

AIRMAN & FAMILY READINESS CENTER  
March 2019

DITCHING THE DORMS

This class provides tips and information to prepare for your move out of the dorms. Topics include: financial readiness, initial cost, rent/lease, furnishing, and insurance. Attend this class on March 7, from 8-9 a.m.

PREVENTION AND RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

Couples learn skills to improve communication, enhance intimacy, and learn to work as a team to increase happiness and decrease stress. Meets March 8, from 8:30 a.m.-4:30 p.m.

BUNDLES FOR BABIES

Attend Bundles for Babies on March 12, from 9 to 11 a.m., for expectant parents in the second and third trimester. This class covers preparing for labor and delivery, newborn appearance and behavior, basic newborn care, postpartum care, Family Advocacy's New Parent Support Program, and programs and services available through the Airman & Family Readiness Center, and costs associated with having a baby. Call the A&FRC at 402-294-4329 for more information and registration.

RESUME FUNDAMENTALS

Looking for a job? Attend this workshop from 1-3:30 p.m. on March 12. Get helpful new information on writing a great resume. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

HOME BUYING WORKSHOP

Are you considering buying a home? Do you understand the advantages and disadvantages? Can you afford it? Where do you start with credit and financing, and what does it take to get a home loan? For these answers, attend this workshop from 8 a.m.-12 p.m. on March 15. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

PARENTING WITH LOVE AND LOGIC

This program is known as parenting with love and logic providing simple and easy-to-use techniques to help parents have more fun and less stress while raising responsible kids of all ages. Attend this parenting workshop on March 21, from 8:30 a.m.-12 p.m. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

BOOTS TO BUSINESS

Service members pursuing self-employment in the private or non-profit sector will learn about the challenges faced by entrepreneurs and the steps toward business ownership. Attend this new workshop on March 26 and 27, from 8 a.m.-4:30 p.m. Call the Airman & Family Readiness Center at 294-4329 for more information and registration.

FEDERAL JOB SEARCH

Learn techniques for searching federal jobs and writing your federal resume for self-nomination. Attend this workshop from 8-11 a.m. on March 28. Call the Airman and Family Readiness Center at 402-294-4329 for more information and registration.

PERSONAL FINANCE 101

Learn the financial skills necessary to maintain a spending plan, use checking and savings accounts, and build or repair credit. Class meets March 28, from 1-4 p.m.