

PERSONAL AND WORK LIFE PROGRAM

LGBTQ+ SUPPORT GROUP:

Support to reduce isolation, stress, and stigma in a safe affirming environment while connecting with others. Each month will be different topics relevant to the participants. *Offered in-person and virtually.*

ADULTING 101:

Inspiration to cultivate a growth mindset essential for success in life. Learn practical money, career, and relationship skills.

GRIEF & LOSS SUPPORT (VIRTUAL):

A safe, welcoming environment where people understand the difficult emotions of grief and give encouragement and support for different seasons of life.

NAVIGATING THE DIVORCE PROCESS:

Divorce is a difficult process. Even when both parties want to cooperate, emotions run high, making it difficult to make objective decisions. Simple suggestions on the do's and don'ts can help keep the divorce process running smoothly for everyone involved.

COUPLES NIGHT OUT:

Each month learn skill building tools that successful couples do to overcome arguments, remain fulfilled and happy, and cultivate lasting love. Each month a new topic of discussion will be introduced.

BEFORE YOU SAY, 'I DO':

A marriage preparation course for couples full of tried-and-true wisdom to help plan for a lasting relationship with the one you love. Learn how to communicate on personal needs, marital expectations, gender roles, intimacy, fighting fair, family finances, and more.

NOVEMBER IS THE MONTH OF THE MILITARY FAMILY:

Join the M&FRC and several helping agencies to provide a series of Life Stages informational workshops covering an array of topics to include Estate planning, Financial planning, Survivor Benefit Planning (SBP), Wills, Managing stress, VA resources, Employment, Parenting to include

Bundles for Babies, Dad 101 Class and Navigating Divorce & Money. This series will kick off November 1st with the Estate Planning workshop, which is a hybrid (in person & zoom) workshop to promote and inspire family resiliency. A light breakfast will be served from 0900-1230 during our November 1st Estate Planning session.

COMMANDER'S KEY SUPPORT PROGRAM

COMMANDER'S KEY SUPPORT PROGRAM (KSP) INITIAL TRAINING:

KSP training is thorough, continuous, and critical to the KSL and Mentors in effectively carrying out official duties. The KSP Initial Training consists of eight (8) standardized modules and training time is approximately six (6) hours.

KEY SUPPORT LIAISON QUARTERLY TRAINING:

To remain current on community programs/resources for families, it is highly recommended that KSLs and Mentors participate in quarterly continuing education/networking opportunities provided by the M&FRC.

COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION:

Key Support Liaison will share best practices, networking opportunities, and receive additional resources from on- and off-base organizations.

EMPLOYMENT ASSISTANCE PROGRAM

TIPS FOR FEDERAL EMPLOYMENT:

Get ready to learn tips and strategies for crafting a standout federal resume that will get you noticed by federal employers. This class will explain the federal hiring process, how to navigate USA Jobs, veterans' preference, military spouse preference, special hiring authorities, and how to begin writing your federal resume. *Offered in-person and virtually.*

CREATING AN EFFECTIVE PRIVATE-SECTOR RESUME:

Studies indicate that recruiters spend an average of only 5-7 seconds reviewing resumes. Learn how to give employers a feel for your past experiences, skills, and accomplishments to ultimately land an interview. *Offered in-person and virtually.*

EMPLOYMENT ASSISTANCE PROGRAM continued

LEVERAGING YOUR LINKEDIN PROFILE:

Bring your laptop to learn all things LinkedIn! By the end of this class, participants will know how to create an effective profile, how to optimize contacts, create tag lines, how to utilize LinkedIn to find employment opportunities, and the importance of networking. *Offered in-person and virtually.*

MASTERING THE JOB INTERVIEW:

Without preparation, interviewing can be stressful. Learn what to do before the interview is scheduled, interview questions likely to be asked, how to ask questions related to the interview, how to follow-up afterwards, and how to handle the interview with confidence. *Offered in-person and virtually.*

HIRING OUR HEROES CAREER SUMMIT:

Eglin AFB & Hurlburt Fields Military & Family Readiness Center's (M&FRC) invite eligible personnel to register now for the upcoming "Hiring our Heroes" Career Summit. This FREE full-day hiring fair offers active duty, veterans, reservists, and military spouses' opportunity to meet with military-ready companies that are actively hiring for open positions across various industries, both locally and nationwide. Experts will be on hand talking about careers, as well as sharing information on Skill Bridge programs, fellowships, internships, professional development and hiring programs for military spouses, LinkedIn Premium tools, and much more. *Hosted at the Soundside Club on Hurlburt Field.* To register online, visit HiringOurHeroes.org/eglin. For any additional information call 850-882-9060.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP 101 ORIENTATION:

Designed to give both newly enrolled and newly arrived EFMP families an overview of the program and to hear from the subject matter experts from EFMP Medical, Family Support, and Assignment.

EFMP PARENT SUPPORT GROUP:

Among the many challenges of parenting, coping with the emotional and physical demands of caring for an individual with a disability can be challenging. The stress not only impacts the parents, but also the entire family. Come together to gain support through education, as well as connecting with other families enrolled in the EFMP.

EFMP PLAY DATE:

This play group is a great way to help improve social, cognitive, and motor skills while having fun with a group of peers. Open to service members and their EFMP Family members.

TRANSITION ASSISTANCE PROGRAM (TAP)

PRE-SEPARATION BRIEFING:

The pre-separation briefing provides a complete rundown of your transition and veteran benefits, including education assistance, using your Post 911-GI Bill, employment help and medical benefits. You'll also be given information about financial planning, VA home loans, mental health support and creating a transition plan. *Initial counseling is a prerequisite.*

7TH SPECIAL FORCES GROUP

PRE-SEPARATION/RETIREMENT BRIEFING:

The Pre-Separation briefing provides a complete rundown of your transition and veteran benefits, including education assistance, using your Post 9-11 GI Bill, employment help and medical benefits. You'll also be given information about financial planning, VA home loans, mental health support and creating a transition plan. *Initial counseling is a pre-requisite.*

**Army only and held quarterly*

3 DAY TAP WORKSHOP:

3-day Transition Assistance Program (TAP) workshop for separatees & retirees that includes building resiliency by managing your own transition (MyTransition), a Military Occupational Code Crosswalk to help define and translate military skills, and the financial plan for transition module, which fulfills the mandated financial literacy requirement. *Pre-separation briefing is a prerequisite.*

TRANSITION ASSISTANCE PROGRAM (TAP) continued

7TH SPECIAL FORCES GROUP 3 DAY TAP WORKSHOP:

Tap 3-day Transition Assistance Program (Tap) workshop for separatees & retirees that includes building resiliency by managing your own transition (My Transition), a Military Occupational Code Crosswalk to help define and translate military skills, and the financial plan for transition module, which fulfills the mandated financial literacy requirement.

Pre-separation briefing is a prerequisite.

**Army only and held quarterly*

DOL EMPLOYMENT TRACK:

Covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment. *Pre-separation briefing is a prerequisite.*

DOL VOCATIONAL TRACK — CAREER AND CAREER EXPLORATION (C2E):

Offers an opportunity to complete a personalized career development assessment of occupational interest and ability and be guided through a variety of career considerations, including labor market projections, education, certifications, apprenticeships, and licensure requirements.

SMALL BUSINESS ADMINISTRATION ENTREPRENEURSHIP TRACK—BOOTS TO BUSINESS:

Provides an introductory understanding of business ownership. *Pre-separation briefing is a prerequisite. Offered in-person and virtually.*

TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES:

2-day workshop for retiring service members that have an exemption from the DOL TAP Workshop. Topics covered are Veterans Administration, Military Occupational Code Crosswalk, and personal finance. (VA, MOC Crosswalk, Finances) *Pre-separation briefing is the prerequisite.*

PERSONAL FINANCIAL READINESS PROGRAM

BUNDLES FOR BABIES:

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. Air Force Aid Society and Navy-Marine Corps Relief Society provides a \$100 gift card to participating Air Force/Navy/Marines/Coast Guard members.

RETIRE WITH CONFIDENCE– YOUR FINANCIAL PATH TO FREEDOM:

Financial information and guidance for federal employees. Get exposed to resources to make informed financial decisions surrounding retirement and the next phase of life.

