



JOINT BASE SAN ANTONIO • MILITARY & FAMILY READINESS CENTER

February-March

2026



- 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
Commander's Key Support Program
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 7:30 AM-4:30 PM

Closed: Every Thursday 1-4:30 PM

Federal Holidays & AETC Resilience Days



JBSA-Lackland

Mon-Fri 7:30 AM-4:30 PM

Closed: Every Thursday 1-4:30 PM

Federal Holidays & AETC Resilience Days



JBSA-Randolph

Mon-Fri 7:30 AM-4:30 PM

Closed: Every Thursday 1-4:30 PM

Federal Holidays & AETC Resilience Days



CALENDAR OF EVENTS

FEBRUARY-MARCH 2026

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

Relocation

3

Financial Readiness

5

Employment

7

Transition Assistance Program

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Exceptional Family Member Program (EFMP)

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Personal & Work Life

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Military Family Team Building & Volunteer

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Deployment & Voting

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Commander's Key Support Program

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Location Identifiers found left of Workshop listing:

FSH

LAK

RND

JBSA

Fort Sam Houston

Lackland

Randolph

Joint



All centers will be closed:
February 16 - President's Day

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.

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.

Naturalization Ceremony



FSH

Feb. 25 & Mar. 25
1:30-2:30 p.m.

Newcomer's Orientation

FSH • Feb. 6, 20

Mar. 6, 27

8:30 a.m. to 12:30 p.m.

LAK • Feb. 4, 18

Mar. 4, 18

8:30 a.m. to Noon

RND • Feb. 2

Mar. 2

8 a.m. to Noon

JBSA Pre-Arrival Orientation (Held Virtually)

JBSA • Feb. 24 & Mar. 24 • 8 a.m.

Plan My Move

Contact your servicing M&FRC

Trails & Tales

Feb. 12

9 a.m. to Noon

New Unit Leadership Brief

LAK • Feb. 24

8:30-11 a.m.

Supplemental Sponsorship Training

FSH • Feb. 4

Mar. 4

12-1 p.m.

LAK

Feb. 12

10-11 a.m.

RND

Call to schedule an appointment

Naturalization Ceremony | Come witness Service Members take the Oath of Allegiance and become new United States citizens. No registration needed.

Newcomer's Orientation | Mandatory for all newly assigned JBSA military. Families welcome. To Register: FSH-Go through Joint Personnel Processing Center (JPPC), LAK - Contact CSS or CPO, RND - Contact Unit Personnel Office

JBSA Pre-Arrival Orientation | Get a head start on your PCS. Learn about JBSA housing, child care, schools, healthcare, jobs, and more—before you arrive.

Plan My Move | Service members PCS'ing for the first time, and all ranks PCS'ing OCONUS are required to complete this Training

Trails & Tales | Explore the DoD's largest collection of historic buildings on a guided tour. Open to all DoD ID holders. Registration required.

New Unit Leadership Brief | This mandatory briefing meets AFI requirements and introduces key staff and support services at the Military & Family Readiness Center.

Supplemental Sponsorship Training | In accordance with AFI 36-3009, eSAT provides checklists, needs assessments, customizable letters, and local resource tips. Family members may also become sponsors. Registration required.

FREE!

Trails AND TALES

A GUIDED TOUR OF THE HISTORIC FORT SAM HOUSTON
HELD QUARTERLY

Explore Fort Sam Houston! Learn about its rich history dating back over 150 years and discover current resources within our military community.

JOIN US • 9 AM TO NOON



FEB. 12



This guided tour departs from the Military & Family Readiness Center (3060 Stanley Rd. Bldg. 2797) at 9 a.m., after there will be a pick-up at Acton Dorms. and a third pick-up site at 9:15 a.m., Dodd Field Chapel. The tour returns to M&FRC at 12 p.m. and Dodd Field Chapel at 12:15 p.m.

Open to all DoD ID cardholders. Due to limited seating, registration is required, low participation can result in cancellation.

