




Airman & Family Readiness Center

March 2019

Call 919-722-1123 to sign up for classes or additional information!

Visit us at www.sjfss.com or www.facebook.com/sjafrc

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> Keys to Successful In Vesting 11:30 am - 12:30 pm	<i>2</i> Hearts Apart NC State 11:15 am - 3:00 pm
<i>3</i> EFMP Family Bowling 11:00 am - 1:00 pm	<i>4</i> Reintegration Briefing 9:00 am - 12:00 pm Hearts Apart Bowling 5:00 pm - 9:00 pm	<i>5</i> Moving Off Base 10:00 am - 11:00 am	<i>6</i> EFMP Sip and Chat 9:30 am - 10:30 am Pre-Separation Briefing 12:30 pm - 4:00 pm	<i>7</i> Reintegration Briefing 9:00 am - 12:00 pm Remote/Pre-deployment Briefing 1:30 pm - 2:30 pm	<i>8</i> EFMP Connections Meeting for Caretakers 11:00 am - 12:00 pm	<i>9</i>
<i>10</i>	<i>11</i> Reintegration Briefing 9:00 am - 12:00 pm Identifying Your Personality / True Colors 1:00 pm - 3:00 pm Hearts Apart Bowling 5:00 pm - 9:00 pm	<i>12</i>	<i>13</i> Pre-Separation Briefing 8:30 am - 12:00 pm Parenting with Love & Logic 9:30 am - 2:00 pm	<i>14</i> Reintegration Briefing 9:00 am - 12:00 pm Civilian Resume, & Interview 9:00 am - 11:30 am Wayne County Public Schools Apts 8:00 am - 100 pm Remote/Pre-deployment Briefing 1:30 pm - 2:30 pm	<i>15</i> Lunch N Learn: Developing a Spending Plan 11:30 am - 1:00 pm	<i>16</i>
Higher Education Track (12-13 Mar 2019) 8:30 am - 4:30			Career Exploration & Planning Track (14-15 Mar 2019) 8:30			
<i>17</i> 	<i>18</i> Reintegration Briefing 9:00 am - 12:00 pm Hearts Apart Bowling 5:00 pm - 9:00 pm	<i>19</i> Newcomer's Orientation 8:00 am—3:00pm "Get Connected" Spouse Newcomer's Orientation 9:40 am - 11:30 am Hearts Apart Dinner 5:00 pm - 7:00 pm First Duty Station Officer Briefing 10:00 am - 11:00 am	<i>20</i> Pre-Separation Briefing 8:30 am - 12:00 pm	<i>21</i> Reintegration Briefing 9:00 am - 12:00 pm Remote/Pre-deployment Briefing 1:30 pm - 2:30 pm	<i>22</i> Panel for Employment 3:00 pm—4:30 pm	
Entrepreneurship Training (19– 20 Mar 2019) 8:30 am - 4:30 pm						
<i>24</i>	<i>25</i> Reintegration Briefing 9:00 am - 12:00 pm Hearts Apart Bowling 5:00 pm - 9:00 pm	<i>26</i>	<i>27</i>	<i>28</i> Reintegration Briefing 9:00 am - 12:00 pm Remote/Pre-deployment Briefing 1:30 pm - 2:30 pm Connecting as a Couple Five Love Languages/ True Colors 5:00 pm - 7:30 pm	<i>29</i>	<i>30</i>
Transition Assistance Program Workshop (25-29 Mar 2019) 8:00 am - 4:30 pm						

Class Descriptions

Career Technical Track - The Career Technical Training Track (CTTT) is conducted by the Department of Veterans Affairs (VA) and designed to assist Service members and/or spouses in transitioning to civilian life, while navigating through the choices and decisions involved in selecting a technical career. Participants will receive assistance in identifying required credentials and investigating training options to pursue those qualifications. The outcome is a customized plan for success to help smooth a Service members' transition to a technical career. **Location Education Center Rm 211**

Civilian Resume/Job Search Class - Learn how to develop an effective resume, conduct a job search and important tips on the interview process. **Location the Family Life Center.**

