

quote >>>

The future belongs to those
who believe in the beauty
of their dreams."
- Eleanor Roosevelt



JANUARY 2026

M&FRC NEWSLETTER

MacReadiness

Upcoming Events:

31 Dec- 2 JAN — CLOSED

- 8 JAN — Newcomers Orientation
- 8 JAN — Coffee & Connections
- 9 JAN — Initial Volunteer Training
- 12 JAN — Resume 101 /Interview Skills
- 13 JAN — Federal Employment
- 14 JAN — Dorm Departure
- 15 JAN — Pre-Arrival Orientation
- 15 JAN — MilSpouse Night Out
- 21 JAN — EFMP: 101 Orientation
- 22 JAN — Money 101
- 23 JAN — LinkedIn
- 30 JAN — Skillbridge Fair

To Register for Classes

Call: (813) 828-0145 or email
FSC.Frontdesk@us.af.mil

Military & Family Readiness Center

Bldg. 18 & Bldg. 38

Phone: 813-828-0145

8105 Condor Street

FSC.Frontdesk@us.af.mil



Hours Of Operation

Mon., Tues. Wed. & Fri. 8am-4pm
Thurs. 11am-4pm
Closed Federal Holidays & Family Days



In the Know



GIVE PARENTS a BREAK (GPAB)

Supporting Air Force and Space Force families with child care when life's challenges make a break essential.



Eligibility

- ★ Active-duty Air Force and Space Force members
- ★ Air National Guard and Reserve members activated under Title 10, USC for more than 15 days

Program Benefits

- ★ **Financial Assistance**
\$40 per dependent child per month (up to 3 months)
- ★ **Provider Flexibility**
Funds can be used for any child care option
- ★ **Direct Payment to Families**
Approved funds are deposited to member via Zelle or ACH



To Apply

Visit afas.org and select *Request Assistance* or Scan QR Code

Documents Required

- ★ **GPAB Certificate**
Referred by one of the following:
 - Unit Commander/ First Sergeant
 - Chaplain
 - Doctor (or other medical professional)
 - Family Advocacy Personnel
 - Military & Family Readiness Center Personnel
- ★ **Certification Form**
(Included in application process)
- ★ **Military ID**
(Copy of front & back)

Questions?

📞 703.972.2604

✉ ea@afas-hq.org

Air Force Aid Society

1550 Crystal Drive, Suite 809, Arlington, VA 22202 | 703.972.2650 | www.afas.org

In the Know



CHILD CARE for PCS



Supporting **Air Force and Space Force families** with child care assistance during the **Permanent Change of Station (PCS)** move process.

Eligibility

- ★ All Active-duty Air Force and Space Force members (Must apply within 60 days of arrival or departure)
- ★ Air National Guard and Reserve members activated under Title 10, USC for more than 15 days with a PCS order
- ★ Air Force and Space Force members with retirement, Palace Chase, or separation orders, including those on the Temporary Disability Retired List (TDRL) (Only eligible within 60 days at the departure location)

Program Benefits

- ★ **Financial Assistance**
\$200 per dependent child up to age 12 (not to exceed \$1,000 per household)
- ★ **Provider Flexibility**
Funds can be used for any child care option
- ★ **Direct Payment to Families**
Approved funds are deposited to member via Zelle or ACH

Documents Required

- ★ **PCS Order, Retirement Order, Separation Order** (Eligible children must be listed on the PCS order and must be moving to the PCS location with the sponsor)
- ★ **Certification Form** (Included in application process)
- ★ **Military ID** (Copy of front & back)

To Apply

Visit afas.org and select *Request Assistance*

or

Scan QR Code



Questions?

📞 703.972.2604

✉ ea@afas-hq.org

Air Force Aid Society

1550 Crystal Drive, Suite 809, Arlington, VA 22202 | 703.972.2650 | www.afas.org

Calendar

CHILDREN/FAMILIES
EMPLOYMENT
PERSONAL FINANCES
RELOCATION
READINESS/DEPLOYMENT
TRANSITION (TAP)
VOLUNTEER (VOL)

JANUARY

MILITARY & FAMILY READINESS
macdillfss.com/military-family-readiness



@macdillfss • (813) 828-0145

To view calendars and event flyers visit <https://macdillfss.com/military-family-readiness/>. To register for workshops contact the Military and Family Readiness Center at 813-828-0145 or FSC.frontdesk@usaf.mil



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2	3
4	TAP PRE SEP 9-12:30PM	5	6	7	8	9
		REINTEGRATION 9AM	TAP PRE SEP 9-12:30PM	NEWCOMERS ORIENTATION 7:30AM-12PM COFFEE & NEW CONNECTIONS 8:30AM-10:15AM PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM	REINTEGRATION 9AM INITIAL VOLUNTEER 1PM	10
	5-7: TAP WORKSHOPS - 8AM - 4PM			8-9: EMPLOYMENT TRACK - 8AM - 4PM		
11	12	13	14	15	16	17
RESUME WRITING 101 - PRIVATE INDUSTRY & INTERVIEWING SKILLS 1-3PM	FEDERAL EMPLOYMENT WORKSHOP 1-3PM REINTEGRATION 9AM	DORM DEPARTURE 9-10AM TAP PRE SEP 9-12:30PM	MILITARY SPOUSE NIGHT OUT 6:30-9PM PRE-ARRIVAL ORIENTATION (VIA ZOOM) 1-2:30PM PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM	REINTEGRATION 9AM		
		14-15: ENTREPRENEUR TRACK - 9AM-4PM				
18	19	20	21	22	23	24
TAP PRE SEP 9-12:30PM	REINTEGRATION 9AM	EFMP: 101 ORIENTATION 1-2PM TAP PRE SEP 9-12:30PM SPOUSE REINTEGRATION 1-2PM	MONEY 1-2:30PM PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM	LINKEDIN 9AM-4PM REINTEGRATION 9AM		
	20-21: EDUCATION TRACK - 8AM - 4PM					
25	26	27	28	29	30	31
TAP PRE SEP 9-12:30PM	REINTEGRATION 9AM	TAP PRE SEP 9-12:30PM	PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM	SKILLBRIDGE FAIR 11AM-2PM REINTEGRATION 9AM		
	26-30: STAP WORKSHOPS - 8AM-4PM					

