



September 2019

Ramstein Air Base Airman & Family Readiness Center

Contact A&FRC to Register
DSN 480-5100
COMM 06371-47-5100
Bldg 2120, Rm 106

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
2 Like us on Facebook: https://www.facebook.com/Ramstein-Airman-Family-Readiness-2111629028883248/	3 1430-1530 Pre-Deployment Briefing 1700-1800 Key Spouse Quarterly Training	4 0730-1200 Newcomers Base Intro 0900-1100 Pre-Separation Counseling (Retirees) 1045-1200 German Culture Orientation	5 0800-1000 Capstone – walk-ins 0815-1545 Newcomers USO Tour 0830-1430 Heart Link 1430-1530 Pre-Deployment Briefing	6 0730 – 1230 Key Leader Immersion 7
9	10 1300 -1400 Key Spouse Refresher 1430-1530 Pre-Deployment Briefing	11 0730-1200 Newcomers Base Intro 0830-1130 Bundles for Babys 0900-1100 Pre-Separation Counseling (Separatees) 1045-1200 German Culture Orientation	12 0800-1000 Capstone – walk-ins 0815-1545 Newcomers USO Tour 1430-1530 Pre-Deployment Briefing	13 Key Spouse Initial Training (AM) 0800 –1430 Key Spouse Mentor Training 1430-1530 1600-1800 Hearts Apart: A&FRC/86 MXS BBQ and Aircraft tour
16	17 1130-1300 Key Spouse Luncheon 1430-1530 Pre-Deployment Briefing	18 0730-1200 Newcomers Base Intro 0900-1100 Pre-Separation Counseling (Retirees) 1045-1200 German Culture Orientation	19 0800-1000 Capstone – walk-ins 0815-1545 Newcomers USO Tour 1430-1530 Pre-Deployment Briefing	20 21
0800-1600 Career Exploration & Planning Track 18 Sep -19 Sep				
0800-1630 TAP: Transition GPS Workshop- Separatees 16-20 Sep				
23	24	25 0730-1200 Newcomers Base Intro 1045-1200 German Culture Orientation 1700-1800 Future& Life Planning Guardship	26 0815-1545 Newcomers USO Tour	27 28 EFMP Adult Weighted Blanket Class 12:00 -16:00
30	1 1430-1530 Pre-Deployment Briefing	2 0730-1200 Newcomers Base Intro 0900-1100 Pre-Separation Counseling (Retirees) 1045-1200 German Culture Orientation	3 0800-1000 Capstone – walk-ins 0815-1545 Newcomers USO Tour 1430-1530 Pre-Deployment Briefing	4 0730-1230 Key Leader Immersion
0800 – 1630 PM TAP: Senior TAP Workshop (SRTAP) Retirees 30 Sep – 04 Oct				

As of 31 July 2019 - Dates and times are subject to change-Updated schedule can be found on <https://www.86fss.com/> under the Airman and Family Readiness page



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Capstone. Final step in the Transition Assistance Program process. Conducted on Thursdays from 0800-1000 on a walk-in basis. Must be in uniform and have ALL items on the Capstone checklist. A Transition Counselor will ensure all Career Readiness Standards (CRS's) are met and this results in the DD2648 eForm required to out-process. Commander and A&FRC verification/signatures are required.

Bundles for Babies: Workshop provides expectant parents with a variety of information including: how to care for infants, budgeting for the family, lactation, car seat safety, and infant safety, and more. For Air Force, Marines, and Navy families - a \$50 gift card from AFAS is provided Army does not participate in the program.

Deployed Families Event: Events that take place once a month and are for families of deployed members only. The events offered are: Movie Nights, Bowling Events, Skate Nights, Swimming/Pool Parties, Amusement Park Day Trips, BBQs, Dinner Events, Holiday Parties, and Back to School Events. All events are free of charge.

German Culture Orientation: A class that is beneficial for newcomers, recently arrived at Ramstein/Germany, to receive information on German culture, customs, courtesies, and laws. Orientation covers important facts regarding living off base, contracts (rental, internet, phone), recycling, VAT, utilities, bills, and banking. Other topics include traveling throughout Germany and Europe, as well as shopping on the economy, and off-base leisure activities.

Key Leaders Immersion Briefing: Required for Commanders, Command Chief Master Sergeants and First Sergeants who have recently been assigned to KMC. New leaders should attend within the first 30-60 days of arrival. Additional duty first sergeants and superintendents can attend on a space available basis.

Newcomers Base INTRO (Enlisted Club): Military members are required to attend this mandatory newcomers briefing within the first week to 10 days after arriving to Ramstein. Spouses are welcome to attend.

Newcomers USO Tour: This tour will begin at the USO in the passenger terminal. The tour will take you into the local community where there will be a walking tour of the city, lunch (at your own expense), a visit to and orientation of the train station and learn about the American influence on the local area.

Pre-Deployment Briefing: Mandatory briefing required for deployers prior to leaving home station. Attendees receive education on how to best prepare themselves and their families for a successful deployment. The pre-deployment outprocessing checklists of attending deployers will be signed. Spouses are highly encouraged to attend the briefing.

Pre-Separation Counseling Briefing for Retirees: Mandatory briefing for members retiring from the military. Must be completed NLT 90 days before date of retirement (DOR). Must be within 24 months of DOR.

Pre-Separation Counseling Briefing for Separatees: Mandatory briefing for members separating from the military. Must be completed NLT 90 days before date of separation (DOS). Must be within 12 months of DOS

Transition GPS Workshop: Mandatory 5-day workshop helps you prepare for the many military to civilian transition challenges. Workshop is presented by the Departments of Labor, Veterans Affairs and Defense. Topics: career decision-making, job search skills, translation of military skills into civilian terminology, resume writing, transition budget (finances), veterans' benefits, and more.

Pre-Separation counseling must be completed before registering for the workshop.

EFMP Adult Weighted Blanket Class

EFMP adult family members will learn how to create a Weight Blanket to help with anxiety/ASD and other sensory disorders.