

February

newsletter

During the month of February, we observe and celebrate Black History Month throughout the United States, Fort Meade, and FAP. February is also American Heart Month and Teen Dating Violence Awareness Month (TDVM). We encourage you to take part in the special activities that we have scheduled this month to promote the safety and well-being of our teens. Our FAP team will also promote heart healthy activities during A-Z Come Play with Me and Romp and Stomp playgroups. Please give us a call or stop in to see how we can support you and your families. We look forward to working with our Fort Meade Service Members and their Families to build connections and increase protective factors to enhance the lives of our Fort Meade Community.

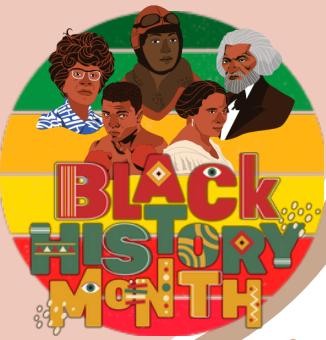
Military Anniversaries & Observances

- February 1st-28th Black History Month
- Teen Dating Violence Awareness Month
- American Heart Month
- February 1st-National Freedom Day
- February 2nd-Groundhog Day
- February 3rd-Four Chaplains Day
- February 4th-World Cancer Day
- February 8th-Super Bowl
- February 12th-Lincoln's Birthday
- February 14th-Valentine's Day
- February 16th-Presidents' Day
- February 19th-Coast Guard Reserve Birthday
- February 27th-Dominican Republic Independence



meade.armymwr.com

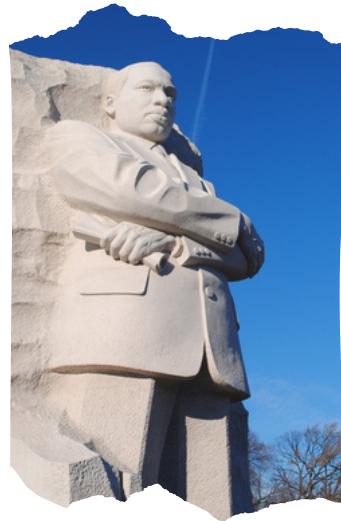




66

Black History Month is a time to honor the significant contributions and achievements of African Americans throughout history. We encourage you to explore local monuments and museums to deepen your understanding and appreciation. In Washington, DC, you can visit the National Museum of African American History and Culture, the Martin Luther King, Jr. Memorial, and participate in a variety of programs hosted by DC Public Libraries throughout February. These events provide meaningful opportunities to engage with and celebrate the rich history of African Americans.

”



HAPPY Valentine's Day

Valentine's Day, celebrated every February 14th, is a time to express love and affection to those closest to our hearts. From romantic partners to friends and family, it's a day to show appreciation through thoughtful gestures, heartfelt messages, and tokens of love like flowers, chocolates, and cards.



COUPLES communication

FAP would like to introduce our new Couples Communication workshop.

This workshop will assist with strengthening your connection with your significant other, effective communication skills, and ways to collaborate with confidence. It will be held in person at the Family Advocacy Program (FAP) Center every fourth Thursday of the month. Registration is required; please contact our office at 301-677-4118 to register.

Teen Dating Violence AWARENESS



Teen Dating Violence Awareness Month (TDVAM) is observed every February to raise awareness about dating abuse among teenagers. TDVAM encourages open discussions to promote healthy relationships.

FAP has planned engaging events scheduled in February for teens and parents to attend virtually:

The 5 Love Languages of Teens
Thursday, February 19th 1pm-3pm

Internet Safety
Tuesday, February 24th 1pm-3pm



By participating in TDVAM activities and utilizing support services like those offered by FAP, teens and families can work together to create a culture of healthy relationships and prevent dating violence.



FORT MEADE FAMILY ADVOCACY PROGRAM PARENT SUPPORT PROGRAM

UPCOMING EVENTS: MARK YOUR CALENDARS!

*ALL PROGRAMS ARE OPEN TO ACTIVE DUTY, FAMILY MEMBERS, RETIREES, DOD CIVILIANS AND CONTRACTORS.

