



JOINT BASE SAN ANTONIO

# MILITARY & FAMILY READINESS CENTER

## OCTOBER-NOVEMBER *calendar of events*

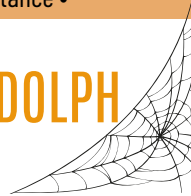


- Armed Forces Action Plan • Casualty Assistance • Deployment Readiness • Employment Assistance •
- Exceptional Family Members • Family Life • Financial Readiness • Information & Referral •
- Military & Family Life Counselors • Military Relief Societies • Professional Development •
- Relocation Readiness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

THREE LOCATIONS TO SERVE JB SA

## FORT SAM HOUSTON - LACKLAND - RANDOLPH

A 508 COMPLIANT DIGITAL VERSION OF THIS PUBLICATION IS AVAILABLE AT JB SA.MIL



# JBSA-MILITARY & FAMILY READINESS FLIGHT

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

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

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

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

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

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

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

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

All services provided by the JBSA-M&FR Flight are free and open to all branches of the military, Active Duty Military and their families, Reservists, Coast Guard, National Guard, Retirees, Surviving Spouses, DoD civilian employees (APF and NAF), and DoD contracted employees, unless otherwise stated. The JBSA M&FR flight encourages all people to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call in advance of your participation or visit.



**JBSA-Fort Sam Houston**

Mon-Fri 7 AM-4:30 PM

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



**JBSA-LACKLAND**

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

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



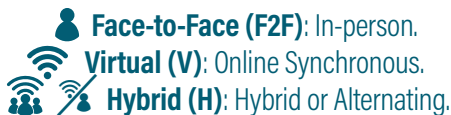
**JBSA-RANDOLPH**

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

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

# Services & Operational Status

M&FRC offers different modes of services and workshops:



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

JBSA-Fort Sam Houston  
(210) 221-2705  
[802fss.fsysr.centerbox@us.af.mil](mailto:802fss.fsysr.centerbox@us.af.mil)




JBSA-Lackland  
(210) 671-3722  
[802fss.fsysr@us.af.mil](mailto:802fss.fsysr@us.af.mil)





















JBSA-Randolph  
(210) 652-5321  
[randolphmfr@us.af.mil](mailto:randolphmfr@us.af.mil)

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

## CALENDAR OF EVENTS October-November 2023








































JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT		OCTOBER	NOVEMBER	PAGE	SITE
RELOCATION	First Move for Military Spouses	26	9	p. 9	 FSH
	Immigration & Citizenship	25	15	p. 8	 FSH
	Guided Tour, Gateway to the Air Force	16	13	p. 18	 LAK
	Guided Tour, Randolph	16	13	p. 24	 RND
	Guided Tour, Trails & Tales of Fort Sam Houston	12	9	p. 8	 FSH
	Journey to Wellness	13	–	p. 24	 RND
	JBSA Pre-Arrival Orientation	24	28		 JBSA
	Newcomer's Orientation	16	13	p. 24	 RND
	Newcomer's Orientation	W	W	p. 18	 LAK
	Newcomer's Orientation	5, 20	3, 17	p. 8	 FSH
	Newly Assigned CC/CCC/CCF	–	14	p. 18	 LAK
	Newly Assigned CC/CCC/CCF	–	7	p. 25	 RND
	Supplemental Sponsorship Training	19	16	p. 8	 FSH
FINANCIAL	Credit & Debt Management	4	–	p. 9	 FSH
	Developing A Spending Plan	11	8	p. 9	 FSH
	How to Survive the Holidays Financially	–	30	p. 25	 RND
	Mandatory Financial Touchpoint Day	2	6	p. 9	 FSH
	Moving Out of the Dorms	6	9	p. 9	 FSH
	Moving Out of the Dorms	12	9	p. 19	 LAK
	Officer First Duty Station Financial Training	3	17	p. 9	 FSH

This bi-monthly publication is produced by the 802d Force Support Squadron (FSS), JBSA-Military & Family Readiness Centers. Although every effort is made to publish accurate information, classes and guest speakers are subject to change due to unforeseeable circumstances. Some services require a minimum number of attendees in order to be effective. If the minimum is not met, the class may be canceled or rescheduled. Other services may be limited in size due to classroom space. To ensure availability, call to register.

Event		October	November	Page	Site
	Officer First Duty Station Financial Training	25	29	p. 19	LAK
	Officer First Duty Station Financial Training	--	9	p. 25	RND
	Thrift Savings Plan (Saving for Retirement)	--	2	p. 25	RND
	Your Insurance Needs	18	15	p. 9	FSH
EMPLOYMENT	Acing the Interview	18	--	p. 10	FSH
	Acing the Interview	--	7	p. 20	LAK
	Career Crunch Resource & Hiring Event	--	29	p. 10	FSH
	Conversational Interviewing Skills	--	15	p. 10	FSH
	Dress for Success	18	--	p. 10	FSH
	Explore Business Ownership	19	--	p. 19	LAK
	LinkedIn 101	25	22	p. 10	FSH
	LinkedIn Bootcamp	--	30	p. 26	RND
	LinkedIn with a Recruiter	--	28	p. 20	LAK
	Ready, Set, Resume	11	--	p. 10	FSH
	Ready, Set, Resume	--	14	p. 26	RND
	Renovating Your Resume	--	8	p. 10	FSH
	Resume Writing LIVE	--	8	p. 20	LAK
	Reverse Career Fair	26	--	p. 19	LAK
	Tips for Writing A Federal Resume	10	--	p. 19	LAK
	USAJOBS Navigation & Federal Resume	4	1	p. 10	FSH
	USAJOBS Navigation & Federal Resume	24	28	p. 26	RND
	Your Pathways to Employment	23	27	p. 10	FSH
TRANSITION ASSISTANCE	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 11	FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 20	LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 26	RND
	Pre-Separation Counseling (Step 2)	4, 11, 18 , 25	1, 8, 15, 22, 29	p. 11	FSH
	Pre-Separation Counseling (Step 2)	2, 16, 30	13	p. 20	LAK
	Pre-Separation Counseling (Step 2)	11, 18, 25	1, 15, 29	p. 26	RND
	DoD Transition Day (Step 3)	2, 16, 30	13, 27	p. 11	FSH
	Executive TAP (E-TAP) Workshop (4-day) (Step 3)	--	14-17	p. 27	RND
	TAP Workshop (3-day) (Step 3)	2-4	6-8	p. 26	RND
	TAP Workshop (3-day) (Step 3)	2-4, 16-18,	13-15	p. 20	LAK
		30 Oct-1 Nov			
	VA Benefits & Services	3, 17, 31	14, 28	p. 11	FSH
	VA Benefits & Services	3, 17, 31	14	p. 20	LAK
	VA Benefits & Services	27	17	p. 27	RND
	DoL Employment Fundamentals of Career Transition	4, 18	1, 15, 29	p. 11	FSH
	DoL Employment Workshop (2-day)	5-6, 19-20	2-3, 16-17,	p. 11	FSH
			30 Nov-1 Dec		
	DoL Employment Workshop (2-day)	5-6, 19-20	2-3, 16-17	p. 21	LAK

