

JOINT BASE SAN ANTONIO
MILITARY & FAMILY READINESS CENTER

APRIL

Calendar of Events

MAY



- 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

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):** Hybrid or 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.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









































CALENDAR OF EVENTS FEBRUARY-MARCH









































JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT		APRIL	MAY	PAGE	SITE
RELOCATION	Guided Tour, Trails & Tales of Fort Sam Houston	10	8	p. 9	 FSH
	Immigration & Citizenship	23	28	p. 8	 FSH
	JBSA Pre-Arrival Orientation	22	27	p. 8	 JBSA
	Newcomer's Orientation	4, 18	1, 16	p. 8	 FSH
	Newcomer's Orientation	2, 16	7, 21	p. 8	 LAK
	Newcomer's Orientation	7	12	p. 8	 RND
	Newly Assigned CC/CCC/CCF	By Appointment	By Appointment	p. 9	 RND
	Supplemental Sponsorship Training	2	7	p. 8	 FSH
	Supplemental Sponsorship Training	Call to Register	Call to Register	p. 8	 LAK
	Supplemental Sponsorship Training	Call to Register	Call to Register	p. 8	 RND
	New Unit Leadership Training	22	–	p. 9	 LAK
FINANCIAL	First Duty Station Officer Course	–	6	p. 10	 FSH
	First Duty Station Officer Course	1	6	p. 10	 LAK
	First Duty Station Officer Course	10	8	p. 10	 RND
	Continuation Pay under BRS (all branches)	–	6	p. 10	 FSH
	Home Buying	–	27	p. 10	 FSH
	Home Buying	–	20	p. 10.	 LAK
	Home Buying	15	–	p. 10.	 RND
	Moving Out of the Dorms	8	13	p. 10.	 LAK
	PCS Touchpoint CMT	8, 22	6, 20	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		April	May	Page	Site
FINANCIAL	Prepare Finances for an Emergency	11	--	p. 11	 FSH
	Prepare Finances for Deployment	10, 24	8, 22	p. 11	 FSH
	Prepare Finances for Divorce	8	--	p. 11	 FSH
	Prepare Finances for First Child	8	--	p. 11	 FSH
	Prepare Finances for Marriage	8	--	p. 11	 FSH
	Prepare Finances for Return from Deployment	10, 24	8, 22	p. 11	 FSH
	Retirement Planning & TSP	22	--	p. 11	 FSH
	Savings & Investing	29	--	p. 11	 FSH
	Savings & Investing	10	--	p. 11	 RND
	Vesting in the TSP	8	--	p. 11	 FSH
EMPLOYMENT	Acing the Interview	--	21	p. 12	 FSH
	Acing the Interview	--	13	p. 12	 RND
	Hiring Fair & Military Spouse Expo	--	6	p. 12	 LAK
	Interview Prep/Mock Board	By Appointment	By Appointment	p. 12	 FSH
	Interview Prep/Mock Board	By Appointment	By Appointment	p. 12	 LAK
	Interview Prep/Mock Board	By Appointment	By Appointment	p. 12	 RND
	Job Fair Preparation	22	--	p. 12	 LAK
	Job Search Skills	--	27	p. 12	 LAK
	LinkedIn 101	23	28	p. 13	 FSH
	Linkedin 101	--	20	p. 13	 LAK
	MilSpouse Employment Ready	1	--	p. 13	 LAK
	Ready ,Set, Resume	--	14	p. 13	 FSH
	Ready ,Set, Resume	15	--	p. 13	 LAK
	Ready ,Set, Resume	--	20	p. 13	 RND
	Salary Negotiation	9	--	p. 13	 FSH
	USAJOBS Navigation & Federal Resume	2	7	p. 13	 FSH
	USAJOBS Navigation & Federal Resume	8	--	p. 13	 LAK
	USAJOBS Navigation & Federal Resume	--	27	p. 13	 RND
TRANSITION ASSISTANCE PROGRAM	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 14	 FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 16	 LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 16	 RND
	Pre-Separation Counseling (Step 2)	2, 9, 16, 23, 30	7, 14, 21, 28	p. 14	 FSH
	Pre-Separation Counseling (Step 2)	8, 22, 29	20	p. 16	 LAK
	Pre-Separation Counseling (Step 2)	9, 23	7, 21, 28	p. 16	 RND
	DoD Transition Day (Step 3)	7, 21, 28	5, 12	p. 14	 FSH
	Executive TAP Workshop (3-day) (Step 3)	8-11	--	p. 16	 RND
	TAP Workshop (3-day) (Step 3)	14-16	5-7, 12-14	p. 16	 LAK
	TAP Workshop (3-day) (Step 3)	14-16	5-7	p. 16	 RND
	VA Benefits & Services	8, 22, 29	6, 13, 20	p. 14	 FSH
	VA Benefits & Services	25	--	p. 17	 RND

