

APRIL-MAY

Calendar of Events



- ARMED FORCES ACTION PLAN • CASUALTY ASSISTANCE • DEPLOYMENT READINESS • EMPLOYMENT ASSISTANCE •
- EXCEPTIONAL FAMILY MEMBERS • FAMILY LIFE • FINANCIAL READINESS • INFORMATION & REFERRAL •
- MILITARY & FAMILY LIFE COUNSELORS • MILITARY RELIEF SOCIETIES • PROFESSIONAL DEVELOPMENT •
- RELOCATION READINESS • RESILIENCY • SURVIVOR BENEFIT SERVICES • TEAM BUILDING • TRANSITION ASSISTANCE •
- UNIT FAMILY READINESS • VOLUNTEER OPPORTUNITIES • WORK LIFE • VOTING ASSISTANCE •

THREE LOCATIONS TO SERVE JBSA

FORT SAM HOUSTON - LACKLAND - RANDOLPH

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

JBSA-MILITARY & FAMILY READINESS FLIGHT

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

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

- | | |
|-----------------------------------|-----------------------------------|
| Aid Societies, Financial Relief | 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. The JBSA M&FR flight encourages all people to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call in advance of your participation or visit.



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



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



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

Services & Operational Status

M&FRC offers different modes of services and workshops:

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

CALENDAR OF EVENTS APRIL-MAY 2024

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT	APRIL	MAY	PAGE	SITE	
RELOCATION	Guided Tour, Trails & Tales of Fort Sam Houston	11	9	p. 9	FSH
	Guided Tour, Lackland	26	31	p. 9	LAK
	Guided Tour, Randolph	1	13	p. 9	RND
	Immigration & Citizenship	24	22	p. 8	FSH
	JBSA Pre-Arrival Orientation	23	28	p. 8	JBSA
	Newcomer's Orientation	5, 19	3, 17	p. 8	FSH
	Newcomer's Orientation	10, 24	8, 22	p. 8	LAK
	Newcomer's Orientation	1	13	p. 8	RND
	Newly Assigned CC/CCC/CCF	16	--	p. 9	LAK
	Newly Assigned CC/CCC/CCF	--	7	p. 9	RND
	Supplemental Sponsorship Training	24	29	p. 8	LAK
	Supplemental Sponsorship Training	Call to Register	Call to Register	p. 8	RND
FINANCIAL	Credit Management	26	--	p. 10	FSH
	Debt Destroyer	--	23	p. 10	LAK
	Developing A Spending Plan	18	--	p. 10	FSH
	Home Buying	--	28	p. 10	FSH
	Home Buying	30	--	p. 10	LAK
	Home Buying	--	16	p. 10	RND
	First Duty Station Officer Course	--	14	p. 11	FSH
First Duty Station Officer Course	4	2	p. 11	LAK	

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	EVENT	APRIL	MAY	PAGE	SITE	
FINANCIAL CONT.	First Duty Station Officer Course	--	14	p. 11	👤 RND	Pre-Separation Counseling (Step 2)	3, 10, 17, 24	1, 8, 15, 22, 29	p. 15	👤 FSH	
	Fundamentals of Finance	--	28	p. 10	👤 LAK	Pre-Separation Counseling (Step 2)	8, 15	6, 13	p. 17	👤 LAK	
	Mandatory Financial Touchpoint	2	7	p. 10	👤 FSH	Pre-Separation Counseling (Step 2)	10, 24	1, 15, 22	p. 17	👤 RND	
	Moving Out of the Dorms	--	10	p. 10	👤 FSH	DoD Transition Day (Step 3)	1, 15, 22, 29	6, 13	p. 15	👤 FSH	
	Moving Out of the Dorms	18	16	p. 10	👤 LAK	Executive TAP Workshop (3-day) (Step 3)	9-12	--	p. 17	👤 RND	
	PCS Touchpoint Training	9, 23	21	p. 11	👤 FSH	TAP Workshop (3-day) (Step 3)	8-10, 15-17	6-8, 13-15	p. 17	👤 LAK	
	Retirement Planning for Military & GS	30	--	p. 11	👤 FSH	TAP Workshop (3-day) (Step 3)	15-17	6-8	p. 17	👤 RND	
	Save for the Unexpected	12	--	p. 11	👤 FSH	VA Benefits & Services	2, 16, 23, 30	7, 14	p. 15	👤 FSH	
	Saving & Investing 101	5	--	p. 11	👤 FSH	VA Benefits & Services	26	17	p. 17	👤 RND	
	Saving & Investing	16	--	p. 11	👤 RND	DoL Employment Fundamentals of Career Transition	3, 17, 24	1, 8, 15	p. 16	👤 FSH	
	Simple Spend Plan	23	21	p. 11	👤 LAK	DoL Employment Workshop (2-day)	4-5, 18-19, 25-26	2-3, 9-10, 16-17	p. 15	👤 FSH	
	Thrift Savings Plan	11	--	p. 11	👤 RND	DoL Employment Workshop (2-day)	11-12, 18-19	9-10, 16-17	p. 17	👤 LAK	
	EMPLOYMENT	Acing the Interview	17	15	p. 12	👤 FSH	DoL Employment Workshop (2-day)	--	9-10	p. 17	👤 RND
Acing the Interview		--	7	p. 12	👤 LAK	DoL Career & Credential Exploration (2-day)	11-12	22-23	p. 15	👤 FSH	
Explore Business Ownership		16	--	p. 12	👤 LAK	DoL Career & Credential Exploration (2-day)	--	16-17	p. 17	👤 LAK	
Interview Prep/Mock Board		Call to Register	Call to Register	p. 12	👤 RND	DoL Career & Credential Exploration (2-day)	18-19	--	p. 17	👤 RND	
LinkedIn 101		24	22	p. 12	👤 FSH	Entrepreneurship: Boots to Business (2-day)	--	29-30	p. 16	👤 FSH	
LinkedIn Bootcamp		3	--	p. 12	👤 RND	Managing Your (My) Education (2-day)	8-9, 25-26	9-10, 20-21	p. 16	👤 FSH	
LinkedIn Personal Branding		--	21	p. 12	👤 LAK	CSP Overview	2, 16	7, 21	p. 16	👤 FSH	
Microsoft Office: Access (3-day)		26-28	--	p. 13	📶 FSH	Benefits Delivery at Discharge Workshop & Claims	10	31	p. 16	👤 FSH	
Microsoft Office : Excel (3-day)		9-11	--	p. 13	📶 FSH	Benefits Delivery at Discharge Workshop & Claims	25	23	p. 17	👤 RND	
Microsoft Office: Excel Clinic		--	7, 8, 14	p. 14	📶 FSH	Mock Interviews with TVC	2	7	p. 16	👤 FSH	
Microsoft Office: Outlook (2-day)		23-24	--	p. 14	📶 FSH	TapToo	--	21	p. 18	👤 RND	
Microsoft Office: Powerpoint (2-day)		16-17	--	p. 14	📶 FSH	Texas Veterans Commission Sponsored Job Fair	--	14	p. 18	👤 RND	
Microsoft Office: Powerpoint Clinic		--	15	p. 14	📶 FSH	EFMP	EFMP: Family Connections	--	28	p. 19	👤 FSH
Microsoft Office: Teams (2-day)		23-25	--	p. 14	📶 FSH		EFMP Orientation	1	13	p. 19	📶 RND
Military Spouse Brewing Connections		--	10	p. 14	👤 FSH		EFMP: What Does it Mean to Me	11	--	p. 19	📶 FSH
Ready, Set, Resume		--	21	p. 13	📶 RND		Lunch & Learn with EFMP	17	15	p. 19	📶 FSH
Renovating your Resume		10	8	p. 13	👤 FSH		Navy EFMP Command POC Training	3	--	p. 19	👤 FSH
Reverse Career Fair		30	--	p. 13	👤 LAK	Strike out Challenges	5	3	p. 19	👤 FSH	
PERSONAL & FAMILY WORK LIFE		Salary Negotiation	--	14	p. 13	📶 RND	AFAP Focus Group	--	8	p. 20	📶 FSH
		Technology & You	--	21	p. 14	📶 FSH	Car Seat 101	2	7	p. 20	👤 FSH
	Tips for Writing a Federal Resume	9	--	p. 13	👤 LAK	emBOLDen	--	4	p. 22	👤 FSH	
	USAJOBS Navigation & Federal Resume	3	1	p. 13	👤 FSH	Heartlink: Arrive & Thrive	--	23	p. 20	👤 LAK	
	USAJOBS Navigation & Federal Resume	👤 23	📶 28	p. 13	📶 RND	Life Rhythm Series: Retuning Our Social Skills	--	15	p. 20	📶 RND	
	Your Pathways to Employment	22	27	p. 13	👤 FSH	KEYping Connected: American Red Cross	--	14	p. 20	📶 LAK	
	TAP	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 15	👤 FSH	Commander's Key Support Annual SAPR & Suicide Awareness Training	2	--	p. 21	👤 LAK
Individualized Initial Counseling (Step 1)		Call to Register	Call to Register	p. 15	👤 LAK	Key Support Liaison Initial Training	10	--	p. 21	👤 FSH	
Individualized Initial Counseling (Step 1)		Call to Register	Call to Register	p. 15	📶 RND	Key Support Liaison Initial Training	24	--	p. 21	📶 RND	

