

### Employment Assistance Program

Provides individual assessment and career counseling to military families and DoD civilian members. The goal of the program is to assist in preparation for future career endeavors, via education, job search, or self owned business objectives.

- **Volunteer Opportunities**

Provides recruitment, placement, and recognition and training opportunities for base and community volunteers.

- **Civilian /Federal Resume and Interview Assistance**

Learn the basics for writing effective resumes and the latest in interview techniques.

- **Employment Recruitment and Job Fairs**

Employment recruitments are done on a regular basis. Stop by or like us on Facebook for the latest information.

### Military & Family Life Counselor (MFLC)

Provides short term, situational, problem-solving counseling services to service members and their families. MFLC services augment existing military support services. All consultants are Masters or PhD level, licensed Clinical Counselors. Works with families, individuals, couples and children to provide non-medical problem identification counseling services. Call (302) 310-9004, (302) 922-7282, or (302) 898-4126 for an appointment.

### Casualty/SBP

The Air Force provides casualty assistance to family members and other designated beneficiaries of deceased members. Casualty assistance includes counseling regarding rights, benefits and entitlements. The office completes the claim applications for monetary benefits and privileges and helps to resolve any problems or concerns. Also assists retirees with benefits and entitlement information. For additional information or to schedule an appointment, please call (302) 677-4608.

### Air Force Families Forever

A long-term aftercare program established to provide proactive outreach to family members who have lost a loved one that was, at the time of death, serving on Active Duty in the Air Force. The objective is to provide resources, support and information to help survivors adapt to life without their loved one.

### Exceptional Family Member Program (EFMP)

Offers support, information, & resources to families having dependents with emotional, physical or educational needs. Please call 677-6383 for more information.

## Hours of Operation

**Mon., Tues., Wed., and Fri., 0800-1600**

**Thurs., 0800-1400**

**Closed Family Days, Weekends, & Federal Holidays  
Closed 2nd Wed. of the month for training**

**846 Sumner Drive**

**Dover AFB, DE 19902**

**(302) 677-6930**

**email: [DoverA.FRC@us.af.mil](mailto:DoverA.FRC@us.af.mil)**



### Military & Family Readiness Center Staff

**Jennifer Aubrey**, *Acting Flight Chief, M&FRC*  
**TSgt Monique Lindsay**, *Wing Readiness NCO*  
**Jovy Juanillo**, *Community Readiness Consultant*  
**Janet Lightburn**, *Community Readiness Consultant*  
**Brett Abbas**, *Community Readiness Consultant*  
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**Elissa St. Aubin**, *Community Readiness Specialist*  
**Michael Waring**, *Community Readiness Specialist*  
**Theresa Strawhecker**, *Community Readiness Specialist*

**Candace Kelp**, *Installation Casualty/SBP*

Bldg. 520, 1st Floor - Room 104, 302-677-4608

**Wil Roberson**, *EFMP Family Support Coordinator*

**Sonya Dyer**, *EFMP Family Support Navigator*

### **Dover AFB Voting Office**

*Email: [Dover.Vote@us.af.mil](mailto:Dover.Vote@us.af.mil)*

*Location: M&FRC, Bldg. 846*

**EMERGENCY FAMILY ASSISTANCE CENTER (E-FAC)**

1-877-554-3322 (When Activated)

**Air Force Personnel Accountability and Assessment System**

<https://afpaas.af.mil>

## DOVER AFB

### MILITARY & FAMILY READINESS CENTER (M&FRC) PROGRAMS AND SERVICES



Version 1.13 June 2024



# Welcome to Dover Air Force Base

## Programs and Services

The Dover AFB Military & Family Readiness Center is the service organization for Air Force families and is a one-stop location where individuals can obtain reliable information and assistance on a wide range of important topics.

### **The Military & Family Readiness Center (M&FRC) provides the following services:**

Information and referral, counseling and follow-up. Coordination and consultation with base and civilian agencies to strengthen policies and programs, all in an effort to benefit military families. Provide assistance for base leadership in their efforts to meet family needs.

#### **Air Force Aid Society (AFAS)**

Refers to AFAS for emergency financial assistance to eligible military members for basic needs such as: basic living expenses, emergency leave, or unexpected vehicle repairs. Community Enhancement programs sponsored by the agency include the following:

- ***Bundles for Babies Program***

Education and information for expectant parents.

- ***Child Care for PCS Program***

Within 60 days of arrival to or departure from Dover AFB, members can receive 20 hours of FREE childcare per child. Childcare provided by licensed on-base daycare provider. AFAS is expanding the Child Care for PCS program to include AF members with retirement orders, to include TDRL orders. Certificates are issued within 60 days of their date of departure, which may be different from the date of retirement.

