



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

April, May, June 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		
Mon: May 22 Mon: Jun 26	0900-1200 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.
Tue: Apr 25 Thu: May 25 Thu: Jun 29	0900-1130 0900-1130 0900-1130	<b>Résumé Development 101:</b> Come learn the basics on how to develop a private sector résumé. Workshop covers the résumé process, differences between private and federal résumé, and much more.
Mon: Jun 12	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: Apr 7	1100-1200	<b>3 C's of Communication:</b> This presentation seeks to improve verbal and nonverbal communication through the use of communication, collaboration, and commitment. <b>Light lunch provided</b>
Fri: May 5	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: Jun 2	1100-1200	<b>Building a Healthy Marriage:</b> 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. <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.
Apr: 10-14, 17-21 May: 1-5, 15-19 May: 15-17 Jun: 5-9, 19-23	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.
Tue: Apr 4 Tue: May 23 Tue: Jun 13	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: Apr 6, 13, 20 Thu: May 4, 11, 18, 25 Thu: Jun 8, 15, 22, 29	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: Apr 7 Fri: May 12 Fri: Jun 2	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: May 30 & 31	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.
Tue: Jun 1	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: Apr 7 Fri: May 5 Fri: Jun 2	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).
Tue-Wed: Jun 27 & 28	0800-1600	<b>Career Technical Training Track:</b> Two-day class for transitioning military members to learn to identify career opportunities, define technical career goals and identify required credentials. Also, members will discover local Veteran resources and learn how to utilize VA education benefits.
FINANCIAL READINESS		
Thu: Apr 6 Thu: May 4 Thu: Jun 1	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: Apr 3 Wed: Jun 14	1400-1500 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: May 8 Mon: Jun 12	1300-1400	<b>TSP - Getting Started:</b> This workshop is designed for members considering beginning a TSP account as well as those who need a refresher. Topics covered include how to set up an account, taxes, compound interest, and an overview of the 5 core funds and lifecycle strategy. The Blended Retirement System is changing the look of military retirement. Understanding TSP will help you evaluate your retirement options.
Fri: Apr 21	1300-1500	<b>Improve your Credit Score:</b> It is expensive to have poor credit! This workshop will empower you to manage your credit report and score! Attendees will learn the components of a credit report, steps to take to build or improve credit report/score, and an understanding of how the score is calculated.
Thu: Jun 8	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: May 5	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 provided.</b>
<b>RELOCATION ASSISTANCE</b>		
Mon: Apr 3, 17 Mon: May 1, 22 Mon: Jun 5, 26	0800-1245	<b>Welcome to Andrews:</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: May 23 Tue: Jun 13	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: May 9	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>		
Sat: Apr 15	1200-1600	<b>Bunnies and Eggs:</b> Celebrate the start of Spring Break with a BANG!!!! The Military & Family Support Readiness and EFMP-FS program will be hosting a section at the community commons Bunnies and Eggs event. All who sign up will have elite access to first in line for bounce houses, VIP section and even first to hunt for Easter eggs. Register by calling the M&FSC front desk at 301-981-7087. Open to all Deployed, EFMP, and Gold Star Families.
Fri: Jun 30	1000-1300	<b>Operation K.I.D Mode:</b> COME ONE COME ALL!!! 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.
<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: Apr 21	1200-1400	<b>EFMP Advocacy Forum: "What Happens When the School Bus Stops Coming" Transition from School to Adult Services.</b> Facilitated by representatives from Prince George's County Public School Transition Services, Department of Rehabilitation & Developmental Disabilities Administration. A light lunch will be provided.
Tues: May 16	1200-1400	<b>EFMP Advocacy Forum: Traveling with an Exceptional Family Member.</b> Workshop will be facilitated by a representative from TSA with tips to make traveling with an exceptional member smooth. A light lunch will be provided.
<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.		