CALENDAR & CLASS SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

CHILDREN/FAMILIES

15 JAN., Military Spouse Night Out, 6:30-9:00pm
 Calling all MacDill Military Spouses to join us for a night full of fun, community building and connections! E-mail to RSVP.
 21 JAN., EFMP: 101 Orientation, 1pm - 2pm
 The purpose of this briefing is to provide EFMP families orientation & transitioning military and/or those who have dependents with special needs information on services and resources to help prepare and ensure the needs of their special needs family members are met. Participating agencies are TriCare, EFMP FS, EFMP Medical, SLO, Agency for Persons with Disabilities, and Special Needs Alliance.

EMPLOYMENT

12 JAN., Resume Writing 101-Private Industry and Interviewing Skills, 1pm - 3:30pm
 This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities and cover letters that get the employer's attention. Learn the techniques involved in the interviewing process and how to handle salary issues and questions.
 13 JAN., Federal Employment Workshop, 1pm - 3 pm
 This workshop helps you create a resume that will get your resume to the hiring manager's desk! Learn the basic resume constructions and different formats for targeting good employment opportunities and learn how to navigate the USA Jobs website from beginning of application to submission and beyond.
 23 JAN., LinkedIn, 9am - 4pm
 Unlock the secrets of LinkedIn by building and maximizing a profile and learn how to job search and network effectively through the #1 professional networking social media site. Professional and complimentary head shot is included. (This class is held in Ybor City, not on MacDill)
 30 JAN., Skillbridge Fair, 11am-2pm
 Recruiters from vetted Skillbridge Industry Partners will get together at St Pete College Epicenter, sharing their programs with transitioning members. Location: 13805 58th St N. Clearwater FL. No Registration Needed.

PERSONAL FINANCES

14 JAN., Dorm Departure, 9:00-10:00am
 Departure Program (D2 Program) Preparing servicemembers to successfully transition to independent living. This class is designed to assist in researching, saving, and planning for your new space. Workshop held in the dorms at the Cyber Cafe
 22 JAN., Money 101, 1:00-2:30pm
 This workshop will focus on providing an overview of topics relating to the emotional stressors of money and financial milestones throughout your military career. Topics will include money conversations, budgets, tax preparation, TSP/BRS, goal setting, financial planning, and more.

RELOCATION

08 JAN, Newcomers Orientation, 7:30am - 12pm
 Mandatory briefing for new personnel arriving at MacDill. This workshop covers information specific to MacDill, the local community, and provides helpful resources. Spouses are encouraged to attend.
 08 JAN, Coffee and New Connections, 8:30am-10:15am
 Join us for a warm cup and great conversations followed by learning about resources and support here at MacDill. (Children welcome)
 15 JAN, Pre-Arrival Orientation (Via ZOOM), 1:00pm-2:30pm
 In-bound SMs and their families will learn about the installation, local resources, and unique opportunities specific to MacDill. **Does not satisfy Newcomers requirement**

READINESS/DEPLOYMENT

Pre-Deployment/Remote Tour Briefing, Thursday 1pm - 2pm
 This briefing covers multiple topics to include, emotional cycles of deployment/unaccompanied tour, family, and support services offered to deployed/remote tour members and their families. Spouses are highly encouraged to attend our weekly briefings. Email 6fss.fsh.MFReadiness@us.af.mil to register.
 Reintegration, Tuesday and Friday, 9am. Location is the Bldg 18 training room.
 Prior registration required. UDMs please email 6fss.fsh.mfreadiness@us.af.mil. This briefing covers successful strategies on return/reintegration, along with instructions on how to complete the checklist.
 Spouse Reintegration, 3rd Wednesday, 1pm-2pm.
 The purpose of this briefing is to discuss successful reintegration strategies.

TRANSITION ASSISTANCE PROGRAM (TAP)

To start TAP visit: <https://macdillfss.com/starting-tap/> or email: 6fss.fsh.tap@us.af.mil
 Virtual Initial Counseling / PreSep Counseling
 Every Monday & Wednesday, 9am - 12:30pm
 TAP Workshops
 5-7 Jan (8am - 4pm)
 STAP Workshop
 26-30 Jan (8am- 4pm)
 Employment Track
 8-9 Jan & (8am - 4pm)
 Entrepreneur Track
 14-15 Jan., (9am-4pm)

VOLUNTEER PROGRAM (VOL)

Initial Volunteer training occurs every second Friday of the month at 1PM at M&FRC. Train on VMIS procedures and volunteer program guidance.

To Register for Classes Call: (813) 828-0145.

FEDERAL HOLIDAY: December 31- January 2—CLOSED

Events

STAP Dates 2026

26-30 January

20-24 April

27-31 July

26-30 October



Eligibility Requirements:

Must be below ranks

E-7

E-8

E-9

O-4

O-5

O-6+

W-4

W-5

SENIOR TAP



Senior TAP (STAP) classes are available this year at MacDill!