EVENT	APRIL	MAY	PAGE	SITE
PERSONAL & FAMILY WORK LIFE				
Key Support Liaison Continuing Education	–	29	p. 21	FSH
Key Support Liaison Continuing Education	17	--	p. 21	RND
Key Support Mentors Training	–	15	p. 21	FSH
Key Support Mentors Training	25	--	p. 21	LAK
Key Support Mentors Training	Call to Register	Call to Register	p. 21	RND
Key Support Liaison Refresher Training	25	--	p. 21	LAK
Key Support Liaison Refresher Training	Call to Register	Call to Register	p. 21	RND
Play & Learn Playgroup	9, 23	14, 28	p. 21	FSH
Spouses Conversational Corner	5	3	p. 22	FSH
Survivor Benefit Plan Group Briefing	11	9	p. 22	RND
Twogether in TX	–	9	p. 22	FSH
Virtual Friday Q&A for Military Spouses	26	31	p. 22	JBSA
MFTB & VOLUNTEER				
JBSA Annual Volunteer Awards Ceremony	17	--	p. 24	FSH
Instructor Training Course	23-24	--	p. 23	FSH
VMIS OPOC Training	23	21	p. 23	FSH
Volunteering 101	23	21	p. 23	FSH
Volunteer Advisory Council	10	--	p. 23	FSH
Volunteer to Career	30	--	p. 24	FSH
DEPLOYMENT				
Pre-Deployment Briefing	11, 25	9, 23	p. 25	FSH
Pre-Deployment Briefing	M & W	M & W	p. 25	LAK
Pre-Deployment Briefing	Call to Register	Call to Register	p. 25	RND
Post-Deployment Reunion & Reintegration	11, 25	9, 23	p. 25	FSH
Post-Deployment Reunion & Reintegration	M & W	M & W	p. 25	LAK
Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p. 25	RND
Couples & Deployment	9	14	p. 25	LAK
Kids & Deployment	18	--	p. 25	FSH
R.E.A.L. Command Family Readiness Representative Training	–	2	p. 25	FSH
R.E.A.L. Command Team Training	4	--	p. 26	FSH
R.E.A.L. Fund Custodian Training	–	16	p. 26	FSH
VOTING				
Unit Voting Assistance Officer (UVAO) Training	30	--	p. 27	LAK
Unit Voting Assistance Officer (UVAO) Training	24	--	p. 27	RND

HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

April 2024

Child Abuse Prevention Month
National Autism Awareness Month
National Financial Literacy Day
Sexual Assault Awareness Month
14 Air Force Reserve Birthday
15 Tax Day
21-27 Volunteer Appreciation Week

May 2024

National Military Appreciation Month
10 Military Spouse Appreciation Day
18 Armed Forces Day
24 AETC Family Day/Army Training Day (All Centers Closed)
27 Memorial Day (All Centers Closed)

Joint Base San Antonio VOLUNTEER *Awards* CEREMONY

APRIL 17 • 1 PM
JBSA-FORT SAM HOUSTON THEATRE
 2472 STANLEY RD, FORT SAM HOUSTON, TX 78234

Join us to honor JBSA Volunteers as we present them with awards to recognize and thank them for their countless hours of service and the significant positive impact they have within our community.

