



CENTCOM

Family Readiness Program Manager

Ricardo Carrasquillo

CENTCOM Reception Center
7115 South Boundary Blvd
Building 571, Room 114
MacDill AFB, FL 33621
Phone: (813) 529-0539

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Airman & Family Readiness Center

Web Link: <http://www.macdillfss.com/mainmenusub-ss.aspx?SectionID=305>

- Personal & Work Life Program
- Personal Financial Readiness Program
- Emergency Assistance Program
- Relocation Assistance Program
- Volunteer Resource Program
- Personal & Family Readiness Program
- Key Spouse Program & Heartlink
- Transition Assistance Program
- Employment Assistance Program
- Exceptional Family Member Program
- Military Child Education Program

8105 Condor St, Building 18
(Near The Post Office)
MacDill AFB, FL 33621

Phone: **(813) 828-0145**
Fax: (813) 828-4502

Hours of Operation
Mon - Wed and Fri 0800-1600
Thurs 1100-1600

E-mail: FSC.Frontdesk@us.af.mil

Facebook search: "Airman and Family
Readiness Ctr MacDill"



MacDill Base Chapel

Web Link: www.macdill.af.mil/macdillchapel



Building 355 (on left past Davis Conference Center)



Wednesday evenings. Dinner at 5:00 PM. AWANA program begins at 5:45PM. For ages

years - high school. There is a registration fee of \$10 per child. Please contact Catherine Lavelle for any questions: 828-8564 or catherine.lavelle.ctr@us.af.mil

Catholic Schedule:

Mass: Sat 1730 & Sun 0930

Daily Mass @ 1210

(except Thurs & Fri)

Religious Education: Sun 1045

(September - May)

Protestant Schedule:

Adult Bible Study: Sun 0930

Contemporary Service: Sun 1100

Chapel Bible Study 4 Women: Wed 1130

Weekly Bible Study: Wed 1800

Christian Breakfast/Fellowship: Thurs 0630

MOPS: 2nd Tues of each month 0930

Muslim:

Fri 1330

Club Beyond (Chapel Youth Program):

Thurs 1800-1900

On/Call Chaplain (24/7/365) Duty Hours: 813-828-3621 After Duty Hours: 813-828-4362

CENTCOM Chaplain: 813-529-0151



Family Readiness Program

- Support of the USCENTCOM mission
- Promotes self-sufficiency and resiliency during peace and crisis using available base & community resources
- Improves personnel quality of life by connecting you with information on services, programs and classes
- Participation is voluntary, ***but highly encouraged!***
- Families participating receive **weekly email information** of events around MacDill and Tampa Bay
- Bottom line: Happy spouse, happy service member!



The USCENTCOM newcomers portal

1. Web Link: www2.centcom.mil/J1/welcomeguide
2. Click "**OK**" on the DOD Notice and Consent Agreement
3. [Click and download](#) appropriate document!
4. A great tool to obtain
 - a. USCENTCOM and Family Readiness Information
 - b. Sponsorship and newcomers information
 - c. MacDill AFB, surrounding counties & Florida Information
 - d. Employment and Education information
 - e. Emergency Management Resources and much more!



Facebook Page

Web Link: [**“US Central Command Family Readiness”**](#)

Welcome to U.S. Central Command
An online guide for our service members, civilians, Coalition partners, and their families.

US Central Command Family Readiness
Government Organization

Create Call to Action Liked Message

Timeline About Photos Likes More

- **Another great tool to learn what is going on within MacDill and the Tampa Bay Area.**
- **Also where last minute FREE activities to do and Volunteer opportunities are post it.**



BASE CLINIC, 6TH MEDICAL GROUP



Web Link: www.macdill.af.mil/units/6thmedicalgroup/

MacDill Clinic: **8115 Cypress Stand Drive, Bldg. 303, MacDill AFB, FL 33621**

Brandon Clinic: **220 Grand Regency Blvd., Brandon, FL 33510**

Hours: Monday - Friday (7 a.m. - 4:30 p.m.)

CLOSED ALL DAY on federal holidays and the 4th Monday of every month for official training

Appointment line (7am–4:30pm) 813-828-2273 Nurse Advice Line (after duty hours) 800-874-2273

TRICARE Customer Service: 800-444-5445

Family Advocacy	813-827-9172	Pharmacy Brandon Clinic	813-827-9736
Health & Wellness Center	813-828-4739	Pharmacy Drive thru Refill	813-827-9764
Mental Health	813-827-9170	Pharmacy MacDill Clinic	813-827-9300
PharmaCARE Center	813-828-2226/Fax 828-0088	Referral Management	813-827-8989

List of clinics

- Administrative Services
- Audiology
- Cardiopulmonary Lab
- Chiropractic Care
- Dental Lab
- Dentist
- Dermatology
- Diagnostic Imaging
- ENT
- Exceptional Family Member Program
- Family Medicine
- Flight Medicine
- General Dentistry
- Internal Medicine
- Laboratory

- Medical Evaluation Boards
- Medical Records
- Nutritional Medicine
- Occupational Medicine
- Ophthalmology
- Optometry
- Oral Surgery
- Orthopedics
- Overseas Clearance
- Pediatrics
- Periodontics
- Physical Therapy
- Prosthodontics
- Women's Health



AEROSPACE AND OPERATIONAL MEDICINE CLINIC

GOFO/Coalition Partners



Mission: Provides primary medical care for **GOFO**, military aviators, **Coalition Partners at MacDill** and eligible beneficiaries

APPOINTMENTS: For routine or chronic medical problems please call **813-827-9605/9606**

Clinic Hours: 0700-1600

Active Duty/Sick Call: (0700-0800) is reserved for service members with an acute conditions

AFTER HOURS CARE, WEEKENDS, AND HOLIDAYS Call the Nurse Advice Line – **813-828-2273**

FOR ANY EMERGENCY on base or off base, **DIAL 911**

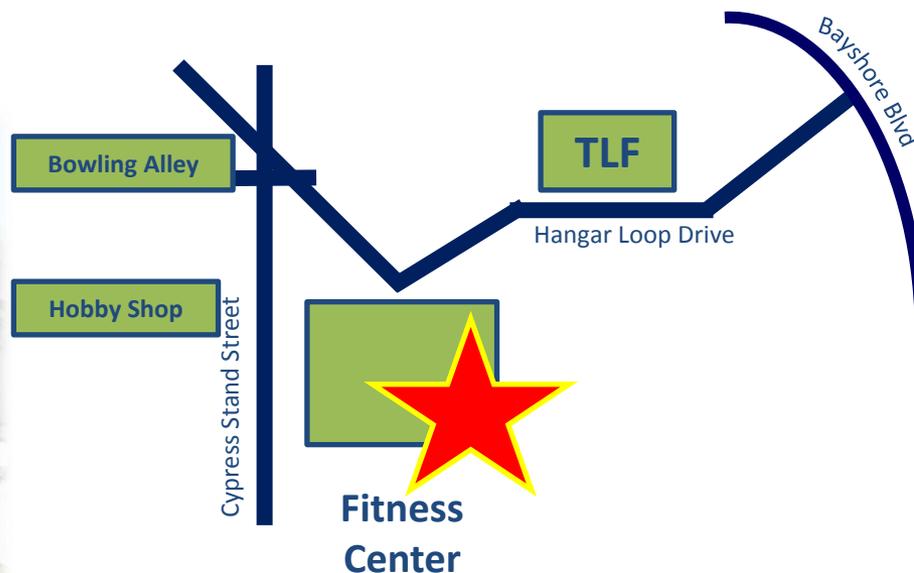
COALITION Partners: Off base services are plentiful in the Tampa Bay area, however coverage to visit a specialist is dependent on the agreement with your country of origin.

For additional information call the Health Benefits Advisor for a full explanation of your medical coverage at **813- 827-9277 or 813-827-9717**

TRICARE Customer Service: 800-444-5445

Health & Wellness Center “Health Promotion”

Mon-Fri 0730-1630
(Lunch 1130-1230 Closed)



8115 Cypress Stand Drive **813-828-4739**

Web Links: www.macdillafb.bestofhealth.com
www.facebook.com/macdillhawc



Health & Wellness Center “Health Promotion”

WELLNESS:

- Diabetes Prevention
- Better Body. Better Life.
- Tobacco Cessation
- Supplements: Not All Are Created Equal
- Lifestyle Support Group



FITNESS:

- Running Clinic
- Fuel To The Max!
- Bike-It!



HUMAN PERFORMANCE:

- Bod Pod Body Composition
- Metabolic Testing (must meet criteria)



OTHER HAWC SERVICES:

- Massage Chair/Private Relaxation Room
- Health Screenings
- MARC- Relaxation Room, Classes





6th Force Support Squadron

Web Link: <http://www.macdillfss.com>

Home | About Us | Dining/Lodging | Life/Leisure | Recreation | Youth | Support Services | Employment



Jan-Mar '16 BBB

Hot News | Events | Photos | Links | Hours/Phones

Welcome to the 6th Force Support Squadron



MacDill AFB, FL

Please bookmark this page and check back often!

