

# October-November

CALENDAR OF EVENTS  
2024



- 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](http://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](mailto:802fss.fsysr.centerbox@us.af.mil)




JBSA-Lackland  
(210) 671-3722  
[802fss.fsysr@us.af.mil](mailto:802fss.fsysr@us.af.mil)





















JBSA-Randolph  
(210) 652-5321  
[randolphmfr@us.af.mil](mailto:randolphmfr@us.af.mil)

For up to date information regarding JBSA operations, visit [www.jbsa.mil](http://www.jbsa.mil)












































## CALENDAR OF EVENTS OCTOBER - NOVEMBER

### JOINT BASE SAN ANTONIO-MILITARY & FAMILY READINESS FLIGHT

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

EVENT		OCTOBER	NOVEMBER	PAGE	SITE
RELOCATION	Guided Tour, Trails & Tales of Fort Sam Houston	4	14	p. 9	 FSH
	Guided Tour, Exploring Randolph	21	18	p. 9	 RND
	Immigration & Citizenship	23	20	p. 8	 FSH
	JBSA Pre-Arrival Orientation	22	26	p. 8	 JBSA
	Newcomer's Orientation	4, 18	1, 15	p. 8	 FSH
	Newcomer's Orientation	9, 23	6	p. 8	 LAK
	Newcomer's Orientation	21	18	p. 8	 RND
	Newly Assigned CC/CCC/CCF	By Appointment	By Appointment	p. 9	 RND
	Supplemental Sponsorship Training	9	13	p. 8	 FSH
	Supplemental Sponsorship Training	Call to Register	Call to Register	p. 8	 LAK
	Supplemental Sponsorship Training	Call to Register	Call to Register	p. 8	 RND
FINANCIAL	Build a Budget	--	19	p. 11	 FSH
	Build a Budget	8	5	p. 11	 LAK
	Car Buying	22	--	p. 11	 FSH
	Car Buying	--	19	p. 11	 LAK
	Financial Management	--	14	p. 11	 LAK
	First Duty Station Officer Course	15	12	p. 11	 FSH
	First Duty Station Officer Course	3	7	p. 11	 LAK
	First Duty Station Officer Course	--	12	p. 11	 RND
	Home Buying	25	--	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		October	November	Page	Site
FINANCIAL	Mandatory Financial Touchpoint	1	5	p. 11	 FSH
	Million Dollar Service Member	--	25-26	p. 12	 FSH
	Moving Out of the Dorms	--	22	p. 12	 FSH
	Moving Out of the Dorms	17	21	p. 12	 LAK
	PCS Touchpoint CMT	8, 22	19	p. 12	 FSH
	Social Security & You	24	--	p. 12	 RND
	Surviving the Holidays Financially	11	--	p. 12	 FSH
	Surviving the Holidays Financially	17	--	p. 12	 RND
	Thrift Savings Plan	22	--	p. 12	 LAK
	Thrift Savings Plan	--	14	p. 12	 RND
EMPLOYMENT	Acing the Interview	16	21	p. 13	 FSH
	Acing the Interview	--	5	p. 13	 LAK
	Interview Prep/Mock Board	Call to Register	Call to Register	p. 13	 FSH
	Interview Prep/Mock Board	Call to Register	Call to Register	p. 13	 RND
	Explore Business Ownership	24	--	p. 13	 LAK
	LinkedIn 101	23	--	p. 13	 FSH
	LinkedIn 101	--	19	p. 13	 LAK
	LinkedIn Bootcamp	--	1	p. 13	 LAK
	Military Spouse Brewing Connections	--	8	p. 13	 FSH
	Lunch & Learn - Form Design Word	--	4	p. 15	 FSH
	Microsoft Office: Access	--	19-21	p. 15	 FSH
	Microsoft Office: Excel	--	19-21	p. 15	 FSH
	Microsoft Office: PowerPoint Clinic	--	25	p. 15	 FSH
	Navigating the Federal Job System	31	--	p. 14	 LAK
	Navigating the Federal Job System	 22	 26	p. 14	 RND
	Quarterly Lunch & Learn Employer Showcase	--	19	p. 14	 FSH
	Ready ,Set, Resume	--	19	p. 14	 RND
	Renovating your Resume	9	13	p. 14	 FSH
	Resume Writing Live	--	12	p. 14	 LAK
	Reverse Career Fair	29	--	p. 14	 LAK
	Salary Negotiation	--	12	p. 14	 RND
	Tips for Federal Resume	10	--	p. 14	 LAK
	Tips for Federal Resume	 22	 26	p. 14	 RND
	USAJOBS Navigation & Federal Resume	2	6	p. 14	 FSH
	Your Pathways to Employment	28	--	p. 14	 FSH
TAP	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 16	 FSH
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 18	 LAK
	Individualized Initial Counseling (Step 1)	Call to Register	Call to Register	p. 18	 RND
	Pre-Separation Counseling (Step 2)	2, 9, 16, 23, 30	6, 13, 20, 27	p. 16	 FSH

