

Military & Family Readiness Centers

MFRC-Elmendorf
Bldg 8535, Log Cabin
M-F 7:30am-4:30pm
(907) 552-4943

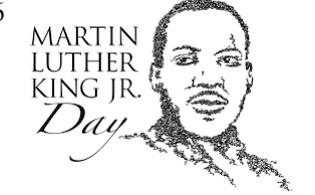
MFRC-Richardson
Bldg 600, Rm A139
M-F 7:30am-4:30pm
(907) 384-1517

Air Force Transition Assistance Center (AFTAC)
Bldg 7153
M-F 7:30am-4:30pm
(907) 552-6619

Soldier For Life-Transition Assistance Program (SFL-TAP)
Bldg 600, B248
M-F 7:30am-5pm
(907) 384-3501

Service Member and Family Assistance Center (SFAC)
Bldg 4986
M-F 7:30am-4:30pm
(907) 580-0673

* Registration required three business days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 *Career & Technical Training Track (SFL); 8am-3pm; Bldg 600, B243	4	5 *Accessing Higher Education Track (AFTAC); 8am-3pm; Bldg 7 *Capstone Event; 8:30am-12 Noon; Bldg 7153	6 *Transition GPS Workshop (SFL) 6, 9-12 January 8am-5pm Bldg 600, B248 *Thrift Savings Plan Basics; 8-10am; Bldg 8535
9 *GI Bill Benefits (SFL); 2-4:00pm; Bldg 600, B243	10 *Boots To Business (SFL); 8am-5pm; Bldg 600, B243 *Accessing Higher Education Track (SFL); 8am-5pm; Bldg 7	11 *FTAC Financial Seminar; 7:30-11:30am; Bldg 6167 *10 Steps to a Federal Job 8am-12 Noon; Bldg 4986	12	13 USARAK TRAINING DAY PACAF FAMILY DAY
16  NO SCHOOL—ASD & Mat-Su	17 *Boots To Business (AFTAC); 8am-4pm; Bldg 7153 *FRG Leader Certification; 9-10:30am; Bldg 600, A-37 *Accessing Higher Education Track (SFL); 8am-5pm; Bldg 7 *Helmets To Hardhats (SFL) 10am- 12 Noon; Bldg 600, B243 *Scholarships & Federal Aid (SFL) 9am-12 Noon; Bldg 600, B248	18 *Transition GPS Workshop (SFL); 8am-5pm; Bldg 600, B248 *FRG Finance & Fundraising 9-10:30am; Bldg 600, A-37 *JBER Hiring Fair; 10am-2pm; Bldg 9387 (AWEC)	19 *10 Steps to a Federal Job; 8am-12 Noon; Bldg 8535 *Strategic Life Planning; 8:30am-4pm; Bldg 4986 *Capstone Event; 8:30am-12 Noon; Bldg 7153 *Key Contact Training; 9-10:30am; Bldg 600, A-37 *Alaska Jobs (SFL) 1-4pm; Bldg 600, B243	20 *Employer Panel (SFL); 3-5pm; Bldg 600, B248
23 *Transition GPS Workshop (AFTAC) 23-27 January 7:30am-4:30pm Bldg 7153 *Transition GPS Workshop (SFL) 23-27 January 8am-5pm Bldg 600, B248 *Key Contact Training; 9-10:30am; Bldg 600, A-37	24 *Accessing Higher Education Track (SFL); 8am-5pm; Bldg 7 *EFMP Snow Tubing; 5-8pm; Hillberg Ski Area	25 *Resilience Training: Goal Setting 8-10:30am; Bldg 4986	26 *FTAC Financial Seminar; 7:30-11:30am; Bldg 6167 *GI Bill Benefits; 8-10am; Bldg 7153 *JBER Spouse Orientation (Heartlink) 9am-3pm; Bldg 8535	27 *VA Benefits Briefing I & II 8am-4:30pm; Bldg 7153 *Employer Panel (SFL); 3-5pm; Bldg 600, B248
30 EVERY DAY SFL-TAP: PRE-SEPARATION BRIEF 8am; Bldg 600, B243	31 EVERY TUESDAY USAF: MASS PRE-SEP BRIEF 9am-12 noon; Bldg 7153 USAF: PRE-DEPLOYMENT BRIEF 9-10am; Bldg 8535 Volunteer Management Information System 9-10:30am; Bldg 600, A142	1 EVERY WEDNESDAY USAF: REINTEGRATION 7:30-9am; Bldg 8535 Volunteer Management Information System 1:30-3pm; Bldg 600, A142	2 1st and 3rd THURSDAY NEWCOMER'S ORIENTATION 7:30am-4:30pm; Bldg 7	January 2017

CLASSES / EVENTS

Please register at least three working days in advance!

