

### **FAMILY ADVOCACY PROGRAM**

**\*Registration Required\* Please call 301-677-4118**

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.  
2462 85<sup>th</sup> Medical Battalion Ave., Fort Meade, MD.



#### **A-Z COME PLAY WITH ME**

Interactive activities designed to assist families in learning developmentally appropriate play techniques to help children(0-5) improve their social, cognitive, and motor skills.  
**No registration required!**



**Location:** Family Advocacy Program Center – 2462 85<sup>th</sup> Medical Battalion Ave



**Date/Time:** Every Monday, Wednesday, and Friday from 0900-1030

**(No Playgroup President's Day and Friday, February 20th)**



#### **ROMP N STOMP**

A playgroup that provides interaction, education, and socialization for parents and children, ages 0-5.

**No registration required!**



**Location:** SAC II – 909 Ernie Pyle Street



**Date/Time:** 03, 10, Tuesday, 0900-1100



**Location:** Family Advocacy Program Center – 2462 85<sup>th</sup> Medical Battalion Ave



**Date/Time:** 17, 24 Tuesday, 0900-1100



#### **\*CALLING ALL DADS\***

A 4-week workshop to educate fathers on practical parenting skills regarding child development and effective discipline as well as self-care, the role of fathers, and communication skills. This interactive group environment allows fathers to discuss, share concerns, and gain support from one another.



**Location:** Hybrid/in Person or MS Teams



**Date/Time:** Every Monday, 1200-1330

**(No Class President's Day. Monday, February 16<sup>th</sup> Class will be on Friday February 20<sup>th</sup>)**

 **\*CO-PARENTING COMMUNICATION\***

A four-week co-parenting communication class to provide tools and resources to help families and parents with coping skills to enhance communication and resolve conflicts.

-  **Location:** Virtual via MS Teams
-  **Date/Time:** Every Tuesday, 1300-1500

 **\*POSITIVE PARENTING\***

A four-week parenting class to assist parents with non-physical discipline techniques, relationship building and nurturing the needs of children of all ages.

-  **Location:** Hybrid/in Person or MS Teams
-  **Date/Time:** Every Wednesday, 1300-1500

 **\*SINGLE PARENT SUPPORT GROUP\***

This group provides single parents with a forum to discuss concerns, gain support, and enhance single parenting for mothers and fathers.

-  **Location:** Hybrid/in Person or MS Teams
-  **Date/Time:** Every Thursday, 1100-1200

 **\*BREASTFEEDING AND 4TH TRIMESTER SUPPORT GROUP\***

For all parents with babies 0–1-year-old. To interact, encourage and support various topics related to postpartum and breastfeeding.

-  **Location:** Family Advocacy Center 2462 85th Medical BN Ave.
-  **Date/Time:** First Thursday of every month, 0930-1100

 **\*EMPOWERMENT & COMMUNICATION GROUP\***

A monthly support group for anyone who has experienced or is currently experiencing relationship discord or domestic violence. This workshop will provide psychoeducation, information and resources for healthy coping skills, parenting after domestic violence experience, and connectedness to others in a supportive confidential group environment.

-  **Location:** Army Community Services 830 Chisholm Ave. Fort Meade
-  **Date/Time:** Second Thursday of every month, 1100-1300

 **\*BABY BOOT CAMP\***

To provide education to parents to help them understand their stages of pregnancy, infant care, safety, and nutrition, and ways to build attachment and support their baby's growth and development.

 **Location:** Family Advocacy Center – 2462 85<sup>th</sup> Medical Battalion Ave, Fort Meade  
 **Date/Time:** Third Friday of every month, 0900-1300

 **\* COUPLES COMMUNICATION WORKSHOP\***

Strengthen your connection. Communicate with clarity. Collaborate with confidence.

 **Location:** Family Advocacy Program Center – 2462 85th Medical Battalion Ave  
 **Date/Time:** Fourth Thursday of every month, 1500-1600

 **\*5 LOVE LANGUAGES OF COUPLES\***

An interactive workshop aimed at providing couples with communication tools to learn and apply to their love language.

