

JOINT BASE SAN ANTONIO

MILITARY & FAMILY READINESS CENTERS

CALENDAR OF EVENTS
APRIL-MAY 2023



Volunteer Opportunities • Information & Referral • Relocation Readiness • Family Life • Employment Assistance • Transition Assistance • Armed Forces Action Plan • Exceptional Family Members • Team Building • Survivor Benefit Services • Professional Development • Casualty Assistance • Deployment Readiness • Unit Family Readiness • Federal Voting Assistance • Military & Family Life Counselors • Financial Readiness • Resiliency • 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
Air Force Families Forever
Armed Forces Action Plan
Casualty Assistance
Deployment Readiness
Employment & Career Development
Exceptional Family Member Program
Financial Readiness
Heart Link
Hearts Apart
Information & Referral

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

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

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

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

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

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



JBSA-Fort Sam Houston

Mon-Fri 7 AM-4:30 PM

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



JBSA-LACKLAND

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

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



JBSA-RANDOLPH

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

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

Services & Operational Status

M&FRC offers different modes of services and workshops:

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

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

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

JBSA-Lackland
(210) 671-3722
802fss.fsfrc@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 APRIL-MAY 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		APRIL	MAY	PAGE	SITE
RELOCATION	First Move for Military Spouses	27	25	p. 7	 FSH
	Immigration & Citizenship	26	24	p. 8	 FSH
	Newcomer's Orientation	W	W	p. 17	 LAK
	Newcomer's Orientation	3	15	p. 24	 RND
	Newcomer's Orientation	7, 21	5, 19	p. 7	 FSH
	Newly Assigned CC/CCC/CCF	4	2	p. 24	 RND
	Newly Assigned CC/CCC/CCF	18	--	p. 17	 LAK
	JBSA Pre-Arrival Orientation	25	23	p. 24	 JBSA
	Randolph Guided Tour	3	15	p. 24	 RND
	Supplemental Sponsorship Training	20	18	p. 7	 FSH
Trails & Tales Guided Tour	13	11	p. 7	 FSH	
FINANCIAL	Blended Retirement System	--	4	p. 25	 RND
	Build A Budget	27	18	p. 18	 LAK
	Consumer Protection	--	19	p. 9	 FSH
	Continuation Pay	7	5	p. 8	 FSH
	Credit & Debt Management	--	3	p. 9	 FSH
	Divorce & Financial Readiness	21	19	p. 9	 FSH
	How to Budget	11	9	p. 8	 FSH
	How to Raise Financially Fit Kids	18	--	p. 8	 FSH
	Marriage & Financial Readiness	21	19	p. 9	 FSH
	Moving Out of the Dorms	9	11	p. 18	 LAK
Officer First Duty Station Financial Training	25	9	p. 25	 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		APRIL	MAY	PAGE	SITE
	Officer First Duty Station Financial Training	26	24	p. 18	LAK
	Promotions & Financial Readiness	7	5	p. 8	FSH
	Save for the Unexpected	5	--	p. 8	FSH
	Saving & Investments	14	--	p. 8	FSH
	Retirement Planning Starter - TSP Vesting	12	10	p. 8	FSH
EMPLOYMENT	Acing the Interview	19	--	p. 9	FSH
	Acing the Interview	--	9	p. 19	LAK
	Conversational Interviewing Skills	--	17	p. 10	FSH
	Explore Business Ownership	20	--	p. 18	LAK
	Fresh Look Federal Resume	--	31	p. 10	FSH
	LinkedIn 101	26	--	p. 9	FSH
	LinkedIn 101	--	24	p. 9	FSH
	LinkedIn with a Recruiter	--	23	p. 19	LAK
	Renovating Your Resume	--	10	p. 10	FSH
	Ready, Set, Resume	12	--	p. 9	FSH
	Ready, Set, Resume	--	23	p. 26	RND
	Reverse Career Fair	27	--	p. 19	LAK
	Tips for Writing A Federal Resume	11	--	p. 18	LAK
	USAJOBS Navigation & Federal Resume	5	--	p. 9	FSH
	USAJOBS Navigation & Federal Resume	25	30	p. 25	RND
Your Pathways to Employment	24	22	p. 9	FSH	
TRANSITION ASSISTANCE	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 10	FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 19	LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 26	RND
	Pre-Separation Counseling (Step 2)	3, 17	1, 15	p. 19	LAK
	Pre-Separation Counseling (Step 2)	5, 12, 26	3, 10, 17, 24, 31	p. 10	FSH
	Pre-Separation Counseling (Step 2)	5, 19, 26	3, 17, 24	p. 26	RND
	DoD Transition Day (Step 3)	3, 17, 18, 24	1, 8, 9, 22	p. 10	FSH
	Executive TAP (E-TAP) Workshop (4-day) (Step 3)	18-21	--	p. 26	RND
	TAP Workshop (3-day) (Step 3)	3-5, 17-19	1-3, 15-17	p. 19	LAK
	TAP Workshop (3-day) (Step 3)	10-12	8-10	p. 26	RND
	VA Benefits & Services	4, 17, 18, 25	2, 8, 9, 23	p. 11	FSH
	VA Benefits & Services	4, 18	2, 16	p. 19	LAK
	VA Benefits & Services	28	19	p. 26	RND
	Benefits Delivery at Discharge Workshop & Claims	12	18	p. 11	FSH
	DoD SkillBridge Career Skills Program Overview	4, 18	9, 23	p. 12	FSH
	DoL Career & Credential Exploration (2-day)	13-14	--	p. 27	RND
	DoL Career & Credential Exploration (2-day)	13-14	15-16	p. 11	FSH
	DoL Career & Credential Exploration (2-day)	--	18-19	p. 20	LAK
	DoL Employment Fundamentals of Career Transition	5, 19, 26	3, 10, 24	p. 11	FSH
DoL Employment Workshop (2-day)	6-7, 20-21, 27-28	4-5, 11-12, 25-26	p. 11	FSH	
DoL Employment Workshop (2-day)	6-7, 20-21	4-5, 18-19	p. 20	LAK	

