

JOINT BASE SAN ANTONIO • MILITARY & FAMILY READINESS CENTER

August-September

CALENDAR OF EVENTS



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

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

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

JBSA-MILITARY & FAMILY READINESS FLIGHT

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

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

Aid Societies, Financial Relief
Air Force Families Forever
Armed Forces Action Plan
Casualty Assistance
Deployment Readiness
Employment & Career Development
Exceptional Family Member Program
Financial Readiness
Heart Link
Hearts Apart
Information & Referral

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

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

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

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

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

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



JBSA-Fort Sam Houston

Mon-Fri 7 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 AUGUST-SEPTEMBER 2024

JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT		AUGUST	SEPTEMBER	PAGE	SITE
RELOCATION	Guided Tour, Trails & Tales of Fort Sam Houston	8	12	p. 8	 FSH
	Guided Tour, Lackland	--	27	p. 8	 LAK
	Guided Tour, Randolph	5	16	p. 8	 RND
	Immigration & Citizenship	28	25	p. 7	 FSH
	JBSA Pre-Arrival Orientation	27	24	p. 7	 JBSA
	Newcomer's Orientation	2, 16	6, 20	p. 7	 FSH
	Newcomer's Orientation	7, 21	4, 18	p. 7	 LAK
	Newcomer's Orientation	5, 19	16	p. 7	 RND
	Newly Assigned CC/CCC/CCF	--	3	p. 8	 RND
	Supplemental Sponsorship Training	14	11	p. 7	 FSH
	Supplemental Sponsorship Training	Call to Register	Call to Register	p. 7	 LAK
	Supplemental Sponsorship Training	Call to Register	Call to Register	p. 7	 RND
FINANCIAL	Car Buying	--	19	p. 10	 RND
	Financial Symposium	14	--	p. 10	 LAK
	First Duty Station Officer Course	--	10	p. 10	 RND
	Home Buying	29	--	p. 10	 RND
	Mandatory Financial Touchpoint	6	3	p. 10	 FSH
	Moving Out of the Dorms	--	24	p. 10	 FSH
	PCS Touchpoint CMT	13, 27	10, 24	p. 11	 FSH
	Saving & Investing 101	13	--	p. 11	 FSH

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

Event		August	September	Page	Site
	Surviving the Holidays Financially	23	--	p. 11	 FSH
	Thrift Savings Plan	15	--	p. 11	 RND
	Understanding Credit Reports	--	13	p. 11	 FSH
EMPLOYMENT	Acing the Interview	21	18	p. 12	 FSH
	Acing the Interview	6	--	p. 12	 LAK
	Acing the Interview	--	3	p. 12	 RND
	Interview Prep/Mock Board	Call to Register	Call to Register	p. 12	 FSH
	Interview Prep/Mock Board	Call to Register	Call to Register	p. 12	 RND
	Job Fair Preparation	--	26	p. 12	 LAK
	LinkedIn 101	28	25	p. 12	 FSH
	LinkedIn 101	27	--	p. 12	 LAK
	Microsoft Office: Excel	--	10-12	p. 13	 FSH
	Microsoft Office: Word	--	10-12	p. 13	 FSH
	Microsoft Office: Teams	--	24-26	p. 13	 FSH
	Navigating the Federal Job System	--	10	p. 12	 LAK
	Navigating the Federal Job System	27	24	p. 12	 RND
	Quarterly Lunch & Learn Employer Showcase	--	12	p. 12	 FSH
	Ready ,Set, Resume	--	17	p. 12	 RND
	Renovating your Resume	14	11	p. 13	 FSH
	Resume Writing Live	--	24	p. 13	 LAK
	Salary Negotiation	--	17	p. 13	 LAK
	Salary Negotiation	13	--	p. 13	 RND
	Tips for Federal Resume	27	25	p. 13	 RND
	USAJOBS Navigation & Federal Resume	7	4	p. 13	 FSH
	Your Pathways to Employment	26	23	p. 13	 FSH
TRANSITION ASSISTANCE PROGRAM	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 15	 FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 17	 LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 17	 RND
	Pre-Separation Counseling (Step 2)	7, 14, 21, 28	4, 11, 18, 23, 24, 25, 25, 26	p. 15	 FSH
	Pre-Separation Counseling (Step 2)	5, 19	9, 23, 30	p. 17	 LAK
	Pre-Separation Counseling (Step 2)	7, 21	18, 25	p. 17	 RND
	DoD Transition Day (Step 3)	5, 19	9, 16, 30	p. 15	 FSH
	Executive TAP Workshop (3-day) (Step 3)	20-23	--	p. 17	 RND
	TAP Workshop (3-day) (Step 3)	5-7, 19-21	9-11, 23-25	p. 17	 LAK
	TAP Workshop (3-day) (Step 3)	12-14	9-11	p. 17	 RND
	VA Benefits & Services	6, 20	10, 17	p. 15	 FSH
	VA Benefits & Services	23	27	p. 17	 RND
	DoL Employment Fundamentals of Career Transition	7, 21	11, 18	p. 15	 FSH
	DoL Employment Workshop (2-day)	8-9, 22-23	12-13, 19-20	p. 16	 FSH