3 Cs of Communication: Learn about communication, collaboration, and commitment. Also learn about the aspects of verbal and nonverbal communication.

3 Rs: Ready Your Resume Right Now! Designed to aid in developing the resume and cover letter for private sector careers. Learn about the three common types civilian sector of resumes and how to prepare a strong cover letter.

Accessing Higher Education Track: Guides participants through the complicated decisions involved in choosing a degree program, college institution, and funding in addition to guidance on the admissions process.

Alaska Jobs: Provides instruction and information on the Alaska Jobs Center's programs and how to use the Alaska Job Center computer application system.

Armed Forces Team Building: Learn what it means to be a military family (10 courses), get guidance on personal growth and resiliency (12 courses), and develop military family leadership skills (8 courses).

Aspects of the Interview: An overview on how to make the right impression before, during and after the interview.

Boots to Business: Learn to evaluate business concepts, develop business plans, and access start-up capital with the Small Business Administration.

Bundles for Babies: Information and support for expecting parents including prenatal fitness, coping with the stress of a new baby, car seat safety, budgeting for baby, Tricare and DEERS enrollment, selecting childcare, and WIC information.

Capstone Event: Congressionally mandated activity to verify service members meet Career Readiness Standards.

Career & Technical Training Track: Define technical career goals, identify required credentials, and find career technical training opportunities.

Civilian Résumé Process: Learn how to access the AK Labor Exchange System, create a résumé, search and apply for positions at <http://alexsys.labor.state.ak.us>.

Command Representative Program: Provides information to newly arrived unit commanders, command E-9s, 1st Sgts and spouses about M&FRC programs, services and resources available to help maintain mission readiness.

FREE
EFMP Snow Tubing
at Hillberg
January 24
5 - 8pm
FREE
SNOW TUBES AND LIFTS
FOR ALL FAMILY MEMBERS
Call 907.384.0225 or 552.8840 to register

3A MFP Occupational Readiness Center

FRG Finances & Fundraising: This class reviews Department of the Army rules and regulations that regulate FRG informal funds and fundraisers—a must for FRG leaders and treasurers!

FRG Food Handler Course: Required for FRG food fundraisers, this class covers safe food handling rules and regulations.

FRG Leader Certification: Divided into 8 different modules, this class focuses on leadership skills, working with and motivating volunteers, FRG informal funds, lessons learned by other FRG leaders, and other important topics.

Federal Résumé Process on USAJobs: Learn how to search and apply for appropriated positions via www.usajobs.gov or for non-appropriated positions via www.nafjobs.org.

First Term Airman's (FTAC) Financial Seminar: Get an overview of many financial topics and gain a fundamental understanding of personal financial management.

GI Bill Benefits: Provides information on the Montgomery and Post-9/11 GI Bills, vocational rehab, OJT, apprenticeships and other resources.

Hearts Apart: Provides social/support opportunities and seasonal themed activities for family members of deployed/TDY personnel. Oct 2015: Partnering with EFMP to provide hands-on seasonal crafts, apple stampings, and candle holders.

Helmets To Hardhats: Explains the opportunities and application process for all 14 Alaska unions.

How To Nail The Job Interview: An overview on how to make the right impression before, during and after the interview.

How To Start A Home Based Business: A basic introduction to key steps and considerations to follow when you start a business in your home.

INTRO Monitor Training: Learn about the Defense Installation Messaging System, Military Installations, Plan My Move and train the trainer for Sponsorship."

JBER Hiring Fair
Calling all
Military Spouses,
Dependents,
Veterans,
transitioning
Service Members,
and DoD
Civilians!
January 18
10 a.m. - 2 p.m.
Arcic Warrior
Event Center
ELMENDORF-RICHARDSON
FORCE
SUPPORT SQUADRON
For more information, please contact the
Military Family Readiness Centers at 384.1517 or 552.4943

JBER Sponsor Training: Learn the fundamental skills to be an effective sponsor in addition to specific information on living and working in Alaska.

JBER Spouse Orientation (Heartlink): Provides military spouses of all branches with information on the military way of life and JBER-specific subjects.

Job Fair Prep: Learn how to maximize career opportunities by your appearance/dress, fine tuning your resume, and networking the right way.

Joint Family Action Plan: Annual conference provides the military community an opportunity to bring a wide variety of issues to the attention to both installation and service-level leadership.

Key Contact Training: Through instruction and role play, this class covers community resources, record care, and communication skills.

Key Spouse Mentor Meeting: Education/networking opportunities for KSMs.

Key Spouse Training: Training addresses a variety of subjects including initial/core requirements, resiliency, SAPR, and mentorship.

