



Joint Base San Antonio

Military & Family Readiness Centers

Calendar Of Events

February-March 2023

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

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:

- Air Force Aid Society
- 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.



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 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.fsysr@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.

CALENDAR OF EVENTS FEBRUARY-MARCH 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	FEBRUARY	MARCH	PAGE	SITE
RELOCATION	First Move for Military Spouses	23	23	p. 8  FSH
	Immigration & Citizenship	22	22	p. 8  FSH
	Connection (Newcomer's Orientation)	W	W	p. 19  LAK
	Newcomer's Orientation	3, 17	3, 17	p. 8  FSH
	Newcomer's Orientation	6	6	p. 26  RND
	Newly Assigned CC/CCC/CCF	7	7	p. 26  RND
	Newly Assigned CC/CCC/CCF	21	--	p. 19  LAK
	Supplemental Sponsorship Training	16	16	p. 8  FSH
Trails & Tales	9	9	p. 8  FSH	
FINANCIAL	Continuation Pay	17	17	p. 9  FSH
	Credit & Debt Management	--	1	p. 10  FSH
	Credit & Debt Management	--	23	p. 20  LAK
	Divorce & Financial Readiness	3	3	p. 9  FSH
	Financial Readiness Symposium	--	30	p. 10  FSH
	First Child Financial Planning	--	27	p. 10  FSH
	Home Buying	23	--	p. 20  LAK
	Home Buying	24	--	p. 10  FSH
	How to Budget	14	14	p. 9  FSH
	Marriage & Financial Readiness	3	3	p. 9  FSH
	Moving Out of the Dorms	--	9	p. 20  LAK
	Officer First Duty Station Financial Training	15	29	p. 20  LAK
Officer First Duty Station Financial Training	--	28	p. 27  RND	

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		FEBRUARY	MARCH	PAGE	SITE
	Promotions & Financial Readiness	17	17	p. 9	FSH
	Save as a Family	7	--	p. 9	FSH
	Save for the Unexpected	21	--	p. 10	FSH
	Saving & Investing 101	9	--	p. 20	LAK
	Retirement Planning Starter - TSP Vesting	15	15	p. 9	FSH
	Tax Preparation	22	--	p. 27	RND
EMPLOYMENT	Acing the Interview	7	--	p. 20	LAK
	Acing the Interview	15	--	p. 11	FSH
	Acing the Interview	--	7	p. 27	RND
	Conversational Interviewing Skills	--	15	p. 11	FSH
	Fresh Look Federal Resume	--	29	p. 11	FSH
	LinkedIn 101	22	22	p. 11	FSH
	Military Spouse Expo & Hiring Event	--	28	p. 21	LAK
	Ready, Set, Resume	8	--	p. 11	FSH
	Ready, Set, Resume	--	21	p. 27	RND
	Renovating Your Resume	--	8	p. 11	FSH
	Resume Writing LIVE	--	14	p. 21	LAK
	Salary Negotiation	--	10	p. 27	RND
	Salary Negotiation	--	21	p. 20	LAK
	USAJobs Navigation & Federal Resume	1	1	p. 10	FSH
	USAJobs Navigation & Federal Resume	21	28	p. 27	RND
Your Pathways to Employment	--	27	p. 11	FSH	
TRANSITION ASSISTANCE	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 12	FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 21	LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 28	RND
	Pre-Separation Counseling (Step 2)	1, 8, 22	1, 8, 22	p. 28	RND
	Pre-Separation Counseling (Step 2)	1, 8	1, 8, 22, 29	p. 12	FSH
	Pre-Separation Counseling (Step 2)	6, 27	6, 20	p. 21	LAK
	DoD Transition Day (Step 3)	6, 7, 13, 27	6, 13, 27	p. 12	FSH
	TAP Workshop (3-day) (Step 3)	6-8, 27-1 March	6-8, 20-22	p. 21	LAK
	TAP Workshop (3-day) (Step 3)	13-15	13-15	p. 28	RND
	DOL Employment Fundamentals of Career Transition	1, 8, 9, 15	1, 8, 15, 29	p. 12	FSH
	DoL Employment Workshop (2-day)	2-3, 9-10, 16-17	2-3, 9-10, 30-31	p. 12	FSH
	DoL Employment Workshop (2-day)	9-10	2-3, 9-10, 23-24	p. 22	LAK
	DoL Employment Workshop (2-day)	16-17	16-17	p. 28	RND
	DoL Career & Credential Exploration (2-day)	23-24	16-17	p. 13	FSH
	DoL Career & Credential Exploration (2-day)	--	23-24	p. 22	LAK
Entrepreneurship: Boots to Business (2-day)	--	8-9	p. 28	RND	
Employer Day	16, 17	9, 10	p. 13	FSH	
Managing Your (My) Education (2-day)	9-10	2-3, 9-10, 23-24	p. 22	LAK	

