



Joint Base Andrews Military & Family Readiness Center January 2023

Our doors are **OPEN** for in-person services and we continue to provide many services virtually.

Money Talks

Get free support from our Personal Financial Counselors!
(240) 222-2604

Need to Talk?

Military & Family Life Counseling (MFLC) services are available for free!
(301) 232-8481
(301) 232-8465

Location:

1191 Menoher Drive
JB Andrews, MD 20762

Telephone:

301-981-7087
DSN: 858-7087

Scan for Workshops



Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed Holiday	3 Pre-Deployment 1:00pm-2:00pm	4 TAP 3-Day Workshop 8:00am-4:00pm daily	5 Reintegration 8:00am-9:00am Resume Development 101 9:00am-12:00pm	6
9 Reintegration 8:00am-9:00am Welcome to Andrews 8:00am-3:00pm Thrift Savings Plan 10:00am-11:00am	10 Employer Info Session 9:00am-10:00am Pre-Deployment 1:00pm-2:00pm Pre-Separation 8:00am-11:00am	11 Goal Setting/Vision Boards 10:00am-12:00pm	12 Reintegration 8:00am-9:00am Tips for Fed. Employment 8:00am-12:00pm	13 Center Closed Family Day
16 Center Closed Holiday	17 Pre-Separation 8:00am-11:00am Pre-Deployment 1:00pm-2:00pm Key Spouse Initial Training 9:00am-3:00pm	18 Plan My Move 9:00am-11:30am DOL Career & Credential 8:00am-4:00pm daily	19 Reintegration 8:00am-9:00am Prep for the Interview 9:00am-12:00pm	20 Career Expo: New Year New Career 9:00am-3:00pm
23 Reintegration 8:00am-9:00am	24 Pre-Deployment 1:00pm-2:00pm Franklin Covey: 7 Habits of Highly Effective People 8:00am-4:00pm	25 Pre-Separation 8:00am-11:00am DOL Employment Track 8:00am-4:00pm daily	26 Reintegration 8:00am-9:00am Spouse Employment 9:00am-11:00am Single Parent Network 11:00am-12:30pm	27
TAP 3-Day Workshop 8:00am-4:00pm daily				
30 Reintegration 8:00am-9:00am	31 Pre-Deployment 1:00pm-2:00pm			



Find Us Online:

<https://www.andrewsfss.com/mfrc>
<https://www.facebook.com/jbamfrc>
<https://www.linkedin.com/in/jbamilitaryandfamilysupportcenter>
The Support Report Podcast
 on Spotify, Google Podcast, Radio Public and Breaker

REGISTRATION INSTRUCTIONS:
For Pre-Deployment & Reintegration: <https://jba-deployment.timetap.com/>
For all other workshops: <https://jba-mfsc.timetap.com>

Building Resiliency: P&WL—Goal Setting/Vision Board Workshop: 2-hour Workshop is designed to help individuals walk through the steps it takes to set and achieve goals to help with the process of having a positive life change. This workshop will discuss professional and personal goals and creating a vision board to increase the opportunity for success throughout the year.

Career Expo: New Year New Career: Join us for our Career Expo!

Employer Information Session: Interact with local, national and global employers on recruiting methods, how to apply, necessary credentials and interviewing expectations.

Franklin Covey-The 7 Habits of Highly Effective People (Foundations): Builds the fundamentals of personal effectiveness. Most useful when people need an introduction to increasing emotional intelligence, including self-management and interpersonal skills.

Key Spouse Training: Initial training, ongoing refresher training, and mentor training. initial training fulfills the mandatory training requirement for newly-appointed KS/KSMs.

Plan My Move Briefing: Prepare for your next PCS by hearing from TMO, Finance, MPF, Tricare, MFLC, EFMP, Certified Financial Planner, Military OneSource. Family members welcome!

Pre-Separation Briefing: Congressionally-mandated review of benefits, entitlements and resources for eligible transitioning service members. *Prerequisite:* Initial Counseling.

Pre-Deployment Briefing: Mandatory briefing for members scheduled for deployment.

Prep for the Interview: Prepare for the most important part of the job search process. Learn to answer questions, understand types of interviews, what not to say and more.

Reintegration Briefing: Mandatory briefing for members returning from deployment.

Resume Development 101: Write an effective, competitive private sector resume. Covers resume types, components, and how to organize experience in order to highlight skills.

Single Parent Network: Single Parent Network focuses on developing meaningful friendships with other single parents. Plus networking opportunities to share tips and parenting wisdom that will help you find hope and encouragement. Topic: Effective Communication Strategies for parenting and children.

Spouse Employment Workshop: This workshop provides an overview of MSEP, mySECO, and other employment programs to support military spouses in their job search.

TAP 3-Day Workshop & 2-Day Tracks: Transitioning and retiring service members will be registered for a TAP workshop after attending a Pre-Separation Briefing. Based upon path after separation/retirement, members and family may attend additional 2-day tracks covering DOL Employment, DOL Education, SBA Entrepreneurship, or DOL Career Exploration. *Prerequisite for TAP 3-Day:* Initial Counseling and Pre-Separation Counseling.

Thrift Savings Plan: Participants (civilian and service members) will learn how TSP contributions work, the difference between traditional and Roth contributions, and how to manage their accounts throughout their careers.

Tips for Federal Employment: Learn to navigate USA JOBS, create and manage an account, analyze job announcements, and create effective tailored federal resumes.

Welcome to Andrews—Newcomers Orientation: Learn about your new assignment through our JB Andrews Newcomer's Orientation. Family members welcome!