

# Welcome to Ramstein!



**Ramstein Airman & Family Readiness Center**

# A&FRC Programs & Services

- Air Force Aid Society
- EFMP-Family Support
- Employment Assistance
- Information & Referral
- Installation Voting Assistance Office
- Key Spouse Program
- Personal & Family Readiness
- Personal & Work Life
- Personal Financial Management
- Relocation Assistance
- Transition Assistance
- Volunteer Resources



# A&FRC Programs & Services

- Personal Financial Management:
  - Accredited Financial Counselors Available
  - Individual appointments (Budgets, TSP, BRS, Investing etc.)
  - E-4/O-3 and below complete mandatory touchpoints on MyVector
- Air Force Aid Society:
  - Emergency Financial Assistance (*Spouses need PoA*)
  - Give Parents a Break (Needs based, assessment completed, Sergeants can disperse vouchers)
  - Child Care for PCS (*Within 60 days of PCS in or out*)
  - Car Care Because We Care (*Deployed/Extended TDY/First Term Airman with budget requirement*)



# A&FRC Programs & Services

## ■ EFMP-Family Support:

- Provides Non-Medical support/referrals to Special Needs families
- Family Events

## ■ Personal & Work Life:

- Ramstein Key Spouse Program
- Recurring and Quarterly Classes:
  - *Heart Link: Air Force 101*
  - *Bundles for Babies*



# A&FRC Programs & Services

## ■ Relocation Assistance:

- FREE Kaiserslautern USO Tour
- Information on Local/Base Volunteer opportunities
- For more relocation assistance information visit <https://86fss.com/afrc/relocation-assistance/>

## ■ Employment Assistance Program:

- Individual appointments for:
  - Employment search for local area
  - USAJobs navigation and tailored resume writing
  - Resume writing information and review



# A&FRC Programs & Services

- Transition Assistance: (*MANDATORY for Separation/Retirement*)
  - Follow information located at:  
<https://86fss.com/afrc/transition-assistance-program/>
  - Phase 1: Individualized Initial Counseling
  - Phase 2: Pre-separation Counseling
  - Phase 3: TAP Workshop
  - Phase 4: Capstone Event
    - *Individual appointment with Transition Counselors*
    - *Career Readiness Standards must be met to Separate/Retire!*





# A&FRC Programs & Services

## ■ Personal & Family Readiness:

- Pre-Deployment Briefing
- Sustainment
  - Deployed Families Events
  - Car Care Because We Care
  - Deployment Child Care  
(16 Hours per month, per child in an FCC)
- Reintegration



# A&FRC Programs & Services



## ■ Voting Assistance:

- *Installation Voting Assistance Office:*
  - *Each Unit with 25+ service members has an appointed Unit Voting Assistance Officer*
  - *Office contact 480-VOTE (8683)*
  - *FVAP.gov you can*
    - Complete change of address
    - Identify eligibility & registration process
    - Request Absentee Ballot
    - Identify State Requirements





# NEED TO TALK?

Military & Family Life  
Counselors are here  
to listen.



**For more information a  
representative is here today!**

**SCHEDULING AN APPOINTMENT IS  
EASY**

**CALL THE RAMSTEIN MFLC AT**

**0176-1057-2634**

**0176-1040-7713**

**0716-1736-8898**

**0172-3796-046**

**Military & Family Life Counselors (MFLC)** are available to help service members, spouses, family members, children and staff address:

- Deployment / reintegration support
- Marriage and relationship issues
- Stress and anxiety
- Depression
- Grief and loss
- Daily life issues

Consultations and trainings are **free** and **anonymous**. (Exceptions to confidentiality include duty to warn cases and PRP disqualifiers.) **No records are kept.**

**Helping you is our priority.** After-hour appointments are available.

# Last Thoughts

Welcome to Ramstein AB!

Allow yourself time to adjust...Good luck!

Please contact us to schedule an appointment if needed

For more information visit:

<https://86fss.com/afrc/relocation-assistance/>

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