EVENT		FEBRUARY	MARCH	PAGE	SITE
	Managing Your (My) Education (2-day)	13-14	13-14	p. 13	📶 FSH
	VA Benefits & Services	21	28	p. 22	👤 LAK
	VA Benefits & Services	7, 8, 14, 28	7, 14, 28	p. 12	👤 FSH
	VA Benefits & Services	24	24	p. 28	👤 RND
EFMP	Adult Craft Night	10	--	p. 14	👤 FSH
	Emotional Grit	23	--	p. 23	📶 LAK
	EFMP Orientation	6	6	p. 30	👤 RND
	Family Connections	28	28	p. 14	📶 FSH
	Food Bank Healthy Eating on a Budget	--	30	p. 23	📶 LAK
	Lunch & Learn with EFMP	15	15	p. 14	👤 FSH
PERSONAL, FAMILY & WORK LIFE	Adoption & Foster Care Seminar	23	--	p. 24	📶 LAK
	AFAP Focus Group	14	--	p. 15	👤 FSH
	Becoming an Impactful Leader	22	3	p. 16	📶 FSH
	Building Healthy Marriages	8	--	p. 30	📶 RND
	Bundles for Babies	1	8	p. 30	📶 RND
	Bundles for Babies	--	23	p. 24	👤 LAK
	Car Seat 101	7	7	p. 14	👤 FSH
	Challenges Faced by Dual Military Couples	--	9	p. 30	📶 RND
	Dads Support Group	14	14	p. 24	👤 LAK
	Dating... It's a Jungle Out There	7	--	p. 30	👤 RND
	Digital Scrapbook - Spring Break	--	20	p. 24	📶 LAK
	Heart Link: Spouse Orientation	15	--	p. 15	👤 FSH
	Heart Link: Spouse Orientation	--	29	p. 30	👤 RND
	Instructor Training Course (ITC) (2-day)	--	7-8	p. 16	👤 FSH
	Marry the Military	10	--	p. 14	📶 FSH
	Master Resiliency Training: Celebrate Good News	--	28	p. 18	👤 FSH
	Master Resiliency Training: Gratitude	--	14	p. 17	👤 FSH
	Master Resiliency Training: Physical Resiliency	28	--	p. 17	👤 FSH
	MatriMoney- Money and Marriage	--	30	p. 31	👤 RND
	Microsoft Office Clinic: Access	9	--	p. 11	📶 FSH
	Microsoft Office Clinic: PowerPoint	3	--	p. 11	📶 FSH
	Microsoft Office: Excel (3-day)	--	28-30	p. 11	📶 FSH
	Microsoft Office: PowerPoint (3-day)	7-9	28-30	p. 11	📶 FSH
	Microsoft Office: Word (3-day)	--	14-16	p. 11	📶 FSH
	Play & Learn Playgroup	14, 28	14, 28	p. 15	👤 FSH
	ScreamFree Marriage	--	30	p. 24	👤 LAK
	Single Parent Support Group	1	1	p. 23	👤 LAK
	Spouse Connections	--	7	p. 24	👤 LAK
	Survivor Benefit Plan Group Briefing	1, 9, 15, 23	1, 9, 15, 23	p. 22	👤 LAK
	Survivor Benefit Plan Group Briefing	9	9	p. 29	📶 RND

EVENT	FEBRUARY	MARCH	PAGE	SITE
Twogether in Texas	23	--	p. 15	FSH
Virtual Friday Q&A for Military Spouses	3	3	p. 14	FSH
Virtual Friday Q&A for Military Spouses	F	F	p. 23	LAK
Virtual Friday Q&A for Military Spouses	F	F	p. 30	RND
What to Expect When Caring for an Aging Adult	--	29	p. 16	FSH
VOLUNTEER				
Volunteering 101	7	21	p. 16	FSH
Volunteer Awards Nomination Writing Workshop	28	--	p. 7	FSH
Volunteer Awards Nomination Writing Workshop	Call to Register	Call to Register	p. 7	LAK
Volunteer Awards Nomination Writing Workshop	2	--	p. 7	RND
UNIT FAMILY READINESS				
R.E.A.L. Command Team Training	7	7	p. 18	FSH
R.E.A.L. Fund Custodian Training	15	--	p. 18	FSH
R.E.A.L. Key Contacts Training	--	15	p. 18	FSH
Key Spouse Initial Training	8	--	p. 24	LAK
Key Spouse Initial Training	--	8	p. 18	FSH
Key Spouse Continuing Education	--	22	p. 31	RND
Key Spouse Continuing Education	--	30	p. 25	LAK
Key Spouse Mentor Training	1	--	p. 24	LAK
Key Spouse Mentor Training	--	21	p. 31	RND
Key Spouse Refresher Training	--	22	p. 31	RND
DEPLOYMENT				
Hearts Apart: Heart in a Box	14	--	p. 17	FSH
Couples & Deployment	9	9, 23	p. 17	FSH
Deployment & the Single Service Member	9, 23	9, 23	p. 17	FSH
Kids & Deployment	9	9, 23	p. 17	FSH
Pre-Deployment Briefing	Call to Register	Call to Register	p. 31	RND
Pre-Deployment Briefing	M & W	M & W	p. 25	LAK
Pre-Deployment Briefing	2	2	p. 17	FSH
Pre-Deployment Briefing	16	16	p. 17	FSH
Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p. 31	RND
Post-Deployment Reunion & Reintegration	M & W	M & W	p. 25	LAK
Post-Deployment Reunion & Reintegration	2	2	p. 17	FSH
Post-Deployment Reunion & Reintegration	16	16	p. 17	FSH

