

CALENDAR OF EVENTS

**AUGUST-
SEPTEMBER
2022**

JOINT BASE SAN ANTONIO

MILITARY & FAMILY READINESS CENTER



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

**THREE LOCATIONS TO SERVE JBSA
FORT SAM HOUSTON - LACKLAND - RANDOLPH**

JBSA-MILITARY & FAMILY READINESS FLIGHT

The Joint Base San Antonio-Military & Family Readiness Centers incorporate services from an Airman & Family Readiness Center (A&FRC), Army Community Service (ACS), and 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

The JBSA-M&FRC operational status and health and safety protocols will change based on installation guidance and the HPCON level. Registration and appointments are required to guarantee service availability. All registered participants will be notified of any schedule changes or cancellations if they occur.

Routine: No change, standard operational procedures.

Alpha: Standard operations with safety precautions (masks optional, social distance encouraged).

Bravo: Reduced in-person operations and an increase in virtual services (JBSA health & safety protocols enforced).

Charlie: May be limited to virtual services only (JBSA health & safety protocols enforced).

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.fsyrc.centerbox@us.af.mil

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

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

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

CALENDAR OF EVENTS AUGUST-SEPTEMBER 2022

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT		AUGUST	SEPTEMBER	PAGE	SITE
RELOCATION	Bluebonnet Coffee Connection	–	14	p. 8	FSH
	Community Resource Fair	9	–	p. 7	FSH
	Connection (Newcomer's Orientation)	W	W	p. 17	LAK
	First Move for Military Spouses	25	22	p. 7	FSH
	Immigration & Citizenship	24	28	p. 7	FSH
	Newcomer's Orientation	5, 19	16	p. 7	FSH
	Newcomer's Orientation	8, 22	19	p. 23	RND
	Newly Assigned CC/CCC/CCF	2	13	p. 23	RND
	Newly Assigned CC/CCC/CCF	23	20	p. 17	LAK
	Supplemental Sponsorship Training	18	15	p. 7	FSH
FINANCIALS	Car Buying	–	15	p. 9	FSH
	Consumer Protection	–	22	p. 9	FSH
	Credit & Debt Management	2	6	p. 8	FSH
	Divorce & Financial Readiness	22	26	p. 8	FSH
	First Child Financial Planning	16	20	p. 8	FSH

