



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 JBSA

FORT SAM HOUSTON • LACKLAND • RANDOLPH

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

JBSA-MILITARY & FAMILY READINESS FLIGHT

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

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

Aid Societies, Financial Relief

Air Force Families Forever

Armed Forces Action Plan

Casualty Assistance

Commander's Key Support Program

Deployment Readiness

Employment & Career Development

Exceptional Family Member Program

Financial Readiness

Heart Link

Hearts Apart

Information & Referral

Unit Family Readiness

Military & Family Life Counselors

Military Family Team Building

Personal & Work Life

Relocation Services

Resiliency Training

Survivor Benefit Plan

Transition Assistance Services

Volunteer Opportunities

Warriors in Transition

Voting Assistance Program

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

(FSH)

JBSA-Fort Sam Houston

(210) 221-2705

(LAK)

JBSA-Lackland

(210) 671-3722

(RND)

JBSA-Randolph

(210) 652-5321

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



JBSA-Fort Sam Houston

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

Closed: Every Thursday 1-4:30 PM

Federal Holidays & AETC Resilience Days

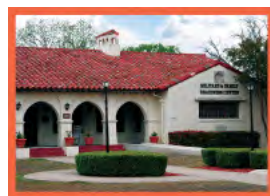


JBSA-Lackland

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

Closed: Every Thursday 1-4:30 PM

Federal Holidays & AETC Resilience Days



JBSA-Randolph

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

Closed: Every Thursday 1-4:30 PM

Federal Holidays & AETC Resilience Days

CALENDAR OF EVENTS OCTOBER-NOVEMBER

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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Location Identifiers found left of Workshop listing:

FSH

LAK

RND

JBSA

Fort Sam Houston

Lackland

Randolph

Joint

**All centers will be closed: October 13 - Columbus Day/Indigenous Peoples' Day
November 11 - In observance of Veteran's Day
November 27 & November 28 - In Observance of Thanksgiving**

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

RELOCATION ASSISTANCE

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

Naturalization Ceremony

FSH

Oct. 22

1:30-2:30 p.m.

Newcomer's Orientation

FSH • Oct. 3, 17

Nov. 7, 21

8 a.m. to Noon

LAK • Oct. 1

Nov. 5

8 a.m. to Noon

RND • Oct. 20

Nov. 17

8 a.m. to Noon

JBSA Pre-Arrival Orientation (Held Virtually)

JBSA • Oct. 28 & Nov. 18 • 8 a.m.

Plan My Move

Contact your servicing M&FRC

Trails & Tales

FSH • Oct. 9 & Nov. 13

9 a.m. to Noon

Supplemental Sponsorship Training

FSH • Oct. 1 & Nov. 5

12-1 p.m.

LAK • Nov. 7

9-10 a.m.

RND • Call to schedule an

appointment

New Unit Leadership Brief

LAK • Nov. 18

8-11 a.m.

RND • Call to schedule an

appointment

Naturalization Ceremony | Come witness the Oath of Allegiance. No registration needed.

Newcomer's Orientation | Mandatory for all newly assigned JBSA military. Families welcome. To Register: FSH/LAK – Contact CSS or CPO, RND – Contact Unit Personnel Office

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

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

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

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

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



HALLOWEEN HOWL DOWN

IN PARTNERSHIP WITH



OCTOBER 17 • 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.fsyf.efmp-fs@us.af.mil.

ACTIVITIES FOR THE WHOLE FAMILY!

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

COMMUNITY PARTNERS ATTENDING

- SA FOOD BANK
- ABC OF SA
- AUTISM LIFE LINKS
- THE BRIGHTON CENTER
- SAN MARCOS TREATMENT CENTER
- FSH EQUESTRIAN CENTER
- ABA THERAPY ORGANIZATIONS
- UNITED WAY OF SAN ANTONIO
- LACUNA ABA
- STRIVE HEALTH SERVICES
- AND MORE...



JOIN US FOR A SPOOKTACULAR EVENT!

EFMP, Hearts Apart and Gold Star Families
please scan qr code to RSVP or e-mail
802FSS.FSYR.EFMP-FS@US.AF.MIL
VIP Hour • 5-6 PM

The JBSA Military & Family Readiness Centers encourage all people to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call in advance of your participation or visit.



FINANCIAL READINESS

Personal Financial Readiness provides information and guidance to assist with financial matters such as budgeting, debt reduction, and basic investment planning. Services are designed to address money management issues, financial readiness education, and basic spending plans.

First Duty Station Officer

FSH • Oct. 7
Nov. 4
8-9:30 a.m.

