quote >>>

"Happiness is not by chance, but by choice."

~Jim Rohn



JUNE 2024

M&FRC NEWSLETTER

MacReadiness

Upcoming Events:

June 2— Ice Skating

June 4— EFMP Orientation

June 4 — Teen Summer Job Prep

June 7 — Volunteer Training

June 17 — Interview Skills

June 17 — Resume 101

June 19-20 MFRC CLOSED

June 25 — Bundles for Babies

July 4-5 MFRC CLOSED

To Register for Classes

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

Military & Family Readiness Center

https://macdillfss.com/military-family-readiness/



Bldg. 18 Phone: 813-828-3494/3224 8105 Condor Street FSC.Frontdesk@us.af.mil

Hours Of Operation

Mon., Tues. Wed. & Fri. 8am-4pm 11am-4pm

In the Spotlight...

Hurricane Season is Here! Know you Zone!



In the Know

The Key Spouse program is now the

Commander's Key Support Program

(CKSP)

The CKSP is an official

Unit Family Readiness Program designed to enhance readiness, personal and family resiliency, and establish a sense of Air Force and Space Force community.

Key Support Liaisons (KSL) are Commander appointed and serve as a vital resource to Command Teams in an effort to support Air Force and Space Force families.

The strategic vision is to increase resiliency and unit cohesion amongst military members and their families throughout the military lifecycle.



Please contact the
MacDill AFB
Commander's Key Support
Program Team for more information.
813-828-0145
FSC.Frontdesk@us.af.mil



Calendar

JUNE 2024

OHLDREN/FAMILIES
EMPLOYMENT
PERSONAL FINANCES
HELOCATION
READINESS/DEPLOYMEN
TRANSITION (TAP)

MILITARY & FAMILY READINESS

macdillfss.com/military-family-readiness





| VOLUNTEER (V | MINIM | The state of the s | WEINESEN) | DESCRIP | FRIGAY | | OHI ROCKONIN |
|---|--|--|--|---|--|-----|--------------|
| -51 | in ME | On | | | | | 1 |
| EFMP CONNECT EVENT 11:30AM- 12:30PM | REINTEGRATION SAM TAP PRE SEP (SEP) 12-3:30PM 3-5: TAP WORKSHOP | 1115 | AENTEGATION 10AM TAP PRE SEP (RET) 12-3:30PM | PRE-DEPLOYMENT/REMOTE TOUR BREEFING 1-29M EPIMP ORIENTATION 10-30AM- 12:30PM 6-7: EMPLOYM | RENTEGRATION SAM INITIAL VOLUNTEER 1PM ENT TRACK - SAM - 4PM | 7 | 8 |
| • | REINTEGRATION SAM TAP PRE SEP (SEP) 12-3:30PM | COMMANDER'S KEY SUPPORT MENTOR TRAINING 7-8PM (11-12: CAREER & CREDENTIAL DX | DORM DEPARTURE 9-10AM PER UNDERSTANDING TSP 11AM-12PM REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM PLOBATION - SAM - 4PM | PRE DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM FEDERAL EMPLOYMENT WORKSHOP 1-3PM | REINTEGRATION SAM LINEDIN SAM-4PM | 14 | 15 |
| TAIHER'S DAY | PARTITION SAM INTERNET SOLLS 10-11:30AM TAP PRE SEP (SEP) 12-3:30PM RESIDE WRITING 101: PRIVATE INCUSTEY 1-3PM | 18 | JANETEENTH MAFRIC CLOSED | 20 MAFRC CLOSED - AMC FAMILY DAY | | 21 | 22 |
| 23/30 | 24 | 25 BUNDLES 4 BABIES 8:30AM-12:30PM | 26 REINTECHATION 10AM TAP PRE SEP (RET) 12-3:30PM | NIDS ON THE MOVE 11AM- 12-30PM PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM | | 28 | 20 |
| | 24-29: TAP WORKSH | OPS - NAM - 4PM | | 27-29-EMPLOY | MENT TRACK - SAM - 4PM | 100 | |

CHILDREN/FAMILIES

2 June, EFMP: TGR Ice plex Connect Event 11:30AM-12:30PM.

The purpose is to provide activities for EFMP families to participate in & promote physical & mental health. During the events, resilience focused education will be provided in an informal manner. These events will be for adults, kids, and family populations.

