

# A&FRC

## July 2022

### *Air Force Aid Society*

15 Bundles for Babies @ 1:00 pm - 4:00 pm

### *Deployment/Readiness*

5, 12, 19, 26 Reintegration @ 9:30 am - 10:30 am

5, 12, 19, 26 Pre-Deployment @ 1:00 pm - 2:30 pm

29, 31 Deployed/remote Family Retreat @ Sacramento Mountains

### *Employment Assistance*

12 Navigating USAJobs @ 10:00 am - 12:00 pm

19 Private Sector Resume @ 10:00 am - 12:00 pm

### *Exceptional Family Member Program*

9 WSMR Aquatic Center 9:00 am - 11:00 am

Hearts Apart too!

### *Personal & Work Life*

14 Coffee Connections with USO @ 8:30 am - 10:30 am

14 Boots and Booties with USO @ 1:00 pm - 4:00 pm

19 Mental Health First Aid @ 8:00 am - 4:00 pm

28 Conflict Happens, Handle It! @ 2:00 pm - 3:30 pm

At CAC!

At CAC!

### *Relocation Assistance*

11, 18 Holloman Newcomers Orientation @ 8:00 am - 4:00 pm

11 Holloman Spouse Welcome @ 9:00 am - 11:15 am  
& Tour 12:15 pm - 2:30 pm

27 Plan My Move 1:00 pm - 3:00 pm

### *Transition*

6, 13 Pre-Separation Counseling @ 8:30 am - 12:00 pm

25-27 Transition Workshop @ 8:30 am - 4:00 pm

28-29 Department of Labor Employment Workshop  
@ 8:30 am - 4:00 pm

To schedule Transition Assistance call the A&FRC!

*Sign up for classes here:*

[www.hollomanafrc.com/](http://www.hollomanafrc.com/)

**Email:** 49FSS.AFRC.Services@us.af.mil; **Website:** Hollomanafrc.com

**Facebook:** Holloman Airman and Family Readiness Center

**Hours:** Mon, Tues, Wed, Fri 8:00 a.m. - 4:00 p.m. Thurs 10:30 a.m. - 4:00 p.m.  
Closed on the third Wednesday of the month for MSG training days as well as all Federal Holidays & AETC Family Days



## *Air Force Aid Society*

**Air Force Aid Society**, AFAS provides emergency assistance to Airmen and their eligible family members, sponsoring educational assistance programs, and offering an array of base community enhancement.

**Bundles for Babies** - Class features presentations on a number of topics, from TRI-Care, New Parent programs, Family Day Care and Financial Readiness. Family will receive \$50 gift card.

**Give Parents A Break** –Referral system, child care is available to eligible families a few hours a month to assist with the stresses of parenting (must be referred).

**PCS Child Care**– Provides 20 hours of child care per child within 60 days of arrival or 60 days of departure from duty station.

## *Deployment | Readiness*

**Pre-Deployment Briefings** – Individual and group briefings ensuring military members and their families have completed necessary preparations for deployment. The briefings covers emotional cycles of deployment/unaccompanied tour, family support services offered to deployed/ remote tour members and their families.

**Reintegration Briefings** – Individual and group briefings ensuring military members and their families have necessary information for a smooth reunion. Handouts available for all on tips for a successful reunion.

**Retreat** – Deployed and Remote Families can participate in a family oriented retreat at the Sacramento Mountain Retreat. Transportation is not provided, event is FREE!

## *Employment Assistance*

**Navigating USAJobs** - Orientation to federal hiring process. Find out ways to research federal job listings. Interpret & understand the duties, keywords and qualifications in job announcements and how to search USAJOBS.

**Private Sector Resume** - Information on private industry resume writing techniques, formats and guidelines, cover letters.

## *Exceptional Family Member Program*

**Aquatic Center at WSMR**—EFMP Families and Hearts Apart will meet at the White Sands Missile Range Aquatic Center where they have a large pool with rock wall and trampoline. Bring your towels and your floats and have a great family time.

## *Personal & Work Life*

**Conflict Happens, Handle It** - Workshop to learn triggers and what type of conflict resolution/management skills may work for you professionally and personally.

**Mental Health First Aid** - Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community

## *Relocation Assistance*

**HNO (Holloman Newcomers Orientation)** – Air Force service members new to Holloman will be scheduled for this by your CSS. Family members are welcome, and encouraged to attend.

**Holloman Spouse Welcome** Meet and connect with other newly arrived spouses obtain valuable information about Tricare, Child and Youth Programs, spouse employment and education, and Military Family Life Counselor.

## *Transition*

**DoL Employment Workshop** - Information concerning employment and training assistance, including: Labor market information, civilian workforce educational requirements, and employment opportunities; Instruction on resume preparation, cover letters, and job applications.

**Pre-Separation Counseling** – Mandatory pre-separation is to ensure all active duty separating service members have the opportunity to be made aware of the transition services and benefits available to assist them and their spouses adjust to civilian life. .

**TAP Workshop** – The 3-day workshop encompasses: DoD/AF core curriculum, 1 day DOL Employment Workshop, and VA Benefits Briefings.

## *Additional Services:*

**Loan Closet** While you wait for your household goods (or after they've been packed for departure) check out pots and pans, dishes, sleeping mats, and vacuums (ALL FREE OF CHARGE!).

**Military Family Life Counselor (571)778-9186** Support confidential, short term non-medical counseling to service members, their families.

**ALL CLASSES ARE HELD IN BLDG 788 UNLESS OTHERWISE SPECIFIED.**

**Events are subject to change without notice**