

Military & Family Readiness Center

JUNE-JULY



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

JBSA-MILITARY & FAMILY READINESS FLIGHT

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

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

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

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

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

(FSH)
JBSA-Fort Sam Houston
(210) 221-2705

(LAK)
JBSA-Lackland
(210) 671-3722

(RND)
JBSA-Randolph
(210) 652-5321

All services provided by the JBSA-M&FR Flight are free and open to all branches of the military, Active Duty Military and their families, Reservists, Coast Guard, National Guard, Retirees, Surviving Spouses, DoD civilian employees (APF and NAF), and DoD contracted employees, unless otherwise stated.



JBSA-Fort Sam Houston

Mon-Fri 7 AM-4:30 PM

*Closed: 1st & 3rd Thursday 1-4:30 PM,
Federal Holidays & AETC Family days*



JBSA-LACKLAND

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

*Closed: 1st & 3rd Thursday 1-4:30 PM,
Federal Holidays & AETC Family days*






JBSA-RANDOLPH

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

*Closed: 1st & 3rd Thursday 1-4:30 PM,
Federal Holidays & AETC Family days*

Services & Operational Status

M&FRC offers different modes of services and workshops:

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

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

JBSA-Fort Sam Houston
(210) 221-2705
802fss.fsyrcenterbox@us.af.mil




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





















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

For up to date information regarding JBSA operations, visit www.jbsa.mil/coronavirus.

CALENDAR OF EVENTS JUNE-JULY 2023








































JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT		JUNE	JULY	PAGE	SITE
RELOCATION	Exploring Randolph Tour	12	17	p. 22	 RND
	First Move for Military Spouses	22	27	p. 7	 FSH
	Immigration & Citizenship	28	26	p. 7	 FSH
	Newcomer's Orientation	12, 26	17	p. 22	 RND
	Newcomer's Orientation	W	W	p. 16	 LAK
	Newcomer's Orientation	2, 15	7, 21	p. 7	 FSH
	Newly Assigned CC/CCC/CCF	20	18	p. 16	 LAK
	Newly Assigned CC/CCC/CCF	--	11	p. 22	 RND
	JBSA Pre-Arrival Orientation	27	25	p. 22	 JBSA
	Supplemental Sponsorship Training	15	20	p. 7	 FSH
	Trails & Tales Guided Tour	8	13	p. 8	 FSH
FINANCIAL	Car Buying	8	--	p. 8	 FSH
	Car Buying	8	--	p. 23	 RND
	Continuation Pay	--	7	p. 8	 FSH
	Divorce & Financial Readiness	16	21	p. 8	 FSH
	Home Buying	9	--	p. 8	 FSH
	How to Budget	13	11	p. 8	 FSH
	Marriage & Financial Readiness	16	21	p. 8	 FSH
	Money Personalities	22	--	p. 17	 LAK
	Moving Out of the Dorms	8	6	p. 17	 LAK

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	JUNE	JULY	PAGE	SITE
FINANCIAL CONT.	Officer First Duty Station Financial Training	21	26	p. 17	LAK
	Officer First Duty Station Financial Training	--	12	p. 23	RND
	Promotions & Financial Readiness	2	7	p. 8	FSH
	Retirement Planning for Military & GS	15	--	p. 23	RND
	Saving & Investments	--	7	p. 9	FSH
	Social Security and You	15	--	p. 17	LAK
	Retirement Planning Starter - TSP Vesting	14	12	p. 9	FSH
	Thrift Savings Plan	--	27	p. 23	RND
	Thrift Savings Plan	--	13	p. 17	LAK
EMPLOYMENT	Acing the Interview	21	--	p. 9	FSH
	Acing the Interview	6	--	p. 23	RND
	Conversational Interviewing Skills	--	19	p. 9	FSH
	Explore Business Ownership	--	20	p. 17	LAK
	LinkedIn 101	28	26	p. 9	FSH
	Renovating Your Resume	--	12	p. 9	FSH
	Ready, Set, Resume	14	--	p. 9	FSH
	Ready, Set, Resume	--	18	p. 23	RND
	Resume Writing Live	27	--	p. 17	LAK
	Reverse Career Fair	--	27	p. 17	LAK
	Salary Negotiation	20	--	p. 18	LAK
	Salary Negotiation	13	--	p. 23	RND
	Tips for Writing A Federal Resume	--	11	p. 18	LAK
	USAJOBS Navigation & Federal Resume	7	5	p. 9	FSH
	USAJOBS Navigation & Federal Resume	27	25	p. 24	RND
	Your Pathways to Employment	26	24	p. 9	FSH
TRANSITION ASSISTANCE	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 10	FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 18	LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 24	RND
	Pre-Separation Counseling (Step 2)	14, 21, 28	12, 26	p. 24	RND
	Pre-Separation Counseling (Step 2)	7, 14, 21, 28	5, 12, 19, 26	p. 10	FSH
	DoD Transition Day (Step 3)	5, 12, 26	10, 17, 31	p. 10	FSH
	Executive TAP (E-TAP) Workshop (4-day) (Step 3)	13-16	--	p. 24	RND
	TAP Workshop (3-day) (Step 3)	5-7	10-12	p. 24	RND
	TAP Workshop (3-day) (Step 3)	5-7, 12-14	10-12, 24-26	p. 18	LAK
	DoL Employment Fundamentals of Career Transition	7, 14, 28	12, 19	p. 10	FSH
	VA Benefits & Services	6, 13, 27	11, 18	p. 10	FSH
	VA Benefits & Services	6, 13	11, 25	p. 18	LAK
	VA Benefits & Services	23	28	p. 24	RND
	DoL Employment Workshop (2-day)	8-9, 15-16, 29-30	13-14, 20-21	p. 11	FSH

