

**FAMILY ADVOCACY PROGRAM**

Please see each class for registration information below.

**\*\*\*Domestic Abuse AWARENESS MONTH\*\*\***

**Kick-off begins October 1st with Col Gore proclamation Signing**

**Events include:** Rock Garden, First Responder meet and Greet, Self Defense Class and much more.

**For more Information:**

**Visit [meade.armymwr.com](http://meade.armymwr.com)**

**Or Call 301-677-4118**

**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 \*Excluding 13<sup>th</sup> Columbus Day (6, 20, 27 October), Wednesday (1, 8, 15, 22, 29 October), and Friday (3, 10, 17, 24 October) 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 (6, 20, 27 October)**

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

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

**No registration required!**

Location: SAC II

**Date/Time: Every Tuesday, 0900-1100 (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.

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 (7, 14, 21, 28 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.

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 \*Excluding OCT 1, 1300-1500 (8, 15, 22, 29 October)**

**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 (2, 9, 16, 23, 30 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.

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, 0930-1100 (2 October)**

**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.

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

Location: Army Community Services (ACS) 830 Chisholm Ave. Fort Meade, MD 20755

Registration required. 301-677-4118

**Date/Time: Second Thursday of every month, 1100-1300 (9 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.

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: Third Friday of every month, 0900-1300 (17 October)**

**5 LOVE LANGUAGES OF COUPLES** – Interactive workshop to provide couples with communication tools to learn their love language.

Registration required. 301-677-4118

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

**Date/Time: 16 October, 1300-1500**

**INTERNET SAFETY** – An educational workshop that creates awareness to parents and children on the safety and dangers of online use.

Registration required. 301-677-4118

Location: Virtually via Microsoft Teams

**Date/Time: 21 October, 1300-1430**

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

Registration: Required 301-677-4110/5590

#### **Care Team / Soldier and Family Readiness Group (SFRG) to include Informal Funds Custodian Training**

Location: Hybrid format: in-person location is at the ACS building (830 Chisholm Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration: Required 301-677-4110/5590

**Date/Time: By Apt Only**

#### **Pre-deployment Briefing**

Location: Hybrid format: in-person location is at the ACS building (830 Chisholm Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration: Required 301-677-4110/5590

**Date/Time: By Apt Only**

### **Deployment Cycle Support**

Location: Hybrid format: in-person location is at the ACS building (830 Chisholm Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration: Required 301-677-4110/5590

**Date/Time: By Apt Only**

### **EMPLOYMENT READINESS PROGRAM**

Registration: Required 301-677-7571/5590

**Resume Labs** - Resume Review and feedback on format/layout, content, relevance to job market, keyword usage, grammar, and overall effectiveness in showcasing skills and experience. Review best practices for resume writing. Q&A session and follow up support to include a second review of revised resume. \*MUST HAVE DRAFTED RESUME FOR REVIEW.

Location: Hybrid/in Person or TEAMS

Registration: Required 301-677-7571/5590 (\*Must have completed Employment Readiness Program intake forms)

**Date/Time: 0900-1200 Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month (14, 28 October)**

**Job Search Strategies** – Learn how to conduct an effective job search through resume building, networking, online applications, and interview preparation. This class provides practical tips and a step-by-step plan to help you find and land the right job!

Location: Virtual, Hybrid/in Person or Teams

Registration: Required 301-677-7571/5590 (Must have completed Employment Readiness Program intake forms)

**Date/Time: 0900-1200 Every 2<sup>nd</sup> Wednesday of the month (8 October)**

**Federal Employment & Resume** – An overview of Federal Employment and Resumes.

Location: Virtual, Hybrid/in Person or Teams

Registration: Required 301-677-7571/5590 (Must have completed Employment Readiness Program intake forms)

**Date/Time: 1000-1200 Every 3<sup>rd</sup> Tuesday of the month (21 October)**

### **EXCEPTIONAL FAMILY MEMBER PROGRAM**

Registration required. (301)-677-5662/5590

[usarmy.meade.usag.mbx.acs-efmp@army.mil](mailto:usarmy.meade.usag.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 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: Family Advocacy Center 2462 85<sup>th</sup> Medical Battalion Ave, Fort Meade

**Date/Time: First Thursday of every month, 1000-1130 (2 October)**

**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 (17 October)**

### **FINANCIAL READINESS PROGRAM**

All events are held virtually via Microsoft Teams. 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.

