

January 2024 Monthly Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	New Year's Day	2 TAP: Pre-Separation Counseling (Virtual) 0830-1130 Ditching the Dorms 0900-1130 Pre-Deployment Briefing (Email) 1430-1530	3 Newcomer Orientation @ Community Center Bldg. 412 0800-1200 Navigating USAJobs Workshop 0900-1100 Civilian Resume Writing 1030-1230	4 FTEC 0800-1430 Sponsorship Training for CSS's 1300-1400 Pre-Deployment Briefing (Email) 1430-1530	5 Key Leadership Immersion Briefing (Virtual) 0800-1200 Deployment Reintegration (Video) 1500-1600	6
		TAP: DOL Vocational Track 0830-1630 (Virtual)				
7	8 Developing a Spend Plan 1100-1230	9 Basics of TSP 1300-1430 Pre-Deployment Briefing (Email) 1430-1530	10 Newcomer Orientation @ Community Center Bldg. 412 0800-1200 Navigating USAJobs Workshop 0900-1100 Civilian Resume Writing 1030-1230	11 Pre-Deployment Briefing (Email) 1430-1530	Family Day	
	TAP: 3-Day Workshop 0830-1630 (Virtual)					
14	Martin Luther King Jr. Day	16 TAP: Pre-Separation Counseling (Virtual) 0830-1130 Ditching The Dorms 0900-1130 Pre-Deployment Briefing (Email) 1430-1530	17 Newcomer Orientation @ Community Center Bldg. 412 0800-1200 EFMP Lunch & Learn 1100-1200 TEAMS Workshops For more details and times see pg.2	18 FTEC 0800-1430 Key Spouse Continuing Education 0900-1030 Pre-Deployment Briefing (Email) 1430-1530	19 German Culture Orientation 0930-1200 Deployment Reintegration (Video) 1500-1600	20
	TAP: DOL Employment Track 0830-1630 (Virtual)					
21		23 Bundles for Babies 0815-1200 EFMP Sippin' Tea 1100-1200 Pre-Deployment Briefing (Email) 1430-1530	24 Newcomer Orientation @ Community Center Bldg. 412 0800-1200 TEAMS Workshops For more details and times see pg.2	25 Key Spouse Initial Training 0830-1230 Pre-Deployment Briefing (Email) 1430-1530	26 Deployment Reintegration (Video) 1500-1600	27
	TAP: (Senior) 3-Day Workshop 0830-1630				TAP (Senior) : DOL Employment Track 0830-1630	
28		30 TAP: Pre-Separation Counseling (Virtual) 0830-1130 The Basics of Credit Reports/Scores 1330-1500 Pre-Deployment Briefing (Email) 1430-1530	31 			
	TAP: Entrepreneurship Track (Virtual) 0830-1230					



Military & Family Readiness Center
 Bldg. 2120, Lawn Ave
 Ramstein AB
Hours: M-F 0730-1630, except Weds, close at 1200.

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Facebook:
 Ramstein Military
 and Family Readiness Center

