

132 FW Airman & Family Readiness Office

Shalee Torrence, Airman & Family Readiness Program Manager

Building 110 Room 170

Phone: Office - 515-261-8786; Cell - 515-707-4498; email: shalee.torrence@ang.af.mil

Office Hours: Tuesday - Friday 0700-1730; UTA & Week Following: Saturday and Sunday 7am-3:30pm; Monday and Tuesday: CLOSED; SUTA by appointment

How Family Programs Serve You and Your Family

- Personal and Family Readiness
- Information & Referral
- Life Skills Education
- Volunteer Programs
- Communication/Information on a variety of programs

Stay Connected

- Family Readiness Group (FRG) Meetings, all welcome to attend; UTA Sundays at 1:30pm; locations to be determined
- Monthly Newsletters sent via email or on SharePoint. Email Amanda (Amanda.Wicker@ang.af.mil) to be added to the mailing list.
 - Newsletters include information about:
 - Base Information/Updates, Military Discounts, Base and Community Activities, Events, Military Programs, Volunteer Opportunities, etc.
- 132nd Family Readiness Webpage; www.132fw.af.mil
- Joint Support Services Website; www.jointssupportservices.org

Yellow Ribbon Reintegration Program (YRRP)

- The YRRP provides information, services, referral and proactive outreach opportunities throughout the entire deployment cycle: Pre-Deployment, Deployment, and Post-Deployment and Reconstitution. This is meant to enhance knowledge and utilization of earned benefits and military and community resources, general personal and family readiness, communication and relationship skills, and resiliency for Service Members and Families.
- YRRP applies to Air Guard members activated under Title 10 for more than 90 days, consecutively or cumulatively, in a fiscal year.
- Services are also provided to members activated for under 90 days through the Airman & Family Readiness Program.
- Questions regarding the YRRP can be directed to Rebecca Schrader at 515-727-3208 (office), 515-657-3183 (cell) or rebecca.schrader@us.army.mil.

Military One Source

Available 24/7; www.militaryonesource.com or 800-342-9647

Military OneSource can provide information and/or assistance in the following areas:

- Counseling Services
- Money Matters
- Deployment Support
- Child Care
- Special Needs
- Spouse Employment
- Translation Services
- Reference Material
- Books, Podcasts
- Chill Drills
- Health Library
- Coming Together Kits
- And Much More!

State and Youth Programs

- State Family Readiness Conference and Youth Symposium
- FRG Trainings
- Operation Military Kids Youth Camps
- Operation Purple Family Retreats
- AF Services Youth Opportunities
- The First Tee, FitFamily, Teen Leadership Summits, Aviation Camp

Military Family Life Consultants

Consultants provide FREE confidential counseling in the following areas

- Deployment/Reintegration issues
- Marriage and relationship issues
- Parenting/sibling & family issues
- Communication challenges
- Stress and anxiety
- Depression
- Grief and loss
- Daily life issues

Educational Materials

- Educational Materials available for FREE check out from the office:
 - Children's Books, Reference Library, Financial Peace University Home Study Course, Operation Military Kids Deployment Backpack Kits, Marriage Enrichment Materials, Coping with Deployment/Reunion Materials, Elmo Deployment DVDs, Personal Relationship Enrichment Materials, etc.

Strong Bonds Program

FREE Marriage and Family Workshop for Airmen and their Families. Spouse reimbursed mileage, lodging, and per diem!

- Marriage Enrichment
- Premarital Interpersonal Choices & Knowledge
- Laugh Your Way to a Better Marriage
- 7 Habits of a Highly Effective Military Family