



## PERSONAL AND WORK LIFE

### LGBTQ+ SUPPORT GROUP:

Support to reduce isolation, stress, and stigma in a safe affirming environment while connecting with others. Each month will be different topics relevant to the participants. *Offered in-person and virtual.*

APR 2, MAY 7 | 12-1 PM

### ADULTING 101:

Inspiration to cultivate a growth mindset essential for success in life. Learn practical money, career, and relationship skills. MAY 7 | 1-4 PM

### ADULTING 101 FOR TEENS:

Insightful life resources to help students transition from high school to college, the military, etc. to independent adults. JUN 4 | 1-4 PM

### GRIEF & LOSS SUPPORT (VIRTUAL):

A safe, welcoming environment where people understand the difficult emotions of grief and give encouragement and support for different seasons of life. APR 23, MAY 28, JUN 25 | 11:30 AM - 12:30 PM

### BEFORE YOU SAY, 'I DO':

A marriage preparation course for couples full of tried-and-true wisdom to help plan for a lasting relationship with the one you love. Learn how to communicate on personal needs, marital expectations, gender roles, intimacy, fighting fair, family finances, and more. MAY 29, JUN 25 | 12-4 PM

### NAVIGATING THE DIVORCE PROCESS:

Divorce is a difficult process. Even when both parties want to cooperate, emotions run high, making it difficult to make objective decisions. Simple suggestions on the do's and don'ts can help keep the divorce process running smoothly for everyone involved. JUN 5 | 10 AM - 12 PM

### COUPLES CONNECT:

Each month learn skill building tools that successful couples do to overcome arguments, remain fulfilled and happy, and cultivate lasting love. Each month a new topic of discussion will be introduced.

APR 12, MAY 3, JUN 14 | 6-8 PM

## MILITARY KIDS CHALLENGE 2024:

Every April, Eglin celebrates military-connected children and their parents during Month of the Military Child. This year the theme is 'Kids Challenge' which includes numerous obstacle courses and light refreshments at the Eglin Youth Center.

APR 24 | 3-5:30 PM

## COMMANDER'S KEY SUPPORT PROGRAM

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

KSP training is thorough, continuous, and critical to the KSL and Mentors in effectively carrying out official duties. The KSP Initial Training consists of eight (8) standardized modules and training time is approximately six (6) hours. APR 15 | 10-11 AM

### COMMANDER'S KEY SUPPORT PROGRAM QUARTERLY TRAINING:

Quarterly continuing education and networking opportunity for all Commander's Key Support Liaisons (KSL's) and Mentors. Gain useful resources to fulfill this readiness role. MAY 15 | 10-11 AM

### COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION:

Key Support Liaison will share best practices, networking opportunities, and receive additional resources from on-and off-base organizations. APR 11, JUN 13 | 9:30-10:30 AM

### MILITARY SPOUSE APPRECIATION TEA:

Join us in recognizing the sacrifices, strengths and contributions made by military spouses. Event is being held at the Eglin Bayview Event Center.

MAY 10 | 11 AM - 1 PM

## EMPLOYMENT RESOURCES

### TIPS FOR FEDERAL EMPLOYMENT:

Get ready to learn tips and strategies for crafting a standout federal resume that will get you noticed by federal employers. This class will explain the federal hiring process, how to navigate USAJOBS.gov, veterans preference, military spouse preference, special hiring authorities, and how to begin writing your federal resume.

MAY 14 | 1-2:30 PM



## EMPLOYMENT RESOURCES continued

### LEVERAGING YOUR LINKEDIN PROFILE:

Bring your laptop to learn all things LinkedIn! By the end of this class, participants will know how to create an effective profile, how to optimize contacts, create tag lines, how to utilize LinkedIn to find employment opportunities, and the importance of networking. *Offered in-person and virtual.* JUN 11 | 1-2:30 PM

### MASTERING THE JOB INTERVIEW:

Without preparation, interviewing can be stressful. Learn what to do before the interview is scheduled, interview questions likely to be asked, how to ask questions related to the interview, how to follow-up afterwards, and how to handle the interview with confidence. *Offered in-person and virtual.* MAY 21 | 1-2:30 PM

