

May 2010

Aviano A&FRC Newsletter



**Airman & Family
Readiness Center**
0434-30-5407

The Air Force recruits Airmen and retains families. The intent of this newsletter is to keep the military community abreast of the ever-changing issues and build a sense of community; comments are welcome.

Save the Date Events and Classes

- May 4th: Volunteer Appreciation Celebration from 1:00 PM to 3:00 PM at Area D
- May 5th & 19th: Sponsorship Training from 3:00 PM to 4:00 PM
- May 7th: Military Spouse Appreciation Car Wash from 12:30 PM to 4:00 PM at AGIP
- May 7th: Couples Connection from 6:30 PM to 9:00 PM at the Italian Mensa
- May 11th & 25th: Pre-Separation Briefing from 1:00 PM to 3:00 PM
- May 11th: Money Talk from 2:00 PM to 3:00 PM
- May 11th-13th: Transition Assistance Program from 8:00 AM to 5:00 PM at Area 2 (PDC)
- May 14th: Heartlink from 8:00 AM to 1:00 PM at the Chapel Annex
- May 14th Volunteer Orientation from 10:30 AM to 11:30 AM
- May 18th: Financial Planning & Investing 101 from 2:00 PM to 3:00 PM
- May 31st: *Memorial Day, Federal Holiday-A&FRC Closed*



May is Month of the Military Spouse

Would you apply for this position?

"Will be routinely uprooted and moved across the country or world, will be left alone for months at a time, must be creative with career choice and in the pursuit of higher education."

Military spouses meet these "job requirements" every day and do so with style and grace. The men and women who are left behind on the home front to manage their families also serve their country.

Military Spouse Day has been observed since May 23, 1984, when a proclamation by President Ronald Reagan recognized the profound importance of spouse commitment to the readiness and well-being of military members.

This year we celebrate Military Spouse Appreciation Day with a FREE Car Wash for all Active Duty spouses! Join us, May 7th from 1215 to 1615 at the second AGIP gas station (driving from the Flightline to Aviano Center) on AP Highway.



Feeling Disconnected?

Military life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Many times we can successfully deal with them on our own. However, how can we know if it will get worse?

Take 5 minutes and complete a totally anonymous and voluntary self-assessment to see where you are at (there are six types of assessments to choose from).

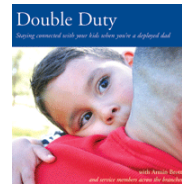
It will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance as to where you might seek assistance.

www.militarymentalhealth.org



Need to Talk?

The MFLC program works out of the A&FRC. Every 8 weeks a new consultant arrives. Consultations and trainings are free and anonymous. (Exceptions to confidentiality include duty to warn cases) **No records** are kept. **Helping you is their priority.** After-hours and weekend appointments are available and group or off-site meetings can be arranged. Call 349-566-6285.



Double Duty - Deployed Dads

When it comes to parenting, deployed dads face extra challenges.

This new CD, Double Duty: Staying Connected with Your Kids When You're a Deployed Dad can help you meet them.

With advice from service-member dads across the branches and fatherhood expert and ex-Marine Armin Brott.

- How your child might react during each phase of your deployment
- How to make your departure easier on your family
- Ways to reach out to your child while you're deployed
- What your spouse can do to make your absence easier on your child
- What to expect when you return

Also included in the CD are how to handle specific circumstances such as becoming a father while you're deployed, staying in touch with your child when you're divorced or single, how to keep up with your child's education, and what to do if you may be feeling combat stress.

Order your FREE CD on-line.

www.militaryonesource.com



Relocating in the Next Six Months?

Military life involves moving - there is no way around it. Plan My Move, a powerful new set of tools to help you and your family make your next move smooth.

Through Plan My Move, you can use the "Community Information" button to access School Report Cards, Crime, Cost of Living, etc. Also, you will have access to a Customizable Calendar, To Do Lists, Departure and Arrival Checklists and Overseas specific information. View the website for more info.

<http://apps.mhf.dod.mil/pls/psgprod/f?p=107:1:1569077388784646>

