



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

April, May, June 2018

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		
Tue: Apr 24 Tue: Jun 26	0900-1200	Tips for Federal Employment: Learn to navigate USAJOBS, create and manage your account, and analyze job announcements; receive tips on how to tailor your federal résumé and avoid making common mistakes.
Thu: May 17	1000-1130	Using Social Media in Your Job Search: 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.
Tue: May 22	0900-1200	Resume Development 101: Workshop discusses the résumé process and is designed to help customers organize their experience and skills to begin creating a professional private-sector résumé. Workshop designed for anyone with a current DOD ID card.
PERSONAL AND WORK LIFE		
Fri: Apr 6	1100-1200	Return & Reunion Workshop for Spouses: Workshop is designed to help military spouses through the process of reuniting with a service member. Lunch provided. Facilitated by the MFLC
Fri: May 4	1100-1200	Building a Healthy Marriage: Commander and Chief on the Home Front: Participants in this presentation will learn to create and maintain a healthy marriage throughout the development of communication skills, conflict resolution strategies and personal boundaries. Lunch provided. Facilitated by the Military Family Life Counselor
Fri: Jun 1	1100-1200	Balancing Work and Life: Participants will discuss their unique stressors as they attempt to manage their work-life balance and how to manage various stressors. Healthy versus unhealthy stress is reviewed as well as sleep cycles and the importance of having fun in order to be a more productive and well-rounded person. Lunch provided. Facilitated by the Military Family Life Counselor
Fri: June 29	0800-1430	Heart Link: Spouse orientation event geared towards spouses who have been married to an Air Force member 5 years or less, however orientation is open to all spouses. Meet new spouses while learning about the Air Force life. Great opportunity to learn about the Air Force mission, customs, traditions, protocols, and available programs and resources in a fun relaxed atmosphere. Light lunch provided
MILITARY SPOUSE APPRECIATION		
Tue: May 8	0900-1530	Home-Based Career & Telework Job Development Program: Air Force Spouse employment training program sponsored by the Air Force Aid Society. This training will provide resources and strategies for job seekers to find legitimate home-based jobs and freelance projects on the internet. Spouses should call 301-981-7087 to register. Program will take place at the Community Commons, Bldg 1442.
Fri: May 11	1100-1300	Military Spouse Appreciation Open House: Join us as we celebrate our Military Spouses and Military Spouse Day! Enjoy door prizes and more!
TRANSITION ASSISTANCE		
Every Wednesday	0800-1100	Pre-Separation/Retirement Counseling: 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.
Apr 9-13 Apr 16-20 Apr 30-May 4 May 14-18 Jun 4-8 Jun 18-22	0800-1630	TAP GPS 5-Day Workshop: Mandatory Transition briefings, to include Overview, Finance, Dept. of Labor Employment workshop and VA Benefits Briefing I & II. Attire is civilian business casual. Spouses are encouraged to attend; all must register. PREREQUISITE: Pre-Separation/Retirement Counseling.
Tue: Apr 17 Tue: May 22 Tue: Jun 19	0800-1600	VA Benefits Briefing I & II: Mandatory VA Benefits Briefings I & II for members claiming exemption from attending the DoD/AF day and Dept. of Labor Employment workshop. Call the M&FSC to inquire about the exempted categories.
Every Thursday	0800-1100	Capstone: Mandatory for all separating/retiring personnel and should be accomplished no later than 90 days prior to discharge. PREREQUISITE: Pre-Separation/Retirement Counseling, TAP GPS 5-Day/VA Benefits briefing and the Career Readiness Standards.
Fri: Apr 6 Fri: May 11 Fri: June 1	0900-1100	Retirement Benefits Briefing: 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.
Mon-Tues: May 7-8	0800-1600	Entrepreneurship Track (Boots to Business): 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.
Thu: May 10	0900-1100	Franchising: Your Next Career Alternative: Discover franchises available to veterans at discounted prices; come learn the advantages and disadvantages of franchising.

