




Airman & Family Readiness Center

January 2012 Activities Calendar

Phone: 722-1123

FAX: 722-1126

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Holiday</i>	3 <i>Reintegration Briefing</i> 9:00 am-12:00 pm	4 <i>Pre-Separation Briefing</i> 8:30-11:30 am	5 <i>Reintegration Briefing</i> 9:00 am-12:00 pm <i>Remote/Predeployment Briefing</i> 1:30-3:00 pm	6 <i>Resume Writing & Cover Letters</i> 10:00-11:30 pm	7
8	9 <i>Reintegration Briefing</i> 9:00 am-12:00 pm	10 <i>Airman & Family Orientation Right Start</i> 8:00a m -11:50 am (Eagles Landing)	11 <i>Smooth Move</i> 9:00-11:00 am <i>Pre-Separation Briefing</i> 1:00-4:00 pm	12 <i>Reintegration Briefing</i> 9:00 am-12:00 pm <i>Remote/Predeployment Briefing</i> 1:30-3:00 pm	13	14
15	16 <i>Holiday</i>	17 <i>Reintegration Briefing</i> 9:00 am-12:00 pm <i>Spouse & Youth Resilience Training</i> 9:00-12:00 pm	18 <i>Bundles for Babies</i> 8:00 am-12:30 pm <i>Pre-Separation Briefing</i> 8:30-11:30 am <i>Couples Commutation Class</i> 9:00 am-2:00 pm	19 <i>Reintegration Briefing</i> 9:00 am-12:00 pm <i>Remote/Predeployment Briefing</i> 1:30-3:00 pm	20 <i>Budgeting 101</i> 3:00-4:30 pm	21
22	23 <i>Reintegration Briefing</i> 9:00 am-12:00 pm	24 <i>Resilience Training E5 & E6</i> 7:30 am - 4:30 pm <i>Yellow Ribbon Dine at DFAC</i>  5:00-7:00 pm	25 <i>Pre-Separation Briefing</i> 1:00-4:00 pm	26 <i>Reintegration Briefing</i> 9:00 am-12:00 pm <i>Remote/Predeployment Briefing</i> 1:30-3:00 pm	27	28
24-26 Jan - 3 Day Transition Seminar 7:30am-4:30pm						
29	30 <i>Reintegration Briefing</i> 9:00 am-12:00 pm <i>Marketing Yourself for a 2nd Career</i> 9:00-11:30 am	31 <i>Resilience Training E7 & above, Civilians</i> 7:30 am - 4:30 pm	Visit us at http://sjfss.com or http://www.facebook.com/sjafrc			

Class Descriptions

"3-Day TAP Workshop" - DoL sponsored 3-day workshop for all ranks; provides information on VA benefits, civilian employment, resumes, interviews, etc. for those personnel transitioning from the military to the private sector.

"Budgeting 101" - This money management workshop includes goal setting, financial planning, household expenses and debt reduction. Individuals leave the class with important tools necessary to become financially sound.

"Bundles for Babies" is an Air Force Aid Society (AFAS) Program designed to provide expectant parents with quality information and resources and is sponsored jointly by the Airman & Family Readiness Center (A&FRC) staff, Family Advocacy, the Partnership for Children of Wayne County, Officer and Civilian Spouses Club (OCSC), and the Health and Wellness Center. Our program is open to all ranks of active duty members and there is no requirement that participants be first time parents.

"Marketing Yourself for a Second Career" - A free two and one half hour professional lecture for officers and senior enlisted who plan to leave the service in the next one to five years. Spouses are cordially invited.

"Maintaining Long Distance Relationships": Study findings and tips for those currently or about to be involved in a long distance relationship. Findings are very encouraging and are based on a ten year study of 400 couples. These findings separate fact from fiction or opinion and the tips are easy to implement.

"Pre- Deployment Briefing" Mandatory for ALL personnel going on a Remote assignment, deploying or TDY for more than 30 days. Call 722-1123 to schedule.

"Pre-separation Briefing" - Congressionally-mandated 3-hour transition briefing for all DoD personnel who are separating or retiring; required at least 90 days before DOS.

"Reintegration Briefing" - Mandatory for ALL Warriors returning from deployment. Please check with your Unit Deployment Manager (UDM) on the Reintegration Process.

"Resiliency Training" - Members and Civilians receive resiliency building skills training and learn the programs core competencies.

"Resume Writing & Cover Letters"— Learn the basics on writing the all important Cover Letter, Resume and Reference Sheets.

"Right Start & Information Fair" - Wing wide briefing for all newcomers and their families to attend.

"Smooth Move"— Are you PCSing, Retiring, or Separating? **"Smooth Move"** class is designed to help you successfully navigate the relocation maze by helping minimize stress, confusion, and hardships, often associated with moving. During this informative two-hour class, you'll hear from the following experts: Airman & Family Readiness Center, Housing, Military Pay, Lodging, Family Advocacy, Legal (Claims), Financial Mgmt.

"Spouse & Teen Resiliency Training" - Three hour workshop designed to help families get the tools they need to grow and thrive in the face of challenges, bounce back from adversity and become more resilient as life throw you curve balls. Babysitting provided on site at Heritage Hall. RSVP to 722-1123 for both workshop and childcare.

"Successful Relationships"— Learn how to have a successful relationship communicating with family, friends, co-worker and others.

"Yellow Ribbon Dine"— DFAC— Free for all deployed family members. RSVP to 919-722-1123