

Joint Base San Antonio

MILITARY & FAMILY READINESS CENTERS

Calendar of Events

December 2022-January 2023



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

Three Locations to Serve

FORT SAM HOUSTON - LACKLAND - RANDOLPH

JBSA-MILITARY & FAMILY READINESS FLIGHT

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

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

- | | |
|-----------------------------------|-----------------------------------|
| Air Force Aid Society | Unit Family Readiness |
| Air Force Families Forever | Military & Family Life Counselors |
| Armed Forces Action Plan | Military Family Team Building |
| Casualty Assistance | Personal & Work Life |
| Deployment Readiness | Relocation Services |
| Employment & Career Development | Resiliency Training |
| Exceptional Family Member Program | Survivor Benefit Plan |
| Financial Readiness | Transition Assistance Services |
| Heart Link | Volunteer Opportunities |
| Hearts Apart | Warriors in Transition |
| Information & Referral | Voting Assistance Program |

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

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

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

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

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



JBSA-Fort Sam Houston
 Mon-Fri 7 AM-4:30 PM
 Closed: 1st & 3rd Thursday 1-4:30 PM,
 Federal Holidays & AETC Family days



JBSA-LACKLAND
 Mon-Fri 7:30 AM-4:30 PM
 Closed: 1st & 3rd Thursday 1-4:30 PM,
 Federal Holidays & AETC Family days



JBSA-RANDOLPH
 Mon-Fri 7:30 AM-4:30 PM
 Closed: 1st & 3rd Thursday 1-4:30 PM,
 Federal Holidays & AETC Family days

Services & Operational Status

M&FRC offers different modes of services and workshops:

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

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

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

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

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

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

CALENDAR OF EVENTS DECEMBER 2022-JANUARY 2023

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT	DECEMBER	JANUARY	PAGE	SITE
RELOCATION	First Move for Military Spouses	22	26	p. 7 FSH
	Immigration & Citizenship	14	25	p. 7 FSH
	Connection (Newcomer's Orientation)	W	W	p. 16 LAK
	Newcomer's Orientation	2, 16	6, 20	p. 7 FSH
	Newcomer's Orientation	12	9	p. 22 RND
	Newly Assigned CC/CCC/CCF	6	10	p. 22 RND
	Supplemental Sponsorship Training	15	19	p. 7 FSH
FINANCIAL	Car Buying	--	26	p. 16 LAK
	Credit & Debt Management	--	4	p. 9 FSH
	Consumer Protection during the Holidays	15	--	p. 8 FSH
	Continuation Pay	2	20	p. 8 FSH
	Divorce & Financial Readiness	16	6	p. 8 FSH
	First Child Financial Planning	20	--	p. 9 FSH
	Home Buying	5	--	p. 8 FSH
	How to Budget	13	10	p. 8 FSH
	How to Survive the Holidays Financially	1	--	p. 23 RND
	Marriage & Financial Readiness	16	6	p. 8 FSH
	Officer First Duty Station Financial Training	7	11	p. 16 LAK
Officer First Duty Station Financial Training	--	25	p. 23 RND	

