

AIRMAN & FAMILY READINESS CENTER

November 2017

GROWING YOUR MONEY

This workshop is designed to help you realize your dreams by learning the financial skills necessary to maintain a spending plan, use checking and savings accounts, and build or repair credit. This two-part class runs from 1-4 p.m. on November 7 and 14. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

HEART LINK

Heart Link provides essential information to spouses to make life in the Air Force fulfilling and rewarding. Join us for a fun-filled day of interactive games, presentations, prizes, and more, from 8:30 a.m. to 3:30 p.m. on November 8. Navy, Marine, and Army spouses are cordially invited, too! Childcare reimbursement, continental breakfast, and lunch are provided. For more information and to register, call the Airman and Family Readiness Center at 402-294-4329.

INTERVIEWING WORKSHOP

Land that dream job to learn the basic steps on how to prepare for the interview and identify the types and stages of the interview process. Attend on November 9 from 8:30 to 12 p.m.

MARKETING YOURSELF THROUGH SOCIAL MEDIA

Learn to use social media to investigate companies and connect with the “right people” through LinkedIn. Call the Airman and Family Readiness Center at 402-294-4329 to attend this seminar on November 9, from 9-11 a.m.

TRANSITION ASSISTANCE PROGRAM

This program assists separating or retiring military members transitioning into civilian life. To attend this mandatory 5-day program on November 13-17, from 8 a.m.-4:30 p.m., call the Airman and Family Readiness Center at 402-294-4329.

RESUME WORKSHOP

Looking for a job? Attend this workshop from 8-11 a.m. on November 14. Get helpful new information on writing a great resume. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

BUNDLES FOR BABIES

Attend Bundles for Babies on November 14, from 9 to 11:30 a.m., for expectant parents in the second and third trimester. This class covers preparing for labor and delivery, newborn appearance and behavior, basic newborn care, postpartum care, Family Advocacy's New Parent Support Program, and programs and services available through the Airman & Family Readiness Center, and costs associated with having a baby. Call the A&FRC at 402-294-4329 for more information and registration.

1-2-3 MAGIC PARENTING CLASS

This class provides information on effective discipline for children 2-12 and offers easy-to-follow steps for disciplining children without yelling, arguing, or spanking. Class meets November 15, from 9 a.m. to noon. Call the A&FRC at 402-294-4329 for more information and registration.

BOOTS TO BUSINESS

Service members pursuing self-employment in the private or non-profit sector will learn about the challenges faced by entrepreneurs and the steps toward business ownership. Attend this new workshop on November 28 and 29, from 8 a.m.-4:30 p.m. Call the Airman & Family Readiness Center at 294-4329 for more information and registration.