LAK • Oct. 7
Nov. 4
8-11 a.m.

RND • Nov. 13
10-11 a.m.

How to Build a Budget

Social Security & You

FSH • Nov. 21
10-11 a.m.

LAK • Oct. 14, 28
Nov. 25
1-3 p.m.

RND • Nov. 20
10-11 a.m.

PCS Touchpoint CMT

Prepare Finances for Deployment

Prepare Finances Returning from Deployment

FSH • Oct. 7, 21
Nov. 25
2:30-3:30

FSH • Oct. 9, 23
Nov. 13, 27
10-11 a.m.

FSH • Oct. 9, 23
Nov. 13, 27
2-3 p.m.

Prepare Finances for First Child

Home Sweet Home

Car Buying

FSH • Oct. 7
Nov. 4
10-11 a.m.

FSH • Oct. 28
2-4 p.m.

RND • Oct. 16
10-11 a.m.

Vesting in TSP

Surviving the Holidays Financially

FSH • Nov. 4
11 a.m. to Noon

FSH • Oct. 24
1-2 p.m.

RND • Oct. 9
10 a.m. to Noon

Moving Out of the Dorms

Bundle for Babies

FSH
Nov. 14
10-11 a.m.

LAK • Oct. 14
Nov. 13
8-10 a.m.

LAK
Nov. 20
9 a.m. to Noon

Mandatory Financial Touchpoints • Call to schedule an appointment.

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

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

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

Social Security & You | Covers your social security benefits types and when and how you qualify and the ages you are eligible to apply for these benefits.

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

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

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

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

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

Surviving the Holidays Financially | Learn practical strategies to manage holiday expenses, avoid overspending, and prevent debt year round.

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

Car Buying | Learn how to research, finance, and budget for a car purchase while avoiding common pitfalls and negotiating a great deal.

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

Surviving the Holidays Financially | Learn practical strategies to manage holiday expenses, avoid overspending, and prevent debt year round.

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



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

QUICK TIPS FOR SAVING MONEY

- CREATE A BUDGET
- EVALUATE SPENDING HABITS
- EMERGENCY FUND
- LIMIT DEBT
- COMPARE PRICES
- INVEST FOR THE FUTURE
- MONITOR YOUR CREDIT

FOR MORE INFORMATION CONTACT YOUR M&FRC FINANCIAL TEAM

FOLLOW US

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

EMPLOYMENT ASSISTANCE

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

Employment Consultation

FSH
Call to schedule

LAK
Call to schedule

RND
Call to Schedule

Mock Interview Board

FSH
Call to schedule

LAK
Call to schedule

RND
Call to Schedule

USAJOBS Navigation & Federal Resume

**FSH • Oct. 1
Nov. 5
1-3 p.m.**

**LAK • Oct. 21
Nov. 18
12:30-4 p.m.**

**RND • Oct. 21 & Nov. 25
(Virtual)
12-3:30 p.m.**

Salary Negotiation

Reverse Career Fair

**FSH • Nov. 12
1-3 p.m.**

**LAK • Oct. 28
1-4 p.m.**

LinkedIn 101

**FSH • Oct. 22
1-3 p.m.**

**LAK • Nov. 6
10 a.m. to Noon**

**RND • Oct. 14
10 a.m. to Noon**

Ready Set Resume

**FSH • Oct. 8
1-3 p.m.**

**LAK • Oct. 7
Nov. 4
1-3 p.m.**

**RND • Sept. 18
(Virtual)
10 am to Noon**

Acing the Interview

**FSH • Oct. 15
Nov. 19
1-3 p.m.**

Employment Consultation/Resume Review • Call to Schedule an Appointment

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

Interview Prep/Mock Board • Call to schedule an Appointment

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



USAJOBS/Federal Resume | Learn how to navigate USAJOBS, understand vacancy announcements, and tailor your federal resume.

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

Reverse Career Fair | Flip the script as employers approach you during roundtable discussions, giving you a chance to pitch yourself and receive career advice, resume reviews, and support from community partners.

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

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

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



JBSA MILITARY & FAMILY READINESS CENTER

JOB BANK

Looking for your next career move?

Scan our QR code to access our job bank or visit
<https://wakelet.com/wake/aeNIhHZzqAr1E2bR8JODi>

This job bank is filled with exciting opportunities and upcoming job fairs and events.



Contact the JBSA Employment Assistance Program for additional services and support :

Fort Sam Houston
(210) 221-2705

Lackland
(210) 671-3722

Randolph
(210) 652-5321

TRANSITION ASSISTANCE PROGRAM-FSH • JTRC

The Joint Transition Readiness Center at Fort Sam Houston offers TAP, a mandatory program for all service members separating or retiring from the military. Members must begin TAP no later than 14 months before transition date, earlier is better. TAP helps service members meet their post-military goals and plan for a smooth transition. **To register for FSH-TAP call 210-916-7322 or 210-916-6089.**

Initial Counseling

FSH
Monday-Friday
Call to Schedule

Pre-Separation Counseling

FSH • Oct. 1, 8, 15, 22, 29
Nov. 5, 12, 19
8 AM to Noon

DoD Day

FSH • Executive & Retiree
Oct. 6, 27 Nov. 17, 24
8 a.m. to 4 p.m.

FSH • Separation
Oct. 20 & Nov. 3, 24
8 a.m. to 4 p.m.

VA Benefits & Services

FSH • Executive & Retiree
Oct. 7, 28 & Nov. 14, 18
8 a.m. to 4 p.m.

FSH • Separation
Oct. 21, Nov. 4, 14
8 a.m. to 4 p.m.

DoL Employment Fundamentals of Career Transition

FSH • Executive & Retiree
Oct. 8, 29 & Nov. 19
8 a.m. to 4 p.m.

FSH • Separation
Oct. 1, 22 & Nov. 5
8 a.m. to 4 p.m.

DoL Employment Track (2 -day Workshop)

FSH • Executive & Retiree
Oct. 9-10, 30-31 & Nov. 20-21
8 a.m. to 4 p.m.

FSH • Separation
Oct. 2-3, 23-24 & Nov. 6-7
8 a.m. to 4 p.m.

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

FSH • Oct. 20-21
Nov. 19-20
8 a.m. to 4 p.m.

Career Skills Program Overview

FSH • Oct. 7, 21
Nov. 4, 18
1-2 p.m.

Advanced Employment Workshop (Virtual)

Benefits Delivery at Discharge Workshop & Claims

FSH • Oct. 29
Nov. 19
10-11:30 a.m.

FSH • Oct. 14
Nov. 25
9-11 a.m. & 1-3 p.m.

Employer Day

Vetpreneurship

Federal Resume Workshop (Virtual)

FSH • Oct. 8
Nov. 5
10 a.m. to 1 p.m.

FSH
Nov. 12
9-11 a.m.

FSH • Oct. 22
Nov. 12
10 a.m. to Noon

LinkedIn 101

Civilian Resume Workshop (Virtual)

USAJOBS Navigation & Federal Resume

FSH
Nov. 13
10 a.m. to Noon

FSH • Oct. 8
Nov. 5
10 a.m. to Noon

FSH
Nov. 13
8-10 a.m.

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

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

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

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

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

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

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

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

Advanced Employment Workshop | Virtual workshop covering skills development, interview techniques, salary negotiation, and professional attire.

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

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

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

Federal Resume Workshop | Live webinar on writing and tailoring federal resumes with expert feedback.

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

Civilian Resume Workshop | Hands-on class to help establish a comprehensive resume

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

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

DoD SkillBridge Career Skills Program | SkillBridge connects Service Members in their last 180 days of active duty with civilian apprenticeships, internships, and training in fields like healthcare, IT, and finance. Weekly partner webcasts: Wednesdays at 1 p.m. at jbsaskillbridge.eventbrite.com.

For more information, call your hosting location:

FSH (A–M): (210) 488-4119

FSH (N–Z): (210) 984-2664

LAK: (210) 563-8223

RND: (210) 727-1281

TRANSITION ASSISTANCE PROGRAM- LACKLAND & RANDOLPH

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

Pre-Separation Counseling

LAK • Oct. 14, 28
Nov. 25
9 a.m. to Noon

RND • Oct. 1, 8, 22
Nov. 12, 19
12-3:30 p.m.

TAP Workshop (3-day)

LAK • Oct. 6-8, 20-22
Nov. 3-5, 17-19
7:30 a.m. to 4 p.m.

RND • Oct. 6-8
Nov. 3-5
8 a.m. to 4 p.m.

DoL Employment Workshop (2- Day)

LAK • Oct. 2-3, 9-10, 23-24
Nov. 6-7, 20-21
8 a.m. to 4 p.m.

RND
Nov 6-7
8 a.m. to 4 p.m.

VA Benefits & Services

RND
Oct. 24
8 a.m. to 4:30 p.m.

Benefits Delivery at Discharge Workshop & Claims

LAK • Oct. 16
Nov. 13
1-2 p.m.

RND • Oct. 30
Nov. 13
8-9 a.m.