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		DECEMBER	JANUARY	PAGE	SITE	EVENT	DECEMBER	JANUARY	PAGE	SITE	
EMPLOYMENT	Promotions & Financial Readiness	2	20	p. 8	FSH	EFMP	All is Calm, All is Bright	2	--	p. 6	JBSA
	Recoup Financially after the Holidays	14	24	p. 8	FSH		EFMP Family Connections	--	24	p. 12	FSH
	Thrift Savings Plan	8	12	p. 17	LAK		EFMP Orientation	12	9	p. 26	RND
							EFMP Orientation	--	26	p. 19	LAK
	Acing the Interview	6	--	p. 23	RND		EFMP: What Does it Mean to Me?	--	12	p. 12	FSH
	Acing the Interview	21	--	p. 9	FSH		Lunch & Learn with EFMP: Special Needs Trust	--	18	p. 12	FSH
	Conversational Interviewing Skills	--	18	p. 9	FSH		Striking Out Challenges	--	6	p. 12	FSH
	LinkedIn 101	28	25	p. 9	FSH						
	Renovating Your Resume	--	11	p. 9	FSH		Becoming an Impactful Leader	6	25	p. 13	FSH
	Ready, Set, Resume	14	--	p. 9	FSH		Building Stress Resiliency	--	4	p. 26	RND
	Ready, Set, Resume	--	17	p. 23	RND		Bundles for Babies	7	--	p. 26	RND
	Reverse Career Fair	--	26	p. 17	LAK		Car Seat 101	6	3	p. 13	FSH
	Tips for Writing A Federal Resume	6	10	p. 17	LAK		Conflict Resolution	--	18	p. 26	RND
	Salary Negotiation	13	--	p. 23	RND		Heart Link: Spouse Orientation	--	26	p. 20	LAK
	Tips for Writing A Federal Resume	6	10	p. 17	LAK		Instructor Training Course (ITC) (2-part)	--	23-24	p. 13	FSH
	USAJOBS Navigation & Federal Resume	7	4	p. 9	FSH		Master Resiliency Training: Hunt the Good Stuff & ATC	6	--	p. 15	FSH
	USAJOBS Navigation & Federal Resume	20	24	p. 23	RND		Master Resiliency Training: Goal Setting	20	--	p. 15	FSH
Your Pathways to Employment	--	23	p. 10	FSH	Master Resiliency Training: Resilience Competencies	--	10	p. 15	FSH		
					Microsoft Office: Access (3-day)	--	17-19	p. 10	FSH		
Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 10	FSH	Microsoft Office: Excel (3-day)	--	10-12	p. 10	FSH		
Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 17	LAK	Microsoft Office Clinic: Excel	8	--	p. 10	FSH		
Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 24	RND	Microsoft Office: Outlook (3-day)	--	24-26	p. 10	FSH		
Pre-Separation Counseling (Step 2)	5, 12	9, 23	p. 18	LAK	Microsoft Office: Word (3-day)	--	31-2 Feb	p. 10	FSH		
Pre-Separation Counseling (Step 2)	6, 15, 21	4, 11, 18, 25	p. 10	FSH	Microsoft Office Clinic: Word	--	27	p. 10	FSH		
Pre-Separation Counseling (Step 2)	14, 21	4, 18	p. 24	RND	Parenting Teens	--	25	p. 27	RND		
DoD Transition Day (Step 3)	5, 12, 19	9, 17, 23, 30	p. 10	FSH	Play & Learn Playgroup	13	10, 24	p. 13	FSH		
TAP Workshop (3-day) (Step 3)	5-7, 12-14	9-11, 23-25	p. 18	LAK	Survivor Benefit Plan Group Counseling	8	12	p. 25	RND		
TAP Workshop (3-day) (Step 3)	5-7	23-25	p. 24	RND	Survivor Benefit Plan Group Counseling	--	4, 12, 18, 26	p. 19	LAK		
TAP Too	--	30	p. 18	LAK	Tuesday Tea at Ten	6	--	p. 20	LAK		
DoL Employment Fundamentals of Career Transition	7, 14, 21	11, 19, 25	p. 11	FSH	Virtual Friday Q&A for Military Spouses	2	6	p. 13	FSH		
DoL Employment Workshop (2-day)	1-2, 8-9, 15-16	12-13, 26-27	p. 11	FSH	Virtual Friday Q&A for Military Spouses	2, 9, 16	F	p. 20	LAK		
DoL Employment Workshop (2-day)	8-9, 15-16	12-13, 26-27	p. 18	LAK	Virtual Friday Q&A for Military Spouses	2, 9, 16	F	p. 26	RND		
DoL Career & Credential Exploration (2-day)	19-20	19-20	p. 11	FSH	What to Expect When Considering an Adoption	--	25	p. 13	FSH		
DoL Career & Credential Exploration (2-day)	--	26-27	p. 24	RND	Unit Voting Assistance Officer Training	14	18	p. 21	LAK		
Job Fair	8	--	p. 11	FSH	Unit Voting Assistance Officer Training	--	19	p. 27	RND		
Managing Your (My) Education (2-day)	8-9, 15-16	12-13, 26-27	p. 18	LAK							
Managing Your (My) Education (2-day)	12-13	9-10	p. 11	FSH	VOLUNTEER	Volunteering 101	20	17	p. 14	FSH	
VA Benefits & Services	TAPEvents.mil	TAPEvents.mil	p. 18	LAK	Volunteer Awards Nomination Writing Workshop	--	Call to Register	p. 20	LAK		
VA Benefits & Services	6, 13, 20	10, 18, 24, 31	p. 11	FSH	Volunteer Awards Nomination Writing Workshop	--	10	p. 14	FSH		
VA Benefits & Services	16	27	p. 24	RND	Volunteer Awards Nomination Writing Workshop	--	26	p. 27	RND		

EVENT	DECEMBER	JANUARY	PAGE	SITE
R.E.A.L. Command Team Training	6	3	p. 15	FSH
R.E.A.L. Command Family Readiness Representative	--	24	p. 15	FSH
R.E.A.L. Key Contacts Training	--	18	p. 15	FSH
Key Spouse Mentor Training	--	11	p. 15	FSH
Key Spouse Refresher Training	--	25	p. 20	LAK
UNIT FAMILY READINESS				
Couples & Deployment	8	12, 26	p. 14	FSH
Deployment & the Single Service Member	--	12, 26	p. 15	FSH
Kids & Deployment	8	12, 26	p. 14	FSH
Pre-Deployment Briefing	Call to Register	Call to Register	p. 27	RND
Pre-Deployment Briefing	6, 20	10, 24	p.	LAK
Pre-Deployment Briefing	1, 29	5	p.	FSH
Pre-Deployment Briefing	15	19	p.	FSH
Post-Deployment Reunion & Reintegration	5, 12, 19	9, 23	p.	LAK
Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p.	RND
Post-Deployment Reunion & Reintegration	1, 29	5	p.	FSH
Post-Deployment Reunion & Reintegration	15	19	p.	FSH
DEPLOYMENT				

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

December 2022

- National Human Rights Month
- 7 Pearl Harbor Remembrance Day
- 13 US National Coast Guard Birthday
- 17 National Wreaths Across America
- 23 AETC Family Day/Army Training Day (All Centers Closed)
- 25 Christmas Day
- 26 Christmas Day Observed (All Centers Closed)
- 30 AETC Family Day/Army Training Day (All Centers Closed)

