

# JOINT BASE SAN ANTONIO MILITARY & FAMILY READINESS CENTER



**AUGUST - SEPTEMBER 2023 • CALENDAR OF EVENTS**

- ARMED FORCES ACTION PLAN • CASUALTY ASSISTANCE • DEPLOYMENT READINESS • EMPLOYMENT ASSISTANCE •
- EXCEPTIONAL FAMILY MEMBERS • FAMILY LIFE • FINANCIAL READINESS • INFORMATION & REFERRAL •
- MILITARY & FAMILY LIFE COUNSELORS • MILITARY RELIEF SOCIETIES • PROFESSIONAL DEVELOPMENT •
- RELOCATION READINESS • RESILIENCY • SURVIVOR BENEFIT SERVICES • TEAM BUILDING • TRANSITION ASSISTANCE •
- UNIT FAMILY READINESS • VOLUNTEER OPPORTUNITIES • WORK LIFE • VOTING ASSISTANCE •

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

A 508 COMPLIANT DIGITAL VERSION OF THIS PUBLICATION IS AVAILABLE AT [JBSA.MIL](http://JBSA.MIL)

# 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:

- Aid Societies, Financial Relief
- Air Force Families Forever
- Armed Forces Action Plan
- Casualty Assistance
- Deployment Readiness
- Employment & Career Development
- Exceptional Family Member Program
- Financial Readiness
- Heart Link
- Hearts Apart
- Information & Referral

- Unit Family Readiness
- Military & Family Life Counselors
- Military Family Team Building
- Personal & Work Life
- Relocation Services
- Resiliency Training
- Survivor Benefit Plan
- Transition Assistance Services
- Volunteer Opportunities
- Warriors in Transition
- 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

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. The JBSA M&FR flight encourages all people to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call in advance of your participation or visit.



**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

M&FRC offers different modes of services and workshops:

-  **Face-to-Face (F2F):** In-person.
-  **Virtual (V):** Online Synchronous.
-  **Hybrid (H):** In-person and/or 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.fsysr.centerbox@us.af.mil

JBSA-Lackland  
(210) 671-3722  
802fss.fsfr@us.af.mil

JBSA-Randolph  
(210) 652-5321  
randolphmfr@us.af.mil

For up to date information regarding JBSA operations, visit [www.jbsa.mil/coronavirus](http://www.jbsa.mil/coronavirus).

## CALENDAR OF EVENTS AUGUST - SEPTEMBER 2023

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT	AUGUST	SEPTEMBER	PAGE	SITE	
RELOCATION	First Move for Military Spouses	24	28	p. 8	 FSH
	Immigration & Citizenship	23	27	p. 8	 FSH
	Guided Tour, Gateway to the Air Force	21	18	p. 18	 LAK
	Guided Tour, Randolph	7	18	p. 25	 RND
	Guided Tour, Trails & Tales of Fort Sam Houston	10	14	p. 9	 FSH
	Newcomer's Orientation	7, 21	18	p. 25	 RND
	Newcomer's Orientation	W	W	p. 18	 LAK
	Newcomer's Orientation	4, 18, 31	15	p. 8	 FSH
	Newly Assigned CC/CCC/CCF	22	19	p. 18	 LAK
	Newly Assigned CC/CCC/CCF	–	5	p. 25	 RND
JBSA Pre-Arrival Orientation	22	26		 JBSA	
Supplemental Sponsorship Training	17	21	p. 9	 FSH	
FINANCE	Debt Destroyer Workshop	17	–	p. 19	 LAK
	Developing a Spending Plan	–	12	p. 9	 FSH
	Emergency Financial Preparedness	–	5	p. 9	 FSH
	Home Buying	–	8	p. 9	 FSH
	Mandatory Financial Touchpoint Day	11	11	p. 9	 FSH
	Moving Out of the Dorms	15	22	p. 10	 FSH
	Moving Out of the Dorms	10	14	p. 19	 LAK
Officer First Duty Station Financial Training	14	–	p. 10	 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		AUGUST	SEPTEMBER	PAGE	SITE
	Officer First Duty Station Financial Training	23	20	p. 19	LAK
	Officer First Duty Station Financial Training	--	14	p. 26	RND
	Saving for the Holidays	--	26	p. 19	LAK
	Surviving the Holidays	25	--	p. 10	FSH
	Retirement Planning Starter - TSP Vesting	9	--	p. 10	FSH
	Understanding Continuation Pay	17	--	p. 26	RND
	Wise Investment Strategy	--	28	p. 26	RND
EMPLOYMENT	Acing the Interview	16	--	p. 11	FSH
	Acing the Interview	8	--	p. 19	LAK
	Acing the Interview	--	5	p. 26	RND
	Conversational Interview Skills	--	20	p. 11	FSH
	Hiring Fair	--	23	p. 20	LAK
	Hiring Fair Preparation: Strategy & Etiquette	--	12	p. 20	LAK
	Know Your Worth	--	5	p. 20	LAK
	LinkedIn 101	23	27	p. 11	FSH
	LinkedIn with a Recruiter	29	--	p. 20	LAK
	Ready, Set, Resume	9	--	p. 11	FSH
	Ready, Set, Resume	--	19	p. 26	RND
	Renovating Your Resume	--	13	p. 11	FSH
	Resume Writing LIVE	--	19	p. 20	LAK
	Salary Negotiation	--	12	p. 27	RND
	USAJOBS Navigation & Federal Resume	2	6	p. 11	FSH
	USAJOBS Navigation & Federal Resume	29	26	p. 27	RND
Your Pathways to Employment	28	25	p. 11	FSH	
TRANSITION ASSISTANCE	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 11	FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 20	LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 27	RND
	Pre-Separation Counseling (Step 2)	2, 9, 23, 30	20, 27	p. 27	RND
	Pre-Separation Counseling (Step 2)	2, 9, 16, 23, 30	6, 13, 20, 25, 26, 27, 28	p. 12	FSH
	Pre-Separation Counseling (Step 2)	7, 21	11, 25	p. 20	LAK
	DoD Transition Day (Step 3)	7, 28	11, 18	p. 12	FSH
	Executive TAP (E-TAP) Workshop (4-day) (Step 3)	22-25	--	p. 27	RND
	TAP Workshop (3-day) (Step 3)	14-16	11-13	p. 27	RND
	TAP Workshop (3-day) (Step 3)	7-9, 21-23	11-13, 25-27	p. 20	LAK
	VA Benefits & Services	1, 8, 29	12, 19	p. 12	FSH
	VA Benefits & Services	TAPEvents.mil	TAPEvents.mil	p. 20	LAK
	VA Benefits & Services	25	29	p. 28	RND
DoL Employment Fundamentals of Career Transition	2, 9, 30	13, 20	p. 12	FSH	

