



Military and Family Center Virtual Services

Due to the current health conditions regarding COVID-19, the Center will be closed to foot traffic until 17 January. Classes and appointments will be conducted virtually. If you would like to sign up for a workshop, inquire about our services, or get connected to a resource, we will still be answering our phone – (301) 981-7087 and monitoring our org box email – 316.fss.mfsc@us.af.mil. Thank you for your understanding.

Ring in the New Year with Goal Setting Workshop

Set yourself up for positive life changes in the new year by signing up for the Virtual Resilience and Goal Setting Workshop on 19 January from 0900-1430. You will enjoy morning yoga, create a vision board, and receive information on values based goal setting, life in balance, and self-compassion. All participants will receive a resilience kit with yoga mat. If you would like to enroll, scan the QR code or visit jba-resilience.timetap.com.



Check In On Your Thrift Savings Plan Goals

The New Year is a great time to check in on your Thrift Savings Plan. If you are part of the Federal Employees Retirement System (civilians) or the Blended Retirement System (service members), make sure that you are maximizing your savings by contributing 5% of your paychecks to TSP to get the full match from your agency or service. For more information, go to TSP.gov. You can also schedule a one on one financial counseling with the Personal Financial Consultant by calling (240) 222-2604 to review your TSP account.

Transition Assistance for Military Spouses

Did you know there are resources for Military Spouses of transitioning service members? Many of the opportunities available to our service members are available to spouses. Onward to Opportunity (O2O) is a program that provides training and pays for one certification. Hiring Our Heroes (HOH) is an internship program that could help you break into a new and exciting career field with the potential for a job offer at its conclusion. HOH also offers webinars and information just for military spouses. The Department of Labor offers employment workshops as part of their Transition Employment Assistance for Military Spouses and Caregivers (TEAMS) program; workshops include Mastering Resume Essentials, Federal Hiring, LinkedIn Profiles, Salary Negotiations, and more. For additional resources, please refer to the Transitioning Spouse Employment Information Guide on andrewsfss.com/transition-assistance-program.

RESOURCES

Military and Family Life Counselors

Christen
(301) 232-8481

Carol Ann
(301) 232-8465

Military One Source MilitaryOneSource.mil

Personal Financial Consultant

Chip Basel
(240) 222-2604

Sabrina Cobb
(301) 981-7087

Resume Review (301) 981-7087

VA Benefits Advisor

Will Davis
(571) 461-8705

CJ Aultmon
(571) 461-8732

Survivor Benefit Plan (301) 981-7087



Subscribe to our Podcast – **The Support Report** – on [Apple](#), [Spotify](#), [Google Podcast](#), [Radio Public](#) and [Breaker](#) to hear more about the programs and resources available at the M&FSC.