




MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1 Newcomers 0830 Pre-Deployment: 1000 Home Buying: 1130	2 Pre-Separation: 0900 Post Deployment: 1100	3 KS Chat, Laugh, & Learn: 1130	4
TAP 3-Day Workshop 0800-1630			MY Education 0800-1630		DoL Employment 0800-1630	
5	6	7 Spouse Employment Programs: 0900 Post Deployment: 1100	8 Pre-Deployment: 1000 Car Buying: 1130 Ditch the Dorms: 1400	9 Pre-Separation: 0900 Post Deployment: 1100	10 Spouse Appreciation Event	11
B2B/Entrepreneurship 0800-1630			Career & Credential 0800-1630			
12  Mothers Day	13	14 Federal Resume: 0900 Post Deployment: 1100 Deployed Family Dinner: 1630	15 Newcomers 0830 Pre-Deployment: 1000 TSP: 1130	16 Pre-Separation: 0900 Post Deployment: 1100 Spring Career Fair	17 Heartlink: 0900	18
TAP 3-Day Workshop 0800-1630			DoL Employment 0800-1630			
19	20	21 Private Sector Resume: 0900 Post Deployment: 1100	22 Pre-Deployment: 1000 Power of Paycheck Planning: 1130 True Colors: 1500	23 Pre-Separation: 0900 Post Deployment: 1100	24 AMC Family Day M&FRC Closed 	25
26	27 M&FRC Closed  Remembrance Day Lest We Forget	28 Post Deployment: 1100	29 Pre-Deployment: 1000 Big Four of Finances: 1130	30 Pre-Separation: 0900 Post Deployment: 1100	31 ALL Workshops are held in Building 940 (WCSC) EXCEPT MY Education, which is held in Building 1490 (Education Center)	

(Notice: Classes with 5 or less participants are subject to cancellations.)



Monthly Briefings & Appointments

Reintegration: Thurs, 1100-1200

Pre-Deployment: Wed, 1000-1100

Financial Lunch & Learn: Wed, 1130-1230

Pre-Separation: Thurs, 0900-1200

Capstone Events: Thurs, Every 30 Mins
Between 1400-1530 (By Appointment)

ALL Workshops are held in Building 940 (WCSC) EXCEPT MY Education, which is held in Building 1490 (Education Center)



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Facebook.com/LittleRockMFRC

Hours:

Mon, Wed-Fri: 0700-1630

Tues: 0700-1400

CLASSES

Transition/Separation/Retirement:

Pre-Separation Brief: Congressionally mandated explanation of services & benefits.

TAP 3-day Workshop: Business Casual, mandatory workshop- DoD Transition, VA Services and Benefits, 1 Day DoL Employment.

DoL Employment: 2-Day track that assists with resume writing, interviewing skills, networking and labor market information and federal employment.

MY Education: 2-Day transition facilitated by the Education Center. Includes GI Bill, Scholarships, Grants, Degree Planning, & More.

CZE Career & Credentialing: 2-Day transition track facilitated by VA Exploring, seeking, & vocational career planning.

SBA Entrepreneurship: 2-Day transition track facilitated by the Small Business Administration gaining knowledge on running your own business or getting into a franchise.

Capstone Event: Final step in the TAP Process to finish out DD Form 2648.

Money Matters/Financial:

***Thrift Savings Plan:** Explains TSP, Life Cycle Funds, and Roth vs Traditional Contributions.

***Home Buying:** Learn about the process for first time home buyers.

***Car Buying:** Learn how to make car shopping a smarter and easier process.

***Budgeting Basics:** Learn to analyze cash flows and develop a budget.

***Living on Your Own Dime:** Covers financial changes that occur when members move from dorms to a place.

How to Become a Millionaire: This workshop covers all the important topics that determine financial success, budgeting, credit and debt, savings and investing etc.

Credit & Debt Management: Attendees will learn different methods to reducing their debt, staying out of debt and raising their credit score.

Paycheck Planning: Participants in this workshop will learn to analyze cash flows (income and expenses) to develop a working budget for their goals.