	EVENT	AUGUST	SEPTEMBER	PAGE	SITE
TRANSITION ASSISTANCE	DoL Employment Workshop (2-day)	3-4, 10-11, 31 Aug-1 Sep	14-15, 21-22	p. 12	 FSH
	DoL Employment Workshop (2-day)	10-11, 24-25	14-15, 28-29	p. 21	 LAK
	DoL Employment Workshop (2-day)	--	14-15	p. 28	 RND
	DoL Career & Credential Exploration (2-day)	17-18	5-6	p. 12	 FSH
	Entrepreneurship: Boots to Business (2-day)	--	6-7	p. 12	 FSH
	Career Skills Planning Overview	8, 22	5, 19	p. 13	 FSH
	Employer Day	9, 10	20, 21	p. 13	 FSH
	Managing Your (My) Education (2-day)	14-15	18-19	p. 13	 FSH
	Managing Your (My) Education (2-day)	10-11, 24-25	14-15, 28-29	p. 21	 LAK
	Benefits Delivery at Discharge Workshop & Claims	24	29	p. 13	 FSH
	Mock Interviews with TVC	1	5	p. 13	 FSH
EFMP	Blood Cancer Awareness - Blood Drive	--	11-15	p. 14	 FSH
	Breast Cancer Resource Brunch	--	9	p. 14	 FSH
	EFMP Orientation	7, 21	18	p. 29	 RND
	Lunch & Learn with EFMP	16	20	p. 14	 FSH
	Lunch & Learn with EFMP	31	28	p. 22	 LAK
	Lunch & Learn with EFMP	--	21	p. 29	 RND
	Strike Out Challenges	4	1	p. 15	 FSH
PERSONAL & WORK LIFE	Adoption & Foster Care Seminar	24	--	p. 22	 LAK
	AFAP Focus Group	9	13	p. 15	 FSH
	Bundles for Babies	--	28	p. 23	 LAK
	Car Seat 101	1	5	p. 15	 FSH
	Community Resource Fair	8	--	p. 8	 FSH
	Dad's Support Group	8	12	p. 23	 LAK
	Digital Lunch & Learn	28	11, 25	p. 15	 FSH
	Digital Scrapbook	--	18	p. 23	 LAK
	Four Lenses Temperament Discovery	31	--	p. 29	 RND
	Key Spouse Annual SAPR & Suicide Awareness Training	--	27	p. 24	 LAK
	Key Spouse Initial Training	9	--	p. 23	 LAK
	Key Spouse Mentor Training	1		p. 23	 LAK
	Key Spouse Mentor Training	Call to Register	Call to Register	p. 30	 RND
	Key Spouse Refresher Training		27	p. 23	 LAK
	Key Spouse Refresher Training	Call to Register	Call to Register	p. 30	 RND
	Marry the Military	10	--	p. 15	 FSH
	Microsoft Back-to-School Basics	1,2,3	--	p. 15	FSH
	Microsoft Office: Access (2-day)	--	12-13	p. 10	FSH
	Microsoft Office: Excel (3-day)	--	5-7	p. 10	FSH
	Microsoft Office: Outlook (2-day)	--	19-20	p. 10	FSH

EVENT	AUGUST	SEPTEMBER	PAGE	SITE
Microsoft Office: PowerPoint (2-day)	–	12-13	p. 10	📶 FSH
Microsoft Office: MS Teams (2-day)	–	26-28	p. 10	📶 FSH
Microsoft Office: Word (3-day)	–	5-7	p. 10	📶 FSH
Play & Learn Playgroup	8, 22	12, 26	p. 16	👤 FSH
Single Parent Support Group	2	6	p. 23	👤 LAK
Spouse Connections	–	5	p. 24	👤 LAK
Survivor Benefit Plan Group Briefing	2, 10, 16, 24	6, 14, 20, 28	p. 21	👤 LAK
Survivor Benefit Plan Group Briefing	10	14	p. 29	📶 RND
Twogether in TX: Premarital Education	24	–	p. 16	👤 FSH
Virtual Friday Q&A for Military Spouses	F	F		📶 JBSA
<b>VOL</b>				
Volunteering 101	15	19	p. 16	📶 FSH
VMIS OPOC Training	15	19	p. 17	📶 FSH
<b>MFTB</b>				
Instructor Training Course (ITC) (2-day)	22-23	–	p. 16	👤 FSH
R.E.A.L. Fund Custodian Training	–	21	p. 16	👤 FSH
R.E.A.L. Key Contacts Training	–	7	p. 16	👤 FSH
<b>DEPLOYMENT</b>				
JBSA Community Preparedness & Readiness Event	–	29	p. 17	👤 FSH
Kids & Deployment	17	–	p. 17	👤 FSH
Pre-Deployment Briefing	Call to Register	Call to Register	p. 30	📶 RND
Pre-Deployment Briefing	M & W	M & W	p. 24	👤 LAK
Pre-Deployment Briefing	10, 24	14, 28	p. 17	👤 FSH
Post-Deployment Reunion & Reintegration	M & W	M & W	p. 24	👤 LAK
Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p. 30	📶 RND
Post-Deployment Reunion & Reintegration	10, 24	14, 28	p. 17	👤 FSH
<b>CAR</b>				
Estate Planning	–	8	p. 28	👤 RND

## HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

### August 2023

Immunization Awareness Month  
 Anti-terrorism Awareness Month  
 4 Coast Guard Birthday  
 7 Purple Heart Day  
 29 Marine Corps Reserve Birthday

