

## TRANSITION ASSISTANCE PROGRAM

Mandatory for members separating/retiring. Must start NLT 365 days from Date of Separation/Retirement (DOS). All workshops and briefings require registration and must be completed in the following order:

- Step 1 – Complete self-assessment and supplemental questionnaire (request copy from AGFRC)
- Step 2 – Attend Initial Counseling Briefing (18-24 months from DOS)
- Step 3 – Attend Pre-Separation Briefing (NLT 365 days from DOS)
- Step 4 – Register/attend 3 day TAP Workshop (6-9 months from DOS)
- Step 5 – Register/attend 2 day Track Workshop (3-6 months from DOS)
- Step 6 – Schedule Capstone appointment – review Career Readiness Standards (NLT 90 days from DOS)

## AIR FORCE AID SOCIETY (AFAS)

### FALCON LOAN

An interest-free loan of \$1,500 or less for emergency. Appointment and application required.

### STANDARD LOAN

An interest free loan greater than \$1,500 for emergencies.

### BUNDLES FOR BABIES

A class for expectant families in the last trimester. A gift card for the BX is provided to attendees at the end of the class.

## CHILD CARE PROGRAMS

### PCS CARE

This program is intended to help families who are in the process of a PCS move with 20 hours child care, per child.

### GIVE PARENTS A BREAK (GPAB) Child Care

Four hours of free child care once a month as scheduled at the Child Development Center or Youth Center. A referral certificate is required.

## READINESS (PRE-DEPLOYMENT/REINTEGRATION)

All personnel going TDY/Remote/Deployment for more than 30 days are required to attend a Pre-Deployment Briefing. Upon return to Minot, attendance is required at a Reintegration Briefing within 7 days. Spouses are welcome and encouraged to attend both briefings.

## EXCEPTIONAL FAMILY MEMBER PROGRAM FAMILY SUPPORT (EFMP-FS)

- Non-Medical Case Management
- EFMP Navigation Support
- On and Off-base Program Information and Referral
- Family Events (Call M&FRC at 701-723-3950 to register)
- Educational Opportunities (ie: IEP/504, EFMP Orientation)
- EFMP Enrollment Questions, Contact the 5 MDG EFMP at 701-723-5547.

## CASUALTY ASSISTANCE

- Provides compassionate assistance to families
- Apply for benefits in times of injury or death of active duty members
- Emergency Family Member Travel to ensure family members can be at the bedside of a seriously ill or injured active duty service member
- All SGLI programs
- POC: 701-723-1444

## SURVIVOR BENEFIT PLAN (SBP CONSULTATION)

One-on-one briefing for retiring members and their spouses ensuring they understand the Survivor Benefit Plan and the benefits it can provide in estate planning. Call 701-723-1444 for more information.

## DISCOVERY RESOURCE CENTER

Located inside the M&FRC provides

- Free Internet (Wi-Fi & PCs)
- Fax/Copy/Scan/Printing

# The Military & Family Readiness Center

## Hours of Operation

MON - FRI  
7:30AM - 4:30PM

CLOSED WEEKENDS, FEDERAL  
HOLIDAYS, FAMILY DAYS,  
and BASE WIDE DOWN DAYS



**CLOSED AT NOON ON THE SECOND THURSDAY  
OF EACH MONTH FOR STAFF TRAINING**

291 PEACEKEEPER PLACE  
MINOT AFB, ND 58704  
Phone: 701-723-3950  
DSN: 453-3950

Email: [5fss.family.support@us.af.mil](mailto:5fss.family.support@us.af.mil)  
[www.5thforcesupport.com](http://www.5thforcesupport.com)

Follow us on Facebook

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## PERSONAL WORK/LIFE

Topics are designed to enhance life skills through education:

- Interpersonal Communication
- Stress Management
- Time Management
- Anger Management
- Four Lenses (personality assessment to help individuals gain self-awareness and an understanding of others)
- And More....

## MILITARY ONESOURCE

www.militaryonesource.mil, 800-342-9647, and the My Military OneSource mobile app are great resources for military and/or family members at any time of the day. Resources available include

- Educational Materials
- Military Life Cycle
- Family & Relationship
- Moving & Housing
- Financial & Legal
- Education & Employment
- Health & Wellness
- Recreation, Travel, & Shopping

## MILITARY FAMILY LIFE COUNSELOR (MFLC)

Confidential assistance for

- Deployment/Reintegration
- Relationship
- Communication
- Stress Management
- Anxiety
- Daily Life
- And More...

Call for an appointment.

Adult MFLC: 701-578-4826 or 701-409-3800

Child & Youth MFLC: 701-425-7905 or 701-340-6731

## VOLUNTEER SERVICES

The M&FRC regularly emails volunteer opportunities to the base population. They are also posted weekly in the "Northern Sentry"

## RELOCATION

### PLAN MY MOVE (AUTOMATED)

- From your computer go to the AF Portal: Base Orgs > My Base>.
- Open the Plan My Move.pdf.
- Submit an email to <M&FRC with a subject line of "Completed Plan My Move." (email is provided in pdf)

### HOUSING REFERRAL NETWORK (AUTOMATED)

AHRN.com is sponsored by the Department of Defense, and designed to improve the process of securing available housing for relocating military members and their families.

### RIGHT START

This program informs newly assigned personnel about services and resources available on and off-base. Military and Civilian personnel are required to attend. Spouses are highly encouraged to attend.

### SPONSORSHIP TRAINING

Sponsors assigned to provide assistance to service members and their families relocating to Minot AFB must take the online eSponsorship training at [millifelearning.militaryonesource.mil](http://millifelearning.militaryonesource.mil)

## SPOUSE PROGRAMS

### KEY SPOUSE PROGRAM

Enables Commander-appointed volunteer spouses from each squadron to learn all facets of support services available to assist families in their squadrons.

### HEARTLINK/SPOUSE ORIENTATION

- Held Quarterly
- For spouses new to the Air Force or new to Minot AFB
- Connect with other spouses
- Discover things to do and top attractions in the area
- Learn about military pay, benefits, and resources

## FINANCIAL CLASSES

- Understanding Credit
- Thrift Savings
- Blended Retirement System
- Spending, Savings, & Debt Reduction
- Budgeting
- Moving Out of the Dorms (Required)
- Home Buying Seminar
- Mandatory Financial Touchpoints
  - \* FTAC/FTOC
  - \* Major Life Events (Marriage, Divorce, First Child)
  - \* Pre/Post Deployment
  - \* PCS
  - \* Promotion
  - \* Transition (Retirement/Separation)
  - \* Thrift Savings Plan
  - \* Blended Retirement
  - \* Promotion

## EMPLOYMENT ASSISTANCE/RESUMES/EDUCATION/SCHOLARSHIPS

- Employment assistance available for all DoD ID holders
- Minot AFB Eyes on Jobs Facebook page
- Federal and Civilian resume classes
- LinkedIn workshops
- One-on-one Federal and Civilian resume writing assistance
- Military OneSource MyCAA Scholarship program assistance

## EMERGENCY FAMILY ASSISTANCE CENTER (EFAC)

The M&FRC serves as the EFAC before, during, and after times of local or national disasters/emergencies.