#### Serafina De Los Santos

serafina.l.delossantos.civ@mail.mil

- Mask Mandate on JBSA has been lifted, masks still required at JBSA medical facilities.
- JBSA is still operating at HPCON BRAVO; 50% occupancy in all buildings, virtual classes and remote working.
- <u>**14 Dec.**</u>, 8:30a.m. in person sign up for last JBSA Alliance meeting for 2021to register: <u>https://jbsaallianceendofyear.eventbrite.com/</u>

POCs: Ms. Wendy Banks & Ms. Amarilys Silva. This meeting limited to the JBSA Alliance members only to network and share information about your organizations.

#### JBSA Transition & Workforce Alliance & SkillBridge/Career Skills Program usaf.jbsa.502-abw.mbx.career-skills-program@mail.mil

Jose Ontiveros SkillBridge/CSP/Alliance	Karen Lawhorne Alliance Notes/TIP POC	Amarilys Silva Alliance Resource
Program Manager	karen.m.lawhorne.civ@mail.mil	Guide/LAK POC
jose.e.ontiveros.civ@mail.mil		<u>amarilys.silva.civ@mail.mil</u>

Wendy Banks Alliance Calendar/FSH POC wendy.m.banks.civ@mail.mil

- Send all of your upcoming events through the end of the year, send all flyers/handouts etc. to both Wendy & Karen
- All the events are primarily focused on active duty transitioning service members, their spouses and dependents, veteran events will be limited.
- For Calendar events, please send event name, date, time, audience served and registration link.
- Always refer to the calendar for upcoming events!

#### Please send flyers to Wendy & Karen

#### FSH Military & Family Readiness Center (M&FRC)

(210) 221-2705, 221-2418, or 221-9698, <u>usaf.jbsa.502-abw.mbx.mfrc@mail.mil</u> Employment Readiness Program (ERP): <u>Usaf.jbsa.aetc.mbx.jbsa-employment-org-box@mail.mil</u>

Lauren "Nikki" Earl	Jai Bell	Shannon Klare
<u>lauren.n.earl.civ@mail.mil</u>	<u>frances.bell12.civ@mail.mil</u>	<u>shannon.b.klare.civ@mail.mil</u>
Hazel Wong	Jon Vance, TAP TSM	George Romero
<u>hazel.wong.1@us.af.mil</u>	jon.a.vance.civ@mail.mil	george.d.romero.civ@army.mil

- **EVERY Monday** 0900-1100 Pathways to Employment
- **EVERY Wednesday** 0900-1100 and 1800 -2000, Employment WORKSHOPS, general, federal, interviewing skills, LinkedIn 101.

#### Lackland Military & Family Readiness Center (M&FRC)

(210) 671-3722, 802fss.fsfr@us.af.mil

Amy Maness	Robert Giles	Valerie Barber
<u>amy.maness@us.af.mil</u>	robert.giles.4@us.af.mil	<u>valerie.barber@us.af.mil</u>

• Things are winding down but we are still having our Military Spouse Q&A, classes, etc.

\*\*\*\*\*\*\*\*\*\*\*

#### To revisit the Alliance meeting and hear this week's presentation in full:

https://www.zoomgov.com/rec/share/fb9HkdFeMjIdM0B0F6lRbAnVwZ3LrpB55rJmDkuIMa2v mm2n42kagRk7wVEbPNA-.JjWYn8LPuZz3wi6O

Passcode:!iN3f@As

\*\*\*\*\*\*\*\*\*

**To revisit the previous week's Alliance meeting:** https://www.zoomgov.com/rec/share/izqmiDhFlIjuTv8JDCbVpH8JgA7fZay27jLF\_QWSFe7ez7 WOjE1icjptmQQW-yST.iGyDeTjzr-J65VhZ **Passcode:** J?0Am!Kz

\*\*\*\*\*\*\*\*\*\*

#### FROM THE GROUP

#### Amelia Peacock, Grace After Fire

#### Alamo Region Outreach Coordinator

(832) 598-1472, <u>amelia@graceafterfire.org</u>

- What does Grace After Fire Do? We empower women veterans to help themselves. We provide Hope, Connection, and Purpose.
- How do we do that? We currently have programs and services Women Veterans can participate in or volunteer for: Peer-to-Peer Support Sessions on Tuesdays and Thursdays. Community Resource Navigation, Financial Basic Needs Assistance Program, Veteran Retreats, and Social Events & Workshops.
- If you know/please refer Women Veterans that could use Grace After Fire's Financial Basic Assistance Program. Our grant assists with up to \$1,500 for mortgage, rent, utilities, dental, and car repairs!
- Women Veterans: check out our Peer-to-Peer program Table Talk Color Me Camo on Thursdays to connect with other sisters-in-arms! Sign up online to join virtually!
- Please contact me for more information or to make referrals.