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

February 2023

Teen Dating Violence Awareness Month
 3 National Wear Red Day
 14 Valentine's Day
 19 Coast Guard Reserve Birthday
 20 **Washington's Birthday**
 (All Centers Closed)

March 2023

American Red Cross Month
 Cerebral Palsy Awareness Month
 3 Navy Reserve Birthday
 4 Hug a GI Day
 13 National K9 Veteran's Day
 25 Medal of Honor Day

CALL FOR NOMINATIONS

Joint Base San Antonio VOLUNTEER AWARDS CEREMONY

Do you know any extraordinary volunteers within our JBSA community? Thank them for making a positive impact on the lives of others by nominating them to be recognized during the Annual JBSA Volunteer Awards Ceremony on April 19, 2023.

Submit Nominations Now through Wednesday, March 1, 2023

Nomination forms must be emailed to 802FSS.FSYR.VolunteerServices@us.af.mil or dropped off at the JBSA-Fort Sam Houston M&FRC, ATTN: Installation Volunteer Corps Coordinator.

VOLUNTEER AWARDS

VOLUNTEER OF THE YEAR AWARD (VOYA)

Volunteer service performed during January 1, 2022-December 31, 2022. These awards do not require a minimum number of hours served. Categories:

- Outstanding Service Members
- Outstanding Youth, ages 13-17
- Outstanding Family Member
- Outstanding Retiree
- Outstanding Civilian
- JBSA Family of the Year
- Small Groups
- Large Groups

VOLUNTEER EXCELLENCE AWARD (VEA)

A lifetime achievement award recognizing exceptional long-term community support that is significant in character, tangible results, and reflects favorably on the United States Armed Forces. Open to federal civilians, family members, and retirees (military or federal) from all military branches who have not previously received this award.

PRESIDENTIAL VOLUNTEER SERVICE AWARD

The President's Council on Service and Civic Participation recognizes the vital role of volunteers in America's strength and national identity. This award honors individuals whose service positively impacts communities in every corner of the nation and inspires those around them to take action. The Bronze, Silver, Gold, and Lifetime Achievement awards require specific hours per age bracket. Open to United States citizens or lawful permanent residents of the United States who are at least 5 years of age.



Scan the QR code or visit go.usa.gov/xyT2X for award criteria instructional guides and to download nomination forms.

JBSA ANNUAL VOLUNTEER AWARDS NOMINATION WRITING WORKSHOP

Examine award criteria for the Volunteer of the Year Award (VOYA) and Volunteer Excellence Award (VEA), review nomination forms, and get tips to help prepare an award-winning package. All nominations must be received by March 1, 2023.

- JBSA-FSH: Feb. 28 from 9-10 a.m. (Mode: In-Person), and by request**
- JBSA-LAK: Appointments by Request (Mode: In-Person, Virtual, or Hybrid)**
- JBSA-RND: Feb. 2 from 9-10 a.m. (Mode: Virtual), and by request**



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.

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.

NEWCOMER'S ORIENTATION

Feb. 3, 17 & March 3, 17 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.*



TRAILS & TALES

Feb. 9 & March 9

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.*

SUPPLEMENTAL SPONSORSHIP TRAINING

Feb. 16 & March 16

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 (eSAT) online at <https://millifelearning.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

Feb. 22 & March 22

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.*

FIRST MOVE FOR MILITARY SPOUSES

Feb. 23 & March 23

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.*

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.

DIVORCE & FINANCIAL READINESS

Feb. 3 & March 3 1-2 p.m.

Untangling household income and financial obligations is a process. 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.*

MARRIAGE & FINANCIAL READINESS

Feb. 3 & March 3 1-2 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.*

SAVE AS A FAMILY

Feb. 7 9:30-11:30 a.m.

Kids learn a lot more than you realize by watching you. Get tips to help model good financial behavior, make saving a family affair, and teach good money habits. Teaching financial literacy can help prepare your child for the future.

Mode: In-Person.



HOW TO BUDGET

Feb. 14 & March 14 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

Feb. 15 & March 15 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.*

CONTINUATION PAY

Feb. 17 & March 17 1-2 p.m.

When can you collect? 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. *Mode: In-Person.*

PROMOTIONS & FINANCIAL READINESS

Feb. 17 & March 17 1-2 p.m.

You put in the extra effort and worked hard for that promotion. Shouldn't you do the same for your financial future? Discover tips to help make the most of your new financial opportunity and learn how to set up spending goals, reduce excessive debt, grow your retirement, set emergency funds, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

SAVE FOR THE UNEXPECTED

Feb. 21 9:30-11:30 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.*

HOME BUYING

Feb. 24 11:30 a.m. to 1:30 p.m.

Get tips to help with purchasing a home. 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.*

CREDIT & DEBT MANAGEMENT

March 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.*

FIRST CHILD FINANCIAL PLANNING

March 27 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.*

Financial

Readiness Symposium



March 30 9 a.m. to Noon

Get your finances on track! This symposium covers a variety of financial topics and educational sessions to help strengthen your financial muscle. Subjects include money management, planning and budgeting, retirement, and more. Register online at <https://e.afit.edu/df57BBG>
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 SPOUSE LICENSURE REIMBURSEMENT**Did You Know...**

When you transfer your existing professional license due to a PCS, you can be reimbursed up to **\$1,000** for certification and relicensing costs.

- Is it for a qualified occupational license or certification of the same profession from your previous location?
- Is the move a result of a PCS across U.S. state lines?
- Have you already paid for the exam and registration fees required by the state?
- Open to military spouses from all branches of services.

For reimbursement eligibility and application details, visit <http://go.usa.gov/xyE34>.

**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

Feb. 1 & March 1 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, navigating the site, and using it as leverage for an effective application process. *Mode: Hybrid.*

READY, SET, RESUME

Feb. 8

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

Feb. 15

1-2 p.m.

Knowing how to prepare for an interview and interview with confidence is essential. Discover preparation tips and review commonly used platforms. *Mode: Hybrid.*

LINKEDIN 101

Feb. 22 & March 22

1-2 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.*

RENOVATING YOUR RESUME

March 8

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: Hybrid.*

CONVERSATIONAL INTERVIEW SKILLS

March 15

1-2 p.m.

Get past your interview jitters and awkward starts by learning 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.*

YOUR PATHWAYS TO EMPLOYMENT

March 27

9-10 a.m.

Establish a foundation for success on your path to employment. Explore 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.*

Freshlook FEDERAL RESUME

March 29

1-4 p.m.

Take a fresh look at your current federal resume. Learn how to craft or revise it by reviewing how to break down a federal job description and get tips to help tailor your resume.

Mode: Hybrid.



VIRTUAL MICROSOFT OFFICE 2016

Whether you're trying to impress your boss or catapult yourself to employment, computer skills transfer to nearly any job in 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

March 14-16 • 11 a.m. to 1 p.m.



Excel

March 28-30 • 11 a.m. to 1 p.m.



PowerPoint

Feb. 7-9 & March 28-30 • 8-10 a.m.

MICROSOFT OFFICE: POWERPOINT CLINIC

Feb. 3

11 a.m. to 1 p.m.

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

MICROSOFT OFFICE: ACCESS CLINIC

Feb. 9

2-4 p.m.

Fine tune your database capabilities by learning how to build and design a switchboard creating a user friendly click-based interface and how to embed formulas. *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 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.fsyrr.tap@us.af.mil to schedule an appointment or sign up.

INDIVIDUALIZED INITIAL COUNSELING Call to Schedule an Appointment

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. **This is the first step of the Transition process.** *Mode: In-Person.*

PRE-SEPARATION COUNSELING

Feb. 1, 8 & March 1, 8, 22, 29 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** the 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: Feb. 13 & March 6
Separation: Feb. 6, 27 & March 27
SFAC/MEB: Feb. 7 & March 13
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 mandatory. Prerequisite: Pre-Separation.** *Mode: In-Person.*

VA Benefits and Services

Executive: Feb. 14 & March 7
Separation: Feb. 7, 28 & March 28
SFAC/MEB: Feb. 8 & March 14
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: Feb. 1, 15 & March 8
Separation: Feb. 8 & March 1, 29
SFAC/MEB: Feb. 9 & March 15
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: Feb. 2-3, 16-17 & March 9-10
Separation: Feb. 9-10 & March 2-3, 30-31
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.*

MANAGING YOUR (MY) EDUCATION

Feb. 13-14 & March 13-14 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. Mode: Virtual.

EMPLOYER DAY

Feb. 16, 17 & March 9, 10 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.

DOL CAREER & CREDENTIAL EXPLORATION

Feb. 23-24 & March 16-17 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.



DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program provides transitioning service members opportunities to connect with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different partnerships for a variety of different career fields. Skillbridge hosts a webcast spotlighting approved partners every Wednesday at 1 p.m. on jbsaskillbridge.eventbrite.com. Call for more

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

information: 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 details or to register.

