



****Please pre-register for all workshops at 456-8400****

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 Wed)

Airman & Family Readiness Center

March 2019



Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Questions about your VA benefits?</i> <i>A VA representative is available to provide the answers. Call 456-7436 to make an appointment and get the answers you need.</i></p>	 Like us on Facebook! Join us at 2FSSBarksdale  Check us out on Instagram!  We're on Twitter! @2FSSBarksdale 2bw.afrc@us.af.mil	<p>www.barksdalelife.com</p>		<p>1 0800 TAP</p>
<p>4 Capstone (appt. only) 1700 Money Monday</p>	<p>5 Capstone (appt. only) 0800 Readiness Pre Dep. Brief 0830 Key Spouse Training 1300 Moving out of the Dorms 1330 Readiness Post Dep. Brief 1700 Employer Panel Discussion - Ask the Experts!</p>	<p>6 0730 Right Start 0800 Pre-Sep Briefing 0800 Education Transition</p> <p>CLOSED 1500-1630 FOR TRAINING</p>	<p>7 0800 Readiness Pre Dep. Brief 0800 Education Transition 1700 Thrift Savings Plan 1330 Readiness Post Dep. Brief</p>	<p>8</p>
<p>11 0800 TAP 1000 Time Management 1700 Money Monday</p>	<p>12 0800 TAP 0800 Readiness Pre Dep. Brief 1330 Readiness Post Dep. Brief</p>	<p>13 0800 TAP 0900 Bundles for Babies & Dad 101</p> <p>CLOSED 1500-1630 FOR TRAINING</p>	<p>14 0800 TAP 0800 Readiness Pre Dep. Brief 1330 Readiness Post Dep. Brief</p>	<p>15 0800 TAP</p> <p>CLOSED 0730-1630 FOR TRAINING</p>
<p>18 Capstone (appt. only) 1700 Money Monday</p>	<p>19 Capstone (appt. only) 0800 Readiness Pre Dep. Brief 1330 Readiness Post Dep. Brief</p>	<p>20 0730 Right Start 0800 Pre-Sep Briefing</p> <p>CLOSED 1500-1630 FOR TRAINING</p>	<p>21 0800 Readiness Pre Dep. Brief 0800 Resume 1700 BRS/TSP 101 1330 Readiness Post Dep. Brief</p>	<p>22</p>
<p>25 0800 TAP 1700 Money Monday</p>	<p>26 0800 TAP 0800 Readiness Pre Dep. Brief 1330 Readiness Post Dep. Brief</p>	<p>27 0800 TAP</p> <p>CLOSED 1500-1630 FOR TRAINING</p>	<p>28 0800 TAP 0800 Readiness Pre Dep. Brief 1330 Readiness Post Dep. Brief</p>	<p>29 0800 TAP</p>

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.

EDUCATION TRANSITION Service members pursuing college education will receive guidance to prepare for the college application process. The 2-day education track addresses identifying educational goals, education funding, and researching and comparing institutions

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.

Time Management (1000-1100): This 1-hour class provides tools to assist in better management of time and workloads. The class offers a better understanding of how we spend our time, the importance of proper planning, awareness of individual "time types", and common time wasters. Additional resources provided to participants.

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

RESUME: This class leads participants to an understanding of what employers look for in a resume, how to write a resume, what information to include, how to use action words, optional information, and inappropriate information. Participants also will have knowledge of what resources are available to help them write their resume in industry terms. Cover letters, their use and content are presented as well.

Employer Panel Discussion - Ask the Experts!

Human Resource panel discussion of interviewing, company research, resumes & cover letters, online applications, job search tips, and much more! Contact 456-8400 to reserve a seat. Open to Active Duty, Military Spouses and Dependents, Retired Members, and Department of Defense (DoD) Civilians.

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 the new retirement system and TSP. Recommend you bring your latest EOM LES.

Thrift Savings Plan (TSP) (1700-1830): This briefing provides active duty, Air Reserve Technicians, Air National Guard Reserve, Federal Employees and their families an understanding of Thrift Savings Plan in order to make saving/investing decisions for retirement.

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