



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

July, August, September 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: Jul 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.
Thu: Sep 7	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.
Tue: Sep 12	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.
PERSONAL AND WORK LIFE		
Fri: Jul 14	1100-1200	Challenges Facing Dual Married Couples: When both halves of a couple are in the military, the relationship will have to weather many difficult situations. This presentation highlights the positive aspects of being a dual military couple, the challenges that the couple may face, and the various ways in which they can cope with those challenges. Light lunch provided
Fri: Aug 4	1100-1200	Reigniting the Passion After Deployment: This presentation focuses on strategies for rebuilding and maintaining an intimate connection after a spouse/significant other returns from deployment. Light lunch provided
Fri: Sep 8	1100-1200	Mission Based Marriages: This presentation is driven by the idea that a marriage should be focused on a specific vision of the future. Objectives include defining the beliefs and values that give meaning and direction to marriage, understanding what the family does and where it's going, knowing the steps required to achieving goals for the family, utilizing strategies for strengthening and protecting the marriage, and practicing effective problem-solving techniques as a couple. 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.
Jul: 10-14, 24-28 Aug: 7-11, 21-25 Sep: 11-15, 25-29	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: Jul 18 Tue: Aug 15 Tue: Sep 19	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: Jul 6,13,20,27 Thu: Aug 10,17,24,31 Thu: Sep 14,21,28	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: Jul 7 Fri: Aug 4 Fri: Sep 8	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: Aug 1 & 2	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 3	0900-1100	Franchising: Your Next Career Alternative: Discover franchises available to veterans at discounted prices; come learn the advantages and disadvantages of franchising.
Fri: Jul 7 Fri: Aug 4 Fri: Sep 8	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: Sep 5 & 6	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		
Thu: Aug 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
Mon: Sep 18	1300-1400	Blended Retirement System: 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!
Thu: Aug 10	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.
Mon: Jul 31	1400-1600	SEC: Saving & Investing Basics For Military Personnel: Learn the basics of saving, investing, and avoiding fraud from the U.S. Securities and Exchange Commission.
AIR FORCE AID		
Fri: Aug 4	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: Jul 17 Mon: Jul 31 Mon: Aug 14 Mon: Aug 28 Mon: Sep 18 Mon: Sep 25	0730-1200 0730-1200 0730-1200 0730-1200 0730-1200 0730-1200	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: Jul 11 Tue: Aug 29	0900-1200 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 1	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		
Every Monday and Thursday	0800-1100	Reintegration: In processing for deployment returnees. Every Monday and Thursday at the Community Commons 1442 Concord Ave Joint Base Andrews 20762. Call for registration 301-981-7087 or email M&FSC organizational box at usaf.jbanafe.afdw.mbx.11-fss-mfsc@mail.mil . Please provide last four of SSN, return date and country of deployment.
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: Sep 22	0900-1400	American Red Cross First Aid/Infant, Child & Adult CPR Training: Training includes recognizing and responding to cardiac breathing and first aid emergencies. Open to EFMP members; status will be verified. (FEEL FREE TO BRING YOUR LUNCH)
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.		