
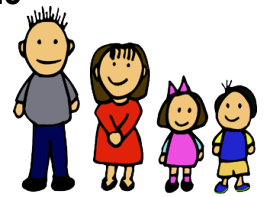






DMAFB Airman & Family Readiness Center



| | | | | | | |
|---|--|---|--|---|---|--|
| | | 1 Reintegration 8-9am Supervisor Financial 8-9:30am Preparation Counseling 9am-12pm Couples Communication 3-4:30pm | 2 Movin' Out 9-10am How Goes It 1:30-3pm Deployed Dining 4-5:45pm | 3 Pre-Deployment Briefing 10-11am Key Spouse Refresher 10:30-11:30am Key Spouse Mentor Chat 11:30am-12:30pm Divorce/Relationship Recovery 4:30-6pm | 4 Reintegration 8-9am Wing Training Day—CLOSED | 5 School/EFMP Resource Fair 10am-1pm |
| 6 | 7 Spouse Employment /Education 1-2:30pm Pre-Deployment Briefing 2-3pm | 8 Reintegration 8-9am Preparation Counseling 9-12am True Colors to Work 11:30am-1:00pm or 5:30-7pm Home is Where the Heart Is 11am-3pm Couples Communication 3-4:30pm | 9 Movin' Out 9-10am How Goes It 1:30-3pm | 10 Capstone 9, 9:30, 9:45am Pre-Deployment Briefing 10-11am Dual Military Challenge 11:30am-1pm Key Spouse Continuing Ed 12-1:30pm or 6-7:30pm Divorce/Relationship Recovery 4:30-6pm | 11 Military Spouse Appreciation Day Reintegration 8-9am Wounded Warrior Spt Gp 11am-1pm Spouse Appreciation BBQ 11:30 am-1 pm | 12 Hearts Apart/EFMP/Wounded Warrior Summer Kickoff BBQ 11am-1pm |
| Separating Members TAP Goals, Plans, Success Workshop—Monday-Friday, 8am-4:30pm | | | | | | |
| 13  | 14 Building Resumes 11:30am-1pm or 5:30-7pm Pre-Deployment Briefing 2-3pm | 15 Reintegration 8-9am Bundles for Babies 8-12am Preparation Counseling 9-12am Comeback Spouses 11:30am-1pm or 5:30-7pm Couples Communication 3-4:30pm | 16 Right Start 8-11:30am Movin' Out 9-10am How Goes It 1:30-3pm | 17 Reintegration 8-9am Capstone 9, 9:30, 9:45am Pre-Deployment Briefing 10-11am Divorce/Relationship Recovery 4:30-6pm | 18 Reintegration 8-9am Mission-Based Marriage 11:30am-1pm | 19 |
| Retiring Members TAP Goals, Plans, Success Workshop—Monday-Friday, 8am-4:30pm | | | | | | |
| 20 | 21 Plan My Move 9-11am Pre-Deployment Briefing 2-3pm | 22 Reintegration 8-9am Preparation Counseling 9-12am TSP & Basic Investing 11:30am-1pm Couples Communication 3-4:30pm | 23 KS Crisis Response Tng 8am-2pm Movin' Out 9-10am Resume/Interview 1-3pm How Goes It 1:30-3pm | 24 Reintegration 8-9am Pre-Deployment Briefing 10-11am Navigating USA Jobs 1-3pm Divorce/Relationship Recovery 4:30-6pm | 25  ACC Family Day—CLOSED | 26 |
| Accessing Higher Education—Mon-Tues, 8am-4pm | | | | | ACC Family Day—CLOSED | |
| 27 | 28  MEMORIAL DAY CLOSED | 29 Reintegration 8-9am Preparation Counseling 9-12am Couples Communication 3-4:30pm | 30 Right Start 8-11:30am Movin' Out 9-10am How Goes It 1:30-3pm | 31 Reintegration 8-9am Pre-Deployment Briefing 10-11am Divorce/Relationship Recovery 4:30-6pm Military Spouse Essays Due |  | |
| Boots to Business—Wed-Thu, 8:30am-4:30pm | | | | | | |

MUST SIGNUP FOR CLASSES—228-5690

MILITARY SPOUSE APPRECIATION MONTH

Giveaways all month! Essay contest due 31 May; see flyer. Prizes for class attendance.

Recognizing our military spouses for all their wonderful contributions to the community.

Spouse Employment Education—Mon, 7 May, 1-2:30pm, Rm 148

Meet with Education and Personnel to learn the requirements and help available for employment.

True Colors to Work—Tue, 8 May, 11:30am-1pm or 5:30-7pm, Rm 148

Who are you and who are you working for? Understand personalities to improve work relationships.

Spouse Appreciation BBQ—Fri, 11 May, 11:30am-1pm, Rm 148

Let us treat you for lunch on a special day to recognize spouses.

Building Resumes—Mon, 14 May, 11:30am-1pm or 5:30-7pm, Rm 148

Learn USAJobs, federal and public resume writing standards to assist with your job search.

Comeback Spouses—Tue, 15 May, 11:30am-1pm or 5:30-7pm, Rm 148

If you are headed back to the workforce after a sabbatical, this class is for you.

