



October 2022

Military & Family Readiness Center

The M&FRC is **OPEN** Monday through Friday from 0700-1600. Workshops are held in person unless otherwise designated. Please contact us by phone, 618-256-8668, or email, aafrc@us.af.mil, for more information.



To register for workshops, please visit www.scottafrc.com or use the QR Code register on Appointment Plus. Be sure your e-mail is current to receive further instructions.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	ATTENTION **3 Oct EFMP Events** 1715 Special Olympics Young Athletes 1830 Dyslexia Simulation Workshop		Absentee Voters Week 1-8 Oct 22		**ATTENTION** Grief Recovery Method is held: Wednesdays 1500 Saturdays 0800	1
2	3	4	5	6	7	8
0800-1600 TAP Curriculum Workshop				0800-1600 TAP DOL Employment Workshop		
	0900 Reintegration 1200 Key Spouse Continuing Education		0900 Weekly Spouse Walk and Talk 1400 Pre-Deployment Briefing	0900 Reintegration 1100 EFMP Special Needs Lunch Bunch	0800 10 Steps to a Federal Job	
9	Columbus Day M&FRC Closed	10	11	12	13	14
		0800 Newcomers Orientation 1600 Vetworking: Network Event@ VFW	0800- TAP Pre-Separation Counseling (Retiree) 0900 Weekly Spouse Walk and Talk 1400 Pre-Deployment Briefing	0830-1600 TAP Boots to Business Workshop		0900-1300 Retiree Appreciation—Event Center 1700 Hearts Apart Boo at the Zoo
				0900 Reintegration	0800 Rock Your Resume	
16	17	18	19	20	21	22
	0800 VA Benefits and Services Refresher 0900- Reintegration 1715 EFMP Special Olympics Young Athletes 1700 Preparing for your IEP	0800 Key Spouse Initial Training	0800 TAP Managing Your Education Track—Ed Center		0900 Smooth Move PCS Workshop	
			0800 TAP Pre-Separation Counseling (Separatee) 0900 Weekly Spouse Walk and Talk 1300 Bundles for Babies 1400 Pre-Deployment	M&FRC Closed for Training 1700 Breast Cancer Support Group		
23	24	25	26	27	28	29
0800-1600 TAP Curriculum Workshop				0800-1600 TAP DOL Employment Workshop		
30	0900 Reintegration 1715 EFMP Special Olympics Young Athlete	0800 Newcomers Orientation 1300 Remote Tour Briefing	0900 Weekly Spouse Walk and Talk 0900 Ditching the Dorms 1400 Pre-Deployment	0900 Reintegration	1200 Hands on Linked In 1400 Virtual Pre Arrival Q&A	



November 2022

Military & Family Readiness Center

November is Month
of the
Military Family!

The M&FRC is **OPEN** Monday through Friday from 0700-1600. Workshops are held in person unless otherwise designated. Please contact us by phone, 618-256-8668, or email, aafrc@us.af.mil, for more information.



To register for workshops, please visit www.scottafrc.com or use the QR Code to register on Appointment Plus. Be sure your e-mail is current to receive further instructions.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 Oct	1	2	3	4	5
	0800-1600 TAP Curriculum Workshop			0800-1600 DOL Employment Workshop		
	0900 Reintegration 1715 EFMP Special Olympics Young Athletes	1630 EFMP Special Olympics Bowling Practice	0900 Weekly Spouse Walk and Talk 1400 Pre-Deployment Briefing	0900 Reintegration	1100 Foodie Friday	
6	7	8	9	10	11	12
0800 Rock Your Resume 0900 Reintegration 1200 Key Spouse Continuing Education 1715 EFMP Special Olympics Young Athletes	0800 Newcomers Orientation 1630 EFMP Special Olympics Bowling Practice	0800 TAP Pre-Separation Counseling (Retiree) 0900 M&FRC Weekly Spouse Walk and Talk 1400 Pre-Deployment Briefing 1500 Grief Recovery Method	AMC Family Day M&FRC Closed	Veterans Day Federal Holiday M&FRC Closed		
13	14	15	16	17	18	19
0900 Reintegration 1715 EFMP Special Olympics Young Athletes	0800-1600 Career Expo @ Scott Event Center 1630 EFMP Special Olympics Bowling Practice	0800 TAP Pre-Separation Counseling (Separatee) 0900 Weekly Spouse Walk and Talk 0900 Ditching the Dorms 1400 Pre-Deployment	M&FRC Closed for Training	1700 Breast Cancer Support Group	0800-1200 New Spouse—Welcome to Scott Sip and See 0900 Smooth Move PCS Workshop 1700 Hearts Apart Thanksgiving Dinner—DFAC	
0800-1600 DOL Career/Credential Track			0800 TAP Managing Your Education Track—Ed Center			
20	21	22	23	24	25	26
0800 VA Benefits and Services Refresher 0900 Reintegration 1715 EFMP Special Olympics Young Athletes	0800 Newcomers Orientation 1630 EFMP Special Olympics Bowling Practice	0900 Weekly Spouse Walk and Talk 1400 Pre-Deployment Briefing	Thanksgiving Federal Holiday M&FRC Closed	AMC Family Day M&FRC Closed		
27	28	29	30	**ATTENTION** Grief Recovery Method is held: Wednesdays 1500 through 16 Nov Saturdays 0800 through 12 November		
0800-1600 TAP Curriculum Workshop			0900 Weekly Spouse Walk and Talk 1400 Pre-Deployment Briefing 1400 Virtual Pre Arrival Q&A			
0900 Reintegration	1630 EFMP Special Olympics Bowling Practice					



