



Assisting military spouses and dependents of all branches of the military

### Services We Offer

- Career Advising & Coaching
- Education, Entrepreneurial & Training Resources
- Employment Preparation:  
*Employment Referrals*  
*Interviewing Techniques*  
*Job Search Strategies*  
*Resume Assistance*
- Networking & Hiring Events
- Volunteer & Skills Development

#### DID YOU KNOW?

FMEAP offers services  
in-person AND via telephone!



#### Contact a FMEAP Specialist:

- ☎ (619) 524-8640
- ✉ [connie.vasquez@usmc.mil](mailto:connie.vasquez@usmc.mil)



### Who We Are

The military lifestyle presents many challenges for family members. One, is staying employed and building a career while frequently transitioning. FMEAP prepares and encourages family members with the tools necessary to be successful in the workforce. FREE local services and resources are here to assist you every step of the way!

### Workshops & Events

#### MILITARY SPOUSE CAREER CONNECTION WORKSHOP

- Learn how to identify key skills and explore career pathways utilizing labor market data
- Maximize your job search strategy with personal branding & social media
- Receive “TOP TIPS” in creating a competitive edge resume
- Discover effective Job Search Strategies
- Connect to local & national resources

#### MILSPOUSE NETWORKING & RECRUITING SPOTLIGHT

- Network with employers & KEY decision makers
- Learn “INSIDER TIPS” on their interviewing & hiring process
- Interview on the spot with military spouse friendly employers

#### SPOUSE TRANSITION & READINESS SEMINAR (S.T.A.R.S.)

- Receive tips and resources to assist you & your family in making plans for your future and prepare for life beyond the military
- Receive information about your family’s benefits and entitlements
- Have your questions answered by subject matter experts