Event		June	July	Page	Site
	DoL Employment Workshop (2-day)	8-9, 15-16	13-14, 27-28	p. 19	 LAK
	DoL Employment Workshop (2-day)	8-9	–	p. 25	 RND
	DoL Career & Credential Exploration (2-day)	1-2	6-7	p. 11	 FSH
	DoL Career & Credential Exploration (2-day)	–	13-14	p. 25	 RND
	Entrepreneurship: Boots to Business (2-day)	14-15	–	p. 11	 FSH
	Entrepreneurship: Boots to Business (2-day)	–	19-20	p. 25	 RND
	Managing Your (My) Education (2-day)	12-13, 26-27	24-25	p. 11	 FSH
	Managing Your (My) Education (2-day)	8-9, 15-16	13-14, 27-28	p. 18	 LAK
	DoD SkillBridge - Career Skills Program Overview	6, 20	18	p. 11	 FSH
EFMP	Youth Horsemanship Class (1 day per EFM)	12-18, 26-30	10-14	p. 12	 FSH
	EFMP Orientation	–	27	p. 20	 LAK
	EFMP Orientation	12, 26	17	p. 26	 RND
	Family Connections	27	–	p. 12	 FSH
	Lunch & Learn with EFMP	21	19	p. 12	 FSH
	Lunch & Learn with EFMP	29	–	p. 19	 LAK
	Lunch & Learn with EFMP	22	–	p. 26	 RND
	Strike Out Challenges	2	7	p. 12	 FSH
PERSONAL, FAMILY & WORK LIFE	Bundles for Babies	22	–	p. 20	 LAK
	Bundles for Babies	7	–	p. 26	 RND
	Car Seat 101	6	–	p. 13	 FSH
	Dad's Support Group	13	11	p. 20	 LAK
	Digital Scrapbooking	26	–	p. 20	 LAK
	Heart Link: Spouse Orientation	7	–	p. 13	 FSH
	Heart Link: Spouse Orientation	–	27	p. 20	 LAK
	Nutritional Development	29	27	p. 20	 LAK
	Play & Learn Playgroup	13, 27	11, 25	p. 13	 FSH
	Single Parent Support Group	7	5	p. 21	 LAK
	Summer Parent & Child Class	–	6, 20	p. 13	 FSH
	Survivor Benefit Plan Group Briefing	7, 15, 21, 29	13, 19, 27	p. 18	 LAK
	Survivor Benefit Plan Group Briefing	8	13	p. 26	 RND
	Virtual Friday Q&A for Military Spouses	F	F	p. 13	 FSH
	Virtual Friday Q&A for Military Spouses	F	F	p. 21	 LAK
	What to Expect When Caring for an Aging Parent	28	–	p. 13	 FSH
	What to Expect When Caring for an Aging Parent	–	25	p. 27	 RND
	What to Expect When Considering an Adoption		26	p. 13	 FSH
	Unit Voting Assistance Officer Training	–	19	p. 21	 LAK
	Unit Voting Assistance Officer Training	–	20	p. 27	 RND
MFTB	Briefer Training Course (BTC)	28	–	p. 13	 FSH
	Facilitator Training Course (FTC) (2-day)	–	25-26	p. 14	 FSH

VOL	EVENT	JUNE	JULY	PAGE	SITE
	Volunteering 101	20	18	p. 14	📶 FSH
	Volunteer Advisory Council	--	18	p. 14	📶 FSH
DEPLOYMENT & UNIT FAMILY READINESS	Couples & Deployment	8, 22	13, 27	p. 14	👤 FSH
	Deployment & the Single Service Member	8, 22	13, 27	p. 14	👤 FSH
	Kids & Deployment	8, 22	13, 27	p. 15	👤 FSH
	Key Spouse Initial Training	--	26	p. 27	📶 RND
	Key Spouse Continuing Education	27	--	p. 21	👤 LAK
	Key Spouse Mentor Training	--	12	p. 15	👤 FSH
	Key Spouse Mentor Training	Call to Register	Call to Register	p. 27	📶 RND
	Key Spouse Refresher Training	--	19	p. 21	👤 LAK
	Key Spouse Refresher Training	Call to Register	Call to Register	p. 27	📶 RND
	Master Resiliency Training	13, 27	11, 25	p. 15	👤 FSH
	R.E.A.L. Command Family Readiness Representative	--	18	p. 15	👤 FSH
	R.E.A.L. Command Team Training	6	--	p. 15	👤 FSH
	R.E.A.L. Fund Custodian Training	21	--	p. 15	👤 FSH
	R.E.A.L. Key Contacts Training	--	19	p. 15	👤 FSH
	Pre-Deployment Briefing	Call to Register	Call to Register	p. 27	📶 RND
	Pre-Deployment Briefing	M & W	M & W	p. 21	👤 LAK
	Pre-Deployment Briefing	1	6	p. 14	👤 FSH
	Pre-Deployment Briefing	15	20	p. 14	📶 FSH
	Post-Deployment Reunion & Reintegration	M & W	M & W	p. 21	👤 LAK
	Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p. 27	📶 RND
	Post-Deployment Reunion & Reintegration	1	6	p. 14	👤 FSH
	Post-Deployment Reunion & Reintegration	15	20	p. 14	📶 FSH

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

June 2023

PTSD Awareness Month

National Safety Month

14 Army Birthday

19 Juneteenth (All Centers Closed)

23 Coast Guard Auxiliary Birthday

27 National PTSD Awareness Day

July 2023

Disability Pride Month

3 AETC Family Day (All Centers Closed)

4 Independence Day

(All Centers Closed)

25 National Hire a Veteran Day

29 Army Chaplain Corp Anniversary



on Facebook
@mfrcjbsa



INFORMATION & REFERRAL

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

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

RELOCATION ASSISTANCE

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

Reduce or eliminate problems arising due to frequent moves with specialized services such as sponsorship and pre-arrival information; mandatory overseas briefings and post-move orientations; lending closet; and immigration services. Call to register or for details.

LENDING CLOSET

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

The Lending Closet loans essential household goods - like kitchen equipment, sleeping mats, irons, and more - while you're in transit. Permanent party, technical school students, TDY, and civilians may borrow items for up to 30 days. A copy of your orders is needed.

