

September 2017

Airman and Family Readiness Center

"Preparing Today for Tomorrow's Challenges"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>Blended Retirement System Workshop</b> 1300-1400 (PFRC-FSB) <b>BRS Q&amp;A</b> 1400-1500 (PFRC-FSB)	2
3	4	5	6 <b>Pre-Preparation Counseling</b> 0900-1100 (TAP-AFSF) <b>Interviewing Techniques</b> 1000-1100 (EA-FSB)	7 <b>Right Start</b> 0750-1230 (RA-AFSF) <b>Saying Goodbye: Surviving a Loss</b> 1000-1100 (P&WL-FSB)	8	9
10	11 <b>Right Exit Program</b> 0900-1130 (RA-AFSF)	12 <b>"Fight" or "Flight"</b> 1100-1200 (P&WL-FSB)	13 <b>Resume Writing "Private Sector"</b> 1000-1100 (EA-FSB)	14 <b>myTSP Service, Customer Service</b> 1000-1100 (PFRC-FSB) 1200-1300 (P&WL-FSB)	15	16
<b>TAP Workshop 0800-1630 (TAP - AFSF)</b>						
17	18	19 <b>BRS Q&amp;A</b> 0800-0900 (PFRC-FSB)	20 <b>Baby &amp; You</b> 0800-1600 (AFAS-AFSF) <b>Resume Writing "Private Sector"</b> 1000-1100 (EA-FSB)	21 <b>Chitter, Chatter</b> 1130-1230 (P&WL-FSB) <b>A S.M.I.L.E.</b> 1300-1400 (SLO-AFSF)	22	23
24	25	26 <b>BRS Q&amp;A</b> 0800-0900 (PFRC-FSB) <b>Separation Anxiety in Infants &amp; Toddlers</b> 0900-1000 (P&WL-FSB)	27 <b>Resume Writing "Private Sector"</b> 1000-1100 (EA-FSB)	28 <b>Smart Money Management</b> 1000-1100 (PFRC-FSB)	29	30
<b>Senior TAP Workshop 0800-1630 (TAP - AFSF)</b>						



# SEPTEMBER CALENDAR

Director, Family Support Center  
Joe Missildine

Family Support Supervisor  
Fran Jackson

**Family Support Branch**  
**953-2353**

- Administrative Clerk - Linda McAndrews
- Personal Financial Readiness - Fran Jackson
- Employment Assistance - Kevin Myers
- Volunteer Resources - Paula Wooke
- Personal & Work Life - Sonya Stallworth
- Personal & Family Readiness - Jeff Bouie
- Information, Referral & Follow-Up - Ruben Aguilar
- Personal Financial Counselor - Rebecca Hackett

### Airman & Family Services Flight

- Transition Assistant Specialist - Loren Rains
- Transition Assistant Specialist - Tyasha Stiff
- Exceptional Family Member Program - Lela Brown
- School Liason Officer - Randy Stokes
- Casualty Assistance & Survivor Benefits Representative - Mark Goodvine
- Relocation Assistance/Air Force Aid Society

Call for more information or to set up a one-on-one appointment.



**Abbreviations**

(FSB) - For more information or to pre-register contact Family Support Branch at 953-2353 • (AFSF) - For more information or to pre-register contact Airman and Family Services Flight at 953-2353 • (FA) - For more information and to pre-register contact Family Advocacy at 953-5022  
(CAR) - Casualty Assistance Representative • (EFMP-FS) - Exceptional Family Member Program-Family Support • (CDC) - Child Development Center • (TAP) - Transition Assistance Program • (PFR) - Personal Financial Readiness • (P&WL) - Personal & Work Life • (FR) - Family Readiness  
(RA) - Relocation Assistance • (AFAS) - Air Force Aid Society • (SLO) - School Liaison Office • (EA) - Employment Assistance • (I&R) - Information & Referral • (VR) - Volunteer Resources • (SA/YF) - School Age & Youth Programs

55 South Mitchell Street, Building 677  
Maxwell AFB, AL 36112

## CLASSES

### Blended Retirement System Workshop

**1 September 2017, 1300-1400 (PFRC-FSB)**

Are you eligible to Opt In the new Blended Retirement System? Come learn about the new plan so that you can be more informed when time to make your decision in 2018. This workshop is a BRS overview and is not the Mandatory Opt In Training administered through JKO. Location: Maxwell AFB, A&FRC. Register by 31 August.

### Blended Retirement System Q&A Sessions

**1 September 2017, 1400-1500 (PFRC-FSB)**

Do you have questions about the Blended Retirement System? Such as, how does the TSP figure into the new Retirement System or what is continuation pay? Come have your questions answered at the weekly BRS Q&A Sessions. Location: Maxwell AFB, A&FRC.