#### **Thrift Savings Plan**

**Date/Time: First Thursday of every month, 1200-1300 (2 October)**

#### **Budgeting**

**Date/Time: Second Thursday of every month, 1200-1300 (9 October)**

#### **Setting Financial Goals**

**Date/Time: Third Thursday of every month, 1200-1300 (16 October)**

#### **Planning for Financial Emergencies**

**Date/Time: Fourth Thursday of every month, 1200-1300 (23 October)**

#### **Divorce**

**Date/Time: 07 October, 0900-1000**

**Home Sweet Home: Home Buying Strategies**

**Date/Time: 08 October, 0900-1100**

**PCS**

**Date/Time: 14 October, 0900-1000**

**Saving and Investing**

**Date/Time: 21 October, 0900-1100**

**Continuation Pay**

**Date/Time: 28 October, 0900-1000**

**Pre-Deployment**

**Date/Time: Available Upon Request**

**Post-Deployment**

**Date/Time: Available Upon Request**

**Car Buying Strategies**

**Date/Time: Available Upon Request**

**Gambling Awareness**

**Date/Time: Available Upon Request**

**Know Your Rights as a Military Consumer**

**Date/Time: Available Upon Request**

**Tax Strategies**

**Date/Time: Available Upon Request**

**FORT MEADE NEWCOMER & FAMILY PROGRAMS**  
**RELOCATION ASSISTANCE PROGRAM**

Registration: Please call 301-677-4108/5590

**Newcomers Orientation** - This in-person orientation welcomes newly arrived Army service members and their spouses to Fort Meade.

Location (Tentative): Smallwood Hall - 4650 Williams Rd, Fort George G. Meade, MD – Verify Location on My Army Post APP or by calling 301-677-4107

Registration: Not Required

Eligibility: Army personnel only (not open to other service branches)

What to bring: Patience for a full day! Wi-Fi is available, but connectivity may be limited.

**Dates/Times: 0800-1600 Every Tuesday (7, 14, 21, 28 October)**

**Pre-departure (ARMY) 2025**

Location: Military Personnel Office (ID Card Building) 4550 Parade Field Ln, Fort Meade, MD 20755

**Date/Time: TBD – Check My Army Post App or Call 301-677-4108 for up-to-date information**

**Sponsorship Training**

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

Registration: 301-677-4107/5590

**Dates/Times: October 18<sup>th</sup> - By appointment Only**

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

Location: Hybrid (in-person or Microsoft Teams)

Registration: 301-677-4107/5590

**Dates/Times: Available Upon Request**

**Spousal Orientation** - Spouses may schedule an appointment with the Relocation Readiness Manager to receive a tour and overview of ACS programs.

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

Registration: 301-677-4107/5590

**Dates/Times: Available Upon Request**

**Hearts Apart** - A support program offered in a hybrid format for families separated due to deployment or unaccompanied tours.

Location: Army Community Service Building (830 Chisholm Ave, Fort Meade, MD 20755) & Microsoft Teams

Registration: 301-677-4107/5590

**Dates/Times: Available Upon Request**

**ARMY VOLUNTEER CORPS**

Registration: 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

Registration: Required 301-677-7571/5590

**Date/Time: First Monday of every month, 0900-1000 (6 October)**

**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: Hybrid format: in-person location is at the Army Community Service building (830 Chisholm Ave. Fort Meade, MD 20755), and offered virtually via Microsoft Teams.

Registration: Required 301-677-7571/5590

**Date/Time: Available Upon Request**