



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!



Joint Base Andrews Military & Family Readiness Center

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	30 SBA Entrepreneur Track 8:00am-4:00pm daily	1	2 Reintegration 8:00am-10:00am Resume Development 101 9:00am-12:00pm	3 Military Spouse Appreciation 10:00am-2:00pm Game Night 5:00pm-7:00pm
6 EFMP: Transition Planning 12:00pm-1:00pm	7 Plan My Move 9:00am-11:30am Pre-Separation 9:00am-11:00am	8 TAP L&L 12:15 pm—1:00 pm TAP 3-Day Workshop 8:00am-4:30pm daily	9 Reintegration 8:00am-10:00am Tips for Fed. Employment 8:00am-12:00pm TAP L&L 12:15 pm—1:00 pm	10 TAP L&L 12:15 pm—1:00 pm Saturday 11 May Key Support Liaison Refresher & Mentor Training 12:00pm-3:00pm
13 Welcome to Andrews 8:00am-3:00pm	14 FERS 10:00am-11:00am Pre-Deployment 1:00pm-3:00pm Pre-Separation 9:00am-11:00am	15 TAP+ 9:00am-12:00pm	16 Reintegration 8:00am-10:00am Prep for the Interview 9:00am-12:00pm Hearts Apart 5:00pm-7:00pm TAP L&L 12:15 pm—1:00 pm DOL Employment Track 8:00am-4:00pm daily	17 TAP L&L 12:15 pm—1:00 pm
20 C3: Chronic Illness 11:00am-12:00pm	21 4 Lenses 9:00am-12:00pm Pre-Arrival 9:00am-10:00am Pre-Separation 9:00am-11:00am	22	23 Reintegration 8:00am-10:00am LinkedIn Update 10:00am-12:00pm	24 Center Closed Family Day
27 Center Closed Holiday	28 C3: Caregivers 11:00am-12:00pm Pre-Deployment 1:00pm-3:00pm First Duty Station—Officer Training 11:00am-12:30pm Pre-Separation 9:00am-11:00am	29 TAP L&L 12:15 pm—1:00 pm TAP 3-Day Workshop 8:00am-4:30pm daily	30 Reintegration 8:00am-10:00am Spouse Employment 9:00am-12:00pm TAP L&L 12:15 pm—1:00 pm Life Skills Session: Cooking Essentials 5:00pm— 7:00pm	31 TAP L&L 12:15 pm—1:00 pm

**For all workshop descriptions and registration:
Scan the QR code on the front > click ‘Register for Events and Workshops’**

C3: Coffee, Craft & Conversation (CAREGIVERS): Connect with other caregivers of those with chronic illnesses or disabilities. *Tuesday this month due to holiday*

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

EFMP Lunch & Learn: Transition Planning: Learn about important requirements & resources for students with disabilities transitioning to adult services.

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

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

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

Hearts Apart Family Nights: A source of resources for families facing deployment. Providing opportunities for community & connection w/deployed families.

Key Support Liaison Refresher & Mentor Training: Refresher & mentor training for new-to-JBA appointed Key Support Liaisons and newly appointed Mentors.

LinkedIn Update: Do you have an 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.

Life Skills Session: Cooking Essentials : Whether you are new to the kitchen or looking to develop new skills, this series will provide you practical tips to create satisfying meals on a budget and with limited equipment!

Military Spouse Appreciation Day: This program is to recognize Military Spouse Appreciation Day. Hybrid: In-Person/Virtual setting. Celebrating the Military Spouse through highlighted stories, forums, sessions & workshops. Giveaways, drawings, and more!

Plan My Move Briefing: Prepare for your next PCS by hearing from TMO, Finance, MPF, Tricare, MFLC, EFMP, Certified Financial Planner, Military OneSource. Family members welcome!

Pre-Deployment Briefing: Mandatory briefing for members scheduled for deployment.

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.

Reintegration Briefing: Mandatory briefing for members 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.

Savings and Investments: When you save, you are usually able to pull that money out when you need it (or after a period of time). When you invest, you have the potential for better long-term gains or rewards, but also the potential for loss. You risk more in investing for a larger return, but your potential loss can be large as well.

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

TAP L&L, Lunch & Learns: 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!