

JUNE- JULY 202

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## PARENTING CLASSES-

**Event: Play Morning**

**Date:** Thursdays, June 3, 10, & 17<sup>t</sup>

**Time:** 10:00AM – 10:30AM

**Place:** Virtual via Webex

Call for more information or to register: 703 614-7204

Join the New Parent Support Program every Thursday morning for Songs and Story Time.

For children 0-5 years old.

**Event: Baby Boot Camp**

**Date:** Fridays, June 18 July 23

**Time:** 9:00AM - 11:30AM

**Place:** Virtually via Adobe Connect

Call for more information or to register: 703 614-7204 Baby Boot Camp is a 2 hour class designed to teach parents the information they will need for the first few weeks after birth. The class covers such topics as: diapering, bottle and breast feeding, how to soothe a fussy infant, safe sleep, and when to call the doctor. It is recommended you take the class in the 3<sup>rd</sup> trimester of pregnancy.

**Event: Cooperative Parenting and Divorce**

**Date:** Monday, June 28th 2021

**Time:** 12:00PM – 4:00PM

**Place:** Building #12 Conference Room

Call for more information or to register: 703 614-7204

Cooperative Parenting and Divorce Class is a class that fulfills the most common requirements for a parent education class prior to granting custody or visitation orders. Parents will learn ways to control impulses, communicate effectively and resolve conflict to keep the children's wellbeing in focus.

**Event: Breast Feeding Basics**

**Date:** Friday, 4 June Friday, 9 July

**Time:** 8:30 AM-12:30 PM

**Place:** 2034 Barnett Ave. Quantico, VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248; [MCCSQuanticoNPSP@usmc.mil](mailto:MCCSQuanticoNPSP@usmc.mil)

New parents will learn how breastfeeding works, when and how much to feed, and so much more. Recommended for the 3<sup>rd</sup> trimester of pregnancy.

**Event: Baby Boot Camp**

**Date:** Friday, 18 June Friday, 23 July

**Time:** 8:00 AM – 3:30 PM

**Place:** 2034 Barnett Ave. Quantico. VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248

In this one-day class, Dad and Mom will learn how to make a smooth transition into parenthood. This is a hands-on interactive experience is for expectant parents to learn about infant growth, development, nutrition, and safety.

**Event: Play Morning**

**Date:** Wednesday, 30 June

**Time:** 9:30AM – 10:30 AM

**Place:** Virtual via Eventbrite

Call for more information or to register: 703-784-4248; [MCCSQuantico@NPSP@usmc.mil](mailto:MCCSQuantico@NPSP@usmc.mil)

Join us for sing-alongs, story time, and a craft for children ages 2 – 5 years.

**Event: 1-2-3 Magic**

**Date:** Tuesday, 13 July

**Time:** 3:00 PM – 5:00 PM

**Place:** 2034 Barnett Ave. Quantico. VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248; [MCCSQuanticoNPSP@usmc.mil](mailto:MCCSQuanticoNPSP@usmc.mil)

This one-day class explores consistent and effective age-appropriate discipline techniques for parents with children ages 2-12 years.

**Event: Play Morning**

**Date:** Wednesday, 28 July

**Time:** 9:30AM – 10:30 AM

**Place:** Virtual via Eventbrite

Call for more information or to register: 703-784-4248; [MCCSQuanticoNPSP@usmc.mil](mailto:MCCSQuanticoNPSP@usmc.mil)

Join us for sing-alongs, story time, and a craft for children ages 2 – 5 years.

**Event: Co-Parenting Seminar**

**Date:** Thursday, July 29

**Time:** 9:00AM – 3:00PM

**Place:** 2134 Barnett Avenue, Little Hall, MCB Quantico

Call for more information or to register: 703-784-2570

One-day class offered for parents that are divorcing or separating. Workshop is child focused and discusses ages and stages of development; how to develop a co-parenting relationship. This workshop meets the Virginia State Court requirement for child custody. Open to all military, retirees and dependent ID card holders; Registration highly encouraged.

