

July

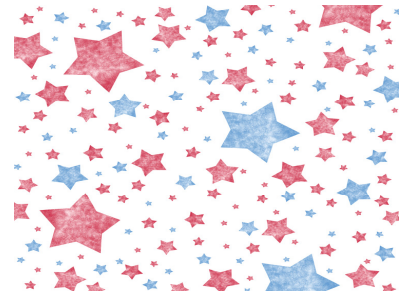
HEART TO HEART

2009

Movies! Movies! Who doesn't love a good movie??

Join us **11 July 09** at Westgate 20 located at 9400 West Hanna Drive Glendale AZ.

This is a Free Event for children plus one adult per family. Movie vouchers will be handed out from 0830-0855. This will allow families to see a movie of your choice starting @ 0900. Movies seen prior to noon cost \$5 per person. You must sign up NLT 9 July 09. There will be limited slots available. Please contact the Airman & Family Readiness Center at 623-856-6550.



Spouse Social (28 Jul 09)

There will be a drawing for 2 gift cards. This will be an open forum to just get to know other spouses that are going through similar situations. I encourage those of you that are veterans to participate and provide tips to those that may be going through this separation for the first time. The luncheon is from 11am-1pm at the Airman & Family Readiness Center. We will provide a light lunch which will include: subs, snacks, and drinks.

Military & Family Life Consultant

Need to talk? Military & Family Life Consultants (MFLCs) are here to listen. MFLCs are available to help service members, spouses, family members and DoD employees with concerns such as deployment/reintegration issues, marriage and relationship issues, parenting/sibling & family issues, communication challenges, stress and anxiety, depression, grief and loss, daily life issues. Consultations and trainings are free and anonymous. No records are kept. After-hours and weekend appointments are available and off-site meetings can be arranged. Call 623-236-4123.

Free Welcome Home Banners!

This purpose of Operation Welcome Home is to recognize and thank individual military personnel for their service during a deployment. One FREE 2'h x 4'w banner may be requested. Please use the following link, click on Operation Welcome Home. The sign typically takes 7-10 days.
<http://www.westsidesigns.com> This is a great way to show your support for spouse/friend or co-worker!

Four Ways to Achieve Greater Happiness in Your Life (militaryonesource.com)



Did you know!

When dropping off/picking up your husband/wife at the airport, you can go to the gate. Here's how:

At the AIRLINE TICKET COUNTER ask for an ESCORT PASS so you may accompany your service member to and from the boarding gate. Please have an ID card and military orders in hand.

Immediate family ONLY.

For a large group call or e-mail Mr. Grimwood at (602) 244-9653 or (602) 615-4021.

Richard.grimwood@dhs.gov

MORALE CALL PIN NUMBERS

If you have not received your Morale Call Pin Number, please call the Airmen & Family Readiness Center for assistance at 623-856-6550. If you have problems placing calls after hours, please call the operator at 623-856-1110.

REUNION INFORMATION

Reunion is a very critical phase in the deployment cycle. Role adjustment is a major stressor for everyone! Many tasks that were done by the member before deployment were done by their spouse and children during the deployment. We at the Airmen & Family Readiness Center want to ensure that you are adequately prepared to make a successful transition back to normal family life! Please join your spouse in attending our Post Deployment Briefing once he/she returns they receive valuable information from on base agencies to include Wing Leadership. In addition, just for attending, spouses will receive a "FREE" \$10 Chili's gift card; our way of saying "Thank you" for your sacrifices! So be sure to tell your spouse when they return from deployment to include you to this appointment.

NEXT POST-DEPLOYMENT BRIEFING IS 30 Jul 09

FROM 11:00 AM - 1:00 PM @ AIRMAN & FAMILY READINESS CENTER. Please feel free to contact SSgt Nicole Eisenbarth @ 856-6834.