



AIRMAN & FAMILY READINESS CALENDAR OF EVENTS



January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day CLOSED	2
3	4 AETC FAMILY DAY CLOSED	5 WHMC Information Table 0800-1200 AMVET Representative 0800-1200	6 Right Start Gateway Club 0800-1500	7 AMVET Rep 0800-1200 WHMC Table 1200-1600 Hearts Apart Meeting Deployed Family Members 1800-2000 Resume Writing 1800-2000 Bldg 6114	8 Sponsorship Training 0800-0900 BMT Family Seminar Bldg 7248 -1200 UTSP 1330-1530	9
3-Day Transition Assistance Program 0745-1600						
10	11 Family Readiness Brief 1030-1130 Return and Reunion Seminar 1430-1530	12 WHMC Table 0800-1200 AMVET Rep 0800-1200 Pre-Separation Retirees 0900-1030 DTAP 1030-1130 IDS Meeting 1430	13 First Duty Station Officer's PFMP 0800-1000 Social Security and You! 1030-1230	14 AMVET Rep 0800-1200 WHMC Table 1200-1600 Pre-Separation Volunteer 1330 -1530 Federal Employment 1800- 2000 Bldg 6114	15 Budgeting & Spending 1030-1200 BMT Family Seminar Bldg 7248 1200	16 Scholarship Fair Library 3 to 5 p.m. Bldg 6114
17	18 Martin Luther King Day CLOSED	19 WHMC Information Table 0800-1200 Key Spouse Training 0800-1600 AMVET Representative 0800-1200	20 Right Start Gateway Club 0800-1500 Credit Management 1030- 1200	21 AMVET Rep 0800-1200 WHMC Table 1200-1600 Interviewing 1800-2000 Bldg 6114	22 Sponsorship Training 0800-0900 BMT Family Seminar Bldg 7248 1200	23
24	25 Family Readiness Brief 1030-1130 Return and Reunion Seminar 1430-1530	26 WHMC Information Table 0800-1200 AMVET Representative 0800-1200	27 Anger, Anxiety and Techniques for Relaxation 1130-1300	28 AMVET Rep 0800- 1200 WHMC Table 1200-1600	29 Budgeting & Spending 1030-1200 BMT Family Seminar Bldg 7248 1200	30
3-Day Transition Assistance Program 0745-1600						
31						

PROGRAM CATALOG

All classes are held in the Airmen & Family Readiness Center, Bldg. 1249, unless otherwise noted. For reservations, please call 671-3722. (**

Indicates new class)

3-Day TAP Seminar: An optional intensive job search seminar on multiple employment related topics taught by the Texas Workforce Commission. The pre-separation counseling, completion of the DD Form 2648 must be accomplished prior to attending this seminar. Call 671-3722 to sign up. Thursday, the third day of the TAP seminar; Veterans Benefits briefing starts at noon.

AFRC Information Table at WHMC: Representatives from the A&FRC are manning a table in the Atrium. Please come by to ask questions or obtain literature.

AMVETS Representative: An AMVETS National Service Officer will be in Bldg 1249 to help with disability claims. Call for an appointment at 210-699-5087.

****Anger, Anxiety and Techniques for Relaxation:** Know the signs and symptoms of stress and be able to use relaxation techniques to cope with them

BMT Family Seminar: For family members of graduating BMT airmen. Helpful hints to ease transition into the Air Force.

****Budgeting and Spending:** Learn the basics of financial management. Discuss LES, talk about cash flow, key life expenses, insurance, financial readiness

****Credit Management:** Learn to understand terms and conditions of credit, credit reporting, credit scores and different interest and practices

DTAP (Disabled Transition Assistance): Disabled Veteran criteria and benefits are discussed. Qualification factors are reviewed. Personal interviews conducted when requested.

Family Readiness Briefing: All Airmen scheduled to deploy or going remote are required to attend a briefing.

****Hearts Apart Deployed Families Meeting:** The monthly meeting of Hearts Apart meeting will focus on making the most of the deployment

How to Apply for Federal Employment: Learn how to fill out a federal employment resume, knowledge on preferences, ratings, job listings

Interviewing Techniques: Learn how to be interviewed, what questions to expect; answers to common questions, how to dress, grooming tips

Key Spouse Training: The Key Spouse Program is the official AF readiness program that supports Airmen and their families during deployments, separations and emergencies by enhancing and encouraging communication between units and families. Key spouse training is the latest initiative to assist commanders in establishing a unit Key Spouse program. The A&FRC provides the training to spouses that have volunteered and have been appointed by unit leadership.

Pre-Separation Briefing for Retirees Only: Military personnel retiring will be briefed on their benefits and services and the DD Form 2648 will be completed during this brief. This must be completed before attending the 3-Day Transition Assistance Program.

Pre-Separation Briefing for Voluntary Separatees: Military personnel separating voluntarily from the service will be briefed on their benefits and services and the DD Form 2648 will be completed during this brief. This must be completed before attending the 3-Day Transition Assistance Program.

Resume Writing: Learn the different styles of resumes; what works and what do not; what to include; guidelines

Return and Reunion Seminar: Informal forum to open up discussion about the stresses families and individuals experience due to separation. Remote assignment families are welcome. Appointments needed to attend.

Right Start Orientation: Newcomer's orientation to Lackland. Spouses welcome.

Social Security & You: Learn qualification factors, how to make the most of you SS benefits, and other SSA programs

Sponsorship Training: Mandatory for both new sponsors and annual update for those previously trained.

Uniformed Thrift Savings Plan: Information about the choices and limitations of this retirement option will be discussed.

SPECIAL CLASSES AND ONE-ON-ONE APPOINTMENTS

Budget Management: Presents aspects of what goes into making a good budget.

Checkbook Management: How to maintain checkbook registers and conduct bank statement reconciliation.

Credit Management: Learn how to avoid getting into debt and how to get out of debt if already there.

Family Life Education: Referral information available on variety of life issues

Foreign Born Spouse Assistance: Referrals for English as a Second Language and Citizenship class's information

How to be a Volunteer: Information on how to find a volunteer position and what volunteers need to know

Military Family Life Consultant: Free, no records, anonymous short term, situational, problem-solving counseling to service members and their families

OCONUS Returnees: Information on and connections to re-acclimation back to the States

Student Spouse Orientations: Learn life skills through information and an array of resources offered to new Air Force families

Financial Aid for College: Information on scholarships, grants, loans