6 June, EPMP: Orientation 10:30AM-12:30PM

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 fricare, EFMP FS, EFMP Medical, SLO, Agency for Persons with Disabilities, and Special Needs Alliance.

11 June, PBWL Communders Key Support Meetor Training, 7-8PM

Communication and network opportunity for appointed Wing Key Spouse Mentors with MacDill Leaders and each other.

EMPLOYMENT

13 June, Federal Employment Workshop, 1-3PM

This workshop helps you create a resume that will get your resume to the hiring manager's deak! 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.

14, June, Linkedin, SAM-4PM

Unlock the secrets of LinkedIn by building and maximizing your profile, turbo charge you job search and learn how to network effectively through the #1 professional networking social media site.

17 June, Interviewing Skills, 10-11:30AM

This workshop helps you learn the techniques involved in the interviewing process and how to handle salary issues and questions.

June, Resume Writing 103-Private Industry, 1-3PM

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.

PERSONAL FINANCES

12 June, Dorm Departure Program (02 Program), 9-10AM

Are you planning to move out of the dorms in 3, 6, or even 12 months? This class is designed to assist you in researching, saving, and planning for your new space.

12 June PFR Understanding TSP, 11AM-12PM

How much do you really know and understand about the Thrift Savings Plan? Join the M&FRC as we discuss the ins and outs of ISP. This class is for military and civilian ISP investors.

27 June, Kids on the Move, 11AM-12:30PM

Financially Fit Kids... Overview and understanding of paychecks, budgeting, savings, and pending of earned income. AUMAYS open to all Armed Forces Members, families, and civilians. MAY 2024 Session is for Parents. JUNE/JULY Sessions are for Child & Youth Program attendees.

25 June, Bundles for Babies, 8:30AM-12:30PM

Representatives from multiple base agrecies will provide information and services to assist participants in preparing for the arrival of their new baby. During this workshop, you will recieve a Bundle of information, resources, and a special gift. Satisfies the Birth of First Child Financial Readiness Touchpoint.

READINESS/DEPLOYMENT

Pre-Deployment/Remote Your Briefing is offered Thursday's, 1-2PM

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. Spoases are highly encouraged to attend our weekly briefings. Email 97SS SPILMFReadmensibility, at mill to register.

Reintegration occurs even Mon, Fri SAM and Wed 10AN

Location is the Public Health conference room. Member will schedule through Public Health. This briefing covers successful strategies on return/reintegration, along with instructions on how to complete the checklist.

Spoure Reintegration Occurs every 3rd Wednesday of the month, from 1–29M. The purpose of this briefing is to discuss reintegration strategies.

TRANSITION ASSISTANCE PROGRAM (TAP)

To start TAP visit: macdilltss.com/tap-start/ or email: 6/ss.fsh.tap@us.al.mil.

DAP Workshop

June 3-5 & June 24-26 from SAM - 4PM

Initial & Pre-Separation Counseling

Every Monday (SEP.) & Wednesday (RET.) from 12PM - 3:30PM

Career and Credential Exploration Track

June 11-12 from SAM - 4PM

Employment Track

June 6-7 & June 27-28 from SAM - 4PM

VOLUNTEER PROGRAM (VOL)

Initial Volunteer training occurs every second Finday of the month at 1PM at MIGFRC. Train on VMIS procedures and volunteer program guidence.

MACDILL AFB EFMP PRESENTS...

