



# RAF Alconbury M&FRC June Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Motivational Mondays 1200 - 1300	4 Britain on a Budget 0900 - 1100 Pre-Arrival Orientation 1500 - 1630	5 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	6	7	8
9 <i>Are you on night shift and want to try a Daylight Therapy Lamp? Contact us to arrange a loan locker check out.</i>	10	11 Boots to Business 0830 - 1630 TSP Touchpoint Tuesday 1400 - 1600	12 Boots to Business 0830 - 1630 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	13 Newcomer's Brief 0745 - 1600	14	15 <i>Need a resume review? Contact us today for an appointment.</i>
16 <i>Are you transitioning and need a kitchen kit? Contact us to arrange a loan locker check out.</i>	17	18	19 	20 Pre-Separation Brief 0800 - 1200	21	22 <i>In need of team building in your unit? Call our team to discuss options.</i>
23	24	25	26 Chat & a Brew w/ Tanner & Sue 0900 - 1030 Write Your Heart Out 1230 - 1330	27 Newcomer's Brief 0745 - 1600	28	29
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# Workshops Descriptions

## Motivational Mondays

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

## Pre-Arrival Orientation

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

## Britain on a Budget

An interactive workshop offering tips and advice on travel in and around the UK and Europe.

## 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.

## TSP Touchpoint Tuesday\*

An hour workshop explaining in detail regarding questions regarding your Thrift Savings Plan.

## Boots to Business

In this "Introduction to Entrepreneurship" course, participants will receive: an understanding of business ownership; overview of business ownership fundamentals; the skills, knowledge & resources required to launch a business.

## 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.

*\*Class also offered virtually via Zoom*

Register here:



DSN: 268-3557 | COMM: 01480 843557 | Email: 423fss.dpf@us.af.mil

Find us on Facebook: 423 FSS Military Family Readiness Center