Event		October	November	Page	Site
TRANSITION ASSISTANCE	DoL Employment Workshop (2-day)	–	27-28	p. 27	 RND
	DoL Career & Credential Exploration (2-day)	12-13	21-22	p. 12	 FSH
	DoL Career & Credential Exploration (2-day)	5-6	–	p. 27	 RND
	Entrepreneurship: Boots to Business (2-day)	11-12	–	p. 27	 RND
	Employer Day	18-19	15-16	p. 12	 FSH
	Managing Your (My) Education (2-day)	10-11	13-14	p. 12	 FSH
	Managing Your (My) Education (2-day)	5-6, 19-20	2-3, 16-17	p. 21	 LAK
	Benefits Delivery at Discharge Workshop & Claims	26	20	p. 12	 FSH
	CSP Overview	3, 17	7, 21	p. 12	 FSH
	Mock Interviews with TVC	3	7	p. 12	 FSH
	Unit Advisor TAP Training	–	7	p. 12	 FSH
EFMP	Halloween Howl Down	20	–	p. 13	 FSH
	EFMP Orientation	26	–	p. 22	 LAK
	EFMP Orientation	16	13	p. 28	 RND
	EFMP Saving for the Holidays	–	30	p. 22	 LAK
	EFMP: What Does it Mean to Me?	–	9	p. 13	 FSH
	Family Connections	–	28	p. 13	 FSH
	Family Day at Chris Krossing Ranch	28	–	p. 13	 FSH
	Lunch & Learn with EFMP	–	16	p. 28	 RND
	Strike Out Challenges	6	3	p. 13	 FSH
PERSONAL, FAMILY & WORK LIFE	AFAP Focus Group	11	8	p. 14	 FSH
	Bundles for Babies	4	–	p. 29	 RND
	Car Seat 101	3	7	p. 14	 FSH
	Dad’s Support Group	10	14	p. 22	 LAK
	Digital Lunch & Learn	23, 30	20, 27	p. 14	 FSH
	Heart Link Presents: Arrive & Thrive	4	–	p. 14	 FSH
	Key Spouse Initial Training	25	–	p. 29	 RND
	Key Spouse Initial Training (2-day)	–	6-7	p. 23	 LAK
	Key Spouse Continuing Education	–	1	p. 23	 LAK
	Key Spouse Continuing Education	18	–	p. 29	 RND
	Key Spouse Mentor Training	11	–	p. 15	 FSH
	Key Spouse Mentor Training	2		p. 22	 LAK
	Key Spouse Mentor Training	Call to Register	Call to Register	p. 29	 RND
	Key Spouse Refresher Training	–	8	p. 15	 FSH
	Key Spouse Refresher Training	Call to Register	Call to Register	p. 29	 RND
	Microsoft Office Clinic: Excel	3, 10, 17	14	p. 14	 FSH
	Microsoft Office Clinic: Outlook	–	16	p. 15	 FSH
	Microsoft Office Clinic: PowerPoint	10	15	p. 14	 FSH
	Microsoft Office Excel	3-5	–	p. 22	 LAK

EVENT		OCTOBER	NOVEMBER	PAGE	SITE
PERSONAL, FAMILY & WORK LIFE	Microsoft Office Excel	–	20-22	p. 29	RND
	Microsoft Office Clinic: Teams	–	28	p. 15	FSH
	Microsoft Office Word	–	20-22	p. 29	RND
	Play & Learn Playgroup	10, 24	14, 28	p. 14	FSH
	Single Parent Support Group	4	1	p. 22	LAK
	SPARK Computer Training for Youth	–	27-1 Dec	p. 15	FSH
	Survivor Benefit Plan Group Briefing	4, 12, 18, 26	1, 9, 15	p. 21	LAK
	Survivor Benefit Plan Group Briefing	12	9	p. 28	RND
	Technology & You	–	22	p. 15	FSH
	Twogether in TX: Premarital Education	–	9	p. 15	FSH
	Virtual Friday Q&A for Military Spouses	F	F		JBSA
	What to Expect When Caring for an Aging Parent	10	–	p. 29	RND
	Unit Voting Assistance Officer Training	18	–	p. 23	LAK
	Unit Voting Assistance Officer Training	19	–	p. 30	RND
VOLUNTEER	Volunteer Advisory Council	18	–	p. 16	FSH
	VMIS OPOC Training	17	21	p. 16	FSH
	Volunteering 101 & VMIS	17	21	p. 16	FSH
	Volunteer Fair	24	–	p. 23	LAK
DEPLOYMENT	Operation JET	–	4	p. 30	RND
	R.E.A.L. Command Family Readiness Representative	–	2	p. 17	FSH
	R.E.A.L. Command Team Training	5	–	p. 16	FSH
	Pre-Deployment Briefing	Call to Register	Call to Register	p. 30	RND
	Pre-Deployment Briefing	M & W	M & W	p. 23	LAK
	Pre-Deployment Briefing	12, 26	2, 16, 30	p. 16	FSH
	Post-Deployment Reunion & Reintegration	M & W	M & W	p. 23	LAK
	Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p. 30	RND
	Post-Deployment Reunion & Reintegration	12, 26	2, 16, 30	p. 16	FSH
	Rise Up Event	–	9	p. 17	FSH
	Strike Out Challenges	6	3	p. 16	FSH

