

**EXCEPTIONAL FAMILY MEMBER PROGRAM**

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

[usarmy.meade.usag.mbx.acs-efmp@army.mil](mailto: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 (5 December)

**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.

**Date/Time:** Third Wednesday of Every Month from 1730-1900 (18 December)

**EFMP Joint Services Children's Holiday Party Volunteering Opportunity-** Please contact Fort Meade EFMP Family Support office to sign up to volunteer. Volunteer opportunities include event setup, takedown, facepainting, craft support, and more!

**Location:** McGill Training Center

**Date/Time:** 16 December 1700-1900

**FAMILY ADVOCACY PROGRAM**

Please see each class for registration information below.

**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 (5, 12, 19, December)**

**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 from 0900-1100 (3, 10, 17, 31 December)**

**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, 30 December), Wednesday (4, 11, 18 December) and Friday (6, 13, 20, December) 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 from 1200-1330 (2, 9, 16, 30 December)**

**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 (3, 10, 17, 31 December)**

**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 (4, 11, 18 December)**

**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 (12 December)**

**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, from 0930-1100hrs. (5 December)**

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

**Date/Time: By Request\***

### **5 LOVE LANGUAGES OF CHILDREN**

An interactive workshop to teach parents how to identify and apply their children's primary love language to understand their needs.

Location: Offered virtually via Microsoft Teams.

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

Registration required. 301.677.4118

**Date/Time: 19 December 1300-1500**

**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: 11 December 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: 4, 18 December 0900-1500**

**Sponsorship Training**

Location: Hybrid/in Person or TEAMS

Registration: Required 301-677-5590

**Date/Time: 9 December 0830-1030**

**EMPLOYMENT READINESS PROGRAM**

Registration: Required 301-677-5590

**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 (3, 10, 17 December)**

**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: 4 December 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: 12 December 0900-1230**

### **FINANCIAL READINESS PROGRAM**

All events are held at Army Community Service Building 830 Chisholm Avenue, Fort George G Meade, MD 20755. To Register for classes, contact:

[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.

**Take Control of Your Finances: Managing Credit and Debt** 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.

**Date/Time: 3 December 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.

**Date/Time: 4 December 0900-1100**

**TSP 101: Traditional vs Roth\*\*** 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.

**Date/Time: 5 December 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.

**Date/Time: 10 December 0900-1100**

**Tax Tips: Your Income Tax Withholdings\*\*** This class will provide students with an introduction to basics of Federal income tax filing, including how to calculate your income tax, filing requirements, how to verify your income tax withholding, and how to use no-cost tax preparation services and resources offered to military service members.

**Date/Time: 12 December 1200-1300**

**Receiving Continuation Pay Under BRS\***

Service members covered under the Blended Retirement System (BRS) are eligible for a one-time, mid-career bonus payment called Continuation Pay. During this course, you will have the opportunity to understand what Continuation Pay is, how to apply for it, and how best to use it. This training satisfies the common military training requirement for Continuation Pay Under BRS.

**Date/Time: 17 December 0900-1100**

**Building Wealth with the Financial Planning Pyramid\*\***

**Date/Time: 19 December 1200-1300**