### CREATING AN EFFECTIVE PRIVATE-SECTOR RESUME:

Studies indicate that recruiters spend an average of only 5-7 seconds reviewing resumes. Learn how to give employers a feel for your past experiences, skills, and accomplishments to ultimately land an interview. *Offered in-person and virtual.* APR 9 | 1-2:30 PM

### VOLUNTEER 101:

Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. Learn how to find the right volunteer opportunity for you. APR 18 | 1-2:30 PM

## EXCEPTIONAL FAMILY MEMBER PROGRAM

### EFMP 101 ORIENTATION:

Designed to give both newly enrolled and newly arrived EFMP families an overview of the program and to hear from the subject matter experts from EFMP Medical, Family Support, and Assignment. Perfect for all new, prospective, and current EFMP families. APR 20 | 1-2:30 PM

### EFMP SENSORY-FRIENDLY SPACES:

The world is chaotic, with loud noises, bright lights, strong smells, unfamiliar textures, and unknown people. Sensory-friendly spaces can help those on

the spectrum adjust to new environments. Gain insight on how to create a sensory-friendly space to support the needs of exceptional family members. APR 16 | 1-2:30 PM

### EFMP PARENT SUPPORT GROUP:

Among the many challenges of parenting, coping with the emotional and physical demands of caring for an individual with a disability can be challenging. The stress not only impacts the parents, but also the entire family. Come together to gain support through education, as well as connecting with other families enrolled in the EFMP. MAY 30 | 11:30 AM - 12:30 PM

### EFMP PLAY DATE:

This play group is a great way to help improve social, cognitive, and motor skills while having fun with a group of peers. Open to service members and their EFMP Family members. JUN 1 | 10 AM - 12 PM

## TRANSITION ASSISTANCE PROGRAM

### PRE-SEPARATION BRIEFING:

The pre-separation briefing provides a complete rundown of your transition and veteran benefits, including education assistance, using your Post 911-GI Bill, employment help and medical benefits. You'll also be given information about financial planning, VA home loans, mental health support and creating a transition plan. *Initial counseling is a prerequisite.* APR 10, 24, MAY 8, 22, 29, JUN 5 | 8 AM - 4 PM

### 3 DAY DEPARTMENT OF LABOR (DOL) TAP WORKSHOP:

3-day Transition Assistance Program (TAP) workshop for separatees & retirees that includes building resiliency by managing your own transition (MyTransition), a Military Occupational Code Crosswalk to help define and translate military skills, and the financial plan for transition module, which fulfills the mandated financial literacy requirement. *Pre-separation briefing is a prerequisite.* APR 3-5, APR 15-17, APR 29-1 MAY, MAY 13-15, JUN 10-12, JUN 24-26 | 8 AM - 4 PM



**TRANSITION ASSISTANCE PROGRAM** continued

**DOL EMPLOYMENT TRACK:**

Covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment. *Pre-separation briefing is a prerequisite.*

APR 4-5, 18-19, MAY 2-3, 16-17, JUN 13-14, 27-28  
8 AM - 4 PM

**DOL VOCATIONAL TRACK — CAREER AND CAREER EXPLORATION (C2E):**

Offers an opportunity to complete a personalized career development assessment of occupational interest and ability and be guided through a variety of career considerations, including labor market projections, education, certifications, apprenticeships, and licensure requirements.

APR 8-9 | 8 AM - 4 PM

**SMALL BUSINESS ADMINISTRATION ENTREPRENEURSHIP TRACK—BOOTS TO BUSINESS:**

Provides an introductory understanding of business ownership. *Pre-separation briefing is a prerequisite. Offered in-person and virtually.*

MAY 20-21 | 8 AM - 4 PM

**TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES:**

2-day workshop for retiring service members that have an exemption from the DOL TAP Workshop. Topics covered are Veterans Administration, Military Occupational Code Crosswalk, and personal finance. (VA, MOC Crosswalk, Finances) *Pre-separation briefing is the prerequisite.*

APR 11-12, MAY 30-31 | 8 AM - 4 PM

**FINANCIAL READINESS**

**BUNDLES FOR BABIES:**

Designed to teach soon-to-be and new parents basic parenting skills, as well as financial skills to help them budget for their new baby – from birth to college. Air Force Aid Society and Navy-Marine Corps Relief Society provides a \$100 gift card to participating Air Force/Navy/Marines/Coast Guard members. JUN 18 | 9-11:30 AM

**RETIRING WITH CONFIDENCE—YOUR FINANCIAL PATH TO FREEDOM:**

Financial information and guidance for federal employees. Get exposed to resources to make informed financial decisions surrounding retirement and the transition to the next phase of life. APR 24 | 10-11:30 AM

**NUTRITION ON A BUDGET—EATING WELL WITHOUT BREAKING THE BANK:**

Eating on a budget doesn't mean you have to sacrifice nutrition or even taste! With a little know-how and meal planning, enjoy nutritious foods without breaking the bank.