For more information or to register,
call (210) 221-2705.

Museum
Snacks
Trivia Prizes
Coach Bus

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.

First Duty Station Officer		
FSH • Feb. 3 Mar. 9 8-9:30 a.m.	LAK • Feb. 6 Mar. 6 8-11 a.m.	RND Mar. 5 9-11 a.m.
Vesting in TSP		Money & Marriage
PCS Touchpoint CMT		
FSH Mar. 3 1-2 p.m.	RND Feb. 19 9-10:30 a.m.	RND Feb. 12 9-10:30 a.m.
Bundles for Babies		Protest and Appeal Property Appraisals
FSH • Feb. 10, 24 Mar. 10, 24 2:30-3:30 p.m.	LAK Mar. 5 9 a.m. to Noon	LAK Mar. 20 8-10 a.m.
Moving Out of the Dorms		How to Build a Budget
LAK • Feb. 13 Mar. 13 8-10 a.m.	FSH Feb. 20 10-11:30 a.m.	LAK • Feb. 10, 17 Mar. 17, 31 1-3 p.m.
Prepare Finances for First Child	Prepare Finances for Deployment	Prepare Finances from Return from Deployment
FSH • Feb. 3 Mar. 3 10-11 a.m.	FSH • Feb. 12, 26 Mar. 12, 26 9-10 a.m.	FSH • Feb. 12, 26 Mar. 12, 26 11 a.m. to Noon
Understanding your Credit Report & Score	Continuation Pay	Home Buying
FSH Mar. 20 10-11:30 a.m.	FSH Feb. 3 11:30 a.m. to 12:30 p.m.	RND Mar. 19 9-10:30 a.m.

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 | Mandatory within 90 days for all non-prior enlisted officers at their first duty station. Covers pay, entitlements, insurance, credit, TSP, and more.

Vesting in the TSP | Learn TSP rules on contributions, tax benefits, and post-service options; fulfills DoD Financial Touchpoint.

Money & Marriage | Learn how to build a joint budget, review credit, and plan finances as a couple. This in-person session meets a DoD Financial Touchpoint requirement.

PCS Touchpoint CMT | Mandatory financial readiness training for E6, O3, W2 and below to prepare for PCS-related expenses and changes.

Bundles for Babies | This training covers financial planning from conception to college. Supports active duty expecting parents, includes a gift card for Air Force Affiliated attendees and meets a DoD Financial touchpoint requirement.

Protest and Appeal Property | Learn how property appraisals affect your mortgage payment and discover the steps to protest an appraisal and appeal your property taxes.

Moving Out of the Dorms | Learn how to budget for moving out, including BAH, rental costs, and renter's insurance.

How to Build a Budget | Learn how to create or improve a realistic budget, set financial goals, and prioritize spending for better money management.

Prepare Finances for First Child | Plan for your first child with help from financial readiness pros. Fulfills DoD Financial Touchpoint; complete within 6 months of DEERS update.

Prepare Finances for Deployment | Plan your finances before deployment to stay mission-focused and take advantage of deployment-related benefits.

Prepare Finances for Return from Deployment | Develop a solid financial plan for post-deployment tasks and long-term financial stability.

Understanding your Credit Report & Score | Learn how credit scores work and what it takes to achieve and 850 score.

Continuation Pay under BRS | Learn when you can collect Continuation Pay under BRS, tax impacts, and fulfill a DoD Financial Touchpoint.

Home Buying | Get tips on buying a home, resolving mortgage issues, and understanding the differences between renting and owning. Learn about the home-buying process, choosing a Realtor, and what goes into a mortgage payment.