January 2023

- National Mentoring Month
- 1 New Year's Day
- 2 New Years Day Observed (All Centers Closed)
- 16 Martin Luther King Jr. Day (All Centers Closed)

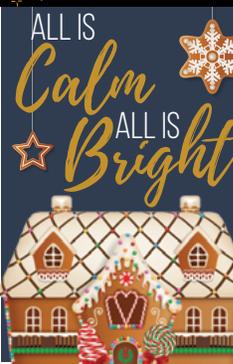
2023 JBSA VOLUNTEER AWARDS CEREMONY

Nomination Period: December 1, 2022 - March 1, 2023

Recognize our JBSA Volunteers for their community contributions and selfless service by submitting nomination packets for award consideration. Selection is based on service rendered during 2022. Visit jbsa.mil/Resources/Military-Family-Readiness/Volunteer-Resources/ for details.

Dec. 2 • 6-9 p.m.
Registration Deadline: Nov. 28

All JBSA EFMP and Hearts Apart Families are invited to a holiday celebration. Step into Santa's world for fun crafts, activities, music, hot chocolate, and selfies with Santa. Registration is required: <https://einvitations.afit.edu/inv/anim.cfm?i=694421&k=0468460D7956>. Mode: In-Person; Arnold Hall Community Center, Bldg. 5506.



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

Dec. 2, 16 & Jan. 6, 20 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.

IMMIGRATION & CITIZENSHIP

Dec. 14 & Jan. 25 12:45-1:30 p.m.

Service members and their immediate family who are enrolled in DEERS meet with a Citizenship & Immigration Service Officer (USCIS) for assistance with applications during a Q&A session. Registration not required. Call for more information. Mode: In-Person.

SUPPLEMENTAL SPONSORSHIP TRAINING

Dec. 15 & Jan. 19 9-11 a.m.

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

FIRST MOVE FOR MILITARY SPOUSES

Dec. 22 & Jan. 26 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.

CONTINUATION PAY
Dec. 2 & Jan. 20 1-2 p.m.

When can you collect? Are there tax implications with the payout? Get answers to questions like these and others regarding your Continuation Pay under the Blended Retirement System (BRS). This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

PROMOTIONS & FINANCIAL READINESS
Dec. 2 & Jan. 20 1-2 p.m.

You put in the extra effort and worked hard for that promotion. Shouldn't you do the same for your financial future? Discover tips to help make the most of your new financial opportunity and learn how to set up spending goals, reduce excessive debt, grow your retirement, set emergency funds, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

HOME BUYING
Dec. 5 11:30 a.m. to 1:30 p.m.

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

HOW TO BUDGET
Dec. 13 & Jan. 10 9:30-11:30 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.*

RECOUP FINANCIALLY AFTER THE HOLIDAYS
Dec. 14 & Jan. 24 9:30-11:30 a.m.

Did you get carried away and overspend during the holidays? Learn how to recoup financially after overspending and get tips to avoid holiday debt next year by planning ahead. *Mode: In-Person.*



CONSUMER PROTECTION DURING THE HOLIDAYS
Dec. 15 9:30-11:30 a.m.

The holiday season is a busy time for retailers, which means that there are more opportunities for scams to happen. Learn ways to minimize the odds of becoming a victim of fraud, how to report issues, protect your assets, and fix your credit. *Mode: In-Person.*

DIVORCE & FINANCIAL READINESS
Dec. 16 1-2 p.m.
Jan. 6 1-2 p.m.

Untangling household income and financial obligations is a process. Review tips to help navigate the financial process of divorce. Establish a spending plan based on new potential expenses and income, update account beneficiaries, reshape retirement funds, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

MARRIAGE & FINANCIAL READINESS
Dec. 16 1-2 p.m.
Jan. 6 1-2 p.m.

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

FIRST CHILD FINANCIAL PLANNING
Dec. 20 9-11 a.m.

Financial planning is essential to preparing for the arrival of your first child. Let our financial readiness professionals help you begin. This training fulfills a DoD Financial Touchpoint requirement and must be completed within 6 months of updating DEERS. *Mode: In-Person.*

CREDIT & DEBT MANAGEMENT
Jan. 4 9-11 a.m.

Learn how credit scores are calculated, key factors to improve your score, and discuss associated costs. *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.

MILITARY FAMILY SUPPORT PROGRAM

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

ACING THE INTERVIEW
Dec. 21 1-2 p.m.

It's essential to know how to prepare for an interview and interview with confidence. Discover preparation tips and review commonly used platforms. *Mode: Hybrid.*



New Year, New Career
Free Resume Writing Classes

USAJOBS NAVIGATION & FEDERAL RESUME
Dec. 7 & Jan. 4 1-3 p.m.

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

READY, SET, RESUME
Dec. 14 1-2 p.m.

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

RENOVATING YOUR RESUME
Jan. 11 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: Hybrid.*

LINKEDIN 101
Dec. 28 & Jan. 25 1-2 p.m.

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

CONVERSATIONAL INTERVIEW SKILLS
Jan. 18 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: Hybrid.*

YOUR PATHWAYS TO EMPLOYMENT
Jan. 23 9-11 a.m.