Family Ice Skating

2 June 2024, 11:30am - 12:30pm TGH ICE PLEX, Brandon FL

RSVP REQUIRED: 6FSS.FSH.EFMP@US.AF.MIL



10222 Elizabeth PL, Tampa FL 33619

Open to EFMP and Deployed families









TEEN SUMMER JOB PREP JUNE 4 2-3PM

TEEN RESUME WRITING

YOU'RE Invited





TO REGISTER CALL: 813-828-0145

or

Email: 6mss.employments@us.af.mil

@ The MFRC Bldg. 18





June 1st, 2024 • MacDill Marina & Beach 10AM-3PM













Live DJ | BBQ Buffet at SeaScapes & Sweet Treats Available for Purchase Prizes & Giveaways AIR FORCE

and so much more!





macdillfss.com/summerexpo/





CHANNEL DISTRICT







OUTDOOR RECREATION



RESUME WRITING 101
PRIVATE INDUSTRY 2024

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

JANUARY 29 FEBRUARY 12 MARCH 18 APRIL 15 MAY 20 JUNE 17 JULY 29 AUGUST 26 SEPTEMBER 16 OCTOBER 07 NOVEMBER 04 DECEMBER 16

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.

TO REGISTER CONTACT: 6MSS employments@us.sf.mil • 68159 828-0145





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



FEDERAL EMPLOYMENT WORKSHOPS 2024

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

JANUARY 18 FEBRUARY 15 MARCH 21 APRIL 18 MAY 23 JUNE 13 AUGUST 1 AUGUST 29 SEPTEMBER 19 OCTOBER 10 NOVEMBER 14 DECEMBER 19

This workshop gives the and subsects whose to write a foderal resume that will get you the interview.

Also, learn the list and outs of USA Jobs and hose to noriginic the application process.

TO REGISTER CONTACT: (MSS. employments@bis.uf.mid + (Rt3) 828-0145





FIND MODE INFO AT:

MACDILLESS.COM
FULLOW IS @ MACDILLESS @ []

CAREER FAIR

2024 Calendar

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

SAVE DATE

11AM-2PM

25 January 25 April 18 July

17 October

BREAKAWAY EVENTS CENTER, BLDG #499
7315 BAYSHORE BOULEVARD MACDILL AFB, FL 33621



Meet 70+ Local and International Employers!



for member macdilless.com later or troubles (98) a mail from ingleptorables along





INTERVIEWING SKILLS 2024

M&FRC BUILDING #38 TRAINING ROOM • 10 AM- 11:30AM

JANUARY 29 FEBRUARY 12 MARCH 18 APRIL 15 MAY 20 JUNE 17 JULY 29 SEPTEMBER 16 OCTOBER 07 NOVEMBER 04 DECEMBER 16

This workshop helps you learn the techniques involved in the interviewing process and how to handle salary issues and questions.

AUGUST 26

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











MACDILL EFMP FAMILY SUPPORT PRESENTS VIRTUAL TRAINING

DO YOU KNOW ALL OF THE THINGS EFMP FAMILY SUPPORT CAN DO FOR ACTIVE-DUTY AIR FORCE & SPACE FORCE SERVICE MEMBERS AND THEIR FAMILIES?

TOPICS COVERED:

*AIR FORCE/SPACE FORCE DAF FAMILY VECTOR

*INVIDUALIZED FAMILY NEEDS ASSESSMENTS

*EFMP AIR FORCE/SPACE FORCE GRANTS

*SPECIAL EDUCATION RESOURCES

*CHANGES TO AIR FORCE RESPITE CARE PROGRAM

DATE: 17 JAN, 28 FEB, 22 MAY, 24 JUL, 25 SEPT IN PERSON 8 VIRTUAL

(ZOOM CODE: 160 3265 9210 PASSCODE: DIDUKHOW)

FROM 0930-1030

EMAIL: 6FSS.FSH.EFMP@US.AF.MIL OR CALL 813-828-0122



+

MACDILL EFMP ORIENTATION

EXCEPTIONAL FAMILY MEMBER PROGRAM



Are you new to MacDill EFMP or have a transition such as retiring, separating or have an child with special needs transitioning to adulthood?

