

MEETING YOUR NEEDS DAILY

MILITARY

and Family Support Center



READINESS REVIEW

JANUARY 2012



A New Year, A New You!

A new year is a time for new beginnings. Do you have a New Year's resolution? Military and Family Support Center has made a resolution this year to strive to increase awareness of the services and programs that we offer. Our mission is to provide quality of life programs and services to our Commands, service members, and their families which will in turn, increase command readiness.

So often we hear from our customers that they didn't know where we were located, they didn't know we could come to their command, or they weren't aware of the MFSC services and pro-

grams. We plan to change that. Whether you are relocating, transitioning, in need of counseling, looking for a job, financial advice, or deploying, we have the answers!

MFSC is located in two convenient locations on Joint Base Anacostia-Bolling.
Bldg 13 and Bldg 72
If you can't make it to us, let us know and we will come to you.

Military and Family Support Center Programs

Personal Financial Management – The Center provides financial education, training and counseling that emphasize long-term financial responsibility, debt management, saving, investing, and retirement planning.

New Parent Support – Helping service members and their spouses adjust to parenthood. Offerings include parent education, development screening, information and referral to community resources and home visits.

Exceptional Family Member – Families with special needs deserve special care. Referrals to medical, counseling and educational services, support groups and respite care providers.

Relocation Assistance – When it's time to move, whether in conus or oconus, the Relocation Assistance Program can provide you with information to make your move a success. Lending Locker gear is available for check-out with such items as; dishes, pots and pans, silverware, toaster, iron, coffee pot, and air mattresses.

Life Skills Education – Having problems communicating with your spouse, adjusting to parenthood or managing stress? The Center provides solution-oriented programs to develop knowledge, and social skills to enhance self esteem and interpersonal relations.

Ombudsman/Key Spouse Support – Ombudsman/Key Spouses are key resources for family members, particularly during deployments. In support of these programs, the Center provides training, assemblies, and offers support and up-to-date information.

Family Advocacy – When family relationships turn volatile and violent, the Center offers prevention, identification, treatment, follow-up and reporting of spouse and child abuse and neglect. All efforts are geared toward victim safety, protection, offender accountability and rehabilitation.

Transition Assistance – Whether you are retiring or separating, the Center can help with your transition from military to civilian life. The services offered include; four-

day program for retirees and separating personnel to address social, financial and professional issues. Employer panels and Meet the employer seminars. Job searching classes, resources and a computer lab are available. Information on Veterans' benefits is also available.

Professional Counseling – Licensed counselors who provide short-term, individual, couples, family and group counseling to address relationships, crisis intervention, stress management, depression/grief after loss, and family issues.

Information and Referral – The Center maintains a database of community and base resources. Referrals to appropriate military and civilian agencies are provided.

Family Employment Readiness Program – The Center helps family members make career decisions and develop employment search skills through education, information and referral and assistance programs. The Center offers computer usage for job searching. Workshops include employment skill building, job searching, interviewing, career planning, resume writing, and federal resume writing.

Sexual Assault Prevention and Response – When traumatic situations arise, MFSC can provide support and resources necessary for recovery and rebuilding.

Deployment/Mobilization/Individual Augmentee – Concerned about how you and your family will adjust during periods of separation? The Center offers: Pre-Deployment, Family Support Groups, Reintegration, and Individual Augmentee workshops. We also offer counseling and referral services.

Crisis Response – The MFSC stands ready to offer assistance to reduce tension and anxiety, help solve problems and develop plans for additional assistance during natural disasters, mobilizations, repatriation, and mass casualties.

CAREER WEEK

- 10 Steps to a Federal Job**
17 January 9am-Noon Bldg. 13
- Steps for Starting Your Own Business**
18 January 9-11:30am Bldg. 13
- Resume Writing Workshop**
19 January 9-11am Bldg. 13
- Career Exploration Job Fair**
20 January 9am-1pm Bolling Club
- Federal Resume Writing Workshop (Saturday)**
21 January 9am-Noon Bldg. 72



MFS JANUARY CLASS SCHEDULE

	DATE	TIME	LOCATION
Employment Assistance/Transition Assistance			
TAP*	9-13 January	8:00-4:00	Bldg 72
Exploring Franchise Ownership Webinar****	9 January	12:00-1:00	
Pre-Separation Briefing	10 January	9:00-11:00	Bldg 13
Job Search Strategies	12 January	9:00-11:00	Bldg 13
Career Week			
10 Steps to a Federal Job	17 January	9:00-12:00	Bldg 13
Steps for Starting Your Own Business	18 January	9:00-11:30	Bldg 13
Resume Writing Workshop	19 January	9:00-11:00	Bldg 13
Career Exploration/Job Fair	20 January	9:00-1:00	Bolling Club
Federal Resume Writing (Saturday)	21 January	9:00-12:00	Bldg 72
ETAP*	23-27 January	8:00-4:00	Bldg 72
Pre-Separation	24 January	9:00-11:00	Bldg 13
Corporate Resume Writing Workshop	25 January	9:00-11:30	Bldg 13
Myer Briggs	26 January	9:00-12:00	Bldg 72
Federal Resume Writing Workshop	31 January	9:00-12:00	Bldg 72
Life Skills			
Anger Management (1of4)	4 January	9:00-11:00	Bldg 72
Suicide Prevention	5 January	10:00-11:00	Bldg 13
Suicide Prevention	10 January	8:00-9:00	Bldg 72
Anger Management (2of4)	11 January	9:00-11:00	Bldg 72
Moms and Tots Playgroup	12 January	9:45-11:45	Youth Ctr
Parenting: Potty Training	17 January	2:00-4:00	Bldg 72
Anger Management (3of4)	18 January	9:00-11:00	Bldg 72
Moms and Tots Playgroup	19 January	9:45-11:45	Youth Ctr
Time Management	19 January	10:00-11:00	WNY, Bldg 101
Keeping Your Marriage Strong	23 January	2:00-4:00	Bldg 72
Anger Management (4of4)	25 January	9:00-11:00	Bldg 72
Moms and Tots Playgroup	26 January	9:45-11:45	Youth Ctr
Ombudsman Program			
Basic Ombudsman/Key Spouse Training***	13-15 January	9:00-3:00	Bldg 13
Personal Financial Management			
Command Financial Specialist Training***/****	9-13 January	8:00-4:00	Dahlgren
Paying for College	18 January	10:00-11:00	Bldg 72
Paying for College	18 January	2:00-3:00	Bldg 13
Command Financial Specialist Training***/****	23-27 January	8:00-4:00	Bldg 72
Relocation			
New Spouse Orientation	3 January	9:00-12:00	Bldg 13
Right Start	4 January	7:30-3:00	Bldg 13
Right Start	11 January	7:30-3:00	Bldg 13
Sponsor Training	13 January	1:30-3:00	Bldg 13
Right Start	18 January	7:30-3:00	Bldg 13
Smooth Move & Overseas Planning	24 January	9:00-12:00	Bldg 13
Right Start	25 January	7:30-3:00	Bldg 13
Sponsor Training	27 January	1:30-3:00	Bldg 13
Sexual Assault Prevention & Response			
SAPR Victim Advocate Refresher	11 January	1:00-3:00	Bldg 72
SAPR Point of Contact Training	18 January	8:00-12:00	Bldg 72
SAPR Data Collection Coordinator Training	18 January	1:00-3:00	Bldg 72
SAPR Command Liaison Training	19 January	8:00-4:00	Bldg 72
SAPR Victim Advocate Refresher	25 January	12:00-4:00	Bldg 72
Deployment Support			
Pre-Deployment	3 January	10:00-12:00	Bldg 13
Reintegration (Return & Reunion)	3 January	2:00-3:00	Bldg 13
Pre-Deployment	10 January	10:00-12:00	Bldg 13
Reintegration (Return & Reunion)	10 January	2:00-3:00	Bldg 13
Hearts Apart Joint Services (Arlington)	12 January	5:00-7:00	American Legion
Pre-Deployment	17 January	10:00-12:00	Bldg 13
Reintegration (Return & Reunion)	17 January	2:00-3:00	Bldg 13
Pre-Deployment	24 January	10:00-12:00	Bldg 13
Reintegration (Return & Reunion)	24 January	2:00-3:00	Bldg 13
Pre-Deployment	31 January	10:00-12:00	Bldg 13
Reintegration (Return & Reunion)	31 January	2:00-3:00	Bldg 13
Exceptional Family Member			
How to Organize Health Records for Your EFM	10 January	1:00-3:00	Bldg 72
Helping Children with Disabilities	11 January	9:00-11:00	Bldg 72
Helping Children with Disabilities	19 January	9:00-11:00	Bldg 72

*Registration for these workshops is done thru the Command Career Counselor (CCC)

**Must speak with Clinical Counselor/Instructor prior to registration for approval.

*** Must attend all classes to receive certification.

**** Interested individuals can call 1.800.818.9929 at their workstation, at home or join us at the Military and Family Support Center.

Registration is mandatory for all classes

Insufficient enrollment may force cancellation. All classes are open to active duty service members, spouses, retirees and civilians affected by base realignment.

Workshops are open to DoD civilians on a space availability basis.

To register please call Military and Family Support Center at 202-433-6151/202-767-0450, DSN: 288-6151 or

Toll Free: 1-866-557-4410