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

Event		August	September	Page	Site	Event		August	September	Page	Site
FINANCIALS CONT.	Fundamentals of Personal Finance	--	1	p. 24	RND	TRANSITION ASSISTANCE CONT.	DoL Employment Workshop (2-day)	4-5, 18-19, 25-26	15-16, 22-23	p. 11	FSH
	Holiday Spending	23	--	p. 9	FSH		DoL Employment Workshop (2-day)	4-5, 25-26	15-16, 29-30	p. 20	LAK
	Home Buying	--	8	p. 18	LAK		DoL Employment Workshop (2-day)	--	15-16	p. 25	RND
	Home Buying	--	9	p. 9	FSH		DoL Career & Credential Exploration (2-day)	10-11	8-9	p. 11	FSH
	How to Budget	9	13	p. 8	FSH		DoL Career & Credential Exploration (2-day)	--	29-30	p. 20	LAK
	Marriage & Financial Readiness	15	19	p. 8	FSH		Employment Fundamentals of Career Transition	3, 12, 17, 24	14, 15, 21	p. 11	FSH
	Officer First Duty Station Financial Training	17	14	p. 18	LAK		Entrepreneurship: Boots to Business (2-day)	--	14-15	p. 12	FSH
	Promotions & Financial Readiness	--	12	p. 9	FSH		Managing Your (My) Education (2-day)	4-5, 25-26	15-16, 29-30	p. 19	LAK
	Saving & Investments	--	9	p. 9	FSH		Managing Your (My) Education (2-day)	15-16	12-13	p. 11	FSH
	Saving & Investments	--	22	p. 18	LAK		TAP Too	31	--	p. 12	FSH
	Retirement Planning Starter - TSP Vesting	10	14	p. 8	FSH		VA Benefits & Services	2, 11, 16, 30	7, 13, 14, 20	p. 11	FSH
	Thrift Savings Plan	25	--	p. 18	LAK		VA Benefits & Services	2, 23	13, 27	p. 19	LAK
	Understanding Continuation Pay	18	--	p. 23	RND		VA Benefits & Services	26	30	p. 25	RND
	Wise Investment Strategies	--	29	p. 24	RND						
EMPLOYMENT	Acing the Interview	17	--	p. 10	FSH	EFMP	Children and Sexuality	--	29	p. 21	LAK
	Acing the Interview	--	6	p. 18	LAK		EFMP Blood Drive	--	12-16	p. 13	FSH
	Acing the Interview	--	6	p. 24	RND		EFMP: Conversational Corner	26	23	p. 13	FSH
	Conversational Interviewing Skills	--	21	p. 10	FSH		EFMP Orientation	11, 25	19	p. 26	RND
	Explore Business Ownership	11	--	p. 18	LAK		EFMP: What Does it Mean to Me?	--	15	p. 13	FSH
	LinkedIn 101	24	28	p. 10	FSH		Lunch & Learn with EFMP	17	21	p. 12	FSH
	Ready, Set, Resume	10	--	p. 10	FSH		The Importance of Lullabies for Children	25	--	p. 21	LAK
	Ready, Set, Resume	--	20	p. 24	RND	PERSONAL, FAMILY & WORK LIFE	Adoption & Foster Care Seminar	10	--	p. 21	LAK
	Renovating your Resume	--	14	p. 10	FSH		Back-to-School Basics - Word, Excel, & PowerPoint	2-4	--	p. 10	FSH
	Resume Roundtable	--	15	p. 18	LAK		Be Prepared, Stay Ready JBSA	--	9, 27	p. 16	FSH
	Resume Writing LIVE	23	--	p. 18	LAK		Becoming an Impactful Leader	--	14	p. 15	FSH
	Salary Negotiation	--	13	p. 24	RND		Bundles for Babies	25	--	p. 21	LAK
	Tips for Writing A Federal Resume	--	20	p. 19	LAK		Car Seat 101	2	20	p. 13	FSH
	USAJobs Navigation & Federal Resume	3	7	p. 10	FSH		Community Resource Fair	9	--	p. 7	FSH
	USAJobs Navigation & Federal Resume	30	27	p. 24	RND		Generational Perspective	23	--	p. 14	FSH
	Your Pathways to Employment	22	26	p. 10	FSH		Heart Link: Military Spouse Orientation	--	14	p. 27	RND
TRANSITION ASSISTANCE	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 10	FSH		Infant Massage 101	16	--	p. 14	FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 19	LAK		Instructor Training Course (ITC) (2-part)	16-17	--	p. 15	FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 27	RND		Microsoft Office: Access (3-day)	--	13-15	p. 9	FSH
	Pre-Separation Counseling (Step 2)	1, 22	12, 26	p. 19	LAK		Microsoft Office: Excel (3-day)	--	6-8	p. 9	FSH
	Pre-Separation Counseling (Step 2)	3, 10, 24, 31	21, 28	p. 25	RND		Microsoft Office: Outlook (3-day)	--	20-22	p. 9	FSH
	Pre-Separation Counseling (Step 2)	3, 9, 19, 23	1, 6, 22, 27, 29	p. 11	FSH		Microsoft Office: PowerPoint (3-day)	--	13-15	p. 9	FSH
	DoD Transition Day (Step 3)	1, 10, 15, 29	12, 13, 19	p. 11	FSH		Microsoft Office: Word (3-day)	--	6-8	p. 9	FSH
	TAP Workshop (3-day) (Step 3)	1-3, 22-24	12-14, 26-28	p. 19	LAK		Play & Learn Playgroup	--	13, 27	p. 14	FSH
	TAP Workshop (3-day) (Step 3)	15-17	12-14	p. 25	RND		Playgroup Play Date	23	--	p. 14	FSH
							Preteen Talks for Parents	4, 11, 18	--	p. 13	FSH

EVENT	AUGUST	SEPTEMBER	PAGE	SITE
PERSONAL, FAMILY & WORK LIFE CONT.				
ScreamFree Marriage	–	28	p. 22	👤 LAK
Stress Management	3	–	p. 27	📶 RND
Survivor Benefits Plan Mass Briefing	11	8	p. 26	📶 RND
Time Hacks	–	15	p. 14	👤 FSH
Tuesday Tea at Ten	2	–	p. 21	📶 LAK
Virtual Friday Q&A for Military Spouses	F	F	p. 21	📶 LAK
Virtual Friday Q&A for Military Spouses	5	–	p. 14	📶 FSH
Virtual Friday Q&A for Military Spouses	26	23	p. 27	📶 RND
What to Expect When Caring for an Aging Parent	–	6	p. 14	📶 FSH
What to Expect When Expecting A Divorce	9	–	p. 14	📶 FSH
Understanding Grief	–	29	p. 27	📶 RND
Unit Voting Assistance Officer Training	11	–	p. 22	👤 LAK
VOL				
Volunteering 101	30	20	p. 15	📶 FSH
UNIT FAMILY READINESS				
R.E.A.L. Fund Custodian Training	23	–	p. 16	👤 FSH
R.E.A.L. Key Contacts Training	23	–	p. 16	👤 FSH
R.E.A.L. SFRG Command Team Training	2	6	p. 16	👤 FSH
Key Spouse Continuing Education	5	–	p. 16	👤 FSH
Key Spouse Continuing Education	–	14	p. 22	📶 LAK
Key Spouse Initial Training	20	–	p. 16	👤 FSH
Key Spouse Mentoring Training	31	–	p. 22	📶 LAK
Key Spouse Refresher Training	10	–	p. 16	👤 FSH
Key Spouse Refresher Training	–	14, 17	p. 22	📶 LAK
DEPLOYMENT				
Couples & Deployment	9, 25	22	p. 15	👤 FSH
Deployment & the Single Service Member	11, 25	13	p. 16	👤 FSH
Kids & Deployment	11	–	p. 16	👤 FSH
Pre-Deployment Briefing	4, 18	1, 15, 29	p. 15	👤 FSH
Pre-Deployment Briefing	9, 23	6, 20	p. 27	📶 RND
Pre-Deployment Briefing	9, 23	13, 27	p. 22	📶 LAK
Post-Deployment Reunion & Reintegration	M	M	p. 22	📶 LAK
Post-Deployment Reunion & Reintegration	Tu	Tu	p. 27	📶 RND
Post-Deployment Reunion & Reintegration	4, 18	1, 15, 29	p. 15	👤 FSH