 **Location:** Virtually via Microsoft Teams or in-person as requested.  
 **Date/Time:** 12 February, 1300-1500

 **\*TEEN DATING VIOLENCE AWARENESS WORKSHOP\***

Teen Dating Violence Awareness Month is an opportunity to speak to the young people in our lives about healthy relationships and to show those who have been impacted by teen dating violence that they are not alone. FAP will be hosting an engaging workshop to discuss various topics to promote healthy relationships and prevent dating violence.

 **Location:** Teen Center—3102 MacArthur Road  
 **Date/Time:** 17 February, 1500-1600

 **\*5 LOVE LANGUAGES OF TEEN\***

Interactive workshop to teach parents how to identify and apply their child's primary love languages to understand their needs.

 **Location:** Virtually via Microsoft Teams or in-person as requested.  
 **Date/Time:** 19 February, 1300-1500

### \*INTERNET SAFETY FOR KIDS\*

A one-day workshop aimed to teach parents to identify internet and phone safety threats for their children. Parents will learn precautions to protect their children online from cyberbullying and predators, as well as productive ways to communicate with them regarding these threats.

 **Location:** Virtually via Microsoft Teams or in-person as requested.

 **Date/Time:** 24 February, 1300-1500

### **MOBILIZATION AND DEPLOYMENT (MODEP)**

**Registration Required: Please call 301-677-4110/5590**

830 Chisholm Ave, Fort Meade, MD 20755

### **Informal Funds Training**

This training is required for all current and incoming SFRG Funds Custodians/Alternates. The training provides an overview of the Army regulations governing the management of SFRG informal funds and fundraising. Training is recommended for SFRG Informal Funds Custodians/Alternates and SFRG Leaders

 **Location:** Army Community Service

 **Date/Time:** First Tuesday of Every Month, 1000-1130

### **SFRG Foundations Training**

Take a close look at the benefits of the Family Readiness Program and the Soldier & Family Readiness Group, the command team's roles and responsibilities and the execution of the Family Readiness Plan.

 **Location:** Army Community Service

 **Date/Time:** Second Tuesday of Every Month, 1000-1130

### **PRE-DEPLOYMENT AND FAMILY CARE TEAM TRAINING**

Learn about creating or updating essential legal documents, organizing your finances, creating a family care plan and designing a contingency plan in case things change. The resources in this brief can help you and your family prepare, get organized and navigate challenges upon return.

 **Location:** Army Community Service

 **Date/Time:** Second Monday of Every Month, 1000-1130



### **Key Contact and Command Family Readiness Representative Training**

Training will include how to organize and maintain a communication link between the Soldiers and Family Readiness Group and new Family members of the unit. Guidelines on confidentiality, telephone, e-mail and texting will also be discussed. This is suggested training for SFRG Coordinators and anyone wanting to learn more about SFRG Communication and Outreach structure.

📍 **Location:** Hybrid/in Person or TEAMS

### **EMPLOYMENT READINESS PROGRAM**

**Registration Required: Please call 301-677-7571 or 240-636-5867**

Co-hosted with the Fleet & Family Support Center and Army Community Service  
This Month Classes will be held at

**Army Community Service – 830 Chisholm Ave, Fort Meade, MD 20755**

**Federal Hiring Process –**

Date/Time: 05 February, 0800-1200

**Job Searching Strategies –**

Date/Time: 10 February, 0900-1500

**Employment/Resume Strategies –**

Date/Time: 17 February, 0800-1200

**Demystifying Unemployment Insurance –**

Date/Time: 24 February, 0900-1030

### **EXCEPTIONAL FAMILY MEMBER PROGRAM**

Registration required: Please call (301)-677-5662/5590

[usarmy.meade.usaq.mbx.acs-efmp@army.mil](mailto:usarmy.meade.usaq.mbx.acs-efmp@army.mil)



### **SENSORY PLAYGROUP**

A playgroup exclusive to children enrolled in the Exceptional Family Members Program that provides sensory-stimulating activities and provides space for families to connect

over experiences and challenges unique to them. Resources and support by FAP PSP and EFMP staff are provided during these sessions.

-  **Location:** Family Advocacy Center – 2462 85<sup>th</sup> Medical Battalion Ave
-  **Date/Time:** First Thursday of every month, 1000-1130

### **EFMP FAMILY BOWLING**

Come join EFMP Family Support at 5:30 p.m. on the 3rd Friday of the month for fun, non-competitive activity where kids can learn new skills, make new friends and parents can network. Bowling ramps, bumpers and lightweight balls are available on request.