EVENT		APRIL	MAY	PAGE	SITE
	DoL Employment Workshop (2-day)	--	11-12	p. 27	RND
	Employer Day	--	10, 11, 19	p. 11	FSH
	Managing Your (My) Education (2-day)	6-7, 20-21	4-5, 18-19	p. 20	LAK
	Managing Your (My) Education (2-day)	10-11	15-16	p. 11	FSH
	Mock Interviews with TVC	4	2	p. 12	FSH
	SFAC Roundtable	14, 28	12, 26	p. 12	FSH
	TAP Too	--	23	p. 27	RND
EFMP	EFMP Family Connections	25	23	p. 13	FSH
	EFMP Orientation	3	15	p. 29	RND
	EFMP Orientation	27	--	p. 21	LAK
	EFMP: What Does it Mean to Me?	13	--	p. 13	FSH
	Eggapalooza	1	--	p. 28	RND
	Lunch & Learn with EFMP: ABA Concepts	--	17	p. 13	FSH
	Lunch & Learn with EFMP: SSI & Medicaid Waivers	19	--	p. 13	FSH
	Seeking a Mental Health Professional for Your Child	--	25	p. 21	LAK
	Strike Out Challenges	--	5	p. 12	FSH
PERSONAL, FAMILY & WORK LIFE	Adoption & Foster Care Seminar	--	25	p. 22	LAK
	Car Seat 101	4	2	p. 13	FSH
	Dad's Support Group	11	9	p. 22	LAK
	Four Lenses Temperament Discovery	--	19	p. 22	LAK
	Gold Star Spouses Day	5	--	p. 28	JBSA
	Heart Link: Spouse Orientation	27	--	p. 22	LAK
	Heart Link: Spouse Orientation	--	3	p. 28	RND
	Love & Logic® Parenting	26	--	p. 29	RND
	Marrying the Military	--	12	p. 14	FSH
	Master Resiliency Training- Balance Your Thinking	25	--	p. 15	FSH
	Master Resiliency Training- Hunt the Good Stuff & ATC	--	9	p. 15	FSH
	Master Resiliency Training- Physical Resilience	11	--	p. 15	FSH
	Microsoft Office: Access (3-day)	14-16	--	p. 10	FSH
	Microsoft Office: PowerPoint (3-day)	11-13	--	p. 10	FSH
	Microsoft Office: Word (3-day)	6-8	--	p. 10	FSH
	Play & Learn Playgroup	11, 25	9, 23	p. 14	FSH
	Recovering From a Divorce	18	--	p. 29	RND
	Single Parent Support Group	5	3	p. 21	LAK
	Supporting the Bereaved	--	17	p. 29	RND
	Survivor Benefit Plan Group Briefing	5, 13, 19, 27	3, 11, 17, 25	p. 20	LAK
	Survivor Benefit Plan Group Briefing	13	11	p. 28	RND
	Test Taking Strategies & Tips	17	--	p. 22	LAK
	Twogether in TX: Premarital Education	--	25	p. 14	FSH
	Virtual Friday Q&A for Military Spouses	7	5	p. 13	FSH
	Virtual Friday Q&A for Military Spouses	14, 21, 28	5, 19	p. 22	LAK
	Virtual Friday Q&A for Military Spouses	14, 21, 28	5, 19	p. 29	RND