TELL US HOW WE'RE DOING AT THE MILITARY & FAMILY READINESS CENTERS

Fort Sam Houston



Lackland



Randolph



ICE
INTERACTIVE CUSTOMER EVALUATION

QUICK TIPS FOR SAVING MONEY

CREATE A BUDGET



EVALUATE SPENDING HABITS

EMERGENCY FUND



LIMIT DEBT

COMPILE PRICES



INVEST FOR THE FUTURE

MONITOR YOUR CREDIT



FOR MORE INFORMATION CONTACT YOUR M&FRC FINANCIAL TEAM

FOLLOW US

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

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.

Employment Consultation

FSH
Call to schedule

LAK
Call to schedule

RND
Call to Schedule

Mock Interview Board

FSH • Mar. 18
1-3 p.m.

LAK
Call to schedule

RND
Call to Schedule

LinkedIn 101

Salary Negotiation

RND • Mar. 17
10 a.m. to Noon

FSH • Feb. 25
1-3 p.m.

RND • Mar. 3
10-11:30 a.m.

Relaunch with AI

Acing the Interview

FSH • Feb. 4
9-11 a.m.

FSH • Mar. 4
1-3 p.m.

RND • Feb. 17
10-11:30 a.m.

Private Sector Resume

Ready, Set, Resume

FSH • Feb. 11 & Mar. 11
1-3 p.m.

LAK • Feb. 10
1-3 p.m.

RND • Mar. 24
10 a.m. to Noon

Navigating Federal Hiring System & Resume

LAK • March 17
12:30-3:30 p.m.

RND • Feb. 24
12-3:30 p.m.

Employment Consultation/Resume Review • Call to Schedule an Appointment

Get personalized career advice and resume help through one-on-one consultations to support your job search and interview preparation.

Interview Prep/Mock Board • Call to schedule an Appointment

Practice interview skills, boost confidence, and prepare for tough questions with a personalized mock interview session.

LinkedIn 101 | Learn how to build your LinkedIn profile, expand your network, and boost job opportunities.

Salary Negotiation | Learn strategies to research, pitch, and confidently negotiate your salary or raise.

Relaunch with AI | Learn the federal résumé format and get essential tips to strengthen your application as you relaunch your career.

Acing the Interview | Learn how to prepare for interviews, make a lasting impression, and master different interview techniques with confidence.

Private Sector Resume | Build effective resumes, translate skills, and prepare for civilian and private-sector job searches.

Ready, Set, Resume | Learn the basics of creating a general resume from start to finish.

Navigating Federal Hiring System & Resume | Learn how to navigate USAJOBS, understand vacancy announcements, and tailor your federal resume.

TRANSITION ASSISTANCE PROGRAM-FSH • JTRC

The Joint Transition Readiness Center at Fort Sam Houston offers TAP, 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. To register for FSH-TAP call 210-916-7322 or 210-916-6089.

Initial Counseling

FSH
Monday-Friday
Call to Schedule

Pre-Separation Counseling

FSH • Feb. 4, 11, 18, 25
Mar. 4, 11, 18, 25
8 AM to Noon

DoD Day

FSH • Executive & Retiree
Feb. 2, 23 & Mar. 16
8 a.m. to 4 p.m.

FSH • Separation
Feb. 9 & Mar. 2, 30
8 a.m. to 4 p.m.

VA Benefits & Services

FSH • Executive & Retiree
Feb. 3, 24 & Mar. 17
8 a.m. to 4 p.m.

FSH • Separation
Feb. 10 & Mar. 3, 31
8 a.m. to 4 p.m.

DoL Employment Fundamentals of Career Transition

FSH • Executive & Retiree
Feb. 4, 25 & Mar. 18
8 a.m. to 4 p.m.

FSH • Separation
Feb. 11 & Mar. 4
8 a.m. to 4 p.m.

DoL Employment Track (2 -day Workshop)

FSH • Executive & Retiree
Feb 5-6, 26-27 & Mar. 19-20
8 a.m. to 4 p.m.

FSH • Separation
Feb. 12-13 & Mar. 5-6
8 a.m. to 4 p.m.

