

JBMDL Spouses' Club

JBMDL Spouses' Club is a group of dedicated spouses whom share each others' common threads to the military lifestyle and dedication to serving the community and its members through both charitable and social endeavors. Volunteer opportunities include board positions and Thrift Shop volunteers

Meets monthly

Subclubs include Movie group, Cooking/Gourmet club, Book club, Playgroup, Bunco, Lunch Bunch, Base Race Runners, and more

Target audience: Open to spouses of all ranks of active duty, reserve and retired service members in Army, Navy, AF, Marines and Coast Guard.

For more information go to www.jbmdlspouses.org

Chapel Sponsored Spouse Programs

The JB MDL Chapel community is here to meet the religious and spiritual needs of service members and their families. A variety of programs are available including Bible Studies & retreats tailored specifically for men, women, and children of all ages. Below are a few Chapel ministries that support spouses.

Protestant Women of the Chapel (PWOC)

Protestant Men of the Chapel (PMOC)

Catholic Women of the Chapel (MCCW)

Knights of Columbus (Men)

Religious Education Classes (Catholic & Protestant)

Target audience: Not exclusive to spouses

For more information, contact the Chapel at 609-754-4673 or 87abw.hc@us.af.mil

Family Advocacy Office Sponsored Spouse Programs

New Parent Support Program

Program offers education & support for families expecting a child or with a child under age 3. Services include: Child Safety, Happiest Baby on the Block, Individual Education, Infant Massage, Sibling Preparation, & Sign with Your Baby
Individual appointments available

Target audience: Expectant parents and parents with children under age 3.

Pregnancy Classes

Pregnancy 101, You & Me Plus Baby Makes Three, Baby Basics, Breastfeeding, Childbirth Preparation. Both parents can attend.

Offered on ongoing basis

Target audience: Expectant Mothers

For more information on all the above classes, contact Family Advocacy at 609-754-9680

Installation Play Groups for Parents and Tots

Informal playgroup for parents of children 0-3 at the Dix Youth Center. No registration is required.

Held Wednesdays from 1000-1130

Target audience: Spouses with infants/toddlers

Call 609-754-9680 for questions

Joint Base McGuire-Dix-Lakehurst Programs & Resources for Spouses



Brought to you by the
Joint Base McGuire-Dix-Lakehurst IDS
Helping Agencies

For this and more go to
www.jointbasemdl.af.mil
click on "CSC Resilience" tab

JB MDL Resilience

Click here to register for classes!

609-754-1578

Community Support Coordinator Office Sponsored Spouse Programs

Spouse Resilience Trainings

Resilience is the ability to grow & thrive in the face of challenges & bounce back from adversity. Courses are offered in various formats (daytime, evening, weekend, full day, half day, consecutive evenings) (Optional)

Target Audience: Open to all spouses

Mentor/Advisor/Coach (MAC) Group

Multi-service collaborative group which include sharing best practices, training, information and guest speakers. (optional)

Meets every other month

Target Audience: Spouses appointed in the role of unit mentor/advisor.

Military Family Action Plan Conference (MFAP)

The Military Family Action Plan (MFAP) is a grassroots process to identify, provide recommendations and elevate quality of life issues that impact the well being of Service Members (all components), Retirees, DOD Civilians, and Families to senior leaders for action. There are 2 methods to participate: as a workgroup participant at the conference or by submitting an issue solicitation form addressing a quality of life issue. (optional)

Conference is on alternating years (2015, 2017, 2019)

Target audience: All military spouses

Spouse Focus Groups

Spouse focus groups are conducted to gauge quality of life On JBMDL. These are held on alternating years of the MFAP conference. (optional)

Offered once a year (2014, 2016, 2018)

Target audience: All military spouses

Contact Lisa Williams, CSC for more information lisa.williams.22@us.af.mil or call 609-754-1578

Military & Family Support Center Sponsored Spouse Programs

Military and Family Support Center (incorporates Airmen & Family Readiness Center, Army Community Service, Fleet & Family Support Center) The centers, located at both McGuire and Lakehurst, provide comprehensive, coordinated and responsive programs and services that support the readiness of the joint base military community and their family members.

