

As a military spouse, you are an important member of the military community. Your Airman & Family Readiness Center (A&FRC) provides free and easily accessible employment programs, referral resources and network opportunities to assist military spouses achieve and maintain a rewarding career.

I invite you to utilize the resources that are available to you and together we can build a resilient community.

We are committed to meeting the needs of families by empowering you with education and employment resources. Please call and make an appointment soon!

KARI HURLBURT, Section Chief  
Airman & Family Readiness Center

***For more information on these and other programs that support spouse employment, contact your local Airman & Family Readiness Center.***

***Airman & Family Readiness Center  
501-987-6801/DSN: 731-6801  
668 Cannon Drive Bldg 668  
Little Rock AFB AR 72099***

## **IMPORTANT NUMBERS**

Airman & Family Readiness Center  
501-987-6801

Child Development Center  
501-987-6130

Youth Center  
501-987-6355

Family Child Care  
501-987-3156

Family Advocacy  
501-987-7377

## **OTHER RESOURCES**

Your Unit Key Spouse

MilitaryOneSource.com  
800-342-9647

Military Family Life Consultant  
501-366-5196

Child & Youth Military Life Consultant  
501-242-1816

USA Jobs  
<http://www.usajobs.com>

NAF HRO  
501-987-7779

Civilian Personnel Office  
501-987-3212

Education Office  
501-987-3417/3418

[www.myairforcelifelife.com](http://www.myairforcelifelife.com)  
[www.af.mil/yoaff/](http://www.af.mil/yoaff/)  
[www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil)



## **Military Spouse Employment and Education Resources**

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## MyCAA

The Military Spouse Career Advancement Account, also known as MyCAA, provides financial assistance for spouses of active-duty military and activated Guard and Reserve members worldwide.

MyCAA offers military spouses up to \$6,000 of financial assistance to help pay for licenses, certifications and education in any career field. For additional information contact:

<http://www.militaryonesource.com/MyCAA>

## Military Spouse Federal Hiring Authority

Facilitates the non-competitive entry of military spouses into Federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces.

## Post 9/11 GI Bill (for Spouses)

An eligible Service member may transfer up to the total months of unused Post-9/11 GI Bill benefits, or the entire 36 months if the member has used none (unless DOD/DHS limits the number of months an individual may transfer).

## Career Development Opportunities

Available resources include:

- Discovery Resource Center (DRC)
- Resume Writing/Review
- 10 Steps to a Federal Job

<http://resumedb.resume-place.com/littlerock>

User Name: littlerockAFB

Password: 10steps2ajob

- Employment Application Assistance
- Salary Negotiations
- Career Assessments
- Interviewing Skills
- Career Counseling and Planning
- Starting Your Own Business
- SCORE (Service Corp of Retired Executives)
- Employment Forum
- Job and Recruiting Fairs listings

## Financial Assessment, Planning Workshops & Individual Workshops

Services include spending plan and budgeting analysis, credit/debt management assistance, education on investment options, information on insurance, workshops/seminars on other personal financial matters. <http://www.militarysaves.com>

## Resource & Network Opportunities Air Force Aid Society (AFAS) Emergency Financial Assistance

May cover rent/mortgage, food, utilities, auto repairs, emergency travel, special medical/dental needs, or other situations.

<http://www.afas.org>

## Other AFAS Programs

- General Henry H. "Hap" Arnold Scholarship (Up to \$2000 annually)
- Spouses Tuition Assistance Program (overseas locations only)
- Bundles for Babies
- Give Parents a Break
- Car Care Because We Care
- Child Care for Volunteers
- Child Care for PCS
- Respite Care
- Spouse Employment Program
- Youth Employment Skills (YES)
- Sammy Rabbit Education Initiative

## Key Spouse

Each squadron has at least one Key Spouse who communicates with other spouses and members in the squadron. Contact your unit's First Sergeant for name and contact information.

## Heart Link

Heart Link is an orientation program targeted toward spouses who are fairly new to the Air Force. Heart Link highlights the Air Force mission and organizational structure, provides information about volunteer and employment opportunities, and resources to support a mobile military life style. Refreshments and child care are provided and each attendee is "coined" at the end of the day!