

## **Military Spouse 101 (Heartlink)**

Did your spouse take you to Air Force Basic Training? Of course not! But how are you going to learn how to be an Military Spouse?



### **Take this class to:**

- Learn about the military acronyms, rank, squadrons, protocol, & more!
- Find out about fun & useful base services available to you as a military spouse!
- Increase your network of friends & support!

# SUCCESS

Military & Family Readiness Center

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### M&FRC Programs

Air Force Aid Society

Air Force Spouse

Professional Development

AF Wounded Warrior

Career Focus

Deployment

Exceptional Family Member  
Program-Family Support  
(EFMP-FS)

Money Matters

Moving/PCSing

Separation/Retirement

Volunteering

Air Force Families Forever



Updated Feb 2023

# Air Force Spouse

## SUCCESS

Military & Family Readiness Center

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### Military and Family Readiness Center



940 Arnold Drive  
Little Rock AFB, AR 72099  
(501) 987-2667  
Fax: 501-987-3764

#### **Hours of Operation:**

Mon, Wed, Thur, Fri—0730-1630  
Tue—0730-1400

[www.litterock.af.mil](http://www.litterock.af.mil)

[www.facebook.com/  
LittleRockMFRC](http://www.facebook.com/LittleRockMFRC)



# Air Force Spouse

SUCCESS

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## Welcome Spouses!



Being an Air Force Spouse isn't easy! Check out these awesome services available to you for **FREE!**

- **Moving?** 20 Hrs Free Childcare, Household items to borrow
- **Deploying?** Free Childcare, Free Oil Change, classes to help prepare
- **Need a Job?** Resume writing classes, job search info
- **Faxing?** FREE fax, computers, copier, & scanner
- **Piggy Bank Empty?** Learn how to budget, payoff debt fast, save money
- **Emergency?** No interest loans for emergency situations
- **Want to Volunteer?** Opportunities galore!
- **Having a Baby?** Great info & \$50 gift card @ Bundles For Babies Workshop



## Key Spouse Program

### Initial Key Spouse/Mentor Training

Do you love helping people? Want to share your knowledge and experience with others? Become a Key Spouse for your squadron!



### Continuing Education Training for Key Spouses/Mentors

This quarterly training keeps Key Spouses/Mentors in-the-know with current news, information and resources to help families

### Key Spouse/Mentor Refresher Training

Were you a Key Spouse or Key Spouse Mentor at your last base? Become a Key Spouse at Little Rock by taking this quick, 1-hour refresher training! (Must provide verification of Initial Training completion)

## Family Life Classes

### Exploring Adoption

Find out about domestic, international, private, and public agency adoptions, foster care, adoption costs, & lots more!

### Caregiving Near and Far

Taking care of an elderly parent is full of



choices and responsibilities. Become informed about options and resources to provide the best care possible!

### Relationship & Parenting Classes

Keeping your family strong through the unique challenges of being a Military Family. Strengthening marriages, building resilience in children, and practicing effective coping strategies and learning to thrive as a Military Spouse!