

**EXCEPTIONAL FAMILY MEMBER PROGRAM**

**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

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

Date/Time: **First Thursday of every month 1000-1130 (3 October)**

**EFMP FAMILY BOWLING** - Come join EFMP Family Support at 5:30 p.m. on the 3rd Wednesday 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.

Registration required. (301)-677-5590.

Date/Time: **Third Wednesday of Every Month from 1730-1900 (16 October)**

**EFMP Virtual IEP Workshop** – Topics will include getting organized, reviewing the IEP process, and parental rights and IEP advocacy. This interactive workshop will be presented by: The Hussman Institute. Registration required: Contact Lauren at 301-677-5590/4473 or [lauren.t.peyton.civ@army.mil](mailto:lauren.t.peyton.civ@army.mil) to reserve your spot.

Date/Time: **24 October 1000-1130 Virtual**

## **FAMILY ADVOCACY PROGRAM**

**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 from 1100-1200 (3, 10, 17, 24, 31 October)**

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

(Meets every Tuesday) at SAC II

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

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

No registration required.

Date/Time: **Every Tuesday from 0900-1100 (1, 8, 15, 22, 29 October)**

**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 85<sup>th</sup> Medical Battalion Ave., Fort Meade, MD.

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

No registration required.

Date/Time: **Every Monday (2, 9, 16, 23, 30 Oct), Wednesday (4, 11, 18, 25, Oct) and Friday (6, 13, 20, 27 Oct) 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.

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

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

Registration required. 301- 677- 4118

Date/Time: **Every Monday from 1200-1330 (7, 14, 21, 28 October)**

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

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

Registration required. 301- 677- 4118

Date/Time: **Every Tuesday 1300-1500 (1, 8, 15, 22, 29 October)**

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

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

Registration required. 301- 677- 4118

Date/Time: **Every Wednesday, 1300-1500 (2, 9, 16, 23, 30 October)**

**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.

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.

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

Registration required. 301- 677- 4118

Date/Time: **Second Thursday of every month 1100-1300 (10 October)**

**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. Fort Meade, MD 20755

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

Registration required: 301-677-4118

Date/Time: **First Thursday of every month, from 0930-1100hrs. (3 October)**

**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.

Registration required. 301.677.4118

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

Location: Family Advocacy Center 2462 85<sup>th</sup> Medical Battalion Ave, Fort Meade

Date/Time: **Fourth Friday 0900-1300 (25 October)**

### **5 LOVE LANGUAGES (CHILDREN, COUPLES, APOLOGY, SINGLES)**

Location: Offered virtually via Microsoft Teams.

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

Registration required. 301.677.4118

**Time: 1300-1500**

**Couples: (October 17th, 2024)** An interactive workshop to provide couples with communication tools to learn their love language.

**Singles: (November 21st, 2024)** A communication enhancement workshop that teaches singles and single parents how to self-love and connect with family.

**Children: (December 19th, 2024)** An interactive workshop to teach parents how to identify and apply their children's primary love language in order to understand their needs.

**Apology: (October 19th, 2024)** A communication workshop that enables couples to better communicate their remorse and resolve conflict in a positive and healthy way.

## **RELOCATION ASSISTANCE PROGRAM**

**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: **2, 16, 30 October from 08:30 to 1500**

### **Sponsorship Training**

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

Registration: 301-677-5590

Dates/Times: **By Apt Only**

### **Spouses Brief**

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

Registration: 301-677-5590

Dates/Times: **By Apt Only**

### **Pre-departure (ARMY) 2024**

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

Date/Time: **2, 16, 30 October 0900-1500**

### **Sponsorship Training**

Location: Hybrid/in Person or TEAMS

Registration: Required 301-677-5590

**Date/Time: 10 October 0830-1030**

**EMPLOYMENT READINESS PROGRAM**

**Resume Lab** 30-minute in-person resume review and critique, providing relevant feedback for job applicants, and employment resources. Bring your laptop or use computers on site. Come ready to work! 10:00am to 2:00pm

Location: ACS 830 Chisholm Ave Fort Meade, MD 20755

Registration: Required 301-677-5590

**Date/Time: Every Tuesday 1000-1400 (1, 8, 15, 22, 29 October)**

**Workforce Wednesday** This virtual employer showcase will allow you to hear about the great job opportunities available to you as well as provide you with the tools to network with other business professionals. Available October-May.

