



## JB Andrews Military & Family Support Center (M&FSC)

September & October 2019

Workshops are held at the JB Andrews M&FSC, Bldg. 1191, Menoher Drive,  
UNLESS otherwise stated in description

FREE and open to all DOD ID card holders

Call (301)981-7087/DSN 858-7087

to register for all workshops and for more information

EMPLOYMENT READINESS		
Thu: Sep 5	0900-1200	<b>Resume Development 101:</b> Workshop teaches attendees how to write an effective and competitive private sector resume. Discusses resume components, resume types and how to organize your experience in order to highlight your skills.
Fri: Sep 13	1200-1300	<b>Lunch &amp; Learn: Interviewing Skills:</b> Basic introduction to interviewing skills. Will include practice in groups. Bring your own lunch.
Fri: Sep 20	1000-1130	<b>Using Social Media in Your Job Search:</b> Learn to leverage and build your virtual image using your existing professional (and personal) connections, as well as receive tips on how to build a robust network of new connections. In the job search mode? This is a "must" for you!
Fri: Oct 11	0900-1500	<b>10 Steps to a Federal Job:</b> Based on the book "Ten Steps to Federal Resume" by Kathryn Troutman. Using the USAJOBS website may seem overwhelming at times. Learn to navigate the site, create and manage your account, and analyze job announcements. Receive tips on how to create a federal resume.
Fri: Oct 11	1200-1300	<b>Lunch &amp; Learn: LinkedIn:</b> Learn to leverage and build your virtual image using LinkedIn as well as receive tips on how to build a robust network of connections.
Every Tue on TAP weeks (see below)	1130-1230	<b>Employment Mini-Fair:</b> Network with local employers and services providers. Participants vary each week. Ideal for military spouses and transitioning service members exploring career and training opportunities.
TRANSITION ASSISTANCE		
Every Wed	0800-1100	<b>Pre-Separation Counseling:</b> This mandatory briefing should be completed at least 90 days prior to your separation/retirement date; <u>highly</u> encouraged to attend up to 12 months before separation and up to 24 months before retirement. Spouses are encouraged to attend. All must register.
Mon-Fri: Sep 9-13 Mon-Fri: Sep 23-27 Mon-Fri: Oct 7-11 Mon-Fri: Oct 21-25	0800-1630	<b>TAP GPS 5-Day Workshop:</b> Mandatory Transition briefings, to include Overview, Finance, Dept. of Labor Employment workshop and VA Benefits Briefing & Services. Attire is civilian business casual. Spouses are encouraged to attend. All must register. <b>PREREQUISITE:</b> Pre-Separation/Retirement Counseling. <b>NOTE:</b> Classes fill fast – register early!
Tue: Sep 17 Tue: Oct 15-16*	0800-1600	<b>VA Benefits &amp; Services Briefing:</b> Mandatory VA Benefits Briefings I & II for members claiming exemption from attending the Dept. of Labor Employment workshop. Call the M&FSC to inquire about the exempted categories. Spouses are encouraged to attend. All must register. *Due to FY20 regulation changes, VA stand-alone will change to 2 days.
Every Tue & Thu (appointment only)	0800-1100	<b>Capstone:</b> Mandatory for all separating/retiring personnel and should be accomplished no later than 90 days prior to discharge. Spouses welcome. <b>PREREQUISITE:</b> Pre-Separation/Retirement Counseling, TAP GPS 5-Day/VA Benefits briefing and the Career Readiness Standards.
Fri: Sep 6 Fri: Oct 4	0800-0900	<b>Disabled Transition Assistance Program (DTAP):</b> Briefing provides specialized information about the Dept. of Veterans Affairs' Vocational Rehabilitation and Employment Program (VR&E). You should attend DTAP if you have or think you have a service connected disability or injury. Spouses are encouraged to attend. All must register.
Fri: Sep 6 Fri: Oct 4	0900-1100	<b>Retirement Benefits Briefing:</b> Session designed for all transitioning members retiring within 12 months who are seeking to gain more information on additional retirement benefits. Briefings include TriCare, John Hopkins and Survivor Benefits Plan. Spouses are encouraged to attend. All must register.
Fri: Sep 13	0830-1600	<b>VA Women's Health Transition Training:</b> This course will provide you with a deeper understanding of the women's health services available to you within the VHA health care system. The session will be interactive, with opportunities to personalize content, and will be led by a female Veteran.
Mon-Tue: Sep 30-Oct 1	0800-1600	<b>Career Exploration and Planning Track (CEPT):</b> 2-day course which helps identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Complete a career development assessment of occupational interests, aptitudes, and work values, leading to tailored job recommendations. Spouses are encouraged to attend. All must register..
Thurs: Oct 17	0900-1100	<b>Franchising: Your Next Career Alternative:</b> Learn about the advantages and disadvantages of franchising vs starting your own business or buying an existing one; sources of financing; special programs for veterans. Spouses are encouraged to attend. All must register.
Mon-Tues: Oct 28-29	0800-1600	<b>Entrepreneurship Track (Boots to Business):</b> Two-day class where attendees will acquire the tools and knowledge needed to identify a business opportunity, draft a plan, and launch their enterprise. Spouses are encouraged to attend. All must register.

