

SEPTEMBER NEWSLETTER



MILITARY ANNIVERSARIES & OBSERVANCES

- Suicide Prevention Month
- National Service Dog Month
- National Preparedness Month
- Labor Day 09/01
- Patriot Day 09/11
- Grandparents Day 09/07
- National Hispanic Heritage Month begins 09/15
- Office of the Sec. of Defense, Air Force & National Guard Birthdays 09/18
- International Day of Peace 09/21
- First Day of Fall 09/22
- National Coffee Day 09/29

WELCOME TO SEPTEMBER:

As we enter September, we are pleased to present a comprehensive array of events and resources dedicated to supporting and strengthening our military families. This month's focus is on building resilience, fostering well-being, and reinforcing the bonds within our community.



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GRANDPARENTS DAY

Sunday September 7th

Grandparents play a vital role in the lives of their grandchildren by offering support, direction, stability, and passing down cultural traditions. Grandparents can assist in childcare, provide financial support, offer career guidance, and give marriage advice. Grandparents have the opportunity to also pass on their stories and experiences to their grandchildren, contributing to their brain development, emotional health, and social skills.



FALL PREPARATION

Now that August has come and gone, our kiddos have ventured back to school and should be getting settled. We would like to encourage parents to continue to support their child with the adjustment back to school. With the fall season approaching, this is a great time to begin preparing for the weather and events. Listed below are a few helpful tips to aid in the transition of the seasons with ease.

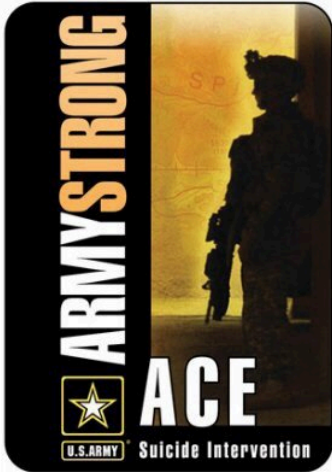
Fall Safety Tips

- Dress children in bright-colored clothing to be visible to others
- Stay alert around moving vehicles
- Don't let your guard down at the playground
- Practice at-home sports safety
- Be cautious of leaf piles
- Teach children the importance of handwashing
- Dress children in weather-appropriate clothing to avoid sickness and the common cold
- Keep safety in mind during the holidays to decrease the risk of harm to children
- Make sure your childcare center has safe evening pick up protocols in place





SUICIDE PREVENTATION MONTH



September is Suicide Prevention Month, a time to raise awareness of the available resources for Soldiers, Civilians and Family members who may need crisis support or want to help someone they know. The Army's SPM theme is "**We Are Stronger Together. Connect to Protect.**" This theme underscores the importance of connecting with people we trust because individuals who have strong, supportive relationships have a lower risk for suicide.

Preventing suicide is more than just knowing what puts Soldiers at risk for taking their life, it is all about ACE.

Ask, Care, Escort, or ACE, training is the Army-approved suicide prevention and awareness training model for all Soldiers, leaders and Army civilians. It is also available to family members.

9/11: A DAY OF REMEMBRANCE AND UNITY

September 11th, 2001, marks a day of profound loss and resilience in American history. As we reflect on this day, we honor the bravery of first responders, military personnel, and civilians who demonstrated extraordinary courage in the face of adversity.

The aftermath of 9/11 united the nation in grief and determination, leading to significant changes in national security and counterterrorism efforts. Today, September 11th is recognized as a National Day of Service and Remembrance, encouraging us to give back to our communities in honor of those we lost.

As we remember the past, let us also focus on fostering a future of peace and understanding, ensuring that the legacy of 9/11 remains one of strength and unity.





UPCOMING EVENTS: MARK YOUR CALENDARS!

*ALL PROGRAMS ARE OPENT TO ACTIVE DUTY, FAMILY MEMEBERS,
RETIREEES, 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
AVENUE, 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.





**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: Positive Parenting

Date: Wednesdays (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: Co-Parenting Communication

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.





DOMESTIC ABUSE VICTIM ADVOCATE



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 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 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**





FALL SAFETY TIPS FOR CHILDREN

Back-to-school is in full swing, and cooler days are setting in. Keep kids safe this Autumn:



With daylight growing shorter, kids still like to play outside on warm evenings. Make sure kids wear bright-colored clothing and sneakers so drivers can easily see them.

- Hold your child's hand in parking lots. Cars backing out of parking spaces will have a harder time spotting young children when it's dark outside.

Check playground equipment for sharp edges, faulty equipment, and make sure kids can't squeeze their heads between bars.



Always have your child wear protective sports gear, even if she's practicing alone at home.



Kids may want to help rake leaves and play in the leaf piles. Keep sharp, dangerous tools stored away and out of sight of children.

Teach children to wash their hands often to avoid getting sick and spreading germs.



Avoid pediatric burns by always checking the temperature of hot soup, water and cider before serving to children.



With the holidays fast approaching: Check gifts for loose strings and ribbons, as they could strangle or choke young children.

- Store gift wrapping materials out of sight of young children.
- Check all decorative materials for fire hazards.
- Use plastic or flameless candles to avoid burns and fires.
- Keep young children out of the kitchen and away from hot ovens. Turn pot handles inward and out of the reach of children.

Dress children in weather-appropriate clothing to avoid sickness and the common cold.

- Choose light layers and remove damp clothing immediately.

Make sure your childcare center has safe, evening pick up protocols in place.

- As it gets dark outside, unwanted tailgaters may try to follow parents into the facility. Make sure security cameras and standard pick up and drop off procedures are in use.
- Make sure the parking lot is brightly lit, and free of tall bushes and dumpsters, as they can create hiding places.



childhoodpreparedness.org



EVENTS IN OUR COMMUNITY

Sept 2nd, 9th, 16th, 23rd, 30th, 0800:
Newcomers Orientation
(Facilitated by ACS in person at
Smallwood Hall)

Sept 4th, 11th, 18th, 25th, 1600: Wing
Night at the Bowling Center Lounge

Sept 9th, 0900: Dollar & Sense at ACS
(Facilitated by ACS--registration
required)

Sept 10th, 1000: CYS Hiring Event at
SAC I

Sept 4th, 11th, 18th, 25th, 1600: Wing
Night at the Bowling Center Lounge

Sept 16th, 0900: Investing 101 at ACS
(Facilitated by ACS--registration
required)

Sept 16th, 1000: Virtual Federal
Employment & Resume Writing
(Facilitated by ACS--registration
required)

Sept 17th, 1000: Job Fair at Club Meade

Sept 19th, 0900: Baby Boot Camp at
FAP (registration required)

Sept 19th, 1730: EFMP Family Bowling
Night at the Bowling Center

Sept 23rd, 1730: EFMP Family Bowling
Night at the Bowling Center

Sept 25th, 1300: 5 Love Languages of
Children (Facilitated by FAP virtually)





STAFF DIRECTORY

FAP MANAGER
CELENA FLOWERS

FAP SITE COORDINATOR
JOSEPHINE MACHARIA

FAP COORDINATOR
CHARDENIA ROSS

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NEW PARENT SUPPORT
VALENTINA ERONINI
TONIA INGRAM

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**



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