

Pre-Deployment Briefing

This briefing describes what changes a family goes through during a TDY, deployment, or remote tour; outlines the Family Readiness programs; and addresses any concerns the family or individual may have. Available Tuesdays at 7:30 and 3:00 at Building 732.

Give Parents A Break

Sponsored by the Air Force Aid Society. We'll pay for you to take your age-eligible children to the Child Development Center or the School Age Program while your spouse is deployed. Give yourself a break! For more info on receiving a voucher contact the Military & Family Readiness Center or Child Development Center.

Kids' Deployment Info

The M&FRC has booklets about deployment and reunion that are age-specific to help children understand why mom or dad is leaving, how to stay connected while they are away, and how to prepare for their return. Stop by anytime and pick up this great information.

Operation REST

This program is designed to boost and maintain the morale of the entire family using a visual reminder of loved ones during a separation. The M&FRC will personalize pillowcases with photo transfers of both the military and family members. (Pillowcases are provided)



Hearts Apart Program

The Hearts Apart program is for spouses, children, and families of military members who are currently deployed, on extended TDY (more than 30 days), or serving a remote tour. The military member should enroll their family in the program during their pre-deployment briefing, held each Tuesday at 7:30am and 3pm in M&FRC building 732.

Monthly Newsletter — each month a newsletter is available to explain services available to Hearts Apart families.

Monthly Event — Each month there is a special activity for Hearts Apart families designed to bring families together that experiencing the hardship of separation. Every event is free and includes a meal.

Hero Dolls



Available to deploying members, this program is designed to help children cope with their parent's deployment. The M&FRC will take a photo of the deploying member and create a 10" doll with it. The doll is free of charge and limited to one per child in immediate family. Email photo to McConnellreadiness@gmail.com. Photo must be an attachment to the email in JPG format.



Little Heroes Program

This Program is designed to recognize the youngest heroes of our military families — our children and spouses. Deployments are difficult on all members of the family and sometimes, more often; it is more stressful on the children and spouses. Thanking family members for their support of the mission.



Hearts Apart Morale Calls

The Military & Family Readiness Center and the 22d Communications Squadron sponsor the base morale call service. Start by getting a DSN phone number from your spouse at the TDY location. Call the base operator (759-1110) and let them know you want to make a morale call. Provide the operator with the DSN number and they will connect you. Calls are limited to twice per week for 15 minutes.

Mini USO

Just a reminder if you are deploying from McConnell terminal that we have a mini USO in bldg. 1220 for you and your family. The mini USO has lots of snacks and water/juice in the refrigerator next to the cabinet. These remain locked but if you are there waiting to depart on your deployment you can get the key from room 107 to open both the cabinet and the refrigerator.

Military Family Life Counselors (MFLC)

Adult MFLC (Janet Cox) 316-350-0665
MXG/OG(Mike Gillette) 316-358-1706
LRS/SFS/CES (Sandy Ellis) 316-932-4014
Child/Youth (Bryon Bush) 316-519-3580
School (Nancy Rasmussen) 316-243-7773
School (Tamara Bailey) 316-570-2538

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