

# Airman & Family Readiness Center

## February 2017

Call 919-722-1123 to sign up for classes or additional information!

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p><i>Connecting Hearts through Photography</i> <b>HEARTS APART</b> <i>(Call for an appt.)</i></p>		1 <b>Pre-Separation Briefing</b> 12:30 pm - 4:00 pm	2 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Remote/Pre-deployment Briefing</b> 1:30 pm - 2:30 pm <b>Five Love Languages/True Colors (Couples)</b> 5:30 pm - 7:30 pm	3	4
5	6 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Hearts Apart Bowling</b> 5:00 pm - 9:00 pm <b>Peer to Peer Caregivers Forum</b> 5:30 pm - 7:30 pm	7	8 <b>Pre-Separation Briefing</b> 8:30 am - 12:00 pm	9 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Remote/Pre-deployment Briefing</b> 1:30 pm - 2:30 pm <b>EFMP Roundtable (Family Life Ctr)</b> 5:00 pm - 6:30 pm	10 <b>ABCs of PCSing</b> 9:00 am - 11:00 am  <b>Understanding the Car Buying Game</b> 10:00 am - 11:30 am	11 <b>Hearts Apart Skyzone (Raleigh)</b>
<b>Transition Assistance Program Workshop (6—10 Feb 2017) 8:00 am - 4:30 pm</b>						
12 <b>EFMP Family Bowling</b> 11:00 am - 1:00 pm	13 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Hearts Apart Bowling</b> 5:00 pm - 9:00 pm	14 <b>Newcomer's Orientation</b> 8:00 am—12:30 pm <b>"Get Connected" Spouse Newcomer's Orientation</b> 9:40 am - 11:30 am	15 <b>Pre-Separation Briefing</b> 8:30 am - 12:00 pm	16 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Remote/Pre-deployment Briefing</b> 1:30 pm - 2:30 pm <b>College Scholarship Info Night</b> 6:00 pm - 7:00 pm	17 <b>Federal USAJOBSs Resume Writing, Job Search and Interview Class</b> 9:00 am - 11:30 am	18 <b>EFMP Families Movie Afternoon</b> 3:00 pm - 5:00 pm
		<b>Higher Education Track (14-15 Feb) 8:30 am - 4:30 pm</b>				
19 <b>Military Saves Week 19 Feb - 3 Mar Feb</b>	20 <b>Federal Holiday Center Closed</b>	21 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Retirement Planning (Mil Saves)</b> 10:00 am - 11:30 am <b>Hearts Apart Dinner</b> 5:00 pm - 7:00 pm	22 <b>Pre-Separation Briefing</b> 8:30 am - 12:00 pm	23 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Investing in Your Future - TSP</b> 10:00 am - 11:30 am <b>Remote/Pre-deployment Briefing</b> 1:30 pm - 2:30 pm <b>"My Honey &amp; Our Money" (Mil Saves)</b> 6:00 pm - 8:00 pm	24 <b>Heart Link</b> 9:00 am - 12:15 pm <b>Exercising Your Money Muscle (Mil Saves)</b> 2:00 pm—3:30 pm	25
26	27 <b>Reintegration Briefing</b> 9:00 am - 12:00 pm <b>Hearts Apart Bowling</b> 5:00 pm - 9:00 pm <b>Couponing &amp; Smart Spending</b> 1:00 pm - 2:30 pm	28 <b>Home Buying (Mil Saves)</b> 10:00 am - 11:30 am				

## Class Descriptions

**Military Saves” Campaign 19 Feb—3 Mar 17** - Military Saves is part of the Department of Defense’s Financial Readiness Campaign and has been a partner with DoD since 2003. Military Saves is a social marketing campaign to persuade, motivate, and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings. Military Saves is a part of America Saves, the larger nation-wide campaign for all Americans. Military Saves encourages all service members, their families, and civilian employees to take the Military Saves pledge. A series of workshops, some of which will occur during the lunch hour timeframe and in the evenings, allows members to attend individually and/or with their spouse or significant other. The workshop topics are Credit/Debt Management, Thrift Savings Plan, Retirement Planning, Couponing & Smart Spending, Simple Investing, Home Buying, Credit Reporting and Improving Your Credit Score. Learning Good Financial Habits Early is a class scheduled for teens at the Youth Center. Savers who take the pledge will be entered into a drawing for a prize to be drawn on 7 March 2015. Members who attend workshops will receive an additional entry for the drawings. Pledge boxes are located throughout the base. Call 919-722-1123 for more information.

**ABC’s of PCSing** - Designed to help you successfully navigate the relocation maze by helping minimize stress, confusion, and hardships, often associated with moving. During this informative class, you'll hear from the following agencies: TMO, Finance, Outbound Assignments, Housing, TRICARE, Lodging, Family Advocacy, and Airman & Family Readiness Center.

**Caregiver’s Forum**—Held at Wayne County Veterans Service Center from 5:30—7:30 pm. POC Alvin Williams - 919-886-3346

**College Scholarship Information Night** - Inviting parents of high school juniors, seniors, college enrollees, students and spouses to attend the College Scholarship Information Meeting to learn about the availability and application process for various scholarships, grants and the Post 911 GI Bill.