Event		April	May	Page	Site
TRANSITION ASSISTANCE PROGRAM	DoL Employment Fundamentals of Career Transition	9, 23, 30	7, 14	p. 14	 FSH
	DoL Employment Workshop (2-day)	10-11, 24-25	1-2, 8-9, 15-16	p. 14	 FSH
	DoL Employment Workshop (2-day)	3-4, 17-18	8-9, 15-16	p. 17	 LAK
	DoL Employment Workshop (2-day)	–	8-9	p. 17	 RND
	DoL Career & Credential Exploration (2-day)	14-15, 22-23	13-14	p. 15	 FSH
	DoL Career & Credential Exploration (2-day)	17-18	–	p. 17	 RND
	Advanced Employment Workshop (Recruit Military)	23	21	p. 15	 FSH
	Employer Day	9	7	p. 15	 FSH
	Federal Resume Workshop	16	14	p. 16	 FSH
	Managing Your (My) Education (2-day)	15-16	8-9, 13-14	p. 15	 FSH
	CSP Overview	8, 22	6, 20	p. 15	 FSH
	Benefits Delivery at Discharge Workshop & Claims	3	29	p. 15	 FSH
	Benefits Delivery at Discharge Workshop & Claims	24	22	p. 17	 LAK
	Benefits Delivery at Discharge Workshop & Claims	24	22	p. 17	 RND
	Boots to Business	–	20-21	p. 15	 FSH
	LinkedIn	17	22	p. 16	 FSH
	Mock Interviews with TVC	2	6	p. 15	 FSH
	SkillBridge Showcase	9	–	p. 16	 FSH
	TAPToo	–	21	p. 17	 RND
	USAJOBS Navigation & Federal Resume	17	22	p. 16	 FSH
EFMP	Any Baby Can Case Management	24	–	p. 18	 LAK
	Contents of the IEP	–	22	p. 18	 LAK
	EFMP Orientation	7	12	p. 18	 RND
	Lunch & Learn	16	21	p. 18	 FSH
	Lunch & Learn	–	15	p. 18	 RND
	Military Child Symposium	18	–	p. 18	 LAK
	Navigating EFMP	10	–	p. 19	 LAK
	Strike Out Challenges	4	2	p. 19	 FSH
	TriWest Standard or Prime and What is ECHO?	–	8	p. 19	 LAK
	Virtual Tea at 10	25	23	p. 19	 LAK
PERSONAL & FAMILY WORK LIFE	AFAP Focus Group	–	14	p. 21	 FSH
	Bundles for Babies	10	–	p. 21	 LAK
	Car Seat 101	1	6	p. 21	 FSH
	emBOLDen	26	–	p. 21	 FSH
	Key Support Liaison Initial Training	By Appointment	By Appointment	p. 22	 FSH
	Key Support Liaison Initial Training	23	–	p. 22	 RND
	Key Support Liaison Continuing Education	16	–	p. 22	 RND
	Key Support Program Mentors Training	By Appointment	By Appointment	p. 22	 FSH
	Key Support Program Mentors Training	By Appointment	By Appointment	p. 22	 RND
	Key Support Program Liaison Immersion Training	By Appointment	By Appointment	p. 22	 FSH

EVENT	APRIL	MAY	PAGE	SITE
Key Support Program Liaison Immersion Training			p. 22	📶 RND
Play & Learn Playgroup			p. 22	👤 FSH
Stress Less with Mindfulness			p. 22	📶 LAK
Survivor Benefit Plan Group Briefing			p. 23	📶 RND
Facilitator Class 101			p. 24	👤 FSH
JBSA Annual Volunteer Awards Ceremony			p. 24	👤 FSH
VMIS OPOC Training			p. 24	👤 FSH
Volunteering 101			p. 24	📶 FSH
OPJET			p. 26	👤 LAK
Pre-Deployment Briefing			p. 26	👤 FSH
Pre-Deployment Briefing			p. 26	👤 LAK
Pre-Deployment Briefing			p. 26	📶 RND
Post-Deployment Reunion & Reintegration			p. 26	👤 FSH
Post-Deployment Reunion & Reintegration			p. 26	👤 LAK
Post-Deployment Reunion & Reintegration			p. 26	📶 RND
R.E.A.L Command Team Training			p. 26	👤 FSH
Voting Overview for UVAO			p. 27	👤 LAK
Voting Overview for UVAO			p. 27	📶 RND

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

April 2025

- Child Abuse Prevention Month

National Autism Awareness Month

National Financial Literacy Month

Sexual Assault Awareness Month

14 Air Force Reserve Birthday

15 Tax Day

20-26 Volunteer Appreciation Week

May 2025

- National Military Appreciation Month

9 Military Spouse Appreciation Day

18 Armed Forces Day

13 National K9 Veteran's Day

23 AETC Family Day/Army Training Day
(All Centers Closed)

26 Memorial Day (All Centers Closed)

Air Force Families Forever

Crisis Support

Deployment Readiness

Employment Readiness

Financial Readiness

Information & Referral

Personal & Work Life

Relocation Assistance

Transition Assistance

Volunteer Resources

MILITARY & FAMILY

PROVIDE • GUIDE • EMPOWER

READINESS

Armed Forces Action Plan

Casualty Assistance

Survivor Benefit Plan

Exceptional Family Member

Key Spouse Program

Military Family Team Building

Personal & Work Life

Voting Assistance

Warrior & Survivor Care

Fort Sam Houston

3060 Stanley Road, Bldg. 2797

210-221-2705

Lackland

1550 Wurtsmith Street, Bldg. 5725

210-671-3722

Randolph

555 F Street West, Bldg. 693

210-652-5321

MEMORIAL

★ ★ ★ DAY

MONDAY • MAY 26

Remember & Honor

Joint Base San Antonio **VOLUNTEER** *Awards* **CEREMONY**

APRIL 22 • 2 PM

JBSA-FORT SAM HOUSTON THEATRE

2472 ST ANLEY RD, FORT SAM HOUSTON, TX 78234

Join us to honor JBSA Volunteers as we present them with awards to recognize and thank them for their countless hours of service and the significant positive impact they have within our community.

