



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.*
JUL 2, AUG 6, SEP 3 | 12:00-1:00 PM

ADULTING 101 FOR TEENS:

Insightful life resources to help students transition from high school to college, the military, etc. to independent adults. JUL 18 | 1:00-4:00 PM

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. JUL 23, AUG 27, SEP 24 | 11:30-12:30 PM

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. SEP 25 | 10:00-12:00 PM

COUPLES CONNECT:

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.
JUL 19, AUG 16, SEP 20 | 6:00-8:00 PM

TIME MANAGEMENT:

Discover practical techniques for managing time and increasing your professional and personal effectiveness. Learn how to devote time to the most important tasks and goals, how to organize yourself and how to organize your environment.
AUG 6 | 1:00-3:00 PM

HEART LINK:

After a loved one joins the military, their spouse and family members may need assistance in learning how to navigate through the unique aspects of a military lifestyle. Heart Link helps to empower spouses and family members by providing community and base wide resources to

enhance mission readiness. Heart Link provides attendees with an opportunity to learn, network, and to have FUN! SEP 13 | 9:00-2:30 PM

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. JUL 25 | 9:00-2:00 PM

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.
AUG 20 | 1:00-2:00 PM

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.
AUG 8 | 9:30-10:30 AM

KEY SUPPORT LIAISON ANNUAL SAPR/SUICIDE AWARENESS TRAINING:

Suicide Awareness and Sexual Assault Prevention and Response training is an annual training requirement for all Key Support Liaisons and Mentors. SEP 17 | 10:00-11:30 AM

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.*
JUL 9, SEP 10 | 1:00-2:30 PM



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.* SEP 24 | 1:00-2:30 PM

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.* AUG 13 | 1:00-2:30 PM

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.* JUL 23 | 1:00-2:30 PM

SMALL BUSINESS ADMINISTRATION (SBA) - MILITARY SPOUSE PATHWAY TO BUSINESS:

Facilitated by the SBA. Spouses will gain an introduction to key elements of entrepreneurship and the foundational knowledge required to develop a business plan and how to evaluate business concepts. *Offered in-person and virtually.* JUL 25-26 | 8:00-4:00 PM

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.

Perfect for all new, prospective, and current EFMP families. JUL 25 | 1:00-2:30 PM

SPECIAL EDUCATION WORKSHOP:

Subject matter experts offer insights about the distinct features of exceptional student education, highlighting student accommodation plans (IEP / 504). AUG 6 | 1:00-2:30 PM

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. AUG 22 | 11:30-12:30 PM

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. SEP 7 | 10:00-12:00 PM

EFMP PONY RIDES:

Saddle up, EFMP families! The Eglin Sand & Spur Riding Club is hosting free pony rides for EFMP children. All ages are welcome to visit, touch, groom, and children 5+ can ride the ponies. For safety, please bring closed-toe shoes and a bicycle helmet (limited supplies). SEP 28 | 10:00-12:00 PM

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.* 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) continued

TRANSITION ASSISTANCE PROGRAM (TAP) 3-DAY 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.

JUL 15-17, 29-31, AUG 12-14, 26-28, SEP 9-11, 23-25 | 8:00-4:00 P
SEP 9-11, 23-25 | 8:00-4:00 PM

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.*

JUL 18-19, AUG, 1-2, 15-16, 29-30, SEP 12-13, 26-27 | 8:00-4:00 P

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.

JUL 8-9, SEP 30-1 OCT | 8:00-4:00 PM

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.

JUL 22-23 | 8:30-4:00 PM

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.*

AUG 22-23, SEP 19-20 | 9:00-4:00 PM

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. SEP 17 | 9:00-11:30 AM

RETIRING 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. JUL 31 | 10:00-11:30 AM

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

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



PERSONAL FINANCIAL READINESS PROGRAM continued

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.

JUL 10, AUG 14, SEP 18 | 1:00-3:00 PM

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. JUL 17 | 11:00-12:30 PM

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.* JUL 10, AUG 7, SEP 4 | 7:30-11:30 AM

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.*

JUL 8, AUG 5, SEP 9 | 10:00-11:00 AM

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.

JUL 17 | 1:30-2:30 PM, AUG 21, SEP 18 | 1:00-2:00 PM

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**.

FLORIDA TAX RELIEF HOLIDAYS

Freedom Month Sales Tax Holiday:

July 1—31, Summer items like pool floats, fishing supplies, and outdoor equipment, in addition to admissions to museums and state parks, sales tax free.

Back-to-School Sales Tax Holiday:

July 29—August 11, save on pens, pencils, computers, clothing, and other school supplies. August 24—September 6, families can prepare for hurricane season with items like tarps, batteries, and flashlights, sales tax free.

Tool Time Sales Tax Holiday:

September 1—7, save on power tools, hand tools, toolboxes, and other items.

For more tax relief savings, to include a one-year exemption on taxes on residential property and flood insurance premiums, visit:

flgov.com/2024/05/07/governor-ron-desantis-brings-more-tax-relief-for-floridas-families/