

Relocation Counseling

- Newcomers Orientation & Spouse Breakout Session
- Relocation Planning
 - One-on-One Counseling
 - Plan My Move Workshop
 - Web-based Resources
- Child Care for PCS (20hrs)
- Loan Locker



Employment & Career Focus Support

Whether you're contemplating retirement or are a military spouse and would like to explore your career options-come in & see us! Set yourself up for success by attending employment classes such as Job Search, Resume Writing, Interviewing Techniques, LinkedIn, or Start Your Own Business.

Military Child Education

- Advocate for educational needs
- Provide info & referrals on local school districts & other educational options.
- Ensure schools are aware of unique issues impacting military children.

Personal & Work Life

Education, enrichment services and professional development opportunities are available through interactive workshops on a wide-range of topics from Time Management to Working with Millennials to Exploring Adoption. If you are new to the area or new to the military lifestyle, you need to explore our Air Force Spouse 101 (Heartlink) - you'll meet/network with other spouses, learn about the local area, military culture and lifestyles as well as get connected to services and resources.

Emergency Family Assistance Center

Upon implementation of the LRAFB Emergency Management Plan &/or by direction of the Installation Commander, the A&FRC will activate and support the EFAC once activated, the EFAC is a 24/7 operation that serves as the staging area where families can obtain disaster relief, contingency information and services.

Air Force Wounded Warrior (AFW2)

Air Force Wounded ill & injured Program provides individualized adaptations for Wounded Warriors as needed during transition services. Personalized assistance with all A&FRC services are available.

Casualty Affairs

- Casualty Assistance Representative
- One-on-One SBP Counseling
- Base POC—Virtual Record of Emergency Data

Updated 01/2017

Airman & Family Readiness Center (A&FRC)



940 Arnold Drive
Little Rock AFB, AR 72099
(501) 987-2667
Fax: 501-987-3764

Hours of Operation:

Mon, Wed, Thur, Fri—0730-1630
Tue—0730-1400

www.litterock.af.mil



www.facebook.com/LittleRockAFRC

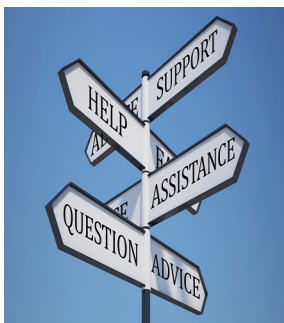
Programs & Services



Introduction

The A&FRC serves as a one-stop information and referral center and is the cornerstone of the Little Rock family support system, helping Airman/their families enhance their readiness and quality of life. Information & education are offered on many aspects of family life and personal growth as well as assessment counseling and referral.

AD military from all services & their family members, Guard & Reserve members & their dependents, retired military personnel & their family members, & Department of Defense civilians are eligible customers.



Information & Referral Resources

- On & off Base Resources
- Discovery Resource Center
 - Computer lab
 - Free printing, coping, scanning, faxing

Mobilization & Deployment Readiness

With the ops tempo at Little Rock, you will undoubtedly deploy during your tenure. We provide:

- Pre/Post Deployment Education
- Quarterly Deployed Family Dinners
- Sustainment Support Services
 - Give Parents a Break
 - Car Care Because We Care
 - Pillow Cases with Family Picture

Volunteerism

Explore new interests, get involved with the community, or gain experience. Contact us to volunteer & help make a difference!



Transition Assistance

- Pre-Separation Counseling
- GPS (Goals, Plans, Success)
- Capstone Event

Air Force Aid Society

- Emergency Travel Loans/Grants
- Financial Hardship Loans/Grants
- Falcon Loans
- Educational Scholarships

Exceptional Family Member Program

We have one of the largest EFMP programs in the Air Force. Our EFMP Coordinator looks forward to assisting you and your family with on and off base services.

- One-on-One Consultation
- Information and Referral
- Resource Library
- Respite Care
- Support Groups



Financial Readiness

We offer information, education, and personal financial counseling to help individuals and families maintain financial readiness.

- First Duty Station Training (Mandatory for Officers and Enlisted)
- One-on-One Financial Consultation (budgeting, credit & debt management)
- Lunch and Learn Workshops

Air Force Families Forever

A long term program established to provide dedicated follow on support for all families who have lost a loved one while on active duty.