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES	
<b>October 2023</b> Domestic Violence Awareness Month National Cyber Awareness Month National Disability Employment Awareness Month <b>9 Indigenous Peoples/Columbus Day (All Centers Closed)</b> 13 Navy Birthday 26 National Day of the Deployed	<b>November 2023</b> National Military Family Month Warrior Care Month 7 Election Day 10 Marine Corps Birthday <b>10 Veterans Day Observed (All Centers Closed)</b> 11 Veterans Day & Remembrance Day <b>23 Thanksgiving Day (All Centers Closed)</b> <b>24 AETC Family Day (All Centers Closed)</b>





# HALLOWEEN HOWL DOWN

OCTOBER 20  
6-8 PM



The EFMP Halloween Howl Down Community Resource Fair is open to the JBSA community. Meet with over 40 JBSA and San Antonio Community Partners. All costumes are encouraged. Open to all JBSA DoD ID Cardholders. For more information, call the Military & Family Readiness Center at (210) 221-2705 or email [802.fss.fsyr.efmp-fs@us.af.mil](mailto:802.fss.fsyr.efmp-fs@us.af.mil).

## ACTIVITIES FOR THE WHOLE FAMILY!

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

## COMMUNITY PARTNERS ATTENDING

UNITED WAY  
AUDIE MURPHY CLUB  
ANY BABY CAN  
THE BRIGHTON CENTER  
BAMC THERAPY DOGS  
SENSORY ESCAPE (CALM DOWN) TENT  
SAN ANTONIO FOOD BANK  
VOGEL RESILIENCY CENTER (YOGA)  
MIL/CIV ASSOCIATION  
JBSA-FSH EQUESTRIAN CENTER (HAY RIDE)  
DOWN SYNDROME ASSOCIATION  
OPERATION HOMEFRONT  
AAFEES  
COMMISSARY & MORE!

## JOIN US FOR A SPOOKTACULAR EVENT!

EFMP, Hearts Apart and Gold Star Families scan qr code for RSVP Link or visit <https://e.afit.edu/wwQQ566>



# JBSA-FORT SAM HOUSTON

## INFORMATION & REFERRAL

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

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

## RELOCATION ASSISTANCE

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

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

## LENDING CLOSET

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

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

## NEWCOMER'S ORIENTATION

Oct. 5, 20 & Nov. 3, 17 8 a.m. to Noon

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

## TRAILS & TALES GUIDED TOUR

Oct. 12 & Nov. 9 8-11 a.m.

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

## SUPPLEMENTAL SPONSORSHIP TRAINING

Oct. 19 & Nov. 16 9-11 a.m.

In accordance with AFI 36-3009, the Sponsorship Application & Training (eSAT) at <https://millifelearning.militaryonesource.mil> features a checklist, newcomers' needs assessment, customizable letters, and more. Family members may become a sponsor by completing the eSAT. Once completed, this optional supplemental training offers additional assistance with information on local resources and tips to support incoming personnel. Registration is required. [Mode: In-Person.](#)

## JBSA PRE-ARRIVAL ORIENTATION

Oct. 24 & Nov. 28 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.](#)



## IMMIGRATION & CITIZENSHIP

Oct. 25 & Nov. 15 12:45-1:30 p.m.

Service members and immediate family enrolled in DEERS meet with a Citizenship & Immigration Service Officer (USCIS)



for assistance with applications during a Q&A session. Join us in observing service members and their families take the Oath of Allegiance during the Naturalization Ceremony. Registration is not required.

*Mode: In-Person.*

## FIRST MOVE FOR MILITARY SPOUSES

Oct. 26 & Nov. 9

1-2 p.m.

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

## FINANCIAL READINESS

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

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

## MANDATORY FINANCIAL TOUCHPOINT

Oct. 2 & Nov. 6

8 a.m. to 2 p.m.

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

## OFFICER FIRST DUTY STATION FINANCIAL TRAINING

Oct. 3 & Nov. 17

10 a.m. to Noon

Mandatory for all non-prior enlisted officers serving at their first duty station within 90 days of arrival—explore all aspects of finances to include

pay, entitlements, insurance, credit management, Thrift Savings Plan, and more. *Mode: In-Person.*

## CREDIT & DEBT MANAGEMENT

Oct. 4

9-11 a.m.

Learn how credit scores are calculated, what key factors help improve your score, and discuss associated costs. *Mode: In-Person.*



## MOVING OUT OF THE DORMS

Oct. 6 & Nov. 9

10-11 a.m.

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

## DEVELOPING A SPENDING PLAN

Oct. 11 & Nov. 8

9-11 a.m.

Participate in this hands-on, guided process to learn how to create a spending plan worksheet. Attendees must bring a copy of their current LES, spouse's income information (if applicable), a list of monthly expenses, and debt information such as the total balance owed, monthly payment, and annual percentage rate (APR). *Mode: In-Person.*

## YOUR INSURANCE NEEDS

Oct. 18 & Nov. 15

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

Learn about the different common types of insurances and what they do for you. Go over life, health, homeowners and rental insurance as well as SGLI and DIC. *Mode: In-Person.*

## EMPLOYMENT READINESS

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

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

information, and more. Call for more information or to reserve a seat.

## MILITARY FAMILY SUPPORT PROGRAM

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

## USAJOBS NAVIGATION & FEDERAL RESUME

Oct. 4 & Nov. 1 1-3 p.m.

Learn the building blocks of a successful federal resume and put them into action. Discuss the federal hiring process, eligibility, preferences, and navigate the site to use it as leverage for an effective application process. [Mode: Oct. In-Person, Nov. Virtual.](#)



## READY, SET, RESUME

Oct. 11 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.](#)

## DRESS FOR SUCCESS

Oct. 18 11:30 a.m. to 1 p.m.