EVENT	APRIL	MAY	PAGE	SITE
What to Expect When Considering an Adoption	26	--	p. 14	FSH
What to Expect When You Have An Aging Parent	--	16	p. 29	RND
What to Say When Someone Is Grieving	--	17	p. 29	RND
Unit Voting Assistance Officer Training	19	--	p. 23	LAK
Unit Voting Assistance Officer Training	27	--	p. 31	RND
UNIT FAMILY READINESS				
R.E.A.L. Command Family Readiness Representative	25	--	p. 16	FSH
R.E.A.L. Command Team Training	4	--	p. 16	FSH
R.E.A.L. Fund Custodian Training	19	--	p. 16	FSH
R.E.A.L. Key Contacts Training	--	17	p. 16	FSH
R.E.A.L. SFRG Leaders Training	--	2	p. 16	FSH
Key Spouse Annual SAPR & Suicide Awareness Training	26	--	p. 22	LAK
Key Spouse Initial Training	5	--	p. 30	RND
Key Spouse Initial Training (2-day)	--	10-11	p. 22	LAK
Key Spouse Continuing Education	--	9	p. 15	FSH
Key Spouse Mentor Training	Call to Register	Call to Register	p. 30	RND
Key Spouse Mentor Training	12	--	p. 15	FSH
Key Spouse Mentor Training	--	2	p. 22	LAK
Key Spouse Refresher Training	Call to Register	Call to Register	p. 30	RND
Key Spouse Refresher Training	26	--	p. 22	LAK
DEPLOYMENT				
Couples & Deployment	13, 27	11	p. 15	FSH
Deployment & the Single Service Member	13, 27	11	p. 15	FSH
Kids & Deployment	13, 27	11	p. 15	FSH
Pre-Deployment Briefing	M & W	M & W	p. 23	LAK
Pre-Deployment Briefing	Call to Register	Call to Register	p. 30	RND
Pre-Deployment Briefing	6	4	p. 14	FSH
Pre-Deployment Briefing	20	18	p. 14	FSH
Post-Deployment Reunion & Reintegration	M & W	M & W	p. 23	LAK
Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p. 30	RND
Post-Deployment Reunion & Reintegration	6	4	p. 15	FSH
Post-Deployment Reunion & Reintegration	20	18	p. 15	FSH

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

April 2023

Child Abuse Prevention Month
 Month of the Military Child
 National Financial Literacy Month
 Sexual Assault Awareness Month
 5 Gold Star Spouses Day
 14 Air Force Reserve Birthday
 17-23 Volunteer Appreciation Week
 15 Tax Day
 23 Army Reserve Birthday

May 2023

Month of the Military Caregiver
 National Military Appreciation Month
 Mental Health Awareness Month
 6 Military Spouse Appreciation Day
 20 Armed Forces Day
 26 **AETC Family Day/Army Training Day (All Centers Closed)**
 29 **Memorial Day (All Centers Closed)**

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

April 7, 21 & May 5, 19 8 a.m. to Noon

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

TRAILS & TALES GUIDED TOUR

April 13 & May 11 9-11:45 a.m.

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

FIRST MOVE FOR MILITARY SPOUSES

April 27 & May 25 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.*

ARE YOU PCS'ING TO JBSA?

See page 24 for details about the JBSA Pre-Arrival Orientation.



SUPPLEMENTAL SPONSORSHIP TRAINING

April 20 & May 18 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 *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.*

IMMIGRATION & CITIZENSHIP**April 26 & May 24 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. Join us in observing service members and their families take the Oath of Allegiance during the Naturalization Ceremony. Registration is not required, call for more information.

*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.

SAVE FOR THE UNEXPECTED**April 5 9:30-11:30 a.m.**

Life is full of unexpected turns that can derail your financial stability. Discover tips to help build and grow an emergency fund and be prepared for financial emergencies.

*Mode: In-Person.***CONTINUATION PAY****April 7 & May 5 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. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

PROMOTIONS & FINANCIAL READINESS**April 7 & May 5 1-2 p.m.**

Discover tips to help make the most of your new financial opportunity and learn how to

set up spending goals, reduce excessive debt, grow your retirement, set emergency funds, and more. This training fulfills a DoD Financial Touchpoint requirement. *Mode: In-Person.*

**RETIREMENT PLANNING
STARTER - TSP VESTING****April 12 & May 10 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.*

HOW TO BUDGET**April 11 & May 9 9:30-11:30 a.m.**

This hands-on, guided process explains 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.*

SAVING & INVESTMENTS**April 14 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.*

HOW TO RAISE FINANCIALLY FIT KIDS**April 18 9:30-11:30 a.m.**

Discover ways to effectively communicate and teach money management with your children to help them become financially secure adults. Parents review concepts to help kids understand the basis of money and how to manage it. *Mode: In-Person.*



MARRIAGE & FINANCIAL READINESS

April 21 & May 19 1-2 p.m.

