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

FSS



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APRIL - JUNE 2024 Classes

850-882-9060, EglinLife.com/mfrc. All workshops, events and programs are subject to change and availability.

PERSONAL AND WORK LIFE

LGBTQ+ SUPPORT GROUP:

APR 2, MAY 7 I 12-1 PM

ADULTING 101: MAY 7 | 1-4 PM

ADULTING 101 FOR TEENS:

JUN 4 I 1-4 PM

GRIEF & LOSS SUPPORT:

APR 23, MAY 28, JUN 25 I 11:30 AM - 12:30 PM

BEFORE YOU SAY, 'I DO':

MAY 29. JUN 25 | 12-4 PM

NAVIGATING THE DIVORCE PROCESS:

JUN 5 I 10 AM - 12 PM

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

MILITARY KIDS CHALLENGE 2024:

APR 24 I 3-5 PM

COMMANDER'S KEY SUPPORT PROGRAM

COMMANDER'S KEY SUPPORT PROGRAM

INITIAL TRAINING: APR 15 | 9 AM - 2 PM

COMMANDER'S KEY SUPPORT PROGRAM

QUARTERLY TRAINING: MAY 15 | 10-11 AM

COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION:

APR 11, JUN 13 I 9:30-10:30 AM

MILITARY SPOUSE APPRECIATION TEA:

MAY 10 I 11-1 PM

EMPLOYMENT RESOURCES

TIPS FOR FEDERAL EMPLOYMENT:

MAY 14 | 1-2:30 PM

MASTERING THE IOB INTERVIEW:

MAY 21 I 1-2:30 PM

LEVERAGING YOUR LINKEDIN PROFILE:

JUN 11 I 1-2:30 PM

CREATING AN EFFECTIVE PRIVATE-SECTOR

RÉSUMÉ: APR 9 | 1-2:30 PM

VOLUNTEERING 101: APR 18 | 1-2:30 PM

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP 101 ORIENTATION: APR 20 | 1-2:30 PM

EFMP SENSORY-FRIENDLY SPACES:

APR 16 I 1-2:30 PM

EFMP PARENT SUPPORT GROUP:

MAY 30 I 11:30 AM - 12:30 PM

EFMP PLAY DATE: JUN 1 | 10 AM - 12 PM

TRANSITION ASSISTANCE PROGRAM

PRE-SEPARATION BRIEFING:

APR 10, 24, MAY 8, 22, 29, JUN 5 I 8 AM - 4 PM

3 DAY DEPARTMENT OF LABOR (DOL) TAP WORKSHOP: APR 3-5.15-17, 29-1 MAY, 13-15.

JUN 10-12, 24-26 | 8 AM - 4 PM

TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES:

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

DOL EMPLOYMENT TRACK:

APR 4-5, 18-19, MAY 2-3, 16-17, JUN 13-14,

27-28 | 8 AM - 4 PM

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

APR 8-9 I 8 AM - 4 PM

SBA ENTREPRENEURSHIP TRACK - BOOTS TO

BUSINESS: MAY 20-21 | 8 AM - 4 PM

FINANCIAL READINESS

BUNDLES FOR BABIES: JUN 18 | 9-11:30 AM

RETIRING WITH CONFIDENCE:

APR 24 | 10-11:30 AM

NUTRITION ON A BUDGET:

APR 3 | 11-12:30 PM

KEYS TO YOUR DREAM HOME:

MAY 22 I 10-11:30 AM

THRIFT SAVINGS PLAN (TSP) MASTERY:

MAY 8 | 10-11:30 AM

FEDERAL VOTING ASSISTANCE PROGRAM (FVAP)

UNIT VOTING ASSISTANCE OFFICER (UVAO)

TRAINING: MAY 15 | 1-2 PM

RELOCATION ASSISTANCE

TEAM EGLIN NEWCOMER ORIENTATION:

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

SUPPLEMENTAL SPONSOR TRAINING:

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

PRE-ARRIVAL ORIENTATION - VIRTUAL:

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

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 FOR FULL
WORKSHOP DESCRIPTIONS
AND CLASS TITLES



APRIL 2024











MON	TUE	WED	THU	FRI
1 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) PRE-ARRIVAL ORIENTATION	2 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) LGBQT+ SUPPORT GROUP	3 3-DAY TRANSITION PROGRAM NUTRITION ON A BUDGET NEWCOMERS ORIENTATION	4 TAP - DOL EMPLOYMENT TRACK	5 TAP - DOL EMPLOYMENT TRACK
8 CAREER & CREDENTIAL EXPLORATION TRACK (C2E)	CAREER & CREDENTIAL EXPLORATION TRACK (C2E) CREATING AN EFFECTIVE PRIVATE-SECTOR RESUME	10 PRE-SEPARATION BRIEFING	11 COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION RETIREE TRANSITION ASSISTANCE PROGRAM (TAP)	12 COUPLES CONNECT RETIREE TRANSITION ASSISTANCE PROGRAM (TAP)
15 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) COMMANDER'S KEY SUPPORT PROGRAM INITIAL TRAINING	16 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) EFMP SENSORY FRIENDLY SPACES	17 3-DAY TRANSITION ASSISTANCE PROGRAM SUPPLEMENTAL SPONSOR TRAINING	18 TAP - DOL EMPLOYMENT TRACK VOLUNTEER 101	19 TAP - DOL EMPLOYMENT TRACK
22	23 GRIEF & LOSS SUPPORT (virtual)	PRE-SEPARATION BRIEFING RETIRE WITH CONFIDENCE- FINANCIAL FREEDOM MONTH OF THE MILITARY CHILD EVENT	25 EFMP 101 ORIENTATION	26
29 TRANSITION ASSISTANCE PROGRAM (TAP)	30 TRANSITION ASSISTANCE PROGRAM (TAP)	APRIL WEEKEND EVENTS:	•	SCAN HERE OR VISIT EGLINLIFE.COM/MFRC FOR FULL WORKSHOP DESCRIPTIONS

MAY 2024







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MON	TUE	WED	THU	FRI
SCAN HERE OR VISIT EGLINLIFE.COM/MFRC FOR FULL WORKSHOP DESCRIPTIONS	MAY WEEKEND EVENTS:	1 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) NEWCOMERS ORIENTATION	Z TAP - DOL EMPLOYMENT TRACK	TAP - DOL EMPLOYMENT TRACK COUPLES CONNECT
6 PRE-ARRIVAL ORIENTATION	7 LGBQT+ SUPPORT GROUP ADULTING 101	8 PRE-SEPARATION BRIEFING TSP MASTERY	9	10 MILITARY SPOUSE APPRECIATION TEA
13 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP)	14 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) TIPS FOR FEDERAL EMPLOYMENT	15 3-DAY TRANSITION PROGRAM COMMANDER'S KEY SUPPORT PROGRAM QRTLY. TRAINING UNIT VOTING REP TRAINING	16 TAP - DOL EMPLOYMENT TRACK	17 TAP - DOL EMPLOYMENT TRACK
20 SBA BOOTS TO BUSINESS TRACK	21 SBA BOOTS TO BUSINESS TRACK MASTERING THE JOB INTERVIEW	PRE-SEPARATION BRIEFING KEYS TO YOUR DREAM HOME SUPPLEMENTAL SPONSOR TRAINING	23	24
27	28 GRIEF & LOSS SUPPORT (virtual)	29 BEFORE YOU SAY 'I DO' PRE-SEPARATION BRIEFING	30 EFMP PARENT SUPPORT GROUP RETIREE TRANSITION ASSISTANCE PROGRAM (TAP)	31 RETIREE TRANSITION ASSISTANCE PROGRAM (TAP)

JUNE 2024











MON	TUE	WED	THU	FRI
3 PRE-ARRIVAL ORIENTATION	4 LGBQT+ SUPPORT GROUP	5 NAVIGATING THE DIVORCE PROCESS	6	7
	ADULTING 101 FOR TEENS	PRE-SEPARATION BRIEFING NEWCOMERS ORIENTATION		
10 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP)	11 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) LEVERAGING YOUR LINKED IN PROFILE	12 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP)	TAP - DOL EMPLOYMENT TRACK COMMANDER'S KEY SUPPORT PROGRAM COFFEE CONNECTION	14 TAP - DOL EMPLOYMENT TRACK COUPLES CONNECT
17	18 BUNDLES FOR BABIES SUPPLEMENTAL SPONSOR TRAINING	19	20	21
24 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP)	25 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP) GRIEF & LOSS SUPPORT (virtual) BEFORE YOU SAY 'I DO'	26 3-DAY TRANSITION ASSISTANCE PROGRAM (TAP)	TAP - DOL EMPLOYMENT TRACK	28 TAP - DOL EMPLOYMENT TRACK
		JUNE WEEKEND EVENTS: EFMP PLAY DATE-1 JUNE		SCAN HERE OR VISIT EGLINLIFE.COM/MFRC FOR FULL WORKSHOP DESCRIPTIONS