



RAF Alconbury M&FRC April Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Family Day	2 Sponsorship Training 0900 - 1000	3 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	4 Newcomer's Brief 0745 - 1600 Pre-Separation Brief 0800 - 1200	5	6
7	8 Motivational Mondays 1200 - 1300	9 TSP Touchpoint Tuesday 1400 - 1600 Pre-Arrival Orientation 1500 - 1630	10 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	11	12	13
14 Need a resume review? Contact us today for an appointment.	15	16	17 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	18 Newcomer's Brief 0745 - 1600 Career & Credential Exploration 0830 - 1630	19 Career & Credential Exploration 0830 - 1630	20
21 In need of team building in your unit? Call our team to discuss options.	22	23 Bundles for Babies 0900 - 1100	24 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	25	26	27 Want to try a Daylight Therapy Lamp? Contact us to arrange a loan locker check out.
28	29	30				

Workshops Descriptions

Sponsorship Training

Formal training to prepare sponsors with tools, knowledge, and resources to assist newly assigned personnel to make an efficient move to the United Kingdom.

Chat and a Brew with Tanner & Sue

An open discussion forum with the Personal Financial Counselor and the Military and Family Life Counselor.

Write Your Heart Out

Ignite your passion for writing in our weekly workshop. New writing prompts and all materials provided.

Pre-Separation Brief

Provides counseling on various benefits, programs, services, tools, and other important resource entitlements members may be authorized, such as transition services, VA benefits, health care options, education, and employment support, and more.

Newcomer's Orientation

A workshop introducing arriving personnel and their family members to the key personnel and services located on the base. Normally conducted twice a month for military and civilian newcomers to the base. Spouses are encouraged to attend.

Motivational Mondays

Join us for stress management and goal-focused presentations to keep your spirits up throughout the year.

TSP Touchpoint Tuesdays*

An hour workshop explaining in detail your Thrift Savings Plan.

Pre-Arrival Orientation

A virtual meeting conducted via the Zoom platform to introduce inbound members to the RAF Alconbury and RAF Molesworth Community.

Career and Credential Exploration

A 2-day course designed to assist in defining technical career goals, identifying required credentials, finding career technical training opportunities, identifying local veteran resources, and utilizing your VA education benefits.

Bundles for Babies

Overview of financial aspects of having children.

**Classes also offered virtually via Zoom*

Call or E-mail to register

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Find us on Facebook: 423 FSS Military Family Readiness Center