### September 2023

National Suicide Prevention Awareness Month  
 National Preparedness Month  
 1 AETC Family Day/Army Training Day (All Centers Closed)  
 4 Labor Day(All Centers Closed)  
 16 POW/MIA Recognition Day  
 18 Air Force Birthday  
 24 Gold Star Mother's Day



**SEPTEMBER IS  
 SUICIDE PREVENTION  
 MONTH**

**If you or someone you know needs help,  
 connect to hope. Call or text #988,  
 or chat at [988lifeline.org](https://988lifeline.org), to speak to a  
 trained crisis counselor 24/7/365**



# SAVE THE DATE

## HALLOWEEN HOWL DOWN

### OCTOBER 20

GET READY FOR OUR ANNUAL  
HALLOWEEN HOWL DOWN FROM 5-8 PM

-  TRUNK-OR-TREATING
-  HAUNTED HOUSE
-  CARNIVAL GAMES
-  FOOD TRUCKS
-  HAY RIDES
-  MORE



# 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.

### **COMMUNITY RESOURCE FAIR**

**Aug. 8 9 a.m. to 1 p.m.**

If you're new to Fort Sam or just looking to reconnect with the JBSA community, meet with over 30 JBSA organizations to learn about available services and resources. This is a child friendly event. *Mode: In-Person.*



## **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**

**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.

### **FIRST MOVE FOR MILITARY SPOUSES**

**Aug. 24 & Sept. 28 1-2 p.m.**

Are you newly wed or new to the military and planning 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.*



### **IMMIGRATION & CITIZENSHIP**

**Aug. 23 & Sept. 27 12:45-1:30 p.m.**

Service members and immediate family enrolled in DEERS meet with a Citizenship & Immigration Service Officer (USCIS) for assistance with applications during a Q&A session. Join us in observing service members and their families take the Oath of Allegiance during the Naturalization Ceremony. Registration is not required. *Mode: In-Person.*

### **NEWCOMER'S ORIENTATION**

**Aug. 4, 18, 31 & Sept. 15 8 a.m. to 12:15 p.m.**

A mandatory in-processing brief for all military personnel newly assigned to JBSA-Fort Sam Houston. Civilians and Family members are welcome. Service members must coordinate attendance with their Unit Personnel Office. *Mode: In-Person.*

### **JBSA PRE-ARRIVAL ORIENTATION**

**Aug. 22 & Sept. 26 8-9 a.m. & 5-6 p.m.**

Early preparation is key to a smooth PCS. Inbound service members, families, and DoD civilians are introduced to JBSA by learning about local housing, child care,

health care, education and school options, employment opportunities, and more prior to their arrival. *Mode: Virtual.*

## SUPPLEMENTAL SPONSORSHIP TRAINING

Aug. 17 & Sept. 21 9-11 a.m.

In accordance with AFI 36-3009, the Sponsorship Application & Training (eSAT) at <https://millifelearning.militaryonesource.mil> features a checklist, newcomers' needs assessment, customizable letters, and more. Family members may become a sponsor by completing the eSAT. 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.*

## TRAILS & TALES GUIDED TOUR

Aug. 10 & Sept. 14 9-11:30 a.m.

Located in the heart of San Antonio, Fort Sam Houston hosts the most extensive collection of historic buildings in the Department of Defense! Join us for a guided tour to familiarize yourself with the installation; registration is required. Open to all DoD ID cardholders. *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 life cycle. Call for more information or to register.

## DEVELOPING YOUR SPENDING PLAN

Sept. 12 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.*

## EMERGENCY FINANCIAL PREPAREDNESS

Sept. 5 10-11:30 a.m.

September is National Preparedness month. Are you prepared for an emergency or disaster (natural or man-made)? Discuss ways to prepare for emergencies that could impact your home, workplace, school, and community. Planning and preparing are essential for building a resilient community. *Mode: In-Person.*



## HOME BUYING

Sept. 8 11:30 a.m. to 1:30 p.m.

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, what makes up a mortgage payment, and more. *Mode: In-Person.*

## MANDATORY FINANCIAL TOUCHPOINT DAY

Aug. 11 & Sept. 11 8 a.m. to 2:15 p.m.

Each phase of your military journey comes with exciting new milestones and important financial considerations. These mandatory financial touchpoints help you navigate each stage of your journey by covering topics like PCS, promotion, continuation pay and more. *Mode: In-Person.*

**MOVING OUT OF THE DORMS**

Aug. 22 &amp; Sept. 15 10-11 a.m.

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.*

**OFFICER FIRST DUTY STATION FINANCIAL TRAINING**

Aug. 14 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: In-Person.*

**RETIREMENT PLANNING STARTER - TSP VESTING**

Aug. 9 9-11 a.m.

Are you taking full advantage of your Thrift Savings Plan (TSP)? 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.*

**SURVIVING THE HOLIDAYS**

Aug. 25 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-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 for more information or to reserve a seat.

**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.

**MICROSOFT OFFICE 2016**

Whether you're trying to impress your boss, land a new job, or just want to expand your capabilities, computer skills transfer to nearly any industry. Get familiar with templates, formulas, themes, 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**

Sept. 5-7 • 8-10 a.m.

**EXCEL**

Sept. 5-7 • 11 a.m. to 1 p.m.

**POWERPOINT**

Sept. 12-13 • 8-10 a.m.

**ACCESS**

Sept. 12-14 • 11 a.m. to 1 p.m.

**OUTLOOK**

Sept. 19-20 • 8-10 a.m.

**MS TEAMS**

Sept. 26-28 • 11 a.m. to 1 p.m.

## ACING THE INTERVIEW

Aug. 16

1-2 p.m.

It's essential to know how to prepare for an interview and interview with confidence. Discover ways to prepare for a job interview, how to make a lasting impression, and discuss different interviewing methods. *Mode: In-Person.*



## CONVERSATIONAL INTERVIEW SKILLS

Sept. 20

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: Virtual*

## LINKEDIN 101

Aug. 23 & Sept. 27

9-11 a.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: Aug. In-Person, Sept. Virtual.*

## READY, SET, RESUME

Aug. 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: In-Person.*



## RENOVATING YOUR RESUME

Sept. 13

1-2 p.m.

