

Sensory Playgroup Craft Time!

Calming Sensory Bottle

Join us for a fun and educational hands-on event where families will make calming sensory bottles! These simple tools support emotional regulation, focus, and relaxation.

Great for children of all ages, especially those with sensory needs.



When: July 10, 2025

Time: 10:00 a.m. – 11:30 a.m.

Location: Potomac Place Community Center
Potomac Place 4998 Shea St., Fort Meade, MD 20755

Registration required: Email fershalla.laing-hodgeman.1@us.af.mil or liesa.jacobs.civ@army.mil, complete registration online at <https://forms.osi.apps.mil/r/zzALEddgaV>, or call 301-677-5662/5734 to sign up for this event.

This event is open to all EFMP Families, DoD ID cardholders, and DoD Civilians.



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