

AIRMAN & FAMILY READINESS CENTER

January 2018

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 January 2 and 9. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

RETIREE TRANSITION ASSISTANCE PROGRAM

This program assists retiring military members transitioning into civilian life. To attend this mandatory 5-day program on January 8-12, from 8 a.m.-4:30 p.m., call the Airman & Family Readiness Center at 402-294-4329.

BUNDLES FOR BABIES

Attend Bundles for Babies on January 16, 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 January 24, from 9 a.m. to noon. Call the A&FRC at 402-294-4329 for more information and registration.

TRANSITION ASSISTANCE PROGRAM

This program assists separating or retiring military members transitioning into civilian life. To attend this mandatory 5-day program on January 22-26, from 8 a.m.-4:30 p.m., call the Airman and Family Readiness Center at 402-294-4329.

CAREER TECHNICAL TRAINING TRACK

The Career Technical Training Track is designed to assist in defining technical career goals, identify required credentials, find career technical training opportunities, and locate local veteran

resources to utilize education benefits. Call the Airman and Family Readiness Center at 402-294-4329 to attend this new workshop on January 29 and 30, from 8 a.m.-4:30 p.m.