

# JANUARY NEWSLETTER

## Fort Meade Family Advocacy Program

### Welcome to January

Happy New Year to all our Fort Meade Families! As we begin 2026, the Family Advocacy Program (FAP) is here to support you and your loved ones with a wide range of resources designed to enhance your well-being and strengthen family bonds. Whether you are new to Fort Meade or a long-time resident, we are committed to helping you navigate the challenges of military life while ensuring that you have the tools and support you need. FAP provides confidential support, education, and advocacy to service members and their families. From workshops on building healthy relationships for couples and parents to domestic abuse prevention, our team is dedicated to supporting the unique needs of military families. Come see us for new parent needs, parent-child play groups, and any family support that you need.



### Military Anniversaries & Observances

January 1: New Year's Day

January 9: Law Enforcement Appreciation Day

January 20: Martin Luther King Jr. Day

January 27: International Holocaust  
Remembrance Day





HAPPY  
NEW  
YEAR

**HAPPY NEW YEAR, FORT MEADE FAMILIES!  
AS WE STEP INTO 2026, WE WANT TO EXPRESS  
OUR DEEPEST GRATITUDE FOR YOUR  
RESILIENCE, DEDICATION, AND UNWAVERING  
SUPPORT. THIS YEAR, MAY YOU FIND JOY,  
STRENGTH, AND TOGETHERNESS AS YOU  
CONTINUE TO SERVE AND SUPPORT ONE  
ANOTHER. HERE'S TO A YEAR FILLED WITH NEW  
OPPORTUNITIES, MEANINGFUL CONNECTIONS,  
AND THE CONTINUED WELL-BEING OF YOU AND  
YOUR LOVED ONES. WE ARE PROUD TO BE PART  
OF SUCH AN INCREDIBLE COMMUNITY— CHEERS  
TO A BRIGHT AND PROSPEROUS NEW YEAR!**

New Year  
Resolution

- 1.
- 2.
- 3.



LEARN  
MORE



TRAVEL  
more





# January 20th



ON THIS MARTIN LUTHER KING JR. DAY, WE HONOR THE LEGACY OF A LEADER WHO CHAMPIONED EQUALITY, JUSTICE, AND UNITY FOR ALL. AT FORT MEADE, WE RECOGNIZE THE STRENGTH THAT COMES FROM OUR DIVERSE COMMUNITY AND THE IMPORTANCE OF WORKING TOGETHER TO BUILD A MORE INCLUSIVE AND COMPASSIONATE FUTURE. TODAY, LET US REFLECT ON DR. KING'S MESSAGE OF PEACE AND SERVICE, AND COMMIT OURSELVES TO CONTINUING HIS WORK BY FOSTERING RESPECT, UNDERSTANDING, AND SUPPORT FOR ONE ANOTHER. THANK YOU, FORT MEADE FAMILIES, FOR YOUR DEDICATION TO MAKING OUR COMMUNITY STRONGER EVERY DAY.





# FORT MEADE FAMILY ADVOCACY PROGRAM PARENT SUPPORT PROGRAM

## UPCOMING EVENTS: MARK YOUR CALENDARS!

\*ALL PROGRAMS ARE OPENT TO ACTIVE DUTY, FAMILY MEMEBERS,  
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: ROMP N STOMP

DATE: TUESDAYS TIME: 9:00 AM -11:00 AM  
PLACE: (INSIDE SEPTEMBER-MAY) SAC II  
909 ERNIE PYLE ST. FORT MEADE, MD 20755

(OUTSIDE JUNE-AUGUST) BURBA LAKE PARK  
PLAYGROUND: 4407 LLEWELLYN AVE.  
FORT MEADE, MD 20755  
NO REGISTRATION REQUIRED, CALL FOR MORE  
INFORMATION 301-677-4118.

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

#### 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.







## 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 October 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

Jan 6th, 13th, 20th, 27th 0830:  
Newcomers Orientation  
(Facilitated by ACS in person at  
Smallwood Hall)

Jan 7th, 14th, 21<sup>st</sup>, 28th 1200: Ceramic  
Painting Fun at Arts & Crafts Center

Jan 8th, 1100: Empowerment &  
Communication Group at ACS

Jan 8th, 15th, 22nd, 29th 1600: Wing  
Night at the Bowling Center Lounge

Jan 16th 0900: Baby Boot Camp at FAP  
(registration required)

Jan 15th, 1300: 5 Love Languages of  
Couples (Facilitated by FAP **virtually**)

Jan 16th, 1730: EFMP Family  
Bowling Night

Jan 20th, 1000: Virtual Federal  
Employment & Resume Writing  
(Facilitated by ACS--  
registration required)



**FORT MEADE  
FAMILY ADVOCACY PROGRAM**



**STAFF  
DIRECTORY**

**FAP MANAGER**  
CELENA FLOWERS

**FAP SITE COORDINATOR**  
JOSEPHINE MACHARIA

**FAP COORDINATOR**  
CHARDENIA ROSS

**PARENT SUPPORT**  
EDNA SALEM  
DANITRA HARRISON

**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 85<sup>TH</sup> MEDICAL BATTALION AVE**  
**ACS: 830 CHISHOLM AVE**



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