

# AUGUST

M&FRC

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Closed for Training 7:30a-11:30a		
4	5	6	7	8	9	10
8a TAP WEEK						5p EFMP Adult Painting Party
8a DOL Employment Track						
				10a VA Healthcare Enrollment 1:30p CDG Brief		
11	12	13	14	15	16	17
Training Day		8a TAP: Boots to Business		Closed for Training 7:30a-11:30a		
		7:30a Newcomers Orientation 5:30p Widows & Widowers Support Group	11a EFMP Orientation 1p Financial Resources and Support Workshop			
				10a Bundles for Babies 1p TAP Group Presep 1p Smooth Move		
18	19	20	21	22	23	24
8a TAP WEEK						5p EFMP Kids Art Camp
5p EFMP Jumping Back into School		10a Heart Link		10a Key Support Initial Training 1:30p CDG Brief 5p Hearts Apart Deployed/Remote Tour Family Dinner		
25	26	27	28	29	30	31
		7:30a Newcomers 8a TAP: Group Presep		11a Resilient Hearts Book Club 1p Financial Resources and Support Workshop		Family Day
		10a Private Sector Resume Workshop		1p Smooth Move		
						

**CALL 257-3333 TO SIGN UP FOR A  
WORKSHOP OR FOR MORE INFORMATION.**

## Description of Programs

**VA Healthcare Enrollment: Aug. 8th 10am-2pm** You can enroll in VA health care, if you are within 365 days of your date of separation or date of retirement. It would be a great idea to get a jump on this process. It doesn't matter if you are staying local or going to another state, it's the same system.

**DOL Employment 2-Day Track: Aug. 8th and 9th 8am-4pm** This 2-day workshop digging deeper into resumes, networking, interviewing, etc. Details of what needs to be done to get a job.

**EFMP Adult Paint Party: Aug. 10th 5pm-8pm** Open to adult EFMP Family members only. Using Art for Mental Health and wellness.

**Newcomers: Aug. 13th and Aug. 27th 7:30am-1:30pm** Members and Families PCSing to Moody are briefed by Leadership and base agencies. Informaiton Fair for community services.

**Boots to Business: Aug. 13th and 14th 8am-4pm** Active duty, Family members, or DoD cardholders can attend the 2- day workshop; which consist of, a curriculum that provides valuable assistance to Service members exploring business ownership or other self-employment opportunities.

**Widows & Widowers Support Group: Aug. 13th 5:30pm-6:30pm** The Widow/Widower Connection Support Group. Hosting support for our family members who have lost love ones, both civilian & active duty. Providing specialized speakers to assist in ways to deal with grief and finding a way to move on in a positive way while dealing with their loss.

**EFMP Orientation: Aug. 14th 11am-12pm** EFMP Orientation to help with understanding what the Exceptional Family Member Program is, how to enroll, where to find support and what impact it may have on you and your family. Highly recommended for newly enrolled families, leadership, supervisors and those with assignments.

**Bundles for Babies: Aug. 15th 10am-12:30pm** Labor, delivery, and caring for your newborn. Financial awareness of the cost for raising a child. Stress management for new parents. Car seat safety. Participants receive a \$100 voucher from AFAS.

**Smooth Move: Aug. 15th and Aug. 29th 1pm-3pm** Learn the in's and out's of the relocation process. Agency rep's brief in a one-stop setting

**Hearts Apart Deployment/Remote Tour Family Dinner: Aug.22nd 5pm-6:30pm** Dinner held every third Tuesday of each month to support families of deployed/remote tour individuals.

**EFMP Jumping Back into School: Aug. 19th 11am-1pm** Jumping back into school event for EFMP and Families. They will provide resources on back to school education on special education, special Needs Trusts as well as bullying information.

**EFMP Kids Art Camp: Aug. 24th 11am-1pm** Kids Art Camp on Mixed media focusing on motor skills.

**Private Sector Resume Workshop: Aug. 26th 10am- 12pm** This workshop will provide effective tips on how to successfully write a Private Sector Resume in order to transition from the military to the civilian sector.

**Resilient Hearts Book Club: Aug. 28th 11am-12:30pm** A book club for active duty or dependent person interested in personal growth. We will meet to discuss the chosen book and do a resiliency training activity. Each month the group will be hosted by a different person.