Holiday Recovery: This class is designed to help service members assess their finances post-holidays, plan for paying down holiday debt accumulated, and develop strategies to make better financial plans for the next holiday season.

Tax Prep: A brief explanation of what taxes are, as well as a basic explanation of the different sections of the IRS Form 1040, US Individual Income Tax Return.

Emergency Planning: Participants will learn the information and resources they need to be physically and financially ready for an emergency or natural disaster.

Cost of Convenience: Learn tips and tricks to help make smarter shopping choices that can lead to lower spending.

Raising Financially Fit Kids: This course is designed to help parents learn how to teach their children sound financial management skills.

Big Four of Finances: The four tips to financial wellness and growing wealth.

Estate Planning: The four tips to financial wellness and growing wealth.

Family/Spouse:

Key Spouse & Mentors Continuing Education: Key Spouse & Mentors are required to attend continuing education training quarterly. A variety of topics will be discussed.

Initial Key Spouse & Mentoring Training: Provides the core components of the Key Spouse Program as well as roles & responsibilities of a Key Spouse. Must have an appointment letter to attend.

Bundles for Babies: Workshop for expectant parents done Quarterly.

BFMP Networking Group: Provides support and resources for families with exceptional family members, and those enrolled in BFMP.

Spouse Resilience: Learn skills to help you overcome adversity.

Divorce 101: A checklist for preparing yourself for a divorce.

Heart Link (Military Spouse 101): Learn the ins and outs of the Military way of life.

***5 Love Languages of Children:** Discover your child's unique way of feeling love and how to speak to it. Build a solid foundation for your child to trust you and flourish as they grow.

Cultivating Meaningful Relationships: Learn about the effects of Loneliness on your mental health and tips to cultivate a meaningful relationship.

20 Habits of Happiness: 20 Habits to help live a happier life.

Adoption: Learn the process for adopting/fostering a child in the military.

Taming Anger: Tips for controlling your anger.

Employment/Career Focus:

***Federal Resume Writing:** Understand how to navigate USAJobs.gov, and gain tips for creating a "Best Qualified" federal resume.

***Private Sector Resume Writing:** Learn the basics of writing a successful resume for civilian employment in the private sector.

***Spouse Employment Program:** Provides information regarding the Military Spouse Employment Partnership (MSEP) and Spouse Education and Career Opportunities (SECO).

***LinkedIn or Left Out:** Goes over the basics of LinkedIn, including how to set up your profile.

Career & Job Searching: Teaches the best ways to find a job or career.

Moving/Relocation:

Newcomers: Welcomes from the commander and the mayor for newly assigned personnel. Mandatory for members, and spouses are encouraged to attend.

Master your Move: Various agencies provide information to better prepare airmen and their families for PCS move.

Deployment/Readiness:

Pre-Deployment: Helps prepare members and families for deployment, including dealing with separation and stress.

Post Deployment / Reintegration: Provides support and reintegration education to returning deployers and their families.

Professional Development:

***Goal Setting:** Discusses the importance of goal setting & techniques for achieving your goals.

***Time Management:** Overcome procrastination and get more of the right things done in less time.

***True Colors/Four Lenses:** Discover the differences in perception & perspective among 4 distinct personality types and how this can impact workstyles & communication.

***Getting Good Sleep:** Tips for getting good rest.

***Study Like a Pro:** Provides tips, tricks, and methods to get the most out of your study session.

***Effective Communication:** Learn different ways to communicate to improve the quality of personal and professional relationships.

Working With Different Generations: Learn how to work with different generations when it comes to communication, dress, motivation, and leadership.

Warrior's Edge: Aims to strengthen the mind while teaching high-performance mindset skills that create mental strength.

EVENTS

Spouse Appreciation Event: 10 May 1730-1930 (At the WCSC)

Deployed Family Dinner: 14 May 1630 (At the Base Lake)

Spring Career Fair- 16 May, 1100-1400 (At the WCSC)
(Employer Panel- 1000, Resume Reviews- 0900-1100)