FIRST MOVE FOR MILITARY SPOUSES

June 22 & July 27 1-2 p.m.

Are you preparing for your first move? Register for a discussion about exploring your new installation, finding employment, moving with kids and selecting a new school, planning for a Special Needs family member, childcare, financial effects of moving, and more.

Mode: Virtual.



IMMIGRATION & CITIZENSHIP

June 28 & July 26 12:45-1:30 p.m.

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

Mode: In-Person.



NEWCOMER'S ORIENTATION

June 2, 15 & July 7, 21 8 a.m. to Noon

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

SUPPLEMENTAL SPONSORSHIP TRAINING

June 15 & July 20 9-11 a.m.

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

TRAILS & TALES GUIDED TOUR**June 8 & July 13****9-11:45 a.m.**

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

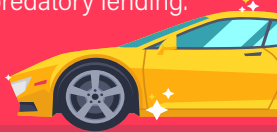
FINANCIAL READINESS

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

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

CAR BUYING**June 8****11:30 a.m. to 1:30 p.m.**

Review topics associated with purchasing a new or used car to avoid sales traps, dealer scams, and predatory lending.

Mode: In-Person.**CONTINUATION PAY****July 7****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.*

DIVORCE & FINANCIAL READINESS**June 16 & July 21****1-2 p.m.**

Review tips to help navigate the financial process of divorce. Establish a spending plan based on new potential expenses

and income, update account beneficiaries, reshape retirement funds, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

HOME BUYING**June 9****11:30 a.m. to 1:30 p.m.**

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

Mode: In-Person.**HOW TO BUDGET****June 13 & July 11****9:30-11:30 a.m.**

Learn how to create a spending plan worksheet. Attendees must bring a copy of their current LES, spouse's income information (if applicable), a list of monthly expenses, and debt information such as the total balance owed, monthly payment, and annual percentage rate (APR).

*Mode: In-Person.***MARRIAGE & FINANCIAL READINESS****June 16 & July 21****1-2 p.m.**

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

PROMOTIONS & FINANCIAL READINESS**June 2 & July 7****1-2 p.m.**

Discover tips to help make the most of your new financial opportunity and learn how to set up spending goals, reduce excessive debt, grow your retirement, set emergency funds, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

SAVING & INVESTMENTS

July 7 9:30-11 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.*

**RETIREMENT PLANNING
STARTER - TSP VESTING**

June 14 & July 12 9-11 a.m.

Are you taking full advantage of your Thrift Savings Plan (TSP)? Become familiar with contribution limits, tax-deferred investments, and rates of return. Learn what options are available after separating from the military or civil service. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

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

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

MILITARY FAMILY SUPPORT PROGRAM

Schedule an Appointment (210) 850-2152

Meet with a career counselor from community partner Workforce Solutions Alamo to learn about employment opportunities for military spouses.

**ACING THE INTERVIEW**

June 21 1-2 p.m.

Discover ways to prepare for a job interview, how to make a lasting impression, and discuss different interviewing methods. *Mode: In-Person.*

www.jbsa.mil/Resources/Military-Family-Readiness
CONVERSATIONAL INTERVIEW SKILLS

July 19 1-2 p.m.

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

LINKEDIN 101

📍 June 28 & 📶 July 26 1-2 p.m.

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: June In-Person, July Virtual.*

READY, SET, RESUME

June 14 1-2 p.m.

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

**RENOVATING YOUR RESUME**

July 12 1-2 p.m.

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

**USAJOBS NAVIGATION &
FEDERAL RESUME**

📍 June 7 & 📶 July 5 1-3 p.m.

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

YOUR PATHWAYS TO EMPLOYMENT

📍 June 26 & 📶 July 24 9-11 a.m.

Discover your path to employment by setting a foundation for success. Learn about employment resources and hear

a message from our mission partners: Workforce Solutions, Texas Workforce Commission, USO, NAF & Civilian Personnel, and the Career Skill Bridge program. *Mode: June In-Person, July Virtual.*

MICROSOFT OFFICE 2016

Improve proficiency and maximize productivity while using Microsoft Word, Excel, PowerPoint, Access and Outlook with free hands-on instruction. One-on-one consultations and unit or group training is available upon request. Call to schedule an appointment.

TRANSITION ASSISTANCE PROGRAM

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

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

INDIVIDUALIZED INITIAL COUNSELING

Monday-Friday **Call to Register**

Those separating or retiring from active duty must meet with a counselor to officially start the transition process. This one-on-one counseling session must occur **no later than 365 days 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.

PRE-SEPARATION COUNSELING

June 7, 14, 21, 28 & July 5, 12, 19, 26

9 a.m. to Noon

This class is the second step in the TAP process. Separating and retiring members must attend **at least 365 days 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

Executive: June 5, 26 & July 17 **8 a.m. to 4 p.m.**

Separation: June 12 & July 10, 31 **8 a.m. to 4 p.m.**

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

VA Benefits and Services

Executive: June 6, 27 & July 18 **8 a.m. to 4 p.m.**

Separation: June 13 & July 11 **8 a.m. to 4 p.m.**

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

DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

Executive: June 7, 28 & July 19 **8 a.m. to 4 p.m.**

Separation: June 14 & July 12 **8 a.m. to 4 p.m.**

This course sets the foundation for transitioning from military to civilian careers by introducing essential tools and resources needed to evaluate

career options, gain information for civilian employment, and understand the fundamentals of the employment process.

Core Requirement, prerequisite: DoD Transition Day. *Mode: In-Person.*

DOL EMPLOYMENT WORKSHOP

Executive: June 8-9, 29-30 & July 20-21

Separation: June 15-16 & July 13-14

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: DoD Transition Day.** *Mode: In-Person.*

DOL CAREER & CREDENTIAL EXPLORATION

June 1-2 & July 6-7

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: DoD Transition Day.** *Mode: In-Person.*



ENTREPRENEURSHIP: BOOTS TO BUSINESS

June 14-15

8 a.m. to 4 p.m.