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.*

DIVORCE & FINANCIAL READINESS

April 21 & May 19 1-2 p.m.

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

CREDIT & DEBT MANAGEMENT

May 3 9-11 a.m.

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

**CONSUMER PROTECTION**

May 19 9-11 a.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

Schedule an Appointment (210) 850-2152

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

USA JOBS NAVIGATION & FEDERAL RESUME

April 5 1-3 p.m.

Learn the building blocks of a successful federal resume. Discuss the federal hiring process, eligibility, preferences, and navigate the site to use it as leverage for an effective application process.

*Mode: In-Person.***READY, SET, RESUME**

April 12 1-2 p.m.

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

ACING THE INTERVIEW

April 19 1-2 p.m.

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

YOUR PATHWAYS TO EMPLOYMENT

April 24 & May 22 9-10 a.m.

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

LINKEDIN 101

👤 April 26 1-2 p.m.

📶 May 24 1-2 p.m.

If you're looking for a job, LinkedIn is a must for your social media toolbox! Discuss the benefits and learn how to create a professional profile that showcases your abilities and accomplishments. *April Mode: In-Person; May Mode: Virtual.*

RENOVATING YOUR RESUME

May 10 1-2 p.m.

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

CONVERSATIONAL INTERVIEW SKILLS

May 17 1-2 p.m.

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

Freshlook FEDERAL RESUME

May 31 1-4 p.m.

Take a fresh look at your current federal resume. Learn how to craft or revise it by reviewing how to break down a federal job description and get tips to help tailor your resume. *Mode: Hybrid.*



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.fsyrr.tap@us.af.mil to schedule an appointment or register.

INDIVIDUALIZED INITIAL COUNSELING

Monday-Friday Call to Register

Those separating or retiring from active duty must meet with a counselor to officially start the transition process. This one-on-one counseling session must 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

April 5, 12, 26 & May 3, 10, 17, 24, 31
9 a.m. to Noon

This is the second step of the formal transition process, like the Individualized Initial Counseling (IIC), it must also begin **no later than 365 days before** your transition date. Review by-law information to include benefits, entitlements, and resources for eligible transitioning service members. Caregivers and spouses are encouraged to attend with their service member. **Prerequisite: IIC.** *Mode: In-Person.*

DOD TRANSITION DAY

Executive: April 3, 24 & May 8 8 a.m. to 4 p.m.
Separation: April 17 & May 1, 22 8 a.m. to 4 p.m.
SFAC/MEB: April 18 & May 9 8 a.m. to 4 p.m.

This day is comprised of the following required instructional classes: Managing Your Transition, MOS Crosswalk, and

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
April 6-8 • 11 a.m. to 1 p.m.



POWERPOINT
April 11-13 • 8-10 a.m.



ACCESS
April 14-16 • 11 a.m. to 1 p.m.

Financial Planning for Transition. **These classes are a requirement. Prerequisite: Pre-Separation. Mode: In-Person.**

VA BENEFITS & SERVICES

Executive: April 4, 25 & May 9 8 a.m. to 4 p.m.
Separation: April 18 & May 2, 23 8 a.m. to 4 p.m.
SFAC/MEB: April 17 & May 8 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 CAREER & CREDENTIAL EXPLORATION

April 13-14 & May 15-16 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.**



DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

Executive: April 5, 26 & May 10 8 a.m. to 4 p.m.
Separation: April 19 & May 3, 24 8 a.m. to 4 p.m.
SFAC/MEB: April 19 & May 10 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.

DOL EMPLOYMENT WORKSHOP

Executive: April 6-7, 27-28 & May 11-12
Separation: April 20-21 & May 4-5, 25-26
SFAC/MEB: April 20-21 & May 11-12
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

April 10-11 & May 15-16 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.**



BENEFITS DELIVERY DISCHARGE WORKSHOP & CLAIMS

April 12 & May 18 9-11 a.m. & 1-3 p.m.

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

EMPLOYER DAY

May 10, 11, 19 10 a.m. to 1 p.m.