Learn how to dress professionally with the appropriate attire, making a lasting first impression and learn how to be confident in your body language. [Mode: In-Person.](#)

## ACING THE INTERVIEW

Oct. 18 1-2 p.m.

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

## YOUR PATHWAYS TO EMPLOYMENT

Oct. 23 & Nov. 27 9-10 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: Oct. In-Person, Nov. Virtual.](#)

## LINKEDIN 101

Oct. 25 & Nov. 22 9-11 a.m.

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

[Mode: Oct. In-Person, Nov. Virtual.](#)

## RENOVATING YOUR RESUME

Nov. 8 1-2 p.m.

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

## CONVERSATIONAL INTERVIEW SKILLS

Nov. 15 1-2 p.m.

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



## CAREER CRUNCH RESOURCE AND HIRING EVENT

Nov. 29 9 a.m. to 1 p.m.

The Career Crunch Hiring Fair will be held in November to

highlight National Career Development Month. This resource and hiring event will spotlight four areas of employment and skills development: Portable Careers, Telework/Remote work, Trade Careers, and Entrepreneurship/Franchising. Registration is required. Scan qr code or



*Mode: In-Person.*

# 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.fsysr.tap@us.af.mil](mailto:802fss.fsysr.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

**Oct. 4, 11, 18, 25 & Nov. 1, 8, 15, 22, 29**  
**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: Oct. 2, 30 & Nov. 27** **8 a.m. to 4 p.m.**  
**Separation: Oct. 16 & Nov. 13** **8 a.m. to 4 p.m.**

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

## VA BENEFITS & SERVICES

**Executive: Oct. 3, 31 & Nov. 28** **8 a.m. to 4 p.m.**  
**Separation: Oct. 17 & Nov. 14** **8 a.m. to 4 p.m.**

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

## DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

**Executive: Oct. 4 & Nov. 1, 29** **8 a.m. to 4 p.m.**  
**Separation: Oct. 18 & Nov. 15** **8 a.m. to 4 p.m.**

This course sets the foundation for transitioning from military to civilian careers by introducing essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process. **Core Requirement, prerequisite: DoD Transition Day.** *Mode: In-Person.*

## DOL EMPLOYMENT WORKSHOP

**Executive: Oct. 5-6, & Nov. 2-3, 30-1 Dec**  
**Separation: Oct. 19-20 & Nov. 16-17**  
**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

**Oct. 12-13 & Nov. 21-22** 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.*

## EMPLOYER DAY

**Oct. 18-19 & Nov. 15-16** 10 a.m. to 1 p.m.

Network with various local hiring officials and mission partners to learn about employment opportunities prior to transitioning out of the military. Interviews may be held on-site, be sure to bring copies of your resume and dress to impress. Open to spouses. *Mode: In-Person.*

## MANAGING YOUR (MY) EDUCATION

**Oct. 10-11 & Nov. 13-14** 8 a.m. to 4 p.m.

This 2-day track helps service members achieve academic success by reviewing credit transfers, researching schools, exploring financial aid assistance, providing vocational education counseling, and more. **Transition Track, prerequisite: DoD Transition Day.** *Mode: In-Person.*

## BENEFITS DELIVERY DISCHARGE WORKSHOP & CLAIMS

**Oct. 26 & Nov. 20** 9-11 a.m. & 1-3 p.m.

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

## CAREER SKILLS PROGRAM OVERVIEW

**Oct. 3, 17 & Nov. 7, 21**

1-2 p.m.

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

## MOCK INTERVIEWS WITH TVC

**Oct. 3 & Nov. 7**

8 a.m. to 4 p.m.

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

## UNIT ADVISOR TAP TRAINING

**Nov. 7**

1-2:30 p.m.

This class is designed to aid unit advisors with an understanding of how to synchronize the monthly TAP report. *Mode: In-Person.*

## DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program on JBSA provides transitioning service members opportunities to help turn their military skills into post-service careers by connecting with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different opportunities ranging from career fields in healthcare, IT, finance or accounting, management, engineering, government, law enforcement, and more. Skillbridge hosts a webcast spotlighting approved partners every Wednesday at 1 p.m. on [jbsaskillbridge.eventbrite.com](https://jbsaskillbridge.eventbrite.com). For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.

## MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

Military & Family Life Counselors help service members, their families, and

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

## PERSONAL FINANCIAL COUNSELOR

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

## EXCEPTIONAL FAMILY MEMBER PROGRAM

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

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



**Oct. 6 & Nov. 3**

**5-7 p.m.**

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



## HALLOWEEN HOWL DOWN

**Oct. 20**

**6-8 p.m.**

The JB SA Exceptional Family Member Program hosts a Halloween themed event with information on community resources, trunk-or-treats, carnival games, and more. A sensory friendly hour will be offered for EFMP and Hearts Apart Families, call for details. Costumes encouraged.

[Mode: In-Person.](#)

## FAMILY DAY AT CHRIS KROSSING RANCH

**Oct. 28**

**1-4 p.m.**

EFMP & Hearts Apart Families are invited to the Chris Krossing Ranch to hang out and enjoy fun ranch activities with horses and other animals. Limited openings, registration is required. [Mode: In-Person, 2909 Church Rd, New Berlin, TX 78155](#)

## EFMP: WHAT DOES IT MEAN TO ME?

**Nov. 9**

**2-4 p.m.**

Whether newly enrolled or just curious about the program, this class guides you in understanding what an Exceptional Family Member is, how to enroll in the program, where to find support, and more. Leaders are encouraged to attend to review the requirements of the program and the resources available to their service members. [Mode: In-Person.](#)

## EFMP FAMILY CONNECTIONS

**Nov. 28**

**1-2 p.m.**

Art Therapy is a form of therapy that has been shown to benefit people of all ages. The advantages of art therapy are numerous and have been found to alleviate pain symptoms, reduce stress, enhance quality of life among adult cancer patients, improve ability to cope with pain and other distressing symptoms in people with serious health conditions. Join EFMP for an afternoon of relaxing mandala painting. [Mode: In-Person.](#)

# 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

Oct. 3 & Nov. 7

9-11 a.m.

