

EXCEPTIONAL FAMILY MEMBER PROGRAM

Registration required. (301)-677-5590/4473

usarmy.meade.usag.mbx.acs-efmp@army.mil

FAP/EFMP SENSORY PLAYGROUP - A playgroup exclusive to children enrolled in the Exceptional Family Members Program that provides sensory-stimulating activities and provides a 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: SAC II Fort Meade

Date/Time: First Thursday of every month 1000-1130 (3 January)

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

Free game with \$2 shoe rental.

Location: The Lanes Fort Meade - 2788 MacArthur Rd.

Date/Time: Third Friday of Every Month from 1730-1900 (17 January)

EFMP Tricare Echo Brief A virtual brief to hear from Tricare's Extended Care Health Option (ECHO). Providing services for active-duty family members with special needs. Learn more about eligibility, services available and how to enroll.

Location: Virtual

Date/Time: 8 January from 1200-1300

EFMP Adult Craft: New Year New You! – For adult EFM's 18 or older or a parent of a child enrolled in EFMP. We will be creating vision boards for the new year! Supplies are provided, participants are encouraged to bring any specific materials they would like to add to their board. Registration required as space and supplies are limited.

Location: ACS 830 Chisholm Ave, Fort Meade, MD 20755

Date/Time: 9 January from 1700-1830

EFMP Come Read with Me! – Join Family Support EFMP and local service dogs to read stories! Bring your kiddos to enjoy stories, petting pups, and networking with other EFMP families. Registration is required as space is limited.

Location: ACS 830 Chisholm Ave, Fort Meade, MD 20755

Date/Time: 21 January from 1000-1130

FAMILY ADVOCACY PROGRAM

Please see each class for registration information below.

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Hybrid format: in-person location is at the Family Advocacy Center (2462 85th Medical BN Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration required. 301- 677- 4118

Date/Time: Every Thursday from 1100-1200 (2, 9, 16, 23, 30 January)

ROMP N STOMP A playgroup that provides interaction, education, and socialization for parents and children, ages 0-5.

(Meets every Tuesday) at SAC II

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

No registration required.

Location: 909 Ernie Pyle Road, Fort Meade, MD.

Date/Time: Every Tuesday from 0900-1100 (7, 14, 21, 28 January)

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.

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

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

No registration required.

Date/Time: Every Monday (6, 13, 20, 27 January), Wednesday (1, 8, 15, 22, 29 January) and Friday (3, 10, 17, 24, 31 January) from 0900-1030

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Virtually via Microsoft Teams or in-person as requested.

Registration required. 301- 677- 4118

Date/Time: Every Monday from 1200-1330 (6, 13, 20, 27 January)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Virtually via Microsoft Teams or in-person as requested.

Registration required. 301- 677- 4118

Date/Time: Every Tuesday 1300-1500 (7, 14, 21, 28 January)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Virtually via Microsoft Teams or in-person as requested.

Registration required. 301- 677- 4118

Date/Time: Every Wednesday, 1300-1500 (1, 8, 15, 22, 29 January)

WOMEN'S EMPOWERMENT GROUP A monthly support group for women who have been impacted by domestic violence, aiming to provide empowerment through psychoeducation. Group members will be provided with information and resources for healthy coping skills, effective communication skills, parenting during and after domestic violence experience, and connectedness to others in a confidential, supportive group environment.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Location: Hybrid format: in-person location is at the Family Advocacy Center (2462 85th Medical BN Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration required. 301- 677- 4118

Date/Time: Second Thursday of every month 1100-1300 (9 January)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors

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, from 0930-1100hrs. (2 January)

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.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Registration required. 301.677.4118

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

Date/Time: 14 January 0900-1530

5 LOVE LANGUAGES OF CHILDREN

An interactive workshop to teach parents how to identify and apply their children's primary love language to understand their needs.

Location: Offered virtually via Microsoft Teams.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

Registration required. 301.677.4118

Date/Time: 19 January 1300-1500

RELOCATION ASSISTANCE PROGRAM

Registration: Please call 301-677-5590

Newcomers Orientation This orientation is focused on welcoming newly arrived service members and their spouse to Fort Meade. Spouses can tour the facility obtain firsthand knowledge of available programs and resources.