ADULT CRAFT NIGHT: POUR PAINTING

Feb. 10

6-8 p.m.

Registration Deadline: Feb. 8

Create a masterpiece using pour paints while discussing resilience techniques. Supplies and directions are provided. The artwork is yours to take home. Adult night is open to EFMP family members ages 18 and up. *Mode: In-Person.*

LUNCH & LEARN WITH EFMP**Extended Healthcare Options**

Feb. 15

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

A guest speaker from CHRISTUS Health reviews the TRICARE Extended Care Health Option (ECHO) and other health care options. Find out how they can help your special needs family. *Mode: In-Person.*

Understanding the IEP Goal Process

March 15

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

Be an advocate for your child's education by learning about accommodation and modification programs available in Texas. Review the special education process, goals, and other services to help your child succeed in school. *Mode: In-Person.*

FAMILY CONNECTIONS**National Birth Defects: Feb. 28**

1-2 p.m.

Teen Dating Violence: March 28

1-2 p.m.

In this book club style session, join a conversation covering different awareness topics. Registered customers receive an email with an article relating to the topic.

*Mode: Virtual.***PERSONAL & WORK LIFE**

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

Personal & Work Life collaborates with helping agencies to provide education and promote family preparedness through 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.

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Feb. 3 & March 3

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.*

CAR SEAT 101

Feb. 7 & March 7

9-11 a.m.

Forward-facing, rear-facing, convertible-seat, angles, tether straps, hooks, and anchors - 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.*

MARRY THE MILITARY

Feb. 10

8 a.m. to 1 p.m.

Registration deadline: Feb. 8

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.

PLAY & LEARN PLAYGROUP

Feb. 14, 28 & March 14, 28

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.*



AFAP FOCUS GROUP

Feb. 14

Noon to 1 p.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: In-Person.*

HEART LINK *Spouse Orientation*

Feb. 15

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.*

TWOGETHER IN TEXAS

Feb. 23

8 a.m. to 5 p.m.

Registration Deadline: Feb. 21

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.*

ARMED FORCES

ACTION PLAN AFAP

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

What does Tricare for Life, In-State College Tuition for Military Spouses, Standardized Military ID Cards, Military Spouse Preference for Federal Jobs, Paternity Leave for married soldiers, School Liaison Officers, and Video Surveillance at Child Development Centers have in common?

They were all AFAP issues.

AFAP is a platform to voice ideas and suggestions for improving the standards of living within our military community. It gives patrons an opportunity to identify critical issues and present them to senior leadership for action and resolution.

Issues and ideas can range from healthcare benefits to childcare, recreation to education, employment to entitlements, and more.

Submit an issue!



<https://ims.armyfamilywebportal.com/submit>

WHAT TO EXPECT WHEN CARING FOR AN AGING ADULT

March 29 9 a.m. to Noon

Explore warning signs that may help identify if extra care is needed, tips for holding an intervention, getting financial and special care records in order, caregiving options, and resources to help with caring for an aging adult. *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.*

INSTRUCTOR TRAINING COURSE

March 7-8 9 a.m. to 3:30 p.m.

This 2-day professional development course is designed to improve instructional skills. Develop platform skills and learn to teach adult learners, manage the learning environment, methods of instruction, and the preparation process. *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

Feb. 7 & March 21 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.*

BECOMING AN



IMPACTFUL

Leader

Level II: Feb. 22 2-3 p.m.

Level III: March 3 2-3 p.m.

Maximize your personal and professional potential through discussions based on AFTB module topics. Open to all DoD ID cardholders. Level II - Personal Growth and Resiliency (G) modules - are geared towards E-6 and below and O-4 and below, focusing on communication, stress management, problem-solving, and resolving conflict. Level III - Leadership Development (L) modules - are geared towards E-7 and up and O-5 and up, focusing on leadership skills and styles, communication, becoming a mentor, holding effective meetings, and managing group conflict. *Mode: Hybrid.*



SHOW YOUR VOLUNTEERS A LITTLE LOVE

Nominate a volunteer to be recognized during the 2023 Annual JBSA Volunteer Awards Ceremony, April 19, 2023. The nomination deadline is March 1, 2023, see page 7 for details.

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.

PRE-DEPLOYMENT BRIEFING

👤 **Feb. 2 & March 2** 8-10 a.m.
📶 **Feb. 16 & March 16** 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: 1st & 5th Thursday In-Person, 3rd Thursday Virtual.*

POST-DEPLOYMENT REUNION & REINTEGRATION

👤 **Feb. 2 & March 2** 10 a.m. to Noon
📶 **Feb. 16 & March 16** 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: 1st & 5th Thursday In-Person, 3rd Thursday Virtual.*

DEPLOYMENT & THE SINGLE SERVICE MEMBER

Feb. 9, 23 & March 9, 23 9-10 a.m.

How will you store your vehicle? Who will look after your pet? What will happen to your home? Single service members learn about options to help manage their personal affairs and keep their property and belongings secure. *Mode: In-Person.*

COUPLES & DEPLOYMENT

Feb. 9 & March 9, 23 1-2 p.m.

Deployment is a regular part of the military. Still, it 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.*

KIDS & DEPLOYMENT

Feb. 9 & March 9, 23 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 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.*

HEARTS APART: HEART IN A BOX

Feb. 14 9-11 a.m.

Connect with other geographically separated families to build friendships and share experiences on overcoming stress while preparing a care package. Shipping boxes and labels will be provided, spouses will need to bring their own items for the care package.

Mode: In-Person.



MRT: PHYSICAL RESILIENCY

Feb. 28 1-2 p.m.

This Master Resiliency Training focuses on prioritizing your health to improve productivity, energy, and mood. Learn how to strengthen your physical resilience and improve your well-being. *Mode: In-Person*

MRT: GRATITUDE

March 14 1-2 p.m.

Discuss how optimism and positive emotions help cope with daily stressors and learn how to look for the good in this Master Resiliency Training. *Mode: In-Person*

MRT: CELEBRATE GOOD NEWS

March 28 1-2:30 p.m.

Discover how celebrating other people's good news and being engaged at the moment strengthens critical relationships and builds your resilience during this Master Resiliency Training. *Mode: In-Person.*

KEY SPOUSE INITIAL TRAINING

March 8 9 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.*

**R.E.A.L. COMMAND TEAM TRAINING**

Feb. 7 & March 7 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. FUND CUSTODIAN TRAINING

Feb. 15 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

March 15 1-2 p.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.*

**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.fsyr.vote@us.af.mil.

**SUBSCRIBE**

Get the latest bi-monthly Calendar of Events Booklet delivered directly to your inbox.

Send an email to

802fss.fsyr.jbsaevents@us.af.mil

with "add me" in the subject line, or scan the QR code. Be the first to know about events and workshops!



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 to register for a class.

PLAN MY MOVE - SMOOTH MOVE

Contact your Unit Personnel Coordinator or Commander Support Element

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

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.

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

Feb. 21 8-11:45 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, Promotions, Vesting, Training in Thrift Savings Plan, Continuation Pay, Marriage, Birth or Adoption of First Child, Divorce, Pre-/Post-Deployment, and Career Transition.

SAVING & INVESTING 101

Feb. 9 10 a.m. to Noon

Discuss the risks and rewards of investing, identify strategies to help reach your investment goals, and review different saving options. *Mode: In-Person.*

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

Feb. 15 & March 29 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.*

HOME BUYING

Feb. 23 10 a.m. to Noon

Get tips to help with purchasing a home and resolving mortgage issues. Discuss differences between renting and owning, learn about the home-buying process, choosing a Realtor, what makes up a mortgage payment, and more. *Mode: In-Person.*

MOVING OUT OF THE DORM

March 9 10 a.m. to Noon

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.*



CREDIT & DEBT MANAGEMENT

March 23 10 a.m. to Noon

Review debt reduction and management strategies, helpful tips to prevent debt from reoccurring, and learn how resolving debt improves your credit. *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 SPOUSE LICENSURE REIMBURSEMENT

Did You Know...

When you transfer your existing professional license due to a PCS, you can be reimbursed up to **\$1,000** for certification and relicensing costs.

- Is it for a qualified occupational license or certification of the same profession from your previous location?
- Is the move a result of a PCS across U.S. state lines?
- Have you already paid for the exam and registration fees required by the state?
- Open to military spouses from all branches of services.

For details, visit <http://go.usa.gov/xyE34>.



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

Feb. 7 1-3 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: In-Person.*

SALARY NEGOTIATION

March 21 5-7 p.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.*

MILITARY Spouse AND HIRING EXPO Event

March 28 **10 a.m. to 2 p.m.**

Explore resources and information to help you achieve your short and long term employment goals. Breakout sessions and round table discussions lead by industry professionals offer insight and tips to help you improve your resume, LinkedIn profile, career prospects, and how to stand out as the best candidate for the position. Network with over 35 employers who are looking to hire military spouses. This event is held in partnership with Workforce Solutions Alamo. *Mode: In-Person; Gateway Club, Bldg. 2490.*



RESUME WRITING LIVE

March 14 **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.*

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. 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. **This is the first step of the Transition process.** *Mode: In-Person.*

PRE-SEPARATION COUNSELING

Feb. 6, 27 & March 6, 20 **8-10:30 a.m.**

This is the second step of the formal transition process. Pre-Separation Counseling, just like Initial Counseling, is mandatory and 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. **Prerequisite: Individualized Initial Counseling.** *Mode: In-Person.*

TAP WORKSHOP

Feb. 6-8, Feb. 27-March 1 & March 6-8, 20-22
8 a.m. to 4 p.m.

