

FAMILY ADVOCACY PROGRAM

***Teen Dating Violence Awareness Month**

Please see each class for registration information below.

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.

Location: Family Advocacy Program Center – 2462 85th Medical Battalion Ave., Fort Meade, MD.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

No registration required!

Date/Time: Every Monday (3, 10, 17, 24 February), Wednesday (5, 12, 19, 26 February) and Friday (7, 14, 21, 28 February), from 0900-1030

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

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

Registration required. 301- 677- 4118

Date/Time: Every Monday, 1200-1330 (3, 10, 17, 24 February)

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

(Meets every Tuesday) at SAC II

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

No registration required!

Location: 909 Ernie Pyle Road, Fort Meade, MD.

Date/Time: Every Tuesday, 0900-1100 (4, 11, 18, 25 February)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

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

Registration required. 301- 677- 4118

Date/Time: Every Tuesday, 1300-1500 (4, 11, 18, 25 February)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

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

Registration required. 301- 677- 4118

Date/Time: Every Wednesday, 1300-1500 (5, 12, 19, 26 February)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Hybrid format: in-person location is at the Family Advocacy Center (2462 85th Medical BN Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration required. 301- 677- 4118

Date/Time: Every Thursday, 1100-1200 (6, 13, 20, 27 February)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors

Location: Family Advocacy Center 2462 85th Medical BN Ave. Fort Meade, MD 20755

Registration required: 301-677-4118

Date/Time: First Thursday of every month, 0930-1100hrs. (6 February)

WOMEN'S EMPOWERMENT GROUP - A monthly support group for women who have been impacted by domestic violence, aiming to provide empowerment through psychoeducation. Group members will be provided with information and resources for healthy coping skills, effective communication skills, parenting during and after domestic violence experience, and connectedness to others in a confidential, supportive group environment.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Hybrid format: in-person location is at the Family Advocacy Center (2462 85th Medical BN Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration required. 301- 677- 4118

Date/Time: Second Thursday of every month, 1100-1300 (13 February)

5 LOVE LANGUAGES OF TEENS - To provide parents with communication skills and tools to understand their teenagers' love languages.

Location: Offered virtually via Microsoft Teams.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

No registration required!

Below is the link to join the class:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTImMzM4NDMtZDdhMi00MGE0LTlhODgtZDYxODEyOTA1ZWQ5%40thread.v2/0?context=%7b%22Tid%22%3a%2233a6e92d-bfdc-4e55-b660-f21ad2fc907f%22%2c%22Oid%22%3a%22f781b809-660b-417d-9731-5af17d108303%22%7d

Date/Time: 20 February 1300-1500

INTERNET SAFETY- Educating parents on online safety is key to protecting children from potential online risks and helping families navigate the digital world safely and responsibly.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Offered virtually via Microsoft Teams.

No registration required!

Below is the link to join the class:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MDRkM2E0NzctMWY0OS00MzEzLWFhYWEtZGVIMWNmNjQyN2lw%40thread.v2/0?context=%7b%22Tid%22%3a%2233a6e92d-bfdc-4e55-b660-f21ad2fc907f%22%2c%22Oid%22%3a%22dd86f090-ad0b-476a-8368-26c6bfc5cab5%22%7d

Date/Time: February 25th 1300-1500

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Registration required. 301.677.4118

Location: Family Advocacy Center 2462 85th Medical Battalion Ave, Fort Meade

Date/Time: 28 February 0900-1300

RELOCATION ASSISTANCE PROGRAM

Registration: Please call 301-677-5590

Newcomers Orientation - This orientation is focused on welcoming newly arrived service members and their spouse to Fort Meade. Spouses can tour the facility obtain firsthand knowledge of available programs and resources.

Location: Via MS Teams

Registration: Please call 301-677-5590

Dates/Times: 5 & 19 February, 0830 to 1500

Pre-departure (ARMY) 2025

Location: Military Personnel Office (ID Card Building) 4550 Parade Field Ln, Fort Meade, MD

Date/Time: 5 & 19 February, 0900-1500

Sponsorship Training

Location: Community Readiness Center - 830 Chisholm Ave. Fort Meade, MD

Registration: 301-677-5590

Dates/Times: By Apt Only

Spouses Orientation

Location: Community Readiness Center - 830 Chisholm Ave. Fort Meade, MD

Registration: 301-677-5590

Dates/Times: By Apt Only

ARMY VOLUNTEER CORPS

Registration: Please call 301-677-7571

Volunteer Management Information System (VMIS) Orientation This class will serve as an overview of the Army Volunteer Corp. The class will provide general navigation of the Volunteer Management Information System (VMIS) portal to include creating an account, reviewing/applying for positions, inputting volunteer hours, and maintaining volunteer records.

Location: Virtual

Registration: Required 301-677-5590

Date/Time: 3 February 0900-1000

EXCEPTIONAL FAMILY MEMBER PROGRAM

Registration required. (301)-677-5590/4473

usarmy.meade.usag.mbx.acs-efmp@army.mil

FAP/EFMP SENSORY PLAYGROUP - A playgroup exclusive to children enrolled in the Exceptional Family Members Program that provides sensory-stimulating activities and provides a 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: SAC II Fort Meade

Date/Time: First Thursday of every month, 1000-1130 (6 February)

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 ramp, bumpers and lightweight balls are available on request.

Free game with \$2 shoe rental.

Location: The Lanes Fort Meade - 2788 MacArthur Rd.

Date/Time: Third Friday of Every Month, 1730-1900 (21 February)

EMPLOYMENT READINESS PROGRAM

Registration: Required 301-677-7571

Federal Employment and Resume Writing Workshop - Hear from Employment Resource Partners with information, and programs to increase employment success. The virtual resume writing workshop will provide details on how to craft tailored federal resumes, navigate USAJOBS with confidence, and highlight your skills and achievements effectively.

Location: Virtual

Registration: Required 301-677-5590

Date/Time: Third Tuesday of every month, 1000-1200 (18 February)

FINANCIAL READINESS PROGRAM

All events are held virtually via Microsoft Teams. To Register for classes, contact:
usarmy.meade.usag.mbx.acs@army.mil

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

Marriage and Money

Date/Time: 04 February 0900-1100

Home Sweet Home: Home Buying Strategies

Date/Time: 05 February 0900-1100

Creating the Perfect Spending Plan

Date/Time: 06 February 1200-1300

Tax Preparation Strategies

Date/Time: 11 February 0900-1100

Goals and Promises: Your Financial Resolutions

Date/Time: 13 February 1200-1300

Know Your Rights As A Military Consumer

Date/Time: 18 February 0900-1100

Creating the Perfect Spending Plan*

Date/Time: 20 February 1200-1300

Car Buying Strategies

Date/Time: 25 February 0900-1100

How to Manage Income Tax Withholdings

Date/Time: 27 February 1200-1300