **Subject to individual plans, this class may be required; prerequisite:** DoD Transition Day. *Mode: In-Person.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program on JBSA provides transitioning service members opportunities to help turn their military skills into post-service careers by connecting with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different opportunities ranging from career fields in healthcare, IT, finance or accounting, management, engineering, government, law enforcement, and more. Weekly Skillbridge showcase webcasts are held every Wednesday at 1 p.m. to spotlights of approved partners. For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.

CASUALTY ASSISTANCE

JBSA-RND • M&FRC, Bldg. 693
(210) 652-2104, 652-5321, 652-2480

Casualty Assistance Representatives provide dignified and humane casualty notification, thorough reporting, and compassionate follow-up assistance to the next-of-kin of fallen active-duty Air Force members. Additional services include assistance with processing the Family Servicemembers' Group Life Insurance (FSGLI), Traumatic Injury Protection Program (TSGLI), Emergency Family Member Travel Program, and Survivor Benefit Plan. Call to schedule an appointment.

RECORD OF EMERGENCY DATA

RED is a critical form in your military personnel records. Updates should be made at least annually and always upon life changes (new address, marriage, divorce, birth of a child, etc.). It's your responsibility to keep it current in vMPF. When was the last time you updated yours? For details, call (210) 652-2104 or 652-3192.



SURVIVOR BENEFIT PLAN GROUP BRIEFING

Oct. 13 & Nov. 10 9-10:30 a.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. Prospective retirees are required to attend a Survivor Benefit Plan briefing and meet with an SBP counselor to complete the DD Form 2656 and data for Payment of Retired Personnel. Call (210) 652-2104 or 652-2480 to register. *Mode: Virtual.*

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

JBSA-RND • M&FRC, Bldg. 693
(210) 744-4829 or 996-4037

Military & Family Life Counselors help service members, their families, and

significant others address deployment and reintegration issues; marriage and relationship issues; stress, anger, grief and loss; and other daily life challenges. Consultations are anonymous, no records kept. Unit briefings or trainings are also available. Call to schedule a one-on-one consultation or a group meeting. For Child and Youth Behavioral, call (210) 627-0338 or 627-0525.

EXCEPTIONAL FAMILY MEMBER PROGRAM

JBSA-RND • 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 and retired personnel and their family members. Call for information.



We know the system. We can help.

EFMP ORIENTATION

Oct. 17 & Nov. 14 Noon to 1 p.m.

Whether newly enrolled or curious about the program, this class guides you in understanding the 3 arms that make up the Exceptional Family Member Program: Medical (EFMP-M), Assignments (EFMP-A), and Family Support (EFMP-FS). Review the specific role each section plays and how they can help your family. *Mode: In-Person.*

PERSONAL & WORK LIFE

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

P&WL partners with many helping agencies to provide education and promote family preparedness through

readiness support. Call to sign up or for details.

Bundles for Babies

Oct. 5 9-11 a.m.

In partnership with the Air Force Aid Society, information is provided on budgeting for a baby, dental and pediatric clinics, the New Parent Support Program, and more. Active-duty expecting parents are encouraged to attend. Patrons affiliated with the Air Force, Navy, Marine Corps, or Coast Guard receive a gift, courtesy of AFAS. Registration required. This training fulfills a DoD Financial Touchpoint requirement. *Mode: Virtual.*

PARENTING TEENS

Oct. 21 10-11 a.m.

Parents receive helpful tips to build their confidence and courage to meet the challenges of parenting teens while savoring the joy of their children's teen years. Held in partnership with Mental Health Outreach. *Mode: Virtual.*

STRESS DURING THE HOLIDAYS

Oct. 26 10-11 a.m.

For many, the holiday season can take an emotional toll making it peak season for stress. Service members and their families receive information to help manage the unique stressors that are often associated with the holidays. Avoid the "holiday blues" by learning to recognize signs and symptoms of stress and defining holiday expectations. Discuss stress management techniques and strategies to help guide you and your child(ren) through the holidays with minimal stress. *Mode: Virtual.*

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Oct. 28 2-2:30 p.m.

Join us to receive valuable resources and talk with experts as we explore ways to get and stay connected. *Mode: Virtual.*

DATING: IT'S A JUNGLE OUT THERE

Nov. 16 10-11 a.m.

Dating can be difficult, especially if you're looking for a serious relationship. This workshop is geared for singles who want to examine qualities that help predict what a person may be like in marriage and bonding forces that must be kept in balance as relationships grow. Hosted in partnership with Mental Health Outreach Coordinator. *Mode: Virtual.*

PRINCIPLES FOR HEALTHY RELATIONSHIPS & MARRIAGE

Nov. 17 10-11 a.m.