Network with various local hiring officials and mission partners to learn about employment opportunities prior to

transitioning out of the military. Interviews may be held on-site, be sure to bring copies of your resume and dress to impress. *Mode: In-Person.*

MOCK INTERVIEWS WITH TVC

April 4 & May 2 **8 a.m. to 4 p.m.**

A veterans career advisor from the Texas Veterans Commission conducts a custom mock panel interview specific to the choice career field. *Mode: In-Person.*

SFAC ROUNDTABLE

April 14, 28 & May 12, 26 **9-11 a.m.**

This focus group provides resources and answered to questions regarding the MEB process. *Mode: In-Person.*

DOD SKILLBRIDGE CAREER SKILLS PROGRAM OVERVIEW

April 4, 18 & May 9, 23 **1-2 p.m.**

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

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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

Military & Family Life Counselors help service members, their families, and significant others by discussing issues from deployment and reintegration, marriage and relationships, stress, anxiety, anger,

grief and loss, and other life concerns. Consultations are anonymous, no records kept. Unit briefings or trainings are also available. Call to schedule a one-on-one consultation or a group meeting. For Child and Youth Behavioral, call (210) 627-0400, 627-5665, or 627-7617.

PERSONAL FINANCIAL COUNSELOR

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

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. To register for an event, send an to email 802fss.fsyf.
efmp-fs@us.af.mil.



May 5 **5-7 p.m.**

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

WHAT DOES IT MEAN TO ME?

April 13

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: Virtual.*

LUNCH & LEARN WITH EFMP

Join us in sharing helpful resources and ways to overcome challenges.

SSI & Medicaid Waivers

📶 April 19

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

A guest speaker from Texas Parent to Parent (TxP2P), provides an overview of Social Security benefits for people with disabilities, Medicaid waivers, and other disability resources. *Mode: Virtual.*

ABA Concepts

👤 May 17

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

Learn effective methods to help manage challenging behavior and help your child grow and develop skills that will help them throughout life. Modify behavioral characteristics through redirection and choice by integrating behavior-changing strategies into everyday life. *Mode: In-Person.*



EFMP FAMILY CONNECTIONS

April 25: Autism Awareness

1-2 p.m.

May 23: Mental Health Awareness

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 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 at the M&FRC every 1st Tuesday and 3rd Wednesday from 7:30 a.m. to 4 p.m. to learn about nutrition, breastfeeding, counseling services, and more. Open to all JBSA patrons. Call (210) 954-4566 to schedule an appointment. WIC is an equal opportunity program.

CAR SEAT 101

April 4 & May 2

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.*

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

April 7 & May 5

11-11: 30 a.m.

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

PLAY & LEARN PLAYGROUP

April 11, 25 & May 9, 23 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**

April 26 1-3:30 p.m.

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

*Mode: Virtual.***MARRY THE MILITARY**

May 12 9 a.m. to 1 p.m.

Are you about to become a military spouse? Before you tie the knot, explore what it takes to become a military spouse by learning about the unique challenges and benefits of the military lifestyle. *Mode: Virtual.*

**TWOGETHER IN TX**

May 25 8 a.m. to 5 p.m.

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

**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. *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.

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

👤 April 6 & May 4 8-10 a.m.

📶 April 20 & May 18 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

📍 April 6 & May 4 10 a.m. to Noon

📶 April 20 & May 18 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

April 13, 27 & May 11 9-10 a.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

April 13, 27 & May 11 9-10 a.m.

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

KIDS & DEPLOYMENT

April 13, 27 & May 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.*



MRT: PHYSICAL RESILIENCY

April 11 9-10 a.m.

This Master Resiliency Training focuses on prioritizing your health to improve productivity, energy, and mood. Learn how to strengthen your physical resilience and improve your well-being. *Mode: In-Person*

MRT: BALANCE YOUR THINKING

April 25 1-2 p.m.

Participants discover methods to help perceive situations accurately and react productively based on evidence and facts. Learn how this resilience skill can help you respond to a situation in ways that align with your values and goals and avoid cognitive traps that could obscure your perception. *Mode: In-Person.*

MRT: HUNT THE GOOD STUFF & ATC

May 9 1-2 p.m.

Discuss how to Hunt the Good Stuff to counter the negativity bias, create positive emotion, and notice and analyze what is good during this Master Resiliency Training. 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.*

KEY SPOUSE MENTOR TRAINING

April 12 9-10 a.m.

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

KEY SPOUSE CONTINUING EDUCATION

May 9 9-11 a.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

R.E.A.L. COMMAND TEAM TRAINING

April 4 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. SFRG LEADERS TRAINING**

May 2 9-11 a.m.

Soldier & Family Readiness Group Leaders review roles, expectations, and responsibilities within the SFRG and Command, as well as how to set-up, maintain, and handle the challenges within the SFRG arena. *Mode: In-Person.*

R.E.A.L. KEY CONTACTS TRAINING

May 17 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.*



SOLDIER & FAMILY READINESS GROUP

R.E.A.L. Fund Custodian Training

April 19 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.*

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

April 25 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) 221-8683

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

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.