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

August 2022

Immunization Awareness Month
 Anti-terrorism Awareness Month
 2 National Night Out
 4 Coast Guard Birthday
 7 Purple Heart Day
 29 Marine Corps Reserve Birthday

September 2022

National Suicide Prevention Awareness Month
 National Preparedness Month
 2 AETC Family Day/Army Training Day (All Centers Closed)
 5 Labor Day (All Centers Closed)
 16 POW/MIA Recognition Day
 18 Air Force Birthday
 25 Gold Star Mother's Day

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.
 Essential household goods like kitchen equipment, sleeping mats, irons, and more, are available for check-out 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

Aug. 5, 19 & Sept. 16 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 with their Unit Personnel Office. Mode: In-Person.

SUPPLEMENTAL SPONSORSHIP TRAINING

Aug. 18 & Sept. 15 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 in-person training offers additional assistance with information on local resources and tips to support incoming personnel. Registration is required. Mode: In-Person.

IMMIGRATION & CITIZENSHIP

Aug. 24 & Sept. 28 12:45-1:30 p.m.
 Naturalization Ceremony 1:30-2:30 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. A Naturalization Ceremony will occur in the afternoon, family and friends are welcomed to observe. Registration not required. Call for details. Mode: In-Person.

FIRST MOVE FOR MILITARY SPOUSES

Aug. 25 & Sept. 22 1-2 p.m.
 Are you preparing for your first move? Register for a discussion about exploring

your new installation, finding employment, tips for moving with kids and selecting a new school, planning for a Special Needs family member, childcare, financial effects of moving, and more. *Mode: Virtual.*

BLUEBONNET COFFEE CONNECTION

Sept. 14 9:30 a.m. to Noon

Registration Deadline: Sept. 12

Connect with your new location and get familiar with the installation by visiting historical sites during a guided tour. After the tour, a light lunch is provided.

Participants will be picked up from the Dodd Field Chapel and the M&FRC, then shuttled to the event destinations. This is a perfect opportunity for newly arrived spouses to discover their surroundings and learn about available resources. Spouses are encouraged to bring a military-connected friend or neighbor. Children are welcomed. *Mode: In-Person.*



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.

CREDIT & DEBT MANAGEMENT

Aug. 2 & Sept. 6 9-11 a.m.

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

HOW TO BUDGET

Aug. 9 & Sept. 13 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.*

RETIREMENT PLANNING STARTER - TSP VESTING

Aug. 10 & Sept. 14 9-11 a.m.

Become familiar with contribution limits, tax-deferred investments, and rates of return. Learn what options are available after separating from the military or civil service. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

MARRIAGE & FINANCIAL READINESS

Aug. 15 & Sept. 19 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

Aug. 16 & Sept. 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.*

DIVORCE & FINANCIAL READINESS

Aug. 22 & Sept. 26 1-2 p.m.

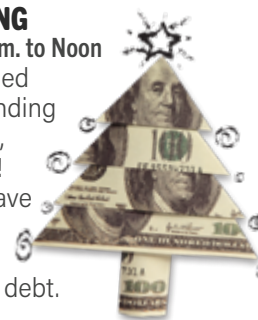
Untangling household income and financial obligations is a process. Review tips to help navigate the financial process of divorce. Establish a spending plan based on new potential expenses and

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

HOLIDAY SPENDING

Aug. 23 10 a.m. to Noon

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



SAVING & INVESTMENTS

Sept. 9 9:30-10:30 a.m.

Discuss the risks and rewards of investing, identify strategies to help reach your investment goals, and review different saving options. *Mode: In-Person.*

HOME BUYING

Sept. 9 11:30 a.m. to 1:30 p.m.

Get tips to help with purchasing a home and resolving mortgage issues. Discuss differences between renting and owning and learn about the home-buying process, choosing a Realtor, and the closing process. *Mode: In-Person.*

PROMOTIONS & FINANCIAL READINESS

Sept. 12 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.*

CAR BUYING

Sept. 15 11:30 a.m. to 1:30 p.m.

Review topics associated with purchasing a new or used car to avoid sales traps, dealer scams, and predatory lending. *Mode: In-Person.*

CONSUMER PROTECTION

Sept. 22 11:30 a.m. to 1:30 p.m.