This 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. **This class is a requirement.** **Prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

VA Benefits and Services

Feb. 21 & March 28 **8 a.m. to 2 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*. **This class is a repeat for those who want to review benefits a second time.** *Mode: In-Person.*

MANAGING YOUR (MY) EDUCATION

Feb. 9-10 & March 2-3, 9-10, 23-24

8 a.m. to Noon

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: TAP workshop.** *Mode: In-Person; Education Center, Bldg. 5725.*

DOL EMPLOYMENT WORKSHOP

Feb. 9-10 & March 2-3, 9-10, 23-24

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.*

DOL CAREER & CREDENTIAL EXPLORATION

March 23-24

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.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program provides transitioning service members opportunities to connect with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different partnerships for a variety of different career fields. Skillbridge hosts a webcast spotlighting approved partners every Wednesday at 1 p.m. on *jbsaskillbridge.eventbrite.com*. Call for more information: 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 to schedule an appointment.

SURVIVOR BENEFIT PLAN GROUP BRIEFING

Call to schedule an appointment:

Feb. 1, 9, 15, 23 & March 1, 9, 15, 23

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. *Mode: In-Person.*

RECORD OF EMERGENCY DATA

Your Record of Emergency Data (DD Form 93 or vRED) and 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.

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.

EMOTIONAL GRIT

Feb. 23 Noon to 1 p.m.

A guest speaker from American Red Cross will discuss ways to recognize emotions that emerge from challenging situation, including those that may lead to depression. Learn about approaches to build resiliency, pursue joy, and suicide prevention. *Mode: Virtual.*



FOOD BANK HEALTHY EATING ON A BUDGET

March 30 Noon to 1 p.m.

Discover ways to get unit prices down per serving and learn to cook with less ingredients while using various products as a protein base. *Mode: Virtual.*

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 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.*

SINGLE PARENT SUPPORT GROUP

Feb. 1 & March 1 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.*



DADS SUPPORT GROUP

Feb. 14 & March 14

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.*

ADOPTION & FOSTER CARE SEMINAR

Feb. 23

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.*

FIVE & THRIVE**SPOUSE CONNECTIONS**

March 7

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, Key Spouses and non-Key Spouses are encouraged to attend. *Mode: In-Person.*

**DIGITAL SCRAPBOOK: SPRING BREAK**

March 20

11 a.m. to 1 p.m.

Expand your digital scrapbooking 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: Hybrid.*

Bundles for Babies

March 23

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

**SCREAMFREE MARRIAGE**

March 30

9 a.m. to Noon

Learn to stay calm in the face of common marital conflicts to create and enjoy deep, lifelong connections. This session reviews the 9 principles of a screamfree marriage. *Mode: In-Person; Arnold Hall Community Center, Bldg. 5506.*

**KEY SPOUSE INITIAL TRAINING**

Feb. 8

9 a.m. to 1 p.m.

All newly 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

Feb. 1

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

March 30

9 a.m. to Noon

Topic: Four Lenses Temperament Discovery

Key Spouses and Key Spouse Mentors participate in professional development training and networking opportunities to maintain skills and learn about new resources. This quarterly training complements the Initial Training, registration is required. *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.

support groups that assist with the unique challenges of a deployment cycle.

PRE-DEPLOYMENT BRIEFING

Mondays & Wednesdays

9-10 a.m.

(Not held Feb. 20)

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.*

POST-DEPLOYMENT REUNION & REINTEGRATION

Mondays & Wednesdays

1-2 p.m.

(Not held Feb. 20)

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.*



SHOW YOUR VOLUNTEERS A LITTLE LOVE

Nominate a volunteer to be recognized during the 2023 Annual JBSA Volunteer Awards Ceremony, April 19, 2023. The nomination deadline is March 1, 2023, see page 7 for details.



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.

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

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 and Military Installations at installations.militaryonesource.mil for more tips.

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.

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.



NEWCOMER'S ORIENTATION

Feb. 6 & March 6 8 a.m. to Noon

A Mandatory in-processing brief 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

Feb. 7 & March 7 8 a.m. to Noon

Commanders, Command Chiefs, and First Sergeants; this mandatory briefing satisfies AFI requirements while introducing key personnel from the M&FRC, Equal Opportunity, Family Advocacy, HIPAA, and Legal. *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 like money management, budgeting, debt reduction, and basic investment planning.

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: 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.**



TAX PREPARATION

Feb. 22

10-11:30 a.m.

Review new tax laws, discuss tax filing basics and planning strategies, tax brackets, tax credits, withholding and exemptions, as well as record keeping. Learn about free tax resources and special tax situations for active-duty military.

Mode: In-Person.



OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

March 28

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.

