

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
Thurs. 11am-4pm

In the Spotlight...

Hurricane Season is Here!

Know your 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

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

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

f @macdillfss • (813) 828-0145



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
JUNE						
24 EFMP CONNECT EVENT 11:30AM- 12:30PM	3 REINTEGRATION 9AM TAP PRE SEP (SEP) 12-3:30PM	4 	5 REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM	6 PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM EFMP ORIENTATION 10:30AM- 12:30PM	7 REINTEGRATION 9AM INITIAL VOLUNTEER 1PM	8
3-5: TAP WORKSHOPS - 9AM - 4PM			6-7: EMPLOYMENT TRACK - 9AM - 4PM			
9 REINTEGRATION 9AM TAP PRE SEP (SEP) 12-3:30PM	10 REINTEGRATION 9AM TAP PRE SEP (SEP) 12-3:30PM	11 COMMANDER'S KEY SUPPORT MENTOR TRAINING 7-8PM	12 DORM DEPARTURE 9-10AM PFR UNDERSTANDING TSP 11AM-12PM REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM	13 PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM FEDERAL EMPLOYMENT WORKSHOP 1-3PM	14 REINTEGRATION 9AM LINKEDIN 9AM-4PM	15
11-12 : CAREER & CREDENTIAL EXPLORATION - 9AM - 4PM						
16 	17 REINTEGRATION 9AM INTERVIEW SKILLS 10-11:30AM TAP PRE SEP (SEP) 12-3:30PM RESUME WRITING 101: PRIVATE INDUSTRY 1-3PM	18	19 NINETEENTH M&FRC CLOSED	20 M&FRC CLOSED - AMC FAMILY DAY	21	22
23 30	24 BUNDLES 4 BABIES 8:30AM-12:30PM	25 REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM	26 REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM	27 KIDS ON THE MOVE 11AM- 12:30PM PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM	28	29
24-26: TAP WORKSHOPS - 9AM - 4PM			27-28: EMPLOYMENT TRACK - 9AM - 4PM			

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, EFMP: 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 Tricare, EFMP FS, EFMP Medical, SLD, Agency for Persons with Disabilities, and Special Needs Alliance.

11 June, FBWL Commanders Key Support Mentor 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 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.

14 June, LinkedIn, 9AM-4PM
Unlock the secrets of LinkedIn by building and maximizing your profile, turbo charge your 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.

17 June, Resume Writing 101-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 (D2 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 TSP. This class is for military and civilian TSP 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. ALWAYS 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 agencies will provide information and services to assist participants in preparing for the arrival of their new baby. During this workshop, you will receive a Bundle of information, resources, and a special gift. Satisfies the Birth of First Child Financial Readiness Touchpoint.

READINESS/DEPLOYMENT

Pre-Deployment/Remote Tour 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. Spouses are highly encouraged to attend our weekly briefings. Email 6FSF.FSILMFRReadiness@us.af.mil to register.

Reintegration occurs every Mon, Fri 9AM and Wed 10AM
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.

Spouse Reintegration Occurs every 2nd Wednesday of the month, from 1-2PM
The purpose of this briefing is to discuss reintegration strategies.

TRANSITION ASSISTANCE PROGRAM (TAP)

To start TAP visit: macdillfss.com/tap-start/ or email: 6fs.fh.tap@us.af.mil

TAP Workshops
June 3-5 & June 24-26 from 9AM - 4PM
Initial & Pre-Separation Counseling
Every Monday (SEP) & Wednesday (RET) from 12PM - 3:30PM
Career and Credential Exploration Track
June 11-12 from 9AM - 4PM
Employment Track
June 6-7 & June 27-28 from 9AM - 4PM

VOLUNTEER PROGRAM (VOL)

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

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

Events

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



Events

TEEN SUMMER JOB PREP JUNE 4 2-3PM

TEEN RESUME WRITING

YOU'RE
INVITED



INTERESTED IN A
SUMMER JOB?
FIRST TIME
RESUME
ASSISTANCE IS
AVAILABLE.



TO REGISTER
CALL: 813-828-0145
or
Email: 6mss.employments@us.af.mil

@
The MFRC
Bldg. 18

Events



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



Limbo



FREE Paddle Boarding & Kayaking



FREE Tubing Rides



Fossil Dig



Zorb Ball Capture the Flag



Mermaid Photos

WIN A
FREE CABANA
RENTAL FOR
EVENT
CONTEST!

Live DJ | BBQ Buffet at SeaScapes & Sweet Treats Available for Purchase
Prizes & Giveaways
and so much more!



macdillfss.com/summerexpo/



Sponsored in part by...