DoL Career & Credential Exploration Track (2-day Workshop)

FSH • Dec. 9-10
Feb. 23-24 & Mar. 23-24
8 a.m. to 4 p.m.

Employer Day
FSH
Feb., 11 & Mar. 4
10 a.m. to 1 p.m.

From Hello to Hired

FSH
Feb. 12 & Mar. 12
1-3 p.m.

Benefits Delivery at Discharge Workshop & Claims

FSH
Feb. 20 & Mar. 25
9-11 a.m. & 1-3 p.m.

Vetreprenuership

FSH
Feb. 18
9-11 a.m.

USA Jobs

FSH
Feb.19 & Mar. 26
8-10 a.m.

LinkedIn

FSH
Feb.19 & Mar. 26
10 a.m. to Noon.



Individualized Initial Counseling | Required one-on-one session to start the transition process, covering self-assessment, goal setting, and an Individual Transition Plan.

Pre-Separation Counseling | Step two of the TAP process providing mandatory information on benefits and resources for transitioning Service Members and their Families.

DoD Day | A full-day session covering Managing Your Transition, MOC Crosswalk, and Financial Planning.

VA Benefits & Services | Covers VA benefits and services to support transitioning Service Members and their Families post-military.

DOL Employment Fundamentals of Career Transition | Introduces tools and resources for exploring civilian careers and understanding the employment process.

DOL Employment Workshop | Two-day workshop on resume building, job searching, and interview skills for civilian employment.

DOL Career & Credential Exploration | Two-day session exploring vocational careers, required skills, and credentialing programs.

Career Skills Program Overview | Brief overview of eligibility and opportunities within the Career Skills Program.

Employer Day | Networking event with employers offering potential interviews and job opportunities on-site.

From Hello to Hired | Learn how to translate your unique experiences into powerful responses that resonate with civilian employers.

Benefits Delivery at Discharge (BDD) Workshop & Claims | Covers the BDD claims process and required documentation for transitioning Service Members.

Mock Interviews | Practice interview skills, boost confidence, and prepare for tough questions with a personalized mock interview session.

Vetreprenuership | Covers the essential elements of starting your own business with focus on foundational requirements.

USAJOBS Navigation & Federal Resume | Hands-on class on navigating USAJOBS and tailoring federal resumes to job announcements.

LinkedIn 101 | Workshop on creating a strong LinkedIn profile to support your job search.

DoD SkillBridge Career Skills Program | SkillBridge connects Service Members in their last 180 days of active duty with civilian apprenticeships, internships, and training in fields like healthcare, IT, and finance.

Effective 9 Jan 2026

Support for the DoD Skillbridge & Army Career Skills Program on JBSA have been returned to each Military Service, to help transitioning service members find their Service-specific general information, eligibility criteria, and application support. For more information you can visit <https://skillbridge.osd.mil/>

TRANSITION ASSISTANCE PROGRAM- LACKLAND & RANDOLPH

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.

Pre-Separation Counseling		
LAK • Feb. 10, 17 Mar. 17, 31 9 a.m. to Noon		RND • Feb. 4, 18, 25 Mar. 4, 18, 25 12-3:30 p.m.
TAP DoD Transition Day		TAP Workshop (3-day)
LAK • Feb. 2, 23 Mar. 2, 23 7:30 a.m. to 4 p.m.		RND • Feb. 9-11 Mar. 9-11 8 a.m. to 4 p.m.
DoL Employment Workshop (2-Day)		Benefits Delivery at Discharge Workshop & Claims
LAK • Feb. 5-6, 26-27 Mar. 5-6, 26-27 8 a.m. to 4 p.m.	LAK • Feb. 19 Mar. 12 1-2 p.m.	RND • Feb. 27 Mar. 26 8-9 a.m.
Vocational Track C2E		Entrepreneurship Workshop (Boots to Business)
LAK Mar. 26-27 8 a.m. to 4 p.m.	LAK Feb. 11-12 8 a.m. to 4 p.m.	RND Mar. 4-5 8 a.m. to 4 p.m.
DoL One	Vetreprenuership	VA Benefits & Services
LAK • Feb. 4, 25 Mar. 4, 25 8 a.m. to 4 p.m.	LAK Mar. 19 9-11 a.m.	LAK • Feb. 3, 24 Mar. 3, 24 8 a.m. to 4 p.m.

