



RAF Alconbury M&FRC May Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	2 Newcomer's Brief 0745 - 1600 Pre-Separation Brief 0800 - 1200	3	4 Cambridge for Beginners Tour 0900 - 1630	
5	TAP WEEK Department of Defense Day 0830 - 1630 Motivational Mondays 1200 - 1300	6 TAP WEEK VA Benefits Service 0830 - 1630	7 TAP WEEK Employment Fundamentals of Career Transition 0830 - 1630 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	8 TAP WEEK Department of Labor Employment 0830 - 1630	9 TAP WEEK Department of Labor Employment 0830 - 1630	10 TAP WEEK	11
12 <i>Need a resume review? Contact us today for an appointment.</i>	13	14 Smooth Move 1400 - 1600	15 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	16 Newcomer's Brief 0745 - 1600	17	18	
19 <i>In need of team building in your unit? Call our team to discuss options.</i>	20	21	22 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	23	24 Family Day	25 <i>Are you transitioning and need a kitchen kit? Contact us to arrange a loan locker check out.</i>	
26	27 MEMORIAL DAY REMEMBER AND HONOR	28	29	30 Newcomer's Brief 0745 - 1600	31		

Workshops Descriptions

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.

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.

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.

TAP Week

Empowers service members to make informed career decisions, be competitive in a global workforce, and become positive contributors to their community as they transition from military service and reintegrate into civilian life.

Motivational Mondays

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

Cambridge for Beginners Tour

A tour of Cambridge designed to help you enjoy as much of the town as possible in a day.

Smooth Move

Assists outbound personnel with information on the PCS process.

**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