Workshop	Description
Registration required by contacting the M&FRC	
Basics of Thrift Savings Plan	Join the M&FRC as we discuss the ins and outs of the Thrift Savings Plan.
Bundles for Babies	Workshop provides expectant parents with a variety of information including: how to care for infants.
Basics of Credit Reports/Scores	The way you manage or don't manage your credit could be costing you money. Learn how to establish credit, improve your credit report, correct misinformation and other helpful tips.
Civilian Resume Writing	Learn how to identify transferable skills, create a career catalog, and create a draft resume.
Deployment Reintegration (Video)	Required for all service members returning from deployment. Please complete certificate and email to M&FRC org box and CC your UDM. Video may be accessed here: https://86fss.com/afrc/training-videos/
Ditching the Dorms	Workshop to assess if Airmen are financially ready to move out of the dorms and onto the economy . **Contact your Dorm Manager to register**
Developing a Spend Plan	Class will discuss setting or modifying a spending plan.
EFMP Lunch and Learn	Financial Wellness 101- Discuss the wellness industry and how much money is lost on wellness/ weight loss programs each year. Learn everything you wanted to know about the billion-dollar industry.
EFMP Sippin' Tea	Come join the Air Force & Army EFMP-Family Support Team as we discuss a different topic each month while alternating locations (Landstuhl & Ramstein). Great information and resources to connect and equip our community with.
First Duty Station Enlisted (FTEC)	Goal Setting and budgeting, credit and debt management, car buying, banking and checkbook management, and basic investing.
German Culture Orientation	Class is beneficial for newcomers, recently arrived at Ramstein/Germany, to receive information on German culture, customs, courtesies, and laws. Other topics include travelling throughout Germany and Europe, as well as shopping on the economy, and off-base leisure activities.
Key Leadership Immersion	Newly appointed leaders will receive required briefings by agencies to include but not limited to Mental Health, IG, Wing Safety, EEO, SAPR, M&FRC.
Key Spouse Continuing Education	Key Spouses and Mentors are being educated by a base resource and given an opportunity to engage with base leadership
Key Spouse Initial Training	Newly appointed Key Spouses are given initial training to become a Key Spouse per guidance.
Navigating USAJobs Workshop	In this class, participants will learn how to navigate USAJobs, gain a basic understanding of preferences for vets and military spouses, understand the federal hiring process, how to apply for federal jobs, and recognize the differences in federal resumes and civilian resumes. Note: Time to work on a resume in class is not guaranteed, but participants are invited to M&FRC.
Newcomer Orientation (located @ Community Center- Bldg. 412)	Newcomer Orientation sessions provide all newly assigned Members; Active Duty, DoD Civilians/ Contractors, GSU's and Spouses with information from various base agencies to assist in their assimilation to the KMC. **Register on Appointment Plus: https://booknow.appointment-plus.com/9rm3mcns/
Pre-Deployment Briefing	Overview of deployment fundamentals and programs and services available to member and family members (Email).
Sponsorship Training for CSS's	Workshop informs CSS personnel on Sponsorship requirements prior to assigning sponsorship duties to unit members.
TAP: Pre-Separation Counseling *Virtual*	The second step in the TAP process. Should be completed NLT 365 days from DOS/DOR. Will receive information on resources and programs they may be eligible for as transitioning service members. Prerequisite: Initial Counseling.
TAP: 3-Day Workshop *Virtual*	The 3-day Transition Workshop includes Pre-Separation brief, DoD/AF day, DOL 1 Day Employment Workshop, and VA Benefits and Services briefing. Workshop is designed to prepare military members and their families as they transition to the civilian sector. Prerequisite: Pre-Separation Counseling.
TAP: Employment Track	DOL Employment track designed to teach retiring and separating service members valuable employment seeking skills such as: Resumes, cover letters, application processes, LMI, social media use, networking, and much more.
TAP: Entrepreneurship Track	Conducted by the Small Business Administration (SBA). Service members pursuing self-employment in the private or non-profit sector will learn about the challenges faced by entrepreneurs, the benefits and realities of entrepreneurship, and the steps toward business ownership. *USAFE-wide virtual class not through Ramstein AB.*
Transition Employment Assistance for Military Spouses (TEAMS) Taught by SERCO TEAMS and hosted by M&FRC.	<p>Federal Hiring: Participants will learn how to navigate USAJobs, gain a basic understanding of preferences for vets and military spouses, understand the federal hiring process, and how to apply for federal jobs. 24 January from 0800-1030</p> <p>Flexible Job Options: Participants will explore researching and securing legitimate, career-building flexible job options. It also breakdowns topics such as gig economy jobs, temp and contract work, home-based businesses, and how to shift from an office to remote work location. 24 January from 1030-1230</p> <p>Interviewing Skills: Preparation is key for a great job interview. This two-hour workshop provides tips and coaching for job interviews and handling those hard-to-answer questions. 17 January from 1000-1200</p> <p>Linked In Profiles: Learn how to create a LinkedIn profile that markets your professional brand. 24 January from 1000-1200</p> <p>Linked In Job Search: Participants learn how to set job alerts, connect with new people, join groups, and follow organizations to grow their networks. Also, get a sneak peek into the recruiter's view on LinkedIn job searches. 24 January from 1330-1530</p> <p>Marketing Me: Explore networking opportunities and develop a job hunt plan. 24 January from 0800-1000</p> <p>Salary Negotiations: Learn salary and compensation negotiation skills. 24 January from 1300-1500</p> <p>Your Next Move: This two-hour workshop provides participants the opportunity to use DOL online resources to define and explore career opportunities. Labor market information research will be used to select a career path or develop a job search plan. 17 January from 0800-1000</p>