



# Joint Base Andrews Military & Family Readiness Center

## December 2022

**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 Workshop Info



Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;"><b>Find Us Online:</b>  <a href="https://www.andrewsfss.com/mfsc">https://www.andrewsfss.com/mfsc</a>  <a href="https://www.facebook.com/jbamfsc">https://www.facebook.com/jbamfsc</a>  <a href="https://www.linkedin.com/in/jbamilitaryandfamilysupportcenter">https://www.linkedin.com/in/jbamilitaryandfamilysupportcenter</a>  <b>The Support Report Podcast</b>  on Spotify, Google Podcast, Radio Public and Breaker</p>			<b>1</b> <b>Reintegration</b> 8:00am-10:00am <b>Resume Development 101</b> 9:00am-12:00pm	<b>2</b> <b>Game Night</b> 5:00pm-7:00pm <b>Bundles for Babies</b> 8:00am-12:00pm
<b>5</b> <b>Retiree TAP+</b> 8:00am-12:00pm <b>Reintegration</b> 8:00am-10:00am	<b>6</b> <b>Employer Info Session</b> 9:00am-10:00am <b>Pre-Deployment</b> 1:00pm-3:00pm <b>Speed of Trust</b> 8:00am-4:00pm	<b>7</b> <b>EFMP 101</b> 9:00am-12:00pm <b>The Mental Load of Parenting</b> 11:00am-12:30pm	<b>8</b> <b>Tips for Fed. Employment</b> 8:00am-12:00pm <b>Reintegration</b> 8:00am-10:00am	<b>9</b>
<b>TAP 3-Day Workshop 8:00am-4:00pm daily</b>			<b>DOL Employment Track 8:00am-4:00pm daily</b>	
<b>12</b> <b>Reintegration</b> 8:00am-10:00am <b>Welcome to Andrews &amp; Heartlink</b> 8:00am-3:00pm <b>Federal Employ. Retirement System</b> 10:00am-11:00am	<b>13</b> <b>Pre-Deployment</b> 1:00pm-3:00pm <b>Plan My Move</b> 9:00am-12:00pm	<b>14</b> <b>Pre-Separation</b> 8:00am-11:00am	<b>15</b> <b>Reintegration</b> 8:00am-10:00am <b>Prep for the Interview</b> 9:00am-12:00pm <b>EFMP Parent-to-Parent</b> 10:00am-11:30am	<b>16</b>
<b>19</b> <b>Reintegration</b> 8:00am-10:00am <b>Pre-Separation</b> 8:00am-11:00am	<b>20</b> <b>Sponsorship Training</b> 9:00am-10:00am <b>Pre-Deployment</b> 1:00pm-3:00pm	<b>21</b>	<b>22</b> <b>Reintegration</b> 8:00am-10:00am	<b>23</b>  <p style="text-align: center;"><b>Center Closed Family Day</b></p>
<b>TAP 3-Day Workshop 8:00am-4:00pm daily</b>				
<b>Center Closed Holiday</b>	<b>27</b> <b>Pre-Deployment</b> 1:00pm-3:00pm	<b>28</b>	<b>29</b> <b>Reintegration</b> 8:00am-10:00am	<b>30</b>  <p style="text-align: center;"><b>Center Closed Family Day</b></p>

## REGISTRATION INSTRUCTIONS:

**For Pre-Deployment & Reintegration:** <https://316wgdeploymentbriefs.checkappointments.com>

**For TAP-related:** <https://www.andrewsfss.com/transition-assistance-program>

**For all other workshops:** <https://jba-mfsc.timetap.com>

**Bundles for Babies:** This workshop is designed to teach soon-to-be and new parents basic parenting skills, as well as financial skills to help them budget for their new baby - from birth to college. Active duty members and their spouses are welcome to attend. After completing the class, parents will receive a gift card from AFAS (only Air Force, Navy and Marines).

**EFMP Parent-to-Parent Peer Support Group:** Join us for the parent-to-parent support group for EFMP families. Find connection, encouragement and resources. Led by EFMP parents.

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

**Federal Employees Retirement System:** The Federal Employees Retirement System (FERS) in 1986, became effective January 1, 1987. New Federal civilian employees who have retirement coverage are covered by FERS. FERS is a retirement plan that provides benefits from three different sources: a Basic Benefit Plan, Social Security and the Thrift Savings Plan (TSP). This workshop will provide detailed information on FERS.

**Franklin Covey: Speed of Trust:** Speed of Trust Foundations helps individuals build strong foundations of self and relationship trust. Most useful for organizations that seek to improve open communication, creativity, and engagement.

**Game Night:** Inclusive game night for both adults and families. Will include adaptive games for those with disabilities.

**Parenting Network Session: The Mental Load of Parenting:** Build resiliency, learn about community resources, and network with others in the military community.

**Plan My Move:** Plan My Move - Prepare for your next PCS by hearing from TMO, Finance, MPF, Tricare, MFLC, EFMP, financial prep for moving, and relocation resources from 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.

**Resilience & Self-Care:** Topics will include mindfulness, yoga, stress management & more. Participants will receive resilience kits (while supplies last). Briefers include MFLC, RTAs, EFMP & Health Promotions.

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

**Sponsorship Training:** Get tips for becoming a great sponsor as well as information for Newcomers arriving at Joint Base Andrews. \*Attendees will need to complete the eSponsorship Application & Training (eSAT) prior to attending.

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

**Spouse Orientation & Windshield Tour:** Spouse Windshield Tour will provide a tour of the JBA installation by the Historian and lunch (Spouse Networking 1200-1300). This is a great opportunity to increase knowledge of the Air Force installation in a fun relaxed atmosphere. Also, you will be able to meet new spouses and network while learning about the Air Force life

**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.

**TAP+ :** This workshop will be covering VA Vocational Rehab, VA Claims, Retiree Health Benefits, FedVip and Survivor Benefits. This workshop is recommended for anyone who may be retiring or interested in making a VA Claim.

**Tips for Federal Employment:** Using the USAJOBS website may seem overwhelming at times. Learn to navigate the site, create and manage your account, and analyze job announcements.

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