This specialized version of TAP is tailored for senior service members who are transitioning after a long career, offering more in-depth guidance on leadership transition, retirement planning, and adapting to civilian leadership roles.

Senior Tap Agenda:

Day 1: DOL Day (same as regular TAP)

Day 2: VA Benefits & Services (same as regular TAP)

Day 3: Senior Employment Fundamentals Course

Day 4-5: Senior Department of Labor Employment Workshop

It is possible to take any of our TAP Courses. If you are taking Senior TAP in 2026, you **MUST** register for the whole week (Days 1-5). If you cannot attend the whole week, please register for a non-Senior TAP Workshop to give those who want it the opportunity to take Senior TAP. Thank you for your understanding.

To start TAP

email 6fss.fsh.tap@us.af.mil,

then complete the

Self-Assessment and SOU and return them

to 6fss.fsh.tap@us.af.mil.



**Pre-Separation and Initial Counseling
are conducted every Monday and
Wednesday.**

*****Attending PreSep is REQUIRED before accessing
the additional TAP workshops.*****

Events

6 A R W

2026

NEWCOMERS ORIENTATION

8 JAN
5 FEB
5 MAR
2 APR
7 MAY
4 JUN
2 JUL
6 AUG
3 SEP
1 OCT
5 NOV
3 DEC



**TO REGISTER CALL
813-828-0145
OR SEND EMAIL
WITH DOD ID TO:
FSC.FRONTDESK@US.AF.MIL**

WWW.MACDILLFSS.COM

Events

Join Us for Coffee and New Connections



**JANUARY 8
0830-1030
AT DINER'S
REEF**

**SPOUSE
NEWCOMERS
WELCOME
COFFEE**

Enjoy a warm
cup and great
conversations.

**INFORMATION
FAIR**

Learn about
resources and
support available
here at MacDill.

PLEASE RSVP TO FSC.FRONTDESK@US.AF.MIL

Events

Military Spouse Night Out

Calling all MacDill Military Spouses to join
us for a night full of fun, community building
and connection!

Thursday, January 15, 2025

6:30pm

Location: TBD



MACDILL AIR FORCE BASE
6TH FORCE SUPPORT SQUADRON

Email or call for more information

FSC.Frontdesk@us.af.mil

813-828-0145



Events

Personal Financial Readiness Workshops 2026

All briefings are provided by M&FRC PFR Team at the M&FRC, bldg. 18!

(To include, accredited & certified financial counselors and registered financial planners.)

Sign up individually or
as a unit/team!



Understanding TSP 1300-1430

How much do you really know and understand about the Thrift Savings Plan? Join us as we discuss the ins and outs of TSP. This class is for military and civilian TSP investors and satisfies the Vesting in TSP Financial Readiness Touchpoint.

26 MAR - 25 JUN - 24 SEP - 10 DEC



Estate Planning 1300-1430

Discover the benefits of estate planning. Learn the various components that make up an individual's estate such as wills, life insurance, bank, property, and investment accounts and what happens to an estate after death.

26 FEB - 9 APR - 11 JUN - 27 AUG



Home Sweet Home 1300-1430

Take the stress out of home-buying! Learn how to navigate the market with confidence. We'll cover choosing a realtor, what to look for when selecting a home, and understanding loan options, to include VA home loans.

12 FEB - 9 JUL



Let's Talk Credit 1300-1430

Join the M&FRC as we take a look at simple techniques to save you thousands of dollars. We'll discuss the truths and myths about credit, understanding your credit score, and ways to improve it.

28 MAY - 20 AUG



Holiday Spending 1300-1430

Similar to our Understanding TSP class, our Retirement Planning Starter will discuss making your TSP work for you, as you plan for retirement. The workshop satisfies the Retirement Planning Starter Financial Readiness Touchpoint.

8 OCT - 12 NOV

Events



DORM DEPARTURE PROGRAM

2026:

- 14 JAN
- 11 FEB
- 11 MAR
- 8 APR
- 13 MAY
- 10 & 24 JUN
- 15 & 29 JUL
- 12 AUG
- 23 SEP
- 21 OCT
- 18 NOV
- 16 DEC



MACDILL AIR FORCE BASE
6TH FORCE SUPPORT SQUADRON



- 🕒 0900-1000
- 📍 Bldg 375 Cyber Cafe

**REGISTER THROUGH
THE M&FRC**



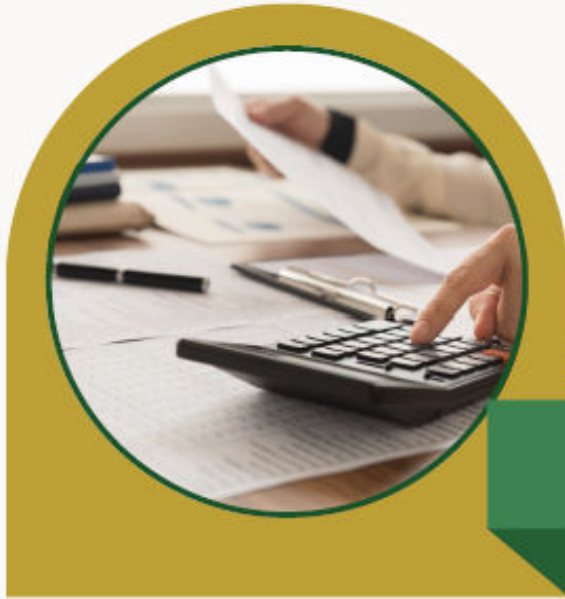
Phone Number
813-828-0145



Email
fsc.frontdesk@us.af.mil

Dorm Departure Program (D2 Program) consist of two parts:
1. Completion of D2 Brief and 2. Completion of 1:1 Budget Review

Events



M&FRC

Finances, without the stress!