READINESS

Required for Deployment (Mandatory)

Pre-Deployment/Remote—Mon, 2-3pm, Thu 10-11am, PDC Rm 148

Reintegration—Tue & Fri, 8-9am, Horseshoe unless otherwise specified

How Goes It—Wed, 1:30-3pm, A&FRC, Rm 220

HEARTS APART AIRMEN & FAMILIES

Hearts Apart Family Dining—Wed, 2 May, 4-5:45pm, Dining Facility

Enjoy a free meal, socialize with other families and best of all? NO CLEANING!!

CAREER/TRANSITION ENHANCEMENT

3 Part Requirements for Separation/Retirement (Mandatory)

1) Pre-separation Counseling—Tue, 9-12am, TAC Rm 303

2) Transition GPS—7-11 May (Sep), 14-18 May (Ret), 8am-4:30pm, TAC Rm 309

3) Capstone—Thu, 10 & 17 May, 9, 9:30, 9:45am, TAC Rm 303

Accessing Higher Education—Mon-Tue, 21, 22 May, 8am-4pm, PDC Rm 125

Learn about transferring credits, researching schools, seeking financial assistance, selecting the right school and college applications. Space-A for dependents/retirees. Call Education to schedule—228-4813.

Private Sector Resume/Interview—Wed, 23 May, 1-3pm, TAC Rm 303

Career prep, how to start a resume, items to include/exclude, and how a resume should look. Also includes successful interviewing techniques.

Navigating USAJobs—Thu, 24 May, 1-3 pm, TAC Rm 303

Learn how to navigate USAJobs website, use resume builder, interpret and look for job announcements.

Boots to Business—Wed, Thu, 30, 31 May, 8:30am-4:30pm, TAC Rm 303

Learn how to transition your military career into a successful business model.

RELOCATION ASSISTANCE

Right Start—Wed, 16 & 30 May, 8-11:30am, Club Ironwood (Mandatory)

Come meet the Wing Commander and Command Chief. Learn about mission, base services, community relations, medical, health, family services and much more. Boneyard tour follows.

Plan My Move—Mon, 21 May, 9-11am, Rm 148

Relocation assistance for PCS moves. Information presented by TMO, Legal, Family Advocacy, Finance, A&FRC, and Military Housing.

PERSONAL FINANCIAL READINESS

Movin' Out—Wed, 9-10am, A&FRC Rm 220 (Mandatory)

For military members moving out of the dormitory.

Supervisor Financial—Tue, 1 May, 8-9:30, A&FRC Rm 220

(Mandatory 1st Duty Station Officers within 90 days) Highly recommended for anyone who supervises. Discuss local financial concerns, resources, PFR program, budgets, credit, and TSP.

Home Is Where the Heart Is—Tue, 8 May, 11am-3pm, Rm 220

Seminar brings the experts to you. Lenders, appraisers, and home inspectors will share their expertise on home buying. Also, planning for purchase, budget and house hunting.

Bundles for Babies—Tues, 15 May, 8-12am, Rm 220

Learn more about your new bundle of joy and the resources available to help you as you grow together.

TSP & Investing Basics—Tue, 22 May, 11:30-1pm, A&FRC Rm 220

Lunch and learn. Discuss retirement savings and investing up through end of working years.

FAMILY LIFE EDUCATION

Couples Communication—Tue, 3-4:30PM, A&FRC Conf Rm

Is the message sent the one being received? Do you say things you later regret? Communication with your partner is key. Learn how to make it as effective as it can be.

Divorce/Relationship Recovery Group—Thu, 4:30-6pm, Dove Chapel

Divorce is one of many potential transitions in life. Find out more about the journey.

Dual Military Challenge—Thu, 10 May, 11:30-1pm, Rm 148

Relationships are difficult enough, but dual-military share additional burdens. Learn how to overcome these obstacles and grow even closer.

Mission-based Marriage—Fri, 18 May, 11:30-1pm, A&FRC Conf Rm

We are on a mission! Use this construct through the battles to make your marriage stronger than ever.

KEY SPOUSES

Refresher Training—Thu, 3 May, 10:30-11:30am, Rm 220 (Mandatory)

First-time Key Spouses learn the basics and learn how to best support your unit.

Mentor Chat—Thu, 3 May, 11:30-12:30am, Rm 220

Continue your development as a key spouse by sharing experiences and hearing from experts.

Continuing Education Potluck—Thu, 10 May, 12-1:30pm or 6-7:30 pm, Rm 220

Learn and grow together as you progress in your journey as a Key Spouse.

Crisis Response Training—Wed, 23 May, 8am-2pm, Rm 148

Understand the important issues involved in crisis events, from natural disasters to catastrophic death.

WOUNDED WARRIOR PROGRAMS

Wounded Warrior Support Group—Fri, 11 May, 11-1pm, A&FRC

Meet with other Wounded Warriors and their families to learn how to best provide support for a new normal.

SCHOOL LIAISON

School/EFMP Resource Fair—Sat, 5 May, 10am-1pm, TAC Rm 309

Wonderful opportunity to meet schools and educational resources in the Tucson community. Includes home school resources along with meeting the needs of exceptional children.

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