This 2-day entrepreneurial education track hosted by the Small Business Administration is for transitioning service members interested in starting their own business. Review opportunities and challenges of business ownership, steps for evaluating business concepts, foundational knowledge for developing a business plan, information on SBA resources available to help access start-up capital, and additional technical assistance. Register online at <https://sbavets.force.com>. **Transition Track,**

prerequisite: DoD Transition Day.

Mode: In-Person.

MANAGING YOUR (MY) EDUCATION

June 12-13, 26-27 & July 24-25 8 a.m. to 4 p.m.

This 2-day track helps service members achieve academic success by reviewing credit transfers, researching schools, exploring financial aid assistance, providing vocational education counseling, and more. **Transition Track, prerequisite: DoD Transition Day.** *To register or for more details, call the Education Center at (210) 221-9362.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

June 6, 20 & July 18

1-2 p.m.

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. 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 (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281. *Mode: In-Person.*

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

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

PERSONAL FINANCIAL COUNSELOR

Personal Financial Counselors provide free and anonymous financial counseling services to service members and their families. Some evening and weekend times are available. To schedule a consultation, call (210) 992-0177.

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

EFMP is a mandatory enrollment program that assists service members and their families with special, physical, emotional, developmental, or intellectual needs. EFMP works with military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support, and personnel services. Call for more information. To register for an event, email 802fss.fsyf.efmp-fs@us.af.mil.

FAMILY CONNECTIONS: WATER SAFETY

June 27 1-2 p.m.

Did you know about 1 in 5 people who die from drowning are children 14 and younger? Or that nonfatal drowning injuries can cause severe brain damage that may be long-term? Join us for a guest speaker from the Miss Tristan Foundation to learn about water safety. *Mode: Virtual.*

LUNCH & LEARN WITH EFMP

Mental Health Awareness

June 21 11:30 a.m. to 1 p.m.

How does a healthy kid act? Where is the line between growing pains and warning signs? Join us for a guest speaker from Clarity Child Guidance Center to discuss children's mental health, identifying struggles, and advocating for your child.

Special Education 101

July 19 11:30 a.m. to 1 p.m.

If your child is having trouble in school it's important to understand why. Discover what accommodations and modifications are available for your child in Texas. By

law, schools must help children with disabilities. *Mode: In-Person.*

YOUTH HORSEMANSHIP CLASS

**June 12, 13, 14, 15, 16, 26, 27, 28, 29, 30 &
July 10, 11, 12, 13, 14**

9 a.m. to Noon

Horses have been known to improve the mental health and physical activity of children with disabilities. This 3 hour horsemanship class will teach youths, ages 6-18, to care for and handle horses at the JBSA Equestrian Center. Participants must be enrolled in EFMP. Space is limited to one day per EFM. Registration is required. Deadline to register is June 7.

Mode: In-Person; FSH Equestrian Center.



June 2 & July 7

5-7 p.m.

EFMP and Hearts Apart Families strike out challenges with an evening of fun and 2 free hours of bowling. Registered families will be selected by drawing and notified by email. Registration closes 3 days prior to the event. *Mode: In-Person; FSH Bowling Center, Bldg. 2521.*

PERSONAL & WORK LIFE

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

Personal & Work Life 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) 954-4566 to schedule an appointment. WIC is an equal opportunity program.



CAR SEAT 101

June 6

9-11 a.m.



This course provides information about the different types of car seats and reviews the basics of car seat installation to keep your child safe.



After the class, sign up for the Car Seat Safety Clinic to have your car seat checked by a Child Passenger Safety Technician and Senior Checker. Service members E-5 and below may be eligible for a free car seat. *Mode: In-Person.*



HEART LINK: SPOUSE ORIENTATION

June 7

9 a.m. to Noon

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

PLAY & LEARN PLAYGROUP

June 13, 27 & July 11, 25

9-11 a.m.

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

Mode: In-Person.

SUMMER PARENT & CHILD CLASS

July 6, 20

10 a.m. to Noon

Parents and guardians bond and better understand their children through various

activities. This class provides opportunities to engage with others in a social group setting. Registration required.

Mode: In-Person.

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not Held June 16)

11-11:30 a.m.

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

Mode: Virtual.



WHAT TO EXPECT WHEN CARING FOR AN AGING PARENT

June 28

9 a.m. to Noon

Explore warning signs that can help you determine if your parent needs extra care. Discuss tips for holding an intervention, how to get financial and special care records in order, care giving options, and resources. *Mode: Virtual.*

WHAT TO EXPECT WHEN CONSIDERING AN ADOPTION

July 26

1-3:30 p.m.

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

Mode: Virtual.

MILITARY FAMILY TEAM BUILDING (MFTB)

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

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

BRIEFER TRAINING COURSE

June 28

8 a.m. to 3 p.m.

This professional development course is designed to address how to prepare for

and present an effective briefing.

Mode: In-Person.

FACILITATOR TRAINING COURSE (FTC)

July 25-26

8 a.m. to 4 p.m.

A 2-day professional development course reviews 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.

VOLUNTEERING 101

June 20 & July 18

1-2:30 p.m.

Learn about volunteer opportunities in the community and how to navigate the Volunteer Management Information System. Participants discuss rules and regulations for volunteering on a military installation. *Mode: Virtual.*

VOLUNTEER ADVISORY COUNCIL

July 18

10-11 a.m.

Agencies with volunteers and volunteer coordinators meet to review management techniques, current issues, and program plans. Share successes, events, and volunteer opportunities. *Mode: In-Person.*

DEPLOYMENT READINESS

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

Deployment Readiness offers workshops, briefings, and support groups to enhance mission preparedness and self-reliance

throughout the phases of a deployment cycle. Registration is required for unit family readiness workshops no later than 48 hours prior.

PRE-DEPLOYMENT BRIEFING

📍 June 1 & July 6 & 📶 June 15 & July 20 8-10 a.m.

