

The **School Age Program** in the Youth Center provides before and after school care, plus full-time school break and summertime care, geared toward youth whose parents work full time. The program conducts educational and recreational programming for youth, 6 (or in kindergarten) to 12 years of age. Hourly drop-in care is provided on a space-available basis. To learn more about this program, contact the SAP Coordinator at (919) 722-0396.

**Youth Programs**, designed especially for youth between the ages of 9 to 18 (and still in high school); core programming utilizes Air Force criteria, Boys and Girls Clubs of America and 4-H curriculums. Programs are varied to promote character development, educational and career opportunities, fitness and social recreation, health and life skills, plus the arts and creative expression. Being a YP member entitles the participant to membership privileges such as discounted Youth Sports fees and an assortment of programs. For more information, call (919) 722-0502.

**Give Parents a Break** offers eligible parents a few hours break each month from the stresses of parenting. Funding for this program is provided by the Air Force Aide Society. Your first sergeant, chaplain, Family Advocacy, A&FRC, CDC or Youth Center may offer referrals for free child care during GPAB, which is held in the CDC and Youth Center monthly.

## Do You Know What the A&FRC Has to Offer

**Air Force Aid Society**– Provides emergency financial assistance to Air Force members, both active duty and retired and their families through interest-free loans or grants.

**Casualty Assistance**– Provides prompt reporting, dignified and humane notification, and efficient, thorough, and compassionate assistance to family members.

**Exceptional Family Member (EFMP) Program** is designed to ensure services are available for your family member regardless of age, who has any medical, educational, developmental, intellectual or mental health condition that requires ongoing or specialized services.

**Employment Assistance**– Helps enhance the marketability and employability of spouses and active duty members through individual career counseling, classes and employment announcements at [www.facebook.com/sjjobs](http://www.facebook.com/sjjobs).

**Personal and Family Readiness**– Provides mobility and deployment assistance to help single and married DoD personnel and families meet predeployment, sustainment, reintegration, and post-deployment challenges.

**Personal Financial Readiness**– Offers information, education and counseling on a variety of financial topics and classes.

**Relocation Assistance**– Provides information and assistance to military personnel and their families who are involved in or anticipating a permanent change of station (PCS) move.

**School Liaison Officer** is an advocate for the educational needs of military children and the point of contact for military families seeking assistance with school related matters.

**Transition Assistance**– Provides separating/ retiring members and their families the skills and knowledge required to make a successful transition to the civilian sector.

**Volunteer Resource**– Provides recruitment, placement, and recognition and training opportunities for base/community volunteers.



## SINGLE PARENT RESOURCES

### Airman & Family Readiness Center

1200 Wright Brothers Ave.

Bldg. 3602

Seymour Johnson AFB, NC

919-722-1123

Visit us at [www.facebook.com/sjafrc](http://www.facebook.com/sjafrc)

And <https://www.sjfs.com/>

## Single Parent Resources

### A&FRC Mission

To provide targeted Airmen and Family support and services, contributing to the mission readiness, resiliency, and well-being of the Air Force community.

To provide leadership consultation to promote the successful adaptation of Airman and their families to the demands of the military life.

### Where do I go?

The **Airman & Family Readiness Center** provides a wealth of information and resources for military single parents. A&FRC partners with Family Advocacy and the Chapel to provide such classes as “How to Avoid Marrying a Jerk/ette,” “Parenting with Love & Logic,” and “5 Love Languages/4 Lenses for Singles.” Call the A&FRC at (919) 722-1123, Family Advocacy (919) 722-1878, or Chapel at (919) 722-0315.

The **Military Family Life Counselor** provides the following seminars:

- Parenting Skills for the Single Service Member
  - Stress & Anger Management
  - Not Enough Hours in the Day
  - Building Resiliency for Parent/Child
- Additionally, many of the MFLC offerings can be tailored to Single Parent needs.

Call the MFLC at (919) 886-3346 or the Child & Youth Behavior Life Counselor at (919) 866-3405.

The **Chapel** offers a variety of programs, such as a faith-based, nondenominational Single Parent Support Group, Single Parent retreats and children’s group activities —based on need and funding. For details, call (919) 722-0315.

**Military OneSource** offers many resources—articles, webinars, referral to resources, non-medical counseling services, etc.—and may attend support group meetings as well. Call (800) 342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil).

### Child Care

**Militarychildcare.com** (MCC) provides a single online gateway for families to access military operated or military subsidized child care options worldwide across all Services. The site enables families to create a household profile, conduct child care searches, submit requests for care and manage them at any time, from any location. Eligible families can search and request care for full and part-day options in facility and home-based programs for children, ages birth through 12. Families may remain on a preferred program’s waitlist even after being offered care or enrolling in another program.

The **Child Development Center** offers a broad spectrum of services for children from six weeks until kindergarten. Hourly drop-in care is provided on a space-available basis. Winter and summer enrichment programs are available for ages 3-5. Call (919) 722-1198 for more details.

The **Family Child Care** program is designed to provide an alternative to CDC care for families that need evening or weekend care, care for children with special needs, infants, and school age children, as well as care during swing and midnight shifts. Families often turn to **Seymour Johnson FCC** when seeking child care providers. Contact the FCC coordinator at (919) 722-7194.

**Sign me up!**

**Facebook Groups**



**Seymour Johnson AFB**

**Airman & Family Readiness Center**

**EFMP Family Support Group**

**Military Single Parents Group**

**Seymour Johnson FCC**

**Seymour Johnson MIB Club Hub**

**Youth in Cahoots**