

## Military Family Life Counselor

Military families face unique challenges. They may struggle with issues such as deployment-related, stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- ◆ Provides short-term, non-medical counseling services members and their families at no cost
- ◆ Provides psycho-education to help military service member and their families understand the impact of deployment and other stresses related to the military life

PLEASE CONTACT:  
813-373-2529 or 813-388-0918

## Community Partnerships

### Career Source Tampa Bay (CSTB)

Military Family Employment Advocate

Provides assistance to Military family members and Transitioning Veterans. 813-828-0076

### Department of Veteran Affairs (VA)

VA Benefits Advisors available for one-on-one assistance with requesting Service members and/or dependents. 813-828-8590

### United Service Organizations (USO)

USO Central Florida is committed to lifting the spirits of troops and their families living, working or traveling across the state of Florida. 813-676-4311

### Friends of Military Families, Inc- FoMF

a chartered Private Organization on MacDill AFB and a registered 501c(3) non-profit agency designed to assist Tampa Bay military and their families. See <http://friendsofmilitaryfamilies.org/> for details.

[Redacted]

*A caring, committed, and professional team supporting global readiness... Empowering DoD members and families by developing life-enhancing skills through the use of technology, information, education, and community services.*

[Redacted]

[Redacted]

[Redacted]



## **JOIN US ON FACEBOOK**

Airman and Family Readiness Ctr MacDill

MacDill AFB Hours and Number:  
(813)828-0145  
Fax (813) 828-7499  
M-W, F 0800-1600  
Thurs 1100-1600

## **Airman & Family Readiness Center**

MacDill AFB Location:  
8105 Condor St Bldg 18, Main  
8104 Condor St Bldg 38, Training  
MacDill AFB, FL



<http://tinyurl.com/macdill-afrc>



## **Transition/Employment Assistance**

Workshops and classes designed to prepare you to transition from the military to the civilian workforce. Resume review and job research assistance.

- *Mandatory Pre-Separation Counseling*
- *Transition GPS Workshop/Capstone*
- *VA Benefits Briefing*
- *LinkedIn Workshop*
- *LinkedIn Group "MacDill AFB Transition Program"*
- *Career Fairs*
- *10 Steps to a Federal Job*
- *Public Speaking Power Workshop*
- *Employment Assistance Workshop*

## **Family Readiness**

Assist military members and their families through the deployment phases, by providing members with Pre/Post Deployment (Reintegration) Briefings.

- *Car Care Because We Care*
- *Priority Cards*
- *Give Parents A Break*
- *Operation Story Time*
- *Separation and Reunion Support*
- *Picture Transfers*
- *MacDill C.A.R.E.S*



## **Volunteer Program**

Volunteer Resource Program (VRP): Formal Department of Defense volunteer

program that gives current military ID card holders the chance to volunteer

within specific agencies on MacDill AFB. Come check out the list of agencies and see about our incentive program called MacVIP.

## **Personal & Work Life**

Offers individual consultation and programming to improve quality of life and address issues associated with personal, relational, and work life. Topics include, but are not limited to:

- *HeartLink*
- *Air Force Families Forever (AFFF)*
- *True Colors*
- *5 Love Languages*
- *LGBT*
- *Single Parent Network*
- *Key Spouse*
- *Bundles for Babies*



## **Casualty Assistance**

The program provides guidance to commanders, casualty assistance representatives, family liaison officers and many other support agencies to ensure members and their families are taken care of as expeditiously as possible in a family.

## **Information and Referral**

The program provides assistance in determining military and community resources.

## **Air Force Warrior and Survivor Care**

The program provides transitional services to wounded, seriously ill, and injured services member.

## **Exceptional Family**

## **Member Program (EFMP)**

EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, medical, educational and personnel services to families with special needs. EFMP serves all military branches.

- *Parent Support Group*
- *Respite Care Information*
- *Advocacy*
- *Relocation Assistance*
- *Information and Referral*



## **Military Child Education**

Offers information, assistance & referral services to parents in making their child's educational transition into & out of the area as smooth as possible. We serve as a communication link between MacDill AFB parents and the surrounding school districts.

- *School Choice*
- *Networking*
- *Student Resiliency*
- *MacDill Council for Educational Excellence*

## **Relocation Assistance**

We will provide you with the knowledge and skills needed to accomplish a successful PCS move.

- *Newcomers Orientation*
- *Plan My Move*
- *E-SAT (Electronic Sponsorship Application Training)*
- *Childcare for PCS*

## **Personal Financial Readiness**

Information, education, and counseling! PFMP offers long-term solutions to financial problems by providing you with the information needed to develop a sound budget and plan for a strong financial future.

- *Better Than A Budget*
- *Saving and Investing*
- *Spending Plans and Expenses*
- *Identity Protection*
- *Credit Reports and Scores*
- *Beyond the Basics of Investing*
- *First Term Airman Class (FTAC)*
- *First Term Officer Training (one-on-one)*
- *Military Spouse Fellowship Program*

## **Emergency Financial Aid**

Provides financial assistance from Air Force Aid Society, Army Emergency Relief, and the Navy/Marine Corp Relief Society.