



Seymour Johnson AFB FAMILY CONNECTION

AN AIRMAN AND FAMILY READINESS PUBLICATION COMPLIMENTS OF THE BASE CAIB

THE MILITARY & FAMILY LIFE CONSULTANTS PROGRAM (MFLC)

The Airman and Family Readiness Center now has a Military & Family Life Consultants Program (MFLC) on board! This non-medical counseling program is designed to address issues that occur across the military lifestyle and help Airmen and their families cope with the normal reactions to the stressful/adverse situations created by multiple deployments and reintegration.

For more information call DSN 722-2349 or 919-440-2858 or email mflc.sjafb@gmail.com

FAMILY READINESS

HEARTS APART



Community Center the 3rd Tuesday of every month from 6 – 8 pm

Give Parents a Break



Stressed out due to spouse's deployment, TDY, remote tour or you have a child with special needs? Call the AFRC for more information on this program.

Career Focus

- Resume Writing
- Employment Connection
- Resume Writing Workshops

Family Programs

**HEARTLINK
SPOUSE ORIENTATION TO
USAF, BASE AND HELPING
AGENCIES-PRIZES FOR ALL
COUPLES
COMMUNICATION -PREP**

Do you know that lasting marriages are the ones between couples who can effectively resolve conflict?

**RECONNECTING AS A
COUPLE**

TOGETHER AGAIN FOLLOWING
DEPLOYMENT

KEY SPOUSE PROGRAM



**MAINTAINING LONG
DISTANCE RELATIONSHIPS**

Wouldn't it be nice to know what works best when it comes to maintaining a long distance relationship?

SEX, LOVE, AND BABIES

Join us for this portion of the Bundles for Babies Class and learn tips for making a smooth transition to parenthood while maintaining a good marital relationship.

**PARENTING WITH LOVE
AND LOGIC**

Raise respectful and responsible children who know how to make decisions and take responsibility for the consequences.

Relocation

SMOOTH MOVE
Are you getting ready to PCS and feeling overwhelmed?
SPONSORSHIP TRAINING

Sponsoring someone to SJAFB?

AIRMAN'S ATTIC

For airmen E-1 - E-5 that are in need of free clothing, appliances, furniture, baby goods, etc.

**PERSONAL FINANCIAL
MANAGEMENT PROGRAM
(PFMP)**

Setting Financial Goals
Financial goals are goals that you wish to reach or arrive at financially

**VOLUNTEER RESOURCE
PROGRAM (VRP)**



Are You Looking For Something To Do!

Why Not Volunteer?!

Volunteer Opportunities

- Boys and Girls Club
- Mentor Programs
- School Proctoring
- Meal on Wheels
- Salvation Army
- Soup Kitchen
- Sports and more

**Transition Assistance
Program (TAP)**

Thinking About
Separating or Retiring From the AF?
Call Richard or Patti for more information on our 3 Day TAP or Mandatory TAP
722-1123

Discovery Resource Center



Computers - 12 HP computers with 17" flat screen monitors that run Windows XP Professional. The DRC has 12 HP computers with 17" flat screen monitors that run Windows XP Professional. All of the computers have a DVD-ROM and CD burner. In addition, they have Microsoft Office 2003, Typing Instructor Deluxe, Internet Explorer, Roxio Burning software, and other standard programs. The Discovery Resource Center does allow access to Hotmail, Yahoo, AOL and other personal email websites. You may also access the Air Force Portal.

Library - books and manuals that range from résumé writing to finance to tutorials for some of the Microsoft Office programs. All books can be checked out one week at a time.

FAX and Printers

A FAX machine is available for any of your faxing needs.

HOURS:

Monday – Friday: 0800-1600

Phone: 919.722.1123

DSN: 722.1123

FAX: 919.722.1126

Important Phone Numbers

Family Advocacy – 722-1878

Mental Health – 722-1873

Mental Health (after hrs) 722-1802

School Liaison Officer – 722-0691

Fire Department – 722-7588/89

Law Enforcement – 722-1213

Airman and Family Readiness Center (A&FRC) – 722-1123

Ambulance – 911

Chapel – 722-0315

Health & Wellness Ctr – 722-0407

WIC Office - 722-1115

Base Library – 722-5825

Family Websites

Want to visit some outstanding websites that cater to the military community? Try the following sites; they are full of valuable news and information about military life:

www.militaryonesource.com

www.militaryhomefront.dod.mil

www.seymourjohnson.af.mil

www.afcrossroads.com

www.military.com

www.militaryconnections.com

www.militarybetterhalf.com

www.militarystudent.dod.mil

www.militarycity.com

www.sjfss.com

4FSS/FSFR

Airman and Family Readiness Center (A&FRC)

1200 Wright Brothers Ave

Seymour Johnson AFB

Bldg: #3602

Phone: (919) 722-1123

DSN: 722-1123

Fax: (919) 722-1126

Monday – Friday

7:30 a.m. – 4:30 p.m.

WE'RE HERE FOR YOU!