

June 2019

Airman and Family Readiness Center

"Preparing Today for Tomorrow's Challenges"



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5 Pre-Separation Counseling 0900-1100 (TAP) Summer Dates with Your Mate 1130-1230 (P&WL)	6 Right Start Orientation for Newcomers 0800-1200 (RA) Resume Writing "Private Sector" 1000-1100 (EA)	7 Financial Readiness for First Duty Station Officers 1000-1200 (PFRC)	8
9	10	11	12 Dress for Success 1000-1130 (EA)	13 Communication Skills 101 1000-1100 (P&WL)	14	15
TAPGPS Workshop 0800-1600 (TAP)						
16	17	18 Car Buying Skills & Strategies 1200-1300 (PFRC)	19 Baby & You 0800-1200 (AFAS) Resume Writing "Private Sector" 1000-1100 (EA)	20 New Key Spouse Orientation 0900-1500 (P&WL)	21	22
Career Exploration Planning Track 0800-1500 (TAP)						
23	24	25 Making Co-Parenting Work 1000-1100 (P&WL)	26 Linked In 1000-1130 (EA)	27	28	29
30						

# JUNE CALENDAR

Flight Chief, Family Support Center  
Joe Missildine

Family Support Supervisor  
INTERIM

**Airman & Family Readiness Center**  
**953-2353**

- Administrative Clerk - Linda McAndrews
- Personal Financial Manager - Roger Knauff
- Employment Assistance - Kevin Myers
- Volunteer Resources - INTERIM
- Personal & Work Life - Sonya Stallworth
- Deployment - INTERM
- Information, Referral & Follow-Up - Ruben Aguilar
- Transition Assistant Specialist - VACANT
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- Exceptional Family Member Program/Air Force Aid - Lela Brown
- Casualty Assistance & Survivor Benefits Representative - Mark Goodvine
- Relocation Assistance/Air Force Aid - Rebecca Hackett
- Personal Financial Counselor - Tonya Kimball

Call for more information or to set up a one-on-one appointment.

55 South Mitchell Street, Building 677  
Maxwell AFB, AL 36112



**Abbreviations**

(FSB) - For more information or to pre-register contact Family Support Branch at 953-2353 • (AFSF) - For more information or to pre-register contact Airman and Family Services Flight at 953-2353 • (FA) - For more information and to pre-register contact Family Advocacy at 953-5022  
(CAR) - Casualty Assistance Representative • (EFMP-FS) - Exceptional Family Member Program-Family Support • (CDC) - Child Development Center • (TAP) - Transition Assistance Program • (PFR) - Personal Financial Readiness • (P&WL) - Personal & Work Life • (FR) - Family Readiness  
(RA) - Relocation Assistance • (AFAS) - Air Force Aid Society • (SLO) - School Liaison Office • (EA) - Employment Assistance • (I&R) - Information & Referral • (VR) - Volunteer Resources • (SA/YP) - School Age & Youth Programs

## CLASSES

### Pre-Separation Counseling

**5 June 2019, 0900 – 1100 (TAP)**

Mandated by law for all separating (1 year prior) or retiring (2 years prior) service members to ensure personnel are aware of resources and benefits/entitlements available to them. Start by calling 953-2353 to register. Register by 31 May.

### Summer Dates with Your Mate

**5 June 2019, 1130 – 1230 (P&WL)**

When is the last time you and your mate had a date besides dinner and a movie? The best way to keep the romance alive is to continue to date. You'll want to attend this class to learn fun and creative "date night" ideas to keep the "summer spark" in your heart. Register by 4 June.

### Right Start "Orientation for Newcomers"

**6 June 2019, 0800 – 1200 (RA)**

This is a one-day orientation for base newcomers opened by the Wing Commander. Right Start is mandatory for military members and DoD civilians. Spouses are cordially invited to attend. Members must sign up in advance through Ms. Rebecca Hackett, 953-3791. Right Start consists of two parts. Part I is held from 0800-1200 at the Maxwell Club, Building 144. Participants have approximately an hour and a half for lunch before Part II begins. Part II is for active duty military only. It is held from 1345-1600 at Outpatient Ambulatory Clinic, Building 760.

### Resume Writing "Private Sector"

**6 June 2019, 1000 – 1100 (EA)**

This work shop will cover the private sector resume and help you develop the best resume to get that needed interview. This workshop will provide information for inexperienced resume writers. Register by 5 June.

### Financial Readiness for First Duty Station Officers

**7 June 2019, 1000 – 1200 (PFRC)**

Financial readiness is all about preparation. This training is required to be completed within 90 days of arrival to your First Duty Station. Register by 6 June.

### TAPGPS Workshop

**10-14 June 2019, 0800 – 1600 (TAP)**

A 5-day program designed to prepare military members and families for their transition from military to civilian life. Workshop includes information on job search techniques, resume writing, interviewing skills, financial assessment and a full VA benefits briefing. Pre-separation counseling required prior to registration. Start your Pre-separation Counseling Checklist by calling 953-2353 and to register for upcoming classes. **Prerequisite:** Pre-Separation Counseling.

### Dress for Success

**12 June 2019, 1000 – 1130 (EA)**

This work shop will cover the dos and don'ts of interview dress. There will be examples of professional dress and dress better left for home or a night out. Remember you never have a second chance to make a first impression. Come learn how to make your first impression count. Register by 11 June.

### Communication Skills 101

**13 June 2019, 1000 – 1100 (P&WL)**

The Key to success is effective communication! Whether we are communicating with co-workers, friends, or family it is important to understand the rules of engagement. Attend this class to learn strategies on how to enhance those skills. Register by 12 June.

### Career Exploration Planning Track

**17-18 June 2019, 0800 – 1500 (TAP)**

The Career Exploration and Planning Tracking (CEPT) offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Register by 12 June.

### Car Buying Skills & Strategies

**18 June 2019, 1200 – 1300 (PFRC)**

New or used? Are you a good negotiator? Should you use a buying service? What about financing and your trade-in? Sharpen your car buying skills and formulate your strategy. Register by 17 June.

### Resume Writing "Private Sector"

**19 June 2019, 1000 – 1100 (EA)**

This work shop will cover the private sector resume and help you develop the best resume to get that needed interview. This workshop will provide information for inexperienced resume writers. Register by 18 June.

### New Key Spouse Orientation

**20 June 2019, 0900 – 1500 (P&WL)**

The Key Spouse is a trained volunteer appointed by the Group or Squadron Commander who works closely with the First Sergeant and is directly linked to the Airman and Family Readiness Center. Register by 19 June.

### Baby & You

**19 June 2019, 0800 – 1200 (AFAS)**

Sponsored by AFAS, an educational class for Active Duty Air Force members and their spouses, facilitated by the Family Advocacy Nurse Specialists (FANS), is geared towards new parents. Maxwell-Gunter helping agencies will provide how to prepare for baby's arrival, Tricare information, healthy living, managing stress, breastfeeding, financial management, dental care, and much more. FREE \$50 gift card to AF Members in attendance. Register one week prior to class. (42 MDG/SGOMH/953-5505)

### Making Co-Parenting Work

**25 June 2019, 1000 – 1100 (P&WL)**

Being co-parents doesn't have to be a challenge. Parents can maintain a friendly relationship while supporting their children. Attend this class to receive tools to help you navigate the process. Register by 24 June.

### Linked In

**26 June 2019, 1100 – 1130 (EA)**

This work shop will cover, how to enhance and improve your online profile. We will also cover utilizing Linked In as a tool to find employment in your given area of expertise. Register by 25 June.

## ONGOING

### Moving Off Base (PFR)

Looking to rent or own a new place? Attend this required class for all airmen living in the dorms considering moving off base. Find out what to look for in a lease, how to create a budget and realistic spending plan and much more! Move on over to this class before moving off base. By appointment only.

### Volunteer Resources (VR)

Looking for volunteer opportunities? Are you an Agency in need of volunteers? Do you have any questions about volunteering? Volunteer Resources provides ongoing assistance for Airman, Civil Service, Retirees, Spouses, and other family members seeking volunteer opportunities and also collaborates with on and off base agencies to recruit volunteers. For a list of volunteer opportunities check out <https://www.maxwell.af.mil/RESOURCES/Volunteer/> or sign up to be on the Volunteer Connect email list. For more information, or sign up to be on the email list, please call 334-953-2353.

### PCSing (RA)

The relocation program offers move counseling to military and civilians. Additionally, up-to-date information on all DoD installations and State Department locations can be found on the Military HomeFront website: <http://www.militaryonesource.mil>.

### Personal Financial Counselor (PFC)

The mission of the Personal Financial Counselor is to help military members and their families with reaching their financial goals primarily in regards to the new Blended Retirement System (BRS) and Transition (Relocation and/or Separation) related questions. The PFC is available to meet on or off base. To set up an appointment, please call (334) 618-6991.

### Personal and Work Life Consultant (P&WL)

The Personal and Work Life Consultant promotes resiliency and helps families meet challenges throughout the military family life cycle. The Personal and Work Life program is designed to enhance the customer's awareness and skills managing their daily lives by offering one-on-one consultations and life education classes. For more information, please call 953-2353.

### Military and Family Life Consultant (MFLC)

The Military and Family Life Consultant, or MFLC, Program provides non-medical, short term, situational, problem solving counseling services. The MFLC Program addresses issues that occur across the military lifestyle and helps Service Members and their families cope with normal reactions to the stress and life situations. To contact any Adult or Child MFLC at either Maxwell, Gunter or MEMS, please call 334-953-2353..

### Deployment

The mission of the Family Readiness Coordinator is to assist service members and their families in managing the challenges of deployments and separations before, during and upon reintegration. Pre-deployment and Post-Deployment briefings are conducted to provide information concerning programs and services available to deployed service members and their families. Post-Deployment Briefings are held every Tuesday at 1500 at the A&FRC. Spouse/guardians are encouraged to attend. For more information, please call 953-2353.