





March 2024 Monthly Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Transition Employment Assistance for Military Spouses & Caregivers (TEAMS) 				1 Key Leader Immersion 0800-1200	2
3	4	5 TAP Pre Separation Course 0830-1130 Ditching the Dorms 0900-1130 Pre-Deployment Briefing 1400-1500 Ranking Up 1500-1600	6 Newcomer Orientation @ Community Center 0800-1200 Bldg 412 Navigating USAJobs 0800-1000 Civilian Resume Basics 1030-1230	7 	8 German Culture Orientation 0900-12:00 Sensory Storytime with EFMP 1300-1400 Deployment Reintegration (Video) 1430-1530	9
TAP: Vocational Track						
10	11 Developing a Spend Plan 1100-1230	12 Bundles for Babies 0815-1200 Pre Separation Course 0830-1130 Key Spouse Refresher/Mentor 0900-1000/1000-1100 Thrift Savings Plan 1300-1430 Pre-Deployment Briefing 1400-1500	13 Newcomer Orientation @ Community Center 0800-1200 Bldg 412 TEAMS Workshops For more details and times, see pg.2	14 Key Spouse Continuing Ed 0900-1030 Tax Filing Strategies 0900-1100	15 Raising Financially Fit Children 0900-1100 Deployment Reintegration (Video) 1500-1600	16
Transition 3-Day Workshop 0830-1630			DOL Employment Track 0830-1630			
17	18 	19 Ditching the Dorms 0900-1130 Pre-Deployment Briefing 1430-1530	20 Newcomer Orientation @ Community Center 0800-1200 Bldg 412 TEAMS Workshops For more details and times, see pg.2 EFMP Lunch & Learn 1100-1200	21 	22 Family Day (Closed)	23
Transition 3-Day Workshop 0830-1630						
24/31	25 Family Day (Closed)	26 Pre-Deployment Briefing 1430-1530 Sippin' Tea with EFMP 1100-1200	27 Marriage and Money 0900-1130 Resume Review 1000-1130	28 VA Disability Compensation 1200-1300	29 Family Day (Closed)	30
TAP: Entrepreneurship Track			DOL Employment Track 0830-1630			



Military & Family Readiness Center
Bldg. 2120, Lawn Ave
Ramstein AB

DSN: 314-480-5100
COMM: 06371-47-5100
Email: 86FSS.MFRC@us.af.mil



Facebook:
Ramstein Military
& Family Readiness

Workshop	Description
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, infant safety, and more. A \$50 gift card from AFAS is provided. **Hybrid**
Civilian Resume Basics	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. Complete certificate and email to M&FRC org box and CC your UDM. Access video here: https://86fss.com/afrc/training-videos/
Developing a Spending Plan	Starting and developing your spending plan now determines how you achieve your future goals. Join us as we discuss planning for your future and developing your spend plan. Topics to be discussed include money personalities, setting financial goals, and reviewing current spending habits.
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**
EFMP Lunch and Learn	How to Spot a Fad Diet. Lunch provided courtesy of ROSC.
German Culture Orientation	This program is designed to give newcomers to the KMC community the tools needed to familiarize themselves with this assignment and all this wonderful area has to offer. Covered topics include: Understanding German Culture, Driving, Recycling and Customs, German American Community Office, Landstuhl Polizei, VAT/UTAP Office
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. **Virtual**
Key Spouse Continuing Education	Base resource education for Key Spouses and Mentors with an opportunity to engage with base leadership.
Key Spouse Mentor Training	Training for newly appointed Key Spouse Mentors
Key Spouse Refresher	Training conducted for appointed Key Spouses who have previously been a KS at another base.
Marriage and Money	Join the M&FRC and Military Family Life Counselors as we discuss marriage and money. This class meets the Financial Readiness Touchpoint for Marriage.
Navigating USAJobs	Participants will learn how to navigate USAJobs, gain a basic understanding of hiring preferences, the federal hiring process, & recognize the differences in federal resumes and civilian resumes. Note: Time to work on a resume in class is not guaranteed. Participants are invited to attend the Resume Review class where they can have their resume reviewed by staff or work on a resume in house. *HYBRID*
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. *IN PERSON
Raising Financially Fit Children	Join the M&FRC as we discuss allowances, chores, saving, and other topics for parents of children from preschool to high school.
Ranking UP	Promotion is a career milestone that brings both new opportunities and new challenges. This course targets service members and their spouses to make financial choices regarding anticipated or new income due to promotion. This class meets the Financial Readiness Touchpoint for Promotion.
Sensory Storytime with EFMP	Sensory Storytime is offered by the Ramstein Library in concert with EFMP. Participants can enjoy a sensory friendly environment on the 2nd Friday of each month. This event is designed specifically for our friends with sensory processing challenges.
Sippin' Tea with EFMP	Joint Air Force and Army EFMP support forum open to the public. Information and referral to military and local resources along with meeting other families to share strategies. This month's event will be held at the Landstuhl ACS.
TAP: Vocational Track	This track taught by DOL helps to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals.
TAP: 3-Day Workshop	The 3-day Transition Workshop includes 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: Mandatory Initial Counseling and Pre-Separation Counseling.
TAP: Employment Track	DOL Employment track is 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.
TAP: Pre-Separation Counseling	The second step in the TAP process. Should be completed NLT 365 days from DOS/DOR. Service members will be counseled based on the pre-separation counseling script. Will receive information on resources and programs they may be eligible for as transitioning service members. Prerequisite: Mandatory Initial Counseling.
Tax Filing Strategies	This event is open to first time filers in the rank of E1-E4 and 01-02 and their dependents if applicable. We will discuss all the basics of tax filings, resources available to you and some of the unique situations you might encounter as DoD employees. Registration is not required, please bring a copy of your W-2's and be ready to learn.
TEAMS - 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, how to apply for federal jobs, and recognize the differences in federal resumes and civilian resumes. Taught by DOL.
TEAMS - 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. Taught by DOL.
TEAMS - LinkedIn Profiles	Learn how to create a LinkedIn profile that markets your professional brand. Taught by DOL.
TEAMS - Marketing Me	Explore networking opportunities and develop a job hunt plan. Taught by DOL.
TEAMS - Salary Negotiations	Learn salary and compensation negotiation skills. Taught by DOL.
TEAMS - 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. Taught by SERCO.
Thrift Savings Plan	Join the M&FRC for a discussion of the ins and outs of the thrift savings plans. This class meets the Financial Readiness touchpoint for military members who are approaching two years of service.
VA Benefits 101	Bring your lunch and join us for a workshop that highlights VA Benefits and Services available for service members and their dependents. Topics include: Education, Home Loan Guarantee, Healthcare, Insurance and Memorial Benefits. OPEN TO ALL!
VA Disability Compensation	This course is taught by the VA Benefits Advisor and introduces the VA disability compensation (pay) benefit that may be available to eligible transitioning Service members and Veterans and shows where they can find key resources. Bring your lunch and learn what the VA has to offer.