CATEGORIES INCLUDE:

- | | |
|--------------------------------------|-------------------------------------|
| FAMILY VOLUNTEER OF THE YEAR | LARGE GROUP VOLUNTEER OF THE YEAR |
| YOUTH VOLUNTEER OF THE YEAR | FAMILY MEMBER VOLUNTEER OF THE YEAR |
| SERVICE MEMBER VOLUNTEER OF THE YEAR | CIVILIAN VOLUNTEER OF THE YEAR |
| SMALL GROUP VOLUNTEER OF THE YEAR | RETIREE VOLUNTEER OF THE YEAR |



RELOCATION ASSISTANCE

RELOCATION ASSISTANCE

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

LENDING CLOSET

FSH • Monday-Friday 8 a.m. to 4 p.m.
RND • Monday-Friday 8 a.m. to 4 p.m.
 Closed 1st & 3rd Thursday 1-4 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.

IMMIGRATION & CITIZENSHIP

FSH • April 24 & May 22 12:45-1:30 p.m.
 Service members and immediate family enrolled in DEERS meet with a Citizenship & Immigration Service Officer (USCIS) for assistance with applications during a Q&A session. Join us in observing service members and their families take the Oath of Allegiance during the Naturalization Ceremony. Registration is not required. *Mode: In-Person.*

PLAN MY MOVE - SMOOTH MOVE

Contact your servicing M&FRC
 Service members PCS'ing for the first time, and all ranks PCS'ing OCONUS are required to complete this training. After completion, virtual out-processing tasks can be cleared by M&FRC. Family members are encouraged to attend.



NEWCOMER'S ORIENTATION

FSH • April 5, 19 & May 3, 17 8 a.m. to Noon
LAK • April 10, 24 & May 8, 22 8 a.m. to Noon
RND • April 1 & May 13 8 a.m. to Noon

A mandatory in-processing brief for all military personnel newly assigned to JBSA. Family members are welcome. To register for JBSA Randolph Newcomers, service members must contact their Unit Personnel Office. To register service members must contact their Unit CSS or CPO. *Mode: In-Person.*

JBSA PRE-ARRIVAL ORIENTATION

JBSA • April 23 & May 28 8-9 a.m. & 5-6 p.m.
 Early preparation is key to a smooth PCS. Inbound service members, families, and DoD civilians are introduced to JBSA by learning about local housing, child care, health care, education and school options, employment opportunities, and more prior to their arrival. *Mode: Virtual.*

SUPPLEMENTAL SPONSORSHIP TRAINING

LAK • April 24 & May 29 2-3 p.m.
RND • Call to schedule an appointment
 In accordance with AFI 36-3009, the Sponsorship Application & Training (eSAT) at <https://millifelearning.militaryonesource.mil> features a checklist, newcomers' needs



assessment, customizable letters, and more. Family members may become a sponsor by completing the eSAT. Once completed, this optional supplemental training offers additional assistance with information on local resources and tips to support incoming personnel. Registration is required. *Mode: In-Person.*



LACKLAND GUIDED BUS TOUR

LAK • April 26 & May 31 8:30-11:30 a.m.
 Join us for a guided tour to familiarize yourself with key sites and amenities on JBSA Lackland; registration is required. Open to all DoD ID cardholders. *Mode: In-Person; Airmen Heritage Training Complex, Bldg. 5206.*

TRAILS & TALES GUIDED TOUR

FSH • April 11 & May 9 8-11 a.m.
 Located in the heart of San Antonio, Fort Sam Houston hosts the most extensive collection of historic buildings in the Department of Defense! Join us for a guided tour to familiarize yourself with the installation; registration is required. Open to all DoD ID cardholders. *Mode: In-Person.*

RANDOLPH GUIDED TOUR

RND • April 1 & May 13 1-2 p.m.
 Join us for a guided tour to familiarize yourself with key sites and amenities on the installation; registration is required. Open to all DoD ID cardholders. *Mode: In-Person.*



NEWLY ASSIGNED COMMANDERS & FIRST SERGEANTS BRIEFING

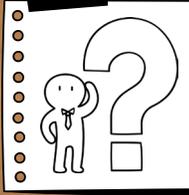
LAK • April 16 8-11:45 a.m.
RND • May 7 8-11:45 a.m.
 Newly assigned Commanders, Command Chiefs, and First Sergeants: this mandatory briefing satisfies AFI requirements while introducing key personnel from installation support agencies such as Family Advocacy, Military & Family Readiness, and Sexual Assault Prevention Response. *Mode: In-Person.*

NEW TO

JOINT BASE SAN ANTONIO?

➔ **GET FAMILIAR**

Attend our Newcomer's Orientation and learn about all that JBSA and the surrounding area has to offer!



BUS TOUR

Fort Sam Houston
Lackland
Randolph

Go on a tour at all three of our locations!

➔ **VISIT M&FRC**

Check out all the services we have to offer across JBSA for you, your family, your unit and community!



Unlock your potential and elevate your skills by attending our upcoming class! Whether you're a beginner eager to learn or an experienced individual looking to enhance your knowledge, this class offers a unique opportunity for personal and professional growth

FINANCIAL READINESS

FINANCIAL READINESS

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

CREDIT MANAGEMENT

FSH • April 26 **9:30-11 a.m.**

This class covers responsible credit management, including terminology, costs, and strategies for debt recovery. Learn about establishing credit history, using cards wisely, managing debt-to-income ratio, and effective credit management techniques.

Mode: In-Person.

DEBT DESTROYER

LAK • May 23 **8-10 a.m.**

Understand the root causes of debt, learn effective strategies for living debt-free, and create a personalized action plan to pay off existing debts. *Mode: In-Person.*

DEVELOPING A SPENDING PLAN

FSH • April 18 **9-10 a.m.**

Establishing a financial plan is a crucial part of budgeting. Review the components of a spending plan and a financial planning worksheet, and discuss tips to control spending, SMART goals, and an ideal budget breakdown. *Mode: In-Person.*



HOME BUYING

FSH • May 28 **9-11:30 a.m.**
LAK • April 30 **8-10 a.m.**
RND • May 16 **9-11 a.m.**



Learn strategies for home-buying and tips to resolve mortgage issues. Discuss differences between renting and buying, different loan types and the VA Home Loan Guarantee Program, the home-buying and closing process, and choosing a Realtor.

