

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 one-stop 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
➤ Emergency Assistance	877-272-7337
Base Operator	449-7110
Billeting	448-5974
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
➤ ASYMCA—JBPHH	473-3398
➤ Hawaii Food Bank	836-3600
Force Development (Education Center)	448-8074
Hawaii Cares Crisis Line	832-3100
Housing Management Office—Air Force	312-0199
Housing Service Center—Navy	474-1820
Law Enforcement Desk	474-6754
Legal Services/JAG—Woodring Law Center	449-1737
➤ Region Legal Service Office (RLSO)	473-0437
Military & Family Support Center	474-1999
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	988
https://988lifeline.org/	
Suicide and Violence Prevention	449-1608
Tripler Army Medical Center	433-6661
Veterans Affairs Regional Office	800-827-1000
https://www.va.gov	



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 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.



Exceptional Family 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 all-inclusive 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, thorough, 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)

The U.S. Air and Space Force 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 incoming 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 through 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 confidential, short-term, solution-focused, non-medical counseling services to eligible members & families. For appointments, contact: 808-292-9196; 808-319-3482; 571-977-8593