All classes are held in the A&FRC Conference Room unless noted.

Better Than a Budget: The Budget process is a great start re introducing a Spending Plan will lead to better money management through developing preparing a plan to utilize your income to categorize and prioritize the amount of money you actually have coming

Career By Design: This workshop helps people assess and define career interest, values, motivation skills and career goals using interactive exercises and tools to aid in long-term goal planning and career fulfillment.

Delightful Sounds Playgroup: Music, interactive fun for preschool and parents

EFMP Parent Support Group Meeting: Quarterly Support group for EFMP Families

Give Parents A Break: The Air Force Aid Society (AFAS) sponsors this Child Care Program for our military community through the base Child Development Center (CDC). Eligible families can receive a break from the participants must register with the CDC prior to the scheduled date of care.

Heart Link: Spouse orientation for spouses with less than 5 years of Air Force affiliation or Mandatory training for Key Spouses

Interviewing and Salary Negotiating: Learn the techniques involved in the interview process and how to handle salary issues and questions.

Job Search Techniques & Career Search Strategies: Provides information on the most And least effective job search techniques, understand how to develop an effective Career Search Campaign Strategy, understand how to effectively market yourself to employers' in order to obtain as many as interviews as possible. Candidates should have completed the prior phases of the job search processes before taking this class

Key Spouse Meeting: FOR APPOINTED KEY SPOUSES AND MENTORS ONLY- Discussion and coordination of current events and activities for efficient functioning of the Key Spouse Program.

Key Spouse Training: Key Spouse Initial training

Keys To Personal Success Discover the Keys to your personal success through this self awareness program utilizing the internationally acclaimed True Colors personality assessment.

Marketing Yourself for a Second Career A free professional lecture for all ranks who plan to leave the service in the next one to five years. Spouses are cordially invited

Newcomers Reception: Meet the Wing Commander and other base agencies

Newcomers Bus Tour: The tour is a great orientation to the Tampa Bay area and its rich history.

Operation Storytime: AD members read books to their child(ren), DVD is made, book and DVD giv
Playgroup: Each Friday morning 9:30 – 11:00. Parents/toddlers meet to play, talk and get to know each other. First Friday of the month we host

Powerful Public Speaking This hands-on seminar is designed specifically for people who want to take their public speaking skills to a higher level. The seminar begins with the basics such as getting to know your audier You learn how to look your listeners in the eye instead of reading from a script

.**Pre-Deployment Briefing:** A weekly Pre-Deployment Briefing for Military Members.

Pre-Separation (PreSep) Benefits and Entitlements Briefing: If you are retiring within 2 years or separating within 1 year, this is a **MANDATORY** step in the transition process for **all active duty military** personnel. important information.

Remote Assignment Briefing: Relocation resources designed for member and their families while the member is on an unaccompanied assignment.
Resume Writing: Create the resume that will get you the interview. Learn basic resume construction and different formats for targeting good employment opportunities and cover letters that get the employer's attention.

Reintegration (Base Hospital): Mass Reintegration (Base Hospital) briefing for members returning from a deployment. Spouses are welcome to attend. Reintegration (Base Hospital) sessions to be held Monday, Wedr the 3rd Wed of every month, the time changes to 0900hrs

Self Employment as a Career Option: For individuals who are considering self-employment as a career alternative and want to explore their possibilities. Class will be taught by Susan Mell

Ten Steps to a Federal Job-Plus: We've combined our Ten Steps to a Federal Job, with our Federal Resume and KSA Writing courses, to create a single comprehensive class. You will learn how to apply for fed process.