



July 2024

Military & Family Readiness Center (M&FRC)

Consolidated Support Facility - Building 20245, Suite 126

To register for classes or make an appointment, please call (505) 846-0741/0751
or send email to 377FSS.FSH.MFRC@us.af.mil



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 2024 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2	3	4 Independence Day M&FRC Closed	5 AFGSC Family Day M&FRC Closed	6
7	8	9	10	11	12	13
				DOL Employment Track 0800-1600 Room 120		
				Ditching the Dorms 1330-1500 M&FRC Training Room	Initial Counseling 0800-1200 By Appointment M&FRC	
14	15 Separatee Group Briefing 0800-1130 Room 120 Credit Management 1330-1500 M&FRC Training Room	16 Retiree Group Briefing 0800-1230 Room 120 Financial Planning for Marriage 1330-1500 M&FRC Training Room	17 Newcomers' Welcome Orientation, Info Fair & Bus Tour 0730-1400 Room 120 EFMP Equine Therapy 0800-1200 Cloud Dancers Résumé Workshop 0900-1100 M&FRC Financial Planning for Divorce 1330-1500 M&FRC Training Room	18 377 ABW Training Day M&FRC Closed	19 Capstone 0900-1100 by appointment M&FRC Hiring Event 0900-1200 Room 120 Bundles for Babies 0900-1130 M&FRC Training Room	20
21	22 Career and Credential Exploration 0800-1600 (Room 120) Saving and Investing - The Fundamentals 1330-1430 M&FRC Training Room	23 Owning Your VA Benefits 1000-1100 M&FRC Training Room Car Buying 101 1330-1500 M&FRC Training Room	24 Plan My Move 0800-1100 Room 120	25 Military Spouse 101 1000-1400 M&FRC Training Room Ditching the Dorms 1330-1500 M&FRC Training Room	26 Initial Counseling 0800-1200 By Appointment M&FRC Demystifying Real Estate 0900-1200 M&FRC Training Room	27
28	29	30 Retiree Group Briefing 0800-1230 Room 120	31 Newcomers' Welcome Orientation, Info Fair & Bus Tour 0730-1400 Room 120	August 2024 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Earn Leadership Pathways Points. Attend A&FRC events. 	M&FRC events in the Kirtland app 

Personal Financial Readiness

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377 ABW Retiree Activities Office
(505) 846-1536
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Casualty Assistance Representative and Survivor Benefits Plan (SBP)

Jesus Palomino-Alcantar 505-846-5508 jesus.palomino_alcantar@us.af.mil
Kayla Snapp 505-853-1707 kayla.snapp@us.af.mil

The Veterans of Foreign Wars (VFW) Veterans Service Officer (VSO) is available
0930-1430 on Friday to assist Service Members & Veterans with submitting their
VA disability claims. Call the M&FRC to schedule an appointment.

The M&FRC Resource Center has 9 computers with CAC readers & commercial Internet, printer, phone, fax, job announcements, handouts & reference materials.

Find us on
 [Facebook](#)

Kirtland AFB Military & Family
Readiness Center

 **EFMP** Family Support
Tabitha Bush

505-853-1707
tabitha.bush.2@us.af.mil

Military & Family Life Counselors are here to listen. MFLCs
are available to help Service Members, Spouses, Family
Members, and children. **NO RECORDS ARE KEPT**
(505) 415-4027 * (505) 440-2481 * (505) 730-0080