APR 3 | 11 AM - 12:30 PM

**KEYS TO YOUR DREAM HOME—HOME BUYING ESSENTIALS:**

Finding the right home is an exciting milestone in life, and there are many important factors to consider along the way. This course offers educational tools and resources to help assess housing needs, learn how to build and manage credit, navigate the steps to homeownership, and more. MAY 22 | 10-11:30 AM

**THRIFT SAVINGS PLAN (TSP) MASTERY—UNLOCKING THE POTENTIAL OF YOUR THRIFT SAVING PLAN:**

The TSP is a retirement savings and investment plan for federal government employees and uniformed services members, including the Ready Reserve. Learn the different tax advantages, how to maximize contributions, and how to make informed investment decisions. MAY 8 | 10-11:30 AM

**FEDERAL VOTING ASSISTANCE PROGRAM (FVAP)**

**Unit Voting Assistance Officer (UVAO) Training:**

UVAOs will receive information on FVAP, how to track metrics and mandatory touchpoints through the FVAP portal, and how to support service members with their voting needs.

MAY 15 | 1-2 PM



## RELOCATION ASSISTANCE:

### TEAM EGLIN

#### NEWCOMER ORIENTATION:

In-person mandatory orientation for all active-duty members. Spouses are welcome to attend. This briefing provides a welcome and introduction to Team Eglin, to include Eglin's senior leaders and available helping agencies. *Location: Enlisted Heritage Hall.*

APR 3, MAY 1, JUN 5 | 7:30-11:30 AM

#### PRE-ARRIVAL ORIENTATION-VIRTUAL:

An optional orientation geared towards members who are PCS'ing to Eglin AFB. This orientation can provide answers while easing PCS stress before members and their families arrive.

*Individual appointments available upon request.*

APR 1, MAY 6, JUN 3 | 10-11 AM

#### SUPPLEMENTAL SPONSOR TRAINING:

Sponsorship serves as the foundation for newcomers to feel connected, welcomed and at ease during their PCS. This training is a supplement to the required Electronic Sponsorship Application and Training (eSAT) and includes how to support and connect the newcomer to the unit and provides the incoming member and family with the first link to their new community and support services.

APR 17, MAY 22, JUN 18 | 1-2 PM

## SQUADRON/UNIT REQUESTS

### UNIT BRIEFINGS:

The Military Family Readiness Center (M&FRC) promotes military family well-being by offering educative and preventative programs and services that enhance family readiness, resilience, and quality of life. The M&FRC is postured to collaborate with units to create plans that promote readiness.

The M&FRC is postured to provide services, briefings, and workshops in your work-center as requested. For more information on scheduling an appointment with your Community Readiness Consultant (CRC), 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.

### HEART'S APART PROGRAM (HAP) PLAY DATE:

Takes place every third Saturday at Eglin's Unity Park. This is a great opportunity for spouses and children to relax and enjoy the company of other deployed families.

### REINTEGRATION BRIEFING:

Coming home after a deployment is an exciting time for everyone. It's been a long time coming and you deserve to celebrate. But it's important to know what other adjustments you might face post-deployment. Families are encouraged to attend. Held every Wednesday at 8 a.m. at the Deployment Readiness Center (DRC).

### PRE-DEPLOYMENT BRIEFING:

Life in the military is about being ready for deployment. You may be duty-ready, but don't overlook preparations on the home front. Briefing covers topics and steps to be taken for an effective successful deployment for singles and families. Families are encouraged to attend. Held every Thursday at 8 a.m. at the Deployment Readiness Center (DRC).

## CASUALTY/SURVIVOR BENEFIT PLAN (SBP)

Casualty Assistance Representatives (CAR) 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.*