

### PERSONAL AND WORK LIFE PROGRAM

**LGBTQ+ SUPPORT GROUP:**  
JUL 2, AUG 6, SEP 3 | 12:00-1:00 PM

**ADULTING 101 FOR TEENS:**  
JUL 18 | 1:00-4:00 PM

**GRIEF & LOSS SUPPORT:**  
JUL 23, AUG 27, SEP 24 | 11:30-12:30 PM

**NAVIGATING THE DIVORCE PROCESS:**  
SEP 25 | 10:00-12:00 PM

**COUPLES CONNECT:** JUL 19, AUG 16, SEP 20 | 6:00-8:00 PM

**HEART LINK:** SEP 13 | 9:00-2:30 PM

**TIME MANAGEMENT:**  
AUG 6 | 1:00-3:00 PM

### COMMANDER'S KEY SUPPORT PROGRAM

**COMMANDER'S KEY SUPPORT PROGRAM (KSP) INITIAL TRAINING:** JUL 25 | 9:00-2:00 PM

**KEY SUPPORT LIAISON QUARTERLY TRAINING:**  
AUG 20 | 1:00-2:00 PM

**COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION:**  
AUG 8 | 9:30-10:30 AM

**KEY SUPPORT LIAISON ANNUAL SAPR/SUICIDE AWARENESS TRAINING:**  
SEP 17 | 10:00-11:30 AM

### EMPLOYMENT ASSISTANCE PROGRAM

**TIPS FOR FEDERAL EMPLOYMENT:**  
JUL 9, SEP 10 | 1:00-2:30 PM

**MASTERING THE JOB INTERVIEW:**  
AUG 13 | 1:00-2:30 PM

**LEVERAGING YOUR LINKEDIN PROFILE:**  
SEP 24 | 1:00-2:30 PM

**CREATING AN EFFECTIVE PRIVATE-SECTOR RESUMÉ:** JUL 23 | 1:00-2:30 PM

**SMALL BUSINESS ADMINISTRATION (SBA) - MILITARY SPOUSE PATHWAY TO BUSINESS:**  
JUL 25-26 | 8:00-4:00 PM

### EXCEPTIONAL FAMILY MEMBER PROGRAM

**EFMP 101 ORIENTATION:** JUL 25 | 1:00-2:30 PM

**SPECIAL EDUCATION WORKSHOP:** AUG 6 | 1:00-2:30 PM

**EFMP PARENT SUPPORT GROUP:**  
AUG 22 | 11:30-12:30 PM

**EFMP PLAY DATE:** SEP 7 | 10:00-12:00 PM

**EFMP PONY RIDES:** SEP 28 | 10:00-12:00 PM

### TRANSITION ASSISTANCE PROGRAM

**PRE-SEPARATION BRIEFING:** JUL 3, 10 (16 7TH SFG),  
24, AUG 7, 21, SEP 4, 18, (24 7TH SFG) | 9:00-12:00 PM

**TRANSITION ASSISTANCE PROGRAM (TAP) 3-DAY WORKSHOP:** JUL 15-17, 29-31, AUG 12-14, 26-28,  
SEP 9-11, 23-25 | 8:00-4:00 PM

**TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES:** AUG 22-23, SEP 19-20 | 9:00-4:00 PM

**DOL EMPLOYMENT TRACK:** JUL 18-19, AUG 1-2,  
15-16, 29-30, SEP 12-13, 26-27 | 8:00-4:00 PM

**DOL VOCATIONAL TRACK - CAREER & CREDENTIAL EXPLORATION (C2E):**  
JUL 8-9, SEP 30-1 OCT | 8:00-4:00 PM

**SMALL BUSINESS ADMINISTRATION ENTREPRENEURSHIP TRACK - BOOTS TO BUSINESS:** JUL 22-23 | 8:30-4:00

### PERSONAL FINANCIAL READINESS PROGRAM

**BUNDLES FOR BABIES:** SEP 17 | 9:00-11:30 AM

**RETIRING WITH CONFIDENCE:**  
JUL 31 | 10:00-11:30 AM

**NUTRITION ON A BUDGET:** JUL 17 | 11:00-12:30 PM

**FIRST DUTY STATION OFFICERS PERSONAL FINANCIAL READINESS TOUCHPOINT:**  
JUL 10, AUG 14, SEP 18 | 1:00-3:00 PM

### KEYS TO YOUR DREAM HOME:

JUL 24, SEP 4 | 10:00-11:30 AM

### THRIFT SAVINGS PLAN (TSP) MASTERY:

JUL 10, SEP 11 | 10:00-11:30 AM

### FEDERAL VOTING ASSISTANCE PROGRAM (FVAP)

For voting assistance please contact the Installation Voting Assistance Officer at: [vote15@us.af.mil](mailto:vote15@us.af.mil) or **850-885-8683**.