**Event: A-Z Come Play with Me**

**Date:** Mondays & Fridays

**Time:** 10:30AM - 11:30AM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Space is limited, please call ahead to register. Join us every Monday or Friday for interactive activities designed to assist parents in learning developmentally appropriate play techniques to help children 18mos- 5 years old\* to improve their social, cognitive, and motor skills. Craft bag pick-up available for participants upon request- 8:00am- 10:00am

**Event: Single Parent Support**

**Date:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

**Time:** 10:00AM - 11:00AM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Space is limited/ children are welcome, please call ahead to register. Gain support and skills from fellow single parents in an open forum on various topics. An avenue for single parents or geographical separated parents due to deployment to network.

**Event: Couples Communication Support Group**

**Date:** Wednesdays

**Time:** 1:00PM- 3:00PM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

**(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)**

Call for more information or to register: 301-677-4118

Please call ahead to register. Six-week couple's communication sessions to help develop tools to enhance your relationship, gain problem solving strategies, and create a long-lasting relationship.

**Event: Mom's/Dad's (Parents) Support Group**

**Date:** Thursdays

**Time:** 10:00AM - 11:00PM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

**(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)**

Call for more information or to register: **301-677-4118**

Children are welcome. For parents with children ages 0- 4 years old. Forum for parents to discuss various topics of interest from sleeping and potty training to ages and stages of development. Mini playgroup included.

**Event: Active Parenting of Teens**

**Date:** Wednesdays

**Time:** 1:00PM - 3:00PM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

**(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)**

Call for more information or to register: 301-677-4118

Please call ahead to register. Six-week parenting class providing guidance and support dealing with the challenges of raising tweens/teens, respectful discipline, communication skills, strategies for risky behaviors, and being an encouraging parent.

**Event: Parenting with a Purpose**

**Date:** Wednesdays

**Time:** 1:00PM - 3:00PM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

**(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)**

Call for more information or to register: 301-677-4118

Please call ahead to register. Six-week parenting class for teaching and demonstrating nonphysical discipline techniques, relationship building and nurturing the needs of children of all ages.

**Event: Single Parent Support**

**Date:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

**Time:** 10:00AM- 11:00AM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

**(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)**

Call for more information or to register: 301-677-4118

Space is limited/ children are welcome, please call ahead to register. Gain support and skills from fellow single parents in an open forum on various topics. An avenue for single parents or geographical separated parents due to deployment to network.

**Event: Internet Safety**

**Date:** Tuesdays

**Time:** 9:30AM- 10:30AM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Geared to provide information and resources on ways in which you can safeguard your children against threats or risks that are found on the internet.

## EXCEPTIONAL FAMILY-

**Event:** Exceptional Family Member Program

**Date:** By Appointment

**Place:** Virtual or One-on-One in office by appointment

Call for more information or to register: [11FSS.MFRC.EFMP@us.af.mil](mailto:11FSS.MFRC.EFMP@us.af.mil) or 202-284-4469

EFMP facilitates collaboration among agencies that provide necessary information and resources for families with special needs. Assists with coordination of family support services on and off the installation

## LIFE SKILLS, PROFESSIONAL DEVELOPMENT-

**Event:** Community Counseling Program

**Date:** Open Availability

**Time:** Monday through Friday 7:30AM - 4:30PM (By appointment only due to COVID 19)

**Place:** Call the Behavioral Health reception desk at **703-614-7204** or the Community Counselor at **703-697-8746** for more information about services provided by the Community Counseling program or to schedule an appointment.

Description: The Henderson Hall Community Counseling Program provides non-medical counseling services for Active-Duty, Activated Reservists and Retired Service Members and their families. We offer individual, couple, family, child, and group counseling services that include, but are not limited to the following areas: Marital/Relationship Issues, Communication, Stress Management, Anger Management, Reintegration, Adjustment Issues, Parent-Child concerns, Grief and Loss, Deployment Stress, and challenges around Work-life Balance. We will work with you to find solutions designed to meet your specific needs and help you overcome stressors related to the challenges in your life.

Please call **703-414-9885** to speak with a **Military Family Life Counselor**.

**Event:** Stress Management – Video Series

**Date:** Continual

**Time:** Continual

**Place:** Virtual: <http://www.mccshh.com/prevention/> and <https://www.facebook.com/mccsHH>

Video series based on the Warrior Maintenance: Stress Management for Marines & Families. Stressful situations, if not dealt with effectively, can contribute to both mental and physical health problems. The goal of this 8 session video series is to help service members and their families reduce their stress levels by teaching healthy coping strategies and increase support from peers and leaders.

