

Is Your Spouse Looking for a Job?

- ◆ Come in for local job bank registration & job leads/referrals
- ◆ Get help critiquing your civilian resume
- ◆ Military Spouse Employment Partnership
- ◆ Browse through our list of jobs provided to use by employers

Getting Back Together Post-deployment reintegration

- *Start before homecoming*
- *Writing letters, talking on phone/Skype, keeping the deployed parent up to date on school activity*
 - *Have realistic expectations*
- *Give the reintegration process its due time*
 - *Meet in the middle*
- *Focus on your spouse, not yourself*
 - *Find Balance*
- *Expect your experience to be different*

First Sergeant & Key Spouse Contacts

Find out who your spouse's First Sergeant and Key Spouse(s) are BEFORE they deploy! Both are key to helping you resolve any issues that may come up during the deployment. If you are interested in becoming a Key Spouse, please ask your First Sergeant for details.

Additional Resources

- ◆ www.operationwearehere.com
- ◆ www.astorybeforebed.com/military
- ◆ www.daddydolls.com
- ◆ www.anyairman.com
- ◆ www.afterdeployment.dcoe.mil
- ◆ www.afcrossroads.com
- ◆ www.militaryspousesupport.net
- ◆ www.operationpaperback.org
- ◆ www.survivingdeployment.com/links.html
- ◆ American Red Cross 1-800-951-5600
 - www.redcross.org



Military OneSource — Whether it's help with child care, personal finances, emotional support during deployments, relocation information, free counseling or resources needed for special circumstances, Military OneSource is there for military personnel and their families.

www.militaryonesource.com

Holloman AFB Airman & Family Readiness Center

49 FSS/FSH
749 West New Mexico Ave, Bldg 788
Holloman AFB, NM 88330
Phone: (575) 572-7754 ~ Fax: 572-7757



Deployment Readiness



Holloman AFB Airman & Family Readiness Center

575-572-7754

49wgfamilysupport@us.af.mil

Air Force Aid Society (AFAS) Programs

Deployed Car Care Service

The Holloman Auto Hobby Shop offers the Deployed Car Care Service for deployed military personnel, providing an option for active duty and reserve members to store their personal vehicles safely and securely during deployment. Services include: Safe storage within a secure storage lot, flat tire monitoring and prevention, engine inspection, monthly vehicle checks, driving within secure areas, and battery maintenance.

Deployed/Remote Child Care & Give Parents A Break

Air Force families are subject to unique stresses due to the nature of military life (deployments, TDYs, extended working hours). The AFAS and FCC have a special program to give parents an occasional break. Stop by the A&FRC to get your voucher for 4 hrs of **FREE** care. Parents must sign-up with the CDC (572-7505/7551) or School Age Program (572-1136).

Additional FREE child care is offered through Family Child Care. Call A&FRC for more information.

Emergency Financial Assistance

AFAS can help in various emergencies such as vehicle repairs, emergency travel, funeral expenses, etc. Emergency assistance can be given as an interest free loan, grant or a even a combination of both depending on the situation. Family members requesting assistance must have a financial Power of Attorney.

Deployment Support Services

Hearts Apart Programs

We have **FREE** activities for families of deployed and remote military members. Fun filled events that are planned for different locations throughout the area to help break up the time while your loved one is away.

Please give us a call to find out what is going on!

Pictures on Pillowcases

Would you like a photo of your loved ones with you for your deployment, remote, or extended TDY? We will transform your photo into a personalized two pillowcases for FREE!



Morale Calls & Hearts Apart Calls

This program allows you to make 20 minute phone calls to your loved one, up to 12 phone calls a month for **FREE**. To utilize the program just enroll at your A&FRC and receive your PIN. There are no restrictions on the hours for these calls. Call (575) 572-1110, listen to the options, and enter PIN and DSN number when asked. If you have any questions or experience any problems, please call your A&FRC.

Reintegration Briefings

The end of a deployment is a joyous occasion. This briefing is for all returning members as well as their spouses. It aims the members at some available local agencies and their services and gives information on what to expect in the days to come.

Personal Financial Readiness Checklist

- Discuss financial matters with spouse
- Develop a Budget & Spending Plan
- Separate Checking Accounts
- Checkbook
- Banking Passwords/Pin
- Indebtedness/Payment Plan
- Credit Cards and payment plans
- Review/discuss payment of bills, taxes, etc.
- Understand Leave and Earning Statement
- Pay changes during deployment/ MyPay Pin
- Allotments needed?
- Review Vehicle/Housing Lease Agreements
- Single? How are bills being paid
- Insurance? House/Car
- Review Life Insurance Policy/Beneficiary
- Savings Deposit Program Information

Questions?

Make an appointment with a financial counselor at 572-7754

Be sure to update the following before you leave:
VRED - Virtual Record Emergency Data on vMPF
SGLI - update on MILCONNECT > Benefits tab
Family Care Plan with your First Sergeant