Pre-Separation Counseling | Step two of TAP, providing required benefits and transition resources for service members and families.

DoD Transition Day | Full-day session on transition planning, MOC Crosswalk, and financial planning.

TAP Workshop (3-Day) | Required 3-day workshop on transition, finances, and VA benefits led by DOL, VA, and M&FRC (Pre-Separation Counseling required).

DOL Employment Workshop | 2-day workshop on job search, resumes, and interview skills (TAP Workshop required).

BDD Workshop & Claims | Overview of the BDD claims process, documents, and timelines.

Vocational Workshop | 2-day workshop on vocational careers, skills, and credentialing programs (TAP Workshop required).

Entrepreneurship Workshop (Boots to Business) | 2-day in-person course on business ownership, business planning, and SBA resources (DoD Transition Day required; register at sbavets.force.com).

DOL One | Introduction to tools and resources for exploring civilian careers.

Vetreprenuership | Fundamentals of starting a business and foundational requirements.

VA Benefits & Services | One-day refresher on VA services, disability compensation, and GI Bill benefits (TAP Workshop required; also available at tapevents.mil/courses).

VA Benefits & Services | A one-day in-person course reviewing VA services, disability compensation, and GI Bill benefits, for those who want a refresher after the TAP Workshop (TAP Workshop required; also available at tapevents.mil/courses).

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.

EFMP Lunch & Learn

FSH • Feb. 21 & Mar. 18 11:30 a.m. to 1 p.m. (Virtual)	LAK • Feb. 26 & Mar. 26 11:30 a.m. to 1 p.m.	
EFMP Orientation	EFMP Fun Day	
RND • Feb. 2 & Mar. 2 11:30 a.m. to 1 p.m.	RND • Mar. 7 10 a.m. to 1 p.m.	
Strike Out Challenges	EFMP Focus Group	
FSH • Feb. 6 5-7 p.m.	FSH • Mar. 31 10-11:30 a.m.	
Happy Hearts Day	Couples Painting & Chocolate Fondue Event	EFMP Couples Canvas Painting
FSH • Feb. 9-13 2-4 p.m.	LAK • Feb. 13 11:30 a.m. to 1 p.m.	RND • Feb. 7 10 a.m. to Noon
EFMP Equestrian Camp	What does it Mean to Me?	
FSH Mar. 9-10, 18-20 9 a.m. to Noon	FSH • Feb. 11 Mar. 11 11:30 a.m. to 1 p.m.	

EFMP Lunch & Learn | Join us in sharing helpful resources, overcome challenges and discuss different topics related to your Exceptional Family Member. For more information contact your hosting M&FRC.

EFMP Orientation | Learn who qualifies for EFMP, how to enroll, and how the program supports families through services like respite care, TRICARE, and education resources.

EFMP Fun Day | Join us for a fun filled day of games, food and fun for the whole family in a welcoming community environment! For more information contact JBSA-Randolph M&FRC.

Strike Out Challenge | Join us the first Friday of each month for free bowling and shoe rental for EFMP & Hearts Apart Families at the Fort Sam Houston Bowling Center.

EFMP Focus Group | A supportive focus group providing EFMP families a safe space to share experiences, connect, and access resources.

Happy Hearts Day | Drop by the EFMP Family Support Office to make Valentine's cards, enjoy our photo booth, and send love to deployed family members. All ages welcome!

Couples Painting and Chocolate Fondue Event | Create your own unique painting while indulging in chocolate Fondue

EFMP Couples Canvas Painting | Creating strong bonds and resilience with a communication setting.