Discover your path to employment by setting a foundation for success. Learn about employment resources and hear a message from our mission partners: Workforce Solutions, Texas Workforce Commission, USO, NAF & Civilian Personnel, and the Career Skill Bridge program. *Mode: Virtual.*

VIRTUAL MICROSOFT OFFICE 2016

Whether you're trying to impress your boss or catapult yourself to employment, computer skills transfer to nearly any job in any industry. Get familiar with templates, formulas, themes, formatting and more. Users of all skill levels learn tips to help improve proficiency and maximize productivity. Register for free, hands-on, instructor-led classes. Open to all DoD ID cardholders. *Mode: Virtual.*

 **Word**
Jan. 31-Feb 2 • 11 a.m. to 1 p.m.

 **Excel**
Jan. 10-12 • 2-4 p.m.

 **Access**
Jan. 17-19 • 11 a.m. to 1 p.m.

 **Outlook**
Jan. 24-26 • 11 a.m. to 1 p.m.

MICROSOFT OFFICE CLINICS

Excel: Dec. 8 8-10 a.m.
Word: Jan. 27 8-10 a.m.

After attending the 3-day workshop, clinics offer specific instruction over more advanced features. Half of the session is structured lessons, and the other half an interactive lab for you to practice the application. *Mode: Virtual.*

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 and must begin this process no later than 365 days prior to their transition date. The program help service members meet their post-military goals. Call or email 802fss.fsyrtap@us.af.mil to schedule an appointment or sign up.

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 start no later than 365 days **before** their separation or retirement date to complete a self-assessment to establish post-transition goals and develop an Individual Transition Plan. **This is the first step of the Transition process.** *Mode: In-Person.*

PRE-SEPARATION COUNSELING
Dec. 21 & Jan. 4, 11, 18, 25 9-11 a.m.
Dec. 6, 15 1-3 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** the transition date. Review by-law information to include benefits, entitlements, and resources for eligible transitioning service members. Caregivers and spouses are encouraged to attend pre-separation counseling with their service member. **Prerequisite: IIC.** *Mode: In-Person.*

DOD TRANSITION DAY
Executive: Dec. 5 & Jan. 9, 30 8 a.m. to 4 p.m.
Separation: Dec. 12 & Jan. 23 8 a.m. to 4 p.m.
SFAC/MEB: Dec. 19 & Jan. 17 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. **These classes are a requirement. Prerequisite: Pre-Separation.** *Mode: In-Person.*

VA BENEFITS & SERVICES
Executive: Dec. 6 & Jan. 10, 31 8 a.m. to 4 p.m.
Separation: Dec. 13 & Jan. 24 8 a.m. to 4 p.m.
SFAC/MEB: Dec. 20 & Jan. 18 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. **This class is a requirement. Prerequisite: DoD Transition Day.** *Mode: In-Person.*

DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION
Executive: Dec. 7 & Jan. 11 8 a.m. to 4 p.m.
Separation: Dec. 14 & Jan. 25 8 a.m. to 4 p.m.
SFAC/MEB: Dec. 21 & Jan. 19 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. **This class is a requirement. Prerequisite: DoD Transition Day.** *Mode: In-Person.*

JOB FAIR

Dec. 8 10 a.m. to 2 p.m.

Transitioning service members, military spouses, and veterans meet with over 60 employers and employment service providers that are actively searching for applicants to fill vacancies. Come dressed to impress and be prepared for on-the-spot interviews. *Mode: In-Person.*

DOL EMPLOYMENT WORKSHOP
Executive: Dec. 8-9 & Jan. 12-13
Separation: Dec. 1-2, 15-16 & Jan. 26-27 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. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** *Mode: In-Person.*

MANAGING YOUR (MY) EDUCATION
Dec. 12-13 & Jan. 9-10 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. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** To register or for more details, call the Education Center at (210) 221-9362. *Mode: Virtual.*

DOL CAREER & CREDENTIAL EXPLORATION
Dec. 19-20 & Jan. 19-20 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. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** *Mode: In-Person.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

The DoD SkillBridge, Career Skills Program provides transitioning service members opportunities to connect with apprenticeships, internships, and certification training during their final 180 days of active duty service. There are over 60 different partnerships for a variety of different career fields. Skillbridge hosts a webcast spotlighting approved partners every Wednesday at 1 p.m. on jbsaskillbridge.eventbrite.com. Call for more information: 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, with issues from deployment and reintegration, marriage and relationships, stress, anxiety, anger, grief, and other life concerns. Consultations are anonymous, no records kept. Unit briefings or trainings are 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, call (210) 238-2407 to schedule a consultation.

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

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

STRIKING OUT CHALLENGES

Jan. 6 5-7 p.m.

Registration Deadline: Jan. 3

EFMP and Hearts Apart Families strike out challenges with an evening of fun at the Bowling Center. Register for 2 free hours of bowling. Space is limited to 24 families. Mode: In-Person; Bowling Center, Bldg. 2521.

EXCEPTIONAL FAMILY MEMBER PROGRAM

WHAT DOES IT MEAN TO ME?

Jan. 12 9 a.m. to 1 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: Virtual.