MONEY 101 **WORKSHOP**

Learn to navigate your finances with confidence; money conversations, budgets, tax preparation, TSP/BRS, goal setting, financial planning, & much more!



2026
22 JAN
30 APR
10 SEP



1300-1430



M&FRC
BLDG 18

Register Now



FSC.Frontdesk@us.af.mil
813-828-0145

All briefs provided by M&FRC PFR team and MFLC.

Events

Military & Family Readiness Center:

Bundles *for* Babies

2026 Dates:

3 FEB

11 AUG

14 APR

13 OCT

9 JUN

8 DEC



8:30am-12:30pm
@ the M&FRC, Bldg 18

- ✓ 8+ base agencies
- ✓ Information & resources
- ✓ Q&A with the experts
- ✓ Special gift (if eligible)
- ✓ Register today!




MACDILL AIR FORCE BASE
6TH FORCE SUPPORT SQUADRON



*Active Duty/Reserve on Title 10 orders and their dependent spouses

 813-828-0145

 fsc.frontdesk@us.af.mil

Events

M&FRC Presents:
HURRICANE PREP

2026







Let's Start Now!

The M&FRC
10:00am-12:00pm

19 MAY
16 JUN

21 JUL
18 AUG

***Learn what to do and
where to find help!***

-  Emergency Management
-  Finance Office
-  Resident Advocate
-  EFMP
-  MFLC
-  And more!

Register NOW!



813-828-0145



fsc.frontdesk@us.af.mil

Events

MACDILL EFMP 201 TRANSITIONS BRIEF



EXCEPTIONAL FAMILY MEMBER PROGRAM

Navigating life transitions can be difficult. MacDill EFMP Team is committed to helping you plan ahead. Whether you are retiring or supporting a dependent EFM through a significant life change. Speak directly to your subject matter experts.

- EFMP Family Support Program Team
- School Liaison Program Manager
- Vocational Rehabilitation-FL DOE
- MacDill Legal-Special Education
- Tricare representative
- MPF Secondary Dependency/Incapacitated Adult
- FL Agency for Persons with Disabilities (APD)
- Special Needs Alliance- (Guardianship, Special Needs Trust & more!)



Join our virtual brief!

2026

TUESDAYS

10:30AM-12:30PM

MAR 10

JUN 9

SEPT 8

DEC 8



For questions or assistance please email:

6fss.fsh.efmp@us.af.mil



See our EFMP One Stop page:
<https://macdillfss.com/efmp>

+1-813-828-0122/0136



EFMP Family Support

Events

EFMP-FS PRESENT



WELLNESS YOGA



*Register
Now*



FRIDAY | 09 JANUARY 2026 | 7:30 PM - 8:30 PM

TO REGISTER EMAIL:

6FSS.FSH.EFMP@US.AF.MIL

YOGA LOFT TAMPA



**2002 E. 5th St Unit 102
Tampa, FL 33605**



EFMP Exceptional
Family Member
Program



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events



When: 28 January 2026 (10:00 AM)

Where: Manatee Viewing Center

Who: EFMP & Deployed Affected Families

What: EFMP Connect Event
Wildlife Viewing Platform
Tidal Walkway
Education Building
Cownose Cove
Manatee Movie
Nature Trail w/360 Tower

RSVP to:

EFMP-FS

6FSS.FSH.EFMP@US.AF.MIL

+813-828-0122

* For the safety of all visitors:
Shoes and Shirts are required, Stay on Walkways, No Pets, No Alcohol, No Skating, No Running, No Wading, No Swimming, No Fishing, No Boating, No Drones and No Feeding Wildlife or Manatees

6990 Dickman Rd, Apollo Beach, FL 33572



EFMP Exceptional Family Member Program



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events

31 MARCH 2026
1100am - 100pm

Limited Slots
Register Now!

Family Fun at the Florida Aquarium

For EFMP & Hearts Apart Deployed Affected Families Only

To Register Email:

6FSS.FSH.EFMP@US.AF.MIL



EFMP Exceptional Family Member Program



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events



COFFEE

& CANVAS PAINTING

ALL AGES

12 FEB, 2026

11:00AM-12:30PM

8105 CONDOR ST. BLDG 18

REGISTER AT

6FSS.FSH.EFMP@US.AF.MIL



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON



Events



RESUME WRITING 101 PRIVATE INDUSTRY AND INTERVIEWING SKILLS 2026

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3:30PM

JANUARY 12
FEBRUARY 9
MARCH 16
APRIL 13

MAY 18
JUNE 15
JULY 20
AUGUST 17

SEPTEMBER 21
OCTOBER 5
NOVEMBER 23
DECEMBER 21

This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities. Learn the techniques involved in the interviewing process and how to handle salary issues.

TO REGISTER CONTACT:
6MSS.employments@us.af.mil • (813) 828-0145



FEDERAL EMPLOYMENT WORKSHOPS 2026

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3PM

JANUARY 13
FEBRUARY 10
MARCH 17
APRIL 14

MAY 19
JUNE 16
JULY 21
AUGUST 18

SEPTEMBER 22
OCTOBER 6
NOVEMBER 24
DECEMBER 22

This workshop gives tips and advice on how to write a federal resume that will get you the interview. Also, learn the ins and outs of USA Jobs and how to navigate the application process.