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.*

EMPLOYMENT READINESS

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

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

MILITARY FAMILY SUPPORT PROGRAM

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

VIRTUAL MICROSOFT OFFICE 2016

Whether you're trying to impress your boss or catapult yourself out of unemployment, computer skills transfer to nearly any job. 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

Sept. 6-8 • 11 a.m. to 1 p.m.



EXCEL

Sept. 6-8 • 2-4 p.m.



POWERPOINT

Sept. 13-15 • 8-10 a.m.



ACCESS

Sept. 13-15 • 11 a.m. to 1 p.m.



OUTLOOK

Sept. 20-22 • 8-10 a.m.

MICROSOFT BACK-TO-SCHOOL BASICS**Word:** Aug. 2 9-10 a.m.**Excel:** Aug. 3 9-10 a.m.**PowerPoint:** Aug. 4 9-10:30 a.m.

High school and college students brush up on Microsoft Word, Excel, and PowerPoint basics. Learn formatting tips, shortcuts, and more to help with preparing reports and presentations for school projects. Attend one or all sessions. *Mode: Hybrid.*

**USAJOBS NAVIGATION & FEDERAL RESUME****Aug. 3 & Sept. 7** 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: In-Person.*

READY, SET, RESUME**Aug. 10** 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.*

ACING THE INTERVIEW**Aug. 17** 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: In-Person.*

YOUR PATHWAYS TO EMPLOYMENT**Aug. 22 & Sept. 26** 9-11 a.m.

Discover your path to employment by setting a foundation for success. Meet with Workforce Solutions, Texas Workforce Commission, USO, NAF & Civilian Personnel, CSP, and M&FRC to learn about local resources, services, and workshops that best support your employment goals. *Mode: Virtual.*

LINKEDIN 101**Aug. 24 & Sept. 28** 1-3 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: In-Person.*

RENOVATING YOUR RESUME**Sept. 14** 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: In-Person.*

CONVERSATIONAL INTERVIEW SKILLS**Sept. 21** 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: In-Person.*

TRANSITION ASSISTANCE PROGRAM

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

TAP is a mandatory program for all service members separating or retiring from the military. 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 or email 802fss.fsyrtap@us.af.mil to register.

INDIVIDUALIZED INITIAL COUNSELING**Monday-Friday** Call to Register

Those separating or retiring from active duty must meet with a counselor to officially start the transition process. Service members complete a personal self-assessment to develop their Individual Transition Plan to identify their unique needs and establish post-transition goals. This one-on-one counseling session must

be completed 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**Aug. 3, 9, 19, 23 & Sept. 1, 6, 22, 27, 29** 9-11 a.m.**Aug. 9, 23 & Sept. 6** 1-3 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 like benefits, entitlements, and resources for eligible transitioning service members. Caregivers and spouses are encouraged to attend. **Prerequisite: Individualized Initial Counseling.** *Mode: In-Person.*

DOD TRANSITION DAY**Executive:** Aug. 15 & Sept. 12**Separation:** Aug. 1, 10, 29 & Sept. 13, 19**8 a.m. to 4 p.m.**

This day includes 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 and Services**Executive:** Aug. 16 & Sept. 13**Separation:** Aug. 2, 11, 30 & Sept. 7, 14, 20**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.

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

DOL CAREER & CREDENTIAL EXPLORATION**Aug. 10-11 & Sept. 8-9** 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.*

MANAGING YOUR (MY) EDUCATION**Aug. 15-16 & Sept. 12-13** 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.

EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION**Executive:** Aug. 17 & Sept. 14**Separation:** Aug. 3, 12, 24 & Sept. 15, 21**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. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** *Mode: In-Person.*

DOL EMPLOYMENT WORKSHOP**Executive:** Aug. 18-19 & Sept. 15-16**Separation:** Aug. 4-5, 25-26 & Sept. 22-23**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.*

ENTREPRENEURSHIP: BOOTS TO BUSINESS

Sept. 14-15

8 a.m. to 4 p.m.

A 2-day entrepreneurial education track hosted by the Small Business Administration discusses opportunities and challenges of business ownership. Review steps for evaluating business concepts, business plans, SBA resources available to help access start-up capital, and additional technical assistance. Register at sbavets.force.com. **Subject to individual plans, this class may be required; prerequisite: DoD Transition Day.** *Mode: In-Person.*

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

TAP TOO

Aug. 31

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 new roles and family dynamics, understanding and identifying emotional and psychological aspects of changes, finances, medical coverage, and more. Discover resources and tools to help formulate a military to civilian transition plan together. Register online at <https://e.afit.edu/mmSSff07>. *Mode: In-Person; Joint Transition Readiness Center, Bldg. 3639.*



MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

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

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

PERSONAL FINANCIAL COUNSELOR

Personal Financial Counselors provide free and anonymous financial counseling services to service members and their families. Some evening and weekend times are available. To schedule a consultation, call (210) 238-2407.

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.

LUNCH & LEARN WITH EFMP

Dyslexia:

What is it and how can I help my Child?

