Military and Family Readiness Center (M&FRC)



The M&FRC, a section of the 647th Force Support Squadron, supports individuals, families, and leadership with specific core Air and Space Force programs and services:

- **▶** Air Force Aid Society
- > Casualty & Survivor Assistance
 - > Air Force Families Forever
 - **➢ Air Force Wounded Warrior**
 - ▶ Gold Star Program
 - > Survivor Benefit Plan
- ➤ Commander's Key Support Program (CKSP)
- ➤ Heart Link Spouse Orientation

The M&FRC is collocated and partners with the Joint Base Pearl Harbor-Hickam Military & Family Support Center for a onestop shop, serving the needs of the Total Force to promote resiliency, strengthen communities, enhance mission readiness, and ease adaptation to the mobile military lifestyle.

Helpful Phone Numbers & Resources

Prefix: DSN-315/Commercial-808, unless noted **Airman's Attic** 449-5677 **American Red Cross** 734-2101 877-272-7337 **▶** Emergency Assistance **Base Operator** 449-7110 448-5974 Billeting Chaplain 449-1754 **Child Development Center** 449-9880 **Civilian Personnel Section** 449-0122 Clinic 449-6000 **Command Post** 448-6900 **Finance Office** 449-0893 **FOCUS Resilience Training** 257-7774 **Food and Wellness Pantry & Resources** 449-0301 473-3398 **≻** ASYMCA—JBPHH > Hawaii Food Bank 836-3600 **Force Development (Education Center)** 448-8074 **Hawaii Cares Crisis Line** 832-3100 312-0199 **Housing Management Office—Air Force Housing Service Center-Navy** 474-1820 474-6754 **Law Enforcement Desk** Legal Services/JAG-Woodring Law Center 449-1737 ▶ Region Legal Service Office (RLSO) 473-0437 474-1999 **Military & Family Support Center Military OneSource** 800-342-9647 https://www.militaryonesource.mil **Military Personnel Flight** 449-0846 **Recovery Care Coordination** 448-0126 Resilience: https://www.resilience.af.mil **Security Regional Dispatch Center** 474-2222 **Sexual Assault Prevention & Response** 449-7272 **▶** Safe Helpline 877-995-5247 **Suicide & Crisis Lifeline** https://988lifeline.org/ **Suicide and Violence Prevention** 449-1608 **Tripler Army Medical Center** 433-6661 **Veterans Affairs Regional Office** 800-827-1000













MILITARY AND FAMILY READINESS CENTER

647 FSS/FSH 655 Vickers Ave., Bldg. 1105 Joint Base Pearl Harbor-Hickam DSN: 315-449-0301

Commercial: 808-449-0301 Facebook.com/AFRCHawaii



Air Force Aid Society (AFAS)

The AFAS provides emergency financial assistance and supports an array of community enhance programs that improve quality of life for Airmen, Guardians, and families.

- > Bundles for Babies: Class for new & expectant parents offers basic parenting & financial skills, including budgeting from birth to college. Participants will receive a \$100 funds transfer from AFAS for purchase of essentials. Open to Airmen and Guardians of all ranks and not limited to first pregnancy.
- > Give Parents a Break: Provides certificate for monthly child care breaks for active duty Air and Space Force Force families referred to the program.
- > Child Care for PCS: Funds 20 hours of child care per child for Air and Space Force families with PCS orders in Family Child Care Homes to relieve inherent relocation stressors.
- > Education Support: Higher education is a key to advancement and future success. Grants, scholarships, and loans are available to eligible dependent children & spouses of Airmen and Guardians.



EFMP Family Exceptional Family Support Member Program

The EFMP is a DoD mandatory enrollment program for all active duty Airmen and Guardians with a special needs family member. It offers an allinclusive comprehensive military and civilian support services.

Air Force Families Forever



The AFFF program provides long-term support to eligible family members of deceased Regular Air Force, U.S. Space

Force, and Reserve Component Airmen who died in an Active Duty. Inactive Duty for Training (IDT), or Annual Training (AT) status and whose relationship was established prior to the Airman or Guardian's death.

Casualty and Survivor Assistance

Provides prompt reporting. dignified and humane notification, and efficient, thor-

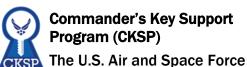
ough, and compassionate assistance to family members of ill, injured, and deceased Airmen and Guardians. The **Casualty Assistance Representative** (CAR) assists survivors in applying for potential benefits and coordinates with commanders at all levels and other agencies to ensure members and families are timely taken care of in a family emergency. The CAR links members and families to appropriate resources. including Gold Star, Air Force Wounded Warrior and Recovery Care Coordination programs.



Survivor Benefit Plan (SBP)

The SBP is the sole means to provide up to 55% of a service member's retired pay to an eligible beneficiary

when the member dies. Active duty & Reserve component members in inactive duty training are automatically covered at no cost. Prior to retiring, each member must decide whether or not to pay monthly premium to continue SBP coverage into retirement.



Commander's Key Support Program (CKSP)

Commander's Key Support Program (CKSP) is an official Unit Family Readiness Program designed to enhance readiness and establish a sense of community. This Commander's program promotes partnerships with the unit, the Military & Family Readiness Center (M&FRC) and community agencies. Military, Civilian personnel, and family members assigned to the Unit may be designated to serve as Key Support Liaison or Mentor to strengthen communication between leaders. servicemembers, and families.



Heart Link

Recognizing spouses are the heart of the mission, Heart Link orients new and incom-

ing Air and Space Force spouses to military life & the community. Aimed at strengthening military families and enhancing mission readiness, Heart Link integrates spouses into the team thru awareness of the military mission, customs, traditions, protocol & community resources supporting military families.



Military and Family Life Counselors (MFLC)

A DoD-funded initiative, MFLCs provide confiden-

tial, short-term, solution-focused, nonmedical counseling services to eligible members & families. For appointments, contact: 808-292-9196; 808-319-3482; 571-977-8593