

Mandatory Initial Counseling (IC)/Pre-Separation Briefings

Separating Members: **Every Wed; 0800 – 1100**
Retiring Members: **Normally the last Friday of the month from 0800 – 1200.** Must call to schedule this briefing.

All members must obtain IC/pre-separation counseling prior to separating or retiring. Must be completed NLT 365 days prior to separation or retirement date. Recommend attending 14 – 18 months prior to date of separation & 24 months prior to date of retirement.

Boots to Business



Quarterly 2-day class.
2 & 3 June; 0830 – 1600 each day.

Two-day

entrepreneurship workshop. Topics include: entrepreneurial mindset, business planning, financing your venture, legal issues, understanding markets, resources, and more!

FBI Career Info Session

17 June; 1000-1200

Join us for an information session with a recruiter from the FBI and learn about the various employment opportunities with the FBI.



Career and Credential (C2E) Credential Exploration

Quarterly 2-day class.

11 & 12 May: 0800 – 1630 each day.

This 2-day class is facilitated by the Department of Labor. Participants will complete personalized career development assessments and receive tailored career recommendations. Learn various web tools to find career certifications/licenses.



CAL TAP

15 April; 1000 – 1300

Are you staying in

California after your sep/retirement? Hosted by CalVet and their partners. Learn about your “unique” California Veterans benefits.

VA Benefits Advisor

Available and located in the A&FRC! Do you have questions about your VA benefits? Mr. Joe Thompson is ready to serve you via e-mail, walk-ins, or appointments. Joe.thompson@vatap.calibresys.com C: 571-461-8578

Get Your Federal Resume Noticed

22 April, 27 May & 24 June; 0900-1100



Learn how to navigate USAJOBS and write your federal resume if you are seeking employment in the federal workforce. Come learn strategies and resources to help you in your quest.

LinkedIn

24 May; 1030-1200

Learn how to create an effective LinkedIn profile, to effectively network on line, how to find your dream job on LinkedIn, and much more! Facilitated by Ms. Melissa Washington, Director/Founder of Women Veterans Alliance.

Job Opportunities

View current job listings, upcoming Job Fairs, and other topics of interest to job seekers and those pursuing education.



Lunch & Learn Series

Mondays; 1200-1330

Various topics related to employment and educational opportunities.

Bundles for Babies

14 May; 0900-1200



All expectant parents or parents of a newborn (3 months old or less) are invited to this informative class. This class is open to the following:

- Active Duty Air Force families
- Air Force Reserve and Air National Guard on USC Title 10 orders for more than 15 days
- Active Duty Navy/Marine and Coast Guard families assigned to Beale.

Briefers for this class include, A&FRC Finance, Child & Youth Programs, Tricare, Family Advocacy, & Nutrition. *Service members receive notification through MyVector of this training requirement. This class or the online training satisfies Birth of First Child training requirement.



Air Force Aid Society (AFAS)

As the official charity of the Air Force the Air Force Aid Society's mission is to support Airman and enhance the Air Force Mission by relieving emergency financial distress, helping Airmen's families achieve their educational goals, and improving their quality of life through proactive programs.



Celebrate Military Spouse Appreciation Day 7 May at the A&FRC!

Spouses may participate in the following events:

Spouse Appreciation Bingo for prizes

From 0930 – 1100

(Participants will receive a USO Gift)

Space is limited. **Please RSVP**

&

USO drive-through gift give-away

From 1230 until supplies last

My Air Force Benefits

Do you know your benefits?

How about your family? This website is available to provide answers to the above questions and so much more! www.MyAirForceBenefits.us.af.mil

HELPFUL WEBSITES:

www.bealespousesclub.com <https://www.fvap.gov/>

<https://www.va.gov/>

<https://afas.org/>

<http://www.bealefss.com/>

<http://www.militaryonesource.mil/>



Contact your A&FRC at 634-2863 for military voter information. <https://www.fvap.gov/vao>

Beale Airman & Family Readiness Center

Class Schedule



April- June 2021

- Information & Referral
- Employment Assistance
- Transition Assistance
- Personal Financial Readiness
- Military Family Life Counselor
- Relocation Assistance
- Emergency Financial Assistance
- Deployment Support Programs
- Personal Work Life
- Key Spouse
- EFMP
- Casualty Assistance
- Voter Assistance
- Welcome Center



CALL 530-634-2863

TO REGISTER FOR ALL CLASSES



<https://www.facebook.com/pages/Beale-Airman-and-Family-Readiness-Center/>

Like us on Facebook—Search key words “Beale Airman and Family Readiness Center”



FOLLOW US ON

Instagram @bealeafc



Play Mornings with EFMP

Every Thursday, 0900-1000

Join us for play mornings at various locations. Learn age-appropriate games & toys, self-esteem & effective discipline tips. Meet other families & have fun! Open to DoD ID card holders with children ages 0-5. Call the A&FRC for location.

Everything EFMP

Quarterly class: 14 April; 1000-1100

Do you think your family may qualify for EFMP? Are you new to EFMP? Medical, Assignments, and Family Support EFMP Programs will provide a brief overview of the Program and be available for questions.