### RELOCATION ASSISTANCE PROGRAM

**TEAM EGLIN NEWCOMER ORIENTATION:**  
JUL 10, AUG 7, SEP 4 | 7:30-11:30 AM

**SUPPLEMENTAL SPONSOR TRAINING:**  
JUL 17 | 1:30-2:30 PM, AUG 21, SEP 18 | 1:00-2:00 PM

**PRE-ARRIVAL ORIENTATION - VIRTUAL:**  
JUL 8, AUG 5, SEP 9 | 10:00-11:00 AM

### SQUADRON/UNIT REQUESTS

For more information on scheduling an appointment with your Community Readiness Consultant, please call **850-882-9060**.

### DEPLOYMENT SUPPORT

Deployment Readiness offers workshops, briefings, and resources to enhance mission preparedness and self-reliance throughout the phases of a deployment cycle. For more information call M&FRC.

### CASUALTY / SURVIVOR BENEFIT PLAN (SBP)

CAR's ensure all military families are provided compassionate assistance and support when a service member is declared deceased. Additionally, 1:1 SBP briefings are provided to retiring service members and spouses on all program election options. SBP is a monthly, cost-of-living-adjusted payable annuity for qualifying family member(s). Individual appointments available upon request.

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# JUL 2024



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Eglin Military & Family Readiness Center

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<b>1</b>	<b>2</b> LGBTQ+ SUPPORT GROUP	<b>3</b> PRE-SEPARATION BRIEFING	<b>4</b>	<b>5</b>
<b>8</b> CAREER & CREDENTIAL EXPLORATION TRACK (C2E)  PRE-ARRIVAL ORIENTATION	<b>9</b> CAREER & CREDENTIAL EXPLORATION TRACK (C2E)  TIPS FOR FEDERAL EMPLOYMENT	<b>10</b> PRE-SEPARATION BRIEFING  THRIFT SAVINGS PLAN (TSP)  NEWCOMER ORIENTATION	<b>11</b> M&FRC CLOSED ALL DAY FOR TRAINING	<b>12</b>
<b>15</b> TAP 3-DAY WORKSHOP	<b>16</b> TAP 3-DAY WORKSHOP  7TH SFG PRE-SEPARATION BRIEFING	<b>17</b> TAP 3-DAY WORKSHOP  NUTRITION ON A BUDGET  SUPPLEMENTAL SPONSOR TRAINING	<b>18</b> TAP - DOL EMPLOYMENT TRACK  ADULTING 101 FOR TEENS	<b>19</b> TAP - DOL EMPLOYMENT TRACK  COUPLES CONNECT
<b>22</b> SBA BOOTS TO BUSINESS TRACK	<b>23</b> SBA BOOTS TO BUSINESS TRACK  CREATING AN EFFECTIVE PRIVATE-SECTOR RESUME  GRIEF & LOSS SUPPORT (virtual)	<b>24</b> PRE-SEPARATION BRIEFING  ESSENTIALS OF HOME BUYING	<b>25</b> SBA-MILITARY SPOUSE PATHWAY TO BUSINESS  COMMANDER'S KEY SUPPORT PROGRAM INITIAL TRAINING  EFMP 101 ORIENTATION	<b>26</b> SBA-MILITARY SPOUSE PATHWAY TO BUSINESS
<b>29</b> TAP 3-DAY WORKSHOP	<b>30</b> TAP 3-DAY WORKSHOP	<b>31</b> TAP 3-DAY WORKSHOP  RETIRING WITH CONFIDENCE	<b>JULY WEEKEND EVENTS &amp; FLORIDA TAX RELIEF HOLIDAYS</b> HEART'S APART PROGRAM (HAP) PLAY DATE: EVERY 3RD SATURDAY AT UNITY PARK	