OTHER IMPORANT BASE NUMBERS:

Base Operator: 828-1110	Base Exchange: 840-0511
Chapel: 828-3621	Commissary: 828-4832
Dental Appts: 827-9400	Dorm Mgmt: 828-2790
HAWC: 828-4739	Hospital: 828-5393
Legal Office: 828-4422	Medical Appts: 827-2273
Pharmacare: 828-2226 <i>Click here for more info</i>	Public Affairs: 828-2215
Retiree Activ: 828-4555	Tricare: 828-CARE
Visitor Reception: 828-2737	Vet Clinic: 828-3558

FREE!
myMC2 Mobile App

MacDill events, orgs and services!
Download free app from Apple App Store and Google Play!



Click image for details

Heart Link!

Orientation program
for spouses with less than 5 years
of military affiliation



Click logo for 2015 schedule

SM&W Funds

Base Map

(rev 21 Jul 15)

Lunch-n-Learns

Club Membership

ID and CAC Cards

NAF Job Openings

Virtual Resale Lot

To Reserve the Theater:

Theater Reservations

(CAC Card required)

No CAC? Call 828-2821

Web Link: www.militaryonesource.mil

800-342-9647

This is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members, and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood services. It is a virtual extension to installation services.

- **Home Page – links to:**

- 24/7 Counseling Hotline
- Spouse Career Center
- Military Benefits
- Parenting & Child care
- Education & Training
- Military Spouse Job Board

- **Military Life & Deployment**

- Survivor/Widow
- Moving
- Wounded Warrior

- **Family & Recreation**

- Parenting & Child Care
- Home & Household

- **Health & Relationships**

- Special Needs
- Childhood Health
- Emotional Well Being

- **Career & Education**

- Spouse Career Center
- Pre-K – 12th
- Special Needs in Education

- **Financial & Legal**

- **Crisis & Disasters**

- **Natural Disasters**
- Violence & Trauma
- Substance Abuse

- **Community blogs & newsletters**



Web Link: <http://www.operationhomefront.net> 800-722-6098

Provide **EMERGENCY** financial and other assistance to the families of our service members and Wounded Warriors. Also provide direct services to alleviate a military family's or individual's actual/complete emergency financial burden, as well as counseling and/or recovery support.

Emergency financial assistance is in the form of checks paid directly to mortgage lenders, auto mechanics, contractors, hospitals, doctors, dentists and other providers. Other emergency funding assistance, which an applicant receives within 24 to 72 hours, includes the following:

- **Back-to-School Brigade**
- **Community events**
- **Critical baby items: formula, food & diapers**
- **Emergency food**
- **Emergency home repairs**
- **Financial assistance**
- **Furniture and household items**
- **Hearts of Valor**
- **Holiday Meals for Military**
- **Holiday Toy Drive**

- **Home and appliance repair**
- **Home on the Homefront**
- **I "served" Sticker**
- **Local moving assistance**
- **Military Application for Assistance**
- **Military Child of the Year**
- **Operation HomeFront Villages**
- **Team Operation HomeFront**
- **Wounded Warrior Transitional Family Housing**



Sample E-mail distribution list



MacDill information and activities:

- U.S. Central Command
- 6th Wing and 6th Force Support Squadron events
- Airman & Family Readiness Center (A&FRC)
- Base, Bay & Beyond Magazine
- Emergency Assistance
- Employment Assistance
- Exceptional Family Member Program (EFMP)
- Health & Wellness Center (HAWC)
- Legal Assistance - 6 AMW
- MacDill Area Resilience Center
- MacDill Officer & Enlisted Spouse Club
- Medical Group
- Military & Family Life Counselors
- Military OneSource
- Operation HomeFront-Florida
- Outdoor Recreation
- Personal Family Life Education
- Personal Financial Management
- Religious Activities / Services
- Relocation Assistance
- Scholarships information
- School Liaison Program
- Transition Assistance
- Volunteer Resources

Surrounding counties information and activities:

- Hillsborough County
- Pinellas County
- Pasco County
- Polk County
- Hernando County
- Manatee & Sarasota
- Hardee County
- DeSoto County

- A great tool to learn what is going on within MacDill and the Tampa Bay Area.
- Here you will find **FREE activities and Volunteer opportunities.**



Family Readiness Program Summary

- Participation is voluntary, **but highly encouraged!**
- Used for **Emergency** as well as Social Notifications
- Information is protected under the Privacy Act of 1974 and the Systems of Records Notice (SORNs)
- Want to receive this information?
- **How to sign up!** Email!

CENCOM.MACDILL.CENCOM-HQ.MBX.FAMILY-READINESS@MAIL.MIL