Event		August	September	Page	Site
	DoL Employment Workshop (2-day)	8-9, 22-23	12-13, 26-27	p. 17	LAK
	DoL Employment Workshop (2-day)	–	12-13	p. 17	RND
	DoL Career & Credential Exploration (2-day)	28-29	16-17	p. 16	FSH
	DoL Career & Credential Exploration (2-day)	–	26-27	p. 17	LAK
	Managing Your (My) Education (2-day)	26-27	3-4, 18-19	p. 16	FSH
	CSP Overview	6, 20	10, 24	p. 16	FSH
	Benefits Delivery at Discharge Workshop & Claims	16	6	p. 16	FSH
	Benefits Delivery at Discharge Workshop & Claims	29	26	p. 18	RND
	Mock Interviews with TVC	6	3	p. 16	FSH
	TapToo	–	27	p. 16	FSH
EFMP	EFMP: Blood Drive	–	17-20	p. 20	FSH
	EFMP: Breast Cancer Resource Brunch	–	28	p. 19	FSH
	EFMP: Informational Briefing	29	26	p. 19	LAK
	EFMP: Is a Service Dog Right for You	–	5	p. 19	LAK
	EFMP Orientation	5, 19	16	p. 19	RND
	EFMP: End of Summer Splash Event	24	–	p. 20	LAK
	Lunch & Learn with EFMP	21	18	p. 20	FSH
	Lunch & Learn with EFMP	15	19	p. 20	RND
	Strike Out Challenges	2	6	p. 20	FSH
	EFMP: What Does it Mean to Me?	8	–	p. 20	FSH
PERSONAL & FAMILY WORK LIFE	AFAP Focus Group	14	–	p. 22	FSH
	Bundles for Babies	–	26	p. 22	LAK
	Car Seat 101	6	3	p. 22	FSH
	Keying Connected: Spouse Employment Round Table	13	–	p. 23	LAK
	Key Support Program Annual SAPR & Suicide Training	–	24	p. 23	LAK
	Key Support Liaison Initial Training	21-22	–	p. 23	LAK
	Key Support Program Continuing Education	28	–	p. 23	FSH
	Key Support Mentors Training	14	–	p. 23	FSH
	Key Support Mentors Training	Call to Register	Call to Register	p. 23	RND
	Life Rhythms : Composing Meaningful Decisions	–	25	p. 22	FSH
	Marry the Military	–	19	p. 22	FSH
	New Unit Leadership Training	20	17	p. 23	LAK
	Play & Learn Playgroup	13, 27	10, 24	p. 23	FSH
	Survivor Benefit Plan Group Briefing	8	12	p. 24	RND
	Twogether in TX	8	–	p. 23	FSH
	Virtual Friday Q&A for Military Spouses	30	27	p. 24	JBSA
METB & Volunteer	Instructor Training Course	–	10-11	p. 25	FSH
	VMIS OPOC Training	20	17	p. 25	FSH
	Volunteering 101	20	17	p. 25	FSH

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 • Aug. 28 & Sept. 25
Q & A Session: 12-1 p.m.
Naturalization Ceremony: 1:30-2:30 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.