LUNCH & LEARN WITH EFMP: SPECIAL NEEDS TRUST

Jan. 18 11 a.m. to 12:30 p.m.

Did you know leaving assets to a special needs child can make them ineligible for government benefits that they may require later on in life? A representative from the JBSA Legal Assistance Office will review options allowing guardians to provide security for their special needs children while ensuring they can retain invaluable government benefits. Mode: In-Person.



EFMP FAMILY CONNECTIONS

National Birth Defects Prevention Month
Jan. 24 1-2 p.m.

In this book club style session, join a conversation covering different national awareness topics. Registered customers receive an email with an article relating to the topic. Mode: Virtual.

PERSONAL & WORK LIFE

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

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

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, counseling services, and more. Open to all JBSA patrons. Call (210) 954-4566 to schedule an appointment. WIC is an equal opportunity program.

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Dec. 2 & Jan. 6 2-2:30 p.m.

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

CAR SEAT 101

Dec. 6 & Jan. 3 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.



PLAY & LEARN PLAYGROUP

Dec. 13 & Jan. 10, 24 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.

WHAT TO EXPECT WHEN CONSIDERING AN ADOPTION

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

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

MILITARY FAMILY TEAM BUILDING (MFTB)

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

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

NEW YEAR

NEW MINDSET **NEW RESULTS**

BECOMING AN IMPACTFUL LEADER

Level II: Dec. 6 2-3 p.m.
Level III: Jan. 25 2-3 p.m.

Professional growth discussions are open to all DoD ID cardholders, topics presented are geared towards specific career levels. Level II focuses on personal growth and resiliency and is geared towards E-6 and below and O-4 and below. Level III focuses on leadership development and is geared towards E-7 and up and O-5 and up. Mode: Hybrid.

INSTRUCTOR TRAINING COURSE

Jan. 23-24 8 a.m. to 3:30 p.m.

This 2-day professional development course is designed to improve instructional skills. Develop platform skills and learn to teach adult learners, manage the learning environment, methods of instruction, and the preparation process. 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, SFRG leaders, program assistants, and more. Volunteer Services coordinates with the community to connect patrons with volunteer opportunities. Call for details.

VOLUNTEERING 101

Dec. 20 & Jan. 17 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.*

CALL FOR NOMINATIONS JBSA VOLUNTEER AWARDS NOMINATION WRITING WORKSHOP

Jan. 10 11 a.m. to Noon

Review the award criteria for the Volunteer of the Year Awards (VOYA) and Volunteer Excellence Award (VEA), and how to write an effective package identifying volunteers for recognition during the 2023 JBSA Volunteer Awards Ceremony. Nomination packages are accepted through March 1, 2023. *Mode: In-Person.*



DEPLOYMENT READINESS

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

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

PRE-DEPLOYMENT BRIEFING

Dec. 1, 29 & Jan. 5 8-10 a.m.
Dec. 15 & Jan. 19 8-10 a.m.

All service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment are required to attend. Review tips to help prepare for a deployment to include financial management. This training fulfills a DoD Financial Touchpoint requirement. *Mode: 1st & 5th Thursday In-Person, 3rd Thursday Virtual.*

POST-DEPLOYMENT REUNION & REINTEGRATION

Dec. 1, 29 & Jan. 5 10 a.m. to Noon
Dec. 15 & Jan. 19 10 a.m. to Noon

Required for all service members returning from deployment; this training covers reintegration into home life, finances, and provides resources to deal with associated stressors. Spouses are highly encouraged to attend. This training fulfills a DoD Financial Touchpoint requirement. *Mode: 1st & 5th Thursday In-Person, 3rd Thursday Virtual.*

COUPLES & DEPLOYMENT

Dec. 8 9:30-10:30 a.m.
Jan. 12, 26 1-2 p.m.

Deployment is a regular part of the military. Still, it can be a challenge for even the most seasoned military couple. Preparing together is key for supporting each other and strengthening your relationship from a distance. Discuss ways to improve communication, review common emotions and reactions, and get your financials in order. *Mode: In-Person.*

KIDS & DEPLOYMENT

Dec. 8 11 a.m. to Noon
Jan. 12, 26 2:30-3:30 p.m.

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

DEPLOYMENT & THE SINGLE SERVICE MEMBER

Jan. 12, 26 9-10 a.m.

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

MRT: HUNT THE GOOD STUFF & ATC

Dec. 6 1:30-2:30 p.m.

Discuss how to Hunt the Good Stuff to counter the negativity bias, create positive emotion, and notice and analyze what is good. And learn how to identify your thoughts about an Activating Event (A), your heat-of-the-moment Thoughts (T), and the Consequences (C) those thoughts can generate during this Master Resiliency Training. *Mode: In-Person.*

MRT: GOAL SETTING

Dec. 20 1-3 p.m.

Goal setting can result in optimal performance, sustained motivation, and increased efforts. During this Master Resiliency Training, participants discuss the 7-Step Goal Setting process to identify, plan for, and commit to pursuing a goal. *Mode: In-Person.*

MRT: RESILIENCE COMPETENCIES

Jan. 10 1-2 p.m.

