



Military & Family  
Readiness Center  
5C1049  
703-693-9460

Check us out on  
811th FSS Site  
[www.811fsspentagon.com](http://www.811fsspentagon.com)

Initial Counseling  
Pre-Separation  
Capstone are offered  
1-on-1 virtually  
Register @  
[Pentagontransition.timetap.com](http://Pentagontransition.timetap.com)

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Briefs  
[11wgdeploymentbriefs.  
timetap.com](http://11wgdeploymentbriefs.timetap.com)  
EFMP Spooky  
Paint  
8/26 @1700



Monday

Tuesday

Wednesday

Thursday

Friday

30	1	2 Pre-Separation Brief **In-Person 5C1049** 0800	3	4
7	8	9	10	11 <b>AFDW</b> <i>Family Day</i>
14	15	16 Pre-Separation Brief (V) 0800 MFLC Lunch and Learn: Emotional Resilience (IP) 1200	17	18
21	22 MFLC Lunch and Learn: Understanding and Expressing Emotions (IP) 1200	23	24 Federal Employment Workshop (V) 0900-1100	25
28	29	30 Pre-Separation Brief (V) 0800	31 HAPPY HALLOWEEN	1



Need a  
Military & Family Life  
Counselor (MFLC):  
Call  
571-395-0514  
or  
571-395-0408

Military members  
can vote no matter  
where they are!

Civilian  
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