



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

January, February, March 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		
Thu: Jan 26 Thu: Feb 23 Thu: Mar 23	0900-1200 0900-1200 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: Jan 31 Thu: Feb 16 Thu: Mar 16	0900-1130 0900-1130 0900-1130	Résumé Development 101: 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.
Thu: Mar 9	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.
Thu: Mar 30	1000-1200	Meet the Employer Panel: Are you seeking employment? This is your opportunity to hear what industry professionals have to say. Ask questions to hiring officials and receive tips that will help you be successful in your job search. Session is held at the Community Commons, Bldg 1442.
PERSONAL AND WORK LIFE		
Fri: 13 Jan	1100-1200	Relaxation and Stress Relief: 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. Session facilitated by the Military Family Life Counselor. Light lunch provided
Fri: 27 Jan	0900-1330	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.
Fri: 3 Feb	1100-1200	Maintaining a Healthy Marriage During Deployment: Participants in this presentation will learn to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries. Light lunch provided
Fri: 17 Mar	1100-1200	Coping Strategies for Life's Uncertainties: Session will offer a series of strategies to help adults deal with unexpected developments, disappointments, and other situations in which expectations fall short of reality. Session facilitated by the Military Family Life Counselor. 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: 9-13, 23-27 Feb: 6-10, 13-17 Mar: 13-17, 27-31	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 17 Tue: Feb 21 Tue: Mar 21	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 5, 12, 26 Thu: Feb 2, 9, 16, 23 Thu: Mar 9, 16, 23, 30	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 6 Fri: Feb 3 Fri: Mar 3	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.
Tue-Wed: Feb 21 & 22	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 23	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 6 Fri: Feb 3 Fri: Mar 3	0800-0900	Disabled Transition Assistance Program (DTAP): Briefing provides specialized information about the Dept. of Veterans Affairs' Vocational Rehabilitation and Employment program (VR&E).
Tue-Wed: Mar 7 & 8	0800-1600	Career Technical Training Track: 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		
Thur: Jan 5 Thur: Feb 2 Fri: Mar 3	1100-1230	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. Light lunch provided
Fri: Jan 6 Mon: Mar 20	1000-1100 1500-1600	Blended Retirement System: 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!
Fri: Jan 13	0900-1100	Improving your Credit Score: 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.
Tue: Jan 31	1300-1500	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.
Feb 27 – Mar 3: MILITARY SAVES WEEK: Military Saves Week is an annual DoD initiative to provide financial education to servicemembers and their families. Be on the lookout for group financial workshops during this week. Units are highly encouraged to coordinate workshops within office/squadron/group on financial topics such as developing a personalized successful spending plan, reducing/eliminating debt, improving credit scores, identity theft, saving & investing, Thrift Savings Plan, and Blended Retirement System. Locations vary by unit participation. All DoD ID card holders are encouraged to participate. Flyers available Feb 2017.		
AIR FORCE AID		
Fri: Feb 3	1100-1500	Bundles for Babies: Workshop designed for EXPECTANT or NEW Parents (w/in 60 days); workshop topics include Budgeting, Nutrition, Shaken Baby Syndrome, SIDS, car seat safety. Active duty Air Force/ Navy/Marines/Coast Guard are eligible to receive a giftcard; sponsored by the Air Force Aid Society. Light lunch provided.
RELOCATION ASSISTANCE		
Mon: Jan 9, 23 Mon: Feb 6 Mon: Mar 6, 27	0800-1245	Welcome to Andrews: 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: Jan 24	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 21	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 11	1700-2100	4 M's Spa Day: Combined free event for qualified Gold Star, EFMP, 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: 24 Feb	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.
Tue: 28 Mar	1200-1400	PCSing with an Exceptional Family Member: Focuses on the in & out of PCSing with a exceptional family member and tips on smooth transitions. Facilitators: EFMP-Med & EFMP-FS staff.
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 202-222-2604 or pfc.andrews.usaf@zeiders.com for more information or to schedule an appointment. In-unit services also available.		