

Relocation Assistance

Information and assistance to military personnel and their families who are involved in or anticipating a PCS move.

- ◆ Sheppard Right Start
- ◆ Smooth Move
- ◆ eSponsorship Training
- ◆ Military Installation Information
- ◆ Loan Closet

Transition Assistance

Educates separating/retiring military personnel and their families with skills and knowledge for a successful transition to civilian life.

- ◆ Mandatory Pre-separation Counseling
- ◆ 5-day TAP Workshop
- ◆ VA Benefits Information
- ◆ CAPSTONE
- ◆ Resource Center

Military Family Life Counselor

Non-medical short-term, situational problem solving counseling to Service Members and their families.

- ◆ Anger Management
- ◆ Communication
- ◆ Relationship Issues
- ◆ Conflict Resolution
- ◆ Parenting

Installation Voter Assistance Office

- ◆ Register to vote
- ◆ Request an absentee ballot
- ◆ Change of address

Airman & Family Readiness Center

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We also provide:

- ◆ Training Thursday Briefings
- ◆ First Duty Station PFR Briefings
- ◆ Team Building Workshops
- ◆ Airman's Attic
- ◆ Discovery Resource Center/Free WiFi



Airman & Family Readiness
Center (Sheppard AFB))



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Sheppard Air Force Base Airman & Family Readiness Center (A&FRC)



82 FSS/FSFR

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Friday: 0900-1630

Who Can Use the Airman & Family Readiness Center?

The A&FRC is dedicated to providing individuals, families, leadership, and retirees with services that strengthen the military community and promote self-sufficiency, mission readiness, military retention, and adaptation to the Air Force way of life. Here's a list of resources available at the A&FRC:

Air Force Aid Society

Emergency financial assistance to Air Force Members, both active duty and retired and their families through interest-free loans or grants. Emergency assistance include:

- ◆ Emergency travel due to death/critical illness in the family
- ◆ Rent/Food/Utility Bills/Car Repairs
- ◆ Medical/Dental Expenses

Community Enhancement Programs

- ◆ Education loans/grants
- ◆ Bundles for Babies/OB Orientation
- ◆ Childcare for PCS/Give Parents a Break

Volunteer Resources

- ◆ Information available for on and off base volunteer opportunities
- ◆ Volunteer hour tracking

Discovery Resource Center

- ◆ CAC computers
- ◆ Non-CAC computers
- ◆ Printer
- ◆ Fax
- ◆ Air Force Portal setup
- ◆ MyPay setup

AF Wounded Warrior Support

- ◆ Care, service, and assistance before and after separation or retirement.

Casualty Assistance

- ◆ Prompt and accurate casualty reporting, dignified and humane notifications, and ensures efficient, thorough, and compassionate follow-on assistance to the next-of-kin for as long as is needed.

Survivor Benefits

- ◆ Assists retiring members in choosing whether to continue the SBP after retirement and ensure that after their death, their eligible survivors can receive a portion of their military retired pay. Active duty members' dependents are automatically covered by SBP at the maximum level at no cost while on active duty.

Employment Assistance

Helps enhance the marketability and employability of spouses and active duty members through individual career counseling and classes to include:

- ◆ Job Search Assistance
- ◆ Resume Writing/Reviews
- ◆ Interviewing Techniques/Mock Interviews
- ◆ USAJobs/Civilian Resume Writing

Personal & Work Life Education

Enhances the well-being of families and strengthens their adaption to the unique demands of Air Force Life.

- ◆ Heart Link/NATO Link
- ◆ Four Lenses/True Colors
- ◆ 1-2-3 Magic
- ◆ 5 Languages of Appreciation in the Workplace
- ◆ Study Skills/Test Anxiety

Exceptional Family Member Support (EFMP-FS)

- ◆ Support Group Meeting/Family Activities
- ◆ Educational Classes
- ◆ Respite Care
- ◆ Information & Referral

Personal and Family Readiness

Mobility and deployment assistance to help single and married personnel and families meet pre-deployment, sustainment, reintegration and post-deployment challenges.

The program includes:

- ◆ Pre-deployment Briefings
- ◆ Reintegration Briefings
- ◆ Hearts Apart Support Group
- ◆ Key Spouse Program
 - * Initial/Quarterly Training
- ◆ Emergency Family Assistance Center (EFAC)

Personal Financial Readiness

Strategies on how to better use your financial assets to invest for retirement, buy a home or car, build a spending plan, as well as unique saving and investing opportunities for service members while deployed, to include:

- ◆ Blended Retirement System (BRS)
- ◆ Saving & Investing
- ◆ Debt Management/Consumer Rights
- ◆ Thrift Savings Plan (TSP)
- ◆ Credit Reports/Scores
- ◆ Credit Management/Major Purchases