



**\*\*Please call 456-8400 to pre-register for all workshops\*\***

# Airman & Family Readiness Center

## February 2019

801 Kenney Ave, Suite 1400  
 Barksdale AFB, LA 71110  
 Comm: (318) 456-8400  
 DSN: 781-8400  
 Fax: (318) 456-8031  
 0730 to 1630 Mon-Fri  
 Closed at 1500 on Wednesday

Monday

Tuesday

Wednesday

Thursday

Friday [www.barksdalelife.com](http://www.barksdalelife.com)

*Questions about your VA benefits?  
 A VA representative is available at the A&FRC to provide the answers. Call 456-7436 to make an appointment and get the answers you need.*



[www.Barksdalelife.com](http://www.Barksdalelife.com)

1

4  
 0730 ETAP  
 Capstone (appt. only)  
 1700 Money Monday

5  
 Capstone (appt. only)  
 0730 ETAP  
 0800 Readiness Pre Dep. Brief  
 1330 Readiness Post Dep. Brief  
*1300 Moving Out of the Horn*

6  
 0730 Right Start  
 0730 ETAP  
 0800 Pre- Separation Brief

**CLOSED**  
 1500-1630  
 FOR TRAINING

7  
 0730 ETAP  
 0800 Readiness Pre Dep. Brief  
 1330 Readiness Post Dep. Brief  
 1700 Credit and Debt Management

8  
 0730 ETAP  
 0800 Career Assessment

11  
 0800 TAP  
 0800 True Colors/FTAC  
 1700 Money Monday

12  
 0800 TAP  
 0800 Readiness Pre Dep. Brief  
 1330 Readiness Post Dep. Brief

13  
 0800 TAP  
 0900 Bundles for Babies & Dad 101  
 1300 Finance 101

**CLOSED**  
 1500-1630  
 FOR TRAINING



14  
 0800 TAP  
 0800 Readiness Pre Dep. Brief  
 1330 Readiness Post Dep. Brief  
 1700 Five Love Languages

15  
 0800 TAP  
**CLOSED**  
 0730-1630  
 FOR TRAINING

18 **Presidents' Day**



19  
 Capstone (appt. only)  
 0800 Readiness Pre Dep. Brief  
 1330 Readiness Post Dep. Brief  
 0800 Federal Employment

20  
 0730 Right Start  
 0800 Pre- Separation Brief  
 0800 Boots to Business

**CLOSED**  
 1500-1630  
 FOR TRAINING

21 Capstone (appt. only)  
 0800 Readiness Pre Dep. Brief  
 0800 Boots to Business  
 1330 Readiness Post Dep. Brief  
 1700 BRS/TSP 101  
 0800 Social Media

22



25  
 0800 TAP  
 0800 True Colors/FTAC  
 1700 Money Monday

26  
 0800 TAP  
 0800 Readiness Pre Dep. Brief  
 1330 Readiness Post Dep. Brief  
 1800 Key Spouse Training



27  
 0800 TAP

**CLOSED**  
 1500-1630  
 FOR TRAINING

28  
 0800 TAP  
 0800 Readiness Pre Dep. Brief  
 1330 Readiness Post Dep. Brief



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We're on Twitter! @2FSSBarksdale

[2bw.afrc@us.af.mil](mailto:2bw.afrc@us.af.mil)

## Transition Assistance Program:

**CAPSTONE:** **Mandatory** for all retirees and separatees NLT 90 days prior to separation date. This event will validate and verify the service member's preparedness to be successful following their military service by producing documentation to meet all of their Career Readiness Standards.

**PRE-SEPARATION BRIEFING (0800):** **Mandatory** briefing for everyone separating from the military. Advise and present information on the services and resources available. This will assist individuals in making informed decisions about the choices open to members and their families.

**TAP SEMINAR (0800-1600):** This **mandatory** 5-day program is for those who are preparing to retire or separate. Retirees can participate as soon as 24 months prior to retirement and separatees 12 months prior to separation. Spouses and/or significant others are encouraged to attend on a space-available basis.

**BOOTS to BUSINESS (0800-1600):** This 2-day workshop is designed as an experience to assist you in realizing your entrepreneurial dreams and aspirations – whatever they may be! You will develop a set of skills and competencies focused on entrepreneurial opportunity recognition, innovation, and small business management.

## Readiness:

**READINESS BRIEFING:** Whether military members are scheduled to deploy or re-deploy, it is vital to have personal and family affairs in order. This briefing will provide information and support during all phases of deployment. Briefing is **mandatory** for all active duty members deploying and we highly encourage spouses, significant others and family members to attend.