Learn about options for resolving payment issues and avoiding foreclosure—held in partnership with the VA. *Mode: In-Person.*

FUNDAMENTALS OF FINANCE

LAK • May 28 **8-10 a.m.**

Discuss the importance of SMART goals, track expenses and build a spend plan, savings & Investing, prioritizing debt, and credit maintenance. *Mode: In-Person.*

MANDATORY FINANCIAL TOUCHPOINT

FSH • April 2 & May 7 **8 a.m. to 3 p.m.**

Each phase of your military journey comes with exciting new milestones and important financial considerations. These mandatory financial touchpoints help you navigate each stage of your journey by covering topics like PCS, Vesting in TSP, Promotion, Continuation Pay, and Divorce. *Mode: In-Person.*

MOVING OUT OF THE DORM

FSH • May 10 **2:30-3:30 p.m.**
LAK • April 18 & May 16 **8-10 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.*

FIRST DUTY STATION OFFICER COURSE

FSH • May 14 **9-10:30 a.m.**
LAK • April 4 & May 2 **8-10 a.m.**
RND • May 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: In-Person.*

PCS TOUCHPOINT TRAINING

FSH • April 9, 23 & May 21 **2-3 p.m.**

Strategize ways to complete a move without breaking the budget. Required for Service members in grade E4/O3/WO2 and below, in receipt of Permanent Change of Station orders or within 60 days of reporting to a new installation. *Mode: In-Person.*



RETIREMENT PLANNING FOR MILITARY & GS

FSH • April 30 **1-2:30 p.m.**

Whether you're just starting a career or a seasoned veteran, saving for retirement is crucial. Discover the secrets of a successful retirement plan. *Mode: In-Person.*

SAVE FOR THE UNEXPECTED

FSH • April 12 **10-11 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.*

SAVING & INVESTING 101

FSH • April 5 **10-11 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.*

SAVING & INVESTING

RND • April 16 **10-11 a.m.**

Join us and our community partner, Randolph Brooks Federal Credit Union, for this basic and essential wealth building class offering numerous benefits that can empower individuals to make informed financial decisions and secure their financial future. *Mode: In-Person.*



SIMPLE SPEND PLAN

LAK • April 23 & May 21 **8-10 a.m.**

Building a budget and spending plan 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.*

THRIFT SAVINGS PLAN

RND • April 11 **11 a.m. to Noon.**

Take action on your workplace savings plan by understanding how it works and how to use it. Learn how to set up TSP contributions, discuss the different types of accounts, and what happens to it after you separate from the military or civil service. *Mode: Virtual.*



April 15-18

EMPLOYMENT READINESS

EMPLOYMENT READINESS

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

MILITARY FAMILY SUPPORT PROGRAM

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

ACING THE INTERVIEW

FSH • April 17 & May 15
LAK • May 7

1-2:30 p.m.
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 a job interview, how to make a lasting impression, and discuss different interviewing methods. *Mode: Refer to the Table of Contents.*



Special Presentation from Dress for Success for San Antonio will provide an overview on what to wear to a Job Interview at FSH

EXPLORE BUSINESS OWNERSHIP

LAK • April 16 **1-3 p.m.**



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

INTERVIEW PREP/MOCK BOARD

RND • By appointment

Need to ace your job interview? Don't leave anything to chance. Schedule a mock interview with our employment assistance team to gain confidence, master body language, and prepare for behavioral questions. *Mode: In-Person or Virtual.*



LINKEDIN 101

FSH • April 24 & May 22 **1-2 p.m.**

LinkedIn is a great tool to optimize your executive social media presence. Learn how to create your profile, and make it stand out while building your professional network. *Mode: In-Person.*

LINKEDIN BOOTCAMP

RND • April 3 **8:30 a.m. to 3 p.m.**

This dynamic and intensive workshop is designed to empower individuals with the knowledge and skills needed to leverage LinkedIn effectively. Take the next step towards enhancing your professional presence, expanding your network and achieving your career goals. *Mode: In-Person.*

LINKEDIN PERSONAL BRANDING

LAK • May 21 **1-3 p.m.**

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

LinkedIn and ChatGPT briefings are available upon request

READY, SET, RESUME

RND • May 21 **10 a.m. to Noon**

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

RENOVATING YOUR RESUME

FSH • April 10 & May 8 **1-2 p.m.**

When was the last time you updated your resume? If it's been a while, the format you're using could make you look outdated. Get practical tips to help modernize a general resume and learn how to negotiate your salary.

Mode: In-Person.

REVERSE CAREER FAIR

LAK • April 30 **1-4 p.m.**

Abandon the traditional job fair format and reverse the roles - employers will approach job seekers during a round table discussion to provide insight and advice as they pitch their elevator speech to you. San Antonio community partners, Military Spouse Employment Partnership (MSEP), and JBSA support agencies also assist with career guidance and resume reviews. *Mode: In-Person; Arnold Hall Community Center.*

SALARY NEGOTIATION

RND • May 14 **10-11:30 a.m.**

Know your worth! 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: Virtual.*

TIPS FOR WRITING A FEDERAL RESUME

LAK • April 9 **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.*

USAJOBS NAVIGATION & FEDERAL RESUME

FSH • April 3 & May 1 **1-3 p.m.**
RND • April 23 & May 28 **10 a.m. to Noon**

A detailed federal resume class that covers how to navigate USAJOBS and how to develop a federal resume. Learn how to interpret federal vacancy announcements and become familiar with the USAJOBS website, and tailor your resume. *Mode: Refer to the table of Contents.*

YOUR PATHWAYS TO EMPLOYMENT

FSH • April 22 & May 27 **10-11 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: In-Person.*



MICROSOFT OFFICE: ACCESS

FSH • April 26-28 **11 a.m. to 1 p.m.**

Learn key concepts such as database creation, data entry, querying, and report generation. The course covers database design principles, form creation, data validation, and relational database management. Additionally, advanced topics include macros, automation, and integrating Access with other Office applications. *Mode: Virtual.*

MICROSOFT OFFICE: EXCEL

FSH • April 9-11 **11 a.m. to 1 p.m.**

Dive into the fundamentals of Excel, covering basic spreadsheet navigation, data entry, and simple formula usage to empower you in efficiently organizing and analyzing data. *Mode: Virtual.*

MICROSOFT OFFICE: EXCEL CLINIC
 FSH • May 7 8-10 a.m.
 FSH • May 8, 14 11 a.m. to Noon

Learn how to organize data efficiently, create dynamic charts, automate tasks with formulas and macros, and unlock the full potential of Excel for your personal or professional projects. *Mode: Virtual.*

MICROSOFT OFFICE: OUTLOOK
 FSH • April 23-24 8-10 a.m.

