



Joint Base Andrews Military & Family Readiness Center

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Reintegration 8:00am-10:00am Resume Development 101 9:00am-12:00pm	2 Game Night 5:00-7:00
			DOL Career & Credential 8:00am-4:00pm daily	
5 Welcome to Andrews 8:00am-3:00pm EFMP L&L IEP/504 12:15pm-1:00pm	6 Employer Info Session 9:00am-10:00am Pre-Separation 9:00am-11:00am Sponsorship Training 11:00am-12:00pm Pre-Deployment 1:00pm-3:00pm	7 CKSP: Refresher Training 8:00am-10:00am CKSP: Mentor Training 10:00am-11:00am TAP L&L 12:15pm-1:00pm	8 Reintegration 8:00am-10:00am Tips for Federal Employment 8:00am-12:00pm TAP L&L 12:15pm-1:00pm	9 TAP L&L 12:15pm-1:00pm Saturday the 10th: Art with Heart 10:00am-12:00pm
			TAP 3-Day Workshop 8:00am-4:30pm daily	
12	13 Plan My Move 9:00am-11:30am Pre-Separation 9:00am-11:00am FERS 10:00am-11:00am	14	15 Reintegration 8:00am-10:00am Prep for the Interview 9:00am-12:00pm Sensory Trampoline 10:15am-12:00pm Hearts apart 5:00pm-7:00pm	16 TAP L&L 12:15pm-1:00pm
			DOL Employment Track 8:00am-4:00pm daily	
19 C3: Adult Chronic Illness 11:00am-12:00pm	20 Pre-arrival Orientation 9:00am-10:00pm Pre-Separation 9:00am-11:00am Pre-Deployment 1:00pm-3:00pm	21 TAP L&L 12:15pm-1:00pm	22 Reintegration 8:00am-10:00am LinkedIn Update 10:00am-12:00pm TAP L&L 12:15pm-1:00pm	23 TAP L&L 12:15pm-1:00pm
			TAP 3-Day Workshop 8:00am-4:30pm daily	
26 Welcome to Andrews 8:00am-3:00pm C3: Caregivers 11:00am-12:00pm	27 Pre-Separation 9:00am-11:00am PWL: 5 Voices 9:00am-12:00pm	28 Stroller Striders 9:45am-12pm	29 Reintegration 8:00am-10:00am Spouse Employment 9:00am-12:00pm	30 <b style="color: #008080;">Center Closed Family Day

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!



REGISTRATION INSTRUCTIONS:

For all workshops: <https://jba-mfrc.timetap.com>

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 every-one operates securely in their own voice and learns to value the voices of others.

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: Caregivers: Coffee, Craft & Conversation (C3) is a group for caregivers of those with exceptional needs.

C3: Adults: Coffee, Craft & Conversation (C3) is a group for adults with chronic illnesses or disabilities.

Game Night: Inclusive Game Night for all ages and abilities. Pick from a variety of board games or bring your own! Will include short info session with guest speaker. Snacks provided.

Employer Info Session: These sessions 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.

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

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 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.

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-Arrival Orientation: An overview of resources and information to prepare individuals that are scheduled for first time PCS stateside, Overseas and/or first time taking a Remote assignment

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

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.

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.

Sensory Trampoline: Free event for those enrolled in EFMP, along with their immediate family members. Venue will open early for smaller crowd, reduced music volume and lower lighting.

Sponsorship Training: NEXT LEVEL Sponsorship Training will focus on tips for becoming a great sponsor as well as information for Newcomers arriving at Joint Base Andrews. *Attendees will need to complete the eSponsorship Application & Training (eSAT) prior to attending.

Stroller Striders: Join P&WL Mom & Dad's new walking Group "Stroller Striders" & Blue Star Coffee Connect @Exchange Star Bucks to get a free drink, networking opportunities with members of the community, and a refreshing stroll through the community. Enjoy some quality physical fitness time with your children or on your own!

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.

Thrift Savings Plan: Participants (civilian and service members) will learn how TSP contributions work, the difference between traditional and Roth contributions, and how to manage their accounts throughout their careers, in-depth explanation of vesting.

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!