

# EFMP Family Support

## Sensory Playgroup Craft Time!

### Calming Sensory Bottle

Join us for a fun and educational hands-on event where families will make calming sensory bottles! These simple tools support emotional regulation, focus, and relaxation. Great for children of all ages, especially those with sensory needs.

**Registration required.**



**When:** July 23, 2026

**Time:** 10:00 a.m. – 11:30 a.m.

**Location:** Potomac Place Community Center  
Potomac Place 4998 2nd Corps Blvd., Fort Meade, MD 20755

### Registration required to attend this event:

Register online <https://forms.osi.apps.mil/r/6mTLWWhVHm>, email [usarmy.meade.usag.mbx.acs-efmp@army.mil](mailto:usarmy.meade.usag.mbx.acs-efmp@army.mil), scan QR Code or call 301-677-4779/5734 to sign up for this event.

Event open to Military Families & Retirees, DoD ID cardholder  
Civilians and Contractors.



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

**EFMP** Exceptional Family Member Program