WORKSHOP/EVENT DESCRIPTIONS

Sign up via Appointment Plus at www.scottafr.com unless otherwise noted.

10 Steps to a Federal Job: Learn how to navigate the Federal Government hiring system in this interactive workshop designed to teach you how to read USA Jobs advertisements, identify keywords, draft a Federal resume, and network your way to success with a career in the Federal Government.

Bundles for Babies: This workshop is co-facilitated by the New Parent Support Group and A&FRC. Come learn about preparing for baby's arrival in all aspects to include financially. Meet other new and expectant parents and be connected to on and off base resources.

Ditching the Dorms (26 Oct & 16 Nov): *REQUIRED for AIRMEN TO BE PLACED ON THE BAH WAITING LIST!* Learn how to financially prepare for moving out of the dorms before it happens! Obtain BAH waiting list form from dorm management and sign up for this class!

EFMP Breast Cancer Support Group (20 Oct & 17 Nov): This support group is for anyone diagnosed with breast cancer, regardless of where they are in their journey. This is a peer to peer group and a great way to learn from others' experiences, success stories, and to make new friends. This month we will meet in person at the M&FRC.

EFMP Special Olympics Young Athletes: This group meets **Mondays from 1715-1745** at the Youth Center. Young athletes is a sport and play program for children with and without intellectual disabilities (ID), ages 2-7 years old. Young Athletes introduces basic sport skills like running, kicking, and throwing. Children of all abilities are welcome to take part. Children learn how to play with others and develop important skills for learning. Children also learn to share, take turns, and follow directions. Through Young Athletes, all children, their families, and community members can be part of an inclusive team.

Foodie Friday: Hosted by the M&FRC and presented by Health Promotions. Come learn how to prepare healthy recipes in this hands on cooking demonstration. Gather some new recipes and sample the finished products!

Hands on Linked In: Learn how to establish and maintain your presence on the professional social media platform of Linked In. Learn how Linked In can help you to expand your professional portfolio and network and also assist in your employment search. This class is facilitated by the M&FRC Employment Program Manager and co-facilitated by corporate talent acquisition representatives to help you stay on the cutting edge of professional networking.

Hearts Apart Program— Boo at the Zoo (15 Oct) Thanksgiving Dinner (18 Nov) : The Hearts Apart Program is for spouses and family members of deployed, remote or extended TDY service members. **To register, please email MSgt Christina Gudinas at christina.gudinas@us.af.mil.**

Newcomers Orientation: On behalf of the Installation Commander, we look forward to welcoming you and your families to Team Scott and providing relevant information to help you as you get settled. This briefing is required for newly assigned military/civilian personnel! Spouses are encouraged to register to attend this orientation.

New Spouse Welcome to Scott-Sip and See (18 Nov): Join us for a morning of meeting other spouses and making new connections. Learn about the base and participate in a base tour with stops that highlight the unique offerings of the base. Please contact Sarah Lynch at sarah.lynch.1@us.af.mil for more information.

Rock your Resume: Are you unsure where to start in developing your corporate resume? Attend this class and learn how to develop a resume that will catch the interest of employers and recruiters.