Event		October	November	Page	Site
TRANSITION ASSISTANCE PROGRAM	Pre-Separation Counseling (Step 2)	8, 15	19, 26	p. 18	LAK
	Pre-Separation Counseling (Step 2)	2, 9, 23	13, 20	p. 18	RND
	DoD Transition Day (Step 3)	21, 28	4, 18	p. 16	FSH
	Executive TAP Workshop (3-day) (Step 3)	–	12-15	p. 18	RND
	TAP Workshop (3-day) (Step 3)	Sept. 30-2, 21-23, 28-30	4-6	p. 18	LAK
	TAP Workshop (3-day) (Step 3)	7-9	4-6	p. 18	RND
	VA Benefits & Services	1, 22, 29	5, 19	p. 16	FSH
	VA Benefits & Services	1, 22, 29	5	p. 18	LAK
	VA Benefits & Services	25	15	p. 18	RND
	DoL Employment Fundamentals of Career Transition	2, 23, 30	6, 20	p. 16	FSH
	DoL Employment Fundamentals of Career Transition	2, 23, 30	6	p. 18	LAK
	DoL Employment Workshop (2-day)	3-4, 24-25, 31-1 Nov	7-8, 21-22	p. 17	FSH
	DoL Employment Workshop (2-day)	3-4, 24-25, 31-1 Nov	7-8	p. 18	LAK
	DoL Employment Workshop (2-day)	–	7-8	p. 18	RND
	DoL Career & Credential Exploration (2-day)	21-22	14-15	p. 17	FSH
	DoL Career & Credential Exploration (2-day)	–	7-8	p. 18	LAK
	DoL Career & Credential Exploration (2-day)	10-11	–	p. 18	RND
	Managing Your (My) Education (2-day)	15-16, 28-29	12-13	p. 17	FSH
	CSP Overview	1, 15	5, 19	p. 17	FSH
	Benefits Delivery at Discharge Workshop & Claims	18	26	p. 17	FSH
	Benefits Delivery at Discharge Workshop & Claims	10	14	p. 19	LAK
	Benefits Delivery at Discharge Workshop & Claims	31	25	p. 19	RND
	Boots to Business	–	20-21	p. 19	LAK
	Boots to Business	16-17	–	p. 19	RND
	Mock Interviews with TVC	1	5	p. 17	FSH
EFMP	EFMP Orientation	24	–	p. 20	LAK
	EFMP Orientation	21	18	p. 20	RND
	Family Day at Chris Krossing Ranch	26	–	p. 20	FSH
	Halloween Howl Down	18	–	p. 20	FSH
	Lunch & Learn with EFMP	–	20	p. 20	FSH
	Lunch & Learn with EFMP	–	14	p. 20	RND
	EFMP: What Does it Mean to Me?	7	–	p. 20	FSH
PERSONAL & FAMILY WORK LIFE	AFAP Focus Group	9	–	p. 22	FSH
	AFAP Rapid Issue Forum	–	4	p. 22	FSH
	Bundles for Babies	2	–	p. 22	RND
	Car Seat 101	1	5	p. 22	FSH
	Estate Planning	4	–	p. 24	RND
	Grateful to be Connected	–	16	p. 22	LAK
	Journey to Wellness	18	–	p. 23	RND



