**M&FRC Workshop Descriptions**

**Bundles for Babies:** This workshop is hosted by the M&FRC with presentations from the local area Women, Infants, and Children (WIC) office, and the New Parent Support Program from Family Advocacy. The “first child” financial touchpoint education is also presented. Meet other new and expectant parents!

**Ditching the Dorms:** Required for Airmen to be placed on the BAH waiting list! Learn how to financially prepare for moving out of the dorms and plan for moving expenses before they occur!

**EFMP Breast Cancer Support Group:** This support group is for anyone diagnosed with breast cancer, regardless of where they are in their journey. This is a peer-to-peer group and a great way to learn from other’s experiences, success stories, and to make new friends.

**Federal Employment Workshop:** Learn how to navigate the Federal Government hiring system in this interactive workshop designed to teach you how to read USA Jobs advertisements, identify keywords, draft a federal resume, and network you way to success in the Federal Government.

**Financial Foundations-Dependent Care FSA Info Session:** Join us via Zoom to learn information about the Dependent Care Flex Spending Accounts that are available for active-duty military families based on eligibility for the first time this year. Open season begins in mid-November, let us help you make an informed decision.

**Financial Foundations-Exploring Digital (Crypto) Assets:** Learn about types of digital assets (crypto), terms, risks, and red flags associated with digital currency.

**Financial Foundations-Holiday Spending Lunch and Learn:** Does holiday spending stress you out? Do you dread looking at your January credit card statement? Bring your lunch and join us for a workshop to learn how to plan for holiday spending to ease financial stress.

**Financial Foundations-Homebuying Workshop:** This workshop is presented in partnership with Scott Credit Union. Learn about topics such as determining how much home you can afford, selecting a lender, home loan basics, and much more! This class is offered quarterly.

**Financial Foundations-Planning for Retirement:** This workshop is geared for military personnel and DoD Civilians at all career stages. Learn about TSP, taxes, SSA, and pensions.

**Foodie Friday:** This event is hosted by M&FRC and presented by Health Promotions quarterly. Come learn how to prepare seasonal healthy recipes in this hands-on cooking demonstration. Gather some new recipes and sample the finished products.

**Hands on Linked In:** Learn how to establish and maintain your presence on the professional social media platform of Linked In. Learn how to expand your professional portfolio and network and how to use Linked In to assist in your employment search. This class is facilitated by the M&FRC Employment Program Manager and co-facilitated by corporate talent acquisition representatives to help you stay on the cutting edge of professional networking.

**Hands on Your Career:** Are you a military spouse searching for a job or a service member preparing to transition from the military? Are you interested in expanding your career horizons? Join us for this two-day seminar that combines many facets of employment seeking fundamentals to include job search techniques, resume development and review, Linked In networking, job interviewing, and more!

**Hearts Apart Program:** The Hearts Apart Program is for spouses and family members of deployed, remote, or extended TDY service members. Every month is a different event designed to help connect deployed families! To register, please email MSgt Christina Gudinas at christina.gudinas@us.af.mil.

**Key Spouse Continuing Education:** This monthly in-person and virtual seminar provides an avenue for trained Key Spouses to network with each other while completing their continuing education and annual training requirements.

**Key Spouse Initial Training & Refresher Training:** Initial Training provides mandatory training for all newly appointed Key Spouse volunteers. Refresher Training provides mandatory training for previously appointed Key Spouses who will be performing Key Spouse duties at this location.

**Military Spouse Job Search via Zoom:** This virtual class is designed for military spouses to learn about fundamentals of employment (resume writing, networking, and interviewing) as well as connection to a wide array of employment resources developed just for military spouses. This class of offered quarterly.

**Newcomers Orientation.** This orientation is held weekly in the months of June – September and bi-weekly in the months of October – May. On behalf of the installation commander, we look forward to welcoming you and your families to Team Scott and providing relevant information to help you as you get settled. This orientation is required for newly assigned military/civilian personnel! Spouses are encouraged to attend.

**Rock Your Resume:** Are you unsure where to start in developing your corporate resume? Attend this class and learn how to develop a resume that will catch the interest of employers and recruiters to help you find your new dream job!

**Smooth Move – PCS Workshop:** Are you PCSing soon? Join us for a workshop that contains information from subject matter experts from the following agencies: EFMP-Medical, Tricare, Finance, MPF, Personal Property, Housing, and the M&FRC Relocation team! Let us help you prepare for your upcoming move!

**TAP Initial Counseling (Step 1): TAP is a 4-step process that begins with Initial Counseling!** Service members within 24 months of their anticipated retirement date or 14-18 months of their separation date are encouraged to schedule their one-on-one Initial Counseling appointment. During this appointment, service members will be signed up for Pre-Separation Counseling (Step 2) and TAP Curriculum (Step 3) and provided information for completion of Capstone (Step 4). Click here to sign up for Initial Counseling.

**TAP Pre-Separation Counseling (Step 2):** This mandatory briefing provides resources/benefits available to service members preparing to transition from the military. This class is broken into retiree and separatee cohorts and is offered once per month for each cohort. Your TAP counselor will assist with signing up for this workshop.

**TAP Curriculum (Step 3):** This three-day workshop is comprised of DoD Curriculum, VA Benefits, and Employment Fundamentals of Career Transition (EFCT). Pre-requisite for attendance is completion of Initial Counseling and Pre-Separation Counseling. Your TAP counselor will assist with signing up for this workshop.

**TAP VA Benefits & Services Refresher:** This class provides attendees with the opportunity to receive VA Benefits & Services information provided during Day 2 of TAP Curriculum again to ensure that all questions are answered, and transitioning service members understand the abundance of VA Benefits they may be entitled to. Your TAP counselor will assist with signing up for this workshop.

**TAP 2-Day Boots to Business Track:** This class is hosted by the Small Business Administration (SBA) and is designed for those interested in entrepreneurship after military service. This class is held bi-monthly with sign up available on the Workshop & Event Registration section of the M&FRC website.

**TAP 2-Day Department of Labor (DOL) Employment Workshop:**  A comprehensive workshop that covers emerging best practices in career employment, including in-depth training to learn interviewing skills, building effective resumes, and using emerging technology to network and search for employment. Your TAP counselor will assist with signing up for this workshop.

**TAP 2-Day DOL Career and Credentialing Exploration (C2E) Track:** Are you unsure what you want to do after you leave the military? Join this class to learn about career interest surveys and fundamentals designed to assist you in determining your post military career path. This class is held bi-monthly with sign up available on the Workshop & Event Registration section of the M&FRC website.

**TAP 2-Day Education Track:** This class is hosted monthly by the Education Center and is designed for those interested in pursuing higher education after military service. Registration is available on the Workshop & Event Registration section of the M&FRC website.

**Virtual Pre-Arrival Q&A:** Attention Sponsors of inbound Scott AFB members! Please notify inbound members/families of the opportunity to gain useful insight and access to resources focused on Scott AFB & the Greater St Louis Metro area. This course is geared to personnel with PCS orders to Scott AFB or those who have recently arrived. In collaboration with various representatives from the local community, M&FRC hosts this monthly event via Zoom. A great opportunity for inbound personnel to learn about their new community.

**Your Vet Biz Guide to Entrepreneurship:** This workshop is facilitated by Vet Biz and is designed to help veterans learn about starting and running their own small business, connect attendees to fellow veteran business owners, provide networking opportunities, and provide customized support to help meet individual needs pertaining to entrepreneurship.