CATEGORIES INCLUDE:

FAMILY VOLUNTEER OF THE YEAR

YOUTH VOLUNTEER OF THE YEAR

SERVICE MEMBER VOLUNTEER OF THE YEAR

SMALL GROUP VOLUNTEER OF THE YEAR

LARGE GROUP VOLUNTEER OF THE YEAR

FAMILY MEMBER VOLUNTEER OF THE YEAR

CIVILIAN VOLUNTEER OF THE YEAR

RETIREE VOLUNTEER OF THE YEAR



RELOCATION ASSISTANCE

RELOCATION ASSISTANCE

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

FSH • Monday-Friday 8 a.m. to 4 p.m.
RND • Monday-Friday 8 a.m. to 4 p.m.
 Closed 1st & 3rd Thursday 1-4 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.



IMMIGRATION & CITIZENSHIP

FSH • April 23 & May 28
Q & A Session: 12-1 p.m.
Naturalization Ceremony: 1:30-2:30 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.

PLAN MY MOVE - SMOOTH MOVE

Contact your servicing M&FRC

Service members PCS'ing for the first time, and all ranks PCS'ing OCONUS are required to complete this training.

After completion, virtual out-processing tasks can be cleared by M&FRC. Family members are encouraged to attend.

Newcomers

Welcome to Joint Base San Antonio



PCS is a Family Affair

NEWCOMER'S ORIENTATION

FSH • April 4, 18 & May 1, 16 8 a.m. to Noon
LAK • April 2, 16 & May 7, 21 8 a.m. to Noon
RND • April 7 & May 12 8 a.m. to Noon

A mandatory in-processing brief for all military personnel newly assigned to JBSA. Family members are welcome. To register:
JBSA-FSH & JBSA LAK: Contact your CSS or CPO
JBSA-RND: Contact your Unit Personnel Office
Mode: In-Person.

JBSA PRE-ARRIVAL ORIENTATION

JBSA • April 22 & May 27 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

FSH • April 2 & May 7 1-2 p.m.
LAK • Call to schedule an appointment
RND • Call to schedule an appointment

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 about local resources and tips to support incoming personnel. Registration is required. [Mode: Refer to Table of Contents.](#)

TRAILS & TALES GUIDED TOUR

FSH • April 10 & May 8 9 a.m. to Noon

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.](#)

NEWLY ASSIGNED COMMANDERS, COMMAND CHIEFS & FIRST SERGEANTS

RND • By Appointment

This mandatory briefing fulfills AFI requirements and introduces key personnel as well as the support services offered by the installation's Military & Family Readiness Center. [Mode: In-Person.](#)



NEW UNIT LEADERSHIP TRAINING

LAK • April 22 8-11:30 a.m.

An M&FRC in-brief to programs and services available to support units. Briefing required to be given by Director within 60 days of arrival per AFI 36-3009. [Mode: In-Person.](#)



WE'RE ON
FACEBOOK!

JBSA-Military & Family
Readiness Center



www.facebook.com/mfrcjbsa

NEW TO

JOINT BASE SAN ANTONIO?

➔ **GET FAMILIAR**

Attend our Newcomer's Orientation and learn about all that JBSA and the surrounding area has to offer!

◆

NEED SERVICES?

Fort Sam Houston

Lackland

Randolph

We have a Military & Family Readiness Center at all three locations!

➔ **VISIT M&FRC**

Check out all the services we have to offer across JBSA for you, your family, your unit and community!

Unlock your potential and elevate your skills by attending our upcoming classes! Whether you're a beginner eager to learn or an experienced individual looking to enhance your knowledge, these classes offer a unique opportunity for personal and professional growth.

FINANCIAL READINESS

FINANCIAL READINESS

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.**

FIRST DUTY STATION OFFICER COURSE

FSH • May 6 9-10:30 a.m.
LAK • April 1 & May 6 8-11 a.m.
RND • April 10 9 a.m. to Noon
RND • May 8 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.*



CONTINUATION PAY UNDER BRS

FSH • May 6 1-2 p.m.

When can you collect? Are there tax implications with the payout? Get answers to questions like these and others regarding your Continuation Pay under the Blended Retirement System

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

HOME BUYING

FSH • May 27 9-10 a.m.
LAK • May 20 8-10 a.m.
RND • April 15 10-11 a.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.*

MOVING OUT OF THE DORMS

LAK • April 8 & May 13 8-10 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.*



PCS TOUCHPOINT CMT

FSH • April 8, 22 & May 6, 20 2:30-3:30 p.m.
 A PCS move can be a stressful financial time for you and your family. Moving often means adjusting to change and starting new routines. This is especially true for finances. In an effort to help ease the transition, the M&FRC is offering Financial Readiness training focused on this major event, or "TOUCHPOINT," in your military journey. This is mandatory training IAW DoDI 1322.31, Common Military Training (CMT) and HQDA EXORD 140-21, Army Financial Literacy Training Program, for Soldiers in the grades of E4, O3, WO2 and below who must complete this touchpoint CMT prior to departing their current duty station. *Mode: In-Person.*

PREPARE FINANCES FOR AN EMERGENCY

FSH • April 11

10-11 a.m.