### Pre-Separation Counseling

**6 September 2017, 0900-1100 (TAP-AFSF)**

Mandated by law for all separating (1 year prior) or retiring (2 years prior) service members to ensure personnel are aware of benefits/entitlements available to them. Start by initiating your Pre-separation Counseling Checklist for separating (1 year prior) or retiring (2 years prior) service members at [www.dodtap.mil](http://www.dodtap.mil) and then call 953-2353 to register for upcoming classes. Register by 1 September.

### Interviewing Techniques

**6 September 2017, 1000 – 1100 (EA-FSB)**

This class will help you understand the skills needed to be successful and confident in your next interview. Register by 5 September.

### Right Start

**7 September 2017, 0750-1230 (RA-AFSF)**

One day orientation for base newcomers. The orientation is opened by the Wing Commander. Newcomers receive mandatory base briefings and in-process in the clinic. Members must sign up in advance through the MPF.

### Saying Goodbye: Surviving a Loss

**7 September 2017, 1000-1100 (P&WL-FSB)**

There is no perfect or right or correct way to process a loss. Each person's experience, like each grief experience will be unique. Attend this class to learn about grief and mourning. Registration ends September 6.

### Right Exit Program

**11 September 2017, 0900 – 1130, (RA-AFSF)**

Are you prepared to relocate? The Airman & Family Readiness Center has a program that can help. Right Exit will be held on 11 September from 0900 to 1130 at the A&FRC, Building 677. Right Exit provides helpful information for anyone in PCS status. Topics will include: Finance, Medical, Legal, First Sergeant, Key Spouse, TMO, and Personnel. Spouses are encouraged to attend. Register by 8 September.

### TAP Workshop

**11-15, September 2017, 0800 - 1630 (TAP-AFSF)**

Transition Assistance will offer this 5-day workshop on 11 September through 15 September from 0800 to 1630 each day. A 5-day program designed to prepare military members and families for their transition from military to civilian life. Workshop includes information on job search techniques, resume writing, interviewing skills, financial assessment and a full VA benefits briefing. Pre-separation counseling required prior to registration. Start by initiating your Pre-separation Counseling Checklist for separating (1 year prior) or retiring (2 years prior) service members at [www.dodtap.mil](http://www.dodtap.mil) and then call 953-2353 to register for upcoming classes.

### “Fight” or “Flight”

**12 September 2017, 1100-1200 (P&WL-FSB)**

Do you have a short fuse or find yourself getting into frequent arguments and fights? Learning how to express anger is a normal part of self-development and can help you build better relationships, achieve your goals and lead a healthier more satisfying lifestyle. Attend this class to learn to how to effectively control your anger and express it appropriately. Registration ends 11 September.

### Resume Writing “Private Sector”

**13 September 2017, 1000 – 1100 (EA-FSB)**

This work shop will cover the private sector resume and help you develop the best resume to get that needed interview. This workshop will provide information for inexperienced resume writers. Register by 12 September.

### Service, Customer Service

**14 September 2017, 1200-1300 (P&WL- FSB)**

Wow them with your service, customer service! Customer service can make a lasting impression, good or bad. Educate yourself on customer service related topics, managing difficult customers, holding professional conversations, handling phone calls and responding to email. After this class customer service should become stellar. Registration ends 13 September.

### myTSP

**14 September 2017, 1000-1100 (PFRC-FSB)**

The new Blended Retirement Systems requires members to enroll in TSP. Attend this class and learn about the Ins and Outs of TSP. Learn how to make TSP work for you: setting up the account, investment options, withdrawal rules, and much more! Location: Maxwell AFB, A&FRC Register by 13 August.

### Blended Retirement System Q&A Sessions

**19 September 2017, 0800-0900 (PFRC-FSB)**

Do you have questions about the Blended Retirement System? Such as, how does the TSP figure into the new Retirement System or what is continuation pay? Come have your questions answered at the weekly BRS Q&A Sessions. Location: Maxwell AFB, A&FRC.

### Resume Writing “Private Sector”

**20 September 2017, 1000 – 1100 (EA-FSB)**

This work shop will cover the private sector resume and help you develop the best resume to get that needed interview. This workshop will provide information for inexperienced resume writers. Register by 19 September.

### Baby & You

**20 September 2017, 0800-1600 (AFAS – AFSF)**

This program provides an incentive for Active Duty members and their spouses to attend the Family Advocacy Nurse Specialists (FANS) class for new babies. Please call Nurse Hill at 953-5055 to register. Register by 18 September.

### Chitter, Chatter

**21 September 2017, 1130-1230 (P&WL- FSB)**

Did you know that office gossip can prevent effective communication and isolate people in the workplace? What about lowering staff morale, diminishing trust in other employees and creating divisiveness? Attend this class to understand the effects of gossip and learn ways to control and confront the issue. Registration ends 20 September.