Communication is essential for maintaining a healthy partnership, but it's only one of many components. Learn about a healthy relationship and marriage components, and develop tools to create and maintain the relationship. Hosted in partnership with MFLC. *Mode: Virtual.*

KEY SPOUSE MENTOR TRAINING

Oct. 5 9-11 a.m.

After completion of the Key Spouse Initial Training, KS Mentors are required to take this 1-time mandatory training. The class duration may vary depending on participants and interactive scenarios. *Mode: In-Person.*

KEY SPOUSE REFRESHER TRAINING

Oct. 19 9-10 a.m.

Key Spouses and Key Spouse Mentors who've had a break of service in their role or just PCS'ed to JBSA must attend this refresher training before functioning as a KS or KSM. *Mode: In-Person.*

KEY SPOUSE CONTINUING EDUCATION

Oct. 19 10:30 a.m. to 12:30 p.m.

This quarterly training complements the Key Spouse Initial Training by providing networking opportunities and continued education. Training may be facilitated through various methods such as in-person, computer-based platforms like podcasts, webinars, or Military OneSource. *Mode: In-Person.*



VOLUNTEER SERVICES

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

Volunteer Services provide volunteers with opportunities based on interest and agency needs. Volunteers support the military through various capacities such as youth coaches, office or program assistants, and more. Call to sign up or for more information.

DEPLOYMENT READINESS

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

Deployment Readiness helps service members and their families prepare for unique challenges of deployment and provides support through courses and support groups. Registration is required.

POST-DEPLOYMENT REUNION & REINTEGRATION

Tuesdays 9-9:30 a.m.

All military members returning from deployment, remote assignments or TDY's longer than 30 days, are required to attend. Spouses are welcomed. *Mode: Hybrid.*

PRE-DEPLOYMENT BRIEFING

Oct. 4, 18 & Nov. 1, 15, 29 10-10:30 a.m.

All service members scheduled to deploy, go on a remote assignments, or TDY's longer than 30 days attend are required to attend. Review M&FRC, DoD, and 3rd party services available during all stages of deployment. Spouses are welcomed. *Mode: Hybrid.*

FEDERAL VOTING ASSISTANCE PROGRAM

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

The Federal Voting Assistance Program (FVAP) provides information to service

members, their family, and overseas citizens. Services include assistance with voter registration, absentee voting, how to fill out forms, and more. FVAP is open Monday through Friday from 7:30 a.m. to 4:30 p.m., email randolph.vote@us.af.mil for details.

UNIT VOTING ASSISTANCE OFFICER TRAINING

Oct. 20 9-10:30 a.m.

Newly appointed Unit Voting Assistance Officers (UVAO) are required to complete this training per DoDI 1000.4. Learn about role responsibilities, the absentee voting process, resources for conducting a successful program, how to submit quarterly reports, and more. To register, email randolph.vote@us.af.mil. *Mode: Virtual.*



ARMED FORCES ACTION PLAN AFAP

Service Members • Retirees • Teens • Military Spouses • Gold Star Families • Reservists • Civilian DoD Employees

AFAP is a year-round process that solicits inputs to improve the well-being of our military community. It's a platform to submit ideas and suggestions addressing quality-of-life, critical, and readiness concerns and issues. Topics range from healthcare benefits to childcare, recreation to education, employment to entitlements, & more.

Submit an issue!

In-Person: Fill out a form and drop it in an AFAP drop box at an M&FRC location.

Online: Email 802fss.fsyf.afap@us.af.mil, or visit ims.armyfamilywebportal.com/submit.



JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



Scan to email

3060 Stanley Road, Building 2797
(210) 221-2705

Hours of Operation:

Monday-Friday 7 a.m. to 4:30 p.m.
Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days

TRANSITION ASSISTANCE PROGRAM



Scan to email

Joint Transition Readiness Center
3931 Okubo Barracks, Bldg. 3639
(210) 916-7322 or 916-6089

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed for all Federal holidays.

JBSA-LACKLAND

MILITARY & FAMILY READINESS CENTER



Scan to email

1550 Wurtsmith St, Building 5725, Room 212
(210) 671-3722

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days

TECHNICAL TRAINING AIRMAN READINESS ELEMENT

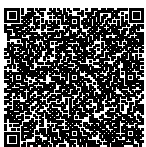
1550 Wurtsmith St, Building 5725, Room 214
(210) 671-4057

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days

JBSA-RANDOLPH

MILITARY & FAMILY READINESS CENTER



Scan to email

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 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days



www.jbsa.mil/Resources/MilitaryFamilyReadiness



facebook.com/mfrcjbsa