EVENT		OCTOBER	NOVEMBER	PAGE	SITE
PERSONAL & FAMILY WORK LIFE	Keying Connected: DISC Personality Assessment	8	--	p. 22	LAK
	Key Support Liaison Initial Training	21	--	p. 23	LAK
	Key Support Liaison Initial Training	23	--	p. 23	RND
	Key Support Program Continuing Education	--	13	p. 23	FSH
	Key Support Program Continuing Education	16	--	p. 23	RND
	Key Support Program Mentors Training	24	--	p. 23	LAK
	Key Support Program Mentors Training	Call to Register	Call to Register	p. 23	RND
	Key Support Program Refresher Training	9	--	p. 23	FSH
	Key Support Program Refresher Training	24	--	p. 23	LAK
	New Unit Leadership Training	--	19	p. 23	LAK
	Play & Learn Playgroup	8, 22	12	p. 24	FSH
	Survivor Benefit Plan Group Briefing	10	14	p. 24	RND
	Twogether in TX	--	7	p. 24	FSH
	What to Expect when Caring for an Aging Parent	16	--	p. 24	RND
VOLUNTEER	VMIS OPOC Training	15	19	p. 25	FSH
	Volunteering 101	15	19	p. 25	FSH
	Volunteer Advisory Council	16	--	p. 25	FSH
	Volunteer to Career	22	--	p. 25	FSH
DEPLOYMENT	Pre-Deployment Briefing	10, 24	14	p. 26	FSH
	Pre-Deployment Briefing	M & W	M & W	p. 26	LAK
	Pre-Deployment Briefing	Call to Register	Call to Register	p. 26	RND
	Post-Deployment Reunion & Reintegration	10, 24	14	p. 26	FSH
	Post-Deployment Reunion & Reintegration	M & W	M & W	p. 26	LAK
	Post-Deployment Reunion & Reintegration	Call to Register	Call to Register	p. 26	RND
	Kids & Deployment	8	12	p. 26	LAK
	R.E.A.L. Command Family Readiness Representative Training	--	7	p. 26	FSH
	R.E.A.L. Key Contact Training	3	--	p. 26	FSH
	R.E.A.L. Fund Custodian Training	--	21	p. 26	FSH
VOTING	Unit Voting Assistance Officer Training	29	--	p. 27	LAK
	Unit Voting Assistance Officer Training	16	--	p. 27	RND

## HOLIDAYS, SPECIAL OBSERVATIONS, & CLOSURES

### October 2024

Domestic Violence Awareness Month

National Cyber Awareness Month

13 Navy Birthday

14 **Indigenous Peoples/Columbus Day**  
(All Centers Closed)

26 National Day of the Deployed

### November 2024

National Military Family Month

Warrior Care Month

5 Election Day

10 Marine Corps Birthday

11 **Veterans Day ( All Centers Closed)**

28 **Thanksgiving Day ( All Centers Closed)**

29 **AETC Family Day ( All Centers Closed)**



# HALLOWEEN HOWL DOWN

OCTOBER 18

6-8 PM

The EFMP Halloween Howl Down Community Resource Fair is open to the JBSA community. Meet with over 40 JBSA and San Antonio Community Partners. All costumes are encouraged. Open to all JBSA DoD ID Cardholders. For more information, call the Military & Family Readiness Center at (210) 221-2705 or email [802.fss.fsysr.efmp-fs@us.af.mil](mailto:802.fss.fsysr.efmp-fs@us.af.mil).

## ACTIVITIES FOR THE WHOLE FAMILY!

TRUNK-OR-TREATING

FOOD TRUCKS

HAUNTED HOUSE

HAY RIDES

CARNIVAL GAMES

AND MORE

## COMMUNITY PARTNERS ATTENDING

SA FOOD BANK  
ANY BABY CAN  
AUTISM LIFE LINKS  
THE BRIGHTON CENTER  
SAN MARCOS TREATMENT CENTER  
TEXAS DIAPER BANK  
FSH EQUESTRIAN CENTER  
ABA THERAPY ORGANIZATIONS  
UNITED WAY OF SAN ANTONIO  
AND MORE...