When was the last time you updated your resume? If it's been a while, the format you're using could make you look outdated. Get practical tips to help modernize a general resume. *Mode: Virtual.*

## USAJOBS NAVIGATION & FEDERAL RESUME

Aug. 2 & Sept. 6

1-3 p.m.

Learn the building blocks of a successful federal resume and put them into action. Discuss the federal hiring process, eligibility, preferences, and navigate the site to use it as leverage for an effective application process. *Mode: Aug. In-Person, Sept. Virtual.*

## YOUR PATHWAYS TO EMPLOYMENT

Aug. 28 & Sept. 25

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: Aug. In-Person, Sept. 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 DoD requires that all service members begin this process no later than 365 days prior to their transition date. The program help service members meet their post-military goals. Call or email [802fss.fsyр.tap@us.af.mil](mailto:802fss.fsyр.tap@us.af.mil) to schedule an appointment or register.

## 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 start no later than 365 days before their separation or retirement date to complete a self-assessment to establish post-transition goals and develop an Individual

Transition Plan. **Core Requirement: Step 1.**  
*Mode: In-Person.*

## PRE-SEPARATION COUNSELING

**Aug. 2, 9, 16, 23, 30** 9 a.m. to Noon.  
**Sept. 6, 13, 20, 25, 26, 27, 28** 9 a.m. to Noon.

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.

**Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

## DOD TRANSITION DAY

**Executive: Aug. 7 & Sept. 11** 8 a.m. to 4 p.m.  
**Separation: Aug. 28 & Sept. 18** 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. **Core Requirement, prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

## VA BENEFITS & SERVICES

**Executive: Aug. 8 & Sept. 12** 8 a.m. to 4 p.m.  
**Separation: Aug. 1, 29 & Sept. 19** 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. **Core Requirement, prerequisite: DoD Transition Day.** *Mode: In-Person.*

## DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

**Executive: Aug. 9 & Sept. 13** 8 a.m. to 4 p.m.  
**Separation: Aug. 2, 30 & Sept. 20** 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. **Core Requirement, prerequisite: DoD Transition Day.** *Mode: In-Person.*

## DOL EMPLOYMENT WORKSHOP

**Executive: Aug. 10-11 & Sept. 14-15**  
**Separation: Aug. 3-4, 31- Sept. 1 & Sept. 21-22**  
 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. **Transition Track, prerequisite: DoD Transition Day.** *Mode: In-Person.*

## DOL CAREER & CREDENTIAL EXPLORATION

**Aug. 17-18 & Sept. 5-6** 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. **Transition Track, prerequisite: DoD Transition Day.** *Mode: In-Person.*



## ENTREPRENEURSHIP: BOOTS TO BUSINESS

**Sept. 6-7** 8 a.m. to 4 p.m.

A 2-day entrepreneurial education track hosted by the Small Business Administration discusses opportunities and challenges of business ownership. Review opportunities and challenges of business ownership, steps for evaluating business concepts, foundational knowledge for developing a business plan, information on SBA resources available to help access start-up capital, and additional technical assistance. Register

online at <https://sbavets.force.com>. **Transition Track**, prerequisite: DoD Transition Day.  
*Mode: In-Person.*

## MANAGING YOUR (MY) EDUCATION

**Aug. 14-15 & Sept. 18-19** 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. **Transition Track**, prerequisite: DoD Transition Day. To register or for more details, call the Education Center at (210) 221-9362.

## BENEFITS DELIVERY DISCHARGE WORKSHOP & CLAIMS

**Aug. 24 & Sept. 29** 9-11 a.m. & 1-3 p.m.

A representative from the Bexar County Veterans Services Office will provide an overview of the BDD claims process for transitioning service members and review all required documents and forms. Service members must attend the workshop before scheduling a claim filing appointment. *Mode: In-Person.*

## CAREER SKILLS PROGRAM OVERVIEW

**Aug. 8, 22 & Sept. 5, 19** 1-2 p.m.

Interested in the Career Skills Program(CSP)? Get an overview about the requirements and opportunities within the CSP.

## MOCK INTERVIEWS WITH TVC

**Aug. 1 & Sept. 5** 8 a.m. to 4 p.m.

A Veterans Career Advisor from the Texas Veterans Commission will conduct a custom mock panel interview specific to the career field of the service member's choice. *Mode: In-Person.*

## EMPLOYER DAY

**Aug. 9, 10 & Sept. 20, 21** 10 a.m. to 1 p.m.

Network with various local hiring officials and mission partners to learn about employment opportunities 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

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. Skillbridge hosts a webcast spotlighting approved partners every Wednesday at 1 p.m. on [jbsaskillbridge.eventbrite.com](https://jbsaskillbridge.eventbrite.com). 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. Some evening and weekend times are available. To schedule a consultation, call (210) 992-0177.

**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 more information. To register for an event, send an to email [802fss.fsysr.efmp-fs@us.af.mil](mailto:802fss.fsysr.efmp-fs@us.af.mil).

**BREAST CANCER RESOURCE BRUNCH**

**Sept. 9 11 a.m. to 1 p.m.**

Join EFMP & guest speakers from Pink Warrior Angels to discuss Breast Cancer Awareness. Go over the challenges and victories, meet other survivors, fighters, and supporting family members. Light refreshments will be served.

*Mode: In-Person.*

**LUNCH & LEARN WITH EFMP**

Join us in sharing helpful resources and ways to overcome challenges. Call to register.

**Understanding IEP and 504 Plans**

**Aug. 16 11:30 a.m. to 1 p.m.**

Become an advocate for your child's education by learning about the different types of accommodation and modification programs available in Texas. Education specialist will be on-site to review your child's IEP. *Mode: In-Person.*

**Dyslexia**

**Sept. 20 11:30 a.m. to 1 p.m.**

Learn about dyslexia as a guest speaker from the Education Service Center, Region 20 provides insight on this language-based learning disability. Discover strategies to help your child and become their advocates at school and home.

