Military & Family Readiness Centers
Provide programs, services, training, education and referrals to service members, families, retirees and DoD civilians.

Information, Referral and Follow Up
Centralized point of contact and primary source of information regarding military and civlian agencies, services and programs, and crisis intervention. Additional services include: computer resource center, copy and fax services.

Personal Financial Readiness
Provides information and personal financial consultation to assist service members and families in maintaining financial readiness. Services include one-on-one financial counseling appointments to help with budget/spending plan, bank/financial services, credit/dept management, car buying, individual retirement accounts, uniformed Thrift Savings Plan and basic investments.

Employment Assistance
Provides job search assistance and referral services for employment. Services include workshops, and indivdual consults on civilian resume prep, spouse preference eligibilities, and assistance with federal resumes. Classes include: **Ten Steps to a Federal Job**, **Interviewing Skills**, and **more**.

Transition Assistance Program (TAP) and Soldier for Life - TAP
TAP provides service members with the knowledge, skills, and abilities to empower them to make informed career decisions, be competitive in the global work force, and become positive contributors to their community as they transition from military service and reintegrate into civilian life. TAP is mandatory for all service members who will transition from military life to civilian life, i.e. retire or separate. Spouses are highly encouraged to attend as well!

Mobilization/Deployment Readiness
Educates service members and families on the stages of the deployment cycle, training and other aspects of military life. The mission is to develop an adaptable community in which service members and families are prepared for deployment, have access to the support they need throughout its course, and are prepared for the challenges when the service member returns from deployment.

Personal and Work Life
Services promote community wellness and assist with the quality of life by providing educational family enrichment and resilience classes and support groups to include: **JBER Spouse Orientation, Armed Forces Team Building (AFTB), Master Resilience Training (MRT), Key Spouse and Family Readiness Groups (FRG's).**

Relocation Assistance
Provides service members and families, especially those new to the military, with relocation information, education, and skills development to manage and adapt to the mobile military lifestyle. Programs include: **JBER Newcomers Orientation**, mandatory for all military and highly encouraged for spouses; as well as **Sponsorship Training** for unit sponsor monitors. Lending Locker provides temporary household items during relocation.

Exceptional Family Member Program (EFMP)
Provides information and referral services, non-medical case management, training and other forms of support, such as providing opportunities for families to connect with each other around a common need or concern. An EFMP family member can be an adult or child with physical, emotional, developmental, or intellectual disorder that requires specialized treatment, therapy, education, training, or counseling.

Volunteer Resources
Provides centralized recruitment, training and recognition of JBER volunteers. Volunteer Coordinators also assist family members find volunteer opportunities and supervisors with volunteer placement and problem-solving. Visit our web page to find volunteer opportunities.

Air Force Aid Society (AFAS)
Provides emergency assistance, sponsoring education assistance programs and offering an array of base community enhancement programs that improve quality of life for Airmen and families. Services are provided on a case-by-case basis and may include: interest free loans, grants, bridge loans (in event of family death), primary vehicle repair, basic living expenses, and family member scholarships.

Air Force Families Forever
This program ensures families of deceased Airmen are provided with immediate and long-term bereavement care, services, and support.

Casualty Assistance/Survivor Benefits
Provides consultation on benefits offered by programs such as DoD, Department of Veterans Affairs, Social Security Administration, Internal Revenue Service, Department of Health and Human Services and other agencies. The Survivor Benefits Program provides Air Force retiring service members and spouses the latest information on benefits.

Federal Voting Assistance Program (FVAP)
We provide accurate, nonpartisan voting information and assistance to ensure military, military families and overseas voters understand their voting rights. We can help you to register and apply for an absentee ballot, and notify your local election official back home of a change of address. For more information call
907-552-VOTE (8683)
www.FVAP.gov

School Liaison Office
The JBER School Liaison Officers are advocates and intermediaries for students grades K-12 of military members needing assistance and information with school-related matters. We promote open communication, awareness, and partnerships between the local school districts, military organizations, and parents. Located on JBER-Richardson in Building 600.
Phone 907-384-7500/1505.

Military & Family Readiness Center Partners

Military and Family Life Counselors (MFLC)
Counselors are licensed professionals who provide situational, problem-solving counseling. They can address a number of issues including deployment, marriage and relationships, parenting, communication, stress/anxiety, depression, grief and loss, and daily life issues. No written records are kept, and it is free to service members and families. Call 907-384-1534 for more information.

Military OneSource (MOS)
Your central hub and go-to-place for the military community. Services include confidential, short-term non-medical counseling for active duty, National Guard, reserves and families for up to 12 sessions per person, per issue - at no cost. Available 24/7. Call 1-800-342-9647.
Click: www.militaryonesource.mil.

Army Emergency Relief (AER)
Provides emergency financial assistance to Soldiers (active and retired), families, widows, and orphans during valid emergencies that require immediate attention. Contact the AER representative at the JBER Welcome Center.

Army OneSource (AOS)
Provides comprehensive community support and service delivery for Soldiers and their families regardless of component or geographic location.
Click: www.myarmyonesource.com

Resiliency Resources
www.jber.jb.mil/services-resources/resiliency-resources/

JBER
Joint Base Elmendorf-Richardson

Military & Family Readiness Centers

Two locations to serve you:

Log Cabin
8535 Wewak Dr. (JBER-E)
907-552-4943

Army Community Service - ACS
600 Richardson Dr., A139 (JBER-R)
907-384-1517/1-800-948-1517

Hours of Operation:
Monday - Friday: 7:30 a.m. - 4:30 p.m.
Closed Sat./Sun. & Holidays/Family Days

@JBERFamilyCenters
M&FRC Website

ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON