



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

October, November, December 2017

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: Nov 28	0900-1200	<b>Tips for Federal Employment:</b> 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: Dec 7	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.
PERSONAL AND WORK LIFE		
Fri: Oct 13	1100-1200	<b>Recovering From Divorce:</b> Topics covered include the definition of divorce, the stages of grief/loss, possible physical and emotional reactions to divorce, coping strategies, tips for discussing a divorce with outside parties, techniques for discussing divorce with children, and recommendations for navigating divorce in a healthy way. <b>Light lunch provided</b>
Fri: Nov 3	1100-1200	<b>Holiday Stress:</b> A special type of stress for special times. In this workshop you will learn how to avoid the holiday blues, self care for holiday stress, planning ahead for the holidays and many more. <b>Light lunch provided</b>
Fri: Dec 1	1100-1200	<b>Life in Balance:</b> Objectives for this presentation include maintaining a good work/life balance, identifying stressors, recognizing the signs and symptoms of stress, practicing stress management strategies, reducing overall stress, and developing relaxation skills. <b>Light lunch provided</b>
Fri: Oct 20	0900-1430	<b>Heart Link:</b> 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. <b>Light lunch provided</b>
TRANSITION ASSISTANCE		
Every Wednesday	0800-1100	<b>Pre-Separation/Retirement 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.
Oct: 16-20, 30-3 Nov Nov: 13-17, 27-1 Dec Dec: 11-15	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 I & II. Attire is civilian business casual. Spouses are encouraged to attend; all must register. <b>PREREQUISITE:</b> Pre-Separation/Retirement Counseling.
Mon: Oct 23 Tue: Nov 21 Tue: Dec 5	0800-1600	<b>VA Benefits Briefing I &amp; II :</b> 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: Oct 12, 19, Thu: Nov 2, 16, 30 Thu: Dec 7, 14, 21, 28	0800-1100	<b>Capstone:</b> Mandatory for all separating/retiring personnel and should be accomplished no later than 90 days prior to discharge. <b>PREREQUISITE:</b> Pre-Separation/Retirement Counseling, TAP GPS 5-Day/VA Benefits briefing and the Career Readiness Standards.
Fri: Oct 6 Fri: Dec 8	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.
Tue-Wed: Nov 7 & 8	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.
Thu: Nov 9	0900-1100	<b>Franchising: Your Next Career Alternative:</b> Discover franchises available to veterans at discounted prices; come learn the advantages and disadvantages of franchising.
Fri: Oct 6 Fri: Dec 8	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).
FINANCIAL READINESS		
Thu: Nov 2 Thu: Dec 7	1100-1230	<b>Plan! Spend! Save!:</b> 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. <b>Light lunch provided</b>

Mon: Dec 4	1500-1600	<b>Blended Retirement System:</b> If you have less than 12 years of military service (AGR: 4,320 points) it is incumbent upon you to understand the difference between the DoD legacy retirement system and the Blended Retirement System (Effective 01/01/2018). You will only have one irrevocable opportunity to elect to "opt-in". During this workshop you will learn the equation used to calculate your pension, understand defined contribution, how DoD contributes to your TSP, contribution matching, vesting, and other components of BRS. Engage early, so by 01/01/2018 you can be confident in your decision!
Mon: Nov 6	1300-1530	<b>TSP: Early-Mid Career Planning:</b> Facilitators from the Federal Thrift Retirement Board are presenting a workshop for all Servicemember & Federal employees eligible and/or enrolled in TSP. Members would benefit from taking this TSP workshop in conjunction with the Blended Retirement System workshop. Having a retirement plan should be part of your portfolio regardless if you opt-in to BRS or remain in the legacy system.
Fri: Dec 8	1400-1600	<b>TSP: Pre-Separation to Retirement and Beyond:</b> This course is designed to give late-career employees and service members the tools they need to make smart decisions with their TSP savings as they prepare to retire. The agenda includes the TSP withdrawal options and death benefits, and provides several retirement scenarios to get attendees thinking about how to best turn their savings into income.
Wed: Oct 25	1300-1500	<b>Strategic Mooney Management presented by MOAA:</b> Covers key financial issues faced by all investors as they move from the military to the private sector. Understand the ins/outs of retirement plans: TSP, 401K, IRA. Learn concepts & strategies for proper investment management and wealth building.
Thu: Oct 12 Wed: Dec 6	1230-1400	<b>First Duty Station Officer's Briefing:</b> 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.
<b>AIR FORCE AID</b>		
Fri: Nov 3	1100-1500	<b>Bundles for Babies:</b> 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 giftcard; sponsored by the Air Force Aid Society. <b>Light lunch provided.</b>
<b>RELOCATION ASSISTANCE</b>		
Mon: Oct 23 Mon: Nov 6 Mon: Nov 20 Mon: Dec 4	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>
Tue: Nov 7	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.
Tue: Nov 14	0900-1000	<b>Unit Sponsorship Monitor Training:</b> 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.
<b>DEPLOYMENT READINESS</b>		
Fri: Oct 13	1500-1800	<b>Deployed Families: Fall Festival at Cox Farm</b> A free fun filled event to include a hayride, fun tunnels, giant slide, animals, a market and pumpkins. Bring the whole family. Open to all enrolled EFMP and Deployed members. Call the Military & Family Support Center to register for the event at 301-981-7087. Hope to see you there!
<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.		
Fri: Dec 15	1200-1400	<b>EFMP Advocacy Forum: Stress During the Holidays-Keeping Balance/Resilience w/ EFM</b> Workshop will define stress and holiday expectations while recognizing & avoiding holiday blues; strategies for managing stress w/exceptional family members
<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. Contact 301-456-4256 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 240-222-2604 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.		