



DMAFB Airman & Family Readiness Center



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| 1 | 2 Pre-Deployment Briefing 2-3pm | 3 Reintegration 8-9am Supervisor Financial 8-9:30am Preparation Counseling 9-12am Couples Communication 3-4:30pm Key Spouse Basic/Initial Tng 4:30-8:30pm | 4 Movin' Out 9-10am Cover Your ASSETS 11:30-12:30am How Goes It 1:30-3pm Deployed Dining 4-5:45pm | 5 Pre-Deployment Briefing 10-11am Divorce/Relationship Recovery 4:30-6pm | 6 Reintegration 8-9am Divorce in AZ/Child Support 10-11:30am | 7 Key Spouse Basic/Initial Tng 8am-4pm |
| 8 | 9 Pre-Deployment Briefing 2-3pm | 10 Reintegration 8-9am Supervisor Financial 8-9:30am Preparation Counseling 9-12am Couples Communication 3-4:30pm Key Spouse Basic/Initial Tng 4:30-8:30 pm | 11 Movin' Out 9-10am Right Start 8-11:30am How Goes It 1:30-3pm | 12 Capstone 9, 9:30, 9:45am Pre-Deployment Briefing 10-11am Divorce/Relationship Recovery 4:30-6pm Key Spouse Cont Ed Potluck 12-1:30pm or 6-7:30pm | 13 Reintegration 8-9am Wounded Warrior Support Gp 11am-1pm Focus on Fathering 11:30am-1pm | 14 Therapeutic Ranch for Animals and Children 1-3:30pm |
| Separating Members TAP Goals, Plans, Success Workshop—Monday-Friday, 8am-4:30pm | | | | | | |
| 15 | 16 Pre-Deployment Briefing 2-3pm | 17 Reintegration 8-9am Preparation Counseling 9-12am Couples Communication 3-4:30pm | 18 Movin' Out 9-10am Investing101 11:30-12:30am Private Sector Resume/Interview 1-3pm How Goes It 1:30-3pm | 19 Pre-Deployment Briefing 10-11am Navigating USAJobs 1-3pm Divorce/Relationship Recovery 4:30-6pm | 20 Reintegration 8-9am Creating Healthy Relationships 11:30am-1pm | 21 Hearts Apart Bowling 12-2-pm |
| Accessing Higher Education—Mon-Tues, 8am-4pm | | | | | | |
| 22 | 23 Pre-Deployment Briefing 2-3pm Wing Training Day—CLOSED | 24 25 Reintegration 8-9am Preparation Counseling 9-12am Couples Communication 3-4:30pm | 25 Right Start 8-11:30am Movin' Out 9-10am How Goes It 1:30-3pm | 26 Capstone 9, 9:30, 9:45am Pre-Deployment Briefing 10-11am Divorce/Relationship Recovery 4:30-6pm | 27 Reintegration 8-9am 5 Magic Hours 11:30am-1:30pm | 28 |
| Retiring Members TAP Goals, Plans, Success Workshop—Monday-Friday, 8am-4:30pm | | | | | | |
| 29 | 30 Plan My Move 9-11am Pre-Deployment Briefing 2-3pm | | | | | |

READINESS

Required for Deployment (Mandatory)

Pre-Deployment/Remote—Mon, 2-3pm, Thu 10-11am, PDC Rm 148
How Goes It—Wed, 1:30-3pm, A&FRC, Rm 220

HEARTS APART AIRMEN & FAMILIES

Hearts Apart Family Dining—Wed, 7 Mar, 4-5:45pm, Dining Facility

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

Bowling Center—Sat, 21 April, 12-2:00pm, Base Bowling Center

CAREER/TRANSITION ENHANCEMENT

3 Part Requirements for Separation/Retirement (Mandatory)

- 1) Pre-separation Counseling—Tue, 9-12am, TAC Rm 303
- 2) Transition GPS—9-13 Apr (Sep), 23-27 Apr (Ret), 8am-4:30pm, TAC Rm 309
- 3) Capstone—Thu, 12 & 26 Apr, 9, 9:30, 9:45am, TAC Rm 303

Accessing Higher Education—Mon-Tue, 16, 17 Apr, 8am-4pm, PDC Rm 125

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

Private Sector Resume/Interview—Wed, 18 Apr, 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, 19 Apr, 1-3 pm, TAC Rm 303

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

WOUNDED WARRIOR PROGRAMS

Wounded Warrior Support Group—Fri, 13 Apr, 11-1pm, A&FRC

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

RELOCATION ASSISTANCE

Right Start—Wed, 11 & 25 Apr, 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, 30 Apr, 9-11am, Rm 148

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

Therapeutic Ranch for Animals and Kids—Sat, 14 Apr, 1-3:30pm

Offers areas of "skills for service" where kids rediscover the fun and value of learning.

PERSONAL FINANCIAL READINESS

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

For military members moving out of the dormitory.

Supervisor Financial—Tue, 3 Apr, 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.

Cover Your ASSETS; Adjust Risk w/Insurance—Wed, 4 Apr, 11:30-12:30am, A&FRC Rm 220

Learn how to protect your assets with the appropriate insurances; auto, home, renters, life and medical. Also learn more about insurance scams.

Investing 101—Wed, 18 Apr, 11:30-12:30pm, A&FRC Rm 220

Lunch and learn. Discuss basics of investing. Define stock, bond, mutual fund. Foundational.

FAMILY LIFE EDUCATION

Couples Communication—Tue, 3-4:30PM, Dove Chapel

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.

Divorce in AZ and Child Support—Fri, 6 Apr, 10-11:30am, A&FRC Conference Rm

Learn the laws in AZ and what the rules are for child support.

Focus on Fathering—Fri, 13 Apr, 11:30-1pm, A&FRC Conference Rm

Get educated with other fathers about how to be the very best dad you can be. Share your experiences and help each other get better for the best thing in your life; your kids.

Creating Healthy Relationships—Fri, 20 Apr, 11-1:30pm, A&FRC Conf Rm

Partners need to learn and grow together to be healthy. Conflict is normal and does not have to be a bad thing. Get educated on how to learn and grow together.

5 Magic Hours—Fri, 27 Apr, 11-1:30pm, A&FRC Conf Rm

Devote a simple 5 hours toward your relationship and watch your marriage grow!

KEY SPOUSES

Basic/Initial Training—Tue, 3 & 10 Apr, 4:30-8:30 pm or Sat, 7 Apr, 8am-4pm, A&FRC (Mandatory)

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

Continuing Education Potluck—Thu, 12 Apr, 12-1:30pm or 6-7:30 pm

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

SIGNUP FOR CLASSES—228-5690 (unless otherwise noted)