Resilient people tend to bounce and not break when faced with adversity or challenges. Focus and build core competencies that help enable mental toughness, optimal performance, strong leadership, and goal achievement in this Master Resiliency Training. *Mode: In-Person.*

KEY SPOUSE MENTOR TRAINING

Jan. 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.*



R.E.A.L. COMMAND TEAM TRAINING

Dec. 6 & Jan. 3 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.*

R.E.A.L. KEY CONTACTS TRAINING

Jan. 18 1-2 p.m.

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

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

Jan. 24 9 a.m. to 3 p.m.

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



FEDERAL VOTING ASSISTANCE PROGRAM

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

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.f syr.vote@us.af.mil.

INFORMATION & REFERRAL

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

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

RELOCATION ASSISTANCE

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

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

PLAN MY MOVE - SMOOTH MOVE

Contact your Unit Personnel Coordinator or Commander Support Element

Service members (E4 & below and O2 & 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 participate.

CONNECTION (NEWCOMER'S ORIENTATION)

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

The Welcome Center is the initial step of in-processing and integration for both active duty and federal employees assigned to JBSA-Lackland. Contact your Unit Personnel Coordinator or Commander Support Element for additional details. Registration is required; visit *www.signupgenius.com/*

go/10c0f44acac28a1ffc8-jbsalackland. Mode: In-Person; Welcome Center at Mitchell Hall, Bldg. 2300.

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 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, Pre-/Post-Deployment, and Career Transition.**



OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

Dec. 7 & Jan. 11 10 a.m. to Noon

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

THRIFT SAVINGS PLAN

Dec. 8 & Jan. 12 10 a.m. to Noon

Are you taking full advantage of your Thrift Savings Plan? Become familiar with contribution limits, tax-deferred investments, and rates of return. Learn what options are available after separating from the military or civil service. *Mode: In-Person.*

CAR BUYING

Jan. 26 10 a.m. to Noon

Review topics associated with purchasing a new or used car, avoid sales traps, dealer scams, and predatory lending. *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 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
Dec. 6 & Jan. 10 1-3 p.m.

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

REVERSE CAREER FAIR

Jan. 26 Noon to 3 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, and JBSA support agencies also assist with career guidance and resume reviews. *Mode: In-Person; Mitchell Hall, Bldg. 2300.*



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 provides training opportunities and information to help service members meet their post-military goals. Services include self-assessment tools, pre-separation counseling, benefits overview, job search training, resume review, career options, academic and educational guidance, and more. Call to schedule an appointment or sign up.

INDIVIDUALIZED INITIAL COUNSELING

Call for Schedule Details & Appointments. 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. **This is the first step of the Transition process.** *Mode: In-Person.*

PRE-SEPARATION COUNSELING
 Dec. 5, 12 & Jan. 9, 23 8-10:30 a.m.

This is the second step of the formal transition process. Pre-Separation Counseling, just like Initial Counseling, must start no later than 365 days before your transition date. Review by-law information to include benefits, entitlements, and resources for eligible transitioning service members. **Prerequisite: Individualized Initial Counseling.** *Mode: In-Person.*

TAP WORKSHOP
 Dec. 5-7, 12-14 & Jan. 9-11, 23-25
 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. **This class is a requirement.** **Prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

VA Benefits and Services

Also available on tapevents.mil

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. **This class is a requirement. Prerequisite: Pre-Separation Counseling.**

MANAGING YOUR (MY) EDUCATION
 Dec. 8-9, 15-16 & Jan. 12-13, 26-27
 8 a.m. to Noon

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. **Subject to individual plans, this class may be required; prerequisite: TAP workshop.** *Mode: In-Person; Education Center, Bldg. 5725.*

DOL EMPLOYMENT WORKSHOP
 Dec. 8-9, 15-16 & Jan. 12-13, 26-27
 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. **Subject to individual plans, this class may be required; prerequisite: TAP workshop.** *Mode: In-Person.*

ARE YOU PREPARED
 FOR YOUR SERVICE MEMBER'S
 RETIREMENT OR SEPARATION?

TAP TOO
 Jan. 30 9 a.m. to 3 p.m.

When they transition, YOU transition too! Retirement and transitioning can be an exciting time. It can also present challenges for the whole family, but being prepared can help eliminate unnecessary stress and hardships. This seminar guides military spouses through popular topics impacting our transitioning population, like understanding and identifying emotional and psychological aspects of changes, new roles and family dynamics, finances, medical coverage, and more. Discover resources and tools to help find answers and formulate your military to civilian transition plan together. *Mode: In-Person; Arnold Hall Community Center, Bldg. 5506.*



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 over a variety from career fields. Weekly webcasts are held every Wednesday at 1 p.m. to spotlight 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 (SBP) 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.

SURVIVOR BENEFIT PLAN GROUP COUNSELING

Jan. 4, 18 9-10 a.m.
 Jan. 12, 26 1-2 p.m.

The Survivor Benefit Plan briefing with the SBP Counselor is required by law and helps the service members and their spouse become familiar with the options, effects, and advantages of SBP. Prospective retirees are required to attend a Survivor Benefit Plan briefing and meet with an SBP counselor to complete the DD Form 2656 and data for Payment of Retired Personnel. Call (210) 671-3243, 671-3216 or 671-3796 to register. *Mode: In-Person.*

RECORD OF EMERGENCY DATA & SERVICEMEMBER'S GROUP LIFE INSURANCE

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

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

EFMP ORIENTATION

Jan. 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.*



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.

