



Joint Base Andrews Military & Family Readiness Center September 2024

workshops and events are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed Holiday	3 Pre-Deployment 1:00pm-3:00pm	4 Key Support: Continuing Education 1:00pm-3:00pm	5 Reintegration 8:00am-9:00am *Resume Development 101 9:00am-12:00pm	6 Game Night 5:00pm-7:00pm
9 Welcome to Andrews 8:00am-3:00pm TSP 10:00am-11:00am	10 Pre-Separation 9:00am-11:00am Plan My Move 9:00am-11:30am	11 TAP L&L 12:15pm-1:00pm	12 Reintegration 8:00am-9:00am *Tips for Federal Employment 8:00am-12:00pm TAP L&L 12:15pm-1:00pm	13 TAP L&L 12:15pm-1:00pm Couples Connection 5:30pm-7:30pm
TAP 3-Day Workshop 8:00am-4:30pm daily				
16 C3: Chronic Illness 11:00am-12:00pm	17 Pre-Separation 9:00am-11:00am Four Lenses 9:00am-12:00pm Pre-Deployment 1:00pm-3:00pm	18 TAP+ 9:00am-12:00pm	19 Reintegration 8:00am-9:00am *Prep for the Interview 9:00am-12:00pm Hearts Apart Family Night 5:00pm-7:00pm	20 LSS: Mix and Mingle Game Night 5:00pm-7:00pm
DOL Employment Track 8:00am-4:00pm daily				
23 Heart Link Spouse Orientation 9:00am-2:00pm EFMP: 101 9:00am-12:00pm	24 Franklin Covey—7 Habits 8:00am-4:00pm Pre-Arrival 9:00am-10:00am Pre-Separation 9:00am-11:00am First Duty Station Officer Training 11:00am-12:30pm	25 Federal Retirement Seminar 8:00am-4:00pm Stroller Striders BSF Coffee Connect 9:45am-12pm TAP L&L 12:15pm-1:00pm	26 Reintegration 8:00am-9:00am Federal Retirement Seminar 8:00am-4:00pm *LinkedIn Update 9:00am-12:00pm TAP L&L 12:15pm-1:00pm	27 TAP L&L 12:15pm-1:00pm
TAP 3-Day Workshop 8:00am-4:30pm daily				
30 C3: Caregivers 11:00am-12:00pm	Need additional support? Military OneSource 800-342-9647 www.militaryonesource.mil			*All Employment workshops are in person this month

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

For the most up-to-date information, scan the QR code below to access our LinkTree!



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

4 Lenses: Assessment focuses on the unique strengths and motivations of individuals. It is a personality assessment to learn about one's unique temperament and the temperaments of others. Participants attending this session will gain personal and professional development to help understand others in their work, home, and community environments.

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

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

Key Support (CKSP) Continuing Education: KSL continuing education, required at least quarterly for all active KSL and KSLMs

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

EFMP 101 Orientation: All 3 components of EFMP will educate newly enrolled service members about the EFMP. Leaders are encouraged to attend to learn about requirements of the program and the resources available to their service members. Additional guest briefers from a variety of resources. Now HYBRID! Join us in person or on Zoom!

Federal Retirement Seminar: A seminar to teach people at all stages in their career about steps to take for retirement from the federal government. To register call the center at 301-981-7087

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

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

Franklin Covey: The 7 Habits of Highly Effective People: The 7 Habits of Highly Effective People (Foundations) Builds the fundamentals of personal effectiveness. Most useful when people need an introduction to increasing emotional intelligence, including self-management and interpersonal skills.

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

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

Life Skills Session: Mix & Mingle Game Night @The Club : Join the M&FRC Team for a fun-filled night of trivia! Test your shopping skills, learn how to shop on a budget, and discover the interests of others.

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.

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.

Stroller Striders: Join P&WL Mom & Dad's new walking Group "Stroller Striders" & Blue Star Families 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!

TAP 3 Day Workshops, 2 Day Tracks, and 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, 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!