**READINESS POST DEP. BRIEF:** Reunion and reintegration (R&R) briefings are provided Tuesday and Thursday @ 1330. No registration required. Spouses, significant others and family members are highly encouraged to attend.

## DEPLOYED EVENT:

The Readiness program honors our deployed families with outstanding events every month. Please contact the A&FRC for more information: 318-456-8400

## Work Life Program:

**BUNDLES FOR BABIES & DAD'S 101:** Bundles provides expectant parents with a wealth of information to include financial preparation, car seat safety, nurturing your new bundle of joy, and more in a fun and interactive atmosphere. Those attending will receive a \$50 gift card for AAFES courtesy of the AFAS.



## KEY SPOUSE TRAINING

The Key Spouse Program is a unit level peer program designed to enhance existing family readiness services by reaching out to the broad base of deployed personnel through the use of an informal support system. Key Spouses are selected by respective Squadron Commander/First Sergeants to act as a liaison between the squadron/waiting family member(s). Key Spouse training provides an opportunity for exchange of information and resources in order to better provide for the needs of our families.

**Five Love Languages :** Understanding the Five Love Languages and learning to speak the primary love language of your significant other may radically affect your loved one's behavior. People behave differently when their emotional love tanks are full.

**Notification Officer Training-** Prepares Majors and above to be Notification Officers to provide dignified, compassionate, and humane notification to next of kin and other designated persons as promptly as possible after a member is placed in a casualty status of Deceased, Duty Status-Whereabouts Unknown, or Missing

## EMPLOYMENT ASSISTANCE

### FEDERAL EMPLOYMENT WORKSHOP (0800-1100):

This class leads participants to gain an understanding of the Federal employment process and information about the Federal Resume such as format, content and KSAs. Participants will receive hands-on experience in finding key words, writing KSAs and using USAJOBS.GOV.

**SOCIAL MEDIA FOR JOB SEEKERS** (0800-1100): Confused about how to use social media in your job search then this class is for you. Find out ways to effectively use social media to find jobs and market yourself in today's tech-savvy world.

**CAREER ASSESSMENT** This workshop uses the MBTI and interest, values, and skills inventories to provide a basic foundation of self-assessment as it relates to career choices. Participants will have a better understanding of themselves in order to make career decisions. Tools will be provided for participants to research career options.

## Financial Management:

**MOVING OUT OF THE DORM (1300-1430):** This workshop is designed to assist members, currently living in the dorms, to take charge of transitioning into the local community. Topics will include: budgeting, saving, and managing/ reducing debt, how to prepare for apartment living, and roommate selection

**Blended Retirement System and TSP 101 (1700-1830):** Got questions about the new Blended Retirement System and the Thrift Savings Plan? We've got the info you need. Take this course to learn about and compare your options with BRS and TSP. Recommend you bring a laptop computer and your latest EOM LES.

**CREDIT AND DEBT MANAGEMENT (1700-1830):** Are your credit cards maxed out? Too much debt to deal with? Learn how to effectively manage credit cards and deal with debt. See what the real cost of poor credit management can be. We'll also take a quick look at understanding your credit report and how you can improve your FICO credit score.

**FINANCE 101 "THE BASICS" (1330-1500):** Designed for those individuals who have questions or concerns and need guidance on how to properly and effectively handle their finances. This class will cover debt management, basic budgeting, credit management and other financial issues.

**Money Monday - 1700:** Do you have money management questions, but didn't know who to ask? Matt Stephens, Accredited Financial Counselor, will discuss specific money issues and then have an open Q&A for anything you would like to talk about. Come to the A&FRC and Get Smart with Your Money.

## Relocation:

**RIGHT START (0730-1200):** Mandatory program, for all newcomers to Barksdale AFB, facilitated by the A&FRC staff. We bring together various base and community speakers to give new arrivals an overview of the base and local community programs, services, history, recreational and cultural opportunities. Also receive the Equal Opportunity and Sexual Assault Response Program briefings. Spouses are encouraged to attend.

## Military & Family Life Counselor (MFLC):

### Need to Talk?

Try calling the Military & Family Life Counselor (MFLC) They work with families, individuals, couples & children to address relationship issues, stress management, grief after loss, and other individual or family issues.  
Call (318) 541-1480 for the adult MFLC or  
(318) 541-0563 for the Child/Youth MFLC