The following agencies will be available online to answer your questions:

EFMP Medical, EFMP Family Support School Liasion Program Manager MacDill Legal, Tricare representative EFMP Assignments/ Secondary dependency, FL Agency for Persons with Disabilities, Special Needs Alliance



To register please send email to: 6fss.fsh.efmpeus.af.mil





VIRTUAL CLASSES AVAILABLE YEAR ROUND

2024 TUESDAYS 10:30AM -12:30PM

MARCH 5 JUNE 6 SEPTEMBER 10 DECEMBER 10

For more information call EFMP Family Support at:

(L)+1-813-828-0122/0136







VIRTUAL WORKSHOP



REGISTER NOW!

Use link:

https://www.tfaforms.com/5120102

Scan QR Code







April 24th-Pathways to Medical and Military Benefits for Exceptional Families

May 1st-Dispute Resolution: Orders and Chain of Command for Resolving Conflicts

May 8th-Sound the Cadence: Raising Voices in Advocacy.

May 15th-Financially "Dependent" Planning for a Child's Financial Stability

June 5th- Overview of IFSPs, IEPs, and Special Factors Overview of IFSPs, IEPs, and Special Factors

June 12th- Decoding the Data: Building Blocks to the IEP, BIP, and Assistive Technology

June 20th- Demystifying Key Components of an IEP

June 26th- Accommodations Across the Lifespan: Section 504 Plans

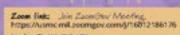
MACDILL SCHOOL LIAISON



WORKSHOPS

Time: 11:00AM-12:00PM

- Special Education Training for Parents
- Mone-School Success
- Military One Source
- College Preparations
- Florids School Choice Options
- Special Enhanten Training for Parents
- Transitioning to Kindergarton



Marking St. NO 1019 HTN Records SCHOOL

FOR MORE INFO: macdillhs.com/school-liaison-program

Dr. Venetia D. Waters, School Liaison Program Manager

for

2024 DATES

ALG06 FEB06 OCT 15 APRIL 02 JN25

8:30 AM-12:30 PM MILITARY & FAMILY READNESS CENTER BLDG 18

atives from multiple base agencies will provide information and services to dicipants in preparing for the arrival of their new baby. During this workshop, you will receive a bundle of information, resources, and a special gift (if eligible)! "NOTE: The Bundles 4 Babies workshop satisfied completion of the DoD Financial as Common Military Training touchpoint.



MACDILLESS.COMMILITARY-FAMILY-READINESS





(A TO MMACDILLES



2024 EFMP Schedule

All dates subject to change – Registration access will be sent to families prior to each event

Events are only open to Active-Duty EFMP families

** Events open to any DoD ID Cardholder Family with dependents with special needs in local area

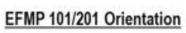
Virtual Trainings

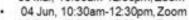
To register for any event or training email: 6FSS.FSH.EFMP@US.AF.MIL

- 21 Feb-Self care-Stress mgt
- 05 Mar- Sister Service Network (Army/Navy)
- 18 Apr-Special Education Training
- 22 May- EFMP Did you know?
- 21 May Sister Service Network (Army/Navy)
- 24 Jul- EFMP Did you know?
- 20 Aug- Sister Service Network (Army/Navy)
- 25 Sep-Did you know?
- 19 Nov- Sister Service Network (Army/Navy)
- 05 Mar, 10:30am-12:30pm, Zoom
- 10 Sep, 10:30am-12:30pm, Zoom

Connect Events (EFMP & Hearts Apart)

