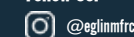


# MILITARY & FAMILY READINESS CENTER (M&FRC) QUARTERLY CALENDAR



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Eglin Military & Family Readiness Center

JULY - SEPTEMBER 2024 Classes

850-882-9060. [EglinLife.com/mfrc](http://EglinLife.com/mfrc). All workshops, events and programs are subject to change and availability.

## PERSONAL AND WORK LIFE PROGRAM

LGBTQ+ SUPPORT GROUP:

ADULTING 101 FOR TEENS:

GRIEF & LOSS SUPPORT:

NAVIGATING THE DIVORCE PROCESS:

COUPLES CONNECT:

HEART LINK:

TIME MANAGEMENT:

## COMMANDER'S KEY SUPPORT PROGRAM

COMMANDER'S KEY SUPPORT PROGRAM (KSP) INITIAL TRAINING:

KEY SUPPORT LIAISON QUARTERLY TRAINING:

COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION:

KEY SUPPORT LIAISON ANNUAL SAPR/SUICIDE AWARENESS TRAINING:

## EMPLOYMENT ASSISTANCE PROGRAM

TIPS FOR FEDERAL EMPLOYMENT:

MASTERING THE JOB INTERVIEW:

LEVERAGING YOUR LINKEDIN PROFILE:

CREATING AN EFFECTIVE PRIVATE-SECTOR RÉSUMÉ:

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

## EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP 101 ORIENTATION:

SPECIAL EDUCATION WORKSHOP:

EFMP PARENT SUPPORT GROUP:

EFMP PLAY DATE:

EFMP PONY RIDES:

## TRANSITION ASSISTANCE PROGRAM

PRE-SEPARATION BRIEFING:

TRANSITION ASSISTANCE PROGRAM (TAP) 3-DAY WORKSHOP:

TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES:

DOL EMPLOYMENT TRACK:

DOL VOCATIONAL TRACK - CAREER & CREDENTIAL EXPLORATION (C2E):

SMALL BUSINESS ADMINISTRATION ENTREPRENEURSHIP TRACK - BOOTS TO BUSINESS:

## PERSONAL FINANCIAL READINESS PROGRAM

BUNDLES FOR BABIES:

RETIRING WITH CONFIDENCE:

NUTRITION ON A BUDGET:

FIRST DUTY STATION OFFICERS PERSONAL FINANCIAL READINESS TOUCHPOINT:

## KEYS TO YOUR DREAM HOME:

THRIFT SAVINGS PLAN (TSP) MASTERY:

## FEDERAL VOTING ASSISTANCE PROGRAM (FVAP)

For voting assistance please contact the Installation Voting Assistance Officer at: [vote15@us.af.mil](mailto:vote15@us.af.mil) or 850-885-8683.

## RELOCATION ASSISTANCE PROGRAM

TEAM EGLIN NEWCOMER ORIENTATION:

SUPPLEMENTAL SPONSOR TRAINING:

PRE-ARRIVAL ORIENTATION - VIRTUAL:

## SQUADRON/UNIT REQUESTS

For more information on scheduling an appointment with your Community Readiness Consultant, 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. For more information call M&FRC.

## CASUALTY / SURVIVOR BENEFIT PLAN (SBP)

CAR's 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.

SCAN HERE OR VISIT  
[EGLINLIFE.COM/MFRC](http://EGLINLIFE.COM/MFRC) FOR FULL  
WORKSHOP DESCRIPTIONS  
AND CLASS TITLES



JUL 2024



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Eglin Military & Family  
Readiness Center

MON

TUE

WED

THU

FRI

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	JULY WEEKEND EVENTS & FLORIDA TAX RELIEF HOLIDAYS	

SCAN HERE OR VISIT EGLINLIFE.COM/MFRC  
FOR FULL WORKSHOP DESCRIPTIONS



# AUG 2024



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Eglin Military & Family  
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**TUE**

**WED**

**THU**

**FRI**

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FOR FULL WORKSHOP DESCRIPTIONS



AUGUST WEEKEND EVENTS & FLORIDA TAX RELIEF HOLIDAYS

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

# SEP 2024



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Eglin Military & Family  
Readiness Center

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**FRI**

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9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	SEPTEMBER WEEKEND EVENTS & FLORIDA TAX RELIEF HOLIDAYS			SCAN HERE OR VISIT <a href="https://eglinlife.com/mfrc">EGLINLIFE.COM/MFRC</a> FOR FULL WORKSHOP DESCRIPTIONS