Aug. 17

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

Learn about dyslexia as a guest speaker from the Education Service Center, Region 20 provides insight on signs, symptoms, and challenges. Discover strategies to help your child and become their advocates at school and home. *Mode: In-Person.*

School Liaison Overview - Meet the SLO's
Sept. 21

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

Did you know military youth can change schools up to 9 times before graduating? School Liaison Officers help parents and

youth (grades K-12) navigate through the school systems by providing information and resources. They can help with school transfers, graduation requirements, special education, college scholarships, and more. *Mode: In-Person.*

CONVERSATIONAL CORNER

Aug. 26 & Sept. 23

9-10:30 a.m.

Join the conversation as we cover a range of subjects open to diverse perspectives and experiences. The topic for August is friendships and challenges for exceptional kids and September is suicide awareness and exceptional kids. *Mode: In-Person.*

SEPTEMBER IS BLOOD CANCER AWARENESS MONTH

EFMP BLOOD DRIVE

Sept. 12-16

8-11 a.m.

Did you know nearly 1.5 million people in the U.S. are affected by some form of blood cancer? In coordination with the Armed Services Blood Program, EFMP is hosting a week long blood drive to give back to our military-affiliated families. To donate, schedule an appointment online at militarydonor.com and use the sponsor code FSHEFMP. *Mode: In-Person; Sept. 12-14 & 16 at the Akeroyd Blood Donor Center, 1240 Harney Rd. and Sept. 15 at the M&FRC, Bldg. 2797.*



**DONATE
AND SAVE LIVES**

EFMP: WHAT DOES IT MEAN TO ME?

Sept. 15

9-11 a.m.

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

PERSONAL & WORK LIFE

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

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

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 to learn about nutrition, breastfeeding, counseling services, and more. Open to all JBSA patrons. Call (210) 954-4566 to schedule an appointment or curbside service. WIC is an equal opportunity program.

CAR SEAT 101

Aug. 2 & Sept. 20

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.*



PRETEEN TALKS FOR PARENTS

Aug. 4, 11, 18

10-11 a.m.

Have a preteen in your life? Parents explore options to help break the ice and start meaningful conversations with

their preteens. Having open talks with your preteen can help remove barriers, build trust, and help your tween feel comfortable talking about complex subjects. Review topics like social media, advertising effects, self-care, bullying, and more. *Mode: In-Person.*

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Aug. 5 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.*

WHAT TO EXPECT WHEN EXPECTING A Divorce

Aug. 9 10 a.m. to 2 p.m.

Navigate the legal, financial, and emotional aspects of divorce. This quarterly workshop is open to those who are contemplating or going through a divorce. Facilitated by a family law attorney, a marriage and family therapist, and a certified divorce financial analyst. *Mode: Virtual.*

INFANT MESSAGE 101

Aug. 16 9:30-11 a.m.

Learn how systematic infant massage can help alleviate colic, improve sleep, and create strong bonds between the baby and parents—recommended for parents with babies ages 3 months and up. *Mode: In-Person.*

PLAYGROUP PLAYDATE

Aug. 23 9-11 a.m.

Families and friends are invited to join us for some outdoor fun at the Yanaguana Garden, an all-inclusive ADA playground and splash pad at Hemisfair Park. Be sure to pack extra clothes, swimsuits, sunscreen, towels, water, and a sack lunch. *Mode: In-Person; Yanaguana Garden at Hemisfair, 434 S. Alamo St.*

GENERATIONAL PERSPECTIVE

Aug. 23 1-2:30 p.m.

Let's face the facts, we have 5 generations (Traditionalists, Boomers,

Gen. X, Millennials, and Gen. Z) in the workforce together. Discover the different generational values, beliefs, and leadership styles to help empower individuals. *Mode: In-Person.*

WHAT TO EXPECT WHEN CARING FOR AN AGING PARENT


Sept. 6 9-11 a.m.

Explore warning signs that may help identify if extra care is needed, tips for holding an intervention, getting financial and special care records in order, caregiving options, and resources to help with caring for an aging parent. *Mode: Virtual.*

PLAY & LEARN PLAYGROUP

Sept. 13, 27 9-11 a.m.

A fun-filled interactive meet-up to help children, ages 0-5, improve social, cognitive, and motor skills through play. Parents have an opportunity to network with other parents and must remain on-site. School-aged children are welcome to join during the summer months. *Mode: In-Person; M&FRC Auditorium.*



TIME HACKS
Sept. 15 9-11 a.m.
#LiveYourBestLife! Have you ever asked yourself, "Where did the day go?" Discover tips to help live an intentional life and hack away distractions. *Mode: In-Person.*

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.

INSTRUCTOR TRAINING COURSE

Aug. 16-17 8:30 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: Hybrid.*

BECOMING AN IMPACTFUL LEADER

Sept. 14 2-3 p.m.