Forward-facing, rear-facing, convertible-



seat, angles, tether straps, hooks, and anchors - there are many aspects to consider when installing a car seat and adjustments to make as your baby grows. This course provides information about the different types of car seats and reviews the basics of car seat installation to keep your child safe. After the class, sign up for the Car Seat Safety Clinic to have your car seat checked by a Child Passenger Safety Technician and Senior Checker. Service members E-5 and below may be eligible for a free car seat. [Mode: In-Person.](#)

## MICROSOFT OFFICE CLINIC: EXCEL

Oct. 3, 10, 17 & Nov. 14

11 a.m. to 1 p.m.

This intermediate level session reviews spark lines, what if analysis, pivot tables, slicers and timelines. [Mode: Virtual.](#)

## HEART LINK PRESENTS: ARRIVE & THRIVE

Oct. 4

9 a.m. to Noon

Become familiar with your JBSA military community. Connect with other spouses. Interact with resources and services. Increase your knowledge about the installation's mission, customs, and benefits. All JBSA spouses and their military members are encouraged to attend. Open to all branches. Children are welcome! [Mode: In-Person.](#)

## MICROSOFT OFFICE CLINIC: POWERPOINT

Oct. 10 & Nov. 15

8-10 a.m.

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

## PLAY & LEARN PLAYGROUP

Oct. 10, 24 & Nov. 14, 28

9-11 a.m.

A fun-filled interactive meet-up to help children, ages 0-5, improve social, cognitive, and motor skills. Parents have an opportunity to network with other parents and must remain on-site. [Mode: In-Person.](#)

## AFAP FOCUS GROUP

Oct. 11 & Nov. 8

10-11 a.m.

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

## DIGITAL LUNCH & LEARN

Oct. 23, 30 & Nov. 20, 27

11 -11:30 a.m.

Grab lunch and learn about useful computer functions, tools, programs, and



more that help make accomplishing tasks easier. [Mode: Virtual](#).

## KEY SPOUSE MENTOR TRAINING

Oct. 11 9-10 a.m.

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

[Mode: In-Person](#).

## KEY SPOUSE REFRESHER TRAINING

Nov. 8 9-10 a.m.

Key Spouses and Key Spouse Mentors who've had a break of service in their role or just PCS'ed to JB SA must attend this refresher training before functioning as a KS or KSM. [Mode: In-Person](#).



KEY SPOUSE

## TWOGETHER IN TX

Nov. 9 8 a.m. to 4 p.m.

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

[Mode: In-Person](#).

## MICROSOFT OFFICE CLINIC: OUTLOOK

Nov. 16 8-10 a.m.

Take your Outlook skills to the next level by learning how to use notes, quick parts, quick steps, and use automation tools to improve efficiency and save time. [Mode: Virtual](#).

## TECHNOLOGY & YOU

Nov. 22 11 a.m. to 1 p.m.

Get comfortable with your computer and review common terms, functions and hardware. [Mode: Virtual](#).



## SPARK: COMPUTER TRAINING FOR YOUTH

Nov. 27-1 Dec

5-6 p.m.

Successful People Advance with Real Knowledge (SPARK) will have new groundbreaking sessions that strategic and timely created with your busy schedule. Provides education that is relevant and helpful for now and the future. Youths will receive a training certificate after completing the 5 day course. Open to ages 12-18. Registration is required. [Mode: Virtual](#).



## MICROSOFT OFFICE CLINIC: TEAMS

Nov. 28 8-10 a.m.

Build on the knowledge and experience of online chat/ conferencing. We will breakdown tools for conferencing, pop out chat, staging information, and using apps to promote collaboration. [Mode: Virtual](#).

## VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not held Nov. 10 & 24) 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](#).

## MILITARY FAMILY TEAM BUILDING (MFTB)

JB SA-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 JB SA. Unit training is available by request. [Mode: In-Person](#).

# VOLUNTEER SERVICES

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

Volunteers support the military and the community through various capacities such as coaches, office assistants, Key Spouses, Ombudsman, SFRG leaders, program assistants, and more. Volunteer Services coordinates with the community to connect patrons with volunteer opportunities. Call for details.

## VMIS OPOC TRAINING

Oct. 17 & Nov. 21 10-11 a.m.

Appointed the Organizational Point of Contact for your unit or organization (OPOC)? This training covers the basics of volunteer recruitment, orientation, retention, and recognition. Training will cover policy, regulations, tracking hours and more capabilities of the Volunteer Management Information System (VMIS). [Mode: Virtual.](#)

## VOLUNTEERING 101

Oct. 17 & Nov. 21 1-2 p.m.

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



## VOLUNTEER ADVISORY COUNCIL

Oct. 18 1-2:30 p.m.

OPOCs and community agency volunteer coordinators meet to review volunteer management techniques, share program plans, and discuss current issues. Additionally, attendees share recent successes, events, and upcoming volunteer opportunities. Open to all interested in knowing more about volunteer agencies in the community and on JBSA. [Mode: Virtual](#)

# DEPLOYMENT READINESS

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

Deployment Readiness offers workshops, briefings, and support groups to enhance mission preparedness and self-reliance throughout the phases of a deployment cycle. Registration is required for unit family readiness workshops no later than 48 hours prior.

## PRE-DEPLOYMENT BRIEFING

Oct. 12, 26 & Nov. 2, 16, 30 9-11a.m.

All service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment are required to attend. Review tips to help prepare for a deployment to include financial management. This training fulfills a DoD Financial Touchpoint requirement. [Mode: In-Person.](#)

## POST-DEPLOYMENT REUNION & REINTEGRATION

Oct. 12, 26 & Nov. 2, 16, 30 1-3 p.m.

Required for all service members returning from deployment; this training covers reintegration into home life, finances, and provides resources to deal with associated stressors. Spouses are highly encouraged to attend. This training fulfills a DoD Financial Touchpoint requirement. [Mode: In-Person.](#)

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

Oct. 5 9-11 a.m.