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not held Dec. 23, 30) 2-2:30 p.m.
Join us each week to receive valuable resources and talk with experts as we explore ways to get and stay connected.
Mode: Virtual.

TUESDAY TEA AT TEN

Dec. 6 10-11 a.m.
Connect virtually every month to share ideas, network, and support one another.
Mode: Virtual.

HEART LINK: SPOUSE ORIENTATION

Jan. 26 9 a.m. to 2 p.m.
Spouses new to the military or JBSA get familiar with their military community and connect with other spouses. Learn about

customs, courtesies, ranks, acronyms, resources, and more. Supported by the Air Force Aid Society. *Mode: In-Person; Arnold Hall Community Center, Bldg. 5506.*

KEY SPOUSE REFRESHER TRAINING

Jan. 25 10-11 a.m.
Key Spouses and Key Spouse Mentors who've had a break of service in their role or just PCS'ed to JBSA must attend this refresher training before functioning as a KS or KSM. *Mode: In-Person.*



VOLUNTEER SERVICES

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

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

CALL FOR NOMINATIONS JBSA VOLUNTEER AWARDS NOMINATION WRITING WORKSHOP

Appointment may be scheduled in January.
Do you know an extraordinary volunteer in our community? Review award criteria for the Volunteer of the Year Awards (VOYA) and Volunteer Excellence Award (VEA), and learn how to submit an effective package identifying volunteers for recognition during the 2023 JBSA Volunteer Awards Ceremony. Nomination packages are accepted through March 1, 2023. Selection is based on service rendered during 2022. *Mode: In-person, phone, or virtual may be requested.*



DEPLOYMENT READINESS

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

Deployment Readiness helps service members and their families prepare for deployment through trainings and support groups that assist with the unique challenges of a deployment cycle.

POST-DEPLOYMENT REUNION & REINTEGRATION

Dec. 5, 12, 19 & Jan. 9, 23 9-10 a.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: Hybrid.*

PRE-DEPLOYMENT BRIEFING

Dec. 6, 20 & Jan. 10, 24 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: Hybrid.*

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 lackland.vote@us.af.mil.

UNIT VOTING ASSISTANCE OFFICER TRAINING

Dec. 14 & Jan. 18 9-10:30 a.m.
Newly appointed Unit Voting Assistance Officers (UVAO) learn about their roles

and responsibilities for assisting eligible voters. Discover helpful resources and reference tools, and how to submit quarterly reports. *Mode: In-Person.*



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>

INFORMATION & REFERRAL

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

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

RELOCATION ASSISTANCE

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

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

LOAN LOCKER

Tuesday-Thursday 8 a.m. to Noon
In need of a few items until your household goods arrive? Visit the Loan Locker to borrow basic items while your household goods are in transit. A copy of your orders is required.

SPONSORSHIP TRAINING

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

NEWLY ASSIGNED COMMANDER, COMMAND CHIEF & FIRST SERGEANTS BRIEFING

Dec. 6 & Jan. 10 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.*

NEWCOMER'S ORIENTATION

Dec. 12 & Jan. 9 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.*

MILITARY SPOUSE LICENSURE REIMBURSEMENT

Did You Know...

When you transfer your existing professional license due to a PCS, you can be reimbursed up to \$1,000 for certification and relicensing costs.

- Is it for a qualified occupational license or certification of the same profession from your previous location?
- Is the move a result of a PCS across U.S. state lines?
- Have you already paid for the exam and registration fees required by the state?
- Open to military spouses from all branches of services.

For reimbursement eligibility and application details, visit <http://go.usa.gov/xyE34>.



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.



HOW TO SURVIVE THE HOLIDAYS FINANCIALLY

Dec. 1 10 a.m. to Noon
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.*



OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

Jan. 25 9:30-11:30 a.m.
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.*

EMPLOYMENT READINESS

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

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

MILITARY FAMILY SUPPORT PROGRAM

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



New Year, New Career

ACING THE INTERVIEW

Dec. 6 9-10:30 a.m.
It's essential to know how to prepare for an interview and interview with confidence. Discover preparation tips and review commonly used platforms. *Mode: In-Person.*

SALARY NEGOTIATION

Dec. 13 9-10:30 a.m.
Review ways to determine your earning potential, interviewing tactics, what to do once a job offer is received, and participate in a mock salary negotiation scenario. *Mode: In-Person.*

USAJOBS NAVIGATION & FEDERAL RESUME WRITING

Dec. 20 & Jan. 24 9-11 a.m.
Learn the building blocks of a successful federal resume and put them into action. Discuss the federal hiring process, eligibility, preferences, navigating the site, and leveraging the site's features for a more effective application process. *Mode: In-Person.*

READY, SET, RESUME

Jan. 17 9-11 a.m.
Knowing what to put on your resume can be confusing. This workshop introduces the different types of resume formats. *Mode: In-Person.*

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 provides training opportunities and information to help service members meet their post-military goals. Services include self-assessment tools, pre-separation counseling, benefits overview, job search training, resume review, career options, academic and educational guidance, and more. The Individualized Initial Counseling and the Pre-Separation Counseling are also mandatory for those planning to re-enlist. Call to schedule an appointment or sign up.