Welcome

NEWCOMER'S ORIENTATION

FSH • Aug. 2, 16 & Sept. 6, 20 8 a.m. to Noon
LAK • Aug. 7, 21 & Sept. 4, 18 8 a.m. to Noon
RND • Aug. 5, 19 & Sept. 16 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 • Aug. 27 & Sept. 24 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

FSH • Aug. 14 & Sept. 11 9-10 a.m.
LAK • Call to schedule an appointment
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: Refer to Table of Contents.*



LACKLAND GUIDED BUS TOUR

LAK • Sept. 27

8-11:30 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 • Aug. 8 & Sept. 12

9 a.m. to Noon

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 • Aug. 5 & Sept. 16

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

RND • Sept. 3

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**

Go on a tour at all three of our locations!

Fort Sam Houston

Lackland

Randolph

➔ **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 Symposium



Held at JBSA-Lackland • Military & Family Readiness Center

August 14 • 9 AM-3:30 PM

Are you ready to find out how you can enhance your finances and increase your retirement?

Are you ready to gain new techniques and learn new ways to expand your financial portfolio?

Are you interested in learning ways to budget more effectively and get your paycheck to stretch further?

If you answered 'yes' to at least one of these questions, you need to attend this Financial Symposium.

Financial experts and organizations will be on-site to answer questions, and get you connected on the path to financial awareness and success. Come on out and see how you can change your financial situation!

Get your finances on track! This symposium covers a variety of financial topics and educational sessions to help strengthen your financial muscle. Subjects include money management, planning and budgeting, retirement, and more.

Register online at

<https://einvitations.afit.edu/inv/anim.cfm?i=895260&k=0A68470B7D57>.



SCAN QR CODE

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

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.**

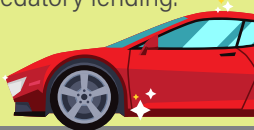
CAR BUYING

RND • Sept. 19

10 a.m. to Noon

Review topics associated with purchasing a new or used car to avoid sales traps, dealer scams, and predatory lending.

Mode: In-Person.



FINANCIAL SYMPOSIUM

LAK • Aug. 14

9 a.m. to 3:30 p.m.

Join us at our Financial Readiness Symposium and enjoy a wonderful time together celebrating National Financial Awareness Day. Join us to learn ways to budget more effectively and get your money to stretch further; new techniques and strategies to expand your financial portfolio, and how you can enhance your finances and increase your retirement. Register for one of the following classes we are offering – Investment Basics, Understanding Your Credit Scores and

Report, Social Security & You, Money Today, Gone Tomorrow - Estate Planning, Financial Planning, and more.

Mode: In-Person.



FIRST DUTY STATION OFFICER COURSE

RND • Sept. 10

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.*

HOME BUYING

RND • Aug. 29

10 a.m. to Noon

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

Mode: In-Person.

MANDATORY FINANCIAL TOUCHPOINT

FSH • Aug. 6 & Sept. 3

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 DORMS

FSH • Sept 24

10-11:30 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.

PCS TOUCHPOINT CMT

FSH • Aug. 13, 27 & Sept. 10, 24 2:30-3:30 p.m.

A PCS move can be a stressful financial time for you and your family. Moving often means adjusting to change and starting new routines. This is especially true for finances. In an effort to help ease the transition, the M&FRC is offering Financial Readiness training focused on this major event, or "TOUCHPOINT," in your military journey. This is mandatory training IAW DoDI 1322.31, Common Military Training (CMT) and HQDA EXORD 140-21, Army Financial Literacy Training Program, for Soldiers in the grades of E4, O3, WO2 and below who must complete this touchpoint CMT prior to departing their current duty station. *Mode: In-Person.*

UNDERSTANDING CREDIT REPORTS

FSH • Sept. 13

10-11:30 a.m.