*Mode: Virtual*

**SEPTEMBER IS BLOOD CANCER AWARENESS MONTH****EFMP: BLOOD DRIVE**

**Akeroyd BDC (1240 Harney Road)**

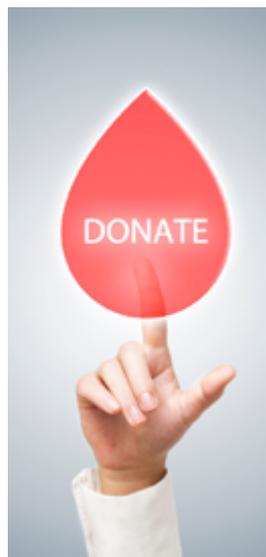
**Sept. 11, 12, 13, 15 7 a.m. to Noon**

**M&FRC (3060 Stanley Road)**

**Sept. 14 7 a.m. to Noon**

Nearly 1.3 million people in the U.S.

are affected by some form of blood cancer. In coordination with the Armed Services Blood Program, EFMP is hosting a blood drive to give back to our military-affiliated families. To donate, schedule an appointment online at [militarydonor.com](http://militarydonor.com) and use the sponsor code FSHEFMP. *Mode: In-Person.*



## STRIKE OUT CHALLENGES

Aug. 4 & Sept. 1

5-7 p.m.

EFMP and Hearts Apart Families strike out challenges with an evening of fun and 2 free hours of bowling. Kid friendly crafts will also be available. Due to a limited number of passes, registered families will be selected by drawing and notified by email. Registration closes 3 days prior to the event. *Mode: In-Person; FSH Bowling Center, Bldg. 2521.*

## PERSONAL & WORK LIFE

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

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

## 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.

## AFAP FOCUS GROUP

Aug. 9 & Sept. 13

10-11 a.m.

Have an idea that could improve the readiness or well-being of the military community? Bring your ideas and join us for a brainstorming session. Discuss what qualifies as an AFAP issue, then submit your issue for future review by military leaders to take action and offer a resolution. *Mode: Virtual*

## CAR SEAT 101

Aug. 1 & Sept. 5

9-11 a.m.

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.*



## DIGITAL LUNCH & LEARN

Aug. 28 & Sept. 11, 25

11-11:30 a.m.



Grab lunch and learn about useful computer functions, tools, programs, and more that help make accomplishing tasks easier. *Mode: Virtual.*

## MARRY THE MILITARY

Aug. 10

9 a.m. to 1 p.m.

Are you about to become a military spouse? Before you tie the knot, explore what it takes to become a military spouse by learning about the unique challenges and benefits of the military lifestyle.

*Mode: Virtual.*



## MICROSOFT BACK-TO-SCHOOL BASICS

Word: Aug. 1

9-10 a.m.

Excel: Aug. 2

9-10 a.m.

PowerPoint: Aug. 3

9-10:30 a.m.

High school and college students brush up on Microsoft Word, Excel, and PowerPoint basics. Learn formatting tips, shortcuts, and more to help with preparing reports and presentations for school projects. Attend one or all sessions. *Mode: Virtual*

**PLAY & LEARN PLAYGROUP****Aug. 8, 22 & Sept. 12, 26** 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. School-aged children are welcome during the summer months. *Mode: In-Person.*

**TWOGETHER IN TX****Aug. 24** 8 a.m. to 5 p.m.

Are you engaged? Couples review communication skills, conflict resolution, and other key components for a successful marriage. Upon completion, receive a Premarital Education Course certificate and present it to a Texas county clerk to receive \$60 off your marriage license and waive the 72-hour waiting period. Certificates are valid in Texas for one year after the date of completion. *Mode: In-Person.*

**VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES****Fridays (Not held Sept. 1)** 11-11:30 a.m.

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

**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. *Mode: In-Person.*

**Aug. 22-23** 8 a.m. to 3 p.m.

This 2-day professional development course is designed to improve

instructional skills. Develop leadership skills and learn to teach adult learners, manage the learning environment, methods of instruction, and the preparation process.

*Mode: In-Person.***R.E.A.L. FUND CUSTODIAN TRAINING****Sept. 21** 9-11 a.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.***R.E.A.L. KEY CONTACTS TRAINING****Sept. 7** 9-11 a.m.

All SFRG Key Contacts must attend this training. Receive an outline of roles and responsibilities, learn how to address potential issues, and identify resources and pointers for executing the job. *Mode:*

*In-Person.***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****Aug. 15 & Sept. 19** 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.*



## VMIS OPOC TRAINING

Aug. 15 & Sept. 19

10-11 a.m.

Appointed the Organizational Point of Contact for your unit or organization (OPOC)? This training covers the basics of volunteer recruitment, orientation, retention, and recognition. Training will cover policy, regulations, tracking hours and more capabilities of the Volunteer Management Information System (VMIS). *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 a deployment cycle. Registration is required for unit family readiness workshops no later than 48 hours prior.



## JBSA COMMUNITY PREPAREDNESS & READINESS EVENT

Sept. 29

10 a.m. to Noon

September is National Preparedness month. Be prepared for the unexpected! Learn key knowledge and practical skills to prepare for emergencies that could impact your home, workplace, school, and community. Through demonstration and hands-on activities learn about Adult/Child Cardiopulmonary Resuscitation (CPR), ways to put out a fire, what to pack for a natural disaster and more! *Mode: In-Person.*

## PRE-DEPLOYMENT BRIEFING

Aug. 10, 24 & Sept. 14, 28

9-11 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

Aug. 10, 24 & Sept. 14, 28

1-3 p.m.

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*

## KIDS & DEPLOYMENT

Aug. 17

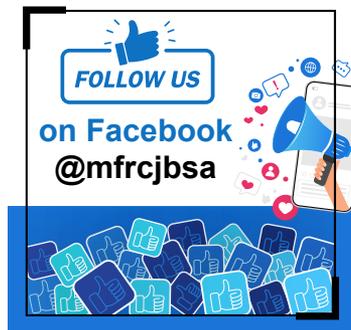
9-11 a.m.

