

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 M&FRC)
- 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. No appointment necessary. Help with online application available through the M&FRC.

STANDARD LOAN

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

BUNDLES FOR BABIES

A class for expectant families in the last trimester. This class fulfills the My Vector Financial Touchpoint requirement.

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. Families arriving and departing are eligible for this program. A copy of orders are required.

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



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
www.5thforcesupport.com

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UPDATED AUGUST 2023



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 and attend at least one in person training session. The training is held monthly at the M&FRC.

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.

SPOUSES WELCOME 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.