

Helping Agencies Classes

Mental Health – 722-1883

Healthy Thinking

Decrease alarming or negative thinking patterns, which can lead to: Chronic feelings of worry, Sadness and Anger.

Family Advocacy - 722-1878

Calling All Dads

This training is for dads and taught by dads. The training will provide dads a feeling of confidence while establishing a wingman system to assist you through any stressful situation.

Couples Communication

Prevention and Relationship Enhancement Program (**PREP**) presents strategies and techniques to promote effective communication skills.

1-2-3 Magic Parenting Class

Learn the two biggest parenting mistakes, control obnoxious behaviors, encourage good behaviors and strengthen your relationship with your child.

Parenting The Newborn Classes

A series of two classes to learn how to deal with your new bundle of joy.

OB Briefing

Learn what the next months hold while you or your spouse is pregnant.

Stress/Anger Group

Learn how to deal with stress and anger before it causes problems with your family and work.

Successful Relationship Workshops

A workshop designed to learn what it takes to have a successful relationship.

Chapel – 722-0315

MarriageCare

An Air Force Wide program designed to enhance couple's relationship and communication skills. Open to all married couples regardless of religious affiliation. We hold several retreats a year on weekends, usually at resort areas. Watch for advertisements and instructions on how to register.

FTAC Briefing (combined with A&FRC)

Combination briefing including a basic Chaplain Corps brief and a 50 minute briefing on Core values. The chapel provides a Pizza lunch following the briefings.

Reintegration Briefing (combined with A&FRC)

Held Bi weekly. The chapel offers a 3-5 minute briefing covering basic chaplain services regarding confidential counseling, Spirituality and reintegrating with family and the home-station work environment.

safeTALK

“Suicide alertness for everyone” is a three hour course which teaches recognition of potential suicidal intentions and referral skills. The chapel shares the role of teaching this class with other agencies on base. Contact the chapel for information on the next scheduled class.

Airman and Family Readiness Center – 722-1123

Budgeting 101

This money management workshop includes steps to build a basic spending plan, aka budget. Topics include financial goal setting, household expenses, wants vs. needs, and more. Individuals leave the class with important tools necessary to become financially sound.

Bundles for Babies

An Air Force Aid Society (AFAS) Program designed to provide expectant parents with quality information and resources to prepare for the new arrival. Topics include financial expectations, New Parent Support Program, car seat safety, parenting, and health/wellness and much more. Open to all ranks of active duty members and there is no requirement that participants be first time parents.

Career Readiness Certificate Testing

The Career Readiness Certification (CRC) is an assessment-based credential that gives employers and career seekers a uniform measure of key workplace skills. The CRC can verify to employers that an individual has essential employability skills. Earn a Gold, Silver or Bronze certificate to put on your resume and add another tool to your tool box for your job search. The assessment is FREE.

Civilian Resume/Job Search Class

Learn how to develop an effective resume, conduct a job search and important tips on interview process. Class is taught by a representative from Wayne Community College.

Credit Basics

Learn what credit is, how to pay off your debt, how you can repair bad credit, credit rules and how to safely follow them, and understand what "goes" into your credit score.

Federal Resume/Job Search Class

Learn how to navigate on the USAJOBS website, interrupt the job announcement and how to write a federal resume.

FTAC Financial Management

Mandatory for all First Term Airmen. Participants receive information on preparing a budget and living within their means, buying a car, managing their money and credit basics.

FTAC/ALS Resiliency Training

Members receive tools/skills to grow and thrive in the face of challenges, bounce back from adversity, and become more resilient as life throws curve balls. Skill building to help maintain mission readiness.

Holiday Spending

A class dedicated to teaching the necessary skills on how to make the most of your money during the holiday season(s).

Investments 101

Learn basic information about Thrift Savings Plan (TSP), Individual Retirement Accounts (IRAs), Certificates of Deposit (CDs), mutual funds, US Savings Bonds and Savings Deposit Program. With basic information, you can decide how you would like to invest.

Moving Off Base Budget Class

Mandatory for dorm residents moving off base. Provides guidance in developing a budget to determine if members are financially prepared to move off base.

Newcomers' Orientation (Right Start)

Mandatory Wing wide briefing for all newcomers and their families to attend. Participants receive mandatory (EEO, SARC, Safety, etc) base information, local area information designed to help new arrivals thrive at Seymour; a various agencies provide additional resources and information at the Information Fair.

Pre-deployment Briefing

Mandatory for personnel deploying/TDY 30+ days or going on a Remote assignment. Helps ensure members are "ready" to deploy.

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. Helping agency help prepare members to reintegrate into work and family environment.

e-Sponsorship Training

Mandatory for first time sponsors and those who have not been a sponsor within the last year. Participants receive tips and strategies on how to be an effective sponsor for new arrivals.

Spouse Reintegration

An informal discussion with the A&FRC, Family Advocacy and the Chapel. Designed to provide information and resources to help spouses prepare for the member's return from deployment. This meeting is intended to help alleviate stress/anxiety and the family waits for the member to return.

Smooth Move

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, and Legal (Claims), Financial Mgmt.

Transition Assistance Workshop (will be Mandatory 21 Nov 12)

Provides information on VA benefits, civilian employment, resumes, interviews, etc. for those personnel transitioning from the military to the private sector. Helps ensure members are prepared for the transition, including the Individual Transition Plan.

HAWC – 722-0407

Tobacco Cessation Initiative

Get healthy and stop the use of tobacco products in your life. The HAWC has the plan for you. Join today!

Nutrition Class 101

This class provides information for lifestyle changes on weight loss, increased physical fitness and more.

Cholesterol Class

This class provides information on healthy eating, healthy food selection, food labeling, and other important ways to help lower cholesterol levels. A referral is needed from your healthcare provider to enroll in this class.

Diabetes Class

Medical nutritional therapy is provided, in accordance with the American Diabetes Association, for people who have diabetes. This course is comprised of three classes designed to provide instruction on food labeling, exchange list, carbohydrate counting, lifestyle change, and meal planning.

Hypertension Class

This class is designed to assist people with high blood pressure through healthy food choices balanced with exercise and medications