**Event:** Anger Management

**Date:** Tues, Wed, June 1-2, 8-9, 15-16, 22-23, 29-30 July 6-7, 13-14, 20-21, 27-28

**Time:** 1:00PM – 3:00PM

**Place:** Henderson Hall Bldg. 12 – In Person Course

Call for more information or to register: Candi Heinberger, 703-693-9146, [candi.heinberger@usmc-mccs.org](mailto:candi.heinberger@usmc-mccs.org)

This is a set of 8 classes that reviews 8 tools of anger management. The goal of this set of classes is to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy and constructive ways in which to express frustrations.

\*\*\*Please register for the day and time that works best for your schedule. These courses should be taken over the span of 8 weeks (1 session per week).

**Event: Conflict Resolution**

**Date:** Tuesday, July 13

**Time:** 11:30AM - 1:00PM

**Place:** Virtual

For more information or to register: [donna.m.frye2.ctr@mail.mil](mailto:donna.m.frye2.ctr@mail.mil)

Learn how to identify conflict and ways to manage it in the future.

**Event: Men's STOP Group**

**Date:** Wednesday, July 28

**Time:** 1:00PM - 3:00PM

**Place:** Henderson Hall Bldg 12- conference room

Call for more information or to register: (703) 614-7204 Jennifer Baggett

Men's STOP Group is 26-week domestic violence treatment group designed for participants who have been mandated or Command referred to attend based on family violence in the home. Group participants will learn new communication techniques, power and control dynamics, accepting personal responsibility for actions and minimizing blame in their intimate partner relationships. Pre-Registration Required

**Event: Couples Communication Support Group**

**Date:** Wednesdays

**Time:** 1:00PM - 3:00PM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Please call ahead to register. Six-week couple's communication sessions to help develop tools to enhance your relationship, gain problem solving strategies, and create a long-lasting relationship.

**Event: 5 Love Languages Workshop Series (couples/ children/ singles)**

**Date:** Thursday (3<sup>rd</sup> Thursday of the month)

**Time:** 1:00PM - 3:00PM

**Place:** Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

To enhance relationships for couples, with our children, or singles. Understanding love languages can benefit all of us as well as our relationships with others. The five love languages do not just apply to relationships we may have with our significant others, they can also benefit our relationships with our children, friends, and parents.

**Event: Stress Management Class**

**Date:** Tuesdays, June 1 –June 22

**Time:** 1:00PM – 3:30PM

**Place:** 2134 Barnett Avenue, Little Hall, MCB Quantico.

**Call for more information or to register:** 703-784-2570

**Event: Century Anger Management**

**Date:** Thursdays, July 13-August 31st

**Time:** 1:00PM – 3:00PM

**Place:** 2134 Barnett Avenue, Little Hall, MCB Quantico.

**Call for more information or to register:** 703-784-2570

8 - Session Course on anger management to discussing topics of anger and triggers in situations and how to avoid them.

**Event: Within My Reach**

**Date:** Friday, July 23  
**Time:** 9:00AM – 4:00PM  
**Place:** Cox Hall, MCB Quantico

**Call for more information or to register:** 703-784-2570

Within My Reach helps participants attain relationship success for themselves. Curriculum covers 15 topics, which include Knowing Yourself First, Hidden Issues, Your Relationship Vision, Smart Communication, etc. Participants attend this class by themselves (they can be single, engaged or married, but will attend it by themselves). Open to all military service members, retirees and dependent ID card holders; Registration highly encouraged.

**Event: Stress Management**

**Date:** Tuesday, June 15  
**Time:** 1:00PM -3:00PM  
**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Are you managing your stress well? Do you need to learn better ways to manage your stress? Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life.

**Event: Time Management**

**Date:** Sunday, July 18  
**Time:** 1:00PM -3:00PM  
**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

If you want to learn how to increase your productivity, manage you time better, and avoid the things that cause distraction and procrastination . . . this class is for you!

## VETERAN, RETIREMENT & TRANSITION ASSISTANCE-

**Event: Introduction to VA Benefits and Services**

**Date:** Monday, June 7, 14 July 12, 19  
**Time:** 8:00AM - 4:00PM  
**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Led by VA Benefits Advisors, the course helps you understand how to navigate VA and the benefits and services you've earned through your military career. The course offers interactive exercises, real examples, and covers topics important to you like Family support, disability compensation, education, and health care benefits. Registration is required.