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 an 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.*

## FEDERAL VOTING ASSISTANCE PROGRAM

JBSA-FSH • M&FRC, Bldg. 2797  
(210) 221-8683

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 [vote.fortsamhouston@us.af.mil](mailto:vote.fortsamhouston@us.af.mil).



# JBSA-LACKLAND

## 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.

## PLAN MY MOVE - SMOOTH MOVE

Contact your Unit Personnel Coordinator or Commander Support Element

Service members (E-4 and below and O-2 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.



## SPONSORSHIP TRAINING

In accordance with AFI 36-3009, the Sponsorship Application & Training (eSAT) at <https://militarylearning.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.

## GUIDED TOUR - GATEWAY TO THE AIR FORCE

Aug. 21 & Sept. 18 9-11 a.m.

Experience Lackland through a guided tour to discover interesting facts about your new community while sightseeing amenities and resources. Participants meet at Mitchell Hall to board the tour bus. Due to limited seating, registration is required. Open to all JBSA DoD ID Cardholders. *Mode: In-Person; Welcome Center at Mitchell Hall, Bldg. 2300.*



## 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](http://www.signupgenius.com/go/10c0f44acac28a1ffc8-jbsalackland). *Mode: In-Person; Welcome Center at Mitchell Hall, Bldg. 2300.*

## NEWLY ASSIGNED COMMANDERS & FIRST SERGEANTS BRIEFING

Aug. 22 & Sept. 19 8-11:45 a.m.

Newly assigned Commanders, Command Chiefs, and First Sergeants: this mandatory briefing satisfies AF1 requirements while introducing key personnel from installation support agencies such as Family Advocacy, Military & Family Readiness, and Sexual Assault Prevention Response. *Mode: In-Person.*

## JBSA PRE-ARRIVAL ORIENTATION

Aug. 22 & Sept. 26 8-9 a.m. & 5-6 p.m.

Early preparation is key to a smooth PCS. Inbound service members, families, and DoD civilians are introduced to JBSA by learning about local housing, child care, health care, education and school options, employment opportunities, and more prior to their arrival. *Mode: Virtual.*

## 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, Promotions, Vesting in Thrift Savings Plan, Continuation Pay, Marriage, Birth or Adoption of First Child, Divorce, Pre-/Post-Deployment, and Career Transition.**

## DEBT DESTROYER WORKSHOP

Aug. 17 10 a.m. to Noon

Review the six- steps to destroying debt. Introduce tools that can apply real numbers to determine the best approach. *Mode: In-Person.*

## MOVING OUT OF THE DORMS

Aug. 10 & Sept. 14

10-11 a.m.

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.*

## OFFICER FIRST DUTY STATION FINANCIAL TRAINING

Aug. 23 & Sept. 20 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: In-Person.*



## SAVING FOR THE HOLIDAYS

Sept. 26 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.

## 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.

## ACING THE INTERVIEW

Aug. 8 1-3 p.m.

It's essential to know how to prepare for an interview and interview with confidence. Discover ways to prepare for a job interview, how to make a

lasting impression, and discuss different interviewing methods.. *Mode: Hybrid.*

an opportunity to update their resumes on the spot. *Mode: In-Person.*

## HIRING FAIR PREPARATION

Sept. 12

1-3 p.m.



Review tips to help you get the most out of a hiring fair, such as what to wear, improving your elevator speech, polishing up your social media profile, and more. *Mode: Hybrid.*

## HIRING FAIR

Sept. 23

1-3 p.m.

Get jump start on your hunt for employment and meet face to face with various companies to learn about available positions. Bring copies of your resume and get hired at the fair! Open to all DoD ID cardholders. *Mode: In-Person; Arnold Hall Community Center, Bldg. 5506.*

## KNOW YOUR WORTH

Sept. 5

1-3p.m.

Know your worth! Review ways to determine your earning potential, interviewing tactics, what to do once a job offer is received, and participate in a mock salary negotiation scenario. *Mode: In-Person.*



## LINKEDIN WITH A RECRUITER

Aug. 29

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 LIVE

Sept. 19

1-3 p.m.

This hands-on resume writing lab provides instructions for preparing a viable resume for job searching and offers participants

# 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 help service members prepare for their military to civilian transition and meet their post-military goals. Call to schedule an appointment or register.

## 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. **Core Requirement: Step 1.** *Mode: In-Person.*

## PRE-SEPARATION COUNSELING

Aug. 7, 21 & Sept. 11, 25

7:30-10:30 a.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. **Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

## TAP WORKSHOP

Aug. 7-9, 21-23 & Sept. 11-13, 25-27

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. **Core Requirement, prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

## VA BENEFITS & SERVICES

Available online at [tapevents.mil](http://tapevents.mil) or call to schedule a one-on-one appointment

This is a repeat of the course held on the second day of the 3-day TAP Workshop for those who want to review the Department of Veterans Affairs benefits and services information again. **Core Requirement, prerequisite: 3-day TAP Workshop.**



## MANAGING YOUR (MY) EDUCATION

Aug. 10-11, 24-25 & Sept. 14-15, 28-29

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. **Transition Track, prerequisite: TAP Workshop.** *Mode: In-Person; Education Center, Bldg. 5725.*



## DOL EMPLOYMENT WORKSHOP

Aug. 10-11, 24-25 & Sept. 14-15, 28-29

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. **Transition Track, prerequisite: TAP workshop.** *Mode: In-Person.*

## DD 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. at [jbsaskillbridge.eventbrite.com](http://jbsaskillbridge.eventbrite.com) 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 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 to schedule an appointment or register.

## SURVIVOR BENEFIT PLAN GROUP BRIEFING

Call to schedule an appointment:

Aug 2, 10, 16, 24 & Sept. 6, 14, 20, 28

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.

## RECORD OF EMERGENCY DATA

Your Record of Emergency Data (DD Form 93 or vRED) and your Servicemember's Group Life Insurance (SGLI) are vital parts 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 both the vRED and SGLI current. 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](mailto: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 LUNCH & LEARN

Review a new topic each month and share helpful resources or ways to overcome challenges. *Mode: Virtual.*



### Special Education Basics

Aug.31 Noon to 1:30 p.m.