## JOIN US FOR A SPOOKTACULAR EVENT!



EFMP, Hearts Apart and Gold Star Families scan qr code for RSVP Link or visit <https://e.afit.edu/ZCC05CY>

\*If QR Code doesn't load try scanning with Wi-Fi off\*



# 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 • Oct. 23 & Nov. 20**  
**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.

## Newcomers

Welcome to Joint Base San Antonio



**PCS is a Family Affair**

### NEWCOMER'S ORIENTATION

**FSH • Oct. 4, 18 & Nov. 1, 15** 8 a.m. to Noon  
**LAK • Oct. 9, 23 & Nov. 6** 8 a.m. to Noon  
**RND • Oct. 21 & Nov. 18** 8 a.m. to Noon

A mandatory in-processing brief for all military personnel newly assigned to JBSA. Family members are welcome. To register:  
**JBSA-FSH & JBSA LAK: Contact your CSS or CPO**  
**JBSA-RND: Contact your Unit Personnel Office**  
*Mode: In-Person.*

### JBSA PRE-ARRIVAL ORIENTATION

**JBSA • Oct. 22 & Nov. 26** 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 • Oct. 9 & Nov. 13** 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 about local resources



and tips to support incoming personnel. Registration is required. [Mode: Refer to Table of Contents.](#)



## TRAILS & TALES GUIDED TOUR

**FSH • Oct. 4 & Nov. 14**

**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.](#)

## EXPLORING RANDOLPH BUS TOUR

**RND • Oct. 21 & Nov. 18**

**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 • By Appointment**

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.

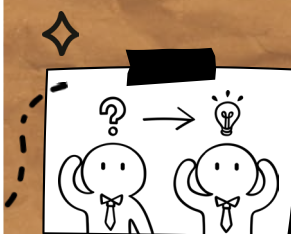
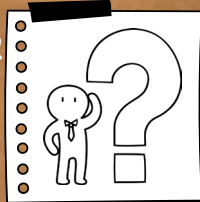
[Mode: In-Person.](#)



# 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



# MILLION DOLLAR *Service Member*



Who wants to be a Millionaire? This two-day interactive Personal Wealth Building program is designed to provide Service Members and their families a more in-depth overview of various financial topics such as financial goal setting and implementation, Debt Reduction, Savings, Investing, Major Purchases, Insurance, Thrift Savings Plan, retirement planning, time-value of money and long-term wealth building.

- **BALANCED MONEY, BALANCED LIFE**
- **COME BUILD A HEAD START TO YOUR FINANCES**
- **AN INVESTMENT IN KNOWLEDGE PAYS THE INTEREST**
- **BUILD TOWARDS A BETTER FINANCIAL FUTURE**

**NOV. 25-26**  
**8 AM-3:30 PM**

**TO REGISTER**  
**210 221-2705 OR**  
**802FSS.FSYR.FINANCIALREADINESS@US.AF.MIL**

# 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.**

### BUILD A BUDGET

**FSH • Nov. 19**

**LAK • Oct. 8**

**LAK • Nov. 5**

**10-11 a.m.**

**1-3 p.m.**

**8-10 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.*

### CAR BUYING

**FSH • Oct. 22**

**LAK • Nov. 19**

**9-11 a.m.**

**1-3 p.m.**

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

predatory lending. *Mode: In-Person.*



### FINANCIAL MANAGEMENT.

**LAK • Nov. 14**

**8-10 a.m.**

Intro to Personal Finance will cover essential topics, including setting financial goals, tracking expenses, creating a spending plan, saving and investing, managing debt, and building credit.