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TAP Workshop 8-10 July 2024, 0800-1600 Room 120	Step 3 of the Transition Assistance Program (TAP) is the 3-day TAP Workshop and one or more of the 2-day Transition Tracks. The TAP Workshop helps transitioning Service members prepare for civilian life and meet the mandatory Career Readiness Standards. Initial Counseling and Prepreparation Counseling must be completed before attending the TAP Workshop. Dress code is casual civilian business attire. No uniforms. Participants should bring their personal laptop to use for workshop activities. Spouses are welcome and encouraged to attend.
First Duty Station - Officer 10 July 2024, 1330-1500 M&FRC Training Room	Participants will learn about personal financial budgets, debt reduction, Thrift Savings Plan, the Air Force Aid Society, and other financial topics to assist themselves and those they supervise. All first duty station officers are required to attend this brief within 90 days of being arriving at Kirtland AFB.
DOL Employment Workshop 11-12 July 2024, 0800-1600 Room 120	The 2-day DOL Employment Workshop covers emerging best practices in career employment, including in-depth training to learn interview skills and build effective resumes. Initial Counseling, Pre-separation Counseling and the 3-day TAP Workshop must be completed before attending this workshop. Dress code is casual civilian business attire. No uniforms. Participants should bring their personal laptop to use for workshop activities. Spouses are welcome and encouraged to attend.
Ditching the Dorms 11 & 25 July 2024, 1330-1500 M&FRC Training Room	This class helps Airmen financially prepare for the cost of moving into their own place. Discussion includes financial readiness, initial costs, renter's insurance, and the importance of emergency savings for unexpected costs.
Initial Counseling 12 & 26 July 2024, 0800-1130 Room 120	Step 1 of the Transition Assistance Program (TAP) is Initial Counseling and must be accomplished at least 365 days before separation or retirement . TAP is mandatory for all separating/retiring Service members on Title 10 orders for 180 or more consecutive days. Service members should start TAP 24-14 months before separation or retirement. The Self-Assessment and individual Transition Plan (ITP) must be completed and returned to the M&FRC before attending Initial Counseling.
Separate Group Pre-Separation Counseling 15 July 2024, 0800-1130 Room 120 Retiree Group Briefing (SBP Mass Briefing & Pre-Separation Counseling) 16 & 30 July 2024, 0800-1230 Room 120	Step 2 of TAP is Pre-Separation Counseling which must be accomplished at least 365 days before separation or retirement . Pre-Separation Counseling ensures Service members are informed of the services and benefits available to assist them and their families with the transition to civilian life. Spouses are welcome and encouraged to attend. The SBP Mass Briefing is mandatory all retiring Service members.
Credit Management 15 July 2024, 1330-1430 M&FRC Training Room	This class provides participants with the knowledge to build and protect their credit health and reduce the cost of credit
Financial Planning for Marriage 16 July 2024, 1330-1430 M&FRC Training Room	Touchpoint financial information for personnel recently or soon-to-be married.
Newcomers' Welcome Orientation, Info Fair & Bus Tour 17 & 31 July 2024, 0730-1400 Room 120	This mandatory event is for personnel new to Kirtland AFB to accomplish required briefings and provide information from key agencies. The Info Fair and Bus Tour of Kirtland AFB follows the briefings. Continental breakfast and Lunch provided. Spouses are welcome and encouraged to attend. 30 Leadership Pathways Points (Awarded for family members Only)
EFMP Equine Therapy 17 July 2024, 0900-1100 Cloud Dancers Therapeutic Horsemanship Program, Inc.	The M&FRC is happy to invite our EFMP families to join us for a morning of horseback riding, fun, fellowship, and fresh air! R.S.V.P. required.
Résumé Workshop 17 July 2024, 0900-1100 M&FRC Training Room	Unsure of which résumé style best suits you? Learn how to begin the process of writing an effective résumé to obtain your private sector career. 20 Leadership Pathways Points
Financial Planning for Divorce 17 July 2024, 1330-1430 M&FRC Training Room	Touchpoint financial information for personnel recently or soon-to-be divorced.
Capstone 19 July 2024, 0900-1100 by appointment M&FRC	Step 4 of Transition Assistance Program (TAP) is Capstone which must be accomplished not later than 90 days before separation/retirement. Capstone is a one-on-one meeting with M&FRC staff to verify completion of Career Readiness Standards (CRS), and a viable Individual Transition Plan (ITP). Capstone is not complete until the transitioning Service member's commander certifies that the Service member is prepared to transition to civilian life by reviewing and signing the Service member's eForm.
Bundles for Babies 19 July 2024, 0900-1130 M&FRC Training Room	Bundles for Babies provides valuable information to help parents prepare and adjust to a new baby. Local experts will share knowledge and answer questions. Air Force, Space Force, Navy, Marine and Coast Guard families will receive a \$50 gift card to the AAFES Exchange, compliments of the Air Force Aid Society. 25 Leadership Pathways Points
Hiring Event 19 July 2024, 0900-1200 Room 120	Your new career awaits! Job seekers are encouraged to dress professionally and bring multiple copies of their updated résumés. Numerous employers will be present. Active Duty, Guard, Reserve, Retirees, DoD Civilians, and Eligible Family Members are encouraged to attend this FREE event.
Career and Credential Exploration 22-23 July 2024, 0800-1600 Room 120	The 2-day Department of Labor (DOL) Career and Credential Exploration (C2E) offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements.
Owning Your VA Benefits 23 July 2024, 0900-1000 M&FRC Training Room	Learn about VA benefits, services and how to navigate the websites and set up and use your va.gov account.
Plan My Move 27 July 2024, 0900-1100 Room 120	PCS information from the experts. Representatives from Voting Assistance, Military One Source, TMO, Finance, Legal Office, PFR, MFLC, Housing Management Office, Kirtland Family Housing, School Liaison Officer, and EFMP will present information and answer questions.
Military Spouse 101 27 July 2024, 1000-1400 M&FRC Training Room	Formerly known as Heart Link, Military Spouse 101 is a fun way for spouses new to military life to learn about Air Force customs/traditions, benefits, entitlements, support agencies and services on base. Designed for spouses with 5 years or less in the Air Force, however all spouses are welcome. 40 Leadership Pathways Points
Saving and Investing - The Fundamentals 22 July 2024, 1330-1430 M&FRC Training Room	This class introduces attendees to saving and investing terminology, types of saving and investing accounts in terms of risk, liquidity, rate of return, and types of retirement accounts in terms of contribution limits, taxes, and withdrawals.
Demystifying Real Estate 26 July 2024, 0900-1100 M&FRC Training Room	Learn how to purchase a home and what steps are involved in the process. 20 Leadership Pathways Points