Basics of Credit Reports and Credit Scores. Class provides an overview of credit reports and credit scores. It discusses what information is included in a credit report from the major credit bureaus, how credit scores are calculated and used to assess creditworthiness, and ways to build or repair credit. The presentation discusses disputing errors, effects of payment history and debt levels on credit scores, and cautions against credit repair scams. Participants will learn who prepares the credit report, what information is included, where the information comes from, and the different types of available reports. The goal is to help people understand their financial reports and profiles in order to make informed financial decisions.

Mode: In-Person.



SAVING & INVESTING 101

FSH • Aug. 13

1-2 p.m.

Discuss the risks and rewards of investing, identify

strategies to help reach your investment goals, and review different saving options.

Mode: In-Person.

SURVIVING THE HOLIDAYS FINANCIALLY

FSH • Aug. 23

10-11 a.m.

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

THRIFT SAVINGS PLAN

RND • Aug. 15

11 a.m. to Noon

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

Mode: In-Person.



CREATE A BUDGET



EVALUATE SPENDING HABITS

EMERGENCY FUND



LIMIT DEBT

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 • Aug. 21 & Sept. 18

1-2:30 p.m.

LAK • Aug. 6

1-3 p.m.

RND • Sept. 3

10-11:30 a.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*

The sessions at JBSA-FSH will include a special presentation by Dress for Success San Antonio.



INTERVIEW PREP/MOCK BOARD

FSH • By appointment

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.*

JOB FAIR PREPARATION

LAK • Sept. 26

1-3 p.m.

Review tips to help you get the most out of a hiring fair, such as what to wear, improving your elevator speech, polishing up your social media profile, and more.

Mode: In-Person.



LINKEDIN 101

FSH • Aug. 28 & Sept. 25

1-2 p.m.

FSH • Sept. 25

9-10 a.m.

LAK • Aug. 27

5:30-7:30 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.*

NAVIGATING THE FEDERAL JOB SYSTEM

LAK • Sept. 10

5:30-7:30 p.m.

RND • Aug. 27 & Sept. 24

10 a.m. to Noon

Learn how applicants are evaluated and ranked for positions based on their experience, education, skills and performance record.

Mode: In-Person & Virtual.

QUARTERLY EMPLOYER SHOWCASE

FSH • Sept. 12

11 a.m. to 1 p.m.

Grab your lunch and join community partners in industries like Trade careers (HVAC, Plumbing & Electrical). Learn about current trends, hiring practices, tips and tools for your job search/career change. *Mode: In-Person.*

READY, SET, RESUME

RND • Sept. 17

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 • Aug. 14 & Sept. 11

1-2 p.m.

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

[Mode: In-Person.](#)



RESUME WRITING LIVE

LAK • Sept. 24

1-3 p.m.

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

SALARY NEGOTIATION

LAK • Sept. 17

1-3 p.m.

RND • Aug. 13

10 a.m. to Noon



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: In-Person.](#)



TIPS FOR FEDERAL RESUME

📶 RND • Aug. 27

1-3 p.m.

👤 RND • Sept. 25

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 & Virtual.](#)

USAJOBS NAVIGATION & FEDERAL RESUME

📶 FSH • Aug. 7 & Sept. 4

1-3 p.m.

📶 FSH • Sept. 4

9-11 a.m.

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: In-Person & Virtual.](#)

YOUR PATHWAYS TO EMPLOYMENT

FSH • Aug. 26 & Sept. 23

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: EXCEL

FSH • Sept. 10-12

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: WORD

FSH • Sept. 10-12

8-10 a.m.

Get familiar with templates, formulas, themes, formatting and more. Users of all skill levels learn tips to help improve proficiency and maximize productivity. [Mode: Virtual.](#)

MICROSOFT OFFICE: TEAMS

FSH • Sept. 24-26

8-10 a.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.](#)



M&FRC HOSTS QUARTERLY EMPLOYER SHOWCASE

SEPTEMBER 12 11 AM TO 1 PM

Grab your lunch and join community partners in Trade careers: HVAC, Plumbing, & Electrical. Learn about current trends, hiring practices, tips and tools for your job search/career change. Limited seating available. Call to register.