All service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment are required to attend. Review tips to help prepare for a deployment to include financial management. This training fulfills a DoD Financial Touchpoint requirement.

Mode: 1st Thursday In-Person, 3rd Thursday Virtual.

POST-DEPLOYMENT REUNION & REINTEGRATION

**📍 June 1 & July 6 & 📶 June 15 & July 20
10 a.m. to Noon**

Required for all service members returning from deployment; this training covers reintegration into home life, finances, and provides resources to deal with associated stressors. Spouses are highly encouraged to attend. This training fulfills a DoD Financial Touchpoint requirement.

Mode: 1st Thursday In-Person, 3rd Thursday Virtual.

COUPLES & DEPLOYMENT

June 8, 22 & July 13, 27

1-2 p.m.

Deployment can be a challenge for even the most seasoned military couples. Preparing together will help you support each other from a distance. Discuss ways to improve communication, review common emotions and reactions, and get your financials in order. *Mode: In-Person.*

DEPLOYMENT & THE SINGLE SERVICE MEMBER

June 8, 22 & July 13, 27

9-10 a.m.

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

KIDS & DEPLOYMENT

June 8, 22 & July 13, 27

2:30-3:30 p.m.

Develop a foundation for helping your child navigate the emotional stress of a deployed parent. Learn to include your child in positive conversations, anticipate common reactions, tips for coping, and how to talk about unanticipated, real-life situations that have developed. *Mode: In-Person.*

MRT: GRATITUDE

June 13

1-2 p.m.

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

MRT: CELEBRATE GOOD NEWS

June 27

1-2 p.m.

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

MRT: BALANCE YOUR THINKING

July 11, 25

1-2 p.m.

Participants discover methods to help perceive situations accurately and react productively based on evidence and facts. Learn how this resilience skill can help you respond to a situation in ways that align with your values and goal.

*Mode: In-Person.***KEY SPOUSE MENTOR TRAINING**

July 12

9-11 a.m.

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

*Mode: In-Person.***R.E.A.L. COMMAND FAMILY READINESS REPRESENTATIVE TRAINING**

July 18

9 a.m. to 3 p.m.

Soldiers appointed as the CFRR receive information to assist with operational, logistical, and administrative aspects



of the SFRG. As a liaison between the command and SFRG Volunteers, it's essential to know the ins and outs of the SFRG, and how their role assists both command and volunteers. Discuss the CFRR roles, Rear Detachment, VMIS, CARE Team, Informal Fund Custodian, Social Media, OPSEC, and other elements of the SFRG. *Mode: In-Person.*

R.E.A.L. COMMAND TEAM TRAINING

June 6

9-11 a.m.

Commanders and First Sergeants receive insight into the Soldier & Family Readiness Group. Review the basics of SFRG funding, volunteer management, and recruiting concepts. *Mode: In-Person.*

R.E.A.L. KEY CONTACTS TRAINING

July 19

1-2 p.m.

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

*Mode: In-Person.***R.E.A.L. FUND CUSTODIAN TRAINING**

June 21

9-11 a.m.

Current and incoming SFRG Fund Custodians are required to attend this training and review regulations for managing informal funds and fundraising.

*Mode: In-Person.***FEDERAL VOTING ASSISTANCE PROGRAM**

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

The Federal Voting Assistance Program provides information and guidance to service members, their families, and all other U.S. civilian DoD employees by contributing to a better understanding of voter rights and absentee voting. For more information, email 802fss.fsyrc.vote@us.af.mil.

JBSA-LACKLAND

INFORMATION & REFERRAL

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

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

RELOCATION ASSISTANCE

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

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

PLAN MY MOVE - SMOOTH MOVE

Contact your Unit Personnel Coordinator or Commander Support Element

Service members (E-4 and below and O-2 and below) PCS'ing for the first time, and all ranks PCS'ing OCONUS are required to complete this online training. After completion, virtual out-processing tasks can be cleared by M&FRC. Family members are encouraged to attend.



SPONSORSHIP TRAINING

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

NEWCOMER'S ORIENTATION

Wednesdays

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

The Welcome Center is the initial step of in-processing and integration for both active duty and federal employees assigned to JBSA-Lackland. Contact your Unit Personnel Coordinator or Commander Support Element for additional details. Registration is required; visit www.signupgenius.com/go/10c0f44acac28a1ffc8-jbsalackland. Mode: In-Person; Welcome Center at Mitchell Hall, Bldg. 2300.

NEWLY ASSIGNED COMMANDERS & FIRST SERGEANTS BRIEFING

June 20 & July 18

8-11:45 a.m.

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

Mode: In-Person.

FINANCIAL READINESS

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

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

MANDATORY FINANCIAL TOUCHPOINTS

Call to schedule an appointment.

Think of your financial journey as a road trip, you'll need a plan, fill-ups, and maintenance. These mandatory touchpoints help navigate each stage of your journey. **Touchpoints include: First Duty**

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

SOCIAL SECURITY & YOU

June 15 10-11:30 a.m.

Learn about changes to Social Security benefits and how it can affect your retirement—facilitated by a subject matter expert in Social Security. *Mode: In-Person.*

MONEY PERSONALITIES

June 22 10 a.m. to Noon

Identify your money personality type to help you find and fix holes in your finances that

you may not be aware of. Maximize your potential for financial success.

Mode: In-Person.

MOVING OUT OF THE DORM

June 8 & July 6 10 a.m. to Noon

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

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

June 21 & July 26 10 a.m. to Noon

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



July 13 10 a.m. to Noon.

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. *Mode: In-Person.*

EMPLOYMENT READINESS

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

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

MILITARY FAMILY SUPPORT PROGRAM

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

EXPLORE BUSINESS OWNERSHIP

July 20 1-3 p.m.

A guest speaker from FranNet provides information on business ownership, franchise opportunities, and discusses common benefits and challenges.

Mode: Hybrid.



June 27 1-3 p.m.