Are you financially ready for an emergency? Disasters can drain your savings, but preparation eases the burden. This discussion covers the importance of readiness, four key steps to preparedness, essential items for emergency kits, building an emergency fund, and available resources. *Mode: In-Person.*

PREPARE FINANCES FOR DEPLOYMENT

FSH • April 10, 24 & May 8, 22

10-11 a.m.

Deployments can be stressful. Having an effective financial plan will help you to remain focused on the mission and ease your return home. This course will help prepare you for deployment and teach you how to take advantage of certain opportunities to improve your finances while deployed. *Mode: In-Person.*

PREPARE FINANCES FOR DIVORCE

FSH • April 8

11 a.m. to Noon

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.*

PREPARE FINANCES FOR FIRST CHILD

FSH • April 8

10-11 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.*

PREPARE FINANCES FOR MARRIAGE

FSH • April 8

9-10 a.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.*

PREPARE FINANCES FOR RETURN FROM DEPLOYMENT

FSH • April 10, 24 & May 8, 22

2-3 p.m.

Developing a financial plan following deployment is as important as financial planning at other points in life. This course will help you develop an effective financial plan and be aware of financial tasks post-deployment. *Mode: In-Person.*

RETIREMENT PLANNING & TSP

FSH • April 22

1-2 p.m.

Retirement planning includes taking advantage of your saving and investing opportunities through the years, estimating your expenses in retirement, and preparing to have enough money to cover those costs for your lifetime. This class provides information on the TSP and helps learners understand how TSP can contribute to financial security during retirement, educate service members on the BRS so they can make the best choice for themselves and their families.

Mode: In-Person.

SAVING & INVESTING 101

FSH • April 29

10-11 a.m.

RND • April 10

10-11 a.m.



Discuss the risks and rewards of investing, identify strategies to help reach your investment goals, and review different saving options.

Mode: In-Person.

VESTING IN THE TSP

FSH • April 8

8-9 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.*

EMPLOYMENT ASSISTANCE

EMPLOYMENT ASSISTANCE

Employment Assistance 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 community partner Workforce Solutions Alamo to learn about employment opportunities for military spouses. To schedule an appointment, call (210) 850-2152.

ACING THE INTERVIEW

FSH • May 21

RND • May 13

1-3 p.m.

10-11:30 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.

EMPLOYMENT CONSULTATION/ RESUME REVIEW

FSH • By appointment

LAK • By appointment

RND • By appointment

Unlock your potential with our one on one employment consultations and resume review. By appointment, our consultants provide tailored guidance to help you achieve your career goals. Whether you need help reviewing your resume to standout or preparing for your next interview, we're here to support you every step of the way. Schedule your appointment today and take the next step towards your dream job. *Mode: In-Person or Virtual.*

INTERVIEW PREP/MOCK BOARD

FSH • By appointment

LAK • By appointment

RND • By appointment

Need to ace your job interview? Don't leave anything to chance. Schedule a mock interview with our employment assistance team to gain confidence, master body language, and prepare for behavioral questions. *Mode: In-Person or Virtual.*

HIRING FAIR & MILITARY SPOUSE EXPO!



HIRING FAIR & MILITARY SPOUSE EXPO

LAK • May 6

10 a.m. to 2 p.m.

Support Military Spouses in achieving short and long term employment and practice their skill to network. Accomplished by using established military partners as well as other outside agencies looking to hire. Many employers are teaming with MFRC to teach workforce expectation. *Mode: In-Person; Gateway Club, 1650 Kenly Ave, Lackland.*

JOB FAIR PREPARATION

LAK • April 22

12-1 p.m.

Come and see how to approach employers, get their attention, and how to make yourself a viable candidate. Make the first impression a lasting one. Connect with employers and experts!

Mode: Virtual

JOB SEARCH SKILLS

LAK • May 27

1-3 p.m.

Develop the essential skills that can set you apart from the competition and increase your chance of success in the job market. Review the latest tips and trends for preparing a federal resume. Understand how to tailor and target your resume. *Mode: In-Person.*

LINKEDIN 101

FSH • April 23 & May 28

LAK • May 20

1-3 p.m.

1-3 p.m.

LinkedIn is a great tool to optimize your executive social media presence. Learn how to create your profile, and make it stand out while building your professional network. [Mode: In-Person.](#)

MILSPOUSE EMPLOYMENT READY

LAK • April 1

1-3 p.m.

FOR Military Spouses! Learn about credentialing, license portability, job search tips and powerful online tools all designed to help you succeed wherever the journey takes you. [Mode: In-Person.](#)



READY, SET, RESUME

FSH • May 14

LAK • April 15

RND • May 20

1-3 p.m.

1-3 p.m.

10 a.m. to Noon

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.](#)

SALARY NEGOTIATION

FSH • April 9

1-3 p.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.](#)

USAJOBS NAVIGATION & FEDERAL RESUME

FSH • April 2 & May 7

LAK • April 8

RND • May 27

1-3 p.m.

12:30-4 p.m.

12:30-3:30 p.m.