*Mode: In-Person.*

### FIRST DUTY STATION OFFICER COURSE

**FSH • Oct. 15 & Nov. 12**

**8-10 a.m.**

**LAK • Oct. 3 & Nov. 7**

**8-11 a.m.**

**RND • Nov. 12**

**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

**FSH • Oct. 25**

**10 a.m. to Noon**

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.*



### MANDATORY FINANCIAL TOUCHPOINT

**FSH • Oct. 1 & Nov. 5**

**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.*

## PCS TOUCHPOINT CMT

**FSH • Oct. 8, 22 & Nov. 19**

**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.*

## MOVING OUT OF THE DORMS

**FSH • Nov. 22**

**10-11:30 a.m.**

**LAK • Oct. 17 & Nov. 21**

**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.*

## SOCIAL SECURITY & YOU

**RND • Oct. 24**

**2-3:30 p.m.**

Learn about changes to Social Security benefits and how it can affect your retirement—facilitated by a subject matter expert in Social Security. *Mode: In-Person.*

## THRIFT SAVINGS PLAN

**LAK • Oct. 22**

**1-3 p.m.**

**RND • Nov. 14**

**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: Virtual.*

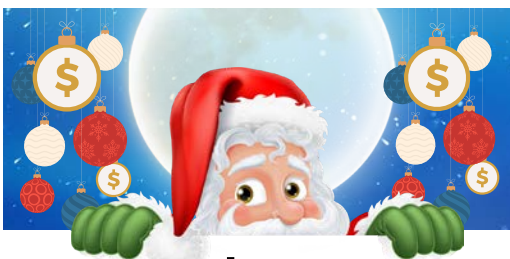


## MILLION DOLLAR SERVICE MEMBER

**FSH • Nov. 25-26**

**8:30 a.m. to 3:30 p.m.**

This two-day interactive program is designed for active duty members, reservists, retirees, and their families, offering in-depth information on financial goal setting, military pay, credit, debt reduction, car buying, consumer protection, home buying, and more. Focused on long-term wealth building, the course enhances financial readiness and overall mission readiness. Federal civilians may also attend on a space-available basis. *Mode: In-Person.*



## How to Survive the Holidays Financially

**FSH • Oct. 11**

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

**RND • Oct. 17**

**10 a.m. to Noon**

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



**Take control of your finances with our guidance on budgeting, debt reduction, and investments.**

**Start building a secure financial future today!**



# EMPLOYMENT ASSISTANCE

## EMPLOYMENT ASSISTANCE

Employment Assistance 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 • Oct. 16 & Nov. 21**

**1-2:30 p.m.**

**LAK • Nov. 5**

**1-3 p.m.**

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

**\*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.*

### EXPLORE BUSINESS OWNERSHIP

**LAK • Oct. 24**

**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.*

### LINKEDIN 101

**FSH • Oct. 23**

**1-2 p.m.**

**LAK • Nov. 19**

**1-3 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 • Nov. 1**

**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 and ChatGPT briefings are available upon request\***

### MILITARY SPOUSE BREWING CONNECTIONS

**FSH • Nov. 8**

**11 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.*



## NAVIGATING THE FEDERAL JOB SYSTEM

📍 **LAK • Oct. 31**

1-3 p.m.

📍 **RND • Oct. 22**

10 a.m. to Noon

📶 **RND • Nov. 26**

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 • Nov. 19**

11 a.m. to 1 p.m.

Grab your lunch and join community partners in industries like Entrepreneurship and Franchising. Learn about current trends, hiring practices, tips and tools for your job search/career change. *Mode: In-Person.*

## READY, SET, RESUME

**RND • Nov. 19**

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 • Oct. 9 & Nov. 13**

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 • Nov. 12**

5:30-7:30 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.*

## REVERSE CAREER FAIR

**LAK • Oct. 29**

3-4 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.*

## SALARY NEGOTIATION

**RND • Nov. 12**

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 FEDERAL RESUME

📍 **LAK • Oct. 10**

5:30-7:30 p.m.

📍 **RND • Oct. 22**

1-3 p.m.