Fort Sam Houston-Military & Family Readiness Center
3060 Stanley Rd. Bldg. 2797



210-221-2705

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

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 14 months 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 • Aug. 7, 14, 21, 28 & Sept. 4, 11, 18, 23, 24, 25, 26

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: Aug. 19 & Sept. 16
Separation: Aug. 5 & Sept. 9, 30**

8 a.m. to 4 p.m.

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

VA BENEFITS & SERVICES

**FSH • Retirement: Aug. 20 & Sept. 17
Separation: Aug. 6 & Sept. 10**

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: Pre-Separation Counseling. Mode: In-Person.**



DOL EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

**FSH • Executive: Aug. 21 & Sept. 18
Separation: Aug. 7 & Sept. 11**

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: Pre-Separation Counseling. Mode: In-Person.**

DOL EMPLOYMENT WORKSHOP**FSH • Retirement: Aug. 22-23 & Sept. 19-20****Separation: Aug. 8-9 & Sept. 12-13****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: Pre-Separation Counseling.** *Mode: In-Person.*

DOL CAREER & CREDENTIAL EXPLORATION**FSH • Aug. 28-29 & Sept. 16-17****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: Pre-Separation Counseling.** *Mode: In-Person.*

MANAGING YOUR (MY) EDUCATION**FSH • Aug. 26-27 & Sept. 3-4, 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, providing vocational education counseling, and more. **Transition Track, prerequisite: Pre-Separation Counseling.** *Mode: In-Person.*

CAREER SKILLS PROGRAM OVERVIEW**FSH • Aug. 6, 20 & Sept. 10, 24****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 • Aug. 16 & Sept. 6 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 • Aug. 6 & Sept. 3****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.*

ARE YOU PREPARED

FOR YOUR SERVICE MEMBER'S RETIREMENT OR SEPARATION?

TAP TOO**FSH • Sept. 27****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.

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 • Aug. 5, 19 & Sept. 9, 23, 30

8 a.m. to 4 p.m.

RND • Aug. 7, 21 & Sept. 18 & 25

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 • Aug. 20-23

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.**

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

TAP WORKSHOP (3-DAY)

LAK • Separation: Aug. 5-7 & Sept. 9-11

Retirement: Aug. 19-21 & Sept. 23-25

8 a.m. to 4 p.m.

RND • Aug. 12-14 & Sept. 9-11 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 • Aug. 23 & Sept. 27 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 • Aug. 8-9, 22-23 & Sept. 12-13, 26-27

8 a.m. to 4 p.m.

RND • Sept. 12-13

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 • Sept. 26-27

8 a.m. to 4 p.m.

A 2-day workshop hosted by the Department of Labor guides those pursuing career technical training. Discuss different vocational fields and identify

Transition Assistance Program

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 • Aug. 29 & Sept. 26 **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.*



SUBSCRIBE

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

Send an email to

802fss.fsysr.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>

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.

BREAST CANCER RESOURCE BRUNCH

FSH • Sept. 28 11 a.m. to 1 p.m.

Join EFMP & guest speakers from Pink Warrior Angels to discuss Breast Cancer Awareness. Go over the challenges and victories, meet other survivors, fighters, and supporting family members. Light refreshments will be served.

Mode: In-Person.



EFMP INFORMATIONAL BRIEFING

Review a new topic each month and share helpful resources or ways to overcome challenges. *Mode: Virtual.*

Social Security Disability

LAK • Aug. 29 2-3:30 p.m.

This briefing is geared specifically for EFMP families. Find out how to start the Social Security disability process, resources and more. Participants are encouraged to ask questions.

Children & Sexuality

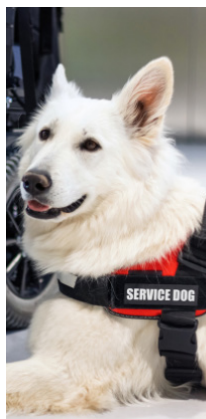
LAK • Sept. 26 2-3:30 p.m.