- 6 Jan, 10am-12pm, TECO Manatee Viewing-Connect grp
- 11 Feb. 1330-1530 Quantum Leap Farms- Military Fun Day- Connect grp.
- 14 Feb, Hearts Apart painting craft- Connect grp.
- 23 Mar, 10am-12pm, MacDill Egg Hunt- EFMP
- 07 Apr. Quantum Leap Farms-Military Fun Day- Connect grp.
- 12 Apr, Month of Military Child, MOSI
- 10 Apr, 1130-1230, Yoga (EFMP only*)- Adults & teens Connect grp.
- 22 Apr. 1200-1300, Earth Day Crafts EFMP only*- Adults & caregivers
- 01 May, 1130-1300, Florida Aquarium all ages- Connect grp.
- 02 Jun, 1130-1230, TGH Iceplex-Ice Skating- all ages- Connect grp.
- 11 Jul, 7-9 pm, Drip pottery & art studio-Adults and Teens
- 25 Sept, 1130-1300, Florida Aquarium- all ages- Connect grp
- 27 Oct, 1:30-3:30, Quantum Leap Farms-Military Fun Day- all ages- Connect
- 6 Dec, 5-8pm, EFMP MacWonderland Sensory Christmas Event
- 8 Dec, 1:30-3:30, Quantum Leap Farms-Christmas party- all ages- Connect;













PERSONAL FINANCIAL READINESS WORKSHOPS 2024

All briefings are provided by M&FRC PFR Team (accredited & certified financial counselors and registered financial planners.

M&FRC BUILDING #18 CONFERENCE ROOM • 11AM - 12:30PM

UNDERSTANDING TSP

How much do you really know and understand about the Thrift Savings Plan? Join the M&FRC as we discuss the instand outs of TSP and BRS. This class is for military and civilian TSP investors. The workshop satisfies the Vesting in TSP Financial Readiness Touchpoint.

MAY 18 - SEPT 21

ESTATE PLANNING

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

MAR 23 - JUL 20 - NOV 30

KIDS ON THE MOVE

Financially Fit Kids... Overview and understanding of paychecks, budgeting, savings and spending of earned income. ALWAYS open to all Armed Forces Members, families and civilians. JAN/FEB/MAY 2024 Sessions are for parents. JUNE/JULY 2024 Sessions are for Child & Youth Program Attendees.

JAN 18 • FEB 22 • MAY 16 • JUN 20 • JULY 11

HOME BUYING WORKSHOP

Take the stress out of home-buying. Learn how to select a home, choose a realtor, and understand loand options to include **VA** home loans.

APR 13 - AUG 24 - DEC 14

LET'S TALK CREDIT

Simple techniques can save you thousands of dollars. Join us to discuss ways to improve your credit score, correct misinformation, and obtain your FREE Credit Report Analysis.

JUN 15 • OCT 26

RETIREMENT PLANNING-STARTER

How much do you really know and understand about the Thrift Savings Plan? Join the #&FRC as we discuss the instand outs of TSP and BRS. This class is for military and civilian TSP investors. The workshop satisfies the Retirement Starter Planning Financial Readiness Touchpoint.

JAN 30 • FEB 29 • MAR 28 • SEPT 19









Courtesy of your Community Action Team 813-828-9338/9339 Health Promotion (HP)

Equal Opportunity (EO)

Mental Health(MH)

Sexual Assault Response Coordinator (SARC)

Domestic Violence Advocate (DAVA)

Military OneSource (MOS)

School Liaison (SLS)

Military & Family Readiness Center (M&FRC)

> Inspector General (IG)

Health 2 Health (H2H)

Military Family Life Counselor (MFLC)

Exceptional Family Member One Stop (EFMP)

Alcohol and Drug Abuse Prevention and Treatment (ADAPT)

Inspector General (IG)

Casualty Assistance Representative (CAR)/Survivor Benefits Plan (SBP)

Health Promotions (HP) Family Advocacy (FAP)

Special Victim's Counsel (SVC)

Civilian Employee Assistance Program (EAP)

Behavioral Health Optimization Program (BHOP)