- ***Respite Care Program***

Paid part-time care for an ill or disabled family member. Referral required from Special Needs Coordinator at 677-2598 or the RN Case Manager at 677-3511.

- ***Education Loans and Grants***

Dependent children and spouses of active duty and retired Airmen can work toward their dreams of a college degree with AFAS education grants, scholarships and loans.

#### **Personal Financial Management**

Education, information and counseling on personal financial topics including debt management, retirement planning, budgeting, investing, and purchasing decisions. Programs provided as Lunch and Learn seminars (to accommodate the ops tempo) include:

- ***TSP***

Make the decision for a better retirement and learn how to make it great through varied investment options.

- ***Debt Reduction***

Learn how to be in control of your debts instead of having your debts control you.

- ***Daily Money Management***

It's not the monthly budget that doesn't work, it's the daily expenditures. Learn new techniques to handle the cash, debit cards, credit cards and loose change.

#### **Relocation/P&WL, & Family Readiness Programs**

Helps military and DoD members prepare for relocation. Assists in planning moves, provides information about new location, deals with unique situations, and addresses concerns that may occur in the moving process.

- ***Plan My Move Program***

Provides information and resource tools for members PCSing.

- ***Wing Newcomer's Program***

Typically offered every 2nd and 4th Thursday of the month for new military members to the base. Spouses and families highly encouraged to attend.

- ***eSponsorship Application & Training (eSAT)***

Provides information and teaches newly assigned sponsors the duties and responsibilities of being a good sponsor. eSAT training can be found at [militaryonesource.com](http://militaryonesource.com) under MilLife Learning.

- ***Relocation Resources***

Military OneSource website contains information on over 300+ military installations. Whether it's your first military move or your 15th, the Relocation Assistance Program can help you get organized, make smart financial decisions, understand allowances, and manage stress. Use these resources, tools, and articles to make your next move a smooth one. Visit <http://www.militaryonesource.mil/moving>

- ***Personal and Family Readiness***

Provides proper planning, education, and training to alleviate some of the family stressors associated with deployments, evacuations, and peacetime/wartime emergencies.

- ***Pre- & Post-Deployment Briefings***

Alleviates stress and anxiety by educating and providing tools and resource materials to service members & their families prior to and upon return from their deployment. Please see UDM for more information. Questions for M&FRC can be emailed to: [436FSS.FSH.Readiness@us.af.mil](mailto:436FSS.FSH.Readiness@us.af.mil)

- ***Pillow Case Program***

The M&FRC will print a picture of your choosing onto a pillow case, free of charge. Just email a .jpg image to: [monique.lindsay@us.af.mil](mailto:monique.lindsay@us.af.mil)

and give your contact information. Once your pillow case is complete, the Readiness NCO will make contact with you to schedule a time for pick up.

- ***Heart Link***

The goal of Heart Link is to strengthen military families and enhance mission readiness by increasing spouse awareness of the Air Force mission, customs, traditions, protocol and available resources and services.

- ***Key Spouse Program (KSP)***

The KSP is a formal commander's unit readiness program to enhance unit family readiness and offers informal peer to peer/wingman family support.

#### **Transition Programs**

Separating or retiring military personnel, their family members and DoD civilian personnel are provided transition information on career planning, job search skills, and have access to employment opportunities through workshops, seminars, & individual counseling sessions. The following are offered:

- ***Initial/Pre-Separation Counseling***

Provided at least 365 days prior to service member's date of separation. Required before discharge from the military. This one-on-one counseling and group presentation is designed to ensure necessary assistance and advice on a wide range of services and entitlements including education/training, employment, health and life insurance, relocation and financial assistance. Spouses are welcome.

- ***TAP Three Day Workshop***

Offered monthly this 3-day congressionally mandated program is one of the most comprehensive sources of career broadening information available. It is a cooperative effort among the Department of Defense, Department of Labor, and Veterans' Affairs. TAP addresses military to civilian crosswalk, job-hunting skills, work values, goals, resume preparation, professional image, interviewing, negotiations, and veteran benefits. Spouses are encouraged to attend.

- ***Transition Support Center***

For employment and career exploration, the Transition Resource Center includes user-friendly computers, software applications, laser printers, a job board with local and long distance employment opportunities, and resume assistance services.

#### **Installation Voter Assistance Office**

Your Installation Voter Assistance Office is here to help you register to vote, request an absentee ballot and notify your local election officials back home of a change of address. Contact us for more information about voting. Vote!