

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, (7, 14, 21, 28 July), Wednesday (2, 9, 16, 23, 30 July) and Friday (11, 18, 25 July) 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 (7, 14, 21, 28 July)

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 (1, 8, 15, 22, 29 July)

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 (1, 8, 15, 22, 29 July)

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

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 (3, 10, 17, 24, 31 July)

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 (3 July)

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 (10 July)

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: Fourth Friday of every month, 0900-1300 (25 July)

5 Love Languages of Teens – Interactive workshop to provide skills to parents to strengthen relationships with their teens by effectively speaking the love languages they understand.

Registration required. 301.677.4118

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

Date/Time: 17 July, 1300-1500

Mobilization and Deployment

Registration: Required 301-677-4110/5590

Pre-Deployment Brief

Location: 830 Chisholm Ave. Fort Meade, MD 20755

Registration: Required 301-677-4110/5590

Date/Time: Available Upon Request

Soldier and Family Readiness (SFRG) Information Session - Soldier and Family Readiness Groups (SFRG) are command-sponsored programs; helping to build strong Families and bridge the gap between Families and units.

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: 22 July, 0900-1030 & Available Upon Request

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 301-677-5590/7571

Date/Time: First Monday of every month, 0900-1000 (7 July)

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

Registration required. (301)-677-5662/5590

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. Join us for EFMP Sensory Playgroup Craft time. Make your own Calming Sensory Bottle! Materials will be provided. Bring your own bottle if you prefer. Location: Potomac Place 4998 Shea St., Fort Meade, MD 20755

Date/Time: 10 July 1000-1130

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 (18 July)

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 (3 July)

Budgeting

Date/Time: Second Thursday of every month, 1200-1300 (10 July)

Setting Financial Goals

Date/Time: Third Thursday of every month, 1200-1300 (17 July)

Planning for Financial Emergencies

Date/Time: Fourth Thursday of every month, 1200-1300 (24 July)

Vesting in TSP

Date/Time: 08 July, 0900-1000

New Child

Date/Time: 09 July, 0900-1000

Taking Control of Your Finances: Managing Credit and Debt

Date/Time: 15 July, 0900-1100

PCS

Date/Time: 22 July, 0900-1000

Car Buying Strategies

Date/Time: 29 July, 0900-1100

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: 4550 Parade Field Lane, Room 201

Registration: Please call 301-677-4107/5590

Dates/Times: Every Tuesday, 0800-1500 (Arrive by 0745)

Pre-departure (ARMY) 2025

Location: Military Personnel Office (ID Card Building) 4500 Parade Field Ln, Fort Meade, MD 20755

Date/Time: 0900-1500 (2, 16 July)

Sponsorship Training

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

Registration: 301-677-4107/5590

Dates/Times: 30 July, Available Upon Request

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

Location: Hybrid/in Person or TEAMS

Registration: 301-677-4107/5590

Dates/Times: Available Upon Request

Spousal Orientation

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

Registration: 301-677-4107/5590

Dates/Times: Available Upon Request

Hearts Apart

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: 301-677-4107/5590

Dates/Times: Available Upon Request

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.

Location: Hybrid/in Person or TEAMS

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

Date/Time: 27 July, 0900-1200

Federal Employment Overview – An overview of Federal Employment.

Location: Virtual, Via MS Teams

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

Date/Time: Available Upon Request

Cleared Only Job Fair – Open to job seekers holding and active DOD clearance.

Location: 6600 Mapes Rd. Fort Meade, MD 20755

Registration: No registration Required

Date/Time: 16 July 1400-1800