

A message from the A&FRC:

Our mission is to support base leaders in ensuring mission readiness through troop and family member preparedness.

Your Airman & Family Readiness Center (A&FRC) is here to assist you with a wide spectrum of services concerning life in the military.

Services are available for active duty members, spouses, retirees, reservists, and DoD civilians.

A&FRC Spectrum of Services

- ☆ **Air Force Aid Society**
- ☆ **Career Focus**
- ☆ **Family Life Education**
- ☆ **Family Readiness**
- ☆ **Personal Financial Management**
- ☆ **Relocation Assistance**
- ☆ **K-12 School Information**
- ☆ **Transition Assistance**
- ☆ **Volunteer Program**
- ☆ **Casualty Assistance/SPB**

Contacting the A&FRC

We are open:

El Segundo: Mon-Fri, 0730-1630
Fort MacArthur: By Appointment

*Closed the 1st Thursday of the Month



Call us:

COM: 310-653-5428
DSN: 633-5428

Email us:

laafb.afrc@losangeles.af.mil

Visit us:

El Segundo: Building 272, Room C1-209
Fort MacArthur: Community Center

Write us:

61 FSS/FSFR
483 North Aviation Boulevard
El Segundo, California 90245-2808

Los Angeles Air Force Base

Airman & Family Readiness Center

Spectrum of Services





☆ **Air Force Aid Society**

Thanks to Air Force Aid Society funding and support, the A&FRC provides emergency financial assistance and community enhancement programs to service members, retirees, and their families; programs include interest-free loans and grants for emergencies, phone cards, Childcare for PCS/Volunteers, Give Parents a Break and Bundles for Babies.

☆ **Career Focus**

Career Focus provides employment guidance and career counseling. The A&FRC assists with self-assessment, resume writing, interviewing skills and salary negotiation to assist with local, federal, and home-based employment. The A&FRC also has a resource center that includes books on resume writing as well as many other topics, job postings and internet-ready computers.

☆ **Family Life Education**

Family Life Education pairs up with a number of other base helping agencies to provide education and assistance in the areas of parenting, marriage, dating, single-parent support, and single airmen support. For those unable to come to LA AFB, our Outreach program is able to deliver services to geographically or socially isolated families, families new to the military, geographically separated family members, and newly arrived service members.

☆ **Family Readiness**

Preparation is important, and the A&FRC can be of assistance in the areas of deployment, crisis response to casualty situations, and family evacuations.

Before deployment, members attend a briefing with the A&FRC Readiness NCO to address deployment concerns. The A&FRC offers morale calls, a monthly newsletter, video conferencing, Operation Sweet Dreams, and other programs to support family members of deployed members.

☆ **Personal Financial Management**

Learn about checkbook management, budgets, mutual funds and investing strategies, Thrift Savings Plan, purchasing a new home and/or vehicle, your credit report and identity theft. Make an appointment to go over your personal financial situation – whether you're ready to start investing or need assistance with managing debt, we are here to assist you one-on-one. We also have scholarship and financial aid information.

☆ **Relocation Assistance**

Prior to departing LA AFB, take advantage of Relocation Assistance. At the monthly Managing Your Move workshop you will hear briefings from base agencies, including JAG, TMO and Finance, to help you have a positive PCS experience. While you are at LA AFB, be sure to attend Sponsor training so that you may be prepared as an LA AFB ambassador. If you just moved here, we can assist you in identifying local resources and become acclimated to the area.

☆ **K-12 School Information**

Los Angeles County is composed of the City of Los Angeles plus 89 communities, and some of these smaller cities have their own school districts! The A&FRC can assist you with enrollment procedures, information about magnet schools, South Bay school districts, home schooling resources and private schools. The A&FRC also assist with inter- and intra-district transfers for our military children.

☆ **Transition Assistance**

If you are preparing to retire or separate from the Air Force as a military member or a civilian, the Transition Assistance Program will help you by providing career planning, resume reviews, access to employment opportunities and the development of job search skills. Individual pre-separation briefings are available Monday through Thursday. Briefings must be completed 90 days prior to separation or retirement. A four-day Transition Assistance Program (TAP) workshop is offered monthly, and includes briefings from base agencies that assist with transition services.

☆ **Volunteer Program**

Volunteering is a great way to build your skills while you serve your community. You're A&FRC will help you find opportunities to volunteer on base and in the community. We sponsor an annual awards ceremony for volunteers.

