

Family Support Center 101 -Your Benefits in Action

1st Lt. Nicole Walters
Public Affairs

Family. For some people that means little children with sniffy noses, for some it means a spouse who always keeps the house a home. And for some, it means 'just me.'

The Family Support Center is there for all of us, and has programs tailored to meet your life style. Clip this guide and keep it: you'll be amazed at all the neat programs you can use-for free!

Welcome to Warren

Every new Warren-ite gets a Newcomer Welcome Package at their Right Start Inbrief. It contains all the vital information you need to get settled at Warren in Cheyenne. The friendly people from the FSC are also there to answer any questions you might have. From 'Where is the BX?' to 'Why are there so many antelope?', the FSC has the answer! If you are a sponsor, the FSC even has Newcomer Sponsor Packages which will assist you.

Rock-a-Bye

The Layette Program is one of Warren's most valued programs. When Airmen (E-4 and below) have their first child, the stork makes a special stop at the FSC. He picks up a homemade bundle containing all the special things a new baby needs: a bottle, a care-kit and much more. Volunteers lovingly hand-make and donate afghans and quilts for the Layette Program. Due to high demand, the stork has also stated enlisted members who have multiple births can also use the Layette Program.

Project Kid's Stuff

Being in the hospital is unpleasant, especially for children. Family Services has special care packages for Warren children in that very situation. Family Services explained to me that unfortunately, due to the Health Insurance Portability and Accountability Act, FSC isn't always aware of a child in the hospital (and sometimes the birth of a child). Supervisors and coworkers should be aware of the FSC programs and let parents know these care programs exist for their children under 13 years old.

Airmen's Attic

The Airmen's Attic is a house where Airmen (E-4 and below) and their family can get free stuff

for their home. Clothing, furniture, household goods, etc. are all available free of charge. The last Friday of the month is Open Ranks Day, so everyone can take advantage of the great donations. The Airmen's Attic upper floor is closed off to the general public. It has high-end items which are reserved for extreme cases. In the event one of your employees has a catastrophic event (like a house fire) appliances and expensive items are available at no cost. Warren members have always been generous, and it shows in the items donated to the Airmen's Attic.



This is an example of the items that are given to first time parents E-4 and below in the Layette Program. For more information, contact Family Services at 773-3739.

The Loan Closet

Deep in the heart of the FSC building, is a room filled with everything-and I mean everything! The loan closet has a huge inventory of household items and you can check them out! Whether you are PCSing, having family visit during CFD, or throwing a squadron function, you can find everything you need including: futons, pillows, TVs, clock, toasters, vacuum cleaners, tables, chairs, cribs, fans and much more. The Loan Closet receives funding as a United Way Agency (remember that during the Combined Federal Campaign!). All the items look brand new and are really easy to check out!

WIC

The Women, Infants and Children Program provides nutrition information and counseling and referrals to other services. Pregnant and breastfeeding women and children under 5 have special needs which the WIC program supports with supplemental food packages.

Family Readiness Program

Last year my husband was deployed, and I was a wreck. Master Sgt. Patricia Price was so helpful! The Family Readiness Program provides assistance before, during and after mobilization, deployments, evacuations, TDYs, unaccompanied overseas tours, local and national emergencies, and disasters. Before you go, attend a briefing. If you are gone more than 30 days, encourage your family to take advantage of the Hearts Apart Morale Call, the Hearts Apart Social Group, Give Parents a Break free Childcare, Extended Duty Childcare, VideoPhone. My two favorite benefits were the free calling cards and Car Care Because We Care. Car Care Because We Care also has special benefits for Airmen!

Show Me the Money!

The difference between a dream and a goal is Shawna Lacy! The Personal Financial Management Program offers information, education, and personal financial counseling to help you maintain financial stability and reach your financial goals. Take your bills in, and when you walk out you'll have a whole new lease