Helping Agency Guide



| WHERE | 813- 827- 9170 | 813-827- CARE | 813- 828- 2503 | 813-828- 3621 | 866-580- 9078 | 813- 279- 1320 | 813- 828- 0122 | 813- 828- 3333 | 813- 827- 9172 | 813-828- 4739/827- 9405/9809/74 42/ 828-0026 | 828- 4961/ 5137 | 813- 828- 4421 | 813- 827- CARE | 813-827- 9170 | 813- 828- 0145 | 813-816- 3061 | 800- 342- 9647 | 877- 272- 7337 | 813- 828- 0146 | 813- 828- 7272 | 813- 828- 7668 |
|-----------------------------|----------------------|-----------------------|----------------------|------------------|------------------|----------------------|----------------------|----------------------|----------------------|---|-----------------------|----------------------|----------------------|------------------|----------------------|------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| PRIMARY CONCERN | ADAPT | BHOP (AD DEPs 13+) | CAR/ SPB | CHAPLAIN | CIVILIAN EAP | DAVA | EFMP | EO | FAP | HP-AD/H2H- FM&Retirees/C HPS-Civ Employees | IG | LEGAL | MED PROV | МН | M&FRC | MFLC | MOS | RED CROSS | SLS | SARC | SVC |
| Abuse/Neglect | | | | | | | | | | | | | | Adults | | | | | | | |
| Abuse of Authority | | | | | | | | | | | | | | | | | | | | | |
| Alcohol/Drugs | | | | | | | | | | | | | | | | | | | | | |
| Anger Issues | | | | | | | | | | | | | | | | | | | | | |
| Anxiety/Panic | | | | | | | | | | | | | | | | | | | | | |
| Deployment/ Relocation | | | | | | | | | | | | | | | | | | | | | |
| Disaster Recover | | | | | | | | | | | | | | | | | | | | | |
| Discrimination | | | | | | | | | | | | | | | | | | | | | |
| Finances | | | | | | | | | | | | | | | | | | | | | |
| Grief/Death | | | | | | | | | | | | | | | | | | | | | |
| Marriage & Family | | Individuals | | | | | | | | | | | | Individuals | | | | | | | |
| Medication | | | | | | | | | | | | | | | | | | | | | |
| Nutrition/Fitness | | | | | | | | | | | | | | | | | | | | | |
| Parenting | | | | | | | | | | | | | | | | | | | | | |
| Relationships | | Individuals | | | | | | | | | | | | Individuals | | | | | | | |
| Sadness/ Depression | | | | | | | | | | | | | | | | | | | | | |
| Sexual Assault | | | | | | 17 & under | | | | | | | | | | | | | | | |
| Sexual Harassment | | | | | | | | | | | | | | | | | | | | | |
| Special Needs | | | | | | | | | | | | | | | | | | | | | |
| Suicidal/Homicidal Thoughts | | | | | | | | | | | | | | | | | | | | | |
| Tobacco Cessation | | | | | | | | | | | | | | | | | | | | | |
| Work/School | | | | | | | | | | | | | | | | | | | | | |



6 ARW Chaplain Corps

Bldg. 355(813) 828-3621

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



MACDILL HEALTH AND WELLNESS CENTER

813-828-47-4739

www.facebook.com/MacDillHAWC

FSS texts: Text MACFIT to 95577

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

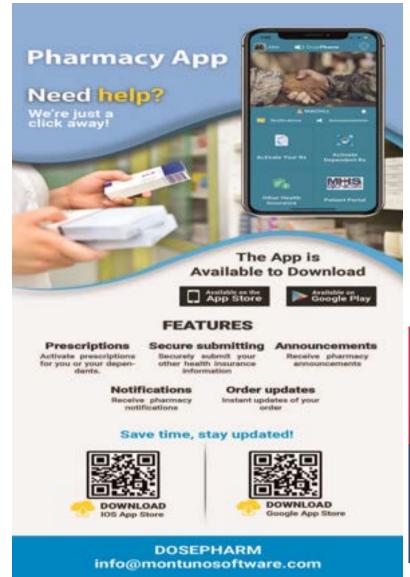
https://aflegalassistance.law.af.mil/lass/lass.html

FAMILY ADVOCACY PROGRAM

Strengthening our community one family at a time



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



WHEREVER THEY ARE.

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





Get everything you need to vote absentee at FVAP.gov

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

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

MacDill Resident 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



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

PHONE: (813) 828-2377











VIRTUAL: Facebook Messenger, Microsoft Teams, Zoom, Email



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



https://macdillfss.com/efmp/



Join our FB group at: MACDILL AFB EFMP

ONL SOURCE

ONE SOURCE CONNECTING YOU TO YOUR BEST MILLIFE.

