

SEYMOUR JOHNSON AIRMAN & FAMILY READINESS CENTER

Who Can Use the Airman & Family Readiness Center?

Services are available for all active duty, reserve, national guard and their families, DoD civilians, and retirees.

Leadership Consultation

Community Readiness Consultants provide leadership consultation to promote the successful adaptation of Airmen and their families to the demands of military life and facilitate the personal readiness of the *Total Force*.

Air Force Aid Society

Provides emergency financial assistance to Air Force members, both active duty and retired and their families through interest-free loans or grants.

Emergency assistance can include:

- ◇ Rent/Food/Utility bills/Car repairs
- ◇ Emergency travel due to death/critical illness in the family
- ◇ Medical/dental expenses
- ◇ Education grants
- ◇ Bundles for Babies

Casualty Assistance

Provides prompt reporting, dignified and humane notification, and efficient, thorough, and compassionate assistance to family members.

Employment Assistance

Helps enhance the marketability and employability of spouses and active duty members through individual career counseling and classes to include:

- ◇ Job Search/E-Job Search
- ◇ Resume/Interview
- ◇ Federal Employment

Personal and Work Life

Enhances the well-being of families and strengthens their adaptation to the unique demands of USAF life.

Services include:

- ◇ Heart Link Spouse Orientation; Key Spouse
- ◇ Successful Relationships
- ◇ Building Healthy Relationships
- ◇ Couples' Communication/Conflict Resolution
- ◇ Spouse Reintegration Program (at unit request)
- ◇ 1-2-3 Magic Parenting; Sex, Love, and Babies
- ◇ Stress/Time Mgmt/Healthy Coping (MFLC)

Personal Financial Readiness

Offers information, education and counseling on a variety of financial topics and classes to include:

- ◇ Budgeting & Investing
- ◇ Debt Management
- ◇ Deployment Financial Preparedness
- ◇ Consumer Credit Counseling Referral

Other Supported Programs/Services

- ◇ Military Family Life Consultant (MFLC) 919-440-2858 (Adult)
919-330-6128 (Youth)
- ◇ Disabled American Veterans (DAV) Office 919-722-7270 (by appointment only)
- ◇ Retiree Activities 919-722-1119
- ◇ Family Child Care 919-722-7194
- ◇ WIC (Women, Infants, Children) 919-705-1779

Personal and Family Readiness

Provides mobility and deployment assistance to help single and married DoD personnel and families meet pre-deployment, sustainment, reintegration, and post-deployment challenges.

The program includes:

- ◇ Pre-deployment Briefings
- ◇ Reintegration Briefings
- ◇ Deployed Spouses Dinner
- ◇ Key Spouse Program
- ◇ Car Care Because We Care
- ◇ Morale Call
- ◇ Give Parents A Break

Relocation Assistance

Provides information and assistance to military personnel and their families who are involved in or anticipating a permanent change of station (PCS) move.

Services include:

- ◇ Right Start/Spouse Welcome
- ◇ Smooth Move
- ◇ e-Sponsorship Training
- ◇ Airman's Attic & Loan Closet

Transition Assistance

Provides separating/retiring members and their families the skills and knowledge required to make a successful transition to the civilian sector. Services Include:

- ◇ Mandatory Pre-Separation Counseling
- ◇ 3-Day DOL Employment Workshop
- ◇ VA Benefits
- ◇ AF Wounded Warrior (AFW2) Program

Volunteer Resource

Provides recruitment, placement, and recognition and training opportunities for base/community volunteers

Airman & Family Readiness Center

4FSS/FSFR

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