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# AUG 2024



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**AUGUST WEEKEND EVENTS & FLORIDA TAX RELIEF HOLIDAYS**

HEART'S APART PROGRAM (HAP) PLAY DATE: EVERY 3RD SATURDAY AT UNITY PARK

				<b>1</b> TAP - DOL EMPLOYMENT TRACK	<b>2</b> TAP - DOL EMPLOYMENT TRACK
<b>5</b> NEWCOMER ORIENTATION PRE-ARRIVAL ORIENTATION	<b>6</b> EFMP SPECIAL EDUCATION WORKSHOP LGBTQ+ SUPPORT GROUP TIME MANAGEMENT	<b>7</b> PRE-SEPARATION BRIEFING	<b>8</b> M&FRC CLOSED ALL DAY FOR TRAINING COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION	<b>9</b>	
<b>12</b> TAP 3-DAY WORKSHOP	<b>13</b> TAP 3-DAY WORKSHOP MASTERING THE JOB INTERVIEW	<b>14</b> TAP 3-DAY WORKSHOP	<b>15</b> TAP - DOL EMPLOYMENT TRACK	<b>16</b> TAP - DOL EMPLOYMENT TRACK COUPLES CONNECT	
<b>19</b>	<b>20</b> KEY SUPPORT PROGRAM LIAISON QUARTERLY TRAINING	<b>21</b> PRE-SEPARATION BRIEFING SUPPLEMENTAL SPONSOR TRAINING	<b>22</b> RETIREE TRANSITION ASSISTANCE PROGRAM (TAP) EFMP PARENT SUPPORT GROUP	<b>23</b> RETIREE TRANSITION ASSISTANCE PROGRAM (TAP)	
<b>26</b> TAP 3-DAY WORKSHOP	<b>27</b> TAP 3-DAY WORKSHOP GRIEF & LOSS SUPPORT (virtual)	<b>28</b> TAP 3-DAY WORKSHOP	<b>29</b> TAP - DOL EMPLOYMENT TRACK	<b>30</b> TAP - DOL EMPLOYMENT TRACK	

# SEP 2024



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<p><b>2</b></p>	<p><b>3</b> LGBTQ+ SUPPORT GROUP</p>	<p><b>4</b> PRE-SEPARATION BRIEFING ESSENTIALS OF HOME BUYING NEWCOMER ORIENTATION</p>	<p><b>5</b></p>	<p><b>6</b></p>
<p><b>9</b> TAP 3-DAY WORKSHOP PRE-ARRIVAL ORIENTATION</p>	<p><b>10</b> TAP 3-DAY WORKSHOP TIPS FOR FEDERAL EMPLOYMENT</p>	<p><b>11</b> TAP 3-DAY WORKSHOP THRIFT SAVINGS PLAN (TSP)</p>	<p><b>12</b> M&amp;FRC CLOSED ALL DAY FOR TRAINING TAP - DOL EMPLOYMENT TRACK</p>	<p><b>13</b> TAP - DOL EMPLOYMENT TRACK HEART LINK</p>
<p><b>16</b></p>	<p><b>17</b> KEY SUPPORT PROGRAM ANNUAL SAPR/SUICIDE AWARENESS TRAINING BUNDLES FOR BABIES</p>	<p><b>18</b> PRE-SEPARATION BRIEFING SUPPLEMENTAL SPONSOR TRAINING</p>	<p><b>19</b></p>	<p><b>20</b> COUPLES CONNECT</p>
<p><b>23</b> TAP 3-DAY WORKSHOP</p>	<p><b>24</b> TAP 3-DAY WORKSHOP 7TH SFG PRE-SEPARATION LEVERAGING YOUR LINKED IN GRIEF &amp; LOSS SUPPORT (virtual)</p>	<p><b>25</b> TAP 3-DAY WORKSHOP NAVIGATING THE DIVORCE PROCESS</p>	<p><b>26</b> TAP - DOL EMPLOYMENT TRACK</p>	<p><b>27</b> TAP - DOL EMPLOYMENT TRACK</p>
<p><b>30</b> CAREER &amp; CREDENTIAL EXPLORATION TRACK (C2E)</p>	<p><b>SEPTEMBER WEEKEND EVENTS &amp; FLORIDA TAX RELIEF HOLIDAYS</b> EFMP PLAY DATE SEP 7 EFMP PONY RIDES SEP 28  HEART'S APART PROGRAM (HAP) PLAY DATE: EVERY 3RD SATURDAY AT UNITY PARK</p>			<p>SCAN HERE OR VISIT <a href="http://EGLINLIFE.COM/MFRC">EGLINLIFE.COM/MFRC</a> FOR FULL WORKSHOP DESCRIPTIONS</p> 