



Airman & Family Readiness

Program Catalog for 2010

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

