

FAMILY ADVOCACY PROGRAM

Please see each class for registration information below.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.
2462 85th Medical Battalion Ave., Fort Meade, MD.

A-Z COME PLAY WITH ME - Interactive activities designed to assist families in learning developmentally appropriate play techniques to help children 0-5 improve their social, cognitive, and motor skills. **No registration required!**

Location: Family Advocacy Program Center – 2462 85th Medical Battalion Ave., Fort Meade, MD.

Date/Time: Every Monday (3, 10, 17, 24 November), Wednesday (5, 12, 19, 26 November), and Friday (7, 14, 28 November) from 0900-1030

ROMP N STOMP A playgroup that provides interaction, education, and socialization for parents and children, ages 0-5. **No registration required!**

Location: SAC II – 909 Ernie Pyle Street, Fort Meade, MD.

Date/Time: 4 & 18 Tuesday, 0900-1100

Location: Family Advocacy Program Center – 2462 85th Medical Battalion Ave., Fort Meade, MD.

Date/Time: 25 Tuesday, 0900-1100

CALLING ALL DADS - A 4-week workshop to educate fathers on practical parenting skills regarding child development and effective discipline as well as self-care, the role of fathers, and communication skills. This interactive group environment allows fathers to discuss, share concerns, and gain support from one another.

Location: Hybrid/in Person or TEAMS

Registration required. 301-677-4118

Date/Time: Every Monday, 1200-1330 (3, 10, 17, 24 November)

CO-PARENTING COMMUNICATION - A four-week co-parenting communication class to provide tools and resources to help families and parents with coping skills to enhance communication and resolve conflicts.

Location: Virtual only MS TEAMS

Registration required. 301-677-4118

Date/Time: Every Tuesday, 1300-1500 (4, 18, 25 November)

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.

Location: Hybrid/in Person or TEAMS

Registration required. 301-677-4118

Date/Time: Every Wednesday, 1300-1500 (5, 12, 19, 26 November)

SINGLE PARENT SUPPORT GROUP - - This group provides single parents with a forum to discuss concerns, gain support, and enhance single parenting for mothers and fathers.

Location: Hybrid/in Person or TEAMS

Registration required. 301-677-4118

Date/Time: Every Thursday, 1100-1200 (6, 13, 20 November) Excluding 27th Thanksgiving

BREASTFEEDING AND 4TH TRIMESTER SUPPORT GROUP - For all parents with babies 0–1-year-old. To interact, encourage and support various topics related to postpartum and breastfeeding.

Location: Family Advocacy Center 2462 85th Medical BN Ave. Fort Meade, MD 20755

Registration required: 301-677-4118

Date/Time: First Thursday of every month, 0930-1100 (6 November)

EMPOWERMENT & COMMUNICATION GROUP - A monthly support group for anyone who has experienced or is currently experiencing relationship discord or domestic violence. This workshop will provide psychoeducation, information and resources for healthy coping skills, parenting after domestic violence experience, and connectedness to others in a supportive confidential group environment.

Location: Army Community Services – 830 Chisholm Ave. Fort Meade, MD 20755

Registration required. 301-677-4118

Date/Time: Second Thursday of every month, 1100-1300 (13 November)

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.

Registration required. 301-677-4118

Location: Family Advocacy Center – 2462 85th Medical Battalion Ave, Fort Meade

Date/Time: Third Friday of every month, 0900-1300 (21 November)

5 LANGUAGES OF APOLOGY – A communication workshop that enables couples to better communicate their remorse and resolve conflict in a positive and healthy way.

Registration required. 301-677-4118

Location: Hybrid/in Person or TEAMS

Date/Time: 20 November, 1300-1500

MOBILIZATION AND DEPLOYMENT (MODEP)

Registration Required: Please call 301-677-4110/5590

All Classes Available Upon Request

830 Chisholm Ave, Fort Meade, MD 20755

Care Team / Soldier and Family Readiness Group (SFRG) include Informal Funds Custodian Training

Location: Hybrid/in Person or TEAMS

Pre-deployment Briefing

Location: Hybrid/in Person or TEAMS

Deployment Cycle Support

Location: Hybrid/in Person or TEAMS

EMPLOYMENT READINESS PROGRAM

Registration Required: Please call 301-677-7571/5590

All Classes Available Upon Request

Must have completed Employment Readiness Program intake forms

830 Chisholm Ave, Fort Meade, MD 20755

Resume Labs – Resume Review and feedback on format/layout, content, relevance to job market, keyword usage, grammar, and overall effectiveness in showcasing skills and experience. Review best practices for resume writing. Q&A session and follow up support to include a second review of revised resume.

MUST HAVE DRAFTED RESUME FOR REVIEW

Location: Hybrid/in Person or Teams

Job Search Strategies – Learn how to conduct an effective job search through resume building, networking, online applications, and interview preparation. This class provides practical tips and a step-by-step plan to help you find and land the right job!

Location: Hybrid/in Person or Teams

Federal Employment & Resume – An overview of Federal Employment and Resumes.