Fri: April 6 Fri: May 11 Fri: June 1	0800-0900	Disabled Transition Assistance Program (DTAP): Briefing provides specialized information about the Dept. of Veterans Affairs' Vocational Rehabilitation and Employment program (VR&E).
Mon-Tue: June 11-12	0800-1600	Career Technical Training Track: 2-day course for members selecting the Technical Training Track. Members will receive guidance in selecting schools and technical fields. Addresses topics such as selecting a reputable career and technical training school, the application process, how to use certification finder Web tools and other internet resources to identify licensed occupations, and a military occupational code translator.
FINANCIAL READINESS		
Wed: Apr 25 Wed: May 23 Wed: June 13	1400-1530	Plan! Spend! Save!: Develop a spending plan that works for you! Attendees will learn to set realistic financial goals, develop a spending plan that works, track expenses, strategies for paying off debt faster, and meeting savings goals.
Thur: May 10	1230-1400	First Duty Station Officer's Briefing: All Officers reporting to their First Duty Station (FDS) are required to receive financial readiness training within 90 days of arrival. Attending this briefing completes this mandate.
AIR FORCE AID		
Fri: Apr 6	1100-1500	Bundles for Babies: Workshop designed for EXPECTANT or NEW Parents (w/in 60 days); workshop topics include Budgeting, Nutrition, and Baby Safety. Active duty Air Force/ Navy/Marines/Coast Guard are eligible to receive a \$50 gift card; sponsored by the Air Force Aid Society. Light lunch provided.
RELOCATION ASSISTANCE		
Mon: Apr 9, 23 Mon: May 7, 21 Mon: Jun 4, 18	0800-1500	Welcome to Andrews Newcomer Orientation (WTA): 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 Community Commons, Bldg 1442.
Tue: May 8	0900-1200	Plan My Move: Session will provide comprehensive moving information and links to Military Installations and Military OneSource. Additional briefers include TMO, Finance, MPS and more.
Tue: May 15	0900-1000	Unit Sponsorship Monitor Training: Sponsor leaders will receive training on how to review their units' sponsorship program progress. They will learn how to navigate the Defense Installation Messaging System (DIMS), Plan my Move (PMM), Military Installations and My Training Hub website.
DEPLOYMENT READINESS		
Fri: June 22	1200-1600	Operation K.I.D Mode: Children from around the DMV will have the chance to experience a deployment processing line just like their parents. This is a free event and is open to children ages 5 and above. Everyone will be given a deployment folder, dog tags and shot records. Be prepared to be amazed with a static display from different units, such as EOD, K-9, and the fire department. Register by calling 301-981-7087.
EXCEPTIONAL FAMILY MEMBER-FAMILY SUPPORT (EFMP/FS)		
The Air Force's Exceptional Family Member Program 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.		
Fri: Apr 27	1200-1400	Your Child's Rights Under IDEA & Navigating the IEP Process: This workshop will involve a discussion on a child's rights to receive special education support along with information on how to effectively navigate the IEP process. Light lunch provided.
SCHOOL LIAISON SERVICES		
School Liaison Officer (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 related to multiple relocations, deployments and the everyday challenges of military lifestyle. The JBA Andrews SLO provides guidance to military-connected families with children primarily attending Prince George's County Schools, Home School, and Private Schools in the surrounding area. For more information, please contact the SLO at (301) 981-9211.		
VOTING ASSISTANCE INFORMATION		
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. 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) Opening Hours: Mon-Fri 0830-1430 Closed on Holidays and AFDW Family Days		
MILITARY FAMILY LIFE COUNSELORS (MFLC)		
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 MFLC program provides short-term, non-medical counseling support to service members and their families at no cost. Contact 301-456-4256 to schedule an appointment.		
PERSONAL FINANCIAL COUNSELOR (PFC)		
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 240-222-2604 or pfc.andrews.usaf@zeiders.com for more information or to schedule an appointment. In-unit services also available.		