**Couponing & Smart Spending** - WRAL SmartShopper will help you save a tremendous amount of money on groceries & you everyday expenses. She has been teaching people how to budget, reduce debt and cut grocery bills for over 11 year!

**Exceptional Family Member Program Family Sunday Bowling** - Bowling and shoes will be free to all EFMP members and families with special needs. Retirees are welcome. Food may be purchased.

**Exceptional Family Member Program Round Table** - Meeting for families with special needs. Purpose is to provide support and information on resources on the base and in the community.

**Exceptional Family Member Program Movie Night** - Free movie for families with special needs. Environment of the theater will adjusted to accommodate children with autism and other sensory issues. Theater lighting will be turned up, sound will be turned down. Food not available for purchase but may be brought into the theater. Families must assist with clean up after movie, prior to leaving the theater.

**Exercising Your Money Muscle (Mil Saves)** - Learn how the PowerPay will give you the tools to develop a personalized, self-directed debt elimination plan. Discover how quickly you can become debt free, and how much you can save by using different PowerSave options.

**Five Love Languages/True Colors** - Workshop is to enhance relationships by teaching couples their preferred way of expressing/receiving love and to understand their partner’s personality/communication style. Dinner will be provided and limited childcare is available . [Please RSVP: 31 Jan 17](#)

**Get Connected” Spouse Newcomer’s Orientation** - Spouse breakout session during Newcomer’s Orientation - specially designed to assist spouses after arriving at the base. Topics covered are Tricare, Spouse Employment & Education, things to do in the area, school information and a lot more. RSVP to 919-722-1123.

**Hearts Apart Bowling Night** - Free bowling every Monday night for deployed and remote tour families.

**Hearts Apart Dinner & Social** - For deployed and remote spouses & families. Event will be held at Heritage Hall from 5:00 pm - 7:00 pm. Please RSVP to unit Commander or 1st Sergeant or call 919-722-1123.

**Hearts Apart Skyzone - Raleigh** - **FREE** event open to all deployed/remote Hearts Apart Families and members/families that are within 60 days of deployment or 60 days after returning. **Transportation & entry free is FREE.** **Note:** food/drink are at attendees expense.

**Heart Link** - Appreciating that spouses play an important role in re-enlistment decisions, therefore impacting retention, a major goal of this spouse orientation program is to help spouses, especially those with the Air Force five years or less, acclimate to the Air Force/military environment. Program consists of presentations from base agencies, interactive games and exercises that should leave spouses feeling they are an important and respected part of the Air Force team. Free childcare is available.

**Higher Education Workshop** - This two-day workshop is for those individuals who are getting out of the military and plan to go to college or university. Priority goes to members enrolled in our Transition Assistance Program. Held at the Education Center.

**Home Buying** - What you need to know before you buy a home. Conducted by NC Community Federal Credit Union.

**Investing in Your Future - Thrift Savings Plan (TSP)** - The workshop will cover overview of TSP, how to enroll, investment options, etc.

**“My Honey & Our Money” (Mil Saves)** - A Couple’s Dinner Date Night—to discuss practical tips to secure their financial future to include Money Personality Quiz/Saving Envelope/Jar Saving and other fun ways to SAVE! Child care is NOT provided

**Newcomers' Orientation (Right Start)** - Mandatory Wing wide briefing for all newcomers and their families to attend. Participants receive mandatory briefings (EEO, SARC, Safety, etc.), base and local area information, and various agencies provide resources and information at the Information Fair; all designed to help new arrivals thrive!

**Pre-deployment/Remote Briefing** - Mandatory for personnel deploying/TDY **179+ days** or going on a Remote assignment. Helps ensure members are "ready" to deploy.

**Pre-separation Briefing** - Congressionally-mandated transition briefing for all DoD personnel who are separating or retiring; required **at least 90 days** before DOS/DOR.

**Reintegration Briefing** - Mandatory for ALL Warriors returning from deployment. Helping agencies help prepare members to reintegrate into work and family environment.

**Retirement Planning (Mil Saves)** - Will develop a deeper understanding of how to prepare for retirement. Topics covered retirement assumptions, source of retirement Income, and the 5 steps to creating a retirement plan. You will also receive an overview of the military pension system, Thrift Saving Plan, Social Security, 401(k)s and Individual retirement Accounts

**Transition Assistance Workshop** - Provides information on VA benefits, civilian employment, resumes, interviews, etc. for those personnel transitioning from the military to the private sector. Helps ensure members are prepared for the transition, including the Individual Transition Plan. Class size is limited, please call to register.

**Understanding the “Car Buying/Selling” game** - This workshop is designed for Airman looking to purchase/sell a vehicle.

**USAJOBS Federal Resume/Job Search Class** - Learn how to navigate on the USAJOBS website, interpret the job announcement and how to write a federal resume.

**Note: All the above classes are “Passport” approved!**