



Joint Base Andrews Military & Family Readiness Center

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Find Us Online: https://www.andrewsfss.com/mfrc https://www.facebook.com/jbamfrc https://www.linkedin.com/in/jbamilitaryandfamilysupportcenter		Need Additional Support? Military OneSource 800-342-9647 www.militaryonesource.mil		1 Game Night 5:00pm-7:00pm Saturday, March 2nd EFMP: Adaptive Skiing/ Snowboarding
4 EFMP 101 9:00am-12:00pm	5 Pre-Deployment 1:00pm-3:00pm Pre-Separation 9:00am-11:00am 5 Voices 9:00am-12:00pm Plan My Move 9:00am-11:30am	6 TAP L&L 12:15pm-1:00pm <div style="background-color: #0056b3; color: white; text-align: center; padding: 5px;"> TAP 3-Day Workshop 8:00am-4:00pm daily </div>	7 Reintegration 8:00am-10:00am Resume Development 101 9:00am-12:00pm TAP L&L 12:15pm-1:00pm	8 TAP L&L 12:15pm-1:00pm
11 Welcome to Andrews 8:00am-3:00pm Thrift Savings Plan (TSP) 10:00am-11:00am	12 Pre-Separation 9:00am-11:00am	13 TAP+ 9:00am-12:00am	14 Reintegration 8:00am-10:00am Tips for Fed. Employment 8:00am-12:00pm <div style="background-color: #0056b3; color: white; text-align: center; padding: 5px;"> DOL Employment Track 8:00am-4:00pm daily </div>	15
18 Heartlink/Windshield Tour 9:00am-2:00pm C3: Chronic 11:00am-12:00pm	19 Pre-Deployment 1:00pm-3:00pm <div style="background-color: #0056b3; color: white; text-align: center; padding: 5px;"> FC: 4 Essential Roles of Leadership 8:00am-4:00pm daily </div>	20	21 Reintegration 8:00am-10:00am Prep for the Interview 9:00am-12:00pm Hearts Apart 5:00pm-7:00pm	22 Saturday, March 23rd Art with Heart! 10:00am-12:00pm
25 C3: Caregivers 11:30am-12:30pm	26 Pre-Separation 9:00am-11:00am Pre-Arrival Orientation 9:00am-10:00am First Duty Station – Officer 11:00am-12:30pm	27	28 Reintegration 8:00am-10:00am Home Buying DMV 10:00am-12:00pm LinkedIn Update 9:00am-12:00pm	29

Need to Talk?
 Military & Family Life Counseling (MFLC) services are available for free!
 (301) 232-8481
 (301) 232-8465

Location:
 1191 Menoher Drive
 JB Andrews, MD 20762

Hours:
 M-F: 7:30 am—4:30 pm*
 *Thursday: 7:30 am—12:00 pm

Telephone:
 301-981-7087
 DSN: 858-7087

Scan below for access to our LinkTree and find all of the M&FRC information you need!



To Register:
Scan the QR code on the front > click ‘Register for Events and Workshops’

5 Voices: The 5 Voices is designed to help every individual discover their leadership voice and be empowered to use it effectively. Teams and organizations can be transformed when everyone operates securely in their own voice and learns to value the voices of others.

Couples Connection: Couples Connection focuses on relationships and the healthy components of marriages by learning how to developing tools and tips that can be used in marriages and relationships.

EFMP: Adaptive Skiing/ Snowboarding: Designed for those with a disability that would benefit from adaptive instruction and/or equipment, along with their immediate family members. \$85 includes lift ticket, equipment rental & 2-hour lesson.

Game Night: First Fridays! Inclusive Game Night for all ages and abilities. Pick from a variety of board games or bring your own!

Art with Heart (for all ages): Free! Season themed art event for all ages & abilities. Learn how to use art as a coping skill as you paint and create.

C3: Coffee, Craft & Conversation (CAREGIVERS): Last Mondays! Connect with other caregivers of those with chronic illnesses or disabilities.

C3: Coffee, Craft & Conversation (ADULTS): Third Mondays! Find community among other adults with chronic illnesses or disabilities.

LinkedIn Update: Do you have a LinkedIn account? Is it complete? In this workshop we will explore how to attract more readers of your profile with topics like: branding, updating your headline, writing a summary, ensuring you have a great photo and much more.

Pre-Arrival Orientation: Monthly briefing for members and their families to provide information prior to arrival for the upcoming PCS.

Employer Info Session: These session give local, national and global employers the opportunity to share information about working with their company such as, recruiting methods, how to apply, credentialing and interviewing skills.

First Duty Station –Officer: New Officers must complete Personal Financial Readiness Training within 90 days of arriving at their First Duty Station - Budgeting - Debt Mgt & More

Federal Employees Retirement System: Overview of Federal Employees Retirement System (FERS): topics include Eligibility, service years, FERS vs. TSP, and more!

Franklin Covey-The 4 Essential Roles of Leadership: The 4 Essential Roles of Leadership develop leaders who can think big, adapt quickly, and translate strategy into meaningful work. Most valuable where leaders can make a difference by inspiring trust, creating vision, executing strategy, and coaching potential.

Heart link Spouse Orientation/Windshield Tour: Heart Link Spouse Orientation/Windshield Tour is geared toward all spouses! This is a great opportunity to increase their knowledge of the Air Force mission, customs, traditions, protocols, and gather information about available programs and resources. Also, the windshield tour will capture the historical elements as we enjoy a scenic tour through the installation learning about the Air Force life.

Plan My Move Briefing: Monthly briefing for members and their families PCSing/moving to Conus and OConus locations.

Pre-Separation Briefing: Congressionally-mandated review of benefits, entitlements and resources for eligible transitioning service members. *Prerequisite:* Initial Counseling.

Prep for the Interview: Prepare for the most important part of the job search process. Learn to answer questions, understand types of interviews, what not to say and more.

Pre–Deployment & Reintegration Briefings: Mandatory briefing for members scheduled for or returning from deployment.

Resume Development 101: Write an effective, competitive private sector resume. Covers resume types, components, and how to organize experience in order to highlight skills.

Spouse Employment Workshop: This workshop provides an overview of MSEP, mySECO, and other employment programs to support military spouses in their job search.

TAP 3-Day Workshop & 2-Day Tracks, TAP+: Transitioning service members will be registered for all TAP workshop at the initial counseling appointment. Scheduled your appointment at <https://jba-ic.timetap.com/>.

TAP L&L: Bring your own lunch and come learn about programs and resources available to you! Topics and locations vary, please visit www.andrewsfss.com/tap for schedules.

Tips for Federal Employment: Learn to navigate USA JOBS, create and manage an account, analyze job announcements, and create effective tailored federal resumes.

Welcome to Andrews–Newcomers Orientation: Learn about your new assignment through our JB Andrews Newcomer's Orientation. Family members welcome!