



NEWSLETTER

THE ADVOCATE FAMILY ADVOCACY PROGRAM FORT MEADE, MD



VOLUME 01 | NOVEMBER

EDITION



KINDNESS & GRATITUDE

Often, the holiday season can bring unwanted emotions for various reasons. In this season of thankfulness, let us extend kindness and gratitude. Kindness and gratitude can make a difference in our lives, the lives of our neighbors, and the many individuals we encounter. Harvard Medical School (2021) explained that extending gratitude and kindness helps people feel positive emotions, improve their health, handle adversity, and build stronger relationships. Many of our service members and their families face and feel the challenges of the holiday season, be the neighbor that makes a difference by extending kindness.

WORKSHOP HIGHLIGHTS

(REGISTRATION REQUIRED)

- Healing from Intimate Partner Violence - Women
- Healing from Intimate Partner Violence - Men
- 5 Love Languages of Couples

See back for details

FAMILY ADVOCACY PROGRAM (FAP)

2462 85th Medical BN Ave
Ft. Meade, MD 20755

FAP Manager

Celena Flowers
(240) 688-6691

Support Coordinator

Skylar McBride
(301) 677-4118

Parent Support

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(301) 677-3617/7823

New Parent Support

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(301) 677-4117/5809

Victim Advocates

Buchi Bush
(301) 677-4174/4124

DAVA Helpline: (240) 688-6918



meade.armymwr.com

Family Advocacy Program Groups and Workshops

2462 85th Medical Battalion Avenue
Fort George G Meade, MD 20755
301-677-4118

NEW PARENT SUPPORT PROGRAM

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.

Every: **4th Fridays of the Month at 8:30am-1:00pm**

Location: Family Advocacy Program

Via: In-group face-to-face sessions.

Breastfeeding & 4th Trimester Class - Coming in Jan 2023

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

Every: **Thursdays at 9:00am-11:00am**

Location: Family Advocacy Program

PARENTING CLASSES & SUPPORT GROUPS

Single Parent Support Group*

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

Every: **1st Thursdays of the month at 3:00pm.**

Location: Family Advocacy Program

Via: Virtual Teams 365 and In-group face-to-face sessions.

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.

Every: **Wednesdays from 1:00pm-3:00pm**

Location: Family the Advocacy Program.

Via: Teams 365 and In-group face-to-face sessions.

Co-Parenting Communication*

A 6-week co-parenting or communications class to help families and couples with coping skills to enhance communication and resolve conflicts.

Every: **Wednesday at 1:00pm-3:00pm (flexible schedule)**

Location: Family Advocacy Program.

Via: Teams 365 and In-group face-to-face sessions.

Parent Support Group*

For moms and dads with children for all ages. The group meets weekly to promote the use of positive parenting practices such as using positive language, nurturing behaviors and to increase parent knowledge of child development and communication styles.

Every: **Thursday at 10:00am-11:00am**

Location: Family Advocacy Program

Via: Virtual Teams 365 and In-group face-to-face sessions.

Healing from Intimate Partner Abuse*

An in-person or online group for women coming together to share ideas, hopes and challenges pertaining to relationships and other women concerns.

Every: **Tuesday & Thursday from 1:00pm-2:30pm**

Location: Family Advocacy Program.

Via: Teams 365 and In-group face-to-face sessions.

Calling All Dads*

A 6-week session group that presents a forum 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 communication skills.

Every: **Mondays- 6-week session at 12:00-1:30pm**

Location: Family Advocacy Program

Via: Teams 365

PLAYGROUPS

A-Z Come Play with Me:

Interactive activities designed to assist parents in learning developmentally appropriate play techniques to help children between 18 months – 4 years improve their social, cognitive and motor skills.

Every: **Monday, Wednesday, & Friday at 9:00am – 10:00am**

Location: 2462 85th Medical Battalion Avenue

Romp N Stomp:

A Playgroup that provides interaction, education and socialization for parents and children ages 0-5 years.

Every: **Tuesdays at 9:30am -10:30 am**

Winter Period –November –June 2022

Location: Burba Park Playground off McKay Street

COMMUNICATION CLASSES

Internet Safety*

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

Every: **Quarterly (Oct, Jan, April, July)* on Tuesdays at 2:30pm- 3:30pm.**

Location: Family Advocacy Program

Via: Virtual Teams 365

5 Love Languages of Couples*

Interactive workshop to provide couples with communication tools to learn their love language.

Every: **3rd Thursdays (March, Aug and Nov) at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Virtual Teams 365

5 Love Languages of Children*

Interactive workshop to teach parents how to identify and apply their child's primary love languages in order to understand their needs.

Every: **3rd Thursdays (Jan, Apr, and Oct) at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Virtual Teams 365

5 Love Languages of Singles*

A communication enhancement workshop that teaches singles and single parents how to self-love and connect with family, friends and others.

Every: **3rd Thursdays (Jun, Sept and Dec) at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Virtual Teams 365

5 Love Languages of Teens*

An interactive workshop that provides skills to parents to strengthen relationships with their teens by effectively speaking the love languages that they understand.

Every: **3rd Thursdays (Feb and July) at 1:00pm-3:00pm**

Location: Virtual Teams 365

5 Languages of Apology*

A communication workshop that enables couples to better communicate their remorse and resolve conflict in a positive and healthy way

Every: **3rd Thursdays (Mar, Aug) at 1:00pm-3:00pm.**

Location: Virtual Teams 365

STRESS MANAGEMENT CLASS

Understanding your Emotions*

A psychoeducational workshop that helps people understand their emotions, learn how to express them in appropriate ways, and learn to access and express buried emotions.

Every: **Tuesdays and Thursdays as per request.**

Location: 2462 85th Medical Battalion Avenue.

Via: Virtual Teams 365 or In-Person sessions.

****Please call-in advance to register at 301-677-4118.***