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.

USA JOBS NAVIGATION & FEDERAL RESUME WRITING

Feb. 21 & March 28

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.

ACING THE INTERVIEW

March 7

9-10:30 a.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: In-Person.

SALARY NEGOTIATION

March 10

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.

READY, SET, RESUME

March 21

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.

MILITARY SPOUSE LICENSURE REIMBURSEMENT

Did You Know...

When you transfer your existing professional license due to a PCS, you can be reimbursed up to \$1,000 for certification and relicensing costs.

- Is it for a qualified occupational license or certification of the same profession from your previous location?
- Is the move a result of a PCS across U.S. state lines?
- Have you already paid for the exam and registration fees required by the state?
- Open to military spouses from all branches of services.

For details, visit <http://go.usa.gov/xyE34>



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 provides training opportunities and information to help service members meet their post-military goals. Individualized Initial Counseling and Pre-Separation Counseling are also mandatory for those planning to re-enlist. Call to register.

INDIVIDUALIZED INITIAL COUNSELING Call to Schedule an Appointment

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 transition date to complete a self-assessment to establish post-transition goals and develop an Individual Transition Plan. **This is the first step of the Transition process.** *Mode: In-Person and Virtual.*

PRE-SEPARATION COUNSELING

Feb. 1, 8, 22 & March 1, 8, 22 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 the 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. **Prerequisite: IIC.** *Mode: In-Person.*

TAP WORKSHOP

Feb. 13-15 & March 13-15 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 and Services

Feb. 24 & March 24 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 EMPLOYMENT WORKSHOP

Feb. 16-17 & March 16-17 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.*



BOOTS to BUSINESS

from the U.S. Small Business Administration

March 8-9 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.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program provides transitioning service members opportunities to connect with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different partnerships for a variety of different career fields. Skillbridge hosts a webcast spotlighting approved partners every Wednesday at 1 p.m. on jbsaskillbridge.eventbrite.com. Call for more information: 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.

SURVIVOR BENEFIT PLAN GROUP BRIEFING

Feb. 9 & March 9 9-10:30 a.m.

The Survivor Benefit Plan briefing with an SBP Counselor is required by law and helps the service members and spouses 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, 652-2480, or email randolph.casualty@us.af.mil to register. *Mode: Virtual.*



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) 652-5321 or 652-2104.

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

Feb. 6 & March 6

Noon to 1:30 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.*



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 register.

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays

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.

Bundles for Babies

Feb. 1 & March 8

9-11 a.m.

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.*



DATING: IT'S A JUNGLE OUT THERE

Feb. 7

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 major areas that help predict what a person will be like in a marriage and the bonding forces that must be kept in balance as the relationship grows. Hosted in partnership with Mental Health Outreach Coordinator. *Mode: In-Person.*

BUILDING HEALTHIER MARRIAGES

Feb. 8

10-11 a.m.

Marriage takes work, and with added stressors of the pandemic, job demands, and raising children, couples can easily fall out of alignment. Take some time out to strengthen your marriage and discover skills and tools to help revive your bond. *Mode: Virtual.*

CHALLENGES FACED BY DUAL MILITARY COUPLES

March 9

10-11 a.m.

Dual military couples have the advantage of shared experiences, but they also face unique challenges - complicated career decisions, ranks, different military branches, and additional time apart due to deployments or remote assignments. Discuss skills, habits, and tips to adopt as a dual military couple to help navigate challenges, develop realistic contingency plans, and ways to prepare for what's to come. Held in partnership with AFAS. *Mode: Virtual.*



HEART LINK: SPOUSE ORIENTATION

March 29

8:30 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 other programs available. Registration required. *Mode: In-Person.*

MATRIMONY-MONEY AND MARRIAGE

March 30 10-11 a.m.
Did you know money is one of the top problems that cause relationship issues? During this presentation, couples will explore emotional connections to financial matters, practice goal setting strategies, and practice effective communication.
Mode: In-Person.

KEY SPOUSE MENTOR TRAINING

March 21 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: Virtual.

KEY SPOUSE REFRESHER TRAINING

March 22 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: Virtual.*

KEY SPOUSE CONTINUING EDUCATION

March 22 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 or different computer-based platforms like podcasts, webinars, or Military OneSource.
Mode: Virtual.



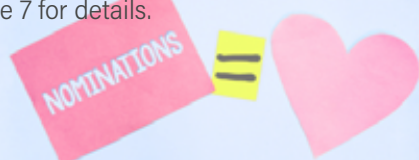
VOLUNTEER SERVICES

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 for more information.

SHOW YOUR VOLUNTEERS A LITTLE LOVE

Nominate a volunteer to be recognized during the 2023 Annual JBSA Volunteer Awards Ceremony, April 19, 2023. The nomination deadline is March 1, 2023, see page 7 for details.



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 or virtual.*

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.



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