SpouseLink

Compatible for all services; known as Heart Link in Air Force, AFTB I in Army, Compass in Navy, LINKS in Marine and Sea Legs in Coast Guard. It is recommended for all spouses, regardless of length of affiliation with the military lifestyle. It's a way to learn about military customs and traditions, benefits and supporting agencies.

Meets quarterly (Jan, Apr, Jul & Oct)

Target audience: Open to all spouses (Mandatory for FRG Leader FRSAs, Key Spouses & Ombudsmen)

Spouse Leader Quarterly Assembly/Training

An additional training workshop held once a quarter for already trained and active Spouse Leaders. (*Spouse Leaders = appointed FRG, Key Spouse, FRA & Ombudsman*) Workshop covers various topics and will have various subject matter experts leading the topic of conversation. Topics vary from Communication, Program Management, Financial Matters, Resiliency, VA, etc. Topics are developed based on the need at the time of the workshop take place. Meets quarterly (Feb, May, Aug & Nov)

Target audience: FRG leaders, Key Spouses and Ombudsmen (mandatory for Navy ombudsmen and optional for all other services' spouse leaders)

Spouse Leader Advanced Training

Advanced training for all service branches Spouse Leaders after completing their initial service specific training requirements. This training's main purpose is to enhance the knowledge spouse leader already has with additional targeted topics to include community partners, as well as a self-improvement session. (Optional)

Offered twice a year

Target audience: Spouse Leaders who have completed their service specific training

Initial Key Spouse Training

For a Key Spouse whom has been selected by the Commander. This class will provide newly appointed Key Spouses with a basic knowledge about the resources and helping agencies on the installation and in the local community. Training topics include Suicide Prevention, Resilience Training, Communication, Identifying Helping Agencies and the True Colors Personality Assessment. (Mandatory training for Key Spouses)

Offered quarterly (Mar, Jun, Sep, Dec)

Target audience: Key Spouses selected by the Commander

Key Spouse Mentor Orientation

2-hour training for leadership spouses who are interested in taking an active role in mentoring Key Spouses in their squadron. Training based on Key Spouse Mentor Guide. (Optional but encouraged for Unit Mentors)

Offered once a year

Target audience: Unit mentors

Family Readiness Group Trainings (Army)

Family Readiness Group Leader and Treasurer Trainings Held based on Unit requirement. (Mandatory training for appointed FRG volunteers)

Target audience: Members of the Army FRG

Spouse Newcomers' Orientation

Welcomes newly arrived spouses to our JB MDL community promoting a sense of belonging. Fosters friendships while spouses learn what programs and services JB MDL offers. This orientation includes a tour of Dix and McGuire 87 FSS (MWR) facilities. Light breakfast and lunch is provided (Lunch courtesy of USO).

Offered monthly (the 2nd Thursday of each month; 9:00 am to 2:00 pm)

Target audience: Newly arrived spouses from all military branches of service

International Spouses' Group

Foreign born spouses from all military branches are invited to attend our monthly meetings to increase resilience, retention and readiness through educational and social activities.

Offered monthly: Last Friday of each month from 11:45 am to 1:45 pm

Target audience: Foreign born spouses

Hearts Apart

A program designed for spouses, children, and loved ones of military members currently deployed on extended TDY (more than 30 days), or serving a remove tour. Come out and join us for a monthly meal and networking! Meets: Monthly

Target audience: Spouses of deployed service members

Military Spouse Appreciation Day

To thank all military spouses for their sacrifices and community support. Offered once a year (the Friday before Mother's Day).

Target audience: All spouses from all military branches of service

Volunteer Resources

Thinking of becoming a volunteer? It's good for you: gain confidence, gain professional experience, test drive a career, strengthen your community, learn, give back and make a difference!

Offered: Ongoing-referrals provided to volunteer opportunities

Target Audience: All JB MDL community members

Bundles for Babies

A class offering resource information and briefings from various base agencies, including the Family Advocacy Program and Child and Youth Programs, to expectant parents.

Offered: Monthly

Target Audience: Expectant parents

For more information on the Military & Family Support Center Programs, contact McGuire/Dix Location 609-754-3154 Lakehurst Location 732--323-1248