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

REVERSE CAREER FAIR

July 27 Noon to 3 p.m.

Employers will approach job seekers during a round table discussion to provide insight and advice as they pitch their elevator speech to you. San Antonio community partners, Military Spouse Employment Partnership (MSEP), and JBSA support agencies also assist with career guidance and resume reviews.

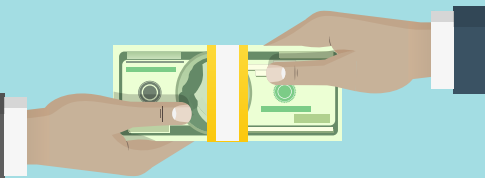
Mode: In-Person.

SALARY NEGOTIATION

June 20

1-3 p.m.

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

**TIPS FOR WRITING A FEDERAL RESUME**

July 11

1-3 p.m.

Review the latest tips and trends for preparing a federal resume and explore the USAJOBS website. Learn how to read vacancy announcements, understand the Knowledge, Skills, and Abilities (KSA) process, and build a resume to target a job. *Mode: Hybrid.*

TRANSITION ASSISTANCE PROGRAM

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

TAP is a mandatory program for all service members separating or retiring from the military and must begin no later than 365 days prior to their transition. The program help service members prepare for their military to civilian transition and meet their post-military goals. Call to schedule an appointment or register.

INDIVIDUALIZED INITIAL COUNSELING

Call to schedule an appointment.

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

date. **Core Requirement: Step 1.**

Mode: In-Person.

PRE-SEPARATION COUNSELING

Call to schedule an appointment.

This is the second step of the formal transition process, like the Individualized Initial Counseling (IIC), it must also begin no later than 365 days **before** your transition date. Review by-law information to include benefits, entitlements, and resources for eligible transitioning service members. **Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

TAP WORKSHOP

Retiree: June 12-14 & July 24-26 8 a.m. to 4 p.m.

Separation: June 5-7 & July 10-12 8 a.m. to 4 p.m.

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

Mode: In-Person.

VA Benefits and Services

Retiree: June 13 & July 25 8 a.m. to 4 p.m.

Separation: June 6 & July 11 8 a.m. to 4 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.**

MANAGING YOUR (MY) EDUCATION

June 8-9, 15-16 & July 13-14, 27-28

8 a.m. to 4 p.m.

This 2-day track helps service members achieve academic success by reviewing credit transfers, researching schools, exploring financial aid assistance, providing

vocational education counseling, and more.
Transition Track, prerequisite: TAP Workshop. *Mode: In-Person; Education Center, Bldg. 5725.*

DOL EMPLOYMENT WORKSHOP

June 8-9, 15-16 & July 13-14, 27-28

8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor provides information to stay current in a competitive job market by reviewing emerging technology for networking and searching for employment. Learn how to build an effective resume and brush up on interviewing skills. **Transition Track, prerequisite: TAP workshop.**

Mode: In-Person.

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program on JBSA provides transitioning service members opportunities to help turn their military skills into post-service careers by connecting with apprenticeships, internships, and certification training during their final 180 days of active duty service. Weekly Skillbridge showcase webcasts are held every Wednesday at 1 p.m. at jbsaskillbridge.eventbrite.com to spotlights of approved partners. For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.

SURVIVOR BENEFITS

JBSA-LAK • Bldg. 5616

(210) 671-3243, 671-3216, 671-3796

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

SURVIVOR BENEFIT PLAN GROUP BRIEFING

Call to schedule an appointment: June 7, 15, 21, 29 & July 13, 19, 27

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

RECORD OF EMERGENCY DATA

Your Record of Emergency Data (DD Form 93 or vRED) and your Servicemember's Group Life Insurance (SGLI) are vital parts of your military personnel records. Updates should be made at least annually and always upon life changes (new address, marriage, divorce, birth of a child, and other changes to beneficiaries). It's the service member's responsibility to keep both the vRED and SGLI current. When was the last time you updated yours? For more information call (210) 671-3796, 671-3243, 671-3216 or email 802fss.fsrc@us.af.mil.

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

EFMP is a mandatory enrollment program that works with military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to active-duty personnel and their family members. Call for more information.

LUNCH & LEARN WITH EFMP: LEGAL

June 29

Noon to 1 p.m.

This session provides information on important legal aspects to consider for your Exceptional Family Member like SSI,

Special Needs Trusts, ABLE Accounts, and guardianship. *Mode: Virtual*

EFMP ORIENTATION

July 27

Noon to 1 p.m.

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

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

MFLC's help service members, their families, and significant others address issues from deployment and reintegration, marriage and relationships, communication challenges, stress, anxiety, anger, grief and loss, and other daily life issues. Consultations are anonymous, no records kept. Unit briefings or trainings are also available. Call to schedule a one-on-one consultation or a group meeting. For Child and Youth Behavioral, call (210) 627-0054, 540-5033, or 439-8723.

PERSONAL & WORK LIFE

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

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

BUNDLES FOR BABIES

June 22

9 a.m. to Noon

Information is provided on financial planning from conception to college and support programs offered within the community. Active-duty expecting parents

are encouraged to attend. Touchpoint requirement. *Mode: In-Person.*

DAD'S SUPPORT GROUP

June 13 & July 11

3:30-4:30 p.m.

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

DIGITAL SCRAPBOOK: SPRING BREAK

June 26

11 a.m. to 1 p.m.

Expand your digital scrapbooking skills with PowerPoint to preserve all your favorite memories. Learn tips and tricks to manipulate pictures and shapes, create animations, and incorporate audio and video files. *Mode: Virtual.*



FOUR LENSES TEMPERAMENT DISCOVERY

Call to schedule Group or Unit Trainings

Learn to identify temperament styles and how each one measures self-worth. Identify the probable motivation behind behavior while learning about natural talents, improve communication, and embrace diversity. *Mode: In-Person.*

HEART LINK: SPOUSE ORIENTATION

July 27

10 a.m. to 1 p.m.