EFMP Equestrian Camp | Equine therapy helps build self-esteem, confidence, self-awareness, and empathy, while supporting mental health, behavior, and physical well-being.

What does it mean to me? | Learn how the EFMP supports families by exploring who qualifies as an Exceptional Family Member and how the program's three pillars work together. Topics include the assignment process, TRICARE ECHO, Respite Care, and other resources for you and your family.



Couples Painting & Chocolate Fondue Event

February 13 • 11:30 a.m. to 1 p.m.

Create • Connect • Indulge

Create your own unique painting while indulging in rich, delicious chocolate fondue.

Spend a fun and creative experience with your partner as you paint side by side and enjoy a sweet chocolate treat.

No experience necessary—just bring your love and creativity!

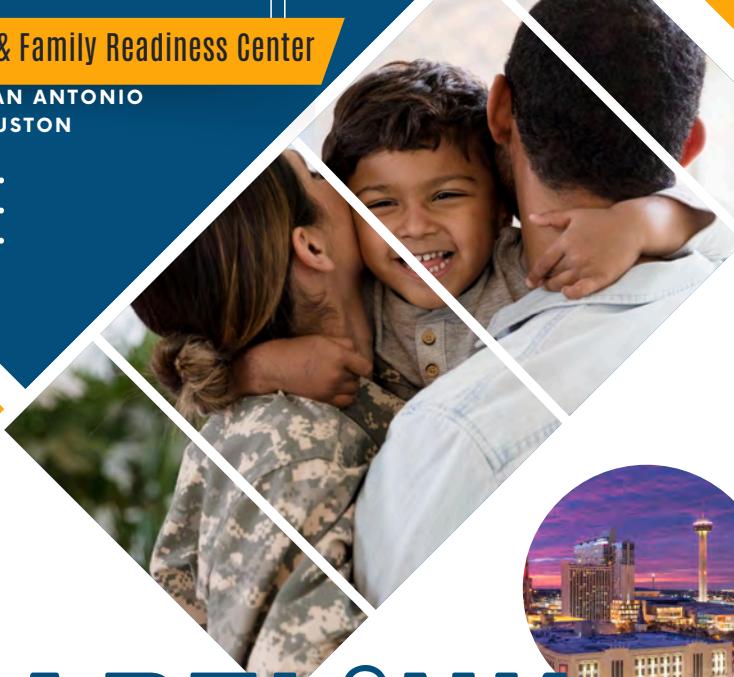
HELD AT JBSA-LACKLAND M&FRC • TO REGISTER CALL (210) 671-3722

The JBSA Military & Family Readiness Centers encourage 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.



Military & Family Readiness Center

JOINT BASE SAN ANTONIO
FORT SAM HOUSTON



HEARTLINK

New to JBSA or military life? Join us for Heartlink!

This fun and interactive event is your chance to connect with other military spouses, learn about the resources and benefits available to you, and get a behind-the-scenes look at JBSA's mission and customs. You'll walk away with new friendships, helpful tools, and a better understanding of how to thrive in military life. Spouses and their service members from all branches are welcome—come feel more confident, connected, and informed!



**FEB. 13
9 AM TO 1 PM**

**HELD AT FORT SAM HOUSTON MILITARY & FAMILY
READINESS CENTER 3060 STANLEY RD. BUILDING 2797**

For more information call • 210-221-2705

The JBSA Military & Family Readiness Centers encourage 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.



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.

Car Seat 101	Heartlink
FSH • Feb. 3 Mar. 3 9-11 a.m.	FSH Feb. 13 9 a.m. to 1 p.m.
Survivor Benefit Plan Group Briefing	
LAK By Appointment Only	RND • Feb. 12 Mar. 12 9-10:30 a.m. (Virtual)
What to Expect When You Have an Aging Parent	
	RND • Mar. 24 9 a.m. to Noon



Car Seat 101 | Learn about car seat types and basic installation tips to keep your child safe.



