

## Quick Resources

### Military & Family Readiness Center

483 N. Aviation Blvd.

Building 272

El Segundo, CA 90245

Phone: (310) 653-5428

Email: laafb.mfrc@spaceforce.mil

### 61st Force Support Squadron

Phone: (310) 653-1110

www.LAFSS.com

### 61st Medical Squadron

Phone: (310) 653-2873

losangeles.tricare.mil

## Unsure of who to call?

Call your Key Spouse!

We're here to support YOU!



## Complete and Keep This Section

### My Key Spouse(s)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

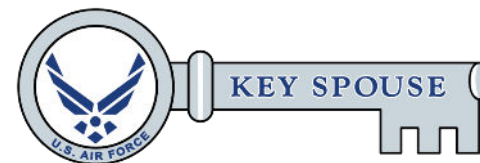
Commander/Unit \_\_\_\_\_

### First Sergeant

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



## Key Spouse Program Los Angeles AFB



The mission of the Key Spouse Program is to provide information and resources to military spouses, supporting families in successfully navigating throughout the military lifecycle.

## I Want to Get Connected!

Please fill out information below and return to your Key Spouse or M&FRC.

Name: \_\_\_\_\_

Spouse's Name & Unit: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

The best way to reach me is (check applicable)

Cell: \_\_\_\_\_ Home: \_\_\_\_\_ Email: \_\_\_\_\_

The best time to call is: \_\_\_\_\_

Please let me know if you have any questions, concerns, or ideas at this time:

## What is a Key Spouse?

Key Spouses are a peer-to-peer support system. Just like you, they are military-connected individuals who understand the rewards and difficulties of military life. They are part of the "chain of concern," not the "chain of command," and are able to foster communication with unit leadership by bringing issues and concerns to the table in a neutral and constructive manner. They have extensive knowledge of unit, community programs, organizations and have the resources to get answers to your questions.

## Framework for Support

Deployments, remote tours, and TDYs are a fact of life for military families. Our active-duty members might be gone for longer periods of time than in the past and this can lead to exciting and new challenges at home. Being new to the area can feel overwhelming.

Key Spouses are volunteers appointed by their respective commander to assist with quality of life programs and services. The Key Spouse program provides a framework for stability and support for the families by maintaining contact with family members and referring them to base agencies and resources, as well as community resources.

## When Should I Call My Key Spouse?

Key Spouses can help in a variety of situations, including, but not limited to:

- You're new to the area
- You need help figuring out what an acronym means
- You're expecting and would like info about resources, Bundles for Babies, or childcare options
- Your spouse is deployed/on extended TDY and it would be helpful to hear a friendly voice to check in
- You're looking for some information on the local area
- You could use assistance finding emergency aid options
- You're moving and want to get plugged in on the other side, or need assistance knowing about move options
- You'd like some help getting information about base events and opportunities
- You're not sure who to call about a need you have

## Contacting Your Key Spouse

The form on the left can be filled out and given to your Key Spouse and/or to M&FRC to keep you informed of upcoming events. If, for whatever reason, you do not know who your Key Spouse is, please contact the First Sergeant or the Military & Family Readiness Center for current information.