**Event: Preseparation/Transition Counseling Brief**

**Date:** Tuesday, June 8, 22 July 13, 27  
**Time:** 9:00AM - 12:00PM  
**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: Mandatory counseling that is provided to eligible Service members to inform members of services, benefits, curriculum, assessments, career readiness standards (CRS) deliverables, and individual transition plan (ITP) during and after their separation, retirement, or release from active duty. Registration is required.

**Event: Employment Fundamentals of Career Transition**

**Date:** Wednesday, June 9, 23, July 14, 28  
**Time:** 8:00AM-4:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

This course lays the foundation for transition from military to civilian careers by introducing essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process. Registration is required.

**Event: MY Transition Initial Self-Assessment**

**Date:** Wednesdays by Appointment

**Time:** 8:00AM - 4:00PM

**Place:** By Appointment

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

The mandatory Initial Self-Assessment and Individual Transition Plan (ITP) are tools to help reflect your personal circumstances, needs and transition goals, as well as the deliverables needed for you to meet your Track and Career Readiness Standards. You must have an appointment.

**Event: MY Transition Capstone Event**

**Date:** Thursdays

**Time:** 8:00AM - 4:00PM

**Place:** By Appointment

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Capstone is the culmination and mandatory component of the Transition Readiness Seminar (TRS) process.

Commanders, or commanders' designees, verify that service members have met the Career Readiness Standards (CRS) and have a viable Individual Transition Plan (ITP). You must have an Appointment.

**Event: MY Transition Employment Track 2-Day**

**Date:** June 10 & 11 June 24 & 25 July 15 & 16, July 29 & 30

**Time:** 8:00AM - 4:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

This 2-day course presents a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment. Registration is required.

**Event: Marketing Yourself for a Second Career**

**Date:** Wednesday, June 16

**Time:** 9:00AM -12:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Hear from MOAA on a variety of topics including understanding your competition in the job hunt, crafting powerful resumes, cover letters, and broadcast letters, recognizing how employers read your resume, how to network and penetrate the hidden job market, prepare for and conduct a successful interview, negotiating your salary and benefit packages as well as overcoming rejection. This session is geared towards transitioning military members and their spouses. Registration is required.

**Event: Transition Benefits**

**Date:** Monday, June 21 July 26

**Time:** 8:00AM - 4:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Briefings on Transition benefits to include Tricare, Survivor Benefits Plan, Navy Mutual Aid Society, and John Hopkins Family Health. Registration is required.

**Event: MY Transition Entrepreneurship Workshop 2-Day**

**Date:** July 15 & 16  
**Time:** 8:00AM - 4:00PM  
**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

An "Introduction to Entrepreneurship" course provides participants with an introductory understanding of business ownership. The course provides an overview of entrepreneurship and applicable business ownership fundamentals

**Event: How to Transition to a Federal Job**

**Date:** Friday, July 30  
**Time:** 10:00 AM -12:00PM  
**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Are you confused about Veterans Preference, the 180-day cool-off period, the General Schedule, how to write a Federal resume, and how to apply on USAJOBS? Do you know what kind of Federal job you want? Do you know the right job series and GS grade for you? If you have more questions than answers, please join us for How to Transition to a Federal Job" webinar.

## FINANCIAL READINESS-

**Event: Vacation Planning: Traveling on a Budget**

**Date:** June 3, 23 July 20  
**Time:** 12:00 PM - 1:30 PM  
**Place:** Virtual – Microsoft Teams

Call for more information or to register: [Cheyanne.N.Pace.civ@mail.mil](mailto:Cheyanne.N.Pace.civ@mail.mil).

Want to see more of the world or planning to visit friends or family? Learn how to see more for less!

**Event: Thrift Savings Plan**

**Date:** June 9, 25 July 15, 28  
**Time:** 11:00AM - 12:30PM  
**Place:** Virtual – Microsoft Teams

Call for more information or to register: [Cheyanne.N.Pace.civ@mail.mil](mailto:Cheyanne.N.Pace.civ@mail.mil).