Location: Via MS Teams

Registration: Please call 301-677-5590

Dates/Times: 8 & 22 January from 08:30 to 1500

Sponsorship Training

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

Registration: 301-677-5590

Dates/Times: By Apt Only

Spouses Brief

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

Registration: 301-677-5590

Dates/Times: By Apt Only

Pre-departure (ARMY) 2024

Location: Military Personnel Office (ID Card Building) 4550 Parade Field Ln, Fort Meade, MD

Date/Time: 8 & 22 January 0900-1500

Multicultural Classes

Location: Hybrid/in Person or TEAMS

Registration: Required 301-677-5590

Date/Time: 23 January 0830-1030

EMPLOYMENT READINESS PROGRAM

Registration: Required 301-677-5590

Resume Writing Workshop Hear from Employment Resource Partners with information, and programs to increase employment success. The virtual resume writing workshop will provide tips on winning resume styles, the importance of customization and tips on following up on your resume. Learn techniques to help you succeed in your job search, as well as the tools for networking. Discover ways to effectively utilize social media in your job search to find jobs.

Location: Virtual

Registration: Required 301-677-5590

Date/Time: 12 January 1000-1200

ARMY VOLUNTEER CORPS

Registration: Please call 301-677-5590

Volunteer Management Information System (VMIS) Orientation This class will serve as an overview of the Army Volunteer Corp. The class will provide general navigation of the Volunteer Management Information System (VMIS) portal to include creating an account, reviewing/applying for positions, inputting volunteer hours, and maintaining volunteer records.

Location: Virtual

Registration: Required 301-677-5590

Date/Time: 6 January 0900-100

FINANCIAL READINESS PROGRAM

All events are held at Army Community Service Building 830 Chisholm Avenue, Fort George G Meade, MD 20755. To Register for classes, contact:

usarmy.meade.usag.mbx.acs@army.mil

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

Take Control of Your Finances: Managing Credit & Debt This presentation provides information on credit establishment, credit management and debt relief. It introduces debt-to-income ratio concepts; the importance of monitoring credit reports and scores and briefly addresses the Service Members Civil Relief Act (SCRA) and bankruptcy.

Date/Time: 07 January 0900-1100

Vesting in Thrift Savings Plan This presentation provides an overview of the Thrift Savings Plan (TSP) and vesting requirements for members covered under Blended Retirement System (BRS). Topics include enrollment, participation, contributions, investment funds, and withdrawal options. This course satisfies common military training requirement for vesting in Thrift Savings Plan.

Date/Time: 08 January 0900-1100

Goals and Promises: Your Financial Resolutions**

Date/Time: 09 January 1200-1300

Financial Readiness for Promotion As your career advances, it's a great time to hit the pause button and review your finances to set yourself up for a more successful, prosperous future. This course will help prepare you for the financial aspects of a promotion and teach you how to take advantage of certain opportunities to improve your situation. Topics discussed in the class include Financial Planning, Saving for Retirement, Career Investment Programs and Resources. This course satisfies the common military training requirement for promotion.

Date/Time: 14 January 0900-1100

Recovering from Holiday Debt

Date/Time: 16 January 1200-1300

Tax Strategies This class will provide students with an introduction to basics of Federal income tax filing, including how to calculate your income tax, filing requirements, how to verify your income tax withholding, and how to use no-cost tax preparation services and resources offered to military service members.

Date/Time: 21 January 0900-1100

Recovering from Holiday Debt

Date/Time: 23 January 1200-1300

Receiving Continuation Pay Under BRS Service members covered under the Blended Retirement System (BRS) are eligible for a one-time, mid-career bonus payment called Continuation Pay. During this course, you will have the opportunity to understand what Continuation Pay is, how to apply for it, and how best to use it. This training satisfies the common military training requirement for Continuation Pay Under BRS.

Date/Time: 28 January 0900-1100

Emergency Fund Tips and Techniques

Date/Time: 30 January 1200-1300