While this subject can be uncomfortable for a parent to discuss with their child, it's an important topic. Dr. Steven Gonzalez will go over this general overview includes tips for the "talk," psychological development, emotions, and more.

EFMP: IS A SERVICE DOG RIGHT FOR YOU?

LAK • Sept. 5 10-11:30 a.m.

A to Z Service Dog Consulting provides



comprehensive insights into the ways in which a service dog can significantly improve the quality of life for individuals with disabilities. This brief will cover the various applications and types of service dogs, guidance on obtaining a service dog, and an understanding of their limitations, among other essential

information. *Mode: In-Person at Arnold Hall.*

EFMP ORIENTATION

RND • Aug. 5, 19 & Sept. 16 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 END OF SUMMER SPLASH**LAK • Aug. 24****10:30 a.m. to Noon**

Come and enjoy the opportunity to spend time together as a family for our Annual End of Summer Splash event! There will be water activities for all ages including slip and slides, bounce hours, yard games snow cones and more! Registration is required. [Mode: In-Person.](#)

LUNCH & LEARN WITH EFMP**FSH • Aug. 21 & Sept. 18 11:30 a.m. to 1 p.m.****RND • Aug. 15 & Sept. 19 11 a.m. to Noon**

Join us in sharing helpful resources and ways to overcome challenges. Call to register. [Mode: In-Person.](#)

Understanding IEP's**Aug. 21**

Become an advocate for your child's education by learning about the different types of accommodation and modification programs available in Texas. Education specialist will be on-site to review your child's.

Suicide Prevention for Children & Teens Sept. 18

Guest Speakers from Clarity Child Guidance Center will discuss ways to prevent suicide in children & teens.

SEPTEMBER IS BLOOD CANCER AWARENESS MONTH**EFMP: BLOOD DRIVE****Moreno Clinic (3100 Schofield Rd)****Sept. 17, 18, 20****5-10:30 a.m.****M&FRC (3060 Stanley Road)****Sept. 19****8 a.m. to Noon**

Nearly 1.3 million people in the U.S. are affected by some form of blood cancer. In coordination with the Armed Services Blood Program, EFMP is hosting a blood drive to give back to our military-affiliated families. To donate, schedule an appointment online at militarydonor.com and use the sponsor code FSHEFMP.

[Mode: In-Person.](#)**FSH • Aug. 2 & Sept. 6****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.](#)

EFMP: WHAT DOES IT MEAN TO ME?**FSH • Aug. 8****2-4 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.](#)





24 AUGUST, 2024

10:30 AM TO NOON

JBSA-LACKLAND M&FRC IS HOSTING A SUMMER ACTIVITY DESIGNED TO ENGAGE FAMILIES AND BUILD RESILIENCE THROUGH OUTDOOR AND WATER ACTIVITIES! OUR GOAL IS TO PROVIDE FAMILIES WITH TOOLS TO INSPIRE CREATIVITY, STRENGTHEN BONDS, AND CREATE LASTING TRADITIONS. THIS EVENT WILL FEATURE A COMMUNITY RESOURCE FAIR AS WELL! FOR MORE INFORMATION CALL (210) 671-3722

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 JBASA patrons. Call (210) 954-4566 to schedule an appointment. WIC is an equal opportunity program.



AFAP FOCUS GROUP

FSH • Aug. 14

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.*

BUNDLES FOR BABIES

LAK • Sept. 26

9 a.m. to Noon

Information is provided on financial planning from conception to college and support programs that are offered within the community. Active-duty expecting parents are encouraged to attend. This is a Touchpoint requirement. *Mode: Virtual.*

CAR SEAT 101

FSH • Aug. 6 & Sept. 3

9-11 a.m.