Join this virtual class to learn more about how the Thrift Savings Plan (TSP) can help you or your spouse save and invest for the future! We will cover investing, taxes and the Blended Retirement System.

**Event: Christmas in July: Making a Holiday Spending Plan**

**Date:** July 13, 26  
**Time:** 2:00PM -3:15PM  
**Place:** Virtual – Microsoft Teams

Call for more information or to register: [Cheyanne.N.Pace.civ@mail.mil](mailto:Cheyanne.N.Pace.civ@mail.mil).

Get ahead of the holidays by planning early! Don't let the expensive dates sneak up on you again this year. Start financial planning for the holidays in this workshop!

**Event: Insurance**

**Date:** June 2 & 10 July 7  
**Time:** 10:00AM -11:00AM or 1:00PM -2:00PM  
**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Even if you spend wisely, save regularly and invest strategically, you are likely not managing your finances well if you have not taken steps to protect your assets, your earning potential, yourself and your family from the possibility of suffering a loss. This protection is called risk management.

**Event: Birth of a First Child**



**Date:** Thursday, June 3 July 1 June 23 July 1  
**Time:** 10:00-11:00am 11:00am-12:00pm or 1:00-2:00 pm

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Upon completion of this course, learners should be able to implement strategies to manage debt and spending, increase savings, and make regular investments in their role as a parent.

**Event: Car Buying**

**Date:** Thursday, June 3 July 1 Friday, June 11 July 9  
**Time:** 12:00PM - 1:00PM 11:00AM -12:00PM or 2:00PM - 3:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Purchasing a vehicle is a large investment that can have a significant impact on an individual's short-term and long-term financial circumstances. Because purchasing a car can be a complex process, it is important that buyers understand the specific steps involved in making a wise purchase. Registration is required.

**Event: Creating a Budget**

**Date:** Thursday, June 3 July 1  
**Time:** 2:00PM - 3:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Creating and following a budget are essential steps in establishing financial control and direction. While many software programs are available for this important task, a pencil and paper can sometimes be just as effective.

**Event: First Duty Station – Officer**

**Date:** Monday, June 7 July 12 Thursday, June 10 July 8  
**Time:** 11:00AM-12:00PM or 1:00PM - 2:00PM 9:00AM -10:00AM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Upon conclusion of this training, learners should have attained the knowledge and skills necessary to maintain financial readiness and to begin building wealth to meet future needs.

**Event: Making a Major Purchase**

**Date:** Thursday, June 10 July 8 Friday, June 25 July 23,  
**Time:** 1:00PM - 2:00PM 11:00AM -12:00PM or 1:00PM -2:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

What do you consider to be a major purchase? A new car, truck or motorcycle? A home? A new gaming system? In truth, any of these could be a major purchase depending on your financial situation at the time you make it.

**Event: Saving and Investing**

**Date:** Monday, June 14 July 12 Thursday, June 24, July 22, 2021  
**Time:** 11:00AM -12:00PM or 1:00PM-2:00PM 2:00PM - 3:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Start saving and investing early and regularly to reach major financial goals. The key is to establish and continue a disciplined savings and investment plan. Although the terms are used interchangeably, saving and investing represent different methods of using money to prepare for the future.

**Event: Measuring Progress**

**Date:** Wednesday, June 16 July 21 Thursday, July 15  
**Time:** 11:00AM -12:00PM or 1:00PM - 2:00PM , 12:00PM - 1:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Once you know what is involved in managing your finances, you are ready to apply your knowledge and review your progress over time.

**Event: Planning for Your Retirement**

**Date:** Tuesday, June 22 July 27 Thursday, June 24 July 22 Monday, July 19

**Time:** 8:00AM - 9:00AM 10:00AM -11:00AM 1:00-2:00pm

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Military Retirement is a course to help learners estimate retirement needs, understand military retirement plans and evaluate retirement account options.

**Event: Promotion**

**Date:** Thursday, June 24 July 22 Monday, June 28 July 26

**Time:** 12:00PM - 1:00PM 11:00AM -12:00PM or 1:00PM - 2:00PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Promotion is a career milestone that brings both new opportunities and new challenges. One of the happy challenges is how to manage the additional income that accompanies promotion. This course targets service members and their spouses who make financial choices regarding anticipated or new income due to promotion. It provides information and guidance.