Commanders and First Sergeants receive insight into the Soldier & Family Readiness Group operations and learn about the roles between the command team and the SFRG leaders. Review the basics of SFRG funding, volunteer management, and recruiting concepts. [Mode: In-Person.](#)

## STRIKE OUT CHALLENGES

Oct. 6 & Nov. 3 5-7 p.m.

EFMP and Hearts Apart Families strike out challenges with an evening of fun and 2 free hours of bowling. Due to a limited number of passes, registered families will

be selected by drawing and notified by email. Registration closes 3 days prior to the event. *Mode: In-Person; FSH Bowling Center, Bldg. 2521.*

## R.E.A.L. COMMAND FAMILY READINESS REPRESENTATIVE TRAINING

Nov. 2 9-11 a.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.*

## RISE UP EVENT

Nov. 9 9:30 a.m. to 1 p.m.

Rise Up Event is here to celebrate National Veterans and Military Families Month. Participants will have the opportunity to have fun, network, share ideas and resources that assist them in navigating their various roles in the military community. Cooking, Chair Yoga, Crafts and more will be prepared. Seats are limited registration is required. *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.fsysr.vote@us.af.mil](mailto:802fss.fsysr.vote@us.af.mil).



## ARMED FORCES

# ACTION PLAN AFAP

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

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

**They were all AFAP issues.**

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

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

**Submit an issue!**



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

# 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

### PLAN MY MOVE - SMOOTH MOVE

Contact your Unit Personnel Coordinator or Commander Support Element

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

### SPONSORSHIP TRAINING

In accordance with AFI 36-3009, the Sponsorship Application & Training (eSAT) at <https://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](http://www.signupgenius.com/go/10c0f44acac28a1ffc8-jbsalackland). *Mode: In-Person; Welcome Center at Mitchell Hall, Bldg. 2300.*

## GUIDED TOUR - GATEWAY TO THE AIR FORCE

**Oct. 16 & Nov. 13 9-11 a.m.**

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

## JBSA PRE-ARRIVAL ORIENTATION

**Oct. 24 & Nov. 28 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.*

## NEWLY ASSIGNED COMMANDERS & FIRST SERGEANTS BRIEFING

**Nov. 14 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.**

## MOVING OUT OF THE DORMS

Oct. 12 & Nov. 9

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

Oct. 25 & Nov. 29

10 a.m. to Noon

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

# EMPLOYMENT READINESS

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

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

## MILITARY FAMILY SUPPORT PROGRAM

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

## TIPS FOR WRITING A FEDERAL RESUME

Oct. 10

5:30-7 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.*

## EXPLORE BUSINESS OWNERSHIP

Oct. 19

1-3 p.m.

A guest speaker from FranNet provides information on business ownership, franchise opportunities, and discusses common benefits and challenges. Learn about businesses that thrive in all economic conditions. *Mode: Hybrid.*



## REVERSE CAREER FAIR

Oct. 26

3 to 6 p.m.

Abandon the traditional job fair format and reverse the roles - 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.*

## ACING THE INTERVIEW

Nov. 7

1-3 p.m.

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



Nov. 8

5:30-7:30 p.m.

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

## LINKEDIN WITH A RECRUITER

Nov. 28

1-3 p.m.

This business and employment-oriented social media site is an excellent resource for finding employment. Learn how to build a profile with professional imagery and brand yourself to attract employers and recruiters. Discover trade secrets from top recruiters from different fields and sector. *Mode: In-Person.*

# 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

Oct. 2, 16, 30 & Nov. 13

7:30-10:30 a.m.

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

## TAP WORKSHOP

Oct. 2-4, 16-18, 30- 1 Nov & Nov. 13-15

8 a.m. to 4 p.m.

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

## VA BENEFITS & SERVICES

Oct. 3, 17, 31 & Nov. 14

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 Department of Veterans Affairs benefits and services information again. **Core Requirement, prerequisite: 3-day TAP Workshop.**



## MANAGING YOUR (MY) EDUCATION

Oct. 5-6, 19-20 & Nov. 2-3, 16-17

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

Oct. 5-6, 19-20 & Nov. 2-3, 16-17

8 a.m. to 4 p.m.

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

## DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program on JBSA provides transitioning service members opportunities to help turn their military skills into post-service careers by connecting with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different opportunities ranging from career fields in healthcare, IT, finance or accounting, management, engineering, government, law enforcement, and more. Weekly Skillbridge showcase webcasts are held every Wednesday at 1 p.m. at [jbsaskillbridge.eventbrite.com](http://jbsaskillbridge.eventbrite.com) to spotlights of approved partners. For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.



## 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:

Oct. 4, 12, 18, 26 & Nov. 1, 9, 15

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

### RECORD OF EMERGENCY DATA

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

# EXCEPTIONAL FAMILY MEMBER PROGRAM

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

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

## EFMP ORIENTATION

Oct. 26 Noon to 1 p.m.

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

## EFMP SAVINGS FOR THE HOLIDAYS

Nov. 30 10 a.m. to Noon

It's easy to get carried away with overspending during the holidays, start planning now! Discover ways to save and cut back, and avoid starting the new year with new debt *Mode: Virtual.*

# MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

Military & Family Life Counselors help service members, their families, and significant others address issues from deployment and reintegration, marriage and relationships, communication challenges, stress, anxiety, anger, grief and loss, and other daily life issues. Consultations are anonymous, no records kept. Unit briefings or trainings are also available. Call to schedule a one-on-one

consultation or a group meeting. For Child and Youth Behavioral, call (210) 627-0054, 540-5033, or 439-8723.

# PERSONAL & WORK LIFE

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

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

## MICROSOFT OFFICE: EXCEL

Oct. 3-5 11 a.m. to 1 p.m.

Take your Excel skills to the next level by learning how to use tables, formulas and improve efficiency and save time. *Mode: Virtual.*

## SINGLE PARENT SUPPORT GROUP

Oct. 4 & Nov. 1 11:30 a.m. to 12:30 p.m.