A detailed federal resume class that covers how to navigate USAJOBS and how to develop a federal resume. Learn how to interpret federal vacancy announcements and become familiar with the USAJOBS website, and tailor your resume. [Mode: In-Person.](#)

Tips for updating your Resume

Tailor Your Resume for Each Job Application



Highlight Recent Experience



Use Action Verbs



Proofread Thoroughly

Remove Outdated Information



Transition Assistance Program

TRANSITION ASSISTANCE PROGRAM

TAP is a mandatory program for all service members separating or retiring from the military. Members must begin TAP no later than 14 months before transition date, earlier is better. TAP helps service members meet their post-military goals and plan for a smooth transition.

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 occur no later than 14 months before the service member's separation or retirement date. It includes completion of a self-assessment, establishing post-transition goals and developing an Individual Transition Plan. **Core Requirement: Step 1.** *Mode: In-Person.*

FORT SAM HOUSTON TAP

210-916-7322 OR 210-916-6089

PRE-SEPARATION COUNSELING

FSH • April 2, 9, 16, 23, 30 & May 7, 14, 21, 28
8 a.m. to Noon

This class is the second step in the TAP process. Separating and retiring members must attend at least 14 months before their transition date. Meet the by-law requirement for transitioning service members to receive information about benefits, entitlements, and eligibility for additional transition resources. Transition impacts the whole family, and members are encouraged to invite their spouses or caregivers to attend this class with them. **Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

DOD TRANSITION DAY

FSH • Executive & Retiree: April 7, 28 & May 12
Separation: April 21, & May 5
8 a.m. to 4 p.m.

This day is comprised of the following required instructional classes: Managing Your Transition, MOC Crosswalk, and Financial Planning for Transition. **Core Requirement, prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

VA BENEFITS & SERVICES

FSH • Exec. & Retiree: April 8, 29 & May 13, 20
Separation: April 22, & May 6, 20
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: Pre-Separation Counseling.** *Mode: In-Person.*

DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

FSH • Exec. & Retiree: April 9, 30 & May 14
Separation: April 22 & May 7
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: Pre-Separation Counseling.** *Mode: In-Person.*

DOL EMPLOYMENT WORKSHOP

FSH • Executive: April 10-11 & May 1-2, 15-16
Separation: April 24-25 & May 8-9
8 a.m. to 4 p.m.

This 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: Pre-Separation Counseling.** *Mode: In-Person.*

DOL CAREER & CREDENTIAL EXPLORATION

FSH • April 14-15, 22-23 & May 13-14
8 a.m. to 4 p.m.

This 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: Pre-Separation Counseling.

Mode: In-Person.

MANAGING YOUR (MY) EDUCATION

FSH • April 15-16 & May 8-9, 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. **Transition Track, prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

CAREER SKILLS PROGRAM OVERVIEW

FSH • April 8, 22 & May 6, 20 1-2 p.m.

Interested in the Career Skills Program(CSP)? Get an overview of the requirements and opportunities within the CSP. *Mode: In-Person.*

ADVANCED EMPLOYMENT WORKSHOP

FSH • April 23 & May 21 10-11:30 a.m.

The Transition Assistance Program, in collaboration with RecruitMilitary, will be sponsoring the Virtual Advanced

Employment Workshop. Topics include Skills Development, Interview Techniques, Salary Negotiations, and Dress for Success. *Mode: Virtual.*

BENEFITS DELIVERY AT DISCHARGE WORKSHOP & CLAIMS

FSH • April 3 & May 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.



BOOTS TO BUSINESS

FSH • May 20-21 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>. **Transition Track, prerequisite: TAP workshop.** *Mode: In-Person.*

MOCK INTERVIEWS WITH TVC

FSH • April 2 & May 6 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

FSH • April 9 & May 7 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.*

FEDERAL RESUME WORKSHOP**FSH • April 16 & May 14** 10 a.m. to Noon

This live webinar delivers federal resume guidance through actionable tips and feedback. Enhance your resume and connect with an SME who will help you enhance and tailor your federal resume for government employment opportunities.

*Mode: Virtual.***LINKEDIN****FSH • April 17 & May 22** 12-3 p.m.

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

USAJOBS NAVIGATION & FEDERAL RESUME**FSH • April 17 & May 22** 9-11 a.m.

A detailed federal resume class that covers how to navigate USAJOBS and how to develop a federal resume. Learn how to interpret federal vacancy announcements and become familiar with the USAJOBS website, and tailor your resume. *Mode: In-Person*

SKILLBRIDGE SHOWCASE**FSH • April 9** 9 a.m.

Join us to connect with DoD-approved industry partners and explore internship opportunities before transitioning out of the military. Learn about programs, eligibility, and application processes, and potentially secure your opportunity on-site. Set yourself up for success in your post-military career! *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. For more information, call your hosting location:
 FSH (last names A-M) • (210) 488-4119
 FSH (last names N-Z) • (210) 984-2664
 LAK • (210) 563-8223
 RND • (210) 727-1281.

LACKLAND & RANDOLPH TAP

PRE-SEPARATION COUNSELING**LAK • April 8, 22, 29 & May 20** 9 a.m. to Noon**RND • April 9, 23 & May 7, 21, 28** 12-3:30 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. **Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

EXECUTIVE TAP (E-TAP) WORKSHOP**RND • April 8-11** 8 a.m. to 4 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.*

TAP WORKSHOP (3-DAY)**LAK • April 14-16 & May 5-7, 12-14**

8 a.m. to 4 p.m.

RND • April 14-16 & May 5-7 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.**



DOL EMPLOYMENT WORKSHOP

LAK • April 3-4, 17-18 & May 8-9, 15-16

8 a.m. to 4 p.m.

