

# 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: 3<sup>rd</sup> Friday of the month from 9:00am-1:00pm**

**From January to December**

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 December**

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

**(Registration Required)**

### **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: Hybrid: In-person or virtually via Microsoft Teams

Location: Family Advocacy Program

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

Via: Hybrid: In-person or virtually via Microsoft Teams

### **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: Virtually via Microsoft Teams

### **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 Advocacy Program

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

Via: Hybrid: In-person or virtually via Microsoft Teams

### **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

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

Via: Hybrid: In-person or virtually via Microsoft Teams

## COMMUNICATION CLASSES

**(No Registration Required)**

### **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**

Via: Virtually via Microsoft 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  
2462 85<sup>th</sup> Medical Battalion Avenue

Via: Hybrid: In-person or virtually via Microsoft Teams

### **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  
2462 85<sup>th</sup> Medical Battalion Avenue

Via: Hybrid: In-person or virtually via Microsoft Teams

### **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  
2462 85<sup>th</sup> Medical Battalion Avenue

Via: Hybrid: In-person or virtually via Microsoft Teams

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

Via: Hybrid: In-person or virtually via Microsoft Teams

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

Via: Hybrid: In-person or virtually via Microsoft Teams

## **PLAYGROUPS**

**(No Registration Required)**

### **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-September-June).

Potomac Place Neighborhood Center – 4998 2nd Corps  
Blvd Fort Meade (June 23-Aug 18, 2026)

## **VICTIM ADVOCACY PROGRAM**

**\*Registration Required**

### **Empowerment & Communication Group**

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.

**Every: 2<sup>nd</sup> Thursday of the month  
from 11:00am-1:00pm**

Location: Army Community Services (ACS)  
830 Chisholm Ave, Fort George Meade

### **Couples Communication**

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.

**Every: 4th Thursday of the month  
from 3:00pm-4:00pm**

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

Via: In-person

meade.armymwr.com