Scott AFB Career Expo (15 Nov): This is the event for Job Seekers! Come learn how to Master your Linked In profile! Connect with local employers through employer panels and a job fair! Linked In Profile Reviews and Headshots will be available.

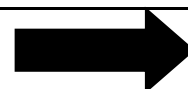
Smooth Move—PCS Workshop (21 Oct & 18 Nov): Are you PCSing soon? Join us for a workshop that collaborates information from SMEs from EFMP-Medical, Tricare, Finance, Personal Property, Housing, MPF, and M&FRC as we help you prepare for your upcoming move!

Spouse Walk and Talk: This group meets **every Wednesday** at 0900 at the Patriot's Landing Community Center. This is an opportunity to connect with M&FRC Staff and other spouses as well as a chance to get out and move. Please contact Sarah Lynch at sarah.lynch.1@us.af.mil for more information. No registration required.

VA Benefits and Services Refresher Briefing (17 Oct & 21 Nov): This briefing is reserved for service members that have completed the TAP Workshop to include DoD Transition Day and the VA Benefits & Services briefing. This refresher course helps you understand how to navigate VA and the benefits and services earned through your military career.

Virtual Pre Arrival Q&A (28 Oct & 30 Nov): Attention sponsors of inbound Scott AFB members! Gain useful insight and access to resources focused on Scott AFB & the Greater St Louis Metro Area. This course is geared to personnel with PCS orders to Scott AFB or those who have recently arrived. This class is hosted monthly by the M&FRC via Zoom.

Continued on next page



Transition Assistance Program (TAP)

**** Please Read All Guidance Below ****

Please visit the link below for detailed information on mandated TAP requirements:

<https://www.scottafrfc.com/transition-assistance-program-tap/>

For those with a Date of Separation (DOS) through April 2023 who have incomplete TAP-mandated tasks, email the M&FRC TAP org box ASAP @ 375FSS.AFRC.TAP@us.af.mil.

TAP Initial Counseling (IC) sessions are being conducted in-person or via Zoom/telephone. Service members within 24 months of their anticipated retirement date or 14-18 months of their separation date are encouraged to schedule their one-on-one Initial Counseling appointment. Register at www.scottafrfc.com thru Appointment Plus.

TAP Pre-Separation Counseling: This mandatory briefing provides resources/benefits available to service members preparing to transition from the military. Pre-requisite: Initial Counseling.

Retiree Preseparation Counseling – 12 Oct 22 and 9 Nov 22/0800-1200 (Prerequisite: Initial Counseling)

Separatee Preseparation Counseling – 19 Oct and 16 Nov 22/0800-1200 (Prerequisite: Initial Counseling)

Email the A&FRC TAP org box @ 375FSS.AFRC.TAP@us.af.mil to register.

TAP Curriculum: This 3-day workshop is comprised of DoD Curriculum, VA Benefits, and Employment Fundamentals of Career Transition (EFCT).

TAP 2-Day Boots to Business Track: This class is hosted by the Small Business Administration and is designed for those interested in entrepreneurship after military service.

TAP 2-Day Education Track: This class is hosted by the Education Center and is designed for those interested in pursuing higher education after military service.

TAP 2-Day Department of Labor (DOL) Employment Workshop: A comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interviewing skills, build effective resumes, and use emerging technology to network and search for employment.



Here when you need us....



Ways to reach M&FRC...

- (618)256-8668 (Front Desk)
- (618)256-1771 (Flight Chief)
- aafrfc@us.af.mil (org box)
- www.scottafrfc.com
- Facebook:
 - www.facebook.com/ScottMFRC/
 - www.facebook.com/SCOTTEFMP/
- Instagram: scottmfrfc

Transition Assistance Program (TAP)

- 375FSS.AFRC.TAP@us.af.mil

Exceptional Family Member Program- Family Support

- 375FSS.EFMP@us.af.mil

Voting Assistance Program

- vote-02-02@us.af.mil

Casualty Assistance

- To report an active duty death: 256-6508, (618)304-5070, or Command Post (256-5981)
- To report a dependent, retiree, DoD/NAF Civilian employee death: 256-6508 or casualty.scott@us.af.mil

MFLCs (618)671-2302
(618)477-1620



WE CARE

<https://www.scott.af.mil/About-Us/We-Care/>



Scott AFB - Community Job Board
1,872 members

AMC's Showcase Wing...Executing Rapid Global Mobility