

## AIRMAN & FAMILY READINESS CENTER

March 2018

### BUNDLES FOR BABIES

Attend Bundles for Babies on March 6, from 9 to 11 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.

### 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 March 6 and 13. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

### HOME BUYING WORKSHOP

Are you considering buying a home? Do you understand the advantages and disadvantages? Can you afford it? Where do you start with credit and financing, and what does it take to get a home loan? For these answers, attend this workshop from 8 a.m.-12 p.m. on March 9. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

### 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 March 12 and 13, from 8 a.m.-4:30 p.m.

### RESUME WORKSHOP

Looking for a job? Attend this workshop from 8-11 a.m. on March 13. 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.

### PARENTING WITH LOVE AND LOGIC

This program is known as parenting with love and logic providing simple and easy-to-use techniques to help parents have more fun and less stress while raising responsible kids of all

ages. Attend this parenting workshop on March 15, from 8:30 a.m.-12 p.m. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

### CAR BUYING STRATEGIES

Are you planning to buy a car soon? What can you afford and what style car is best for you? For answers to these questions and more, attend our Car Buying Strategies class from 8-11 a.m. on March 21. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

### FEDERAL JOB SEARCH

Learn techniques for searching federal jobs and writing your federal resume for self-nomination. Attend this workshop from 8-11 a.m. on March 22. 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 September 18-22, from 8 a.m.-4:30 p.m., call the Airman and Family Readiness Center at 402-294-4329.