Connecting as a Couple / Five Love Languages True Colors - Relationship enhancement workshop. Couples learn their partners communication style and their preferred way of expressing and receiving love! **Location the Family Life Center**

EFMP Connections for Caretakers - Support Group for Caretakers. **Location the Family Life Center.**

EFMP Family Sunday Bowling - Bowling and shoes will be free to all EFMP members and families with special needs. Retirees are welcome. Food may be purchased. No sign-up required. **Location Planet Bowl .**

EFMP Sip and Chat - Support Group for Spouses on the EFMP Program . Coffee and Tea are provided. **Location the Family Life Center.**

Entrepreneurship & Planning Track - Facilitated by the Small Business Administration, this two-day workshop is for those individuals who are interested in developing a small business or franchise. Priority goes to members enrolled in our Transition Assistance Program. **Location Wayne Community College .**

First Duty Station Officers - Financial Briefing for 1st Duty Station Officers that covers pay and entitlements, banking and allotments, checkbook/debt management, budgeting and saving retirement planning, insurance credit management car buying, PCS finances, investment tool and persona and family readiness. **Location the Family Life Center.**

Get Connected" Spouse Newcomer's Orientation - Spouse breakout session during Newcomer's Orientation specially designed to assist spouses after arriving at the base. Topics covered are Tricare, Spouse Employment & Education, things to do in the area, school information and a lot more. RSVP to 919-722-1123. **Location Eagle's Landing**

Hearts Apart Bowling Night - Free bowling every Monday night for deployed and remote tour families.

Hearts Apart Dinner & Social - For deployed and remote spouses & families. Event will be held at **Eagle's Landing** from 5:00 pm - 7:00 pm. Please RSVP to unit Commander or 1st Sergeant or call 919-722-1123.

Hearts Apart NC State Event- For deployed and remote spouses & families an opportunity to tour the NC State Football facilities as well watch their spring practice.

Higher Education Workshop - This two-day workshop is for those individuals who are getting out of the military and plan to go to college or university. Priority goes to members enrolled in our Transition Assistance Program.

Identifying Your personality / True Colors - A model of personality identification that is easy to understand , remember , apply and used to foster healthy productive relationships. **Location the Family Life Center. Location the Family Life Center.**

Lunch N Learn Developing a Spending Plan - Information on the purpose of a spending plan/budget and how to develop one. Bring your lunch. **Location the Family Life Center.**

Moving Off Base - Essential financial tips to effectively move out of the dorms. **Location the Family Life Center.**

Newcomers' Orientation (Right Start) - Mandatory Wing wide briefing for all newcomers and their families to attend. Participants receive mandatory briefings (EEO, SARC, Safety, etc.), base and local area information, and various agencies provide resources and information at the Information Fair; all designed to help new arrivals thrive! **Location Eagle's Landing Pegasus Rm**

Panel for Employment - Helps individuals apply for employment in the private sector. **Location Education Center Rm 211**

Parenting with Love & Logic - This class is for designed for parents with children ages 3 and above. IF you could use guidance in dealing with issues such as defiance, temper tantrums, homework, bad grades, and more, our solutions can help you parent your child with love and logic. Help your child become a respectful, reliable, responsible adult. Child care is available RSVP to 919-722-1123. **Location the Family Life Center.**

Pre-deployment/Remote Briefing - Mandatory for personnel deploying/TDY **179+ days** or going on a Remote assignment. Helps ensure members are "ready" to deploy. **Location Eagle's Landing Pegasus Rm**

Pre-separation Briefing - Congressionally-mandated transition briefing for all DoD personnel who are separating or retiring; required **at least 90 days** before DOS/DOR. **Location Education Center Rm 211**

Reintegration Briefing - Mandatory for ALL Warriors returning from deployment. Helping agencies help prepare members to reintegrate into work and family environment. **Location Eagle's Landing Pegasus Rm**

Transition Assistance Workshop - 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. Class size is limited, please call to register. **Location Education Center Rm 211**

Wayne County Public Schools one on One appointments - One on one appointments for questions about IEP's and 504's must sign up for appointment at 919-722-1123. **Location Family Life Center**

Note: All the above classes are "Passport" approved!