RND • May 8-9

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.**

VA BENEFITS & SERVICES

RND • April 25

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. **Repeat of Core Requirement, prerequisite: 3-day TAP Workshop. Mode: In-Person.**



DOL CAREER & CREDENTIAL EXPLORATION

RND • April 17-18

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: TAP Workshop. Mode: In-Person.**

BENEFITS DELIVERY DISCHARGE WORKSHOP & CLAIMS

LAK • April 24 & May 22

1-2 p.m.

RND • April 24 & May 22

8-9 a.m.

A representative from the Bexar County Veterans Services Office will provide an overview of the BDD claim process; important time frames, required medical documentation and applicable forms. Service members are encouraged to attend the workshop prior to scheduling a Claim filing appointment. **Mode: In-Person.**



TAP TOO

RND • May 21

9 a.m. to 3 p.m.

When they transition, YOU transition too! Retirement and transitioning can be an exciting time. It can also present challenges for the whole family, but being prepared can help eliminate unnecessary stress and hardships. This seminar guides military spouses through popular topics impacting our transitioning population, like understanding and identifying emotional and psychological aspects of changes, new roles and family dynamics, finances, medical coverage, and more. Discover resources and tools to help find answers and formulate your military to civilian transition plan together.

Mode: In-Person.

EXCEPTIONAL FAMILY MEMBER PROGRAM

EXCEPTIONAL FAMILY MEMBER PROGRAM

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.

ANY BABY CAN CASE MANAGEMENT

LAK • April 24 11:30 a.m. to 1 p.m.

Discover resources for Autism Education and Support, Counseling and more. Services are provided at no cost regardless of income. *Mode: Virtual.*

CONTENTS OF THE IEP

LAK • April 22 11:30 a.m. to 1 p.m.

Brighton Center will discuss the Special Education Admission, Review and Dismissal (ARD) process. Know your rights and understand the school district's obligations for providing necessary support for academic success.

Mode: Hybrid

EFMP ORIENTATION

RND • April 7 & May 12 11 a.m. to Noon

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



LUNCH & LEARN WITH EFMP

FSH • April 16 11 a.m. to 1:30 p.m.

Raising Resilient Kids

Join us for an eye-opening exploration of groundbreaking studies from Jonathan Haidt's *The Anxious Generation*. This session is tailored for military parents navigating the challenges of raising children in a fast-paced, tech-driven world.

FSH • May 21 11 a.m. to 1:30 p.m.

Special Education 101

Brighton Center will be presenting an overview of special education and discussing key points about IEP and ARD meetings. *Mode: Hybrid.*

RND • May 15

11 a.m. to Noon

Special Education and IEPs

Become an advocate for your child's education by learning about the different types of accommodation and modification programs available in Texas. Presented by Brighton Center. *Mode: Virtual*

MILITARY CHILD SYMPOSIUM

LAK • April 18 10 a.m. to Noon

April is Month of the Military Child and what better way to celebrate our military children than with games, crafts, and more! *Mode: In-Person.*

EFMP & Hearts Apart Presents

MILITARY CHILDREN SYMPOSIUM

APRIL IS MONTH OF THE MILITARY CHILD AND WHAT BETTER WAY TO CELEBRATE OUR MILITARY CHILDREN THAN WITH GAMES, CRAFTS, AND MORE!

April 18 • 1000 am to Noon
JBSA Lackland M&FRC

TO REGISTER CONTACT
802fas.fstr.1@us.af.mil

MILITARY & FAMILY READINESS CENTER
EXCEPTIONAL FAMILY MEMBER PROGRAM
JOINT BASE SAN ANTONIO

Facebook icon: @us.af.mil

NAVIGATING EFMP

LAK • April 10

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

EFMP-FS & EFMP- Medical discuss
EFMP, the benefits, affect of assignment
choices. Q&A directly after. *Mode: Virtual*

STRIKE OUT CHALLENGES

FSH • April 4 & May 2

5-7 p.m.

EFMP and Hearts Apart Families strike
out challenges with an
evening of fun and 2
free hours of bowling.
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



TRIWEST STANDARD OR PRIME AND WHAT IS ECHO?

LAK • May 8

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

A comprehensive overview of TriWest
healthcare programs, focusing on their
benefits, eligibility criteria, and how to
access services. *Mode: Virtual*

VIRTUAL TEA AT 10

LAK • April 25 & May 23

10-11 a.m.



EFMP Family Support
Group discuss current
challenges, frustrations,
community resources and
more from the comfort of your home!
Mode: Virtual

TELL US HOW WE'RE DOING

ICE

INTERACTIVE CUSTOMER EVALUATION

Fort Sam Houston M&FRC



Please scan the QR
code, or visit
<https://ice.disa.mil/index.cfm?fa=card&sp=132154&s=1024&dep=&sc=6>
to leave us feedback.

Lackland M&FRC



Please scan the QR
code, or visit
<https://ice.disa.mil/index.cfm?fa=card&sp=133524&s=1024>
to leave us feedback.

Randolph M&FRC



Please scan the QR
code, or visit
https://ice.disa.mil/index.cfm?fa=card&sp=133523&s=1024&dep=*DoD
to leave us feedback.

APRIL IS MONTH OF THE MILITARY CHILD!

PURPLE UP DAY IS APRIL 15!

