

# Family Advocacy Program Groups and Workshops

2462 85<sup>th</sup> 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 attachments to foster their babies' growth and development.

**Every: 4<sup>th</sup> Friday of the month from 9:00am – 1:00pm**

Location: 2462 85<sup>th</sup> Medical Battalion Avenue

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

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

### **Breastfeeding & 4<sup>th</sup> 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: 1<sup>st</sup> Thursday from 9:30am -11:00 am**

**From January to October**

Location: 2462 85<sup>th</sup> 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 from 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 from 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 from 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 from 1:00pm- 2:30pm.**

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: 3<sup>rd</sup> Thursdays (Jan, June, and Oct)  
from 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: 3<sup>rd</sup> Thursdays (Apr, Sept, and Dec)  
from 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: 3<sup>rd</sup> Thursdays (March and Aug)  
from 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: 3<sup>rd</sup> Thursdays (Feb and July)  
from 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: 3<sup>rd</sup> Thursdays (May and Nov)  
from 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 0-5 years old to improve their social, cognitive and motor skills.

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

Location: Family Advocacy Program  
2462 85<sup>th</sup> Medical Battalion Avenue

### **Romp N' Stomp**

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

**Every: Tuesday from 9:00-11:00am.**

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

Burba Park Lake Summertime-(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: 2<sup>nd</sup> Thursday of the month  
from 11:00am-1:00pm.**

Location: Family Advocacy Program  
2462 85<sup>th</sup> Medical Battalion Avenue



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