



Military & Family Readiness Center Calendar

February 2025

*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 1300	6 *TAP Vocational Track 0800-1600 Pre-deployment 0900 Airman's Attic 1000-1400 Reintegration 1100 TRAINING DAY CLOSED @1200	7 *TAP Vocational Track 0800-1600
10	11 Pre-Deployment 0900 Airman's Attic 1000-1400 EFMP Playgroup @ CAC 1015 Reintegration 1100 *Hearts Apart Deployed Fam Event 1700	12 *Newcomer's Orientation 0745	13 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100	14
17 President's Day CENTER CLOSED	18 Pre-Deployment 0900 *+EFMP 101 Orientation 0900 Airman's Attic 1000-1400 Reintegration 1100 Health Care FSA Q&A 1130-1200 Health Care FSA Q&A 1730-1800	19 *Pre-Separation Counseling 0800 *+Pre-Arrival Orientation 0900 *EFMP Explore Mechanical Circuits 1400 *+Pre-Arrival Orientation 1800	20 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100	21
24 *TAP Workshop 0745	25 *TAP Workshop 0800 Pre-Deployment 0900 EFMP Playgroup @ CAC 1015 Airman's Attic 1000-1400 Reintegration 1100 *+Supplemental Sponsorship 1430	26 *TAP Workshop 0800	27 *TAP Employment Workshop 0800 Pre-Deployment 0900 Airman's Attic 1000-1400 Reintegration 1100	28 *TAP Employment Workshop 0800 Spouse Orientation 0930 Key Spouse Training 1300

Grand Forks AFB Military & Family Readiness Center

INFORMATION & REFERRAL

FINANCIAL READINESS SERVICES

PERSONAL & WORK LIFE

RELOCATION ASSISTANCE

EMPLOYMENT SERVICES

EXCEPTIONAL FAMILY MEMBER PROGRAM
(EFMP) SUPPORT

TRANSITION ASSISTANCE DEPLOYMENT &
REINTEGRATION SUPPORT

LONG TERM SUPPORT TO SURVIVORS

DISASTER, CRISIS, & RELIEF SUPPORT

VOTING ASSISTANCE



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

Vocational Workshop
6-7 February | 0800 - 1630

TAP Workshop
24-26 February | 0745 - 1630

DoL Employment Workshop
27-28 February | 0800 - 1630

Preregistration is required for all
transition workshops.

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

Deployment Support

Pre-deployment
Every Tue & Thur @0900

Reintegration
Every Tue & Thur @1100

Employment Services



Your job search starts here! For
transitioning members and
military spouses!

EFMP Support

Play Group @ the CAC
11 & 25 February | 1015 - 1115

EFMP 101 Orientation
18 February | 0900

EFMP Explore Mechanical Circuits
19 February | 1400
* Pre-registration required

Relocation Assistance

Newcomer's Orientation
12 Feb | 0745



Newcomer's Orientation
12 Mar | 0745



Pre-Arrival Orientation
Virtual Event

19 February | 0900 & 1800
Register for link by emailing
319rw.mfrc.fsh@us.af.mil

Supplemental Sponsorship Training
25 February | 1430
Preregistration is required.



Financial Readiness

Health Care FSA Q&A
18 February | 1130 & 1730
Find frequently asked
questions here:



Coming next month in Personal & Work Life:

Bundles for Babies
18 Mar | 0900
*Call to register

You can find more information at:

MILITARY
ONE SOURCE militaryonesource.mil

EFMP STEM EVENT

EXPLORING MECHANICAL CIRCUITS

Learn about energy and build mechanical
circuits! Bend raw energy: split it, store it,
multiply it, reverse it and shape it!

Recommended ages: 8 to Adult
Open to all | EFMP family members have
priority

FEBRUARY 19TH, 2 - 4 P.M.
MILITARY & FAMILY READINESS CENTER
575 HOLZAPPLE STREET, BLDG. 207



Register via QR Code Invite
or call the Military & Family Readiness Center
(701) 747-3241/4484



EFMP Exceptional
Family Member
Program

EVENT



HEALTH CARE FLEXIBLE SPENDING ACCOUNT Q&A

18 FEBRUARY 2025

1130 & 1730
@M&FRC



FIND FREQUENTLY ASKED QUESTIONS HERE:
[HTTPS://FINRED.USALEARNING.GOV/BENEFITS/HC/FAQ](https://finred.usalearning.gov/benefits/hcfsa/faq)