No federal endorsement of sponsors intended

Events



RESUME WRITING 101 PRIVATE INDUSTRY 2024

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

JANUARY 29	MAY 20	SEPTEMBER 16
FEBRUARY 12	JUNE 17	OCTOBER 07
MARCH 18	JULY 29	NOVEMBER 04
APRIL 15	AUGUST 26	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-employment@us.af.mil • (813) 828-0145



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

MACDILL AFB CAREER FAIR

2024 Calendar

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

SAVE THE DATE

11AM-2PM

25 January

25 April

18 July

17 October

SAVE THE DATE

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



Meet 70+ Local and International Employers!



FORCE

Find more info at
macdillfss.com

Follow us on Facebook, Twitter, LinkedIn
or email: 6mss-employment@us.af.mil



FEDERAL EMPLOYMENT WORKSHOPS 2024

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

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

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-employment@us.af.mil • (813) 828-0145



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



INTERVIEWING SKILLS 2024

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

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

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

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



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

Events



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
- *INDIVIDUALIZED 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 & VIRTUAL

(ZOOM CODE: 160 3265 9210 PASSCODE: DIDUKNOW)
FROM 0930-1030

TO REGISTER:

EMAIL: 6fss.fsh.efmp@us.af.mil OR CALL 813-828-0122

EFMP DID YOU KNOW?



MACDILL EFMP ORIENTATION EXCEPTIONAL FAMILY MEMBER PROGRAM



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

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

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



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:

+1-813-828-0122/0136



To register please send email to: 6fss.fsh.efmp@us.af.mil



VIRTUAL WORKSHOP

11-1PM ET

REGISTER NOW!

Use link:

<https://www.tfaforms.com/5120102>

Scan QR Code



EFMP Exceptional Family Member Program

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

Events

MACDILL SCHOOL LIAISON

offering

MONTHLY WORKSHOPS 2023

Time: 11:00AM-12:00PM

- Jul 12 Special Education Training for Parents
- Nov 14 Home-School Success
- Jan 20 Military One Source
- Feb 17 College Preparations
- Mar 21 Florida School Choice Options
- Apr 18 Special Education Training for Parents
- May 15 Transitioning to Kindergarten

Writing Tips

Zoom link: Join Zoom Meeting
<https://usmc.mil/zoomgov.com/j/16012186176>
 Meeting ID: 160 1218 6176
 Password: SCHOOL

FOR MORE INFO:
macdillhs.school.liaison.program@usmc.mil
 Dr. Venetia D. Waters, School Liaison Program Manager
 813-828-0146 | VENETIA.WATERS@USAF.MIL

BUNDLES for BABIES

2024 DATES

FEB06 AUG06
 APRIL02 OCT 15
 JUN25 DEC10

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

Representatives from multiple base agencies will provide information and services to assist participants 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 Readiness Common Military Training touchpoint.**

REGISTER TODAY:

MACDILLFSS.COM/MILITARY-FAMILY-READINESS



FORCE
 SUPPORT SQUADRON

FORCE
 SUPPORT SQUADRON



MACDILLFSS

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)

EFMP 101/201 Orientation

- 05 Mar, 10:30am-12:30pm, Zoom
- 04 Jun, 10:30am-12:30pm, Zoom
- 10 Sep, 10:30am-12:30pm, Zoom
- 12 Dec, 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 grp
- 6 Dec, 5-8pm, EFMP MacWonderland Sensory Christmas Event
- 8 Dec, 1:30-3:30, Quantum Leap Farms-Christmas party- all ages- Connect grp

FORCE
 SUPPORT SQUADRON



EFMP Family Support

Events



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 ins and 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

HOME BUYING WORKSHOP

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

APR 13 • AUG 24 • DEC 14

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

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

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

RETIREMENT PLANNING-STARTER

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 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

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



Resources



6 ARW Chaplain Corps

Bldg. 355(813) 828-3621

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

DoD
Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

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

Resources

Pharmacy App
Need help?
We're just a click away!



The App is Available to Download

Available on the App Store Available on Google Play

FEATURES

- Prescriptions**
Activate prescriptions for you or your dependents.
- Secure submitting**
Securely submit your other health insurance information.
- Announcements**
Receive pharmacy announcements.
- Notifications**
Receive pharmacy notifications.
- Order updates**
Instant updates of your order.

Save time, stay updated!

DOWNLOAD iOS App Store DOWNLOAD Google App Store

DOSEPHARM
info@montunosoftware.com

**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

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

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

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



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



Join our FB group at:
MACDILL AFB EFMP

MILITARY
ONE
SOURCE

ONE SOURCE CONNECTING YOU
TO YOUR BEST MILLIFE.

MilitaryOneSource.mil | 800-342-9647



CareerSource
TAMPA BAY

Patricia Sayre

Business Development Manager /
Military and Spouse Program

sayrep@careersourcetb.com

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

Resources



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 Faquay	
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



F·O·C·U·S