ARE YOU PCS'ING TO JBSA?

See page 24 for details about the JBSA Pre-Arrival Orientation.

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 details. To register, visit <https://www.signupgenius.com/go/10c0f44acac28a1ffc8-jbsalackland>. Mode: In-Person; Mitchell Hall, Bldg. 2300.

NEWLY ASSIGNED COMMANDERS & FIRST SERGEANTS BRIEFING

April 18 8-11:45 a.m.

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

FINANCIAL READINESS

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

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

MANDATORY FINANCIAL TOUCHPOINTS

Call to schedule an appointment.

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

MOVING OUT OF THE DORM

April 9 & May 11

10-11 a.m.

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

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

April 26 & May 24

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. This training fulfills the DoD requirements of the Financial Touchpoint. *Mode: In-Person.*



April 27 & May 18

10 a.m. to Noon

Building a budget can help identify signs of impending financial challenges. Learn how to create an effective plan that integrates income, savings, expenses, and debt. *Mode: In-Person.*

EMPLOYMENT READINESS

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

Employment Readiness helps patrons build essential skills for 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

Schedule an Appointment (210) 850-2152

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

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>.

**TIPS FOR WRITING A FEDERAL RESUME**

April 11

1-3 p.m.

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

**EXPLORE BUSINESS OWNERSHIP**

April 20

1-3 p.m.

A guest speaker from FranNet provides information on business ownership and franchise opportunities. Learn about businesses that thrive in all economic conditions. *Mode: In-Person.*

REVERSE CAREER FAIR

April 27

10 a.m. to 1 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



ACING THE INTERVIEW

May 9

5:30-7:30 p.m.

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

Mode: In-Person

LINKEDIN WITH A RECRUITER

May 23

1-3 p.m.

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

TRANSITION ASSISTANCE PROGRAM

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

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

INDIVIDUALIZED INITIAL COUNSELING

Call to schedule an appointment.

Service members begin the transition process by completing a self-assessment to identify post-transition goals and develop an Individual Transition Plan. Those separating or retiring from active duty must complete this mandatory 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

April 3, 17 & May 1, 15

7:30-10:30 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

April 3-5, 17-19 & May 1-3, 15-17

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

April 4, 18 & May 2, 16

8 a.m. to 2 p.m.

This is a repeat of the course held on the second day of the 3-day TAP Workshop for those who want to review. This course is also offered at tapevents.mil/courses.

Optional repeat of course. Prerequisite: 3-day TAP Workshop. *Mode: In-Person.*

MANAGING YOUR (MY) EDUCATION

April 6-7, 20-21 & May 4-5, 18-19 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, 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**

April 6-7, 20-21 & May 4-5, 18-19 8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor provides information to help stay current in a competitive job market. Learn how to build an effective resume, brush up on interviewing skills, and review emerging technology for networking. **Subject to individual plans, this class may be required; prerequisite: TAP Workshop.** *Mode: In-Person.*

DOL CAREER & CREDENTIAL EXPLORATION

May 18-19 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. at jbsaskillbridge.eventbrite.com to spotlights of approved partners. For more information, call your hosting location: FSH (210) 488-4119, LAK (210) 563-8223, or RND (210) 727-1281.

SURVIVOR BENEFITS

JBSA-LAK • Bldg. 5616
(210) 671-3243, 671-3216, 671-3796

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

SURVIVOR BENEFIT PLAN GROUP BRIEFING

Call to schedule an appointment:

April 5, 13, 19, 27 & May 3, 11, 17, 25

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

RECORD OF EMERGENCY DATA

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



SEEKING A MENTAL HEALTH PROFESSIONAL FOR YOUR CHILD

May 25

Noon to 1 p.m.

Do you know what questions to ask when interviewing or considering a licensed professional counselor or a pediatric psychiatrist for your child? Guest speaker, Jihan Woods M.D. and MFLC, touches on mental health, tips to help parents when seeking help for their child, and a Q&A session after the presentation. *Mode: Virtual.*

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

April 27

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.

SINGLE PARENT SUPPORT GROUP

April 5 & May 3

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

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

Mode: In-Person.

DAD'S SUPPORT GROUP

April 11 & May 9

3:30-4:30 p.m.

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

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

April 14, 21, 28 & May 5, 19

11-11:30 a.m.

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

TEST TAKING STRATEGIES & TIPS

April 17

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

Learn test-taking strategies and tips to help you master multiple-choice questions and overcome test anxiety. *Mode: Virtual.*

HEART LINK *Spouse Orientation*

April 27

10 a.m. to 1 p.m.

Spouses new to the military or JBSA get familiar with their military community and connect with other spouses. Learn about customs, courtesies, ranks, acronyms, resources, and more.

