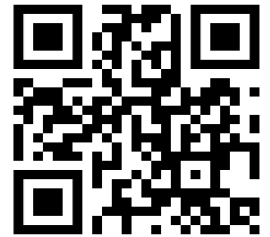




March 2023

Military & Family Readiness Center



New M&FRC Website! Visit www.scottmfr.com or use the QR Code!
To register for workshops, click on the Workshop Registration button on the webpage.
M&FRC Hours of Operation: Monday-Friday 0700-1600.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MARCH IS Women's History MONTH		1 0800 TAP Pre-Separation Counseling (Retiree) 1400 Pre-Deployment	2 0800-1600 TAP Career/Credential Workshop 0900 Reintegration	3 0830 Spouse Orientation and Tour	4
5 0900 Reintegration	6	7	8 1400 Pre-Deployment 1500 Grief Recovery Method	9 0900 Reintegration	10 1130 Foodie Friday 1200 EFMP—Navigating Tricare Tools	11
12 0800 10 Steps to a Federal Job 0900 Reintegration	13	14 0800 Newcomers Orientation 0830 Key Spouse Initial Training 1300 Remote Tour Briefing 1330 Key Spouse Refresher Training	15 0800 TAP Pre-Separation Counseling (Separatee) 1100 Key Spouse Cont Ed 1300 PFR Bundles for Babies 1400 Pre-Deployment 1500 Grief Recovery Method 0800 TAP Managing Your Education Track—Ed Center	16 M&FRC Closed for Training 1700 Breast Cancer Support Group	17 0800 Rock Your Resume 0900 Smooth Move PCS Workshop	18 1000 Hearts Apart—Magic House
19	20 0900 Reintegration	21 1500 Career Marketing Hour—Personal Branding Part 1	22 0830 Ditching the Dorms 1400 Pre-Deployment 1500 Grief Recovery Method	23 0900 Reintegration	24	25
0800-1600 TAP Curriculum Workshop				0800-1600 DOL Employment Workshop		
26	27 0900 Reintegration	28 0800 Newcomers Orientation 1300 EFMP Orientation	29 1400 Pre-Deployment 1500 Grief Recovery Method	30 0900 Reintegration	31 1100 EFMP Autism Acceptance Walk/Run 1400 Virtual Pre-Arrival Q&A via Zoom	
0800-1600 TAP Curriculum Workshop				0800-1600 DOL Employment Workshop		



April 2023

Military & Family Readiness Center



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To register for workshops, click on the Workshop Registration button on the webpage.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Grief Recovery Method Class Offered Tuesdays at 1500	EFMP Special Olympics Track and Field Practice Offered Tuesdays/1700 @ James Gym Track!	1
2	3 0800-1500 Hands On Your Career 0900 Reintegration	4 0800-1500 Hands On Your Career 1700 EFMP Special Olympics Track and Field	5 0800 TAP Pre-Separation Counseling (Retirees) 1400 Pre-Deployment Briefing Gold Star Spouses Day	6 0830-1600 Boots to Business Workshop 0900 Reintegration	7 1200 Hands On Linked In	8
9 Easter Sunday	10 0900 Reintegration	11 0800 Newcomers Orientation 0830 Key Spouse Initial Training 1330 Key Spouse Refresher Training	12 1400 Pre-Deployment	13 0900 Reintegration	14 0800-1600 TAP DOL Employment Workshop	15
16	17 0800 VA Benefits and Services Refresher 0800 10 Steps to a Federal Job 0900 Reintegration	18 1300 Remote Tour Briefing 1300 Home Buying Class	19 0800 TAP Managing Your Education Track—Ed Center 0800 TAP Pre-Separation Counseling (Separatees) 1100 Key Spouse Continuing Education 1400 Pre-Deployment	20 M&FRC Closed for Training 1700 Breast Cancer Support Group	21 0800 Rock Your Resume 0900 Smooth Move PCS Workshop	22 1000 Hearts Apart—Earth Day Crafts
23/ 30	24 0900 Reintegration	25 0800 Newcomers Orientation 1230 Widow Support Group 1500 Career Marketing Hour	26 0900 Ditching the Dorms 1400 Pre-Deployment	27 0900 Reintegration	28 1400 Virtual Pre Arrival Q&A	29

WORKSHOP/EVENT DESCRIPTIONS

10 Steps to a Federal Job (13 Mar & 17 Apr): 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 your way to success with a career in the Federal Government.

Bundles for Babies (15 Mar): This workshop is hosted by the M&FRC with presentations from the local Women Infants and Children (WIC) office and New Parent Support Office. The “first child” financial touchpoint education is also presented. Meet other new and expectant parents!

Career Marketing Hour—Personal Branding (21 Mar & 25 Apr): Join us for a four part series on personal branding. In March, attendees will be introduced to personal branding and how to get started. In April, the class will focus on building their community and telling their story for career marketing. Worksheets for homework and reflection will be provided.