Mid-Career TAP: Provides CGOs (O1-O3) and NCOs (E-5s and above) with a specific focus on their leadership level, experience, and accomplishments better identify career targets and preparation throughout the transition.

Newcomer's Orientation: Gather information and meet new people! Required for newly arriving service members. Spouses highly encouraged to attend!

North Slope Jobs: Explore career opportunities, network, and gain insight on how to secure a career in the Alaska Oil and Gas industry.

Personal Financial Readiness: Learn about a variety of financial topics and gain a fundamental understanding of personal financial management.

Priority Placement Program (PPP) Workshop: Provides instruction for on the PPP process including how to create and edit a PPP resume in USAJobs.gov.

Private Sector Resume Writing: This class provides instruction on the four key principles for developing your resume, choosing the best resume format, how to effectively capture your experience and tips on formatting and submission.

Resilience Training: Enhance your mettle and mental thinking while also learning how to control counterproductive thoughts and actions during stressful situations.

Scholarships and Federal Aid: Provides information on researching and completing applications for various student aid programs offered through private organizations, education institutions and government agencies.

Secrets to Working a Hiring Fair: Provides students with knowledge and experience to maximize their time spent at a hiring fair and how to turn a networking opportunity into a job offer.

Senior Leader TAP: Targeting O-5s and above, E-8/E-9s, CW-4/CW-5s and their spouses with a specific focus on that leadership level, experience, and accomplishments for career targets and preparation during the transition curriculum.

So, You Wanna Get a Job: Learn to navigate the waters of job searching with this crash course on the resources available for securing that dream career.

Strategic Life Planning: Learn about the Integrated Disability Evaluation System (IDES)/Medical Evaluation Board (MEB) process. Increases awareness and lifestyle alignment to achieve desired outcomes through goal setting and strategic planning.

10 Steps to a Federal Job: How to research and apply for federal employment. Course covers federal resume do's and don'ts; common mistakes when applying for federal employment, and tips for navigating the USAJobs.gov website.

Thrift Savings Plan Basics: An introduction to one of your most valuable entitlements and crucial retirement tools. Also earn the role that TSP plays in the new Blended Retirement System.

Transition GPS Workshop: Provides instruction on translating military experience into civilian terminology.

USAF: Mass Pre-Separation Briefing: Focused on those transitioning from military to civilian life, this activity completes the congressionally mandated DD Form 2648 in addition to providing information on TAP workshops and VA DTAP.

USAF: Pre-Deployment Briefing: Mandatory for all USAF members within 60 days of departing for +30-day deploying or +179-day TDY.

USAF: Reintegration: Mandatory post-deployment training. Provides information and resources from Chaplain, mental health, finance, MFLC, and wing leadership.

VA Benefits Briefing I & II: In-depth VA benefits briefing.

Volunteer Management Information System: Specific training for either volunteers or volunteer managers (UVCs or OPOCs).

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

Free, solution-oriented confidential counseling—No records, no chain of command. Flexible meeting locations. (907) 384-1534 (Bldg 600) & (907) 382-2799 (Bldg 8535)

ADDITIONAL RESOURCES

Air Force Aid Society: (907) 552-4943 / 3000 (after hours)

Alaska 211: 211 or 1-800-478-2221 or www.alaska211.org

ASYMCA: (907) 552-4813 (Elmendorf) / 384-9622 (Richardson)

Army Emergency Relief: (907) 384-7478 / 6666 (after hours)

Family Advocacy: (907) 580-5858

Chaplain: (907) 552-3000 (Elmendorf) / 384-6666 (Richardson)

Child Development/ Central Registration: (907) 384-7330

Child/Spouse Abuse Reporting: (907) 384-0405

Emergency Room: (907) 580-5555/5556

Equal Opportunity: (907) 552-2115 / (Elm) / 384-0336 (Rich)

Hospital Appt Line/TRICARE: (907) 580-2778

Housing: (907) 753-1023 (Elmendorf) / 384-6000 (Richardson)

Military OneSource: 800-342-9647 (24/7)

Operator: (907) 552-1110 (Elmendorf) / 384-1110 (Richardson)

Red Cross: (907) 552-5253/6427 (FAX) / 877-272-7337 (after hours)

SARC: (907) 384-6958/7272 (24/7 Hotline)

School Liaison Officer: (907) 384-1505/ 7500

Suicide Prevention: 800-273-8255 / 800-784-2433 (military)

Visitor Center: (907) 552-5420 (Elmendorf) / 384-2916 (Richardson)

FOR ADDITIONAL INFORMATION CONTACT:
MILITARY & FAMILY READINESS CENTER
MFRC-Elmendorf (907) 552-4943
MFRC-Richardson (907) 384-1517