

MAY NEWSLETTER

Hello Fort Meade
Families!

Get ready—May is packed with exciting opportunities to connect, grow, and take care of YOU! The Family Advocacy Program (FAP) is here with fresh events, helpful resources, and proven ways to strengthen family bonds to boost wellness across our community.

May is Mental Health Awareness Month, and there is no better time to focus on what matters most: taking care of ourselves and the people we love. Whether you are looking for fun family activities, parenting tips, or just a little extra support, FAP has you covered.

Check out our calendar for the latest happenings and join us in celebrating connection, care, and community. We look forward to seeing you and your family at one of our events!

Let's make May amazing—together!



**Mental
health
matters**

Military Anniversaries & Observances

- National Military Appreciation Month
- Cinco De Mayo May 5
- Military Spouse Appreciation Day May 8
- Mother's Day May 10
- Armed Forces Week May 9 – May 17
- Children of Fallen Patriots Day May 13
- Peace Officers Memorial Day May 15
- Armed Forces Day May 16
- Memorial Day May 25

meade.armymwr.com



Fort Meade Family Advocacy Program Parent Support Program



The Family Advocacy Program observed Child Abuse Prevention Month for April. We partook in activities throughout the month. FAP kicked off the month with a Proclamation Signing with Garrison Command and Pinwheel Planting ceremony at CDC IV. Throughout the month, we also held events to include Rock Painting, Fun Fair, Resource & Outreach Table displays, and the Hands Are Not for Hitting Puppet Show.





MILITARY SPOUSE APPRECIATION

May 8th, 2026 is Military Spouse Appreciation Day. The military community comes together to honor the incredible strength and dedication of military spouses. Behind every service member is a partner who stands tall through every challenge, offering love and unwavering support. Let us show our gratitude—whether through a kind word, a gesture of thanks, or by joining local events to recognize these everyday heroes.

Your appreciation makes a difference!



Memorial Day

On May 25th, 2026, we unite as a community to honor the brave service members who gave their lives for our nation. Their sacrifice will never be forgotten. As we reflect on their legacy, let us come together in remembrance and gratitude—for their courage, and for the freedoms we hold dear.



Military Spouse Appreciation Week

SAVE THE DATES!

Spouse Shoutouts

- May 4th Social Media Video Campaign – checkoutFortMeadeSocials for spouse shoutouts!

Flower Giveaway

- May 5th 10am-1pm at PX & Commissary Main Entrances –Come see us for a free flower!

Bingo Night

- May 6th 6pm –8pm at Potomac Place – Enjoy bingo with your pals and free prizes!

Makers Market

- May 7th 6pm-8pm Home Based Business Expo & Coffee Connections at Potomac Place. Free Raffle!

Spouse Luncheon

- May 8th 12pm-2pm at McGill Classroom 6 -Enjoy lunch, activities and a free raffles!

Contact ACS to Learn More!

(301) 677-5590

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

Sponsorship does not imply U.S. Army or DOW endorsement.



meade.armymwr.com





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 AVE.
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

PROGRAM WORKSHOPS

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: Co-Parenting Communication

Date: Tuesdays (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: Positive Parenting

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 support 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 workshop that enhances 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



EVENT: EMPOWERMENT & COMMUNICATION GROUP

Date: 2nd Thursday of the month
Time: 11:00 am - 1:00 pm
Place: Army Community Services (ACS)
830 Chisolm Ave Fort Meade, MD 20755

A monthly support group for anyone who has experienced or 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.

EVENT: COUPLES COMMUNICATION WORKSHOP

Date: 4th Thursday of the month
Time: 3:00pm-4:00pm
Place: Family Advocacy Program (FAP)
2462 85th Medical Battalion Avenue,
Fort Meade MD 20755

This workshop is a structured session where partners learn and practice skills that help them communicate more effectively, understand each other's perspectives, manage conflict in a healthy way, and strengthen their relationship through guided activities, practical tools, and supportive discussion.

Call the FAP office for more information or to register

Contact the Domestic Abuse Victim Advocates (DAVA) located at the Family Advocacy Program (FAP) at 301-677-4118 or the 24-hour hotline at 240-688-6918

EVENT: BABY BOOTCAMP

Date: 3rd Friday of the month
January to December from 9:00 am - 1:00 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 December 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**

NEW PARENT SUPPORT PROGRAM





EVENTS IN OUR community



May 1st, 1800: Brazilian Jiu-Jitsu
at Gaffney Fitness Center
(No cost-18+-Mon, Wed, Thurs, Fri, Sat)

May 7th, 14th, 21st, 28th, 1600: Wing Night
at the Bowling Center Lounge

May 7th, 1000: EFMP Sensory Playgroup at FAP

May 5th, 12th, 19th, 26th, 0800: Newcomers Orientation
at Smallwood Hall
(Facilitated by ACS)

May 10th, 1100: Mother's Day Brunch at Club Meade
(Registration & Fee Required)

May 14th, 0900: Managing Credit and Debt
(Facilitated by ACS, registration required)

May 14th, 1100: Empowerment & Communication Group
at FAP

May 15th, 0900: Baby Boot Camp at FAP

May 15th, 1730: EFMP Family Bowling Night
at The Lanes Fort Meade

May 19th, 1000: Virtual Federal Employment & Resume
Writing (Facilitated by ACS, registration required)

May 20th, 1000: Job Fair at Club Meade
(No registration required)

May 20th, 1730: Paint & Sip Night
at the Bowling Center Lounge
(Fee required, 21+ recommended)

May 21st, 1300: 5 Love Languages of Apology
(Facilitated by FAP virtually)

May 30th, 1500: Reptile Rangers: Mom & Me Day
at Club Meade (Fee required)





STAFF DIRECTORY

FAP MANAGER
CELENA FLOWERS

FAP SITE COORDINATOR
JOSEPHINE MACHARIA

FAP COORDINATOR
CHARDENIA ROSS

PARENT SUPPORT
DANITRA HARRISON

NEW PARENT SUPPORT
VALENTINA ERONINI
TONIA INGRAM
SHAWN MORGAN

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



meade.armymwr.com

