

Relocation Assistance

Provides information and assistance to military personnel and their families who are involved in or anticipating a PCS move.

- ◆ Sheppard START
- ◆ Smooth Move
- ◆ eSponsorship Training
- ◆ Current info on military installations
- ◆ Plan My Move
- ◆ Loan Closet

Transition Assistance

Provides separating/retiring military personnel and their families the skills and knowledge for a successful transition to civilian life.

- ◆ Mandatory Pre-separation Counseling
- ◆ 5-day TAP Workshop
- ◆ VA Benefits Information
- ◆ CAPSTONE
- ◆ Resource Center

School Liaison Officer

- ◆ Public, private & homeschooling information
- ◆ Support for inbound/outbound transfers
- ◆ School transition services
- ◆ Available to discuss your issues or concerns

Volunteer Resources

- ◆ Information available for on and off base volunteer opportunities
- ◆ Volunteer hour tracking

Airman & Family Readiness Center

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We also provide:

- ◆ Enhanced Training Day Briefings
- ◆ FTAC/O1-O2 PFR Briefings
- ◆ Food Pantry
- ◆ Airman's Attic
- ◆ Discovery Resource Center/Free WiFi



Airman & Family Readiness
Center (Sheppard AFB)



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Sheppard Air Force Base

Airman & Family Readiness Center

(A&FRC)



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Who Can Use the Airman & Family Readiness Center?

The A&FRC ensures resources are available to support Active Duty and their families. The A&FRC designs, develops and conducts family programs according to base and community requirements and capabilities. Services are available for active duty and their families, DoD civilians, retirees, and our single airmen.

What Types of Resources Are Available?

The A&FRC offers a variety of services and activities to promote personal and family resiliency skills. A variety of classes and special events are hosted annually.

Air Force Aid Society

Provides emergency financial assistance to Air Force Members, both active duty and retired and their families through interest-free loans or grants. Emergency assistance can include:

- ◆ Emergency travel due to death/ critical illness in the family
- ◆ Rent/Food/Utility Bills/Car Repairs
- ◆ Medical/dental expenses

Community Enhancement Programs

- ◆ Education loans/grants
- ◆ Bundles for Babies/OB Orientation
- ◆ Childcare for PCS/Give Parents a Break

AF Wounded Warrior Support

- ◆ Provide care, service and assistance before and after separation or retirement

Casualty Assistance & Survivor Benefits

- ◆ Casualty Assistance to Active Duty, retired personnel, & their families
- ◆ Survivor Benefits, SGLI, & v/Red briefings

Employment Assistance

Helps enhance the marketability and employability of spouses and active duty members through individual career counseling and classes to include:

- ◆ Job Search Assistance
- ◆ Resume Writing/Reviews
- ◆ Interviewing Techniques/Mock Interviews
- ◆ USAJobs/Civilian Resume Writing

Personal & Work Life Education

Enhances the well-being of families and strengthens their adaption to the unique demands of the Air Force Life.

- ◆ HeartLink/NATOLink
- ◆ Four Lenses/True Colors
- ◆ 1-2-3 Magic
- ◆ I Thee Wed
- ◆ How Not to Marry a Jerk/Jerkette
- ◆ Study Skills/Test Anxiety
- ◆ USAF ARMOR: Unified Strategy of Action for Airman Resilience & Maintenance of Operational Readiness

Exceptional Family Member Support (EFMP-FS)

- ◆ Support Group Meetings/Family Activities
- ◆ Educational Classes/STOMP Training
- ◆ Respite Care

Personal and Family Readiness

Provides mobility and deployment assistance to help single and married personnel and families meet pre-deployment, sustainment, reintegration and post-deployment challenges.

The program includes:

- ◆ Pre-deployment Briefings
- ◆ Reintegration Briefings
- ◆ Hearts Apart Support Group
- ◆ Key Spouse Program
 - ~ Initial/Quarterly Training
- ◆ Emergency Family Assistance Center (EFAC)

Personal Financial Readiness

Offers information, education and counseling on a variety of financial topics and classes to include:

- ◆ Budgeting
- ◆ Saving & Investing
- ◆ Debt Management/Consumer Rights
- ◆ Thrift Savings Plan (TSP)
- ◆ Credit Management/Major Purchases