JBSA military and civilian leaders share their personal experiences of overcoming challenges in their career, personal growth, and resiliency. Participate in this open discussion and take advantage of development opportunity. This might be just what you need to hear. *Mode: Hybrid.*

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

Aug. 30 & Sept. 20 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.*

DEPLOYMENT READINESS

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

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

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

PRE-DEPLOYMENT BRIEFING

Aug 4, 18 & Sept. 1, 15, 29 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: In-Person.*

POST-DEPLOYMENT REUNION & REINTEGRATION

Aug. 4, 18 & Sept. 1, 15, 29 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: In-Person.*

COUPLES & DEPLOYMENT

Aug. 9, 25 & Sept. 22 2:30-3:30 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.*



DEPLOYMENT & THE SINGLE SERVICE MEMBER

Aug. 11, 25 9-10 a.m.
Sept. 13 2:30-3:30 p.m.

How will you store your vehicle? Who will look after your pet? What will happen to your home? Single service members

learn about options to help manage their personal affairs and keep their property and belongings secure. *Mode: In-Person.*

KIDS & DEPLOYMENT

Aug. 11 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.*

BE PREPARED, STAY READY JBSA

The Essentials: Sept. 9 1:30-2:30 p.m.

Preparing Financially: Sept. 27 1:30-2:30 p.m.

September is National Preparedness month. Are you prepared for an emergency or disaster (natural or man-made)? Discuss ways to prepare for emergencies that could impact your home, workplace, school, and community. Planning and preparing are essential for building a resilient community. *Mode: In-Person.*



KEY SPOUSE CONTINUING EDUCATION

Aug. 5 2-2:30 p.m.

Key Spouses and Key Spouse Mentors participate in professional development training and networking opportunities to maintain skills and learn about new resources. This quarterly training complements the Initial Training. *Mode: In-Person.*

KEY SPOUSE REFRESHER TRAINING

Aug. 10 9 a.m. to Noon

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

KEY SPOUSE INITIAL TRAINING

Sept. 20 8:30 a.m. to 4:30 p.m.

This training is mandatory for all newly appointed Key Spouses and Key Spouse Mentors who have not received the initial training from A previous location. Review the 8 core modules in the standard Air Force Key Spouse training curriculum, roles, and responsibilities. *Mode: In-Person.*

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

Aug. 2 & Sept. 6 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

Aug. 23 1-3 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. *Mode: In-Person.*

R.E.A.L. FUND CUSTODIAN TRAINING

Aug. 23 9-11 a.m.

Current and incoming SFRG Fund Custodians are required to attend this training and review regulations for managing informal funds and fundraising. *Mode: In-Person.*

FEDERAL VOTING ASSISTANCE PROGRAM

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

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.fsyrr.vote@us.af.mil.

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

JBSA-LACKLAND

INFORMATION & REFERRAL

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

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

RELOCATION ASSISTANCE

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

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

CONNECTION (NEWCOMER'S ORIENTATION)

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

The Welcome Center at Mitchell Hall, Bldg. 2300 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; Mitchell Hall, Bldg. 2300.*

NEWLY ASSIGNED COMMANDERS & FIRST SERGEANTS BRIEFING

Aug. 23 & Sept. 20 8-11:30 a.m.

Newly assigned Commanders, Command Chiefs, and First Sergeants: this mandatory briefing satisfies AFI requirements while introducing key personnel from installation

support agencies such as Family Advocacy, Military & Family Readiness, and Sexual Assault Prevention Response. *Mode: In-Person.*

PLAN MY MOVE - SMOOTH MOVE

Contact your Unit Personnel Coordinator or Commander Support Element

Service members (E4 and below and O2 and below) PCS'ing for the first time, and all ranks PCS'ing OCONUS are required to complete this online training. After completion, virtual out-processing tasks may be cleared by M&FRC. Family members are encouraged. *Mode: Virtual.*

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

Financial Readiness provides resources, information, and addresses money management issues ranging from basic

budgeting to long-term investment planning and debt reduction. Individual and group briefings are available. Call to register.

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

Aug. 17 & Sept. 14 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

Aug. 25 10 a.m. to Noon

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

HOME BUYING

Sept. 8 10 a.m. to Noon

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



SAVING & INVESTMENTS

Sept. 22 10 a.m. to Noon

Discuss the risks and rewards of investing, identify strategies to help reach your investment goals, and review different saving options. *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, career counseling, information on local employment possibilities, 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.

ACING THE INTERVIEW

Sept. 6 1-3 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.*

EXPLORE BUSINESS OWNERSHIP

Aug. 11 1-3 p.m.

Take a close look at businesses that thrive in all economic conditions. Discuss business ownership, franchise opportunities, and weigh the difference between benefits and challenges. *Mode: Hybrid.*

RESUME WRITING

Aug. 23 1-3 p.m.

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

RESUME ROUNDTABLE

Sept. 15 6-8 p.m.

Do you know how to get past the HR gatekeepers? Or how to translate your military skills and experience to civilian language? Get tips to help articulate your

accomplishments, credentials, and more. Connect with industry professionals, both federal and private sector, to discover how to improve your resume and get one step closer to being hired! *Mode: Hybrid.*

TIPS FOR WRITING A FEDERAL RESUME

Sept. 20 1-3 p.m.