PLAYGROUPS

EVENT: A-Z COME PLAY WITH ME

DATE: MONDAYS, WEDNESDAYS, & FRIDAYS
TIME: 9:00AM-10:30AM
PLACE: FAMILY ADVOCACY CENTER-
2462 85TH MEDICAL BATTALION AVE.
FORT MEADE, MD 20755
NO REGISTRATION REQUIRED, CALL FOR
MORE INFORMATION 301-677-4118.



INTERACTIVE ACTIVITIES DESIGNED TO ASSIST PARENTS IN LEARNING DEVELOPMENTALLY APPROPRIATE PLAY TECHNIQUES TO HELP CHILDREN BETWEEN 6 MONTHS - 5 YEARS IMPROVE THEIR SOCIAL, COGNITIVE, AND MOTOR SKILLS.



EVENT: SENSORY PLAYGROUP

(*OPEN TO EFMP ENROLLED CHILDREN AND THEIR FAMILIES)

DATE: FIRST THURSDAY OF EVERY MONTH
TIME: 10:00AM-11:30AM
PLACE: (INDOORS) FAMILY ADVOCACY CENTER: 2462 85TH MEDICAL BATTALION AVE.
FORT MEADE, MD 20755
NO REGISTRATION IS REQUIRED.

A PLAYGROUP FOR EFMP ENROLLED CHILDREN TO ENJOY SENSORY STIMULATING ACTIVITIES, CONNECT WITH OTHER FAMILIES IN THE COMMUNITY, AND LEARN ABOUT AVAILABLE RESOURCES.

A PLAYGROUP THAT PROVIDES INTERACTION, EDUCATION AND SOCIALIZATION FOR PARENTS AND CHILDREN AGES 0-5 YEARS.





FORT MEADE FAMILY ADVOCACY PROGRAM

PARENT SUPPORT PROGRAM



PROGRAM WORKSHOPS

To register for our classes call our office at (301) 677-4118

Event: Calling All Dads

Date: Mondays (4-week series)

Time: 12:00pm - 1:30pm

Place: Hybrid: In-person or virtually via Microsoft Teams

A four-week workshop for dads to discuss concerns about practical parenting skills such as caring for infants, child development, effective discipline, co-parenting, self-care, safe sleep and building communication skills.



Event: Co-Parenting Communication

Date: Tuesdays (4-week series)

Time: 1:00pm - 3:00 pm

Place: Virtually via Microsoft Teams

A four-week co-parenting communication workshop to provide tools and resources to help families and couples improve coping skills to enhance communication and resolve conflicts.



Event: Positive Parenting

Date: Wednesdays (4-week series)

Time: 1:00pm - 3:00 pm

Place: Hybrid: In-person or virtually via Microsoft Teams

A four-week workshop session that will teach various discipline techniques in a way that builds a child's self-esteem and supports a mutually respectful parent-child relationship.



Event: Single Parent Support Group

Date: Thursdays of the month

Time: 11:00am - 12:00 pm

Place: Virtually via Microsoft Teams

Weekly support group that provides single parents with a forum to discuss concerns, gain support, and enhance single parenting for mothers and fathers.

Event: 5 Love Languages Series

(Couples, Children, Apology, Teen, Singles)

Date: 3rd Thursday of the Month
(each workshop offered every quarter)

Time: 1:00 pm-3:00 pm

Place: Hybrid: In-person or virtually via Microsoft Teams
Educational workshop that enhances relationships for couples, children, singles, teens and the Languages of Apology. Understanding the love languages can benefit all of us as well as our relationships with friends and families.



DOMESTIC ABUSE VICTIM ADVOCATE

EVENT: EMPOWERMENT & COMMUNICATION GROUP

Date: 2nd Thursday of the month

Time: 11:00 am - 1:00 pm

Place: Army Community Services (ACS)
830 Chisolm Ave Fort Meade, MD 20755

Call the FAP office for more information or to register

If you are experiencing domestic abuse, remember, you are not alone. Abuse can affect anyone, and you've got help on hand from the Family Advocacy Program. Our advocates are your support during times of need, and a trusted line of information. No matter what you are going through, you can talk to an advocate about your situation, get answers to your questions, learn about your options, and decide what steps you want to take now or down the line.