#### Andrew Walton, Military OneSource

**State Consultant** 

(210) 428-1424, Andrew.walton@militaryonesource.com

• Just want to let everyone know that we do document translations! I would love to support any of your events, if there will be more than 50 people please complete the request on our website and I can assist with the form.

#### Beatriz Berry, Texas Veterans Network (TVN)

Veterans Program Specialist (210) 362-52370; (210) 833-6865c, <u>bberry@aacog.com</u>

• AACOG are higher FT positions for Veterans Care Specialist and FT/PT visit: <u>https://aacog.com/Jobs.aspx</u>

#### Chaunte Hall, Centurion Military Alliance (CMA)

chaunte.hall@cmawarrior.org

- <u>9 Dec.</u>, Last CMA Event for 2021. Looking not only for volunteers but for those community members who would like to have a table please contact me or Jason Mcgee, (210) 808-5763, jason.r.magee.civ@mail.mil, NLT next week!
- CMA website to register: <u>https://www.classy.org/event/cma-warrior-transition-workshop/e366972</u>

#### <u>Debe Clark, City of San Antonio (CoSA) Military & Veteran Affairs</u> Senior Management Analyst (210) 207-2712O, (252) 256-1909C, <u>debra.clark@sanantonio.gov</u>

• CoSA Commission for Veteran Affairs is still looking for a district 7 representative. For more information or to apply visit: <u>https://www.sanantonio.gov/oma/Veterans</u>

#### James Szecsi, Veterans Employer Liaison,

Texas Veteran Commission, South Texas District, San Antonio 210-419-4256, James.szecsi@tvc.texas.gov

- If you are or know an employer that has questions about support from the Texas Veterans Commission (TVC), Veterans Employment Services, please contact me. I hope to be useful supporting employers and our Military community (Veterans, Transitioning Service members and Mil/Vet Spouses).
- A reverse view for the education programs, please contact me to see what employers I am working with. I might be able to assist with your Military community student placement. Win for Mil-community and Win for employers.

#### Janet Sanchez, Esposas Militares USA

President Janet.sanchez@esposasmilitaresusa.org

• <u>19 Nov.</u>, Wine & Sweets event at the Kendra Scott in the Quarry

#### Laurie Pimentel-Johnson, Texas Veterans Commission (TVC) District Outreach Coordinator, Veterans Employment (210) 314-9539, Laurie.pimentel-johnson@tvc.texas.gov

• <u>**18 Nov.**</u>, Looking for volunteers for the registration table and some room shakers! Contact me!

#### Martha Woodley, Veteran Spouse Network Outreach Coordinator Martha.woodley@austin.utexas.edu

• VSN is looking for a Senior Outreach Program Coordinator, <u>https://lnkd.in/ew\_xde7D</u> is the link to get details on the position. You may contact me.

#### **Queta Rodriguez, FourBlock**

Regional Director <u>qrodriguez@fourblock.org</u>

• <u>**18 Nov</u></u>., FourBlock Networking Mixer, in partnership with Constellation Technologies, at The Lion and Rose Pub at La Cantera. This will be just after the Alamo Ace conference. <u>https://www.eventbrite.com/e/fourblock-networking-mixer-tickets-</u><u>203928574857</u></u>** 

#### <u>Sharron Stewart, Texas Veterans Commission</u> Women's Veterans Coordinator (210) 347-0116, <u>sharron.stewart@tvc.texas.gov</u>

• <u>**18 Nov.**</u>, Monthly mixer, Topic will be child care.

