

Air Force Aid Society (AFAS) provides emergency financial aid on a case by case basis for:

- Basic Maintenance (food, shelter, utilities, etc.)
- Emergency Maintenance of Essential Vehicle
- Funeral Expenses/Emergency Leave
- AFAS also provides the following programs:

- * Car Care Because We Care
- * Bundles for Babies
- * Education Grants
- * Give Parents a Break
- * Respite Care
- * Child Care for PCS/Volunteers

Career Focus provides eligible service members and family members information on the local job market to assist with their search for jobs in the local area. Information and programs are available on:

- Resume reviews & critiques (One-on-One Assistance)
- Job Search Techniques
- Federal Employment
- Social Media and your Job Search
- Acing the Interview Workshop
- MBTI/Strong Assessments

Transition Assistance assists separating or retiring military members transitioning into civilian life through information and programs on:

- Job Search Skills
- VA Benefits Briefings
- Mandatory Separation Counseling
- Mandatory Individual Transition Plans (ITP)
- TAP Workshops
- Job Fairs
- Boots 2 Business

Civilian Transition Assistance Programs (C-TAP) assists DoD civilians facing career choices outside federal service.

Personal Financial Readiness (PFR)

PFR program offers information, education, and personal counseling to help individuals and families maintain financial readiness/stability and achieve their financial goals.

Classes and individual consultations are available for:

- Developing a spending plan
- Understanding insurance options
- Career Status Bonus/REDUX decision
- Managing debt
- Building and using credit
- FREE credit report/FICO score and review
- Thrift Savings Plan
- Auto/home buying

Personal and Work Life provides information, education and limited counseling designed to help single and married military members and their dependents adapt to current and future changes in their lives. Upon request, many classes/workshops may also be delivered directly to the unit.

Information is available on:

- Key Spouse Program
- Family Wellness Skills
- Effective Communication
- Couples Skills
- Single Parent Skills/ Support Groups
- Four Lenses Temperament Workshops

Family/Personal Readiness provide information and programs on:

- Deployment, remote tours and mobilization assistance
- Hurricane/Disaster Preparedness
- **Hearts Apart** is a morale program for families when the military member is deployed or is TDY for more than 30 days.

Information & Referral (I&R) is designed to link individuals and families with the right resource to meet their specific needs utilizing services available on base, the local community and nationwide. Also provides:

- Referral Resources
- Written Resources

Military & Family Life Counselor (MFLC)

MFLCs are available to listen and help service members, spouses, family members, and children to address the following:

- Deployment/reintegration
- Marriage and relationships
- Parenting/sibling & family problems
- Communication challenges
- Stress, anxiety and depression
- Grief and loss daily life issues
- Free, Anonymous, No records kept

Exceptional Family Member Program Family Support (EFMP-FS)

- EFMP-FS facilitates collaboration among agencies that provide necessary information and resources for families with special needs.
- Assists with coordination of family support services on and off the installation to EFMs who have physical, developmental, emotional, educational, social or intellectual impairments/disabilities.
- Navigates key local, state and federal resources available to EFMs. Develops and maintains a comprehensive resource directory with descriptive information about the agencies and organizations.

Relocation Assistance assists members and their dependents with:

- Heart Link: Spouse Orientation
- Sponsor Training (mandatory for all sponsors who have not completed the training in the past 12 mos.)
- Information and assistance to new arrivals
- Information about Kids on the Move Helpful internet sites, including:

<http://www.afcrossroads.com>

<http://www.militaryhomefront.dod.mil>

<http://militaryonesource.com>

<http://afmove.af.mil>

<http://www.militaryinstallations.dod.mil>

Survivor Benefit Plan (SBP) Counselor

- Informs each retiring member and spouses, if applicable, of the options and effects of the SBP as it applies to each person's circumstances.
- Explains how the Plan operates, its role in estate planning, and the possible consequences of not enrolling in the Plan.
- Call to schedule an appointment

Casualty Assistance Representative (CAR)

- Provides counseling and assistance to the next of kin or other eligible beneficiaries of a deceased member to claim all government benefits to which they are entitled.
- Assist with claim applications for monetary benefits, and resolve any irregularities or complaints the next of kin may have.
- Explains & processes FSGLI and TSGLI claims.

Volunteer Resources

- Central clearinghouse for volunteer recruitment, training, recognition and referral for volunteer placement.



WHAT IS THE AIRMAN AND FAMILY READINESS CENTER?

The Airman and Family Readiness Center is the cornerstone of the Pentagon A&FRC family support system, helping families and singles enhance their readiness and quality of life. All services are free. There is a direct relationship between a member's ability to successfully accomplish a mission, and the quality of life his/her family experiences.

Because of this relationship, many programs and policies are available to promote a positive family environment. The A&FRC also helps commanders and base leaders meet their responsibilities for the health and welfare of Air Force families and singles.

WHO IS ELIGIBLE?

- Active duty military members and their dependents
- Guard and Reserve members and their dependents when on active duty
- Retired military personnel and their dependents
- DoD Civilians

* With very few exceptions our programs are open to all branches of the military.

AIRMAN AND FAMILY READINESS CENTER

Air Force Aid Society

Career Focus

Casualty Assistance Representative

Personal and Work Life

Information & Referral

Personal Financial Readiness

Family/Personal Readiness

Relocation Assistance

Transition Assistance

Volunteer Resources

Military & Family Life Counselor

Exceptional Family Member Program

You do NOT have to be
married, or be accompanied
by your family to use the
Airman and Family Readiness
Center



Pentagon Airman & Family Readiness Center

Located in Room 5C1049

Hours of Operation

M-F 0800-1530

Other hours by appointment

DSN: 223-9460

COMM: 703-693-9460

811 FSS/FSOR

Pentagon Rm 5C1049

Washington DC 20330



Pentagon Airman and Family
Readiness Center