Mode: In-Person; Mitchell Hall, Bldg. 2300.

**FOUR LENSES**
TEMPERAMENT DISCOVERY

May 19

9 a.m. to Noon

During this interactive workshop, learn to identify temperament styles and how each one measures self-worth. Expose attitudes and probable motivation behind behavior while learning to identify natural talents, improve communication, and embrace diversity. *Mode: In-Person.*

ADOPTION & FOSTER CARE SEMINAR

May 25

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. This seminar fulfills the state requirement for prospective foster and adoption parents to attend an informational orientation. *Mode: Virtual.*

KEY SPOUSE ANNUAL SAPR & SUICIDE AWARENESS TRAINING

April 26

10 a.m. to Noon

Suicide Awareness & Prevention and Sexual Assault Prevention & Response training is an Air Force annual requirement for appointed Key and Mentor Spouses. *Mode: In-Person.*

KEY SPOUSE REFRESHER TRAINING

April 26

6-7 p.m.

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

KEY SPOUSE MENTOR TRAINING

May 2

9-10 a.m.

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

KEY SPOUSE INITIAL TRAINING

May 10-11

5:30-8 p.m.

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



VOLUNTEER SERVICES

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

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



DEPLOYMENT READINESS

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

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

PRE-DEPLOYMENT BRIEFING

Mondays & Wednesdays 9-10 a.m.

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

Mode: In-Person.

POST-DEPLOYMENT REUNION & REINTEGRATION

Mondays & Wednesdays 1-2 p.m.

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

FEDERAL VOTING ASSISTANCE PROGRAM

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

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

UNIT VOTING ASSISTANCE OFFICER TRAINING

April 19 9-11 a.m.

Newly appointed Unit Voting Assistance Officers (UVAO) learn about their roles and responsibilities for assisting eligible voters. Discover helpful resources and reference tools, and how to submit quarterly reports.

Mode: In-Person.



JBSA-RANDOLPH

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 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.

NEWCOMER'S ORIENTATION

April 3 & May 15 **8 a.m. to Noon**
Mandatory in-processing for all newly assigned JBSA-Randolph military and civilian personnel. Spouses are welcome to attend. Contact your CSS to register.
Mode: In-Person.

RANDOLPH GUIDED TOUR

April 3 & May 15 **1-2 p.m.**
Join us for a guided tour to familiarize yourself with key sites and amenities on the installation; registration is required. Open to all DoD ID cardholders.
Mode: In-Person.

NEWLY ASSIGNED COMMANDER, COMMAND CHIEF & FIRST SERGEANTS BRIEFING

April 4 & May 2 **8 a.m. to Noon**
Commanders, Command Chiefs, and First Sergeants; this mandatory briefing satisfies AFI requirements while introducing key personnel from the M&FRC, Equal Opportunity, Family Advocacy, HIPAA, and Legal. *Mode: In-Person.*

Newcomers Welcome to Joint Base San Antonio



PCS is a Family Affair

JBSA PRE-ARRIVAL ORIENTATION

April 25 & May 23 **8-9 a.m. & 5-6 p.m.**
Early preparation is key to a smooth PCS. Inbound service members, families, and DoD civilians are introduced to JBSA by learning about local housing, child care, health care, education and school options, employment opportunities, and more prior to their arrival. *Mode: Virtual.*

FINANCIAL READINESS

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

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 and avoid money management issues.

OFFICER FIRST DUTY STATION MANDATORY FINANCIAL TRAINING

April 25 & May 9 10 a.m. to Noon

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



BLENDING RETIREMENT SYSTEM

May 4 10-11:30 a.m.

How much do you really know about the Blended Retirement System? Find out what it means to your financial future. Review the basics, contributions and government matching, and the new recently introduced fund options. *Mode: In-Person.*

MANDATORY FINANCIAL TOUCHPOINTS

Call to schedule an appointment.

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



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

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 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>.



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

April 25 & May 30 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, and navigate the site to use it as leverage for an effective application process. *Mode: In-Person.*

JBSA-RND M&FRC



READY, SET, RESUME

May 23

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 help service members prepare for their military to civilian transition and meet their post-military goals. Individualized Initial Counseling and Pre-Separation Counseling are also mandatory for those planning to re-enlist. Call to schedule an appointment or register.