#### NO ALLIANCE MEETING NEXT WEEK! WE WILL RESUME ON NOVEMBER 30<sup>TH</sup>!



#### Please see the following pages last minutes announcements, Upcoming events handouts, etc.

#### **Reminder: All M&FRC upcoming events can also be found here:**

https://www.jbsa.mil/Portals/102/Documents/MFRC%20Calendars/2021-10Oct-11Nov\_JBSA-MFRC\_Calendar.pdf

<u>**16 - 18 Nov.,</u>** The Virtual Veterans Experience Action Center will be available to assist Veterans, Family members, Caretakers, and Survivors with Benefits, Healthcare and a host of other services. The Registration is open: <u>https://booknow.appointment-plus.com/ch422seq/</u> *Flyer below*</u>

**<u>19 Nov.</u>** at 1700 everyone is invited to the U.S. Army North Concert Series Presented by the 323d Army Band! *Flyer attached* 

**<u>25 Oct- 10 Dec</u>**., Child & Youth Education Services (CYES) School Liaison Annual Toy drive! Distribution of toys will be December 12th -16th 2021. All toys will be distributed to families in need across all three JBSA installations. See flyer below for drop off locations or for additional information! No Wrapped Toys Please!



## FOURBLOCK NETWORKING MIXER THURSDAY, NOVEMBER 18TH, 2021 5-8 PM CT



TO RSVP: EVENTBRITE.COM/E/203928574857

**SPONSORED BY** 

#### **THE LION & ROSE**

17627 La Cantera Pkwy # 103 San Antonio, TX 78257

All San Antonio area FourBlock students, alumni, and applicants interested in IT/Cybersecurity roles are invited to attend!

For more information, contact Queta Rodriguez at: qrodriguez@fourblock.org



As a reminder please do not hand out contact information of our Alliance members without their permission.

# 

#### Drop off at JBSA-Fort Sam Houston

JBSA-Child & Youth Education Ser

Bowling Center, Bldg. 2521 School Liaison Office, Bldg. 124 Keith Campbell Library, Bldg. 1222 METC Fitness Center, Bldg. 1369 Jimmy Brought Fitness Center, Bldg. 320

**Drop off at JBSA-Lackland** School Liaison Office, Bldg. 8210 Youth Programs, Bldg 18420

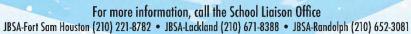
Drop off at JBSA Randolph Randolph Library, 5th Street E., Bldg. 598

AND YOUTH

School Age Program, Bldg. 1703 W. Ed Parker Youth Programs 1, Bldg 1630 Defense Health Agency, DCMT, Bldg. 1374, Rm 118 NMTSC Unit, Anderson Hall Kilmer Hall Student Activity Center, Bldg 1477

#### Toys distributed Dec. 12-16 JBSA-Fort Sam Houston Bldg. 124

9:30 a.m. to 3:30 p.m. ONLY



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JBSAtoday.com



#### On average,

123 people die by suicide each day.

- American Foundation form Suicide Prevention

From 1999 to 2016, 630,000 people died from drug overdose.

- Centersfor Disease Control & Prevention

Nearly 1 IN 5

U.S. adults lives with a Mental Illness.

 National Institute of Men tal Health via the National Survey on Drug Use& Health & The Subsathce Abuse & Men tal Health Services Administration

The Course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally.
- Give reassurance and information.
   Encourage appropriate professional
- help.
  Encourage self-help and other
  - support strategies.

#### Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

#### UPCOMING VIRTUAL TRAININGS

- Hovember 17-18, 2021
- December 8-9, 2021
- January 20-21, 2022
- February 16-17, 2022

Trainings start at 0800-1600 CT (D ay 1) & 0900-1030 CT (D ay 2).

Training seats for virtual classes are limited. Contact us to reserve your seat for one of our upcoming trainings today. Virtual 2-day training isheld via Zoom platform.

#### **REGISTER TO JOIN**

Contactustoday!

Rachel Braumer Extension Program Specialist Texas A&M AgriLife Extension Service E. rbrauner@ag.tamu.edu R979321.5021

First Aiders will complete a 2-hour, self-paced colline class before attending a two-day virtual training. Day one consists of a 5.5 hour, instructor-led training. Day two consists of a 15 hour drug tends workshop. \*Participants must be able to attend both days of training.

#### What Does the MHFA Training Cover?

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Expanded content on trauma, addiction and self-care

Mental Health First Aid in Ruial Texas (MHFA\_RTX) is sponsored by Texas A&M AgriLife Extension Service.