WEAR PURPLE TO SHOW
SUPPORT AND THANK MILITARY
CHILDREN FOR THEIR STRENGTH
AND SACRIFICES.



A Military Spouse Self-Care Seminar

em **BOLD** en

inspiring confidence, courage, and strength

Being a military spouse comes with unique challenges and taking care of yourself is crucial. This seminar aims to equip you with the knowledge and tools you need to prioritize your well-being, manage stress and foster resilience.

JOIN US FOR A “GLOW UP, INSIDE & OUT”

JOIN US

APRIL 26 • 9 AM TO 1 PM



For more information Scan the QR Code

e-mail: 802fss.fsyр.personalworklife@us.af.mil

or call (210) 221-2705

Multiple Self-Care Stations

- Physical Fitness
- Social & Leisure Activities
- Positive Coping Practices
- Networking
- Emotional Well-Being
- Spiritual Well-Being
- Self Awareness & Growth



Personal & Work Life

PERSONAL & WORK LIFE

Personal & Work Life programs provide educational, enrichment, and prevention services to service members, military families, and other DoD ID cardholders. It helps them develop interpersonal, self-care, problem-solving, and help-seeking skills that help build the readiness and resilience needed to thrive throughout the military life cycle.

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) 704-4180 to schedule an appointment. WIC is an equal opportunity program.

AFAP FOCUS GROUP

FSH • May 14

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*

BUNDLES FOR BABIES

▲LAK • April 10

9 a.m. to Noon

Information is provided on financial planning from conception to college and support



programs that are offered within the community. Active-duty expecting parents are encouraged to attend. This is a Touchpoint requirement. *Mode: In-Person.*

CAR SEAT 101

FSH • April 1 & May 6

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.*



EMBOLDEN - A MILITARY SPOUSE CONFERENCE

FSH • April 26

9 a.m. to 1 p.m.

Embracing the unique challenges of the military lifestyle, military spouses demonstrate resilience through frequent relocations, career transitions, and the strains of deployments. This self-care seminar offers tailored sessions designed to empower military spouses, fostering mutual support and encouragement. Topics range from practical skills such as cooking lessons and budget-friendly glamming to vital self-care stations. Keynote speaker will provide insights into

navigating the intricacies of military life as a spouse. *Mode: In-Person.*

KEY SUPPORT LIAISON INITIAL TRAINING

FSH • By Appointment

RND • April 23

9 a.m. to 3 p.m.



This training is mandatory for all newly appointed Key Support Liaisons and Key Support 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: Virtual.

KEY SUPPORT LIAISON CONTINUING EDUCATION

RND • April 16

10:30-11:30 a.m.

Key Support Liaisons and Key Support Mentors participate in professional development training and networking opportunities to maintain skills and learn about new resources. This quarterly training complements the Initial Training. Call to Register. *Mode: Virtual.*

KEY SUPPORT LIAISON MENTORS TRAINING

FSH • By Appointment

RND • By Appointment

After completion of the Key Support Liaisons Initial Training, Key Support Mentors are required to take this 1-time mandatory training. The class duration may vary depending on participants and interactive scenarios. Call to Register.

Mode: Virtual.

KEY SUPPORT LIAISON IMMERSION TRAINING

FSH • By Appointment

RND • By 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: Virtual*

*During the annual major command spouse conference (March 13-15), the Department of the Air Force announced the Key Spouse Program is changing its name and incorporating new readiness, resource and connectedness objectives designed to help commanders meet the needs of the modern family. The U.S. Air and Space Force Commander's Key Support Program (CKSP) is an official Unit Family Readiness Program designed to enhance readiness and establish a sense of community. This Commander's program promotes partnerships with the unit, the Military & Family Readiness Center (M&FRC) and community agencies.

The updated program expands opportunities for Airmen, Guardians, federal employees and family members to contribute to their units, allowing anyone interested, irrespective of marital status, to hold roles as long as volunteer duties do not conflict with primary responsibilities. Volunteers will now be identified as Key Support Liaisons, or KSLs. The Military & Family Readiness Center will continue to support the program by providing training for new and experienced KSLs and by providing consultation to leaders.

PLAY & LEARN PLAYGROUP

FSH • April 8, 22 & May 13, 27

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. Walk-ins welcome! *Mode: In-Person.*

STRESS LESS WITH MINDFULNESS

LAK • April 7, 14

12-1 p.m.

We all have stress. How do we manage stress in a healthy way? This program introduces participants to the experience and practice of mindfulness to reduce stress. IN partnership with Texas A&M AgriLife Extension Office. *Mode: Virtual.*

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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.

Fort Sam Houston MFLC, call (210) 421-9387.

Lackland MFLC, call (210) 984-1076.

Randolph MFLC, call (210) 744-4829; (210) 996-4037.

For Child and Youth Behavioral, call (210) 627-0400, 627-5665, or 627-7617.

SURVIVOR BENEFITS

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

RND • April 10 & May 8 9-10:30 a.m.

The Survivor Benefit Plan briefing with the SBP Counselor is required by law and helps the service members and their spouse become familiar with the options, effects, and advantages of SBP. Prospective retirees are required to attend a Survivor Benefit Plan briefing and meet with an SBP counselor to complete the DD Form 2656 and data for Payment of Retired Personnel.

Mode: Virtual.



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>

Military Family Team Building & Volunteer Program

MILITARY FAMILY TEAM BUILDING (MFTB)

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.