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

TRANSITION ASSISTANCE PROGRAM

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

TAP is a mandatory program for all service members separating or retiring from the military and must begin no later than 365 days prior to their transition. The program 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

Aug. 1, 22 & Sept. 12, 26 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. Caregivers and spouses are encouraged to attend pre-separation counseling with their service member. **Prerequisite: Individualized Initial Counseling.** *Mode: In-Person.*

TAP WORKSHOP

Aug. 1-3, 22-24 & Sept. 12-14, 26-28
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. 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. **Prerequisite: Pre-Separation Counseling.** *Mode: Virtual.*

VA Benefits and Services

Aug. 2, 23 & Sept. 13, 27 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. **Prerequisite: Pre-Separation Counseling.** *Mode: Virtual.*

MANAGING YOUR (MY) EDUCATION

Aug. 4-5, 25-26 & Sept. 15-16, 29-30
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: Virtual.*

DOL EMPLOYMENT WORKSHOP

Aug. 4-5, 25-26 & Sept. 15-16, 29-30
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.*

DOL CAREER & CREDENTIAL EXPLORATION

Sept. 29-30 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.*

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.

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 for details or to schedule an appointment.

RECORD OF EMERGENCY DATA

DD Form 93, Record of Emergency Data, or RED - no matter how you refer to it - it's a vital part 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 it current in vMPF. 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.

THE IMPORTANCE OF LULLABIES FOR CHILDREN

Aug. 25

Noon to 1 p.m.

Do you remember learning about Humpty Dumpty or the mouse that ran up the clock? Lullabies and nursery rhymes play a huge role in developing cognitive skills and encourage social and interactive play. Discuss ways to incorporate lullabies and nursery rhymes into your child's daily routine and learn more about how they can help. *Mode: Virtual.*

CHILDREN & SEXUALITY

Sept. 29

Noon to 1:30 p.m.

While this subject can be uncomfortable for a parent to discuss with their child, it's an important topic. This general overview includes tips for the "talk", psychological development, emotions, 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 Sept. 2)

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

Aug. 2

10-11 a.m.

Connect virtually every month to share ideas, network, and support one another. *Mode: Virtual.*



ADOPTION & FOSTER CARE SEMINAR
Aug. 10 9 a.m. to Noon
Review the adoption and foster care process, state and legal requirements, benefits, DEERS enrollment, and more. Facilitated by the Texas Department of Family and Protective Services and M&FRC. *Mode: Virtual.*

Bundles & Babies

Aug. 25

9 a.m. to Noon

Information is provided on financial planning from conception to college and support programs offered within the community. Active-duty expecting parents assigned to JBSA-Lackland are encouraged to attend. At the end of the class, patrons affiliated with the Air Force, Navy, Marine Corps, or Coast Guard will receive a gift, courtesy of the Air Force Aid Society. This training fulfills a DoD Financial Touchpoint requirement. *Mode: Virtual.*



KEY SPOUSE MENTOR TRAINING

Aug. 31 10-11 a.m.
 After the Key Spouse Initial Training, KS Mentors are encouraged to take this 1-time mandatory training. The class duration may vary depending on participants and interactive scenarios. *Mode: Virtual.*

KEY SPOUSE REFRESHER TRAINING

Sept. 14, 17 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: Virtual.*

KEY SPOUSE CONTINUING EDUCATION

Sept. 14 11 a.m. to Noon
 This quarterly training complements the Key Spouse Initial Training by providing networking opportunities and continued education. Training may be facilitated through various methods such as in-person or different computer-based platforms like podcasts, webinars, or Military OneSource. *Mode: Virtual.*

VOLUNTEER SERVICES

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

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

DEPLOYMENT READINESS

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

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

POST-DEPLOYMENT REUNION & REINTEGRATION

Mondays (Not held Sept. 5) 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 encouraged. *Mode: Hybrid.*

PRE-DEPLOYMENT BRIEFING

Aug. 9, 23 & Sept. 13, 27 9-10 a.m.
 This briefing provides helpful information to assist with all phase of deployment and mandatory for all service members scheduled to deploy, TDY longer than 30 days, or go on a remote assignment. Spouses encouraged. *Mode: Hybrid.*

FEDERAL VOTING ASSISTANCE PROGRAM

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

The Federal Voting Assistance Program 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

Aug. 11 9-10:30 a.m.
 Newly appointed Unit Voting Assistance Officers 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.*

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

JBSA-RANDOLPH

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

Monday-Friday 8 a.m. to 4 p.m.
Closed 1st & 3rd Thursday 1-4:30 p.m.
 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), <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 sponsors by completing the eSAT.