📶 **RND • Nov. 26**

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 • Oct. 2 & Nov. 6**

1-3 p.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.*

## YOUR PATHWAYS TO EMPLOYMENT

**FSH • Oct. 28**

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.](#)



## **LUNCH & LEARN-FORM DESIGN WORD**

**FSH • Nov. 4** **11 a.m. to Noon.**

Join us for a quick and insightful Lunch & Learn session. Enhance your skills and create interactive, user-friendly documents with ease! [Mode: Virtual.](#)

## **MICROSOFT OFFICE: ACCESS**

**FSH • Nov. 19-21** **8-10 a.m.**

Join our two-day Microsoft Access class to learn the essentials of database management. This hands-on course will cover how to create, manage, and query databases, build tables and forms, and generate reports. Ideal for beginners looking to streamline data organization and improve workflow efficiency!

[Mode: Virtual.](#)

## **MICROSOFT OFFICE: EXCEL**

**FSH • Nov. 19-21** **11 a.m. to 1 p.m.**

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: POWERPOINT CLINIC**

**FSH • Nov. 25** **11 a.m. to 1 p.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.](#)



# **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>

# 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 • Oct. 2, 9, 16, 23, 30 & Nov. 6, 13, 20, 27**  
8 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: Oct. 21 & Nov. 4**  
**Separation: Oct. 28 & Nov. 18**

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: Oct. 22 & Nov. 5**  
**Separation: Oct. 1, 29 & Nov. 19**

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: Oct. 23 & Nov. 6**  
**Separation: Oct. 2, 30 & Nov. 20**

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: Oct. 24-25 & Nov. 7-8****Separation: Oct. 3-4, 31-1 Nov. & Nov. 21-22****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 • Oct. 21-22 & Nov. 14-15****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 • Oct. 15-16, 28-29 & Nov. 12-13****8 a.m. to 4 p.m.**

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

**CAREER SKILLS PROGRAM OVERVIEW****FSH • Oct. 1, 15 & Nov. 5, 19****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 • Oct. 18 & Nov. 26 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 • Oct. 1 & Nov. 5****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](https://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 • Oct. 8, 15 & Nov. 19, 26** 8 a.m. to 4 p.m.

**RND • Oct. 2, 9, 23 & Nov. 13, 20** 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 • Nov. 12-15** 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 • Separation: Sept.30-Oct. 2, Oct 28-30**

**Retirement: Oct. 21-23 & Nov. 4-6**

8 a.m. to 4 p.m.

**RND • Oct. 7-9 & Nov. 4-6** 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.*

Transition Assistance Program

## VA BENEFITS & SERVICES

**LAK • Oct. 1, 22, 29 & Nov. 5** 8 a.m. to 4 p.m.

**RND • Oct. 25 & Nov. 15** 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](http://tapevents.mil/courses). **Repeat of Core Requirement, prerequisite: 3-day TAP Workshop.** *Mode: In-Person.*

## DOL EMPLOYMENT WORKSHOP

**LAK • Oct. 3-4, 24-25, 31-Nov. 1& Nov. 7-8**

8 a.m. to 4 p.m.

**RND • Nov. 7-8**

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 EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION

**LAK • Oct. 2, 23, 30 & Nov. 6** 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 CAREER & CREDENTIAL EXPLORATION

**LAK • Nov. 7-8**

8 a.m. to 4 p.m.

**RND • Oct. 10-11**

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

**LAK • Oct. 10 & Nov. 14**

**8 a.m. to 4 p.m.**

**RND • Oct. 31 & Nov. 25**

**8:30-9:30 a.m.**

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



**Boots to  
BUSINESS**

from the U.S. Small Business Administration

**LAK • Nov. 20-21**

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

**RND • Oct. 16-17**

**8:30 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.*

# TELL US HOW WE'RE DOING

# ICE

INTERACTIVE CUSTOMER EVALUATION

### Fort Sam Houston M&FRC



Please scan the QR code, or visit <https://ice.disa.mil/index.cfm?fa=card&sp=132154&s=1024&dep=&sc=6> to leave us feedback.

### Lackland M&FRC



Please scan the QR code, or visit <https://ice.disa.mil/index.cfm?fa=card&sp=133524&s=1024> to leave us feedback.