FACILITATOR CLASS 101

FSH • May 12

9:30-11 a.m.



A professional development class reviewing the different personality styles in a group, how to reach a group consensus, and other skills needed to be a successful facilitator. *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, Key Spouses, Ombudsman, SFRG leaders, program assistants, and more. Volunteer Services coordinates with the community to connect patrons with volunteer opportunities. Call for details.

VMIS OPOC TRAINING

FSH • May 27

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: In-Person



VOLUNTEERING 101

FSH • May 27

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. For more information or to reserve a seat call your servicing M&FRC. *Mode: Virtual.*

Joint Base San Antonio VOLUNTEER *Awards* CEREMONY

JBSA • April 22

2-3:30 p.m.

Join us at the JBSA-Fort Sam Houston Theatre to recognize and thank those who contribute countless hours of service significantly and positively impacting the lives of others within JBSA and our local community. *Mode: In-Person at the Fort Sam Houston IMCOM Theatre.*



17 MAY
1000-1500

OPJET

JUNIOR EXPEDITIONARY TEAM
A DEPLOYMENT EXPERIENCE FOR MILITARY CHILDREN

REGISTER BY MAY 1

A Mock Deployment Experience for Military Children!
Give your child a hands-on experience of what their military parent goes through during deployment. From in-processing to equipment demonstrations, youth will engage in interactive activities that bring the realities of deployment to life.

Event Location: IAFFA Hanger 318
1020 Tinker Ave
JBSA-Lackland, TX 78234

All DoD ID Cardholders Welcome



Open to all children from all branches and JBSA installations.

A parent or adult escort is required to remain on-site.

Registration is required. All forms must be completed and submitted to secure your spot.

[For more information or to register:](#)

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



Deployment Readiness

DEPLOYMENT READINESS

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

FSH • April 10, 24 & May 8, 22 8-10 a.m.

LAK • Tuesdays & Wednesdays 9-10 a.m.

RND • Call to schedule an appointment

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

FSH • April 10, 24 & May 8, 22 10 a.m. to Noon

LAK • Tuesdays & Wednesdays 1-2 p.m.

RND • Call to schedule an appointment

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.



JUNIOR EXPEDITIONARY TEAM

A DEPLOYMENT EXPERIENCE FOR MILITARY CHILDREN

OPERATION JET

LAK • May 17

10 a.m. to 3 p.m.

Operation Junior Expeditionary Team (OPJET) provides youths with a mock deployment experience that resembles what their parents encounter when leaving home for deployment. From receiving their orders and in-processing to equipment demonstrations, military youth participate in activities that bring realities of the deployment process to life. Open to all, from all military branches.

A parent or an adult escort is required to remain on-site. For more information call (210) 671-3722 or email: 802fss.fsfr@us.af.mil.

*Mode: In-Person IAFFA
Hanger 318, 1020 Tinker
Ave, Lackland.*



R.E.A.L. COMMAND TEAM TRAINING

FSH • April 3 & May 1

9-11 a.m.

Commanders and First Sergeants receive insight into the Soldier & Family Readiness Group operations and learn about the roles between the command team and the SFRG leaders. Review the basics of SFRG funding, volunteer management, and recruiting concepts.

Mode: In-Person.

Federal Voting Assistance Program

FEDERAL VOTING ASSISTANCE PROGRAM

The Federal Voting Assistance Program (FVAP) provides information and guidance to active duty service members, their families, and all eligible voters with information and guidance on the voting process by contributing to a better understanding of voter rights and absentee voting. For more information, e-mail the corresponding locations at fortsam@us.af.mil; vote.lackland@us.af.mil; vote.randolph@us.af.mil for detail

As a Service member, you can vote absentee while living away from your voting residence. Here's how: <https://www.fvap.gov/military-voter/overview>

To check on your voter registration deadlines for your state, visit : <https://www.fvap.gov/guide>



UNIT VOTING ASSISTANCE OFFICER TRAINING

LAK • April 29

RND • April 17

1-2:30 p.m.

9-10 a.m.

Newly appointed Unit Voting Assistance Officers (UVAO) learn about their roles and responsibilities for assisting eligible voters. Discover helpful resources and reference tools, and how to submit quarterly reports. *Mode: Refer to Table of Contents.*

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



FOR MORE INFORMATION ABOUT THE



FVAP.GOV

FEDERAL VOTING ASSISTANCE PROGRAM

CONTACT ANY OF THE THREE JBSA INSTALLATION VOTING ASSISTANCE OFFICES AT

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

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

JBSA-RND • M&FRC, Bldg. 693
(210) 652-3112

HOW TO VOTE FROM ANYWHERE

WHEN YOU'RE IN THE MILITARY

STEP
1

Register and request your absentee ballot at **FVAP.gov**

STEP
2

Fill out and send in your ballot when it arrives

THAT'S IT.



FVAP.GOV
FEDERAL VOTING ASSISTANCE PROGRAM

Federal Voting Assistance Program



JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



Scan to email

3060 Stanley Road, Building 2797
(210) 221-2705; 802fss.fsysr.centerbox@us.af.mil

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; 802fss.fsysr.tap@us.af.mil

Hours of Operation:

Monday-Friday 7:30 a.m. to 4 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; 802fss.fsysr@us.af.mil

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; randolphmfrfc@us.af.mil

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/mfrfcjbsa

