

81 Training Wing Helping Agencies - Unit Delivered Courses

***** List is not all-inclusive; please contact the agency for additional options*****

MILITARY & FAMILY READINESS CENTER (M&FRC)

228-376-8727

Please read each course for a description, length, and target audience:

Commander Calls (10 Mins): Brief overview of M&FRC services available to active duty, guard, reserves, DoD civilians, and family members.

Car Buying (60 to 75 Mins): The Car Buying course is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile.

Holiday Spending (60 Mins): How to Survive the Holidays Financially is designed to help service members plan for the added expenses of holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt. The money management tips in this course apply year-round to all holidays and to special occasions.

Raising Financially Fit Kids (60 Mins): This course is designed to help parents learn how to teach their children sound financial management skills. During the course, parents will examine their own financial skills and behaviors so that they can determine how to best implement age-appropriate financial practices for their children.

Credit Management (60 Mins): Credit Management provides learners with the knowledge to build and protect their credit health and reduce the cost of credit. This course will help learners make more informed decisions about obtaining credit and establish good habits for using credit wisely.

Home Buying (60 Mins): Buying a home is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.

Exploring Digital (Crypto) Assets (60 mins): The Digital Assets course is designed to provide service members with the information and resources needed to make informed decisions about owning Digital and Crypto assets, understanding the high-level tax implications. Increase learners' knowledge regarding Digital and Crypto asses-related fraud and scams.

Four Lenses (2-3 Hrs): Workshop to inspire and equip all members with a deeper sense of personal strength, purpose and effective communication skills to improve teamwork and customer relations.

Deployment/ReDeployment Brief: If you have a large group deploying, let us come to you! Mandatory for all deployers prior to deployment and upon return.

CIVILIAN HEALTH PROMOTION SERVICES (CHPS)

228-376-2495

Below are classes that CHPS can teach to DAF Civilians **only**:

- CHPS Orientation
- Do You Know Your Numbers?
- Exercise Basics- Starting a Program that Works for You
- Get Up and Get Moving
- Prevention and Management of Diabetes
- Understanding Body Composition
- Weight Management for Health
- Wellness on a Mission Series

Please coordinate with a particular helping agency for support

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LEGAL OFFICE

228-376-8601

Please read each course for a description, length, and target audience:

Legal Assistance (20 Mins): Common legal issues and where to address them for all members.

Military Justice (20 Mins): UCMJ Re-cap brief to units on military crimes, and how the UCMJ applies to them for all members.

Military Justice for Supervisors (1 Hr): Progressive Discipline at the lowest level – A workshop for NCOs, Supervisors, and CGOs on the toolkit of progressive discipline.

Military Justice for MTLs (2 Hrs): How to Investigate – A workshop for MTLs about rights advisement, statement writing, investigation, etc. for when they are on-call at CQ.

Legal Assistance on-site (4 Hrs): Mobile legal clinic where an attorney and paralegal set up shop to provide immediate assistance for those restricted to mission or work hours for all members.

MILITARY FAMILY LIFE COUNSELORS (MFLC)

Please read each course for a description, length, and target audience:

Private Counseling Sessions: Call for an appointments (individual, couple, and family) 228-229-3801 or 228-209-6280

Program Briefs (10 Mins): Highlights MFLC services for individuals, couples, and families as well as resources and presentations for squadrons/units.

Communication (45 Mins): This presentation focuses on providing participants with strategies and guidelines to become an effective communicator.

Conflict Resolution (45 Mins): Seeks to teach participants how to deal with and resolve conflicts in relationships and in the workplace.

Loss & Grief (45 Mins): This presentation provides participants with an understanding of the process of grief, how we experience and express grief and loss as well as how to respond to others that are grieving.
Building Emotional Resiliency (45 Mins): Reviews emotional resilience, emotional management and emotional intelligence.

Work Life Balance (45 Mins): This presentation explores finding the balance of priorities that service members and families have at work and home.
Collaborative Parenting (45 Min): Parent focused presentation to discuss a team based approach to parenting children.

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FAMILY ADVOCACY PROGRAM

Anger Management: Monday between 1300 – 1400, call 228-376-0385 to register for this four-week class.

Couples Communication and Conflict Resolution: Tuesdays from 0900 – 1000, call 228-376-0985 to register for this four-week class.

PREVENTION WORKFORCE

Please read each course for a description, length, and target audience:

Resilience Training (< 1 Hr): Course instructed by your Unit MRT or RTA that addresses and builds resilience through one of eight skill-based training sessions for all members: Gratitude, Values Based Goals, Bring Your Strengths, Re-frame, Balance Your Thinking, Celebrate Good News, Mindfulness, Physical

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