<b>AIR FORCE AID</b>		
Fri: Oct 4	1100-1500	<b>Bundles for Babies:</b> Workshop designed for Expectant or NEW Parents (w/in 60 days); Workshop topics include Budgeting, Nutrition, Shaken Baby Syndrome, SIDS, car seat safety. Bundles given to ALL active duty AF/Navy./Marines/CG. Sponsored by AFAS. Lunch provided.
<b>FINANCIAL READINESS</b>		
Wed: Sep 11	1200-1330	<b>Improve your Credit Score with Money Habitudes:</b> Using money habitudes, attendees will learn components of their credit report, calculation and impact of credit score, strategies for improving/building credit, monitoring credit, and debt reduction.
Thurs: Sep 26	1230-1400	<b>First Duty Station Officer Training:</b> To provide newly commissioned officers with information such as budgeting, saving, investing, credit and debt management, predatory lending, money scams and car buying.
Wed: Oct 2	100-1300	<b>Financial Literacy Series 4 Emergency Savings:</b> Emergency fund is all about saving. It is a personal safety net with a hidden advantage – it gets individuals in the habit of putting away money, which is also an essential component of retirement planning. Attendees will learn simple steps for emergency savings.
Wed: Oct 16	1200-1300	<b>Thrift Savings Plan/ Retirement:</b> TSP is a defined-contribution retirement savings plan. Attendees will learn about Participant Eligibility - Establishing Your TSP Account- Starting, Changing, and Stopping Your
<b>RELOCATION ASSISTANCE</b>		
Tues: Oct 1	0900-1200	<b>Plan My Move:</b> Session will provide comprehensive moving information and links to Military Installations and Military OneSource. Additional briefers include TMO, Finance, MPS and more.
Mon: Sep 9 Mon: Sep 23 Mon: Oct 21	0800-1500	<b>Welcome to Andrews Newcomer Orientation (WTA):</b> All incoming military personnel are required to attend. We invite and encourage all spouses and civilians to attend. Come meet different organizations and agencies from the installation, learn about our unique mission, and much more. All Military members contact your respective Personnel Section to register. Spouses and Civilians should call 301-981-7087 to register. The Orientation is held at the <b>Community Commons, Bldg 1442.</b>
<b>PERSONAL AND WORK LIFE</b>		
Fri: Sep 27	0800-1430	<b>Heart Link - Spouse Orientation:</b> This spouse orientation program is geared towards spouses who have been married to an Air Force member 5 years or less but open to all. This is a great opportunity to increase knowledge of the Air Force mission, customs, traditions, protocols and available programs and resources in a fun relaxed atmosphere. Meet new spouses while learning about the Air Force life.
<b>MOBILIZATION AND DEPLOYMENT READINESS</b>		
Mobilization & Deployment Readiness services include mobility & deployment assistance to help single, married, DoD personnel & families meet pre-deployment, sustainment, reintegration, & post-deployment challenges. Register at: <a href="https://11wgdeploymentbriefs.checkappointments.com/">https://11wgdeploymentbriefs.checkappointments.com/</a>		
Every Mon & Thu	0800-1000	<b>Reintegration:</b> Upon return from deployment, receive reintegration education and resources, in coordination with other installation agencies. Families welcome.
Every Tue	1300-1500	<b>Readiness Day:</b> Assistance is provided prior to deployments exceeding four weeks to assist members in establishing an extended absence financial plan as part of personal readiness preparation. Families welcome.
<b>EXCEPTIONAL FAMILY MEMBER-FAMILY SUPPORT (EFMP/FS)</b>		
The Air Force's <b>Exceptional Family Member Program</b> is designed to provide support to military family members with special needs. Services include a variety of personnel, medical, and family support functions. For more information please contact the Exceptional Family Member Program-Family Support (EFMP-FS) Specialist at 301-981-7087.		
Tue: Sep 24	1000-1100	<b>EFMP Financial Seminar on Special Needs Trust and the ABLE Act:</b> As your dependent who has special needs, transitions into adulthood, we offer some steps to help set up your finances for your family members. Workshop offers financial guidance on special needs trust, SSI and ABLE act.
Fri: Sep 27	0900-1500	<b>American Red Cross First Aid/Infant, Child &amp; Adult CPR:</b> Training for members enrolled in the EFMP.
Third Mon of each month	1700-1800	<b>EFMP Sensory Storytime:</b> This story time is designed specifically for inclusion of special needs children. Books are adapted to include interactive elements, smooth transitions and use of sensory toys. Location: JB Andrews Library
<b>SCHOOL LIAISON SERVICES</b>		
School Liaison Office (SLO) services are designed to address educational issues of children of the Total Force by assisting families in coping with the normal reactions to the stressors and the everyday challenges of military lifestyle. For more information, please contact (301) 981-9211.		
<b>VOTING ASSISTANCE INFORMATION</b>		
Your Joint Base Andrews Installation Voter Assistance Office is here to help you exercise the very right you protect—your right to vote! We can help you register to vote, request an absentee ballot and notify your local election officials back home of a change of address. <b>Installation Voter Assistance (IVA) Office: The IVA Office can help you fill in and mail your voting materials if you need the assistance. Please contact your Voting Assistance Officers (VAOs) at: 301-981- VOTE (8683) Hours: Mon-Fri 0830-1430 Closed Holidays and AFDW Family Days</b>		
<b>MILITARY FAMILY LIFE COUNSELORS (MFLC)</b>		
Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed. The <b>MFLC program</b> provides short-term, non-medical counseling support to service members and their families at no cost. <b>Contact 301-232-8481/8465</b> to schedule an appointment.		
<b>PERSONAL FINANCIAL COUNSELOR (PFC)</b>		
Personal Financial Counseling (PFC) can help you and your family; manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. PFC provides four main services, education/training, financial counseling, consumer advocacy, and information and referrals. Contact <b>240-222-2604</b> or <a href="mailto:pfc.andrews.usaf@zeiders.com">pfc.andrews.usaf@zeiders.com</a> for more information or to schedule an appointment. In-unit services also available.		