TO REGISTER CONTACT:
6MSS.employments@us.af.mil • (813) 828-0145



FIND MORE INFO AT:
MACDILLFSS.COM
FOLLOW US @MACDILLFSS



FIND MORE INFO AT:
MACDILLFSS.COM
FOLLOW US @MACDILLFSS

Employment Workshops Are open to Dependents!!!

MACDILL AFB CAREER FAIR 2026 Calendar

OPEN TO ALL ACTIVE DUTY, GUARD/RESERVE, DOD CIVILIANS & SPOUSES WITH ACCESS TO INSTALLATIONS

SAVE THE DATE

11AM-2PM

30 January (Skillbridge)
23 April
30 July
29 October

SAVE THE DATE

Locations Varies

Please Contact Us For More information



Meet 70+ Local and International Employers!



Follow us @ macdillfss
or email: 6mss.employments@us.af.mil



Events

 **SKILLBRIDGE**
SkillBridge, Helping Veterans Transition



MacDill AFB & USCG Air Station Clearwater



OPEN TO ALL
ACTIVE DUTY, GUARD,
RESERVE, AND
MILITARY SPOUSES



No Registration Fee



Location

St Pete College Epicenter
13805 58th St N Clearwater FL



Date / Time

30 JANUARY 2026
11:00 AM to 02:00 PM



**Vetted SkillBridge
Industry Partner**

 813-828-0145
 6mss.employments@us.af.mil
 @Macdillfss
 www.MacDillFSS.com

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OPPORTUNITIES

JOB EXPERIENCE

CONNECTIONS

CERTIFICATIONS

EMPLOYMENT

U.S. Department of
Homeland Security
**United States
Coast Guard**



Events

*Ring in the
New Year!*



SEASCAPES

New Year's Eve Party

“Masquerade at the Bay”

Wed, 31 Dec

Doors open at 6pm | Kitchen will close at 5pm*

**Shark Bite Menu Available* (No Kids After 10pm)*

Tickets on Sale 1 Dec-30 Dec

Reservations Required - Purchase at SeaScapes

Limited Space Available - Wristbands Issued

\$50 pp / \$85 per couple

Tickets Purchased at the Door 31 Dec/After 10pm - \$55 pp

Ticket Includes:

**Entertainment, Party Favors (while supplies last),
Continental Breakfast,**

(Fresh Fruit, Eggs, Bacon, Assorted Mini Danishes, Juice and Coffee)

Cajun Buffet,

(Gumbo, Red Beans & Rice, Shrimp & Sausage Jambalaya, Dirty Rice, Cajun Chicken and House Salad)

Champagne Toast, and DJ/Karaoke

(813) 840-1451



macdillfss.com

Events

Become A Better You!

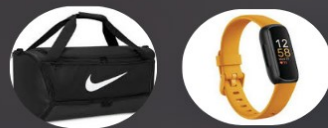


SHORT FITNESS CETNER'S SLIMDOWN SHOWDOWN Challenge

Individual or Team

Scan the QR code for the rules. Prizes include a Nike Gym Bag and a Fitbit Inspire 3. Register by **2 January**. Weigh-ins will take place **5-6 January**. Showdown runs from **7 January till 27 February**.

Prizes:



SCAN TO REGISTER



Events

BAY PALMS GOLF COURSE



FREE

ACTIVE DUTY CLINIC

Free Golf Lessons for
Active Duty & their Spouses

12PM-1PM

on select Wednesdays

Please meet at the driving range 10 minutes prior to start time.
Instruction & equipment will be provided if needed.

No reservation required

2025-2026 SEASON

Oct 8 & 22

Nov 5 & 19

Dec 3 & 17

Jan 7 & 21

Feb 4 & 18

Mar 4 & 18

Apr 1, 15 & 29

May 13



BAY PALMS
MAGDILL AFB

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events

OUTDOOR ADVENTURE TRIPS



FISHING CHARTER

MacDill Half Day Fishing Charter

Jan 17th | Feb 7th | Mar 24th | 8AM-1PM | MacDill Marina | \$60pp

Departure: 8AM from MacDill Marina

Duration: 5 hours of fishing in beautiful Old Tampa Bay

Included in Trip Price: Fishing pole, bait, life preserver, cooler with ice and water

Sign-Up Requirement: Must be registered in advance to participate

What to Bring: Hat for sun protection, proper fishing attire, sunscreen & sunglasses recommended

Perfect for: All skill levels—whether you're a first-time angler or seasoned fisherman!
Very chill relaxing trip- food not included bring your own snacks.

Call the FamCamp at (813) 512-6710/(813) 840-6920,
Mon-Sat for reservations.

macdillfss.com



Events



PARENT WORKSHOP

“Collaborative Parenting”



22nd January
6:00PM



Zoom Meeting:
Meeting ID:
160 734 5899
Pass code:
SCHOOL

Join us for a supportive, insightful workshop designed to help parents strengthen communication, build teamwork at home, and create a more peaceful, connected family environment. “Collaborative Parenting” focuses on shared problem-solving, positive discipline, and practical strategies you can use right away.

Whether you're navigating big emotions, daily routines, or growing independence, this workshop gives you tools to parent together with confidence.

Events

2-TANK GULF DIVE

OUTDOOR ADVENTURE TRIPS

The Gulf of America is one of Florida's hidden gems, home to some of the most diverse marine life and thriving underwater ecosystems you'll ever see.

Join us for an unforgettable 2-Tank Gulf Dive and experience the beauty beneath the waves!