### Randolph M&FRC



Please scan the QR code, or visit [https://ice.disa.mil/index.cfm?fa=card&sp=133523&s=1024&dep=\\*DoD](https://ice.disa.mil/index.cfm?fa=card&sp=133523&s=1024&dep=*DoD) to leave us feedback.

# 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.



### HALLOWEEN HOWL DOWN

**FSH • Oct. 18**

**6-8 p.m.**

The JBSA Exceptional Family Member Program hosts a Halloween themed event with information on community resources, trunk-or-treats, carnival games, and more. A sensory friendly hour will be offered for EFMP and Hearts Apart Families, call for details. Costumes encouraged.

*Mode: In-Person.*

### EFMP ORIENTATION

**LAK • Oct. 24**

**2-3 p.m.**

**RND • Oct. 21 & Nov. 18**

**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 • Nov. 7**

**1-3 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 • Nov. 20**

**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.*

**RND • Nov. 14**

**11 a.m. to Noon**

#### Special Education and IEPs

Become an advocate for your child's education by learning about the different types of accommodation and modification programs available in Texas. Presented by Brighton Center.



### FAMILY DAY AT CHRIS KROSSING RANCH

**FSH • Oct. 26**

**Noon to 3 p.m.**

EFMP & Hearts Apart Families are invited to the Chris Krossing Ranch to hang out and enjoy fun ranch activities with horses and other animals. Limited openings, registration is required. Contact EFMP for the registration link *Mode: In-Person.*

SAVE THE DATE!

# ALL IS CALM

IN PARTNERSHIP WITH  
HOPE WORLDWIDE

HOPE  
worldwide

14  
DECEMBER  
10 AM TO 3 PM

Join us for our Annual "All Is Calm" event, a special day to relax and connect with our community, in partnership with Hope Worldwide.

Held at the Bob Hope & Arnold Hall, at JBSA-Lackland. Enjoy refreshments, games, music, and activities for all ages! We look forward to celebrating this meaningful event with you. Stay tuned for more details!

10-11 AM: VIP Hour for EFMP, Hearts Apart, and AFFF/Gold Star Families

11 AM-3 PM: Open to the General Public

For more information contact: (210) 671-3722 or [802fss.fsfr@us.af.mil](mailto:802fss.fsfr@us.af.mil)



# 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) 704-4180 to schedule an appointment. WIC is an equal opportunity program.

### AFAP FOCUS GROUP

**FSH • Oct. 9** **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.*

### AFAP RAPID ISSUE FORUM

**FSH • Nov. 4** **8 a.m. to Noon**

Do you ever get frustrated thinking there's a better way? AFAP serves as the voice of the customer, allowing Service members, Family members, survivors, retirees and DoD civilians to share their feedback with leadership. The JBSA AFAP forum is a place

to come together and discuss what works, what doesn't and propose solutions to the issues you've experienced/observed. By addressing these needs, senior leadership aims to maintain a satisfied, informed and resilient military community. RSVP by October 30. *Mode: In-Person.*

### BUNDLES FOR BABIES

**RND • Oct. 2** **9-11:30 a.m.**

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 • Oct. 1 & Nov. 5** **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.*

### GRATEFUL TO BE CONNECTED

**LAK • Nov. 16** **10:30 am to Noon**

This outdoor gathering is designed to bring military families together in the spirit of Thanksgiving and gratitude. We will be in a relaxed setting to connect with each other and discover valuable resources. Enjoy games, activities, and a warm, welcoming atmosphere as we celebrate the strength of

our community, and make meaningful connections. *Mode: In-Person.*

## JOURNEY TO WELLNESS WORKSHOP

**RND • Oct. 18** **9-11 a.m.**



Join the Relocation Assistance Program for an interactive wellness workshop focused on your physical, mental, spiritual, and financial well-being. Whether you're new to JBSA or have been here a while, you'll gain valuable resources

to boost resilience and reduce stress. In collaboration with Mental Health, MFLC.