Long- and short-term single parents receive information on community resources, network with other parents, and participate in open discussions. *Mode: In-Person.*

## DAD'S SUPPORT GROUP

Oct. 10 & Nov. 14 3:30-4:30 p.m.

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

## KEY SPOUSE MENTOR TRAINING

Oct. 2 9-10 a.m.

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

## KEY SPOUSE CONTINUING EDUCATION

Nov. 1

5:30-7:30 p.m.

This quarterly training complements the Key Spouse Initial Training by providing networking opportunities and continued education. Training may be facilitated through various methods such as in-person or different computer-based platforms like podcasts, webinars, or Military OneSource. *Mode: Virtual.*

## KEY SPOUSE INITIAL TRAINING

Nov. 6-7

5:30-8 p.m.

All newly appointed Key Spouses and Key Spouse Mentors must complete an Initial Training before acting as an official KS or KSM. Review 4 modules each night to incorporate all 8 standardized modules. Spouses must attend both nights to receive credit. *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 to sign up or for information.

## VOLUNTEER FAIR

Oct. 24

11 a.m. to 1 p.m.

We are looking to recruit exceptional volunteers to give back to our community, enhance volunteer skill sets for professional growth, and build connections across JBSA-Lackland and our partnering agencies. *Mode: In-Person.*

## DEPLOYMENT READINESS

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

Deployment Readiness helps service members and their families prepare

[www.jbsa.mil/Resources/Military-Family-Readiness](http://www.jbsa.mil/Resources/Military-Family-Readiness)

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.

## PRE-DEPLOYMENT BRIEFING

Mondays &amp; Wednesdays

9-10 a.m.

When deploying, it's vital to have all your personal and family affairs in order. This briefing provides helpful information to assist with all phase of deployment. This is a mandatory briefing for all service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment. Spouses encouraged to attend. *Mode: In-Person.*

## POST-DEPLOYMENT REUNION & REINTEGRATION

Mondays &amp; 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.*

## FEDERAL VOTING ASSISTANCE PROGRAM

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

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

## UNIT VOTING ASSISTANCE OFFICER TRAINING

Oct. 18

9-11 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

## NOVEMBER: MONTH OF THE MILITARY FAMILY

November is Month of the Military Family, and we're bringing the M&FRC to YOU! Throughout the month, our team will be out in the community, connecting with our military families. Be on the lookout as we celebrate the strength and resilience of our military families!



## INFORMATION & REFERRAL

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

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

## RELOCATION ASSISTANCE

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

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

## LOAN LOCKER

Tuesday-Thursday 8 a.m. to Noon

In need of a few items until your household goods arrive? Visit the Loan Locker to borrow basic items while your

household goods are in transit. A copy of your orders is required.

## SPONSORSHIP TRAINING

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

## JOURNEY TO WELLNESS: EXPLORING 8 DIMENSIONS OF SELF CARE

Oct. 13

9-11:30 a.m.



Join us for an interactive workshop on cultivating holistic wellness. Gain insight into the eight dimensions of wellness—financial, spiritual, environmental, physical, occupational, emotional, intellectual, and social. Create an action plan for your journey of balance and joy. *Mode: In-Person.*

## NEWCOMER'S ORIENTATION

Oct. 16 & Nov. 13

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.*

## RANDOLPH GUIDED TOUR

Oct. 16 & Nov. 13

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.*

**JBSA PRE-ARRIVAL ORIENTATION**

Oct. 24 &amp; Nov. 28

8-9 a.m. &amp; 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.*

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

Nov. 7

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.*

**SMOOTH MOVE RELOCATION**

Call to schedule an appointment

Service members E1-E4 PCS'ing for the first time and all ranks PCS'ing OCONUS are required to attend this briefing. Virtual out-processing tasks can be cleared after completion. *Mode: Virtual*

**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.

**THRIFT SAVINGS PLAN (SAVING FOR RETIREMENT)**

Nov. 2

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**

Nov. 9

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.***HOW TO SURVIVE THE HOLIDAYS FINANCIALLY**

Nov. 30

1-3 p.m.



It's easy to get carried away with overspending during the holidays, so start planning now! Discover ways to save and cut back, and avoid starting the new year with new debt. *Mode: In-Person.*

**EMPLOYMENT READINESS**

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

## USAJOBS NAVIGATION & FEDERAL RESUME WRITING

Oct. 24 & Nov. 28 10 a.m. to Noon

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

## READY, SET, RESUME

Nov. 14 10 a.m. to Noon



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

## LINKEDIN BOOTCAMP

Nov. 30 8:30 a.m. to 3 p.m.

This dynamic and intensive workshop is designed to empower individuals with the knowledge and skills needed to leverage LinkedIn effectively. Register today and take the next step towards enhancing your professional presence, expanding your network and achieving your career goals.

*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

Oct. 11, 18, 25 & Nov. 1, 15, 29

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

Oct. 2-4 & Nov. 6-8

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

Nov. 14-17 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

Oct. 27 & Nov. 17 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](https://tapevents.mil/courses). **Repeat of Core Requirement, prerequisite: 3-day TAP Workshop. Mode: In-Person.**



**BOOTS to BUSINESS**

from the U.S. Small Business Administration

Oct. 11-12 8 a.m. to 4 p.m.

A 2-day track hosted by the Small Business Administration discusses business ownership opportunities and challenges. Review steps for evaluating business concepts, business plans, resources, and more. Register with M&FRC and online at <https://sbavets.force.com>. **Transition Track, prerequisite: TAP workshop. Mode: In-Person.**

## DOL EMPLOYMENT WORKSHOP

Nov. 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.**

## DOL CAREER & CREDENTIAL EXPLORATION

Oct. 5-6 8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor guides those pursuing career technical training. Discuss different vocational fields and identify the skills needed to develop an action plan for achieving career goals. Review accredited training institutions and credentialing programs. **Transition Track, prerequisite: 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.**

## DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program on JBSA provides transitioning service members opportunities to help turn their military skills into post-service careers by connecting with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different opportunities ranging from career fields in healthcare, IT, finance or accounting, management, engineering, government, law enforcement, and more. Weekly Skillbridge showcase webcasts are held every Wednesday at 1 p.m. at [jbsaskillbridge.eventbrite.com](https://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

Oct. 12 & Nov. 9

9-10:30 a.m.