**Event: Survivor Benefit Plan Featuring Navy Mutual Aid**

**Date:** Friday, July 9

**Time:** 2:30PM - 3:30pm

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

The Survivor Benefit Plan is a course that provides basic information on the key provisions of the Survivor Benefit Plan SBP. This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan.

## EMPLOYMENT READINESS-

**Event: Federal Resume Writing**

**Date:** Tuesday, June 1 Wednesday, July 7

**Time:** 9:00AM -10:30AM 2:00PM -3:30PM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Federal job overview: learn to navigate USAJOBS, create and manage your account, and analyze job announcements, also receive tips on how to tailor your federal resume. Registration is required.

**Event: Private Sector Resume Basics**

**Date:** Tuesday, June 15 Tuesday, July 20

**Time:** 2:00PM -3:30PM 9:00AM -10:30AM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

This webinar will provide information to help you create your own Private Sector Resume. The class will cover what you must include in your resume, the best format to use, how to convey your experience and more. Registration is required.

**Event: Military Spouse Employment Workshop**

Date: Tuesday, June 22                      Wednesday, July 28

Time: 6:00PM -7:00PM                      12:00PM -1:00PM

Place: Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Need some direction to find a job in the National Capital Region? Need help with where/how to search, build a good resume, how to get into federal service, understanding Military Spouse Preference, and finding educational resources? Open to military spouses of all branches. Registration is required.

**Event: Salary and Benefits Negotiation**

Date: Thursday, July 8

Time: 9:00AM -10:30AM

Place: Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Salary negotiation is one of the hardest things to do. Learn what to expect when it comes to negotiating for compensation and salary.

## DEPLOYMENT AND FAMILY READINESS

**Event: Key Spouse Refresher Training**

Date: Tuesday, June 22

Time: 9:00AM - 11:00AM

Place: Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

This training is a requirement for all Key Spouses/Mentors that completed Key Spouse/Mentor Initial training at another base. Registration is required.

**Event: Key Spouse Initial Training**

Date: Tuesday, July 13

Time: 9:00AM - 3:00PM

Place: Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

The Key Spouse Program is an official Air Force Unit Family Readiness Program, the Key Spouse is designed to enhance readiness, personal/family resiliency and the Air Force community.

**Event: Predeployment Brief**

Date: By Appointment

Time: 8:00AM -4:00PM

Place: Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Information on preparing for a deployment. Call for an appointment.

**Event: Reintegration (Return & Reunion)**

Date: By Appointment

Time: 8:00AM - 4:00PM

Place: Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Returning home from a deployment can be difficult. Discuss the factors that can make this transition a success. Call for an appointment.

# RELOCATION READINESS

## Event: Right Start

**Date:** Tuesday, June 1, 15, 29 July 13, 27

**Time:** 7:30AM - 2:00PM

**Place:** Bolling Club, 50 Theisen St, SW, Washington, DC 20032

Call this number for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Registration is required. For all new personnel to Joint Base Anacostia Bolling. Find out about the services, programs, and opportunities available on the installation.

## Event: Sponsor Training

**Date:** Thursday, June 10 July 8

**Time:** 9:00AM - 10:30AM

**Place:** Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Open to all military branches. Are you a service member/civilian looking to help people transition to a new duty station? This course provides the tools and resources to help you sponsor a newcomer's move. Registration is required.

## Event: Smooth Move & Overseas Planning

**Date:** Monday, June 28 July 26

**Time:** 2:00PM - 3:30PM

**Place:** 769Virtual

Call for more information or to register: [11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Open to all military branches. Getting ready to PCS? Information and resources for making a military move. Whether this your 1st or 10th time moving. This class is a refresher on allowances, moving costs, packing, to-do-lists and information on your next duty station. Registration is required.

## DIRECTORIES

### EFMP DIRECTORY

JOINT BASE MYER - HENDERSON HALL USMC: 703-693-5353

USA: 703-696-0783

JOINT BASE ANDREWS

USAF: 301-981-1967

PENTAGON (RM 5C1049)

USAF: 703-697-2790

JOINT BASE ANACOSTIA — BOLLING USAF: 202-284-4469

FORT MEADE

USA: 301-677-68502

### Family Advocacy Program (FAP)

Office number (703) 696-3510