Take your Outlook skills to the next level by learning how to use notes, quick parts, quick steps, and use automation tools to improve efficiency and save time. *Mode: Refer to Table of Contents.*

MICROSOFT OFFICE: POWERPOINT
 FSH • April 16-17 8-10 a.m.

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

MICROSOFT OFFICE: POWERPOINT CLINIC
 FSH • May 15 8-10 a.m.

Learn to create captivating slides and deliver impactful presentations that leave a lasting impression. From slide design to effective storytelling, this workshop covers all you need to know for professional presentations. *Mode: Virtual.*

MICROSOFT OFFICE: TEAMS
 FSH • April 23-25 11 a.m. to 1 p.m.

Learn to navigate Teams' interface, create and manage channels, and utilize chat, video conferencing, and file sharing features. The course covers best practices for team collaboration, including document collaboration, task management and more. *Mode: Virtual.*

TECHNOLOGY & YOU
 FSH • May 21 8-10 a.m.

Get comfortable with your computer and review common terms, functions and hardware. *Mode: Virtual.*



MILITARY SPOUSE BREWING CONNECTIONS
 FSH • May 10 10 a.m. to Noon

The event aims to support military spouses in advancing their careers through tailored advice and resources, recognizing the unique challenges they face due to frequent relocations. It provides networking opportunities for spouses to rebuild their professional networks and connect with experienced professionals. Beyond networking, the event offers professional development opportunities to enhance skills and empower spouses to pursue their career goals confidently. *Mode: In-Person.*



MILITARY SPOUSE
Brewing Connections



FRIDAY MAY 10TH
10 AM TO NOON

**CONNECT WITH OTHER MILITARY SPOUSES!
 GAIN ACCESS TO TAILORED RESOURCES,
 FROM REBUILDING PROFESSIONAL
 NETWORKS TO ENHANCING SKILLS, WE'RE
 HERE TO SUPPORT YOU IN CONFIDENTLY
 PURSUING YOUR CAREER GOALS.**

CALL (210) 221-2705 FOR MORE INFORMATION

Transition Assistance Program

TRANSITION ASSISTANCE PROGRAM

TAP is a mandatory program for all service members separating or retiring from the military. Members must begin TAP no later than 365 days before transition date, earlier is better. TAP helps service members meet their post-military goals and plan for a smooth transition.

INDIVIDUALIZED INITIAL COUNSELING
 Monday-Friday Call to Register

Those separating or retiring from active duty must meet with a counselor to officially start the transition process. This one-on-one counseling session must occur no later than 365 days before the service member's separation or retirement date. It includes completion of a self-assessment, establishing post-transition goals and developing an Individual Transition Plan. **Core Requirement: Step 1.** *Mode: In-Person.*

FORT SAM HOUSTON TAP
210-916-7322 OR 210-916-6089

PRE-SEPARATION COUNSELING
 FSH • April 3, 10, 17, 24 & May 1, 8, 15, 22, 29
 9 a.m. to Noon

This class is the second step in the TAP process. Separating and retiring members must attend at least 365 days before their transition date. Meet the by-law requirement for transitioning service members to receive information about benefits, entitlements, and eligibility for additional transition resources. Transition impacts the whole family, and members are encouraged to invite their spouses or caregivers to attend this class with them. **Core Requirement: Step 2, prerequisite: IIC.** *Mode: In-Person.*

DOD TRANSITION DAY
 FSH • Retirement: April 15, 29 & May 13
 Separation: April 1, 22 & May 6
 8 a.m. to 4 p.m.

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

VA BENEFITS & SERVICES
 FSH • Retirement: April 16, 30 & May 14
 Separation: April 2, 23, & May 7
 8 a.m. to 4 p.m.

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

DOL EMPLOYMENT WORKSHOP
 FSH • Retirement: April 18-19 & May 2-3, 16-17
 Separation: April 4-5, 25-26 & May 9-10
 8 a.m. to 4 p.m.

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

DOL CAREER & CREDENTIAL EXPLORATION
 FSH • April 11-12 & May 22-23
 8 a.m. to 4 p.m.

This 2-day workshop hosted by the Department of Labor guides those

pursuing career technical training. Discuss different vocational fields and identify the skills needed to develop an action plan for achieving career goals. Review accredited training institutions and credentialing programs. **Transition Track, prerequisite: DoD Transition Day. Mode: In-Person.**

MANAGING YOUR (MY) EDUCATION

FSH • April 8-9, 25-26 & May 9-10, 20-21
8 a.m. to 4 p.m.

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

DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

FSH • Executive: April 17 & May 1, 15
Separation: April 3, 24 & May 8
8 a.m. to 4 p.m.

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



ENTREPRENEURSHIP: BOOTS TO BUSINESS

FSH • May 29-30
8 a.m. to 4 p.m.

This 2-day entrepreneurial education track hosted by the Small Business Administration is for transitioning service members interested in starting their own business. Review opportunities and challenges of business ownership, steps for evaluating business concepts, foundational knowledge for developing a business plan, information on SBA resources available to help access start-up capital, and additional

technical assistance. Register online at <https://sbavets.force.com>. **Transition Track, prerequisite: DoD Transition Day. Mode: In-Person.**

CAREER SKILLS PROGRAM OVERVIEW

FSH • April 2, 16 & May 7, 21
1-2 p.m.

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

BENEFITS DELIVERY DISCHARGE WORKSHOP & CLAIMS

FSH • April 10 & May 31
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.**

MOCK INTERVIEWS WITH TVC

FSH • April 2 & May 7
8 a.m. to 4 p.m.

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

DOD SKILLBRIDGE CAREER SKILLS PROGRAM

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

LACKLAND & RANDOLPH TAP

PRE-SEPARATION COUNSELING

LAK • Retirement: April 15 & May 13
Separation: April 8 & May 6
7:30-10:30 a.m.