INDIVIDUALIZED INITIAL COUNSELING

Call 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. *Appointments are available in-person and virtual.*

PRE-SEPARATION COUNSELING

April 5, 19, 26 & May 3, 17, 24 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

April 10-12 & May 8-10

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.*

EXECUTIVE TAP (E-TAP) WORKSHOP

April 18-21

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

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

VA Benefits and Services

April 28 & May 19

8 a.m. to 4:30 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

April 13-14

8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor guides those pursuing career technical training. Discuss different vocational fields and identify the skills needed to develop an action plan for achieving career goals. Review accredited training institutions and credentialing programs. **Subject to individual plans, this class may be required; prerequisite: TAP workshop.** *Mode: In-Person.*



DOL EMPLOYMENT WORKSHOP

May 11-12

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

ARE YOU PREPARED

FOR YOUR SERVICE MEMBER'S RETIREMENT OR SEPARATION?

TAP TOO

May 23

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.*



CASUALTY ASSISTANCE

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

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

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

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

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.

GOLD STAR SPOUSE DAY

April 5 Noon to 1:30 p.m.

In honor of Gold Star Spouses day, Air Force Families Forever and Survivor Outreach Service recognize and share resources with Gold Star Spouses. *Mode: In-Person; FSH-Survivor Outreach Services, Bldg. 1039.*

SURVIVOR BENEFIT PLAN GROUP BRIEFING

April 13 & May 11 9-10:30 a.m.

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



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.

EGGAPALOOZA

April 1 8:30-9:30 a.m.
Registration Deadline: March 24

In honor of Month of the Military Child, EFMP and Hearts Apart Families enjoy refreshments and activities. Afterwards, head over to the 502 FSS Purple Up Party at Heritage for more fun activities. Register online at <https://e.afit.edu/JhhpbcTT>. *Mode: In-Person.*





EFMP ORIENTATION

April 3 & May 15

12:30-1:30 p.m.

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

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES

April 14, 21, 28 & May 5, 19

11-11:30 a.m.

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

RECOVERING FROM A DIVORCE

April 18

Noon to 1:30 p.m.

Those going through a separation or who have recently divorced review common challenges, emotional and physical symptoms, coping strategies, reactions a child may have, and more. Held in partnership with MFLC. *Mode: Virtual.*

LOVE & LOGIC® PARENTING

April 26

9-10 a.m.

The Love and Logic approach to parenting provides practical techniques parents can

use to help raise responsible children of any age. Establish a strong foundation focused on good behavior and healthy decision-making skills. Held in partnership with Mental Health. *Mode: Virtual.*

HEART LINK: SPOUSE ORIENTATION

May 3

8:30 a.m. to Noon

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

WHAT TO EXPECT WHEN CARING FOR AN AGING PARENT

May 16

9 a.m. to Noon

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

WHAT TO SAY WHEN SOMEONE IS GRIEVING

May 17

9-10 a.m.

Learn about the different stages of grief, ways to assist the bereaved, and things you can say or share when attempting to comfort them. Held in partnership with MFLC. *Mode: Virtual.*

SUPPORTING THE BEREAVED

May 17

10-11 a.m.

Learn how to comfort the bereaved by reviewing different stages of grief, physical and emotional reactions to grief, and survivor's guilt. Discuss special considerations when the bereaved is a long distance away. Held in partnership with MFLC. *Mode: Virtual.*



KEY SPOUSE INITIAL TRAINING

April 5 9 a.m. to 3 p.m.

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

KEY SPOUSE MENTOR TRAINING**Call to schedule an appointment.**

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

KEY SPOUSE REFRESHER TRAINING**Call to schedule an appointment.**

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

**VOLUNTEER SERVICES**

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

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

**DEPLOYMENT READINESS**

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

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

PRE-DEPLOYMENT BRIEFING AND POST-DEPLOYMENT REUNION & REINTEGRATION**Call to schedule an appointment.**

A mandatory 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) 652-3112

The Federal Voting Assistance Program (FVAP) provides information to service members, their family, and overseas citizens. Services include assistance with

voter registration, absentee voting, how to fill out forms, and more. FVAP is open Monday through Friday from 7:30 a.m. to 4:30 p.m., email vote.randolph@us.af.mil for details.



UNIT VOTING ASSISTANCE OFFICER TRAINING

April 27 9-10:30 a.m.

Newly appointed Unit Voting Assistance Officers (UVAO) are required to complete this training per DoDI 1000.4. Learn about role responsibilities, the absentee voting process, resources for conducting a successful program, how to submit quarterly reports, and finding help from the Federal Voting Assistance Program. To register, email vote.randolph@us.af.mil.
Mode: Virtual.



SUBSCRIBE

Get the latest bi-monthly Calendar of Events Booklet delivered directly to your inbox.

Send an email to

802fss.fsyf.jbsaevents@us.af.mil

with "add me" in the subject line, or scan the QR code. Be the first to know about events and workshops!



ARMED FORCES

ACTION PLAN AFAP

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

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

They were all AFAP issues.

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

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

Submit an issue!



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



JBSA-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