Spouses new to the military or JBSA get familiar with their military community and connect with other spouses. Learn about customs, courtesies, ranks, acronyms, resources, and more. *Mode: In-Person; Mitchell Hall*

NUTRITIONAL DEVELOPMENT

June 29 & July 27

3-4 p.m.

Learn strategies for better nutrition and learn about small changes that can improve your overall health. Presented by a representative from Wilford Hall Nutritional Medicine. *Mode: In-Person.*

SINGLE PARENT SUPPORT GROUP

June 7 & July 5 11:30 a.m. to 12:30 p.m.

Single parents receive information on community resources, network with other parents, and participate in open discussions. *Mode: In-Person; Rm. 218*

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not Held June 16) 11-11:30 a.m.

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



KEY SPOUSE CONTINUING EDUCATION

June 27 6-8 p.m.

This quarterly training complements the Key Spouse Initial Training by providing continued education. Review the Evacuation Operations & Air Force Personnel Accountability and Assessment (AFPASS). *Mode: In-Person.*

KEY SPOUSE REFRESHER TRAINING

July 19 10-11 a.m.

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

Mode: In-Person.



KEY SPOUSE



VOLUNTEER SERVICES

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

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

DEPLOYMENT READINESS

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

Deployment Readiness helps service members and their families prepare for deployment through trainings and support groups that assist with the unique challenges of a deployment cycle. Spouses are encouraged to attend. Call to register.

POST-DEPLOYMENT REUNION & REINTEGRATION

Mondays & Wednesdays 1-2 p.m.

Required for all service members returning from deployment; this training covers reintegration into home life and provides resources to deal with associated stressors. Spouses are highly encouraged to attend. *Mode: In-Person.*

PRE-DEPLOYMENT BRIEFING

Mondays & Wednesdays 9-10 a.m.

Review information to assist with all phase of deployment. This is a mandatory briefing for all service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment. Spouses encouraged to attend. *Mode: In-Person.*

FEDERAL VOTING ASSISTANCE PROGRAM

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

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

UNIT VOTING ASSISTANCE OFFICER TRAINING

July 19 9-10:30 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: In-Person.*

JBSA-RANDOLPH

WELCOME!

INFORMATION & REFERRAL

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

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

RELOCATION ASSISTANCE

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

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

LOAN LOCKER

Tuesday-Thursday 8 a.m. to Noon

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

SPONSORSHIP TRAINING

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

JBSA PRE-ARRIVAL ORIENTATION

June 27 & July 25 8-9 a.m. & 5-6 p.m.

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

NEWCOMER'S ORIENTATION

June 12, 26 & July 17 8 a.m. to Noon

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

Mode: In-Person.

EXPLORING RANDOLPH TOUR

June 12 & July 17 1-2 p.m.

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

NEWLY ASSIGNED COMMANDER, COMMAND CHIEF & FIRST SERGEANTS BRIEFING

July 11 8 a.m. to Noon

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

FINANCIAL READINESS

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

Personal Financial Readiness provides information and guidance to assist with financial matters such as budgeting, debt

reduction, and basic investment planning. Services are designed to address money management issues, financial readiness education, and basic spending plans.

MANDATORY FINANCIAL TOUCHPOINTS

Call to schedule an appointment.

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

CAR BUYING

June 8 10-11:30 a.m.

Review topics associated with purchasing a new or used car to avoid sales traps, dealer scams, and predatory lending.

Mode: In-Person.

RETIREMENT PLANNING FOR MILITARY & GS

June 15 10-11:30 a.m.

Whether you're just starting a career or a seasoned veteran, saving for retirement is crucial. Discover the secrets of a successful retirement plan. Facilitated by Broadway Bank. *Mode: In-Person.*

OFFICER FIRST DUTY STATION FINANCIAL TRAINING

July 12 10 a.m. to Noon

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

Mode: In-Person.



July 27 10-11:30 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.

Mode: In-Person.

EMPLOYMENT READINESS

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

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

MILITARY FAMILY SUPPORT PROGRAM

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

ACING THE INTERVIEW

June 6 9-10:30 a.m.

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



impression, and discuss different interviewing methods. *Mode: In-Person.*

READY, SET, RESUME

July 18 9-11 a.m.

Knowing what to put on your resume can be confusing. This workshop introduces the different types of resume formats.

Mode: In-Person.

SALARY NEGOTIATION

June 13 9-10:30 a.m.

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

USAJOBS NAVIGATION & FEDERAL RESUME WRITING

June 27 & July 25

9-11 a.m.

Learn the building blocks of a successful federal resume and put them into action. Discuss the federal hiring process, eligibility, preferences, navigating the site, and leveraging the site's features for a more effective application process.

Mode: In-Person.

TRANSITION ASSISTANCE PROGRAM

JBSA-RND • M&FRC, Bldg. 693

(210) 652-5321

TAP is a mandatory program for all service members separating or retiring from the military and must begin no later than 365 days prior to their transition. The program help service members prepare for their military to civilian transition and meet their post-military goals. Individualized Initial Counseling and Pre-Separation Counseling are also mandatory for those planning to re-enlist. Call to schedule an appointment or register.

INDIVIDUALIZED INITIAL COUNSELING

Call to schedule an appointment.

Service members begin their transition process by completing a personal self-assessment to identify post-transition goals and develop their Individual Transition Plan (ITP). Those separating or retiring from active duty must complete this mandatory one-on-one counseling no later than 365 days before their separation or retirement date. Airmen may schedule appointments up to 36 months prior to retirement or separation. **Core Requirement: Step 1.** *Appointments are available in-person and virtual.*

PRE-SEPARATION COUNSELING

June 14, 21, 28 & July 12, 26 Noon to 3:30 p.m.

This is the second step of the formal transition process, like the Individualized Initial Counseling (IIC), it must also begin

no later than 365 days **before** your transition date. Review by-law information to include benefits, entitlements, and resources for eligible transitioning service members. Caregivers and spouses are encouraged to attend with their service member. Airmen may schedule appointments as early as 48 months prior to retirement or separation. **Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

TAP WORKSHOP

June 5-7 & July 10-12

8 a.m. to 4 p.m.