*Mode: In-Person.*

## KEYING CONNECTED: DISC PERSONALITY ASSESSMENT

**LAK • Oct. 8** **10-11:30 a.m.**

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

## KEY SUPPORT LIAISON INITIAL TRAINING

**LAK • Oct. 21** **8 am to Noon**  
**RND • Oct. 23** **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: In-Person.*

## KEY SUPPORT PROGRAM CONTINUING EDUCATION

**FSH • Nov. 13** **9-10:30 a.m.**  
**RND • Oct. 16** **10:30-11:30 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: Virtual.*

## KEY SUPPORT MENTORS TRAINING

**LAK • Oct. 24** **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: Virtual.*

## KEY SUPPORT REFRESHER TRAINING

**FSH • Oct. 9** **9-10 a.m.**  
**LAK • Oct. 24** **10-11 a.m.**

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

*\*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 • Nov. 19** **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 • Oct. 8, 22 & Nov. 12**

**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 • Nov. 7**

**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.*

## WHAT TO EXPECT WHEN CARING FOR AN AGING PARENT

**RND • Oct. 16**

**9 a.m. to Noon**

What types of things do you need to consider if you have an Aging Parent? We will explore Identification, Evaluation, Interventions and how it may affect your current family dynamics. We will provide resources no matter where your parent lives as well as relevant Legal, Financial and Medicare information. *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 • Oct. 10 & Nov. 14**

**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.*

## ESTATE PLANNING

**RND • Oct. 4**

**Noon to 2 p.m.**

Have you thought about all the considerations you need to address in the event of your passing? We will provide you with guest speakers to address important topics common to military members/retirees and their families. You will get a brief overview of each topic with time for Q&As. Please feel free to bring your lunch for this discussion time. *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.

## 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.

## VOLUNTEER ADVISORY COUNCIL

FSH • Oct. 16 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*

## VMIS OPOC TRAINING

FSH • Oct. 15 & Nov. 19 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 • Oct. 15 & Nov. 19 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 TO CAREER

FSH • Oct. 22 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.*



# 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 • Oct. 10, 24 & Nov. 14** 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 • Oct. 10, 24 & Nov. 14** 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

**Oct. 8 & Nov. 12**

**10-11 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 TEAM TRAINING

**FSH • Oct. 3**

**9-11 a.m.**

Commanders and First Sergeants receive insight into the Soldier & Family Readiness Group operations and learn about the roles between the command team and the SFRG leaders. Review the basics of SFRG funding, volunteer management, and recruiting concepts.

[Mode: In-Person.](#)

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

**FSH • Nov. 7**

**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. FUND CUSTODIAN TRAINING

**FSH • Nov. 21**

**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 [fortsam@us.af.mil](mailto:fortsam@us.af.mil); [vote.lackland@us.af.mil](mailto:vote.lackland@us.af.mil); [vote.randolph@us.af.mil](mailto: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/state>.

### UNIT VOTING ASSISTANCE OFFICER TRAINING

**LAK • Oct. 29** 1-2:30 p.m.  
**RND • Oct. 16** 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.



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**

### HOW TO VOTE FROM ANYWHERE WHEN YOU'RE IN THE MILITARY

- STEP 1** Register and request your absentee ballot at **FVAP.gov**
- STEP 2** Fill out and send in your ballot when it arrives

THAT'S IT.





## JBSA-FORT SAM HOUSTON

### MILITARY & FAMILY READINESS CENTER



Scan to email

3060 Stanley Road, Building 2797  
(210) 221-2705; [802fss.fsyr.centerbox@us.af.mil](mailto: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



Scan to email

Joint Transition Readiness Center

3931 Okubo Barracks, Bldg. 3639

(210) 916-7322 or 916-6089; [802fss.fsyr.tap@us.af.mil](mailto: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](mailto: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



Scan to email

555 F Street West, Building 693

(210) 652-5321; [randolphmfrf@us.af.mil](mailto: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](http://www.jbsa.mil/Resources/MilitaryFamilyReadiness)



[facebook.com/mfrfjbsa](https://facebook.com/mfrfjbsa)

