



Military & Family Readiness Center Calendar

August 2026

*Registration Required

+ Virtual Event

All events/classes are at MFRC unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100	5 *Pre-Separation Counseling 0800	6 *Vocational Track 0800 Pre-Deployment 0900 *TSP and Investing 1000 Airman's Attic 1000-1400 Reintegration 1100 Center Closed at 1300 for Training	7 *Vocational Track 0800
10 *+Budgeting Basics 1200	11 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100 Center Closed 1200-1430—Staff Recognition	12 *Newcomer's Orientation 0745 *Mane Adventure 0930 *Pre-Separation Counseling 1300	13 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100 +After Action 1100-1400	14
17 *TAP Workshop 0745	18 *TAP Workshop 0800 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100	19 *TAP Workshop 0800 *+Pre-Arrival Orientation 0900 *Airmen Housing Readiness 1200 *+Pre-Arrival Orientation 1800	20 *TAP Employment Track 0800 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100	21 *TAP Employment Track 0800
24	25 *EFMP 101 Orientation 0900 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100 *Supplemental Sponsorship 1430	26	27 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100 Credit Report Walk-Ins 1300-1500	28
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Grand Forks AFB Military & Family Readiness Center



**Call us @
701-747-3241**

**575 Holzapple St
Building 207
Grand Forks AFB, ND 58205**

Hours of Operation:
Monday through Friday 0730 - 1630
Closed most family days



Transition Assistance

Pre-Separation Counseling

This session provides you with vital information on benefits, VA services, and available resources.

3-Day TAP Workshop

A mandatory program that equips transitioning service members with the knowledge, skills, and resources needed to successfully move from military to civilian life.

Vocational Track

The Department of Labor vocational workshop helps you explore training and certification programs, giving you the tools needed to pursue new careers in various industries.

Employment Track

The Department of Labor employment workshop helps you identify civilian job opportunities, improve your resume, and practice interview skills. This workshop ensures you're job ready.

Preregistration is required for all transition workshops.

Email: 319fss.tap.fsh@us.af.mil

After Action: Veteran Careers, Benefits, and Resource Expo

A virtual event sponsored by Job Service ND. For more information: www.jobsnd.com/afteraction.

Deployment Support

Pre-Deployment

Briefing to prepare service members and families emotionally, mentally, and logistically for changes they may face going through deployment.

Reintegration

This briefing prepares service members and families for a smooth return to routine.

Personal Financial Readiness

Airmen Housing Readiness

A required workshop for airmen moving out of the dorms.

TSP and Investing

Learn about the basics of investing and the Thrift Savings Plan.

Budgeting Basics

Walk through creating a budget, remedying a deficit, and maximizing a surplus. Recommended for all those without an updated budget.

Credit Report Walk-Ins

Grab a free copy of your credit report with no hit to your credit score. Useful for those planning to make a major purchase soon or those moving out of the dorms. (DoD ID and .mil email required)

Relocation Assistance

Newcomer's Orientation

This mandatory briefing takes place the second Wednesday of the month 0745-1500. Spouses, children, and civilians are welcome and encouraged to attend! Sign up below.



Pre-Arrival Orientation

A one-hour, virtual (via Teams) introduction to life at GFAFB or CSFS.

Supplemental Sponsorship Training

This workshop offers continued training and clarification on sponsor roles, expectations, and resources for those who have already completed eSAT.

EFMP

Mane Adventure

Hosted by Hoofprints on the Heart

Ranch. This hands-on-experience offers a unique opportunity to engage with horses through activities such as grooming, riding, and feeding treats, as well as gaining valuable insights into horse care.

EFMP 101 Orientation

Whether newly enrolled, a seasoned EFM family, or just curious about the Exceptional Family Member Program (EFMP), this class will guide you in understanding how to enroll, where to find support and what impact it may have on you and your family

Employment

Check out our job board!



Co-Located Services

Airman's Attic

Stop by to check out the gently used baby items, toys, uniform items, kitchenware, and more. The best part is that it's all completely free!

Military & Family Life Counselor

701-405-5894

650-400-1806

School Liaison Program Manager

701-757-4506