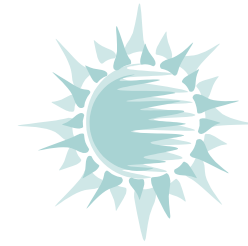


Airman & Family Readiness Center June Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Pre-Separation Briefing 8:30 – 11:30 am	2 Reintegration Briefing 9:00am -12:00pm Remote/ Pre-deployment 1:30 – 3:00pm Successful Relationships 1:00-4:30pm	3 Resume Writing Workshop 10:00 – 11:30 	4	
		7	8 Smooth Move 9:00-11:00 am Pre-Separation Briefing 1:00-4:00pm	9 Reintegration Briefing 9:00am -12:00pm Remote/ Pre-deployment 1:30 – 3:00pm	10 Job Search Strategies 10:00-11:30	11	
	7-9 Jun - 3 Day Transition Seminar 7:30am - 4:30pm						
			14 	15 Pre-Separation Briefing 1:00-4:00pm Investments 101 3:00-4:30pm	16 Reintegration Briefing 9:00am -12:00pm Remote/ Pre-deployment 1:30 – 3:00pm Successful Relationships 1:00-4:30pm	17 Back to Basics Healthy Life Mgmt Skills 8:30-9:30am or 1:00- 2:00pm USAJOBS Federal Resume 10:00-11:30am	18
19	20 Reintegration Briefing 9:00am -12:00pm	21 Airman & Family Orientation Right Start 7:30am-12:00pm (Eagles Landing)	22 1,2,3 Magic Parenting 9:30am -2:00pm Pre-Separation Briefing 1:00-4:00pm	23 Reintegration Briefing 9:00am -12:00pm Remote/ Pre-deployment 1:30 – 3:00pm Budgeting 101 3:00-4:30pm	24 Reintegration Briefing 9:00am -12:00pm Remote/ Pre-deployment 1:30 – 3:00pm Successful Relationships 1:00-4:30pm	25	
26	27 Reintegration Briefing 9:00am -12:00pm	28	29	30 Reintegration Briefing 9:00am -12:00pm Remote/ Pre-deployment 1:30 – 3:00pm	Call 722-1123 to register for any program listed here!		
Visit us at http://sjfss.com or http://www.facebook.com/sjafrc							

Airman & Family Readiness Center June 2011



GET OUT AND PLAY! with PLAYpass

Great Rewards and Discounts to Support Our Deployed Families and Single Airmen

Learn to PLAY – Save hundreds with discounts in recreational and life skill classes such as dance, music, karate, scuba, fitness and more!

Enjoy Recreational Activities – Super discounts on recreational programs and events at your Bowling Center, Golf Course, Outdoor Recreation, Arts & Crafts, Fitness Centers and more!

Take Day Trips – Check out the great day trips at your ITT or Outdoor Recreation Centers

Get in the Swim – Get a pool pass at a discount and learn how to stay safe in the water while having fun!



For more info or to find out if you are eligible for a PLAYpass

visit MyAirForceLife.com

Opportunities may vary per base and are subject to availability **or**

Call AFRC 722-1123

The PLAYpass card may be picked up at
Airmen & Family Readiness, Bldg. 3602
1200 Wright Brothers Ave, starting Tuesday May 31, 2011

“1,2,3 Magic Parenting”– Nationally recognized program on fine tuning your parenting skill. This workshop is designed to help parents with solutions for dealing with difficult behavior in toddlers, children and teens. Learn how to control obnoxious behavior, encourage good behavior, strengthen relationships and discipline your children without arguing, yelling or spanking.

“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.

“Airman & Family Orientation Right Start” - Wing wide briefing for all newcomers and their families to attend.

BACK TO BASICS -HEALTHY LIFE MANAGEMENT SKILLS-(TIME STRESS COPING) This workshop will equip individuals with effective time, stress management and healthy coping strategies-taught by the Military and Family Life Consultant (MFLC) in coordination with the Personal and Family Work Life Program

“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.

“Financial Refresher Class” - Mandatory class for 2nd duty station E-4 and below airman and 1st duty station officers, but is open to all active duty members and family members. Learn about saving, investing and budgeting.

“Financial Refresher 1st Duty Station Officer” - Mandatory for all first duty station officers. Focus on budgeting, investing TSP, and other financial issues.

“Job Search Strategies” - Job search strategies from A to Z! This class will provide you with the information to make the most out of your job search. You will be provided with loads of information and numerous websites to make your job search successful.

“Remote/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.

“Resume Writing Workshop”– Learn the basics on writing the all important Cover Letter, Resume and Reference Sheets.

“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.

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

“USAJOBS Federal Resume”– Learn how to navigate the USAJOBS website, interrupt the job announcement and how to write a federal resume.