Parents will learn basic information about special education including the history of special education laws, types of disabilities, the Admission Review and Dismissal process, and types of classroom support

### Children & Sexuality

Sept. 28

Noon to 1 p.m.

This session provides insight on sexuality and how it manifests itself within children with disabilities. This general overview includes understanding sexual education, psychological development, emotions, and more.

## 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.

### ADOPTION & FOSTER CARE SEMINAR

Aug. 24 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.*

## BUNDLES FOR BABIES

Sept. 28

9 a.m. to Noon

Information is provided on financial planning from conception to college and support programs offered within the community. Active-duty expecting parents are encouraged to attend. At the end of the class, patrons affiliated with the Air Force, Navy, Marine Corps, or Coast Guard will receive a gift, courtesy of the Air Force Aid Society. This training fulfills a DoD Financial Touchpoint requirement.

*Mode: In-Person.*



## DAD'S SUPPORT GROUP

Aug. 8 & Sept. 12

3:30-4:30 p.m.

This Fatherhood support group invites all dads to share their questions, challenges, experience, and resources. Discuss parenting strategies, network with other dads, and strengthen your connection with your kids. *Mode: In-Person.*

## DIGITAL SCRAPBOOK: BACK TO SCHOOL

Sept. 18

11 a.m. to 1 p.m.

Expand your digital scrap-booking skills with PowerPoint to preserve all your favorite memories. Learn tips and tricks for using master slides and templates, how to manipulate pictures and shapes, create animations, and incorporate audio and video files. *Mode: Virtual.*



## FOUR LENSES TEMPERAMENT DISCOVERY

Call to schedule Group or Unit Trainings

Four Lenses is a proven personality temperament model that acts as a companion to any training or initiative. This foundational training helps

individuals and organizations establish a common language and value system for diverse perspectives and unique talent in the workplace and in life. *Mode: In-Person.*

## SINGLE PARENT SUPPORT GROUP

Aug. 2 & Sept. 6

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: In-Person.*

## VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not held Sept. 1)

11-11:30 a.m.

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



## KEY SPOUSE INITIAL TRAINING

Aug. 9

9 a.m. to 2 p.m.

All new officially appointed Key Spouses and 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 MENTOR TRAINING

Aug. 1

9-10 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 REFRESHER TRAINING

Sept. 27

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 ANNUAL SAPR & SUICIDE AWARENESS TRAINING

Sept. 27 10 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: In-Person.*



## SPOUSE CONNECTIONS

Sept. 5 11 a.m. to 1 p.m.

Connect, ask questions, and get involved! Have you heard about the Five & Thrive initiative? Through prevention measures, promoting best practices, and building a community, this quarterly meet-up targets spouses' top five challenges - childcare, education, healthcare, housing, and employment - and explores available resources with dedicated experts. Quality of Life issues directly ties into readiness, resilience, and retention, which impacts mission execution. First shirts, commanders, and non-key spouses are encouraged to attend. *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. Spouses are encouraged to attend. Call to register.

## POST-DEPLOYMENT REUNION & REINTEGRATION

Mondays & Wednesdays 1-2 p.m.  
(Not held Sept. 4)

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: In-Person.*

## PRE-DEPLOYMENT BRIEFING

Mondays & Wednesdays 9-10 a.m.  
(Not held Sept. 4)

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: In-Person.*

## 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 [vote.lackland@us.af.mil](mailto:vote.lackland@us.af.mil).

# JBSA-RANDOLPH

## **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](http://planmymove.militaryonesource.mil) and Military Installations at [installations.militaryonesource.mil](http://installations.militaryonesource.mil) for more tips.

## **LOAN LOCKER**

Tuesday-Thursday 8 a.m. to Noon

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.

## **SPONSORSHIP TRAINING**

In accordance with AFI 36-3009, 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.

## **JBSA PRE-ARRIVAL ORIENTATION**

Aug. 22 & Sept. 26 8-9 a.m. & 5-6 p.m.

Early preparation is key to a smooth PCS. Inbound service members, families, and DoD civilians are introduced to JBSA by learning about local housing, child care, health care, education and school options, employment opportunities, and more prior to their arrival. *Mode: Virtual.*

## **NEWCOMER'S ORIENTATION**

Aug. 7, 21 & Sept. 18 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.*

## **NEWLY ASSIGNED COMMANDER, COMMAND CHIEF & FIRST SERGEANTS BRIEFING**

Sept. 5 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.*

## **RANDOLPH GUIDED TOUR**

Aug. 7 & Sept. 18 1-2 p.m.

Join us for a guided tour to familiarize yourself with key sites and amenities on the installation; registration is required. Open to all DoD ID cardholders. *Mode: In-Person.*



## **SMOOTH MOVE RELOCATION**

Call to schedule an Appointment

Service members E1-E4 PCS'ing for the first time and all ranks PCS'ing OCONUS

are required to attend this briefing. Virtual out-processing tasks can be cleared after completion. Family members are encouraged to attend. *Mode: In-Person.*



## 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.

### 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, Promotions, Vesting in Thrift Savings Plan, Continuation Pay, Marriage, Birth or Adoption of First Child, Divorce, Pre-/Post-Deployment, and Career Transition.**

### OFFICER FIRST DUTY STATION FINANCIAL TRAINING

**Sept. 14** **10 a.m. to Noon**

Mandatory for 2d Lt., 1st Lt., and Capt. assigned to their first permanent duty station. Explore finances to include pay, entitlements, insurance, credit management, Thrift Savings Plan, and more. This training fulfills the DoD requirements of the Financial Touchpoint. *Mode: In-Person.*

### UNDERSTANDING CONTINUATION PAY

**Aug. 17** **10-11:30 a.m.**

When can you collect? What can or should you do with it? Are there tax implications with the payout amounts? Get answers to questions like these and others regarding your Continuation Pay under the Blended Retirement System (BRS). *Mode: In-Person.*

### WISE INVESTMENT STRATEGIES

**Sept. 28** **10-11:30 a.m.**

Become more financially secure by learning basic guidelines on investment strategies and review tips to help reach your financial goals. *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.

