

Family Advocacy Program Groups and Workshops

2462 85th Medical Battalion Avenue
Fort George G Meade, MD 20755
301-677-4118

NEW PARENT SUPPORT PROGRAM

Baby Boot Camp

A comprehensive educational program designed to support parents in understanding the various stages of pregnancy, infant care, safety, nutrition, and the importance of building attachment to foster their babies' growth and development.

Every: 4th Friday of the month from 9:00am – 1:00pm

Location: 2462 85th Medical Battalion Avenue

Via: In-group face-to-face sessions.

Please call to register for each session

Breastfeeding & 4th Trimester Class

For all parents with babies 0-1 year old. To facilitate interaction, provide encouragement, and offer support on a range of topics related to postpartum care and breastfeeding.

Every: 1st Thursday at 9:30am -11:00 am

From January to October

Location: 2462 85th Medical Battalion Avenue

Via: In-group face-to-face sessions.

***Please call to register for each session ***

PARENTING CLASSES & SUPPORT GROUPS

Calling All Dads:

A four-week session group that presents a forum 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 communication skills.

Every: Mondays at 12:00-1:30pm

Location: Family Advocacy Program

Via: Teams 365

Co-Parenting Communication

A four-week co-parenting communication class to provide tools and resources to help families and couples with coping skills to enhance communication and resolve conflicts.

Every: Tuesdays at 1:00pm-3:00pm

Location: Family Advocacy Program.

Via: Virtual Teams 365

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.

Every: Wednesdays at 1:00pm–3:00pm

Location: Family the Advocacy Program.

Via: Teams 365

Single Parent Support Group:

Weekly group that provides single parents with a forum to discuss concerns, gain support and enhance single parenting for mothers and fathers.

Every: Thursdays of the month at 11:00am.

Location: Family Advocacy Program

Via: Virtual Teams 365

COMMUNICATION CLASSES

Internet Safety:

An educational workshop that creates awareness to parents and children on the safety and dangers of online use.

Every: Quarterly (Oct, Jan, April, July) * on Tuesdays at 2:30pm- 3:30pm.

Location: Family Advocacy Program

Via: Virtual Teams 365.

5 Love Languages of Couples

Interactive workshop to provide couples with communication tools to learn their love language.

**Every: 3rd Thursdays (Jan, June, and Oct)
at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Virtual Teams 365

5 Love Languages of Children

Interactive workshop to teach parents how to identify and apply their child's primary love languages to understand their needs.

**Every: 3rd Thursdays (Apr, Sept, and Dec)
at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Virtual Teams 365

5 Love Languages of Singles

A communication enhancement workshop that teaches singles and single parents how to self-love and connect with family, friends and others.

**Every: 3rd Thursdays (March and Aug)
at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Virtual Teams 365

5 Love Languages of Teens

An interactive workshop that provides skills to parents to strengthen relationships with their teens by effectively speaking the love languages that they understand.

Every: 3rd Thursdays (Feb and July) at 1:00pm-3:00pm

Location: Virtual Teams 365

5 Languages of Apology

A communication workshop that enables couples to better communicate their remorse and resolve conflict in a positive and healthy way

Every: 3rd Thursdays (May and Nov) at 1:00pm-3:00pm.

Location: Virtual Teams 365

PLAYGROUPS

A-Z Come Play with Me

Interactive activities designed to assist parents in learning developmentally appropriate play techniques to help children between 18 months and – 5 years to improve their social, cognitive and motor skills.

Every: Monday, Wednesday & Friday 9:00 – 10:30am

Location: Family Advocacy Program
2462 85th Medical Battalion Avenue

Romp N' Stomp

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

Every: Tuesday at 9:00-11:00am.

Location: Sac II – 909 Ernie Pyle Street Fort Meade (Winter time-November-June).

Burba Park Lake Summer time-(June-October)

VICTIM ADVOCACY PROGRAM

Women's Empowerment Group

A support group for women survivors of domestic violence, aiming to provide empowerment for women through psychoeducation.

Every: 2nd Thursday of the month at 11:00am-1:00pm.

Location: Family Advocacy Program
2462 85th Medical Battalion Avenue

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