Date: Saturday, January 24, 2026

Time: 8:00 AM – 2:00 PM

Departing from: These details will be put out the closer we get to the date, locations may change due to conditions


Cost: \$150 per person (covers trip only)

Important Details: Diving equipment is not included. If you don't have your own gear, please let us know when you book—we'll help get you set up.

Spaces are limited and will fill up fast! Advance sign-up is required.

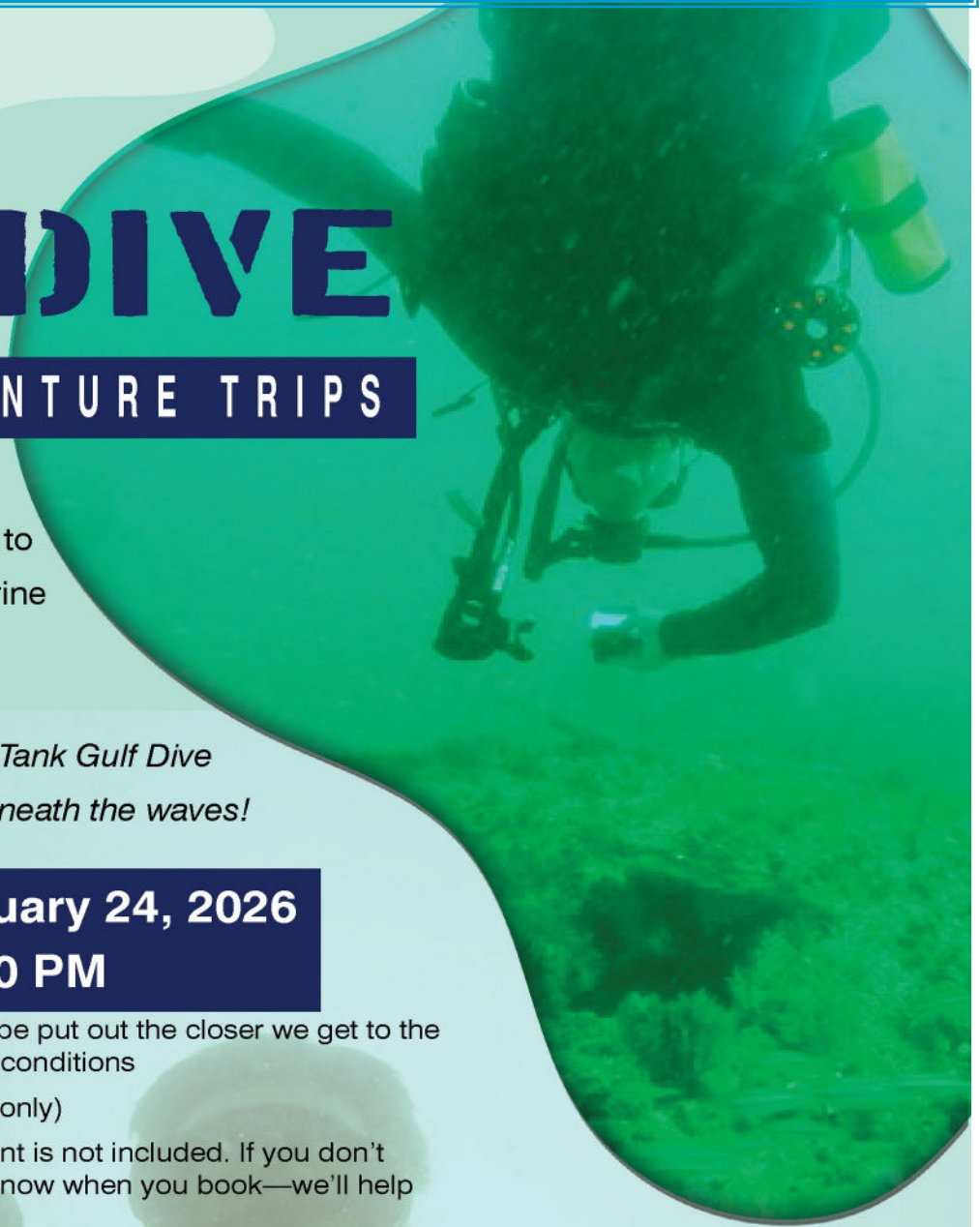
**This trips is weather permitting, trip will be reschedule or refunded if there is incliment weather.*

Don't miss this chance to explore the Gulf's hidden underwater treasures with us!

 Call the FamCamp at (813) 512-6710/(813) 840-6920, Mon-Sat for reservations.

 macdillfss.com

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON



Events



FREE

**MacDill School Liason &
Military Child Education Coalition**

2026 College Information Workshops

2 Dates & Locations

January 27, 2026

**Location: Newsome High School
16550 FishHawk Blvd, Lithia, FL 33547**

Time: 6.00PM-8:00PM

January 28, 2026

**Location: M&FRC Annex
8104 Condor Street, MacDill AFB**

Time: 6:00PM-8:00PM

Various colleges will have an information table.

**Open to ALL High
School Students**

Topics Covered:

**FAFSA (Free Application for
Federal Student Aid)
College Essays
Scholarship Essays
Applying to Military Academies
VA Benefits/Chapter 35**



**Dr. Venetia Waters,
School Liason Program Manager
813-828-0146**



Resources

Health & Wellness Center Mission and Vision

Mission:

Provide top quality health & fitness services, increase military readiness, reduce health risks, decrease health care demands, & enhance quality of life.

