

# OCTOBER

M&FRC

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8a TAP Group Presep	10a EFMP Helping Your Child Succeed with ADHD 11a EFMP Orientation	Closed for Training 7:03a-11:30a  10a Moody Air Force Base & Community Awareness Information Fair	6p EFMP Adult Canvas Paint	
6	7	8	9	10	11	12
<b>8a TAP WEEK</b>						
		7:30a Newcomers Orientation 5:30p Widows and Widowers Support Group	10a Holiday Spending Wisely 1p TSP 101	<b>8a DOL Employment Track</b>		
				10a VA Healthcare Enrollment 10a Holiday Spending Wisely 1p Smooth Move 1p TSP 101 1:30p CDG Brief		
13	14	15	16	17	18	19
		1p TAP Group Presep	10a Private Sector Resume 10a EFMP Sensory Story Time & Playgroup 5p Hearts Apart Deployment/Remote Tour Dinner	Closed for Training 7:30a - 11:30a  10a Career/Job Fair	6:45p EFMP Trunk or Treat	
20	21	22	23	24	25	26
	Training Day	7:30a Newcomers Orientation	10a Interview Workshop	8a TAP Group Presep 1p Smooth Move 1:30p CDG Brief	10a Resilient Heart Book Club	11a EFMP Kids Art Camp
27	28	29	30	31		
<b>8a TAP Week</b>						
		<b>8a Boots to Business (B2B)</b>				

Call 257-3333 to sign up for a workshop or for more information.

# Description of Programs

**EFMP Helping your Child Succeed with ADHD: Oct. 2nd at 10am-11am** We will discuss ways you can help your child succeed at home and school and discuss resources that are available for you to use. CHADD the National Organization for ADD/ADHD and other resources are one way of finding what works with your child to be successful.

**EFMP Orientation: Oct. 2nd at 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.

**Moody Air Force Base & Community Awareness Information Fair: Oct. 3rd at 10am-1pm** A great opportunity to meet agencies from the base and the community and learn more about our on base and community resources.

**EFMP Adult Canvas Paint: Oct. 4th at 6pm-8pm** This event is tailored towards adult EFMP Family members to enjoy and evening with other adult EFMP family members to socialize while learning to paint using acrylic and other mediums.

**Newcomers: Oct. 8th and 22nd 7:30am-1:30pm** Members and Families PCSing to Moody are briefed by Leadership and base agencies. Information Fair for community services.

**Resilient Hearts Book Club: Oct. 8th at 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.

**MAFB Widows and Widowers Support Group: Oct. 8 at 5:30p-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.

**Holiday Sending Wisely: Oct 9th at 10am-12pm and 10th at 1pm-3pm** Help plan for the added expenses of holidays and special events and to avoid overspending and accumulating excessive debt.

**TSP 101: Oct 9th at 12pm-3pm and 10th at 10am-12pm** Learn how to navigate the TSP website.

**DOL Employment 2-Day Track: Oct. 10th thru 11th at 8am-4pm** 2-day workshop digging deeper into resumes, networking, interviewing, etc. Details of what needs to be done to get a job.

**VA Healthcare Enrollment: Oct. 10th at 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.

**Interview Workshop: Oct. 23rd at 10am-11:30am** All job interviews are different. Every hiring manager has his or her own style. But there are some routine questions you must expect. This workshop will provide you with effective tips in interviewing for the job that you are interested in.

**Smooth Move: Oct. 10th and 24th at 1pm-3pm** Learn the in's and out's of the relocation process. Agency rep's brief in a one-stop setting.

**Private Sector Resume: Oct 16th at 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.

**EFMP Sensory Story Time & Playgroup Oct. 16th at 10am - 11am** Sensory story time and playgroup is open to EFMP and Home School families with youth ages 0-5 yrs old. This event includes sensory story time, songs, play group time and sensory activities.

**Career/ Job Fair: Oct. 17th at 10a-1pm** Opportunity to ask questions, leave resumes, and possibly be interviewed all in the same day.

**EFMP Trunk or Treat Sensory: Oct. 18th at 6:45pm-9pm** EFMP families can receive a ticket and come to the trunk or treat from 6:45 for the family that is struggling with sensory issues or has medical issues that creates a barrier from waiting in line.

**Interview Workshop: Oct 23rd at 10am-1130am** All job interviews are different. Every hiring manager has his or her own style. But there are some routine questions you must expect. This workshop will provide you with effective tips in interviewing for the job that you are interested in.

**EFMP Kids Art Camp: Oct. 26th at 11am-1pm** Kids Pottery Camp to help children learn using different tools when using paints and pottery tools.

**Boots to Business 2-Day Track: Oct. 29th thru 30th at 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.