



AUGUST

NEWSLETTER



Welcome to August:

Dear Military Families,



As we embark on the month of August, we are excited to share a lineup of events and resources designed to support you and your families through the Family Advocacy Program (FAP).

This month, we are focusing on enhancing family well-being, fostering resilience, and providing valuable tools to navigate the unique challenges military life presents.



FORT MEADE FAMILY ADVOCACY PROGRAM



What to expect this month:

- Back-to-School Preparation
- Community Engagement & Support
- Workshops & Counseling Services
- Deployment Support
- Financial & Wellness Programs



Military Anniversaries & Observances

- Antiterrorism Awareness Month
- Coast Guard Day Aug 4
- Purple Heart Day Aug 7
- U.S. Department of Defense Birthday Aug 10
- National Airborne Day Aug 16
- Marine Corps Reserve Birthday Aug 29



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FORT MEADE FAMILY ADVOCACY PROGRAM



BACK-TO-SCHOOL PREPARATION:

As the school year begins, the Family Advocacy Program is here to support military families with resources, workshops, and guidance. Whether it's adjusting to new routines or managing school-related stress, we're here to help your family start the year strong.



COMMUNITY ENGAGEMENT AND SUPPORT:

In addition to school support, the Family Advocacy Program encourages community engagement as a way to build strong, connected families. We offer opportunities to connect through playgroups, parenting workshops, and special events that bring military families together. Getting involved not only fosters resilience but also creates a strong support network within our Fort Meade community.



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FORT MEADE FAMILY ADVOCACY PROGRAM

DEPLOYMENT SUPPORT:

For families facing deployment, we offer specialized programs and resources to assist you during this challenging time. Whether it's pre-deployment briefings or access to counseling services, we are here to support you every step of the way. Contact the Mobilization/Deployment Program located at ACS at (301) 677-4110.



FINANCIAL AND WELLNESS PROGRAMS:

Take advantage of our financial counseling services and wellness initiatives tailored to military families. From budgeting tips for PCS moves to fitness challenges and mental health awareness, we're committed to promoting your overall wellness. Contact the Financial Readiness Program located at ACS at (301) 677-5590.



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The Family Advocacy Program is proud to collaborate with Fleet and Family Support Center to host the What to Expect Project Baby Shower with Author Heidi Murkoff.

The Baby Shower is for expectant parents and parents of infants aged 0-12 months who are members of the Armed Services or Retirees.

Please scan the QR code below to register.



what to expect.

Baby Shower



what to
expect
project

Sunday, August 10
11 a.m. - 1 p.m.
Club Meade

There will be food, games, giveaways, resources and chances to win door prizes!

This event is exclusively for our new and soon-to-be mom's with base access to Fort Meade.



Please register by calling
240-636-5867, scan the QR code or visit
www.navyregionmwrndw.com/wte



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FORT MEADE FAMILY ADVOCACY PROGRAM PARENT SUPPORT PROGRAM

UPCOMING EVENTS: MARK YOUR CALENDARS!

*ALL PROGRAMS ARE OPEN TO ACTIVE DUTY, FAMILY MEMEBERS, RETIRESS, 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 OCTOBER-MAY) SAC II
909 ERNIE PYLE ST. FORT MEADE, MD 20755

(OUTSIDE JUNE-OCTOBER) 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

****No Playgroup for August, will resume in September**

TIME: 10:00AM-11:30AM

PLACE: INDOORS: SAC II - 909 ERNIE PYLE STREET,
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.



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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 4-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 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 workshops that enhance 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.



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DOMESTIC ABUSE VICTIM ADVOCATE



If you are experiencing domestic abuse, remember, you are not alone. Abuse can affect anyone, and you've got help at 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 at 301-677-4118 or the 24-hour hotline at 240-688-6918.

NEW PARENT SUPPORT PROGRAM

EVENT: BABY BOOTCAMP

Date: 3rd Friday of the month. January to December from 9:00 am - 13:00 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 is Required



EVENT: BREASTFEEDING & 4TH TRIMESTER

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 support various topics related to postpartum and breastfeeding.

*Registration is Required



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EVENTS IN OUR community

August 5th, 0900: Estate Planning
(Facilitated by ACS--**registration required**)

August 5th, 12th, 19th, & 26th 0830:
Newcomers Orientation
(Facilitated by ACS **in person**)

August 7th, 14th, 21st, & 28th 1600:
Wing Night at the Bowling Center Lounge

August 7th, 1630: Back to School
Resource Fair at Club Meade

August 10th, 1100: "What to Expect"
Baby Shower at Club Meade
(**registration required**)

August 13th, 1000: CYS Hiring Event
at SAC I

August 15th, 0900: Baby Boot Camp
at FAP (**registration required**)

August 15th, 1730: EFMP Family Bowling
Night at the Bowling Center

August 19th, 0900: Post Deployment
(Facilitated by ACS--**registration required**)

August 19th, 1000: Federal Employment &
Resume Writing (Facilitated by ACS **virtually**)

August 21st, 1300: 5 Love Languages of Singles
(Facilitated by FAP **virtually**)



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