Forward-facing, rear-facing, convertible-seat, angles, tether straps, hooks, and anchors - there are many aspects to consider when installing a car seat and adjustments to make as your baby grows. This course provides information about the different types of car seats and reviews the basics of car seat installation to keep your child safe. After the class, sign up for the Car Seat Safety Clinic to have your car seat checked by a Child Passenger Safety Technician and Senior Checker. Service members E-5 and below may be eligible for a free car seat. *Mode: In-Person.*



LIFE RHYTHMS: COMPOSING MEANINGFUL DIALOGUES

RND • Sept. 25

11 a.m. to Noon

In collaboration with our Military Family Life Counselors, this workshop will focus on techniques and tools to utilize when interacting with others beyond the daily small talk. *Mode: Virtual.*

MARRY THE MILITARY

FSH • Sept. 19

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: In-Person.



KEYING CONNECTED: SPOUSE EMPLOYMENT ROUND TABLES

LAK • Aug. 13

6-8 p.m.

Continuing Education for Key Support Liaisons. All military spouses are welcome to attend. *Mode: Virtual.*

KEY SUPPORT PROGRAM ANNUAL SAPR & SUICIDE AWARENESS TRAINING

LAK • Sept. 24

6-8 p.m.

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 SUPPORT LIAISON INITIAL TRAINING

LAK • Aug. 21,22

5-7 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: In-Person.

KEY SUPPORT PROGRAM CONTINUING EDUCATION

FSH • Aug. 28

9-10:30 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: Virtual.*

KEY SUPPORT MENTORS TRAINING

FSH • Aug. 14

9-10 a.m.

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: Virtual.

**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.

NEW UNIT LEADERSHIP TRAINING

LAK • Aug. 20 & Sept. 17

8-11:30 a.m.

An M&FRC in-brief to programs and services available to support units. Briefing required to be given by Director within 60 days of arrival per AFI 36-3009.

Mode: In-Person.

PLAY & LEARN PLAYGROUP

FSH • Aug. 13, 27 & Sept. 10, 24

9-11 a.m.

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

TWOGETHER IN TX

FSH • Aug. 8

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 • Aug. 30 & Sept. 27 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.

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; (210) 996-4037.

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 • Aug. 8 & Sept. 12 9-10:30 a.m.

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

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 • Sept. 10-11 **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 • Aug. 20 & Sept. 17 **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 • Aug. 20 & Sept. 17 **1-2 p.m.**

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



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 • Aug. 8, 22 & Sept. 12, 26 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 • Aug. 8, 22 & Sept. 12, 26 1-3 p.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.

KIDS & DEPLOYMENT

FSH • Aug. 15 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.*



JBSA COMMUNITY PREPAREDNESS & READINESS EVENT

FSH • Sept. 19

10 a.m. to Noon

September is National Preparedness month. Be prepared for the unexpected! Learn key knowledge and practical skills to prepare for emergencies that could impact your home, workplace, school, and community. Through demonstration and hands-on activities learn about Adult/Child Cardiopulmonary Resuscitation (CPR), ways to put out a fire, what to pack for a natural disaster and more! *Mode: In-Person.*

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

FSH • Aug. 1

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. KEY CONTACTS TRAINING

FSH • Sept. 5

9-11 a.m.

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

Mode: In-Person.

R.E.A.L. FUND CUSTODIAN TRAINING

FSH • Sept. 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.

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>.



**FOR MORE
INFORMATION
ABOUT THE**



FVAP.GOV
FEDERAL VOTING ASSISTANCE PROGRAM

**CONTACT ANY OF THE THREE JBSA INSTALLATION
VOTING ASSISTANCE OFFICES AT**

**JBSA-FSH • M&FRC, Bldg. 2797
(210) 221-8683**

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

**JBSA-RND • M&FRC, Bldg. 693
(210) 652-3112**

**TELL US HOW
WE'RE DOING**

ICE

INTERACTIVE CUSTOMER EVALUATION

Fort Sam Houston M&FRC



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Lackland M&FRC



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JBSA-FORT SAM HOUSTON

MILITARY & FAMILY READINESS CENTER



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3060 Stanley Road, Building 2797
(210) 221-2705; 802fss.fsyr.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



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Joint Transition Readiness Center

3931 Okubo Barracks, Bldg. 3639

(210) 916-7322 or 916-6089; 802fss.fsyr.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.fsfr@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



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555 F Street West, Building 693

(210) 652-5321; randolphmfrf@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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