MilitaryOneSource.mil | 800-342-9647



Patricia Sayre

Business Development Manager / Military and Spouse Program

sayrep@careersourcetb.com

P: (813) 419-5321 | C: (813) 965-1090



MILITARY& FAMILY LIFE COUNSELING

| Location | Name | Work # | | | | |
|--|-----------------------------|---------------|--|--|--|--|
| Rotational CDC CYB-MFLC | Kara Gorton. | 813-293-1752 | | | | |
| Rotational CDC CYB-MFLC | Vikita Bracey | 813-388-1072 | | | | |
| Rotational CDC CYB-MFLC | Kimberly Yeany | 813-293-1887 | | | | |
| Rotational CDC CYB-MFLC SAC | Jan Gunn | 813-295-3705 | | | | |
| Rotational CDC CYB-MFLC Youth Center | Kara Willis | 813-326-4593 | | | | |
| Location | Adult MFLCS | Phone | | | | |
| Rotational Embedded MFLC CENTCOM and MARCEN | Debra Jordan | 813-557-2208 | | | | |
| | Currently Vacant Position | | | | | |
| | will be filled 02/21- Carla | 1 | | | | |
| Rotational Embedded MFLC 6th Maintenance Squad | Faquay | 813-521-3029 | | | | |
| Rotational Embedded MFLC Security Forces | Raymond Hewitt | 813-294-2177 | | | | |
| Rotational Embedded MFLC-6th HCOS,6th MDSS,6th | Erich Barth | 727-359-2467 | | | | |
| Rotational Embedded MFLC-LRS | Ginger Maloy | 813-807-2469 | | | | |
| Rotational General MFLC-MFRC | Batia Gold | 813-816-3061 | | | | |
| Rotational General MFLC-MFRC | Amity Mainridge | 813-210-7822 | | | | |
| Rotational Embedded MFLC- JCSE | Jillian Sarandrea | 727-426-0611 | | | | |
| Rotational SOCOM MFLC-SOCOM | Rita Westermann-Bolton | 813-777-7257 | | | | |
| Location | Schools | Phone | | | | |
| TINKER K-8 | Lauren Bush | 813-285-0115 | | | | |
| TINKER K-8 | Michael Hull | 813-293-1888 | | | | |
| Ballast Point El; Lanier El | Mariza Telleria | 813-460-8454 | | | | |
| Barrington Middle; Randall Middle | Mckenzie Liskey | 813-392-8737 | | | | |
| T.R. Robinson High School and Plant High school | Sasha Alleyne | 813-392-8924 | | | | |
| Stowers EL.; Summerfield Crossings EL. | Frederick Potter | 813- 695-3142 | | | | |
| East Bay HS; Eisenhower Middle | Gabby Naccarato | 813 853-9515 | | | | |
| Warren Hope Dawson EL.; FishHawk Creek EL. | Jacqueline Gibb | 210-740-8834 | | | | |
| Newsome High School | Lee Watters | 813-244-5816 | | | | |
| Newsome High School | Manuel Gomez | 813-388-0937 | | | | |
| Riverview High School | Crystal Clark | 813-293-3289 | | | | |
| Sumner High School | Allison Terrell | 813-310-8133 | | | | |
| WestShore El. Hillsborough VS. and Colman Middle | Wafa Alkoka | 813-629-2099 | | | | |
| Bevis El; Collins El | Bea Hilbrands | 813-310-6765 | | | | |



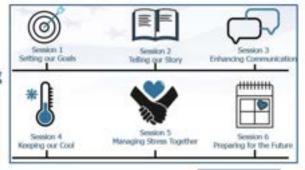
Family Resilience Training

Couples Resilience Training

Kara Willis 813.326.4593 Jan Gunn 813.295.3705

Amity Mainridge 813.210.7822

Macdill@focusproject.org



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