NEWLY ASSIGNED COMMANDER, COMMAND CHIEF & FIRST SERGEANTS BRIEFING

Aug. 2 & Sept. 13 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, Sexual Assault Prevention and Response, and Legal. *Mode: In-Person.*

NEWCOMER'S ORIENTATION

Aug. 8, 22 & Sept. 19 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 for more information. *Mode: In-Person.*

FINANCIAL READINESS

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

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

UNDERSTANDING CONTINUATION PAY

Aug. 18 10 a.m. to Noon
 When can you collect? What can or should you do with it? Are there tax implications with the payout amounts? Get answers to questions like these and others regarding your Continuation Pay under the Blended Retirement System (BRS). *Mode: In-Person.*



FUNDAMENTALS OF PERSONAL FINANCE

Sept. 1 10-11:30 a.m.

Discuss the benefits of using a spending plan and advantages of saving to build your financial future. Find out the real cost of credit and why credit history is so important. *Mode: In-Person.*

WISE INVESTMENT STRATEGIES

Sept. 29 10-11:30 a.m.

Become more financially secure by learning basic guidelines on investment strategies and review tips to help reach your financial goals. *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.

USAJOBS NAVIGATION & FEDERAL RESUME WRITING

Aug. 30 & Sept. 27 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.*

ACING THE INTERVIEW

Sept. 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

Sept. 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.*



READY, SET, RESUME

Sept. 20 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 for 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. Airmen may schedule appointments as early as 36 months prior to retirement or separation. *Mode: In-Person.*

PRE-SEPARATION COUNSELING

Aug. 3, 10, 24, 31 & Sept. 21, 28 1-3:30 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

Aug. 15-17 & Sept. 12-14 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. *Prerequisite: Pre-Separation Counseling. Mode: In-Person.*



VA BENEFITS & SERVICES

Aug. 26 & Sept. 30 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 Transition Online Learning at tapevents.mil/courses. *Prerequisite: Pre-Separation Counseling. Mode: In-Person.*

DOL EMPLOYMENT WORKSHOP

Sept. 15-16 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.*

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

Casualty Assistance Representatives provide dignified and humane casualty notification, 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, Traumatic Injury Protection Program (TSGLI), Emergency Family Member Travel Program, and the Survivor Benefit Plan (SBP). Call to schedule an appointment.

RECORD OF EMERGENCY DATA

RED is one of the most critical forms in your military personnel record. Updates should be made at least annually and always upon life-changing events (marriages, divorce, birth, new addresses, etc.). Don't delay - it's your responsibility to keep it current in vMPF. For more information, call (210) 652-2104 or 652-3192.

SURVIVOR BENEFITS PLAN MASS BRIEFING

Aug. 11 & Sept. 8 9-10:30 a.m.

The Survivor Benefit Plan briefing helps service members and their spouse become familiar with options, effects, and advantages of SBP. Prospective retirees are required by law to attend an SBP 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 652-3192 to register. *Mode: Hybrid.*

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.



We know the system. We can help.

EFMP ORIENTATION

Aug. 11, 25 & Sept. 19 Noon to 1:30 p.m.

Whether newly enrolled or curious about the program, this orientation guides you in understanding the 3 arms that make up EFMP: Medical, Assignments, and Family Support. 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 helping agencies to provide education and promote family preparedness through readiness support. Call to register.

STRESS MANAGEMENT

Aug. 3 10-11 a.m.
Examine the different causes of stress and learn techniques to effectively cope with every day stressors. Held in Partnership with Mental Health Outreach. *Mode: Virtual.*

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

Aug. 26 & Sept. 23 2-2:30 p.m.
Join us to receive valuable resources and talk with experts as we explore ways to get and stay connected. *Mode: Virtual.*



Sept. 14 8:30 a.m. to 2 p.m.
Spouses new to the military or new to JBSA receive information about the military mission and military lifestyle. Review topics to help adapt like acronyms, protocol, and local community resources. Supported by the Air Force Aid Society. *Mode: In-Person.*

UNDERSTANDING GRIEF

Sept. 29 10-11 a.m.
Learn about the stages of grief, ways to assist the bereaved, things you can say and share when attempting to comfort them. Held in partnership with a Military and Family Life Counselor (MFLC). *Mode: Virtual.*

VOLUNTEER SERVICES

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

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

DEPLOYMENT READINESS

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

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

POST-DEPLOYMENT REUNION & REINTEGRATION

Tuesdays 9-9:30 a.m.
All military members returning from deployment, remote assignments or TDY's longer than 30 days, are required to attend. Spouses are encouraged to attend. One-on-one sessions are available by request. *Mode: Hybrid.*

PRE-DEPLOYMENT BRIEFING

Aug. 9, 23 & Sept. 6, 20 10-10:30 a.m.
All service members scheduled to deploy or go on a remote assignment are required to attend. Members are educated on M&FRC, DoD, and 3rd party services available during all stages of deployment. Spouses are encouraged to attend. One-on-one sessions are available by request. *Mode: Hybrid.*

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.



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:

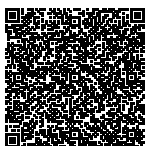
Monday-Friday 7:30 a.m. to 4:30 p.m.

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