### A Smooth Move in the Learning Environment (SMILE)

**21 September 2017, 1300 – 1400 (SLO-AFSF)**

School Liaison Officer will offer this class on 21 September from 1300 to 1400. A monthly briefing held to inform PCSing military families about the schools in their assigned area and discuss the new school checklist, transitioning tips, schools in the surrounding communities and more. Register by 20 September.

### Senior Transition Assistance Program Seminar

**25-29 September 2017, 0800 - 1630 (TAP-AFRF)**

Transition Assistance will offer this seminar 25-29 of September from 0800 to 1630 each day. Senior TAP is for officers in the grade of O-5 and above and E-9's. The Senior TAP is designed to empower senior officers and senior enlisted retiring from the Air Force with their transition into the civilian corporate world. Pre-separation counseling required prior to registration. Start by initiating your Pre-separation Counseling Checklist for separating (1 year prior) or retiring (2 years prior) service members at [www.dodtap.mil](http://www.dodtap.mil) and then call 953-2353 to register for upcoming classes.

### Blended Retirement System Q&A Sessions

**26 September 2017, 0800-0900 (PFRC-FSB)**

Do you have questions about the Blended Retirement System? Such as, how does the TSP figure into the new Retirement System or what is continuation pay? Come have your questions answered at the weekly BRS Q&A Sessions. Location: Gunter Annex, Building 421.

### Separation Anxiety in Infants and Toddlers

**26 September 2017, 0900-1000 (P&WL- FSB)**

When you leave your infant does your child cling and become irritated? Does your infant become more disruptive and difficult to tolerate when there is a change in routines or schedules? Did you know your infants may be experiencing separation anxiety? Attend this class to gain a **better understanding of this common developmental stage and the things you can do to make the process easier for you and your infant. Registration ends 25 September.**

### Resume Writing “Private Sector”

**27 September 2017, 1000 – 1100 (EA-FSB)**

This work shop will cover the private sector resume and help you develop the best resume to get that needed interview. This workshop will provide information for inexperienced resume writers. Register by 26 September.

### Smart Money Management

**28 September 2017, 1000-1100 (PFRC-FSB)**

Want to get Money Smart? Attend this class and you will be taught basic money management to include: developing a spending plan, ways to eliminate debt, investing, and avoiding identity theft. Location: Maxwell AFB, A&FRC Register by 27 September.

## ONGOING

### Moving Off Base (PFR – FSB)

Looking to rent or own a new place? Attend this required class for all airmen living in the dorms considering moving off base. Find out what to look for in a lease, how to create a budget and realistic spending plan and much more! Move on over to this class before moving off base. By appointment only.

### Volunteer Resources (FSB)

The mission of Volunteer Resources is to recruit, train, and recognize our outstanding volunteers. If you are in need of volunteers or looking to volunteer, please visit the website: [www.maxwell.af.mil](http://www.maxwell.af.mil) for a current list of volunteer opportunities, or contact the Volunteer Resource Coordinator for more information on the program at 953-2353.

### PCSing (RA – AFSF)

The relocation program offers move counseling to military and civilians. Additionally, up-to-date information on all DoD installations and State Department locations can be found on the Military HomeFront website: <http://www.militaryonesource.mil>.

### Personal Financial Counselor (PFC)

The A&FRC has a new Personal Financial Counselor (PFC). The mission of the Personal Financial Counselor is to help military members and their families with reaching their financial goals primarily in regards to the new Blended Retirement System (BRS) and Transition (Relocation and/or Separation) related questions. The PFC is available to meet on or off base. To set up an appointment, please call Rebecca Hackett at (334) 618-6991.

### Personal and Work Life Consultant (FSB)

The Personal and Work Life Consultant promotes resiliency and helps families meet challenges throughout the military family life cycle. The Personal and Work Life program is designed to enhance the customer's awareness and skills managing their daily lives by offering one-on-one consultations and life education classes. For more information, please call 953-2353.

### Military and Family Life Consultant (MFLC)

The Military and Family Life Consultant, or MFLC, Program provides non-medical, short term, situational, problem solving counseling services. The MFLC Program addresses issues that occur across the military lifestyle and helps Service Members and their families cope with normal reactions to the stress and life situations. To meet with the Adult MFLC on Maxwell please call 334-202-6814. To meet with the Adult MFLC on Gunter, please call 334-313-8828. To meet with the Child MFLC on Maxwell, please call 334-202-6372, Gunter please call 334-531-8170 or MEMS MFLC, please call 334-531-8197.

### Family Readiness (FR)

The mission of the Family Readiness Coordinator is to assist service members and their families in managing the challenges of deployments and separations before, during and upon reintegration. Pre-deployment and Post-Deployment briefings are conducted to provide information concerning programs and services available to deployed service members and their families. Post-Deployment Briefings are held every Tuesday at 1500 at the A&FRC. Spouse/guardians are encouraged to attend. For more information, please call 953-2353.