



Please call 784-4228 to reserve a seat and to check on class/briefing location

Airman & Family Readiness Center March 2013



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All programs are free of charge and open to active duty and retired military, their family members and federal employees.</p> <p>Please call 784-4228 to reserve a seat and verify location</p> <p>Workshops & Seminar Locations: ⇒ Landing Zone, 211 W. Octagon Ave</p> <p>◆ First Term Airman's Center / Professional Enhancement Center <input checked="" type="checkbox"/> Bldg 600, Rm 2059 ☉ Bldg 76 Community Training Room</p> <p>Pre Deployment Briefing Daily 1100 & 1130, Bldg 600, FSS Conf Rm *Chapel</p>				1
4 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930	5 <input checked="" type="checkbox"/> Pre-Separation 0800 – 1200 ⇒ Commando New-comers Briefing 0800-1230 ☉ Hearts Apart Quarterly DFAC Meal 1700 -1900	6 <input checked="" type="checkbox"/> Pre-Separation (Retirement) 0800 – 1200 ◆ Enlisted First Duty Station Financial Briefing 1200-1630	7 <input checked="" type="checkbox"/> Key Spouse Training 0900 - 1200	8
				9 Saturday Give Parents a Break (Base CDC) 1100 – 1700
11 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930	12	13 ☉ Smooth Move (Overseas/Stateside) 0830 - 1100	14	15 <input checked="" type="checkbox"/> Home of the Brave Quilts 1000 – 1500 ⇒ DTAP: 1300 - 1600
⇒ Transition Assistance Program Seminar: 0800 – 1630 LANDING ZONE				
18 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930	19 <input checked="" type="checkbox"/> Pre-Separation (Separation) 0800 – 1200 ⇒ Commando New-comers Briefing 0800-1230	20 <input checked="" type="checkbox"/> Pre-Separation (Retirement) 0800 – 1200 ◆ Enlisted First Duty Station Financial Briefing 1200-1630	21 ☉ Bundles for Babies 0830 – 1100 ☉ Communication & Assertiveness Trng 1130-1300	22
25 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930 <input checked="" type="checkbox"/> Officers First Duty Station Financial Briefing 1400 - 1500	26 <input checked="" type="checkbox"/> Pre-Separation (Separation) 0800 – 1200 ⇒ Welcome Spouse Orientation 0900-1330	27 <input checked="" type="checkbox"/> Pre-Separation (Retirement) 0800 – 1200	28	29 ☉ The Final Move 0900 - 1000



Airman & Family Readiness Center (A&FRC)



DESCRIPTION OF COURSES

Personal Financial Readiness (PFR) and Air Force Aid Society

Emergency financial assistance is available through the Air Force Aid Society. For Financial Readiness, effective money management takes a little time, but the payoff can be huge! Increased savings and control of debt will result in less stress and more money for discretionary spending. Requirements for enlisted first duty station financial classes are fulfilled twice per month at CPAC. Financial briefings are also mandatory for officers arriving at their first permanent duty stations; these briefings are normally held the last Monday of the month. Call today to sign up and learn more!

Bundles for Babies

Bundles for Babies provides info on preparing for a new baby physically & financially. Best of all; receive a bundle of baby items valued at approximately \$75 for attending! Features hints on important subjects such as calming the newborn. Please arrange for childcare for any children other than newborns.

Transition Assistance

Pre-Separation counseling and the **5-Day Transition Assistance Program Workshop** are *mandatory* for all personnel separating or retiring—please see monthly A&FRC calendars for specific pre-separation dates. For VA disability claims, attend the “**DTAP**” workshop. Bring your medical files from the Clinic with you and receive advice on reviewing your service medical records, what to claim, and assistance in completing the VA disability claim Form 21-526. Details on VA benefits will be presented during the TAP Workshop. Check calendar for dates on all classes.

Getting Ready to PCS or Just Arrived

Smooth Move and **Final Move** seminars can help make your move as stress-free as possible! Air Force families PCSing in/out may be entitled to **20 hours of FREE childcare**. “**Commando Newcomers**” is a welcome event for all members & spouses and is held from **0800-1230** twice per month at the **Landing Zone**; the **Information Fair** segment of Newcomers is from 1100-1130 and is open to all. “**Welcome Spouse**” is an orientation briefing for spouses new to Cannon AFB within the last 30 to 60 days; features expanded briefings from TRICARE, Commissary, A&FRC, and more.

Personal & Work Life

Heart Link is a basic course for spouses new to the military experience. Have fun learning about customs and courtesies, acronyms, and available resources and services. Held at Bldg 76, “Commando Corner.” Lunch is provided! Also, the A&FRC offers communication and relationship classes, conflict resolution, time management, and other courses to help with resiliency and adapting to the military lifestyle. Sponsored by the Air Force Aid Society.

Key Spouse Training

Have you just been appointed a Key Spouse? **Key Spouse Training** is required; recommendation and appointment must come from your spouse’s squadron commander or first sergeant.

Personal and Family Readiness

Pre-Deployment briefings are held daily at **1100 and 1130**. Spouses are encouraged to attend these briefings. Information on preparation for a deployment or remote tour and programs for family members are discussed. Please call to reserve a seat. **Give Parents a Break** Program for families of deployed or remote members is held at the Child Development Center (CDC) on base. **The CDC must have 8 children signed up 2 days before the event before the program can be offered.**

Hearts Apart Deployment Support Event

Come join us for some food and fun! Receive information and materials to help make the deployment process easier. Please call the A&FRC to sign up for monthly events. Sponsored by the Friends of Family Support private organization.

Home of the Brave Quilts—Volunteer Opportunity

Home of the Brave, a group of local quilters who make quilts for families who have lost loved ones in the war, meets monthly. No experience necessary and all materials are provided. Sponsored by the Friends of Family Support private org.

All classes and briefings are free. Locations of classes are listed with codes. Class sizes are limited, so call 784-4228 today to reserve your seat, ask questions, and to check on location changes!