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

EXECUTIVE TAP (E-TAP) WORKSHOP

June 13-16

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

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

VA BENEFITS & SERVICES

June 23 & July 28

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.*

ENTREPRENEURSHIP: BOOTS TO BUSINESS

July 19-20 8:30 a.m. to 4:30 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.

DOL EMPLOYMENT WORKSHOP

June 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.

DOL CAREER & CREDENTIAL EXPLORATION

July 13-14 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.**



MANAGING YOUR (MY) EDUCATION

Contact the Education Center for availability.

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. Call the Education Office at (210) 652-5964 to registration. **Transition Track, prerequisite: TAP workshop.**

Mode: In-Person.

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

DDO 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. Weekly Skillbridge showcase webcasts are held every Wednesday at 1 p.m. at jbsaskillbridge.eventbrite.com to spotlights of approved partners. For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.

CASUALTY ASSISTANCE

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

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

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

RED (DD Form 93 or vRED) and the SGLI Online Election System (SOES) are vital parts of your military personnel records. Updates should be made at least annually and always upon life changes (new address, marriage, divorce, birth of a child, and other changes to beneficiaries). It's the service member's responsibility to maintain these documents. When is the last time you updated yours? For more information, call (210) 652-5321, 652-2104 or 652-2480.

SURVIVOR BENEFIT PLAN GROUP BRIEFING

June 8 & July 13

9-10:30 a.m.

The Survivor Benefit Plan briefing with an SBP Counselor is required by law and helps the service member and their spouse become familiar with the options, effects, and advantages of SBP. Prospective retirees are required to attend a Survivor Benefit Plan briefing and meet with an SBP counselor to complete DD Form 2656, Data for Payment of Retired Personnel. To register, call (210) 652-2104, 652-2480, or email randolphmfr@us.af.mil.
Mode: Virtual.

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

EFMP is a mandatory enrollment program that works with military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to active-duty and retired

personnel and their family members. Call for information.

EFMP ORIENTATION

June 12, 26 & July 17

Noon-1:30 p.m.

This class guides you in understanding the 3 arms that make up the Exceptional Family Member Program: Medical (EFMP-M), Assignments (EFMP-A), and Family Support (EFMP-FS). Review how they can help your family. *Mode: In-Person.*



LUNCH & LEARN WITH EFMP: ANY BABY CAN

June 22

11 a.m. to Noon

Participants discuss autism and case management services that are available for military families. *Mode: Virtual.*

PERSONAL & WORK LIFE

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

P&WL partners with many helping agencies to provide education and promote family preparedness through readiness support. Call for details.



June 7

9-11 a.m.

Information is provided on financial planning from conception to college and support programs offered within the community. Active-duty expecting parents are encouraged to attend. Touchpoint requirement. *Mode: In-Person.*



WHAT TO EXPECT WHEN CARING FOR AN AGING PARENT

July 25 10 a.m. to 1 p.m.

Explore warning signs that can help you determine if your parent needs care. Review tips for holding an intervention, caregiving resources, and additional information to help navigate financial, legal, and Medicare. *Mode: Virtual.*

KEY SPOUSE INITIAL TRAINING

July 26 9 a.m. to 3 p.m.

All new officially appointed Key Spouses and Key Spouse Mentors must complete an Initial Training before acting as an official KS or KSM. Review the 8 standardized modules. *Mode: Virtual.*

KEY SPOUSE MENTOR TRAINING

Call to schedule an appointment.

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

KEY SPOUSE REFRESHER TRAINING

Call to schedule an appointment.

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



KEY SPOUSE

VOLUNTEER SERVICES

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

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

DEPLOYMENT READINESS

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

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

PRE-DEPLOYMENT BRIEFING AND POST-DEPLOYMENT REUNION & REINTEGRATION

Call to schedule an appointment.

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

FEDERAL VOTING ASSISTANCE PROGRAM

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

The Federal Voting Assistance Program provides information to service members, their family, and overseas citizens. Services include assistance with voter registration, absentee voting, how to fill out forms, and more. FVAP is open Monday through Friday from 7:30 a.m. to 4:30 p.m., email [vote.randolph@us.af.mil](mailto:randolph@us.af.mil) for details.

UNIT VOTING ASSISTANCE OFFICER TRAINING

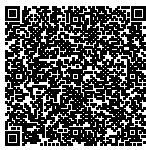
July 20 9-10:30 a.m.

Newly appointed Unit Voting Assistance Officers (UVAO) are required to complete this training per DoDI 1000.4. Learn about role responsibilities, the absentee voting process and resources for conducting a successful program. *Mode: Virtual.*



JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



Scan to email

3060 Stanley Road, Building 2797

(210) 221-2705

Hours of Operation:

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

Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Family days

TRANSITION ASSISTANCE PROGRAM



Scan to email

Joint Transition Readiness Center

3931 Okubo Barracks, Bldg. 3639

(210) 916-7322 or 916-6089

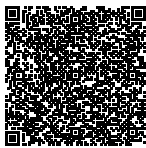
Hours of Operation:

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

Closed for all Federal holidays.

JBSA-LACKLAND

MILITARY & FAMILY READINESS CENTER



Scan to email

1550 Wurtsmith St., Building 5725, Room 212

(210) 671-3722

Hours of Operation:

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

Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Family days

TECHNICAL TRAINING AIRMAN READINESS ELEMENT

1550 Wurtsmith St., Building 5725, Room 214

(210) 671-5406 or 671-5408

Hours of Operation:

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

Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Family days

JBSA-RANDOLPH

MILITARY & FAMILY READINESS CENTER



Scan to email

555 F Street West, Building 693

(210) 652-5321

Hours of Operation:

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

Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)

Closed for all Federal holidays & AETC Family days



www.jbsa.mil/Resources/MilitaryFamilyReadiness



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