### ACING THE INTERVIEW

**Sept. 5** **9-10:30 a.m.**

It's essential to know how to prepare for an interview and interview with confidence. Discover ways to prepare for a job interview, how to make a lasting impression, and discuss different interviewing methods. *Mode: In-Person.*



### READY, SET, RESUME

**Sept. 19** **9-11 a.m.**

Knowing what to put on your resume can be confusing. This workshop introduces the different types of resume formats. *Mode: In-Person.*

## SALARY NEGOTIATION

Sept. 12

9-10:30 a.m.

Review ways to determine your earning potential, interviewing tactics, what to do once a job offer is received, and participate in a mock salary negotiation scenario. *Mode: In-Person.*



## USAJOBS NAVIGATION & FEDERAL RESUME WRITING

Aug. 29 & Sept. 26

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, and navigate the site to use it as leverage for an 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. The program help service members prepare for their military to civilian transition and meet their post-military goals. Individualized Initial Counseling and Pre-Separation Counseling are also mandatory for those planning to re-enlist. Call to schedule an appointment or register.

## 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 up to 36 months prior to retirement or separation. **Core Requirement: Step 1.** *Appointments are available in-person and virtual.*

## PRE-SEPARATION COUNSELING

Aug. 2, 9, 23, 30 & Sept. 20, 27

Noon to 3:30 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 with their service member. Airmen may schedule appointments as early as 48 months prior to retirement or separation. **Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

## TAP WORKSHOP

Aug. 14-16 & Sept. 11-13

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. **Core Requirement, prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

## EXECUTIVE TAP (E-TAP) WORKSHOP

Aug. 22-25

8 a.m. to 4:30 p.m.

This 4-day workshop is designed for retiring Chief Master Sergeants (E-9) and Colonels (O-6). Review strategies to prepare for and pursue leadership positions in the government, private, and public sector, financial planning, and VA Benefits & Services. **Prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

**VA BENEFITS & SERVICES**

Aug. 25 &amp; Sept. 29 8 a.m. to 4:30 p.m.

This is a repeat of the course held on the second day of the 3-day TAP Workshop for those who want to review the information again. Review VA services, disability compensation, and GI Bill benefits. This course is also offered at [tapevents.mil/courses](http://tapevents.mil/courses). **Repeat of Core Requirement, prerequisite: 3-day TAP Workshop.** *Mode: In-Person.*

**DOL EMPLOYMENT WORKSHOP**

Sept. 14-15 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. **Transition Track, 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. at [jbsaskillbridge.eventbrite.com](http://jbsaskillbridge.eventbrite.com) 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

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

**RECORD OF EMERGENCY DATA (RED) & SERVICEMEMBER'S GROUP LIFE INSURANCE (SGLI)**

RED (DD Form 93 or vRED) and the SGLI Online Election System (SOES) are vital parts 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 maintain these documents. When is the last time you updated yours? For more information, call (210) 652-5321, 652-2104 or 652-2480.

**ESTATE PLANNING**

Sept. 8 Noon to 1:30 p.m.

Do you have a plan in place in the event of your passing? Guest speakers will discuss important topics regarding estate planning and answer your questions. The discussion will include common concerns for military service members, retirees, and family members. Grab your lunch and join in! *Mode: In-Person.*



## **SURVIVOR BENEFIT PLAN GROUP BRIEFING**

Aug. 10 & Sept. 14

9-10:30 a.m.

The Survivor Benefit Plan briefing with an SBP Counselor is required by law and helps the service member 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. To register, call (210) 652-2104, 652-2480, or email [randolphmfrfc@us.af.mil](mailto:randolphmfrfc@us.af.mil). *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.

## **EFMP ORIENTATION**

Aug. 7, 21 & Sept. 18

11 a.m. to 12:30 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.*



## **EFMP LUNCH & LEARN**

Review a new topic each month and share helpful resources or ways to overcome challenges. *Mode: Virtual.*

ABA 201

Sept. 21

11 a.m. to Noon

This discussion will cover more in depth techniques and know how to continue the progress of an autistic child. Facilitated by Behavioral Innovations.

## **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



## **FOUR LENSES TEMPERAMENT DISCOVERY**

Aug. 31

8 a.m. to Noon

During this interactive workshop, learn to identify temperament styles and how each one measures self-worth. Expose attitudes and probable motivation behind behavior while learning to identify natural talents, improve communication, and embrace diversity. *Mode: In-Person.*

## VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not held Sept. 1) 11-11:30 a.m.

Join us to receive valuable resources



and talk with experts as we explore ways to get and stay connected. *Mode: Virtual.*

### KEY SPOUSE MENTOR TRAINING

Call to schedule an appointment.

After completion of the Key Spouse Initial Training, appointed KS Mentors are required to take this 1-time mandatory training. *Mode: In-person, phone, or virtual may be requested.*

### KEY SPOUSE REFRESHER TRAINING

Call to schedule an appointment.

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, phone, or virtual may be requested.*



KEY SPOUSE

## 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 assistants, 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.

### PRE-DEPLOYMENT BRIEFING AND POST-DEPLOYMENT REUNION & REINTEGRATION

Call to schedule an appointment.

A mandatory briefing for all service members preparing for or returning from a deployment, remote assignment, or TDY longer than 30 days - learn about DoD and third-party resources to prepare you and your family for extended separations. One-on-one consultations and unit or group briefings are available. Spouses are encouraged to attend. *Mode: In-person, phone, or virtual may be requested.*

## FEDERAL VOTING ASSISTANCE PROGRAM

JBSA-RND • M&FRC, Bldg. 693

(210) 652-3112

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 [vote.randolph@us.af.mil](mailto:vote.randolph@us.af.mil) for details.

# IS YOUR EMERGENCY SUPPLY KIT READY?

## Recommended Items to Include in a Basic Emergency Supply Kit

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps

## Additional Items to Include in a Basic Emergency Supply Kit

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies,
- Identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person.
- Complete change of clothing
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children





## 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) 671-5406 or 671-5408

#### 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](http://www.jbsa.mil/Resources/MilitaryFamilyReadiness)



[facebook.com/mfrcjbsa](https://facebook.com/mfrcjbsa)