RND • April 10, 24 & May 1, 15, 22
12-3:30 p.m.

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

EXECUTIVE TAP (E-TAP) WORKSHOP

RND • April 9-12
8 a.m. to 4 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.**

TAP WORKSHOP (3-DAY)

LAK • Retirement: April 15-17 & May 13-15
Separation: April 8-10 & May 6-8
7:30 a.m. to 4 p.m.

RND • April 15-17 & May 6-8
8 a.m. to 4 p.m.

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

VA BENEFITS & SERVICES

RND • April 26 & May 17
8 a.m. to 4:30 p.m.

This is a repeat of the course held on the second day of the 3-day TAP Workshop for those who want to review the information again. Review VA services, disability compensation, and GI Bill benefits. This course is also offered at tapevents.mil/courses. **Repeat of Core Requirement, prerequisite: 3-day TAP Workshop. Mode: In-Person.**

DOL EMPLOYMENT WORKSHOP

LAK • April 11-12, 18-19 & May 9-10, 16-17
8 a.m. to 4 p.m.

RND • May 9-10
8 a.m. to 4 p.m.

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

DOL CAREER & CREDENTIAL EXPLORATION

LAK • May 16-17
8 a.m. to 4 p.m.

RND • April 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. **Transition Track, prerequisite: TAP Workshop. Mode: In-Person.**

BENEFITS DELIVERY DISCHARGE WORKSHOP & CLAIMS

RND • April 25 & May 23
8-9 a.m.

A representative from the Bexar County Veterans Services Office will provide an overview of the BDD claim process; important timeframes, required medical documentation and applicable forms. Service members are encouraged to attend the workshop prior to scheduling a Claim filing appointment. **Mode: In-Person.**

ARE YOU PREPARED

FOR YOUR SERVICE MEMBER'S RETIREMENT OR SEPARATION?

TAP TOO
RND • May 21 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.

TEXAS VETERANS COMMISSION SPONSORED JOB FAIR

RND • May 14 4-7 p.m.

Are you a veteran seeking exciting career opportunities? Look no further! The JBSA-Randolph M&FRC in collaboration with the Texas Veterans Commission is proud to announce our upcoming Job Fair, where over 30 leading employers will be waiting to connect with talented individuals like you. Explore job openings across various industries, from tech and healthcare to finance and manufacturing. Meet face-to-face with hiring managers and recruiters from top companies eager to hire veterans. *Mode: In-Person.*

TEXAS VETERANS COMMISSION SPONSORED JOB FAIR

Creating career opportunities for Veterans!

TUESDAY MAY 14

4-7 PM

A Military Spouse Self-Care Seminar

emBOLDen

inspiring confidence, courage, and strength

Being a military spouse comes with unique challenges and taking care of yourself is crucial. This seminar aims to equip you with the knowledge and tools you need to prioritize your well-being, manage stress and foster resilience.



MAY 4TH

10 AM TO 2 PM

DON'T MISS OUT! REGISTER NOW
 Sign-up while space is available.
 Registration Deadline: April 29



All participants must be registered. **Childcare services are available for your convenience** during our event. To ensure your child's place, please remember to register them beforehand. To register scan the QR Code or visit <https://einvitations.afit.edu/inv/index.cfm?i=849713&k=0A654B0E7A54>

Exceptional Family Member Program

EXCEPTIONAL FAMILY MEMBER PROGRAM

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

EFMP FAMILY CONNECTIONS

FSH • May 28 1-3 p.m.

Join EFMP at the Vogel Resiliency Center and participate in yoga. Participants will enjoy a relaxing afternoon learning the basics of yoga and receive a yoga mat, yoga blocks and a stress relief eye mask. *Mode: In-Person at Vogel Resiliency Center.*

EFMP ORIENTATION

RND • April 1 & May 13 11 a.m. to Noon

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

EFMP: WHAT DOES IT MEAN TO ME?

FSH • April 11 2-3 p.m.

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

LUNCH & LEARN WITH EFMP

FSH • April 17 & May 15 11:30 a.m. to 1 p.m.
 Join us in sharing helpful resources and ways to overcome challenges. Call to register. *Mode: In-Person.*

Autism Awareness April 17

Gain valuable insights into Autism Spectrum Disorder (ASD) and discover how you can support individuals with autism in your community.

Mental Health Awareness May 15

Participants acquire valuable insights and practical tools to cultivate a supportive environment conducive to individual and collective mental health.

NAVY EFMP COMMAND POC TRAINING

FSH • April 3 10 a.m. to Noon

Mandatory training for appointed EFMP command points of contact (OPNAVIST 17554.2F). Call to register. *Mode: In-Person.*

STRIKE OUT CHALLENGES

FSH • April 5 & May 3 5-7 p.m.

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

APRIL IS MONTH OF THE MILITARY CHILD!

PURPLE UP DAY IS APRIL 15!

WEAR PURPLE TO SHOW SUPPORT AND THANK MILITARY CHILDREN FOR THEIR STRENGTH AND SACRIFICES.

Personal & Work Life

PERSONAL & WORK LIFE

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

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.

AFAP FOCUS GROUP

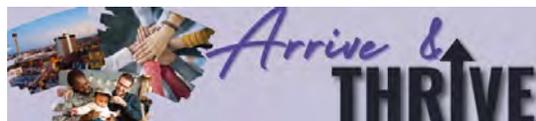
FSH • May 8 **10-11 a.m.**
Have an idea that could improve the readiness or well-being of the military community? Bring your ideas and join us for a brainstorming session. Discuss what qualifies as an AFAP issue, then submit your issue for future review by military leaders to take action and offer a resolution. *Mode: Virtual.*

CAR SEAT 101

FSH • April 2 & May 7 **9-11 a.m.**
Forward-facing, rear-facing, convertible-seat, angles, tether straps, hooks, and anchors - there are many aspects to consider when installing a car seat and adjustments to make as your baby grows. This course provides information

about the different types of car seats and reviews the basics of car seat installation to keep your child safe. After the class, sign up for the Car Seat Safety Clinic to have your car seat checked by a Child Passenger Safety Technician and Senior Checker. Service members E-5 and below may be eligible for a free car seat.

Mode: In-Person.



