

FAMILY ADVOCACY PROGRAM

Please see each class for registration information below.

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, (8, 15, 22, 29 September), Wednesday (3, 10, 17, 24 September), and Friday (5, 12, 19, 26 September) 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, 1200-1330 (8, 15, 22, 29 September)

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: Burba Park Lake

Date/Time: Every Tuesday, 0900-1100 (2, 9, 16, 23, 30 September)

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 (2, 9, 16, 23, 30 September)

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 Wednesday (3, 10, 17, 24 September)

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, 1100-1200 (4, 11, 18, 25 September)

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, 0930-1100 (4 September)

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.

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

Location: Army Community Services (ACS) 830 Chisholm Ave. Fort Meade, MD 20755

Registration required. 301-677-4118

Date/Time: Second Thursday of every month, 1100-1300 (11 September)

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: Third Friday of every month, 0900-1300 (19 September)

5 Love Languages of Children – An interactive workshop that provides skills to parents to strengthen relationships with their teens by effectively speaking the love languages that they understand.

Registration required. 301-677-4118

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

Date/Time: 18 September, 1300-1500

MOBILIZATION AND DEPLOYMENT (MODEP)

Registration: Required 301-677-4110/5590

-Pre-deployment Briefing

-Deployment Cycle Support

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

Location: Hybrid format: in-person location is at the ACS building (830 Chisholm Ave. Fort Meade, MD 20755) and offered virtually via Microsoft Teams.

Registration: Required 301-677-5590/4110

Date/Time: By Apt Only

SURVIVOR OUTREACH SERVICES (SOS)

Registration: Required 301-677-4110/5590

In observance of Gold Star Mother's Day – Join Fort Meade at The Lanes! Open to all Survivors.

Location: The Lanes, Fort Meade

Registration: Required 301-677-4110/5590

Date/Time: September 26th 1000-1400

EMPLOYMENT READINESS PROGRAM

Registration: Required 301-677-7571/5590

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

Registration: Required 301-677-7571/5590 (*Must have completed Employment Readiness Program intake forms)

Date/Time: 0900-1200 Every 2nd and 4th Tuesday of the month (9, 23 September)

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

Location: Virtual, Hybrid/in Person or Teams

Registration: Required 301-677-7571/5590 (Must have completed Employment Readiness Program intake forms)

Date/Time: 1000-1200 Every 3rd Tuesday of the month (16 September)

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: Virtual, Hybrid/in Person or Teams

Registration: Required 301-677-7571/5590 (Must have completed Employment Readiness Program intake forms)

Date/Time: 0900-1200 Every 2nd Wednesday of the month (10 September)

Community Job Fair – Open to the public and open to all job seekers! Meet employers! Bring Resumes! Dress for Success! Resume Doctor will be available for free resume evaluation, and preparation assistance service.

Location: Club Meade, 6600 Mapes Rd. Fort Meade, MD 20755 (Free shuttle service from John E. Smathers USAR Center, 20 ½ street, Fort Meade, MD 20755)

Registration: Not Required

Date/Time: 17 September, 1000-1400

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 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 (4 September)

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 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, 1730-1900 (19 September)

TRICARE ECHO - Join EFMP and learn the ins and outs of Tricare Extended Care Health Option (ECHO). ECHO provides financial assistance to beneficiaries with special needs for an integrated set of services and supplies. Learn to see how your Family members can benefit from one of the many Tricare Special Needs Programs - Extended Care Health Option; ECHO Home Health Care and ECHO respite care; and coverage for beneficiaries with autism spectrum disorder under the TRICARE Comprehensive Autism Care Demonstration.

Location: Virtual, Via MS Teams

Date/Time: 16 September, 1000-1100

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.

Thrift Savings Plan

Date/Time: First Thursday of every month, 1200-1300 (4 September)

Budgeting

Date/Time: Second Thursday of every month, 1200-1300 (11 September)

Setting Financial Goals

Date/Time: Third Thursday of every month, 1200-1300 (18 September)

Planning for Financial Emergencies

Date/Time: Fourth Thursday of every month, 1200-1300 (25 September)

New Child

Date/Time: 02 September, 0900-1000

Vesting in the TSP

Date/Time: 03 September, 0900-1100

Disabling Condition

Date/Time: 09 September, 0900-1000

Divorce

Date/Time: 16 September, 0900-1000

Marriage

Date/Time: 23 September, 0900-1000

FORT MEADE NEWCOMER & FAMILY PROGRAMS
RELOCATION ASSISTANCE PROGRAM

Registration: Please call 301-677-4108/5590

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

Location (Tentative): Smallwood Hall - 4650 Williams Rd, Fort George G. Meade, MD
– Verify Location on My Army Post APP or by calling 301-677-4107

Registration: Not Required

Eligibility: Army personnel only (not open to other service branches)

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

Dates/Times: 0800-1600 Every Tuesday (2, 9, 16, 23, 30 September)

Pre-departure (ARMY) 2025

Location: Military Personnel Office (ID Card Building) 4550 Parade Field Ln, Fort Meade, MD 20755

Date/Time: 0900-1500 First and Third Wednesday of every month (3, 17 September)

Sponsorship Training

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

Registration: 301-677-4107/5590

Dates/Times: Available Upon Request

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

Location: Hybrid (in-person or Microsoft Teams)

Registration: 301-677-4107/5590

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

Registration: 301-677-4107/5590

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: Army Community Service Building (830 Chisholm Ave, Fort Meade, MD 20755) & Microsoft Teams

Registration: 301-677-4107/5590

Dates/Times: Available Upon Request

US Citizenship Seminar – Open to all Service Members, Retirees, DoD Civilians, and their Family members! U.S. Citizenship and Immigration Service Baltimore Field Office will be hosting the event, providing updates and answering questions about the new designs improving security of Permanent Resident Cards (Green Cards).

Location: Army Community Service Building (830 Chisholm Ave, Fort Meade, MD 20755)

Registration: Not Required

Dates/Times: 04 September, 1600-1800

ARMY VOLUNTEER CORPS

Registration: Please call 301-677-7571/5590

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

Registration: Required 301-677-7571/5590

Date/Time: First Monday of every month, 0900-1000 (8 September)

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 format: in-person location is at the Army Community Service building (830 Chisholm Ave. Fort Meade, MD 20755), and offered virtually via Microsoft Teams.

Registration: Required 301-677-7571/5590

Date/Time: Available Upon Request