



# Military & Family Readiness Center Calendar

## May 2026

\*Registration Required  
+ Virtual Event

All events/classes are at MFRC unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday
				1  <b>*The Red Carpet Tour 0930</b>
4	5  <b>Pre-Deployment 0900</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b>	6  <b>*Pre-Separation Counseling 1300</b>	7  <b>*Vocational Track 0800</b> <b>Pre-Deployment 0900</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b> <b>M&amp;FRC Training Day, Closed @12</b>	8  <b>*Vocational Track 0800</b>
11  <b>*TAP Workshop 0745</b>	12  <b>*TAP Workshop 0800</b> <b>Pre-Deployment 0900</b> <b>EFMP Playgroup 1000</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b> <b>Deployed Family Dinner 1700</b>	13  <b>*Newcomer's Orientation 0745</b> <b>*TAP Workshop 0800</b>	14  <b>*TAP Employment Track 0800</b> <b>Pre-Deployment 0900</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b>	15  <b>*TAP Employment Track 0800</b>
18	19  <b>Pre-Deployment 0900</b> <b>*EFMP 101 Orientation</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b>	20  <b>*Pre-Separation Counseling 0800</b> <b>*+Pre-Arrival Orientation 0900</b> <b>*+Pre-Arrival Orientation 1800</b>	21  <b>Pre-Deployment 0900</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b> <b>*Ditch the Dorm 1500</b>	22
25  <b>Holiday—Center Closed</b>	26  <b>Pre-Deployment 0900</b> <b>EFMP Playgroup 1000</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b> <b>*Supplemental Sponsorship 1430</b>	27  <b>*+Budgeting 101 1200</b>	28  <b>Pre-Deployment 0900</b> <b>Airman's Attic 1000-1400</b> <b>Reintegration 1100</b>	29



# 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, covering career planning, VA benefits, and financial readiness.

### 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](mailto:319fss.tap.fsh@us.af.mil)

## Deployment Support

### Deployed Family Dinner

Event for dependents of our deployed service members to share a meal and build community.

### 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

### Ditch the Dorms

A required workshop for airmen moving out of the dorms.

### Budgeting 101

Learn the basics of keeping a budget. Walk away from this virtual, one-hour workshop with a workable spend plan.

## Personal & Work Life

### The Red Carpet Tour

In honor of our military spouses, join us for a tour of the GFAFB mission, meet your KSLs, and learn about what Grand Forks and the Air Force has to offer! Light lunch included. The active-duty member is welcome to attend with their spouse.

## 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.

## Exceptional Family Member Program

### EFMP Playgroup

Join us for a playgroup geared towards children ages 0 - 3. Children of all ages and abilities welcome with caregiver present. Free developmental screenings available upon request. Meet friends and make new ones while the children enjoy a variety of toys and activities!

### EFMP 101

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. Leaders are highly encouraged to attend to learn about requirements of the program and the resources available to their service members.



## 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 (in-person)  
701-425-7905 (virtual)

### School Liaison Program Manager

701-757-4506