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

## MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

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

## EXCEPTIONAL FAMILY MEMBER PROGRAM

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

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

## EFMP ORIENTATION

Oct. 16 & Nov. 13

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

Whether newly enrolled or curious about the program, this class guides you in understanding the 3 arms that make up the Exceptional Family Member Program: Medical (EFMP-M), Assignments (EFMP-A), and Family Support (EFMP-FS). Review the specific role each section plays and how they can help your family. *Mode: In-Person.*

## EFMP LUNCH & LEARN

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

The presentation will be provided by the Brighton Center and will deal with IEP's as well as ARD's.

## PERSONAL & WORK LIFE

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

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

### BUNDLES FOR BABIES

**Oct. 4** **9-11:30 a.m.**

In partnership with Air Force Aid Society, information is provided on budgeting for a baby, dental and pediatric clinics, the New Parent Support Program, and more. Active-duty expecting parents are encouraged to attend. Registration required. This training fulfills a DoD Financial Touchpoint requirement. [Mode: Virtual](#).



### WHAT TO EXPECT WHEN CARING FOR AN AGING PARENT

**Oct. 10** **9 a.m. to Noon**

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

### KEY SPOUSE CONTINUING EDUCATION

**Oct. 18** **10:30-11:30 a.m.**

This quarterly training complements the Key Spouse Initial Training by providing networking opportunities and continued education. Training may be facilitated through various methods such as in-person or different computer-based

platforms like podcasts, webinars, or Military OneSource. [Mode: Virtual](#).

### KEY SPOUSE INITIAL TRAINING

**Oct. 25** **8:30 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, phone, or virtual may be requested.](#)

### KEY SPOUSE REFRESHER TRAINING

**Call to schedule an appointment.**

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



KEY SPOUSE

### MICROSOFT OFFICE: WORD

**Nov.20-22** **8-10 a.m.**

Get familiar with templates, formulas, themes, formatting and more. Users of all skill levels learn tips to help improve proficiency and maximize productivity. [Mode: In-Person](#)

### MICROSOFT OFFICE: EXCEL

**Nov.20-22** **11 a.m. to 1 p.m.**

This intermediate level session reviews sparklines, what if analysis, pivot tables, slicers and timelines. [Mode: In-Person](#)

### VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

**Fridays (Not held Nov. 10 & 24)** **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](#).

# 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.

## OPERATION JET

Registration Deadline: Oct. 27

Nov. 4

9 a.m. to 1 p.m.

Operation Junior Expeditionary Team (OPJET) is a mock deployment event for children, with equipment demonstrations and activities. Open to youth ages 6-12, from all military branches. Parents/Guardians required to remain on-site. Registration is required, deadline is 27 Oct.

For more information or to register, call (210) 652-5321 or email

[randolphmfrf@us.af.mil](mailto:randolphmfrf@us.af.mil). Scan qr code to register or visit <https://e.afit.edu/gZggQg>.

*Mode: In-Person.*



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

Call to schedule an appointment.

A mandatory briefing for all service members preparing for or returning from a deployment, remote assignment, or TDY longer than 30 days - learn about DoD and third-party resources to prepare you

and your family for extended separations. One-on-one consultations and unit or group briefings are available. Spouses are encouraged to attend. *Mode: In-person, phone, or virtual may be requested.*

## FEDERAL VOTING ASSISTANCE PROGRAM

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

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

## UNIT VOTING ASSISTANCE OFFICER TRAINING

Oct. 19

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, resources for conducting a successful program, how to submit quarterly reports, and finding help from the Federal Voting Assistance Program. To register, email [vote.randolph@us.af.mil](mailto:vote.randolph@us.af.mil). *Mode: Virtual.*

Find us on   
Facebook

@mfrfjbsa



SCAN



# OPERATION

# JET



**JUNIOR EXPEDITIONARY TEAM**  
A DEPLOYMENT EXPERIENCE FOR MILITARY CHILDREN.

**4 November**

**0900-1300**

**Heritage Park - JBSA Randolph**

Operation Junior Expeditionary Team (OPJET) is a mock deployment event for children. From in-processing to equipment demonstrations, military youth participate in activities that bring realities of the deployment process to life.

**Registration Deadline: 27 October, Noon**

Registration is required. Open to youths ages 6 and up from all military branches and JBSA installations. A parent or an adult escort is required to remain on-site.

For more information, email: [randolphmfrfc@us.af.mil](mailto:randolphmfrfc@us.af.mil). To register scan qr code or visit <https://e.afit.edu/gZggQg>.





## JBSA-FORT SAM HOUSTON

### MILITARY & FAMILY READINESS CENTER



*Scan to email*

3060 Stanley Road, Building 2797  
(210) 221-2705

#### Hours of Operation:

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

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

Closed for all Federal holidays & AETC Family days

### TRANSITION ASSISTANCE PROGRAM



*Scan to email*

Joint Transition Readiness Center  
3931 Okubo Barracks, Bldg. 3639  
(210) 916-7322 or 916-6089

#### Hours of Operation:

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

Closed for all Federal holidays.

## JBSA-LACKLAND

### MILITARY & FAMILY READINESS CENTER



*Scan to email*

1550 Wurtsmith St., Building 5725, Room 212  
(210) 671-3722

#### Hours of Operation:

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

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

Closed for all Federal holidays & AETC Family days

### TECHNICAL TRAINING AIRMAN READINESS ELEMENT

1550 Wurtsmith St., Building 5725, Room 214  
(210) 671-5406 or 671-5408

#### Hours of Operation:

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

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

Closed for all Federal holidays & AETC Family days

## JBSA-RANDOLPH

### MILITARY & FAMILY READINESS CENTER



*Scan to email*

555 F Street West, Building 693  
(210) 652-5321

#### Hours of Operation:

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

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

Closed for all Federal holidays & AETC Family days



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