Location: Virtual

Registration: Required 301-677-5590

**Date/Time: 02 October 0900-1230**

**Employment and Resume Writing** Hear from Employment Resource Partners with information, and programs to increase employment success. The virtual resume writing workshop will provide tips on winning resume styles, the importance of customization and tips on following up on your resume. Learn techniques to help you succeed in your job search, as well as the tools for networking. Discover ways to effectively utilize social media in your job search to find jobs.

Location: Virtual

Registration: Required 301-677-5590

**Date/Time: 10, 24 October 0900-1230**

**Federal Hiring Process:** Learn how to navigate USAJOBS and about understanding job vacancy announcements, creating, and writing your federal resumes and KSAs, learn about the federal job application process, tracking your applications, and more.

Location: 830 Chisholm Ave

Registration: Required 301-677-5590

**Date/Time: 15 October 0900-1230**

**\*Upcoming Veteran Job Fair 13 NOVEMBER call for time and location  
(301) 677-5590**

## **FINANCIAL READINESS PROGRAM**

All events are held at Army Community Service Building 830 Chisholm Avenue, Fort George G Meade, MD 20755 To Register for A Class, Please Email: [usarmy.meade.usag.mbx.acs@army.mil](mailto:usarmy.meade.usag.mbx.acs@army.mil) Please include your name, class name, date and time in your email.

**Preparing for Divorce\*** Divorce can be a stressful life event in many ways. This class will help reduce the stress and uncertainty associated with the financial aspects of divorce, and will help you prepare to make smart, informed financial moves so you can emerge from your divorce with greater financial confidence. This training satisfies the common military training requirement for preparing for divorce.

**1 October 0900-1100**

**Home Sweet Home: Home Buying Strategies** Buying a home is the most significant purchase many people will ever make. This course is designed to increase knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers. Topics include: how to determine how much you can afford, lenders and loans, selecting a real estate agent, negotiating the deal, real estate closing and homeowners insurance.

**2 October 0900-1100**

**Creating the Perfect Spending Plan\*\* 3 October 1200-1300**

**Financial Readiness for PCS\*** Moving often means change and starting new routines. Receiving orders to transfer to a new duty station can be challenging and cause stress for Soldiers and family members. This course will help Soldiers plan for an upcoming Permanent Change of Station (PCS) move to a new duty location, and make sure that they maintain financial readiness during times of change and are familiar with resources that the Army provides to assist in this endeavor. This course satisfies the common military training requirement for PCS.

**8 October 0900-1100**

**TSP 101: Fund Transfers and Allocation Changes\*\*** This presentation provides an overview of the Thrift Savings Plan (TSP) and vesting requirements for members covered under Blended Retirement System (BRS). Topics include enrollment, participation, contributions, investment funds, and withdrawal options. This course satisfies common military training requirement for vesting in Thrift Savings Plan.

**10 October 1200-1300**

**Saving and Investing** This presentation distinguishes between saving and investing approaches and identifies saving and investing options available to service members.

Included in the presentation is a list of resources to assist with saving and investing activities. **15 October 0900-1100**

**Smart Saving Strategies\*\* 17 October 1200-1300**

**Planning for the Holidays** This course is designed to help service members plan for the added expenses of holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt. The money management tips in this course apply year-round to all holidays and special occasions.

**22 October 0900-1100**

**Choosing a Credit Card that Fits Your Needs\*\*** This presentation provides information on credit establishment, credit management and debt relief. It introduces debt-to-income ratio concepts, the importance of monitoring credit reports and scores and briefly addresses the Service Members Civil Relief Act (SCRA) and bankruptcy.

**24 October 1200-1300**