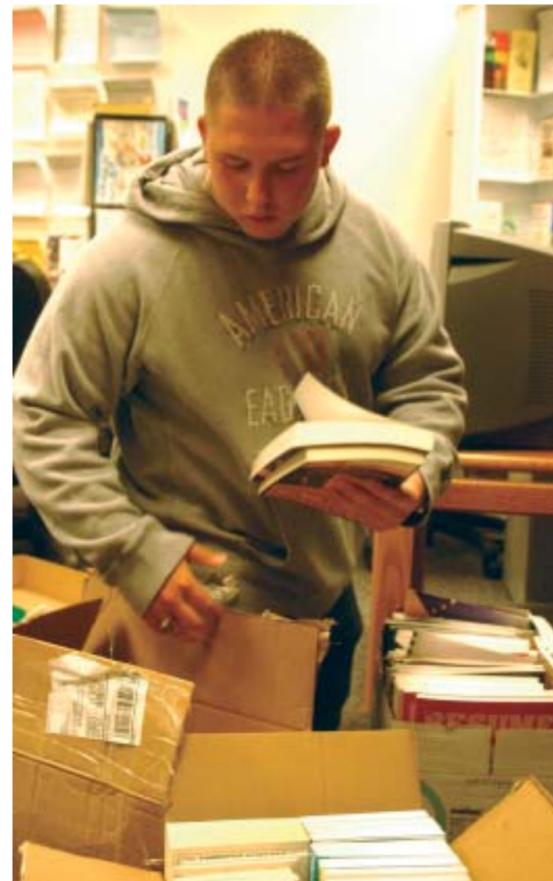
on life.

Family Life Education

Sometimes talking about things puts it all into a new light. The FCS has a several counseling programs including Family Life Counseling, Single Parent's Support Group, Dr. John Grey mini-clinics, Assertive Communications Workshop, and the Balancing Your Professional and Personal Life Seminar.

Operation Warmheart

Need money? If you need emergency cash for food or gas, Operation Warmheart provides a 50 to 100 dollar grant. Also, families can get holiday food baskets. The Chapel, the Officer and Enlisted Spouses Clubs, and the Warren First Sergeant Board are all big supporters of Operation Warmheart.



Mr. Chris Green, student intern at the Family Support Center, arranges books in the Air Force Aid Society office.



At The Loan Closet, Ms. Vickie Smith reorganizes items so that they are ready for those who need them. Ms. Smith is the Family Service coordinator.

On the Horizon

The Transition Assistance program helps you if you decide to get out of the military or want to start a small business. The Career Focus Program has resume writing classes, time management, career fashion advice and many more programs.

Sponsorship Training

Coming to a new base, whether you've been in the military for two months or 20 years, can be an overwhelming experience. Mr. Will Stell and Ms. Janice Mayo personally keep the welcome out for everyone by heading up the sponsorship program. They teach Warren members how to welcome squadron mates, create and send informational packages, and handle issues associated with moving.

Movin' On

When it comes time to move to your next base, the FSC is there to help you find out about your new base. You can log onto the computers in the resource room and check out your new base on-line. You can also see Ms. Vicki Smith who has a collection of base guides and base videos.

The Smooth Move Program is essential, no matter the size of your DoD family. It's a one-stop shop for information from base agencies such as TMO, Finance, Legal, Relocation Assistance, Personal Financial Management, Spouse Employment, Family Life Education and Family Services. They'll even give you a personalized relocation packet concerning your next location or assignment.

The Kids Move Too Program complements the Smooth Move Program. Moving is hectic; this program helps kids stimulate positive attitudes, alleviate fears, and answer questions. Children also get a personalized relocation packet containing travel activity books and information related to their new base.

Whether just arriving or departing, the Youth Pen Pal Program teams up with the Youth Center so children can write to other children. It's a fun way to learn, and children find out the really cool stuff at their new base.

With all the grown up stuff there is to do involving a move, sometimes getting the kids out of the house is the answer. The Child Care



Project Kids Stuff provides age-appropriate gift bags to hospitalized children. The gift bag above is for a 5 to 8-year-old girl.

For PCS Program is funded by the Air Force Aid Society and furnished through Warren's home day care providers. Twenty hours of free day care is available per child to all ranks within 60 days of arrival or departure.

Volunteer

Mike Boggs can get you one of the best paying jobs in the world: volunteering. Four Warren-ites get a personal letter from Gen. Jumper every year for their outstanding volunteering (they also get many perks including six months VIP parking at the Commissary and BX). Volunteers spend time with the Cheyenne's coolest kids, help the community raise money, go bowling, and anything you could possibly imagine.

I've only broken the surface of the Family Support Center. There are many more programs your are entitled to enjoy. You can check them out online at <http://www.warren.af.mil/fsc/fsc/Home.htm>.

To find out more about the Family Support Center or to volunteer (the FSC is also accepting junior volunteers this summer), call 773-2241.