Vision:

Transforming health for a ready and resilient MacDill Community

All services/programs are available to active duty, family members 18 Years and older, retirees, and DoD civilians (Effective 1 June 2025—AD only May Receive One-on-One for Nutrition Counseling)

Biometric Screenings

Micro Smokerlyzer®: When inhaled, carbon monoxide (CO) competes with oxygen in the bloodstream, starving body tissues of the ability to repair and regenerate. This quick, easy assessment shows the levels of CO inhaled as well as the % of oxygen that has been replaced in the bloodstream.

Blood Pressure: Coming Soon!

We Will Come to You!

Fit Stops (Mini Health Fairs): Mobile health screenings or briefings conducted at units/squadrons upon request. These are customized to address the specific needs of the unit's population and potential health risks.

CC Call Briefings: 15-minute briefings on selected topics. Includes "Optimize Your Sleep," "Align Nutrition with Training," "Activate Your Life," and "What's Up at the HAWC?" Tailored briefings offered at CC's request.

Annual observances: Healthy Weight Month, Great American Smoke-out®, National Nutrition Month®, National Sports and Fitness Month, National Running Month, Tobacco-Free Living, Suicide Prevention, Diabetes Prevention and many more...

Resources

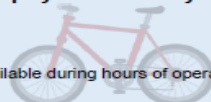
Resource Library: Pick up some pamphlets and booklets on topics of interest.

Exercise Equipment: Our staff will be happy to assist you with using our selection of cardiovascular and strength training equipment including the Octane® Elliptical.

Tanita® Body Composition Analyzer: Calculates body fat, estimated muscle mass and base metabolic rate. Shows separate body composition for right/left arms/legs and trunk. Results are provided on a printed ticket.

Bike-It!

Get fit the fun way! Come check out a bike at the HAWC to get in your daily physical activity!



Available during hours of operation

We are available 24/7! Find out about all the Health Promotion programs, services, calendar of events, and more at:

1. www.facebook.com/MacDillHAWC
2. Download the [USAF Connect](#) app



Leading the way to a strong,
healthier tomorrow by providing
Trusted Care, Anywhere

Programs and Services
Fit Fighters
Healthy Families

Hours of Operation:

Mon – Fri 0730-1600
Outreach Hours: Variable

Contact us:

8115 Cypress Stand St Bldg 303
MacDill AFB, FL 33621
(813) 828-4739

Shane Warye, Director, Health Promotion
Shane.e.warye.civ@health.mil
Chandler Falcon, Dietitian, Health Promotion
Chandler.h.falcon.ctr@health.mil

www.facebook.com/macdillhawc

Wellness

AF Body Composition Program

This lifestyle wellness program balances nutrition, exercise principles, and techniques for lifestyle and behavior changes. Using the InBody® scale or Bod Pod®, our professionals will develop your customized program to ensure your operational readiness!

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Facilitated by former smoker, and experts in health education, stress management, nutrition & exercise

Optimizing Sleep Class:

Build Better Sleep Habits – Catching ZZZ's may be the key to unlocking a healthier you!

HeRO: The Air Force Health and Readiness Optimization Program

Fosters a culture and environment that values health and wellness! This will improve mission readiness and productivity of the military community, while contributing to the physical, mental, and emotional well-being of all Airmen.

Fitness/Human Performance

S.N.A.P. to It!

Strategic Nutrition for Airmen Performance

Introductory Nutrition / Lifestyle education for those who did not pass or are struggling to pass their PT test.

Running Clinic

Improve your run time! Learn about running mechanism, injury prevention, and performance enhancement. Get a shoe analysis, footwear recommendations, and more...

Supplements-they are NOT all created equal

Learn how to make educated decisions on which supplements are best for you.

Fuel to the Max!

Release the athlete within you! Fuel your body, get strong, and optimize performance with your individual plan from our Sports Dietitian.

Bod Pod® or InBody® 570

Assess and track body composition! The BOD POD® uses Air Displacement and the InBody® uses multi-frequency Bioelectrical Impedance Analysis (BIA) to provide very accurate measurements.

Metabolic Testing System

Want the big picture for you and your body? Obtain a true metabolic measurement in a matter of minutes!

Must meet eligibility requirements

Sabal Park Clinic

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Topics include stress management, exercise, mouth care, nutrition & exercise.

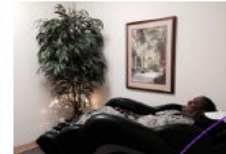
Facilitated by behavioral specialists and physicians

Stress LESS at the HAWC



Private Relaxation Room

Come enjoy a relaxing massage chair and water feature in a private, soothing environment.



De-Stress

Pick up a deep relaxation CD in our resource area.

Resources



PRAY FOR ME
CHAPLAIN

CONFIDENTIAL PRAYER REQUESTS

We are honored to support you and your families through prayer. Scan the QR code to submit a confidential prayer request. We have your back.



Your Macdill Chapel Team

AMERICANS CAN VOTE.
WHEREVER THEY ARE.

Did you know that Service members, their families, and overseas citizens can vote when away from their voting residence?



HOW TO VOTE FROM ANYWHERE

WHEN YOU'RE IN THE MILITARY OR LIVING OVERSEAS

STEP
1

Register and request your absentee ballot at FVAP.gov

STEP
2

Fill out and send in your ballot when it arrives

Get everything you need to vote absentee at FVAP.gov

Please Contact
The Installation Voting
Assistance Officer
At Macdill.voting@us.af.mil
with any question.

**FOR LIFE, LIMB, EYESIGHT THREATENING
EMERGENCIES:**

Call 911 or go to the nearest ER.