**Free game with \$2 shoe rental.**

-  **Location:** The Lanes Fort Meade - 2788 MacArthur Rd., Fort Meade, MD
-  **Date/Time:** Third Friday of every month, 1730-1900

## **FINANCIAL READINESS PROGRAM**

All events are held virtually via Microsoft Teams.

To Register for classes, contact: [usarmy.meade.usaq.mbx.acs@army.mil](mailto:usarmy.meade.usaq.mbx.acs@army.mil)

Please include your name, class name, date and time in your email.



### **Lunch and Learn Thursdays**

Join us during lunch to discuss topics related to financial readiness.



**Date/Time:** Every Thursday 1200-1300

**Thrift Savings Plan (05 February)**

**Budgeting (12 February)**

**Setting Financial Goals (19 February)**

**Planning for Financial Emergencies (26 February)**



### **Milestone (Touch Point) Training**

**Marriage Date/Time:** 03 February, 0900-1000



### **Financial Classes**

#### **Home Buying**

Learn all about how to establish good credit, manage your credit and how to get out of debt. Focus on how to monitor your credit score and resolve credit report discrepancies.

**Date/Time:** 04 February, 0900-1100

#### **Tax Strategies**

Learn the basics of Federal Income Tax, filing requirements, verifying your income tax withholding, and no-cost tax resources for service members.

**Date/Time:** 10 February, 0900-1100

#### **Rights as a Military Consumers**

Avoid getting ripped-off, avoid frauds, scams, predatory lending and identify theft.

**Date/Time:** 17 February, 0900-1100

#### **Car Buying**

Learn how to research BEFORE you purchase a new car and discover "The Three deals of Car Buying"

**Date/Time:** 24 February, 0900-1100

## **RELOCATION ASSISTANCE PROGRAM**

Registration Required: Please call 301-677-4108/5590  
Army Community Service - 830 Chisholm Ave. Fort Meade, MD

### **Army Newcomers Orientation**

This in-person orientation welcomes newly arrived Army service members and their spouses to Fort Meade. What to bring: Patience for a full day! Wi-Fi is available, but connectivity may be limited. Registration Not Required

 **Location:** Smallwood Hall, 4650 Williams Rd, Fort Meade, MD  
**Dates & Times:** Every Tuesday, 0800-1600

### **Pre-departure (ARMY) 2025**

 **Location:** Military Personnel Office, 4550 Parade Field Ln, Fort Meade, MD 20755  
 **Date/Time:** TBD – Check My Army Post App or Call 301-677-4107 for up-to-date information

### **Relocation Classes and Groups \*All Classes are available Virtually\***

#### **Sponsorship Training**

 **Location:** Army Community Service - 830 Chisholm Ave. Fort Meade, MD  
 **Dates & Times:** By appointment Only

#### **Multicultural International Culture Class 2025 - Japan, Germany, South Korea**

 **Location:** Hybrid (in-person or Microsoft Teams)  
 **Dates & Times:** Available Upon Request

#### **Spousal Orientation**

 **Location:** Army Community Service- 830 Chisholm Ave. Fort Meade, MD  
 **Dates & Times:** Available Upon Request

#### **Hearts Apart**

 **Location:** Virtual or In-person  
 **Dates & Times:** Available Upon Request

### **ARMY VOLUNTEER CORPS**

Registration Required: Please call 301-677-7571/5590



#### **Volunteer Management Information System (VMIS) Orientation**

This comprehensive orientation will introduce you to our organization, policies, procedures, and the volunteer program. You'll learn how to navigate the Volunteer Management Information System (VMIS) and gain a clear understanding of your role and responsibilities as a volunteer. The session will conclude with a Q&A to address any questions you may have.

Location: Virtual on TEAMS

**Dates & Times:** Available Upon Request



#### **Organizational Point of Contact (OPOC) Orientation/Training**

What to expect: Practical tips and best practices to improve volunteer supervision and management, a comprehensive manual with resources and references, understanding how to navigate Volunteer Management and Information System (VMIS), and a certificate of completion.

Location: Virtual on TEAMS

**Dates & Times:** Available Upon Request