Contact the Domestic Abuse Victim Advocates (DAVA) located at the Family Advocacy Program (FAP) at 301-677-4118 or the 24-hour hotline at 240-688-6918

EVENT: BABY BOOTCAMP

Date: 3rd Friday of the month

January to December from 9:00 am - 1:00 pm

Place: Family Advocacy Center:
2462 85th Medical Battalion Avenue,
Fort Meade MD 20755

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**

EVENT: BREASTFEEDING & 4TH TRIMESTER DATE

Date: 1st Thursday of the month.

January to December from 9:00 am - 11:00 am

Place: Family Advocacy Center: 2462 85th Medical Battalion Avenue, Fort Meade MD 20755

For all parents with babies 0-1 year old. To interact, encourage, and discuss various topics related to postpartum and breastfeeding.

***REGISTRATION REQUIRED**

NEW PARENT SUPPORT PROGRAM





EVENTS IN OUR COMMUNITY

Feb 3rd, 10th, 17th, 24th, 0830: Newcomers Orientation
(Facilitated by ACS in person at Smallwood Hall)

Feb 4th 0900: Home Buying Strategies
(Facilitated by ACS--registration required)

Feb. 5th, 1000: EFMP Sensory Playgroup at SAC II

Feb. 5th, 12th, 19th, 26th, 1600: Wing Night at the Bowling Center Lounge

Feb. 7th, 14th, 1000: Ceramic Painting Fun at Arts & Crafts Center

Feb. 10th, 0900: Tax Preparation Strategies
(Facilitated by ACS)

Feb. 12th, 1100: Empowerment & Communication Group at ACS

Feb. 12th, 1300: 5 Love Languages of Couples
(Facilitated by FAP hybrid)

Feb. 17th, 1000: Federal Employment & Resume Writing (Facilitated by ACS virtually)

Feb. 19th, 1300: 5 Love Languages of Teens
(Facilitated by FAP virtually)

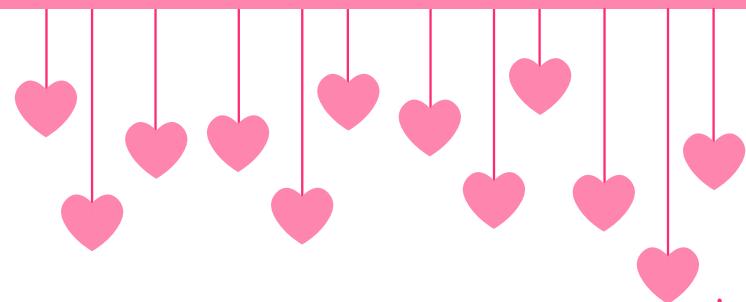
Feb. 20th, 0900: Baby Boot Camp at FAP
(registration required)

Feb. 20th, 1730: EFMP Family Bowling Night at The Lanes Fort Meade

Feb. 24th, 1300: Internet Safety
(Facilitated by FAP virtually)

Feb. 25, 1600: Right Arm Night and Wing Night at Club Meade

Feb. 26, 1500: Couples Communication at FAP center
(Facilitated by FAP in person--registration required)



**FORT MEADE
FAMILY ADVOCACY PROGRAM**



**STAFF
DIRECTORY**

FAP MANAGER
CELENA FLOWERS

FAP SITE COORDINATOR
JOSEPHINE MACHARIA

PARENT SUPPORT
EDNA SALEM
DANITRA HARRISON

FAP COORDINATOR
CHARDENIA ROSS

NEW PARENT SUPPORT
VALENTINA ERONINI
TONIA INGRAM
SHAWN MORGAN
EBONI POPE

VICTIM ADVOCATES
CHEROD JONES
VALINDA THOMASON

DAVA HELPLINE: (240) 688-6918

CONTACT FAP AT 301-677-4118
OR

VISIT US AT:

FAP OFFICE: 2462 85TH MEDICAL BATTALION AVE
ACS: 830 CHISHOLM AVE



meade.armymwr.com