Career to Exploration Track (DoL C2E)

RND
Oct. 9-10
8 a.m. to 4 p.m.

Entrepreneurship (Boots to Business)

LAK • Nov. 12-13
8:30 a.m. to 4 p.m.

RND • Oct. 15-16
8 a.m. to 4 p.m.

Vocational

LAK • Oct. 2-3
8 a.m. to 4 p.m.

Pre-Separation Counseling | Step two of the TAP process providing mandatory information on benefits and resources for transitioning service members and their families.

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

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

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

BDD Workshop & Claims | Learn about the BDD claims process, required documents, and timelines before booking an appointment.

DOL Career & Credential Exploration | A 2-day in-person workshop to explore vocational fields, required skills, and credentialing programs (TAP Workshop required)

Entrepreneurship (Boots to Business) | A 4-day in-person workshop for retiring E-9s and O-6s focused on leadership transition, financial planning, and VA benefits (Pre-Separation Counseling required).

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



Military & Family Readiness Center

ALL IS CALM ALL IS BRIGHT

EFMP CHRISTMAS PARTY

10TH ANNUAL ALL IS CALM, ALL IS BRIGHT CHRISTMAS PARTY WHERE SMILES ARE MADE, MEMORIES ARE BUILT, AND SNOWMEN COME TO LIFE! INCLUSIVE TO EFMP, AFF & HEARTS APART FAMILIES. PICTURES WITH SENSITIVE SANTA & MRS. CLAUS! JOIN US FOR GAMES, ARTS & CRAFTS, A LIGHT MEAL, AND SANTA'S WORKSHOP.

REGISTER BY DECEMBER 11

DECEMBER 12 • 6-8 PM

HELD AT ARNOLD HALL; 1561 STEWART ST., JBSA LACKLAND

SIGN UP TODAY

210-671-3722

802FSS.FSFR.1@US.AF.MIL



EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP is a mandatory enrollment program that assists service members and their families with special, physical, emotional, developmental, or intellectual needs. EFMP works with military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support, and personnel services. Call for more information.

EFMP Lunch & Learn

FSH • Nov. 19
11:30 a.m. to 1 p.m.
(Hybrid)

LAK • Oct. 23 & Nov. 13
11:30 a.m. to 1 p.m.
(Virtual)

EFMP Orientation

Navigating EFMP

RND • Oct. 20
Nov. 17
11 a.m. to Noon

LAK • Oct. 9
11:30 a.m. to 1 p.m.

Strike Out Challenges

FSH
Oct. 3
5-7 p.m.

EFMP Howl Down

FSH • Oct. 17
6-8 PM

Breast Cancer Awareness Walk/ Run

FSH • Nov. 8
9 a.m. to 3 p.m.
Held at the JBSA Fort Sam Houston Military & Family Readiness Center

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

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

Navigating EFMP | Get an overview of EFMP enrollment, services, and recent updates—including Family Member Travel Screening—especially useful for newly enrolled families and leadership.

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

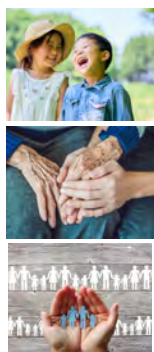
EFMP Howl Down | The JBSA Exceptional Family Member Program hosts a Halloween event for the community with resources, trunk-or-treat, carnival games, and a sensory-friendly hour for EFMP and Hearts Apart families; costumes encouraged.

Breast Cancer Awareness Walk/Run | Step up for a cause that matters—join us as we walk, run, and come together to raise awareness and support for those affected by cancer. Whether you're running, walking, or just here for the company, your presence makes a difference, and units, teams, and families are all encouraged to attend!

PERSONAL & WORK LIFE

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

Car Seat 101		What to Expect when you have an Aging Parent	
FSH • Oct. 7 Nov. 4 9-11 a.m.		RND • Oct. 15 (Virtual) 9 a.m. to Noon	
Survivor Benefit Plan Group Briefing			
LAK By Appointment Only		RND • Oct. 9 & Nov. 13 (Virtual) 9-10: 30 a.m.	




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


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

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

Texas WIC | The national Supplemental Nutrition Program for Women, Infants and Children (WIC) supports expecting parents from pregnancy to delivery to raising a child to 5 years of age. Meet with a clerk, Licensed Vocational Nurse, or Nutritionist at the Fort Sam Houston M&FRC every 1st Tuesday and 3rd Wednesday from 7:30 a.m. to 4 p.m. to learn about nutrition, breastfeeding, counseling services, and more. Open to all JBSA patrons.