EFMP Autism Support Group

2nd & 4th Tuesday of each month. 1000-1100

Joint support group hosted by Beale & Travis EFMP teams. Connect with other parents and gain invaluable resources in the local community.

Smooth Move Briefing

1st Thurs; 1430-1600/ 3rd Thurs; 1000-1130

Military life brings many moves for the service member and their family. Learn how to move with the kids, pets, family and save money while alleviating stress.



Happy Landings

23 April; 0900-1400

New to Beale? This is an opportunity to receive information about services and activities available on base and how to access them. During this time, you will also be able to meet and network with other spouses who are new to the area. Our Yuba/ Sutter community liaison will present fun facts and general information about the local area.

Single Parent Network

Quarterly Class: 16 June; 1130-1300

Single Parent Network is starting up again, at the A&FRC! Fun, information and resources provided to support the single parents at Beale.

Pre-Deployment/READI

1st & 3rd Wednesday of each month. 1000-1100

Mandatory mass Beale Deployment Out-processing brief to discuss readiness education and deployment information. Military members scheduled by UDMs, family members scheduled by A&FRC. Information provided by the A&FRC and base support agencies.

Reintegration

Every Tuesday/ Thursday 1000-1100



Post deployment assistance to help single and married personnel and families readjust, reunite and reintegrate following a deployment. Airmen are required to attend within 14 days of return after reporting to IPR. Spouses are highly encouraged to attend.

Hearts Apart

Quarterly Events

These events are for families of Team Beale members who are deployed, on extended TDY or on a remote tour. Call the A&FRC for more information.



Key Spouse Program

The Key Spouse program is always looking for spouses who would like to volunteer within this peer-to-peer support system. This unit commander's program promotes partnerships with unit leadership, volunteer Key Spouses, families, the A&FRC and other community agencies. The program is an official unit/family program designed to enhance readiness and establish a sense of Air Force community. Your A&FRC provides initial and continuing training. Contact your First Sergeant or the A&FRC for more information.

Key Spouse Congress

27 April & 4 May; 1830 - 1930 / 18 June 0900 - 1030

Focused training to empower Unit Key Spouses.

Key Spouse Mentor Training

22 April 1200- 1300

Quarterly training empowering Unit KS Mentors by providing information, scenario based problem solving, and idea sharing.

The Journaling Project

Learn resilience skills and explore how journaling can improve wellness (Journals provided) 20 April; 1200-1300 Receive "Start Where You Are" Journals. Topics: Mindfulness and Gratitude 13 May; 1200 - 1300 Inspirational rock painting. Topics: Balance Your Thinking & Reframing Your Thoughts 4 June; 1200-1300 Explore journaling Topic: Celebrate Good News



One on One with the USCIS

The U.S. Citizenship and Immigration Services assists active duty and family members navigate the USCIS quagmire. USCIS is available on a "case by case" basis to provide information on the naturalization process and assist members and spouses with paper work once the process has begun. Call the A&FRC for more information.

Military & Family Life Counselor (MFLC)

Do you need someone to talk to? MFLCs are available to listen. Consultations are free and anonymous. No records kept. To schedule an appointment, call 530-434-3705.



Air Force Families Forever (AFFF)

AFFF is a long-term aftercare program to provide proactive outreach to family members who have lost a loved one serving on active duty at the time of their passing. The mission of AFFF is to link families of fallen Airmen to their Air Force Family promoting survivor resilience, fostering well-being and connection. The program provides resources, support and information to help survivors adapt to life without their loved one.

Survivor Benefit Plan (SBP):

Did you know that a member's retired pay stops at death? That's the bad news. Now the "good news" - a retiring member can protect a portion of that hard-earned, well-deserved retired pay by participating in the SBP. Contact your SBP Counselor, Mr. Webb at 530-634-3144 for more information.

Retirement Planning Starter

3 May & 7 June; 0900-1000

Learn to recognize principal concepts of saving and investing, maximize matching contributions to r TSP accounts, make contributions from multiple income sources other than basic pay, and manage the distribution of funds in TSP accounts.

*Service members receive notification through MyVector of this training requirement. This class or the online training satisfies Retirement Planning Starter training requirement.

Marriage - Financial Readiness

3 May & 7 June; 1100-1200

Marriage introduces a couple to many changes, including financial adjustments. This class will help you and your spouse as a newly married couple organize your finances efficiently and work through many other changes that come with your new status.

*Service members receive notification through MyVector of this training requirement. This class or the online training satisfies Marriage training requirement.

Ditching the Dorms

1 April, 6 May & 3 June; 0900-1030/ 1900-2030

Anticipate and successfully manage changes in your cash flow related to moving out of the dorms. Topics covered include, start-up costs, lease process, and other information specific to living in our surrounding communities. You will also create a budget and self-assessment during this course.

Permanent Change of Station (PCS) Financial Readiness

14 April, 12 May & 9 June; 0900-1000

Manage changes in your cash flow related to a PCS relocation. Topics covered include PCS expenses, PCS Resources and Financial Planning for PCS.

*Service members receive notification through MyVector of this training requirement. This class or the online training satisfies Permanent Change of Station Financial Readiness training requirement.