Location: Hybrid/in Person or Teams

EXCEPTIONAL FAMILY MEMBER PROGRAM

Registration required. (301)-677-5662/5590
usarmy.meade.usag.mbx.acs-efmp@army.mil

SENSORY PLAYGROUP –A playgroup exclusive to children enrolled in the Exceptional Family Members Program that provides sensory-stimulating activities and provides space for families to connect over experiences and challenges unique to them. Resources and support by FAP PSP and EFMP staff are provided during these sessions.

Location: Family Advocacy Center – 2462 85th Medical Battalion Ave, Fort Meade, MD

Date/Time: First Thursday of every month, 1000-1130 (6 November)

EFMP FAMILY BOWLING - Come join EFMP Family Support at 5:30 p.m. on the 3rd Friday of the month for fun, non-competitive activity where kids can learn new skills, make new friends and parents can network. Bowling ramps, bumpers and lightweight balls are available on request.

Free game with \$2 shoe rental.

Location: The Lanes Fort Meade - 2788 MacArthur Rd., Fort Meade, MD

Date/Time: Third Friday of every month, 1730-1900 (21 November)

FINANCIAL READINESS PROGRAM

All events are held virtually via Microsoft Teams. To Register for classes, contact:
usarmy.meade.usag.mbx.acs@army.mil

Please include your name, class name, date and time in your email.

Lunch and Learn Thursdays – Join us during lunch to discuss topics related to financial readiness. **Date/Time: Every Thursday 1200-1300**

Thrift Savings Plan (6 November)

Budgeting (13 November)

Setting Financial Goals (20 November)

Milestone (Touch Point) Training – Military life cycle based financial education and counseling to support financial readiness throughout your career.

Vesting in TSP

Date/Time: 04 November, 0900-1000

New Child

Date/Time: 05 November, 0900-1000

Disabling Condition

Date/Time: 12 November, 0900-1000

Promotion

Date/Time: 18 November, 0900-1000

Pre-Deployment

Date/Time: Available Upon Request

Post-Deployment

Date/Time: Available Upon Request

Car Buying Strategies – Learn how to research your new car purchase and discover “The Three Deals of Car Buying.

Date/Time: Available Upon Request

Gambling Awareness – Learn about gambling statistics, the prevalence of gambling problems, military directives, and the warning signs of compulsive/pathological gambling.

Date/Time: Available Upon Request

Know Your Rights as a Military Consumer – Avoid getting ripped-off by learning how to avoid frauds, scams, predatory lending and identify theft.

Date/Time: Available Upon Request

Tax Strategies – Learn the basics of Federal Income Tax, filing requirements, verifying your income tax withholding, and no-cost tax resources for service members.

Date/Time: Available Upon Request

RELOCATION ASSISTANCE PROGRAM

Registration Required: Please call 301-677-4108/5590

Army Community Service - 830 Chisholm Ave. Fort Meade, MD

Newcomers Orientation – This in-person orientation welcomes newly arrived Army service members and their spouses to Fort Meade.

Location: Smallwood Hall, 4650 Williams Rd, Fort Meade, MD

– Verify Location on My Army Post APP or by calling 301-677-4107

What to bring: Patience for a full day! Wi-Fi is available, but connectivity may be limited.

Registration Not Required

Dates/Times: TBA

Pre-departure (ARMY) 2025

Location: Military Personnel Office – 4550 Parade Field Ln, Fort Meade, MD 20755

Date/Time: TBD – Check My Army Post App or Call 301-677-4108 for up-to-date information

Sponsorship Training

Location: Army Community Service - 830 Chisholm Ave. Fort Meade, MD

Dates/Times: November 18th - By appointment Only

Multicultural International Culture Class 2025 - Japan, Germany, South Korea

Location: Hybrid (in-person or Microsoft Teams)

Dates/Times: Available Upon Request

Spousal Orientation - Spouses may schedule an appointment with the Relocation Readiness Manager to receive a tour and overview of ACS programs.

Location: Community Readiness Center - 830 Chisholm Ave. Fort Meade, MD

Dates/Times: Available Upon Request

Hearts Apart - A support program offered in a hybrid format for families separated due to deployment or unaccompanied tours.

Location: Hybrid (in-person or Microsoft Teams)

Dates/Times: Available Upon Request

ARMY VOLUNTEER CORPS

Registration Required: Please call 301-677-7571/5590

Available Upon Request

Army Community Service – 830 Chisholm Ave, Fort Meade, MD 20755

Volunteer Management Information System (VMIS) Orientation – This comprehensive orientation will introduce you to our organization, policies, procedures, and the volunteer program. You'll learn how to navigate the Volunteer Management Information System (VMIS) and gain a clear understanding of your role and responsibilities as a volunteer. The session will conclude with a Q&A to address any questions you may have.

Location: Virtual on TEAMS

Organizational Point of Contact (OPOC) Orientation/Training – What to expect: Practical tips and best practices to improve volunteer supervision and management, a comprehensive manual with resources and references, understanding how to navigate Volunteer Management and Information System (VMIS), and a certificate of completion. Location: Hybrid/in Person or TEAMS