All Other Urgent Medical Needs:
Call 813-828-2273 (APPT)

Prior Authorization is needed for all
non-emergency care .
patientportal.mhsgenesis.health.mil

1-800-477-8227

DoD

**Safe
Helpline**

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Resources

FAMILY ADVOCACY PROGRAM

Strengthening
our community
one family at a
time



6th Medical Group
2nd Floor
813-827-9172



MACDILL AFB
DOMESTIC ABUSE
HELPLINE

813-279-1320



Restricted & Unrestricted Reporting
24/7 Victim Advocate Support
Safety Planning
Get Help Now!

Family Advocacy Program
813-827-9172



CareerSource
HILLSBOROUGH PINELLAS

@ MacDill AFB

Ted Davis, FCWP1, USMC

Business Manager/Career Coach/MacDill AFB

Davist@CareerSourceHP.com

C: (813) 599-7184



Sylwia Pleak

Business Development Manager - Military &
Spouse Program

pleaks@careersourcetb.com

P: (813) 930-7400

www.CareerSourceHillsboroughPinellas.com

LEGAL ASSISTANCE



8208 Hangar Loop Dr.
Building 299
(813) 828-4421

6arw.ja.generallaw@us.af.mil

**Walk-in Hours for Notary and
Power of Attorney:**

Mon., Tue. & Thu. (0900-1500)
Wed. (1300-1500)
Fri. (0900-1100)

Wills and Legal Advice:

By Appointment Only

<https://aflegalassistance.law.af.mil/las/las.html>

Resources



FLORIDA DEPARTMENT OF VETERANS' AFFAIRS

Honoring those who served U.S.

Carmelo Mora

State Veterans Service Officer

813-828-8522

Carmelo.mora@FDVA.FL.GOV



**6 ARW Chaplain
Corps**

Bldg. 355 (813) 828-3621

**After hours through the
Command Post:(813) 828-4361**

**MILITARY
ONE
SOURCE**

ONE SOURCE CONNECTING YOU
TO YOUR BEST MILLIFE.

MilitaryOneSource.mil | 800-342-9647



**MILITARY & FAMILY
LIFE COUNSELING**

@ the MFRC

Amity Mainridge 813-210-7822

Kim Peters 813-816-3061



FloridaDisaster.ORG
DIVISION OF EMERGENCY MANAGEMENT

KNOW YOUR ZONE



**FREE PERSONAL
FINANCIAL COUNSELOR**

@ THE MFRC

**JOSHUA MELCHOR,
CFP**

813-486-2835

PFC.MACDILL@MAGELLANFEDERAL.COM

RETIREMENT PLANNING, TSP,
ESTATE PLANNING, ETC.

Resources

MacDill Resident Advocate

ADVOCATE



VOICE OF RESIDENTS TO BASE COMMANDER: Chain of Command is Direct to CV/CC

IMPROVE NEIGHBORHOODS: Detect Trends and Recommend COAs

RESIDENT VOICE COUNCIL: Quarterly with Reps, 6 ARW/CC/CCC, 6 MSG, 6 CES, Harbor Bay

CUSTOMER SERVICE



OFFICE: Building 17 (near Post Office/Military & Family Readiness Center)

PHONE: (813) 828-2377



VIRTUAL: Facebook Messenger, Microsoft Teams, Zoom, Email

OUTREACH



SOCIAL MEDIA: (Daily) Provide Information; Monitor for Trends

NEIGHBORHOOD WALKS: (Monthly) Direct Eyes-On Residences; Social Interaction

TOWN HALL MEETINGS: (Oct/Apr) Open to ALL; Direct Interaction w/ Base Commander

EFMP Triad



IDENTIFICATION & ENROLLMENT



ASSIGNMENT COORDINATION



FAMILY SUPPORT

<https://macdillfss.com/efmp/>



Join our FB group at:
MACDILL AFB EFMP

(Will temporarily relocate to the Education Center 01 NOV 2024)

MACDILL AFB

SCHOOL LIAISON PROGRAM

DEPARTMENT OF THE AIR FORCE



SCHOOL LIAISON PROGRAM



PHONE: (813) 828-0146

DSN: 987-0146

cell: (813) 597-6061



macdillfss.com/school-liaison-program
venetia.waters@us.af.mil



Military Family Readiness Center
8105 Condor St. Bldg #18
MacDill AFB, FL 33621



MACDILL AIR FORCE BASE

FORCE
SUPPORT SQUADRON

Resources



MILITARY & FAMILY LIFE COUNSELING

School Military Family Life Counselors (MFLC) If your school is NOT listed: Use Hillsborough VTC

School	MFLC Phone
Kenneth" ADUM" K-8	813-629-2099
Ballast Point Elementary	813-460-8454
Barrington Middle	813-392-8737
Bevis Elementary	813-310-6765
Collins Elementary	813-310-6765
Dorothy C "YORK" Innovation Academy	813-853-9515
East Bay High School	813 853-9515
FishHawk Creek Elem	210-740-8834
Hillsborough VTC	813-629-2099
Lanier Elementary	813-460-8454
Plant High School	813-392-8924
Newsome High School	813-388-0937
Newsome High School	813-244-5816
Randall Middle	813-392-8737
Riverview High School	813-293-3289
Stowers Elementary	813- 695-3142
Summerfield Crossings Elementary	813- 695-3142
Sumner High School	813-310-8133
T.R. "ROBINSON" High School	813-392-8924
TINKER K-8	813-285-0115
TINKER K-8	813-293-1888
Warren Hope "Dawson" Elementary	210-740-8834
WestShore Elementary	813-629-2099

FOR MORE INFO:

 macdilltss.com/school-liaison-program
Dr. Venetia D. Waters, School Liaison Program Manager
 813-828-0146  VENETIA.WATERS@USAF.MIL