Heartlink | Join Heartlink to connect with other spouses, learn about resources and benefits, and get an insider's look at JBSA's mission and customs. Walk away with new friendships, helpful tools, and the confidence to thrive in military life!



What to Expect When you have an Aging Parent | Explore signs your parent may need extra care, along with tips for holding an intervention and guidance on caregiving, finances, legal matters, and Medicare.



Survivor Benefits Group | 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.



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 Fort Sam Houston 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.

DEPLOYMENT READINESS PROGRAM & VOTING

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.

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 vote.fortsam@us.af.mil; vote.lackland@us.af.mil; vote.randolph@us.af.mil

Pre-Deployment Briefing	Post Deployment Briefing	
FSH • Feb. 12, 26 Mar. 12, 26 8-10 a.m.	FSH • Feb. 12, 26 Mar. 12, 26 10 a.m. to Noon	
Pre-Deployment Briefing	Post Deployment Briefing	
LAK • Tuesdays & Wednesdays 9-10 a.m.	LAK • Tuesdays & Wednesdays 1-2 p.m.	
Pre-Deployment Briefing	Post Deployment Briefing	
RND By Appointment Only	RND By Appointment Only	
R.E.A.L SFRG Fund Custodian	R.E.A.L Key Contact	
FSH • Mar. 19 9-11 a.m.	FSH • Feb. 5 9-11 a.m.	
R.E.A.L Command Team Training	R.E.A.L SFRG CFRR Training	UVAO Training (Hybrid)
FSH • Feb. 19 & Mar. 5 9-11 a.m.	FSH • Mar. 5 9-11 a.m.	RND • Feb. 3 11:30 a.m. to 1 p.m.

Pre-Deployment Briefing | Required in-person briefing for service members deploying, going TDY over 30 days, or on remote assignment; covers deployment prep and financial management, fulfilling a DoD Financial Touchpoint.

Post-Deployment Reunion & Reintegration | Required in-person training for returning service members covering reintegration, finances, and stress management; spouses encouraged, fulfills a DoD Financial Touchpoint.

R.E.A.L SFRG Fund Custodian | Review regulations for managing informal funds and fund raising. Tips and techniques for executing the role as well as practical exercises and local installation legal Q&A session.

R.E.A.L Key Contact Training | Learn the SFRG mission, governing regulations, Key Contact roles and responsibilities, and mission-essential communication requirements.

R.E.A.L Command Team Training | In-person training for Commanders and First Sergeants on SFRG operations, roles, funding, volunteer management, and recruiting.

R.E.A.L SFRG CFRR Training | Soldiers appointed as CFRRs receive essential information to support the operational, logistical, and administrative functions of the SFRG.

UVAO Training | The 802nd FSS JBSA M&FRC in collaboration with the FVAP will conduct a congressionally mandated voting assistance officer training workshop for VAO's, and those providing assistance.

VOLUNTEER PROGRAM

Military Family Team Building (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. 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.

Volunteer Award Writing Workshop (Virtual)

FSH • Feb. 13
Mar. 23
9:30-10:30 a.m.

AFAP Focus Group

FSH
Feb. 2
10-11 a.m.

Volunteer 101 (Virtual)

FSH • Feb. 9
Mar. 16
10-11 a.m.

Volunteer Advisory Council (Virtual)

FSH
Feb. 23
1-2 p.m.

Volunteer Award Writing Workshop | Learn how to write an effective nomination for your volunteer of the year, volunteer excellence award.

AFAP Focus Group | Share quality-of-life concerns to be presented to leadership through the Armed Forces Action Plan process.

Volunteer 101 | Get hands-on training with VMIS to search for, track, and log volunteer opportunities and hours. Learn how to manage volunteers using the Volunteer Management Information System (VMIS) as an Organizational Point of Contact

Volunteer Advisory Council (VAC) Meeting | Open meeting for the community attended by representatives from volunteer agencies across the installation to share opportunities and resources.

How to become a Volunteer

The Volunteer Management Information System (VMIS) is an online tool providing a real-time snapshot of volunteer opportunities.

VMIS is a platform that allows organizations on Joint Base San Antonio to share their volunteer openings.

VMIS helps volunteers to manage their volunteer service record, trainings, certificates and track their hours.

Need help registering?
Contact us today to learn about our upcoming VMIS Classes.





BOOTS to BUSINESS

from the U.S. Small Business Administration

Introduction
to Business
Ownership

Basics of
Opportunity
Recognition

Market
Research

Economics of
Small Business
Startup

Legal
Considerations

Financing
Your Business

Introduction to
Business Planning

Resources to
Support You

JBSA-LACKLAND M&FRC

FEB.
11-12

JBSA-RANDOLPH M&FRC

MAR.
4-5

For more information or to register call your hosting M&FRC.
Lackland • 210-671-3722 Randolph • 210-652-5321



COMMANDER'S KEY SUPPORT PROGRAM

The Commander's Key Support Program (CKSP) is a unit readiness program that strengthens family support and connectedness, especially during deployments and PCS moves. Through trained volunteers, the program provides information, resources, and referrals to help families stay informed and resilient. CKSP fosters community, promotes partnerships with support agencies, and ensures Air and Space Force families feel empowered and connected.

CKSP Immersion Training (Virtual)

RND • Mar. 18
9-10:30 a.m.

Quarterly Training

LAK • Mar. 17
1-3 p.m.

CKSP Mentor Training (Virtual)

RND • Mar. 18
11 a.m. to Noon



Initial training is required for all newly appointed Key Support Liaisons (KSLs) and Key Support Mentors (KSMs), can be completed virtually or in person at the Military & Family Readiness Center (M&FRC) when available. This training consists of five standardized modules and takes approximately three hours. KSLs and KSMs cannot serve in an official capacity until all required training is completed.

Before initiating virtual training KSLs/KSMs must coordinate with their Commander and the M&FRC, ensuring an official appointment letter is on file with both the M&FRC and the KSL's/KSM's unit.

How do we access the virtual Initial Key Support Training?

There is a link on the AFPC CKSP page, or you can scan the QR code directly. Create an account if you do not already have one. Once logged in, click on Course Catalog. Search : Department of the Air Force Key Support Liaison Initial Training.

<https://www.militaryonesource.mil/resources/training/air-force-key-support-program/>

CKSP Quarterly Training | Available for KSLs/ KSMs, these sessions are focused on providing additional education/ networking opportunities for the CKSP team. Offered quarterly or as requested by unit leadership.

CKSP Immersion Training | KSL/KSM who complete the initial training virtually are required to complete an immersion training. KSL/KSMs who move due to a permanent change of station (PCS) are not required to re-accomplish Initial Training however, they must complete an immersion training. This training provides essential installation-specific information and a brief refresher on Initial Training, ensuring KSLs/KSMs are well-prepared for their roles.

CKSP Mentor Training | Mentor Training is a one-time mandatory training for all new KSMs and is intended to be taken after Initial Key Support Training.



JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



Scan to email

3060 Stanley Road, Building 2797

(210) 221-2705; 802fss.fsyrcenterbox@us.af.mil

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.

Closed Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Resiliency Days

TRANSITION ASSISTANCE PROGRAM



Scan to email

Joint Transition Readiness Center

3931 Okubo Barracks, Bldg. 3639

(210) 916-7322 or 916-6089; 802fss.fsyrtap@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.fsfr@us.af.mil

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.

Closed Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Resiliency 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 Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Resiliency Days

JBSA-RANDOLPH

MILITARY & FAMILY READINESS CENTER



Scan to email

555 F Street West, Building 693

(210) 652-5321; randolphmfc@us.af.mil

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.

Closed Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Resiliency Days



www.jbsa.mil/Resources/MilitaryFamilyReadiness



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