

MILITARY & FAMILY LIFE COUNSELOR PRESENTATIONS

To participate in these presentations send your email address to:

MacdillAdultMFLC@srimgflcteam.com or MacdillAdultMFLC-02@srimgflcteam.com.

All presentations will be via ZOOM. An invitation with a secure link and password protection will be sent to you. Please include the day and time of the presentation you wish to attend.

Feel free to participate in as many as you like.



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MacDill Military and Family Readiness Center

ALL BRANCHES WELCOME!



Newcomers Orientation (Virtual) ZoomGov

1st Thursday of every month and is open to ALL Active Duty, Civilians, & Spouses stationed at MacDill AFB! To register contact your CSS, or register on Appointment Plus at <https://booknow.appointment-plus.com/4yljlrxe/10>

PERSONAL FINANCIAL READINESS

1st Duty Station Officer Financial Readiness Brief 1-3pm, 18 Aug

Better Than a Budget 11:30am-1pm, 26 Aug

Bundles for Babies 8:30am-12:30pm, 4 Aug

Credit Reports & Scores 11:30am-1pm, 12 Aug

Ditch The Dorm 10-11am, 3, 10, 17, 24, & 31 Aug

Understanding TSP 11am-12:30pm • 18 Aug

EMPLOYMENT ASSISTANCE

Employment 101 1-2:30pm, 25 Aug

For more information and/or to register for a workshop, please contact the Military and Family Readiness Center at FSC.frontdesk@us.af.mil.

Web link: <http://tinyurl.com/macdill-mfrc> to view calendars and event flyers.

TRANSITION ASSISTANCE PROGRAM (TAP)

Group Initial & Pre-separation Counseling Tier 2

Every Monday & Wednesday, 12-4pm, EST

Please e-mail 6FSS.FSH.TAP@us.af.mil to register.

To get started go to our TAP Webpage, view steps 1 & 2 https://www.macdillfss.com/MFRC_TAP-Website-Outline_5Feb20.pdf

Individual Initial & Pre-separation Counseling Tier 1 & 3

2-hour appointment, per member schedule

Please e-mail 6FSS.FSH.TAP@us.af.mil to schedule

To get started go to our TAP Webpage, view steps 1 & 2 https://www.macdillfss.com/MFRC_TAP-Website-Outline_5Feb20.pdf

TAP Workshops

(Self-pace) Accomplished via Joint Knowledge Online (JKO), <https://jkodirect.jten.mil/>

Capstone

Every Thursday, 30-minute appointment for each member 12-3pm, EST

Please e-mail 6FSS.FSH.TAP@us.af.mil to schedule

Day	Date	Time	Event
Mon	8/03	1100	Principles of a Healthy Relationship
		1500	Parenting Skills for the Single Svc Mbr
Tue	8/04	1300	Building Resiliency in Children
Wed	8/05	1100	Making Stress Work for You
		1500	Communication for Couples
Thu	8/06	1100	3 C's of Communication
Fri	8/07	1100	Principles for Healthy Relationships
		1500	Healthy Relationship Skills for Singles
Mon	8/10	1100	Conflict Resolution
		1500	Parenting Skills for the Single Svc Mbr
Tue	8/11	1300	Making Stress Work for You
Wed	8/12	1100	Communication for Couples
		1500	Three "C's" of Communication
Thu	8/13	1100	Building Resiliency in Children
Fri	8/14	1100	Communication for Couples
		1500	Conflict Resolution
Mon	8/17	1100	Building Resiliency in Children
		1500	Helpful Skills for Singles
Tue	8/18	1100	Conflict Resolution
Wed	8/19	1100	Principles of a Healthy Relationship
		1500	Parenting Skills for the Single Svc Mbr
Thu	8/20	1100	Building Resiliency in Children
Fri	8/21	1100	Making Stress Work for You
		1500	Communication for Couples
Mon	8/24	1100	3 C's of Communication
		1500	Building Resiliency in Children
Tue	8/25	1100	Principles for Healthy Relationships
		1500	Healthy Relationship Skills for Singles
Wed	8/26	1100	Conflict Resolution
		1500	Principles of a Health Relationship
Thu	8/27	1100	Making Stress Work for You
Fri	8/28	1100	Communication for Couples
		1500	Three "C's" of Communication
Mon	8/31	1100	Conflict Resolution

SUPPORT GROUP FOR COUPLES

Mon 8/03 0900	Mon 8/17 1300
Tue 8/04 1500	Wed 8/19 0900
Thu 8/06 0900	Thu 8/20 1300
Fri 8/07 1300	Mon 8/24 0900
Tue 8/11 1100	Wed 8/26 0900
Wed 8/12 1300	Thu 8/27 0900
Fri 8/14 0900	Fri 8/28 1300

SUPPORT GROUP FOR THE SINGLE SERVICE MEMBER

Mon 8/03 1300	Fri 8/14 1300
Wed 8/05 0900	Wed 8/19 1300
Thu 8/06 1300	Fri 8/21 0900
Mon 8/10 0900	Mon 8/24 1300
Tue 8/11 1500	Thu 8/27 1300
Thu 8/13 0900	Mon 8/31 0900

SUPPORT GROUP FOR PARENTS

Tue 8/04 1100	Tue 8/18 1300
Wed 8/05 1300	Thu 8/20 0900
Fri 8/07 0900	Fri 8/21 1300
Mon 8/10 1300	Tue 8/25 1300
Wed 8/12 0900	Wed 8/26 1300
Thu 8/13 1300	Fri 8/28 0900
Mon 8/17 0900	Mon 8/31 1300

EFMP CONNECT

Thu 8/06 1500
Thu 8/13 1500
Tue 8/18 1500
Thu 8/20 1500
Thu 8/27 1500
Mon 8/31 1500

KEY SPOUSE TRAINING Offered virtually, participants will need to email antoinetta.geronimo@us.af.mil to register.