KEYS TO YOUR DREAM HOME– HOME BUYING ESSENTIALS:

Finding the right home is an exciting milestone in life, and there are many important factors to consider along the way. This course offers educational tools and resources to help assess housing needs, learn how to build and manage credit, navigate the steps to homeownership, and more.

THRIFT SAVINGS PLAN (TSP) MASTERY– UNLOCKING THE POTENTIAL OF YOUR THRIFT SAVING PLAN:

The TSP is a retirement savings and investment plan for federal government employees and uniformed services members, including the Ready Reserve. Learn the different tax advantages, how to maximize contributions, and how to make informed investment decisions.

FIRST DUTY STATION OFFICERS PERSONAL FINANCIAL READINESS TOUCHPOINT:

This is a mandated Financial Readiness workshop for first duty station officers. Topics include basic money management, investing in the Thrift Savings Plan, credit, and debt management, and more.

PERSONAL FINANCIAL READINESS PROGRAM continued

**NUTRITION ON A BUDGET–
EATING WELL WITHOUT BREAKING THE BANK:**

Eating on a budget doesn't mean you have to sacrifice nutrition or even taste! With a little know-how and meal planning, enjoy nutritious foods without breaking the bank.

**SMART SPENDING FOR THE HOLIDAY SEASON–
MAXIMIZING JOY, MINIMIZING STRESS:**

With the approaching Holidays, overspending can create stress for many. The Smart Spending for the Holiday Season-Maximizing Joy, Minimizing Stress workshop can provide guidelines on how to approach gift-giving and provide clarity with a better understanding of how the holidays may affect overall finances. Topics include determining all holiday expenses, assigning a dollar amount per person for gifts, the importance of saving as early as possible and how to incorporate a holiday budget into your overall finances.

RELOCATION ASSISTANCE PROGRAM

TEAM EGLIN NEWCOMER ORIENTATION:

In-person mandatory orientation for all active-duty Air Force members and DoD cardholders. Spouses are welcome to attend. This briefing provides a welcome and introduction to Team Eglin, to include Eglin's senior leaders and available helping agencies. *Location: Enlisted Heritage Hall.*

PRE-ARRIVAL ORIENTATION-VIRTUAL:

An optional orientation geared towards pre-setting information related to Eglin and the surrounding community. This orientation can provide answers while easing PCS stress before members and their families arrive. *Individual appointments available upon request.*

SUPPLEMENTAL SPONSOR TRAINING:

This training is a supplement to the required Electronic Sponsorship Application and Training (eSAT) and includes how to support and connect the newcomer to the unit and provides the incoming member and family with the first link to

their new community and support services. Sponsorship serves as the foundation for newcomers to feel connected, welcomed and at ease during their PCS.

SQUADRON/UNIT REQUESTS

UNIT BRIEFINGS:

The Military Family Readiness Center (M&FRC) promotes military family well-being by offering educative and preventative programs and services that enhance family readiness, resilience, and quality of life. The M&FRC is postured to collaborate with units to create plans that promote readiness.

The M&FRC is postured to provide services, briefings, and workshops in your work-center as requested. For more information on scheduling an appointment with your Community Readiness Consultant (CRC), 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.

HEART'S APART PROGRAM (HAP) PLAY DATE:

Takes place every third Saturday at Eglin's Unity Park. This is a great opportunity for spouses and children to relax and enjoy the company of other deployed families.

REINTEGRATION BRIEFING:

Coming home after a deployment is an exciting time for everyone. It's been a long time coming and you deserve to celebrate. But it's important to know what other adjustments you might face post-deployment. Families are encouraged to attend. Held every Wednesday at 8 a.m. at the Deployment Readiness Center (DRC).

DEPLOYMENT SUPPORT continued

PRE-DEPLOYMENT BRIEFING:

Life in the military is about being ready for deployment. You may be duty-ready, but don't overlook preparations on the home front. Briefing covers topics and steps to be taken for an effective successful deployment for singles and families. Families are encouraged to attend. Held every Thursday at 8 a.m. at the Deployment Readiness Center (DRC).

CASUALTY/SURVIVOR BENEFIT PLAN (SBP)

Casualty Assistance Representatives (CAR) 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.*

FEDERAL VOTING ASSISTANCE PROGRAM (FVAP)

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