Call (210) 704-4180 to schedule an appointment. WIC is an equal opportunity program.





ALL JBSA MILITARY & FAMILY READINESS CENTERS ARE CLOSED

Tuesday • November, 11

IN OBSERVANCE OF

Veteran's Day



Military & Family Readiness Center

CANCER AWARENESS WALK/RUN

November 8
9-11:30 AM



Step up for a cause that matters! Bring your energy as we walk, run, and spend time together to raise awareness and support for those affected by cancer. Whether you're a runner, walker or here for great company, your presence makes a difference. Units, teams and family. all are encouraged to attend!

Registration Required

Held at the JBSA-Fort Sam Houston Military & Family Readiness Center

3060 Stanley Rd. Bldg 2797
& the Parade Field Track

SURVIVOR VIP BRUNCH • REGISTRATION REQUIRED • 11:30 AM - 1 PM



FOR MORE INFORMATION OR TO REGISTER
SCAN QR CODE OR CONTACT US :



(210) 221-2705



802FSS.FSYR.EFMP-FS@US.AF.MI



VOLUNTEER PROGRAM

Military Family Team Building (MFTB) is about mission readiness and family readiness. It helps service members grow as leaders and teaches families how to adapt and embrace challenges. Open to all DoD cardholders on JBSA. Unit training is available by request. Volunteers support the military and the community through various capacities such as coaches, office assistants, Key Spouses, Ombudsman, SFRG leaders, program assistants, and more. Volunteer Services coordinates with the community to connect patrons with volunteer opportunities. Call for details.

AFAP Focus Group (Virtual)

AFAP Roundtable

FSH
Oct. 8
10-11 a.m.

FSH
Nov. 4
8 a.m. to 1 p.m.

Volunteer 101 & OPOC
Training

Volunteer 101
(Virtual)

OPOC Training

FSH
Oct. 14
10-11 a.m.

FSH
Nov. 18
10-11 a.m.

FSH
Nov. 18
10-11 a.m.

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

AFAP Roundtable | The JBSA Volunteer/AFAP team will execute the conference to provide the JBSA community an opportunity to address quality of life concerns for discussion, review and submission.

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

How to become a Volunteer



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

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

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

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



DEPLOYMENT READINESS PROGRAM & VOTING

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

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

Pre-Deployment Briefing

FSH • Oct. 9, 23
Nov. 13
9-11 a.m.

Post Deployment Briefing

FSH • Oct. 9, 23
Nov. 13
1-3 p.m.

Pre-Deployment Briefing

LAK • Tuesdays & Wednesdays
9-10 a.m.

Post Deployment Briefing

LAK • Tuesdays & Wednesdays
1-2 p.m.

Pre-Deployment Briefing

RND
By Appointment Only

Post Deployment Briefing

RND
By Appointment Only

Voting Overview for UVAO

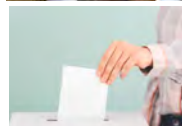
LAK • Oct. 28
Hybrid
11:30 a.m. to 1 p.m.

RND • Oct. 16
Virtual
9-10 a.m.



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

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



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

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



Fort Sam Houston



Lackland



Randolph



COMMANDER'S KEY SUPPORT PROGRAM

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

CKSP Continuing Education (Virtual)

RND • Oct. 15
10:30-11:30 a.m.

CKSP Immersion Training (Hybrid)

LAK • Oct. 23
10 a.m. to Noon

CKSP Mentor Training

LAK • Oct. 23
12-1 p.m.



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

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

How do we access the virtual Initial Key Support Training?

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

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

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

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

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



JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



Scan to email

3060 Stanley Road, Building 2797
(210) 221-2705; 802fss.fsysr.centerbox@us.af.mil
Hours of Operation:
Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed Thursday from 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days

TRANSITION ASSISTANCE PROGRAM



Scan to email

Joint Transition Readiness Center
3931 Okubo Barracks, Bldg. 3639
(210) 916-7322 or 916-6089; 802fss.fsysr.tap@us.af.mil
Hours of Operation:
Monday-Friday 7:30 a.m. to 4 p.m.
Closed for all Federal holidays.

JBSA-LACKLAND

MILITARY & FAMILY READINESS CENTER



Scan to email

1550 Wurtsmith St., Building 5725, Room 212
(210) 671-3722; 802fss.fsysr@us.af.mil
Hours of Operation:
Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed 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; randolphmfr@us.af.mil
Hours of Operation:
Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed Thursday from 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days



www.jbsa.mil/Resources/MilitaryFamilyReadiness



facebook.com/mfrcjbsa

