



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

July, August, September

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: Aug 14	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: Aug 23	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: July 17 Tue: Sep 4	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: July 6	1100-1200	Matri-Money: Money and Marriage: Participants will learn to address financial concerns that may present challenges in their relationship. Participants will also explore emotional connections to financial matters, utilizing goal setting strategies, and practicing effective communication. Facilitated by the Military Family Life Counselor. Light lunch provided.
Fri: Aug 3	1100-1200	Building Stress Resiliency: Making Stress Work for You: Participants will learn about different kinds of stress, our bodies response to stress, and strategies to increase one's stress resiliency. Facilitated by the Military Family Life Counselor. Light lunch provided.
Fri: Sep 7	1100-1200	Healthy Relationships - Skills for Singles: Participants will learn how to prepare for a relationship. Topics include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship. Facilitated by the Military Family Life Counselor. Light lunch provided.
Fri: Sep 28	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.
July 9-13 July 23-27 Aug 6-10 Aug 20-24 Sep 10-14 Sep 24-28	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: July 24 Tue: Aug 21 Tue: Sep 18	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.
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: July 6 Fri: Aug 3 Fri: Sep 7	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: Aug 27-28	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: Aug 16	0900-1100	Franchising: Your Next Career Alternative: Discover franchises available to veterans at discounted prices; come learn the advantages and disadvantages of franchising.
Fri: July 6 Fri: Aug 3 Fri: Sep 7	0800-0900	Disabled Transition Assistance Program (DTAP): Briefing provides specialized information about the Dept. of Veterans Affairs' Vocational Rehabilitation and Employment program (VR&E).

FINANCIAL READINESS		
Wed: July 18 Wed: Aug 15 Wed: Sep 19	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: July 12 Thur: Sep 13	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: July 20	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: July 9, 23 Mon: Aug 6, 20 Mon: Sep 10, 24	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: Aug 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: Aug 14	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.
MOBILIZATION AND DEPLOYMENT READINESS		
Mobilization and Deployment Readiness services include mobility and deployment assistance to help single, married, DoD personnel and families meet pre-deployment, sustainment, reintegration, and post-deployment challenges. 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.		
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.		
Aug 6-10	0900-1200	EFMP Summer Camp Experience: Exploring S.T.E.M. – Science, Technology, Engineering, and Math. Participants will enjoy a free summer camp experience for children enrolled in the EFMP or with a verifiable diagnosis/disability between the ages of 5-13 yrs. and their siblings between 5-13 yrs. Download the registration forms at http://www.andrewsfss.com/summercampexperience.html and follow the instructions to submit by 1 Aug.
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.		