Ditching the Dorms (22 Mar & 26 Apr): *REQUIRED for AIRMEN TO BE PLACED ON THE BAH WAITING LIST!* Learn how to financially prepare for moving out of the dorms before it happens!

EFMP Breast Cancer Support Group (16 Mar & 20 Apr): 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 others’ experiences, success stories, and to make new friends. This month we will meet in person at the M&FRC.

Hands on Linked In (7 Apr): Learn how to establish and maintain your presence on the professional social media platform of Linked In. Learn how Linked In can help you to expand your professional portfolio and network and also 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 (3 & 4 Apr): Are you a military spouse or 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 our M&FRC employment workshops to include: job search techniques, resume development, Linked In, networking, and more!

Hearts Apart Program— (Magic House 18 Mar / Earth Day Crafts 22 Apr) The Hearts Apart Program is for spouses and family members of deployed, remote or extended TDY service members. **To register, please email MSgt Christina Gudinas at christina.gudinas@us.af.mil.**

Home Buying Workshop (18 Apr): The M&FRC has partnered with Scott Credit Union to provide an informative class on home buying, covering topics ranging from how much home you can afford, how to select a real estate agent, closing the deal, and much more!

Key Spouse Continuing Education (15 Mar & 19 Apr): Initial Key Spouse training is designed to provide information, resources, and tools to aid Key Spouses in the completion of their duties. The topic for March is EFMP. The topic for April is Emergency Preparedness.

Key Spouse Initial Training & Refresher Training (14 Mar & 11 Apr): This class 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.

Newcomers Orientation: 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 briefing is required for newly assigned military/civilian personnel! Spouses are encouraged to register to attend this orientation.

Rock Your Resume (17 Mar & 21 Apr): 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.

Smooth Move—PCS Workshop (17 Mar & 21 Apr): Are you PCSing soon? Join us for a workshop that collaborates information from SMEs from EFMP-Medical, Tricare, Finance, Personal Property, Housing, MPF, and M&FRC as we help you prepare for your upcoming move!

Spouse Orientation and Tour (3 Mar): Spouses new to Scott AFB or the military are invited to attend a fun and informative base orientation event. Get to know your new installation, learn about the various missions, services available, and experience a tour hosted by the Security Forces Squadron!

Virtual Pre Arrival Q&A (31 Mar & 28 Apr): 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. This class is hosted monthly by the M&FRC via Zoom.

Transition Assistance Program (TAP)

**** Please Read All Guidance Below ****

Please visit the link below for detailed information on mandated TAP requirements:

<https://www.scottafrfc.com/transition-assistance-program-tap/>

For those with a Date of Separation (DOS) through January 2024 who have incomplete TAP-mandated tasks, email the M&FRC TAP org box ASAP @ 375FSS.AFRC.TAP@us.af.mil.

TAP Initial Counseling (IC) sessions are conducted in-person or via Zoom/telephone. 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. Visit www.scottafrfc.com and click on the Workshop Registration button to register.

TAP Pre-Separation Counseling: This mandatory briefing provides resources/benefits available to service members preparing to transition from the military. Pre-requisite: Initial Counseling.

Retiree Pre-separation Counseling – 1 Mar & 5 Apr/0800-1200 (Prerequisite: Initial Counseling)

Separatee Pre-separation Counseling – 15 Mar & 19 Apr/0800-1200 (Prerequisite: Initial Counseling)

Email the A&FRC TAP org box @ 375FSS.AFRC.TAP@us.af.mil to register.

TAP Curriculum: This 3-day workshop is comprised of DoD Curriculum, VA Benefits, and Employment Fundamentals of Career Transition (EFCT). (Pre-requisite: Initial Counseling & Pre-Separation Counseling)

- **TAP 2-Day Boots to Business Track:** This class is hosted by the Small Business Administration and is designed for those interested in entrepreneurship after military service.
- **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.
- **TAP 2-Day Education Track:** This class is hosted by the Education Center and is designed for those interested in pursuing higher education after military service.
- **TAP 2-Day Department of Labor (DOL) Employment Workshop:** A comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interviewing skills, build effective resumes, and use emerging technology to network and search for employment.

HERE WHEN YOU NEED US...

Building 1650
www.scottmfrfc.com



Ways to reach M&FRC
Front Desk: (618) 256-8668
Org Box: aafrc@us.af.mil



Casualty Assistance

To report an active-duty death, call (618) 256-6508 or (618) 304-5070, or Command Post (618) 256-5891

To report a dependent, retiree, DOD/NAF Civilian employee death, call (618) 256-6508 or email casualty.scott@us.af.mil



Scott AFB, Military & Family Readiness
Scott AFB; Exceptional Family Member Program

M&FRC Org Box

- aafrc@us.af.mil

Transition Assistance Program (TAP)

- 375FSS.AFRC.TAP@us.af.mil

Exceptional Family member Program—Family Support

- 375FSS.EFMP@us.af.mil

Voting Assistance Program

- Vote-02-02@us.af.mil



<https://www.scott.af.mil/About-Us/We-Care/>



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