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## TRANSITION INFORMATION PROGRAM



This is a transition workshop to assist service members and families with information in the local area to support them upon separating or retiring from the service.

#### Areas of focus include:

- Panel discussions.
- Networking opportunities
- Understanding and how to access education benefits in the state of Texas.
- Understanding health insurance outside of the military
- Finding housing and learning about housing benefits in the local area

Separating or retiring service members and their spouses are invited to attend virtually:

## 3 DEC 2021 0800-1300

#### Register at

https://www.eventbrite.com/e/transition-information -program-tickets-171254866917



or scan the QR code.

Military & Family Readiness Center TRANSITION ASSISTANCE PROGRAM JBSA-Fort Sam Houston





#### No Federal or DoD Endorsement Implied





JOIN VIRTUALLY, VIA ZOOM EACH MONTH TO SHARE IDEAS, CONNECT AND SUPPORT ONE ANOTHER!

## **Every 1st Tuesday of each month from 10:00-11:00** Zoom ID: 160 951 0285 | Passcode: 524710

JBSA-Lackland M&FRC

JBSA Alliance Meeting Notes 16 Nov 2021





#### **GRACE AFTER FIRE BEGINNINGS**

Grace After Fire began with a focus on increasing access to healthcare services for Women Veterans. As they matured, the mission became assisting the Woman Veterans by connecting her with the resources and the tools to be a productive leader in her community, her work and her home after transitioning from the military.

In 2012, Grace After Fire launched the Table Talk<sup>™</sup> Color Me Camo peer-to-peer support programming designed specifically for Women Veterans, and in 2017, Grace After Fire began providing financial basic needs assistance to Women Veterans and her family.

#### **OUR MISSION**

The mission of Grace After Fire is to provide the means for women Veterans to gain knowledge, insight and self-renewal.

#### **OUR VISION**

To help Women Veterans help themselves.

#### **OUR MOTTO**

We serve to protect the Veteran, connect the resource and renew the Women.

#### **GRACE AFTER FIRE TODAY**

This Texas-based 501(c)3 has been serving Veterans since 2008 and provides access to crisis support services for women Veterans and their family members. At Grace After Fire (GAF) we believe women Veterans are the core of the family unit and is a powerful force multiplier for the wellness of the spouse, children, and extended family.

#### OUR PROGRAMMING

Current weekly peer-to-peer events topics include self-analysis, self-development, relationships, life management and community resources. All Women Veterans are welcome:

- Coffee and Conversation every Tuesday 09:30-10:00am
- Table Talk<sup>™</sup> Color Me Camo every Thursday 4:00-5:00pm
- Table Talk<sup>™</sup> Color Me Camo every Tuesday 6:00-7:00pm

Women Veterans are encouraged to register for all events or apply for financial assistance on our website at <u>www.graceafterfire.org</u>. Please join us on Social Media!



### Peer-to-Peer Support

Grace After Fire (GAF) hosts Coffee and Conversation and Table Talk<sup>™</sup> Color Me Camo peer-to-peer support programs specifically designed for Women Veterans. The purpose of these programs is to empower Women Veterans by facilitating meaningful conversations between peers and by forging strong bonds between Women Veterans and their communities.

Both programs focus on identifying and addressing barriers that Women Veterans face on the path to positive change, through structured interaction with trained facilitators and fellow peers. All weekly peer support sessions are led by trained Women Veteran Volunteers or GAF Outreach staff. Each session is filled with educational materials and activities that promote selfknowledge, self-understanding, self-development and self-renewal for the Women Veteran. Group Topic discussions include: self-analysis, selfdevelopment, relationships, life management, community resources, etc.

## Please hover over the QR code to be directed to our website and rsvp for following programs through our calendar.

- Coffee and Conversation every Monday 9:30-10:00am
- Table Talk<sup>™</sup> Color Me Camo every Thursday 4:00-5:00pm

You will be sent an email with all information to enter the event.

Women Veterans are encouraged to register at <u>www.graceafterfire.org</u> Please Join us on Social Media!





WHAT DO YOU KNOW?



## YOU MIGHT BE THE NEXT GREAT BIG. Volunteer to mentor.

Big Brothers Big Sisters of South Texas Gable Crowder Director of Community Engagement gcrowder@bigmentor.org visit www.bigmentor.org or call 210-225-6322



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