INDIVIDUALIZED INITIAL COUNSELING Call to Schedule an Appointments

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 as early as 36 months prior to retirement or separation. *Appointments are available in-person and virtual.*

PRE-SEPARATION COUNSELING

Dec. 14, 21 & Jan. 4, 18 Noon to 3:30 p.m.

This is the second step of the formal transition process. Pre-Separation Counseling, just like Initial Counseling, must start 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.
Prerequisite: Individualized Initial Counseling. *Mode: In-Person.*

TAP WORKSHOP

Dec. 5-7 & Jan. 23-25 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. **This class is a requirement.** **Prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

VA Benefits and Services

Dec. 16 & Jan. 27 8 a.m. to 3 p.m.

This is the same briefing given on the second day of the TAP Workshop. Learn about VA services, disability compensation, and GI Bill benefits. This class is also offered through tapevents.mil/courses. **This class is a requirement.** **Prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

DOL CAREER & CREDENTIAL EXPLORATION

Jan. 26-27 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. **Subject to individual plans, this class may be required; 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. To register, call the Education Office at (210) 652-5964. **Subject to individual plans, this class may be required; prerequisite: TAP workshop.**

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. 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 to schedule an appointment.

RECORD OF EMERGENCY DATA & SERVICEMEMBER'S GROUP LIFE INSURANCE

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) 652-2104 or 652-3192.

SURVIVOR BENEFIT PLAN GROUP BRIEFING

Dec. 8 & Jan. 12 9-10:30 a.m.

The Survivor Benefit Plan briefing with the SBP Counselor is required by law and helps the service members and their spouse become familiar with the options, effects, and advantages of SBP. Prospective retirees are required to attend a Survivor Benefit Plan briefing and meet with an SBP counselor to complete the DD Form 2656 and data for Payment of Retired Personnel. Call (210) 652-2104 or 652-2480. *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

Dec. 12 & Jan. 9 Noon to 1 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.*

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.

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Fridays (Not held Dec. 23, 30) 2-2:30 p.m.

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

Bundles for Babies

Dec. 7 9-11 a.m.

In partnership with the 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. Patrons affiliated with the Air Force, Navy, Marine Corps, or Coast Guard receive a gift, courtesy of AFAS. Registration required. This training fulfills a DoD Financial Touchpoint requirement. *Mode: Virtual.*



NEW YEAR MINDSET RESULTS

BUILDING STRESS RESILIENCY

Jan. 4 10-11 a.m.

Do you know the difference between good stress and bad stress? Discuss strategies to increase your resiliency. Learn how to make your stress work for you, become aware of how your body responds to stress, techniques for reducing stress related tension, and the importance of connecting with others. Held in partnership with MFLCs. *Mode: Virtual.*

CONFLICT RESOLUTION

Jan. 18 10-11 a.m.

In the workplace, you're bound to experience some form of conflict. Discover conflict resolution methods to help maneuver difficult situations and resolve disputes effectively. Held in partnership with MFLC. *Mode: Virtual.*

PARENTING TEENS

Jan. 25 10-11 a.m.

Parents receive helpful tips to build their confidence and courage to meet the challenges of parenting teens while savoring the joy of their children's teen years. Held in partnership with Mental Health Outreach. *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.

CALL FOR NOMINATIONS JBSA VOLUNTEER AWARDS NOMINATION WRITING WORKSHOP

Jan. 26 9-10 a.m.

Do you know an extraordinary volunteer in our community? Review award criteria for the Volunteer of the Year Awards (VOYA) and Volunteer Excellence Award (VEA), and learn how to submit an effective package identifying volunteers for recognition during the 2023 JBSA Volunteer Awards Ceremony. Nomination packages are accepted through March 1, 2023. *Mode: Virtual.*



DEPLOYMENT READINESS

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

Deployment Readiness helps service members and their families prepare for

unique challenges of deployment and provides support through courses and support groups. Registration is required.

PRE-DEPLOYMENT BRIEFING AND POST-DEPLOYMENT REUNION & REINTEGRATION

Call to Schedule an Appointment. A mandatory brief for all service member preparing for and returning from deployment, remote assignments or TDY's longer than 30 days. Learn about DoD and third-party resources available to best 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) 652-5321

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 randolph.vote@us.af.mil for details.

UNIT VOTING ASSISTANCE OFFICER TRAINING

Jan. 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 randolph.vote@us.af.mil. *Mode: Virtual.*



JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



Scan to email

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

Hours of Operation:

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

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

Closed for all Federal holidays & AETC Family days

TRANSITION ASSISTANCE PROGRAM



Scan to email

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

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 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) 671-4057

Hours of Operation:

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

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

Closed for all Federal holidays & AETC Family days

JBSA-RANDOLPH

MILITARY & FAMILY READINESS CENTER



Scan to email

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

Hours of Operation:

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

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

Closed for all Federal holidays & AETC Family days



www.jbsa.mil/Resources/MilitaryFamilyReadiness



facebook.com/mfrcjbsa