HEARTLINK: ARRIVE & THRIVE

LAK • May 23 **9 a.m. to Noon**
Become familiar with your JBSA military community. Connect with other spouses. Interact with resources and services. Increase your knowledge about the Mission, Customs, and Benefits. All JBSA Spouses are encouraged to attend. Open to all branches. Children are welcome!
Mode: In-Person.

LIFE RHYTHM SERIES: RETUNING OUR SOCIAL SKILLS

RND • May 15 **11 a.m. to Noon**
Participants learn to understand nonverbal cues, practice active listening, and cultivate empathy. By retuning social skills, attendees gain confidence in various social contexts, fostering deeper connections and enriched relationships in both personal and professional spheres.
Mode: Virtual.



KEYING CONNECTED: AMERICAN RED CROSS

LAK • May 14 **1-3 p.m.**
Continuing Education for Key Support Liaisons. All military spouses are welcome to attend. *Mode: Virtual.*

KEY SUPPORT LIAISON INITIAL TRAINING

FSH • April 10 **9 a.m. to 2 p.m.**
RND • April 24 **9 a.m. to 3 p.m.**

This training is mandatory for all newly appointed Key Support Liaisons and Key Support Mentors who have not received the initial training from their previous location. Review the 8 core modules in the standard Air Force Key Spouse training curriculum, roles, and responsibilities.
Mode: Refer to Table of Contents.

KEY SUPPORT LIAISON CONTINUING EDUCATION

FSH • May 29 **9-10:30 a.m.**
RND • April 17 **10-11:30 a.m.**

Key Support Liaisons and Key Support Mentors participate in professional development training and networking opportunities to maintain skills and learn about new resources. This quarterly training complements the Initial Training. Call to Register. *Mode: Refer to Table of Contents.*

KEY SUPPORT MENTORS TRAINING

FSH • May 15 **9-10 a.m.**
LAK • April 25 **11 a.m. to Noon**
RND • By Appointment

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

KEY SUPPORT LIAISON REFRESHER TRAINING

LAK • April 25 **10-11 a.m.**
RND • By Appointment

Key Support Liaisons and Key Support 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 KSL. Call to register.
Mode: In-Person.

COMMANDER'S KEY SUPPORT PROGRAM ANNUAL SAPR & SUICIDE AWARENESS TRAINING

LAK • April 2 **8 a.m. to Noon**

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

**During the annual major command spouse conference (March 13-15), the Department of the Air Force announced the Key Spouse Program is changing its name and incorporating new readiness, resource and connectedness objectives designed to help commanders meet the needs of the modern family. The U.S. Air and Space Force Commander's Key Support Program (CKSP) is an official Unit Family Readiness Program designed to enhance readiness and establish a sense of community. This Commander's program promotes partnerships with the unit, the Military & Family Readiness Center (M&FRC) and community agencies.*

The updated program expands opportunities for Airmen, Guardians, federal employees and family members to contribute to their units, allowing anyone interested, irrespective of marital status, to hold roles as long as volunteer duties do not conflict with primary responsibilities. Volunteers will now be identified as Key Support Liaisons, or KSLs. The Military & Family Readiness Center will continue to support the program by providing training for new and experienced KSLs and by providing consultation to leaders.

PLAY & LEARN PLAYGROUP

FSH • April 9, 23 & May 14, 28 **9-11 a.m.**

A fun-filled interactive meet-up to help children, ages 0-5, improve social, cognitive, and motor skills. Parents have an opportunity to network with other parents and must remain on-site. Walk-ins welcome! *Mode: In-Person.*

SPOUSES CONVERSATIONAL CORNER
FSH • April 5 & May 3 9:30-10:39 a.m.

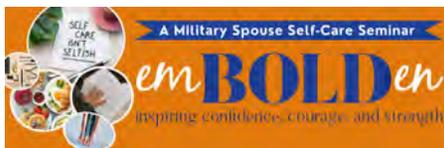
Join the conversation as we cover a range of subjects open to diverse perspectives and experiences. *Mode: In-Person.*

TWOGETHER IN TX
FSH • May 9 8 a.m. to 4 p.m.

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

VIRTUAL FRIDAY Q&A FOR MILITARY SPOUSES
JBSA • April 26 & May 31 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.*



EMBOLDEN - A MILITARY SPOUSE CONFERENCE
FSH • May 4 10 a.m. to 2 p.m.

Embracing the unique challenges of the military lifestyle, military spouses demonstrate resilience through frequent relocations, career transitions, and the strains of deployments. This self-care seminar offers tailored sessions designed to empower military spouses, fostering mutual support and encouragement. Topics range from practical skills such as cooking lessons and budget-friendly glamming to vital self-care stations. Keynote speaker will provide insights into navigating the intricacies of military life as a spouse. *Mode: In-Person.*

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

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.

Fort Sam Houston MFLC, call (210) 421-9387
 Lackland MFLC, call (210) 984-1076
 Randolph MFLC, call (210) 744-4829

For Child and Youth Behavioral, call (210) 627-0400, 627-5665, or 627-7617.

SURVIVOR BENEFITS

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
RND • April 11 & May 9 9-10:30 a.m.

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

Military Family Team Building & Volunteer Program

MILITARY FAMILY TEAM BUILDING (MFTB)

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
FSH • April 23-24 8 a.m. to 3 p.m.

This 2-day professional development course is designed to improve instructional skills. Develop platform skills and learn to teach adult learners, manage the learning environment, methods of instruction, and the preparation process. *Mode: In-Person.*

VOLUNTEER SERVICES

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

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

VMIS OPOC TRAINING
FSH • April 23 & May 21 10-11 a.m.

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

VOLUNTEERING 101
FSH • April 23 & May 21 1-2 p.m.

Learn about volunteer opportunities in the community and how to navigate the Volunteer Management Information System. Participants also discuss rules and regulations for volunteering on a military installation. For more information or to reserve a seat call your servicing M&FRC. *Mode: Virtual.*



VOLUNTEER ADVISORY COUNCIL
FSH • April 10 1-2:30 p.m.

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

VOLUNTEER TO CAREER
FSH • April 30 10 a.m to Noon

OPOCs and community agency volunteer coordinators meet to review volunteer management techniques, share program plans, and discuss current issues. Additionally, attendees share recent successes, events, and upcoming volunteer opportunities. Open to all interested in knowing more about volunteer agencies in the community and on JBSA. *Mode: In-Person.*

JBSA ANNUAL VOLUNTEER AWARDS CEREMONY
JBSA • April 17 1-2:30 p.m.

Join us at the JBSA-Fort Sam Houston Theatre to recognize and thank those who contribute countless hours of service significantly and positively impacting the lives of others within JBSA and our local community. *Mode: In-Person.*

Joint Base San Antonio
VOLUNTEER AWARDS CEREMONY
APRIL 17 • 1 PM

- CATEGORIES INCLUDE:**
- FAMILY VOLUNTEER OF THE YEAR
 - YOUTH VOLUNTEER OF THE YEAR
 - SERVICE MEMBER VOLUNTEER OF THE YEAR
 - SMALL GROUP VOLUNTEER OF THE YEAR
 - LARGE GROUP VOLUNTEER OF THE YEAR
 - FAMILY MEMBER VOLUNTEER OF THE YEAR
 - CIVILIAN VOLUNTEER OF THE YEAR
 - RETIREE VOLUNTEER OF THE YEAR



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>

Deployment Readiness

DEPLOYMENT READINESS

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
FSH • April 11, 25 & May 9, 23 9-11 a.m.
LAK • Mondays & Wednesdays 9-10 a.m.
RND • Call to schedule an appointment

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
FSH • April 11, 25 & May 9, 23 1-3p.m.
LAK • Mondays & Wednesdays 1-2 p.m.
RND • Call to schedule an appointment

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
LAK • April 9 & May 14 10-11 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.*

KIDS & DEPLOYMENT
FSH • April 18 9-11 a.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.*



R.E.A.L. COMMAND FAMILY READINESS REPRESENTATIVE TRAINING
FSH • May 2 9-11 a.m.

Soldiers appointed as the CFRR receive information to assist with operational, logistical, and administrative aspects of the SFRG. As a liaison between the command and SFRG Volunteers, it's essential to know the ins and outs of the SFRG, and how their role assists both

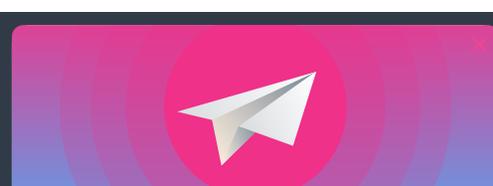
command and volunteers. Discuss the CFRR roles, Rear Detachment, VMIS, CARE Team, Informal Fund Custodian, Social Media, OPSEC, and other elements of the SFRG. *Mode: In-Person.*

R.E.A.L. COMMAND TEAM TRAINING
FSH • 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. FUND CUSTODIAN TRAINING
FSH • May 16 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.*



SUBSCRIBE
to receive our
Calendar of Events

Send an email to

usaf.jbsa.502-abw.mbx.802-fss-mfr-marketing@mail.mil

with "add me" in the subject line to receive a digital copy of our upcoming events and workshops.
Or scan the QR code.




SAVE THE DATE

Operation Hooah

AN ARMY DEPLOYMENT EXPERIENCE FOR KIDS

12 JUNE

FOR MORE INFORMATION CONTACT JBSA-FORT SAM HOUSTON M&FRC
(210) 221-2705

Federal Voting Assistance Program

FEDERAL VOTING ASSISTANCE PROGRAM

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

As a Service member, you can vote absentee while living away from your voting residence. Here's how: <https://www.fvap.gov/military-voter/overview>

To check on your voter registration deadlines for your state, visit : <https://www.fvap.gov/guide>



UNIT VOTING ASSISTANCE OFFICER TRAINING

LAK • April 30 1-2:30 p.m.
RND • April 24 9-10 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: Refer to Table of Contents.*



The following states have upcoming elections for federal office in the next 90days:

- (P) Presidential Primary
- (S) State Primary
- (D) District Primary
- (T) Territory Primary

APRIL

- Delaware 4/2/2024 Presidential Primary
- Wisconsin 4/2/2024 Presidential Primary
- Connecticut 4/2/2024 Presidential Primary
- New York 4/2/2024 Presidential Primary
- Mississippi 4/2/2024 State Primary Runoff
- Rhode Island 4/2/2024 Presidential Primary
- Arkansas 4/2/2024 State Primary Runoff
- Alabama 4/16/2024 State Primary Runoff*
- Puerto Rico 4/21/2024 Presidential Primary - Republican*
- Pennsylvania 4/23/2024 State Primary*
- Pennsylvania 4/23/2024 Presidential Primary*
- Puerto Rico 4/28/2024 Presidential Primary - Democratic*

MAY

- Indiana 5/7/2024 Presidential Primary
- Indiana 5/7/2024 State Primary
- Nebraska 5/14/2024 U.S. Senate Special Primary
- Maryland 5/14/2024 State Primary
- Maryland 5/14/2024 Presidential Primary
- Nebraska 5/14/2024 State Primary
- Nebraska 5/14/2024 Presidential Primary
- North Carolina 5/14/2024 Federal Primary Runoff
- West Virginia 5/14/2024 State Primary
- West Virginia 5/14/2024 Presidential Primary
- Idaho 5/21/2024 State Primary
- Georgia 5/21/2024 State Primary
- Oregon 5/21/2024 State Primary
- Oregon 5/21/2024 Presidential Primary
- Kentucky 5/21/2024 State Primary
- California 5/21/2024 CD 20 Special General
- Kentucky 5/21/2024 Presidential Primary
- Texas 5/28/2024 State Primary Runoff



JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



Scan to email

3060 Stanley Road, Building 2797
(210) 221-2705; 802fss.fsyrc.centerbox@us.af.mil

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; 802fss.fsyrc.tap@us.af.mil

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; 802fss.fsfrc@us.af.mil

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days

TECHNICAL TRAINING AIRMAN READINESS ELEMENT

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

Hours of Operation:

Monday-Friday 7:30 a.m. to 4:30 p.m.
Closed 1st & 3rd Thursday from 1-4:30 p.m. (staff training)
Closed for all Federal holidays & AETC Family days

JBSA-RANDOLPH

MILITARY & FAMILY READINESS CENTER



Scan to email

555 F Street West, Building 693
(210) 652-5321; randolphmfrfc@us.af.mil

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



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