



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

January, February, March 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: Feb 20	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.
Tue: Feb 13	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: Jan 9 Tue: Mar 13	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: Jan 19	1100-1200	Three Cs of Communication: This presentation seeks to help participants improve verbal and nonverbal communication through the use of Three Cs: Communication, Collaboration, and Commitment.
Fri: Feb 2	1100-1200	The Military Spouse: Commander and Chief on the Home Front: This presentation focuses on the accomplishments, challenges, and sacrifices involved in the life of a military spouse.
Fri: Mar 9	1100-1200	Communication and Assertiveness Training: Workshop designed to help individuals improve themselves through communication, time management, stress management, organization skills, change management, and informal airman professional development
Fri: March 16	0900-1430	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
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.
Jan 8-12, Jan 22-26 Feb 5-9, Feb 26-Mar 2, Mar 5-9, Mar 19-23	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: Jan 16 Tue: Feb 20 Tue: March 20	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.
Thu: Jan 4, 11, 18, 25 Thu: Feb 1,8,15 Thu: March 1,8,15,22, 29	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: Jan 5 Thu: Feb 15 Fri: March 2	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: Feb 12-13	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: Feb 1	0900-1100	Franchising: Your Next Career Alternative: Discover franchises available to veterans at discounted prices; come learn the advantages and disadvantages of franchising.
Fri: Jan 5 Thu: Feb 15 Fri: Mar 2	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: Mar 26-27	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: Feb 14 Wed: Mar 14	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: Mar 8	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: Mar 30	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 gift card; sponsored by the Air Force Aid Society. Light lunch provided.
RELOCATION ASSISTANCE		
Mon: Jan 8 Mon: Jan 22 Mon: Feb 12 Mon: Feb 26 Mon: Mar 12 Mon: Mar 26	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: Feb 6	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: Mar 6	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		
Sat: Feb 3	1700-2100	4- Ms SPA DAY: 4 M's Spa Day: Combined free event for qualified Gold Star, EFMP, and Deployed Families in the DMV area. Each participant will receive a mini-manicure, a mini make-over, a meal, and a massage; enjoy a Spa Day on us! Registration required; open to first 40 registrants. Call 301-981-7087 for more information or to register. Event will be held at the M&FSC, Bldg. 1191.
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: Jan 12	1200-1400	Financial planning & the ABLE Act for EFM: Workshop will discuss some aspects of financial planning and the benefits of the ABLE Act
Thu: Feb 22	0900-1400	American Red Cross First Aid & Inf., Child & Adult CPR: Learn first aid skills and how to respond in a medical emergency. For members enrolled in the Exceptional Family Member Program.
Sat: Mar 31	1200-1600	Bunnies and Eggs: Easter Celebration at the Community Commons. Members will be given wristbands to allow access to all attractions ahead of the lines. Also, there will be a separate VIP seating area for all who participate. Light refreshments will be provided.
CASUALTY SERVICES		
Mon: Jan 25	0900-1100	Casualty Officer Notification Training: Commander and potential notification officer will learn detailed information on casualty reporting, notification, and assistance to the next of kin when an Airman dies or becomes seriously or very seriously ill or injured.
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.		