

Fort Meade Family Advocacy Program **MARCH NEWSLETTER**

Welcome Military Families

As we welcome the month of March, the Family Advocacy Program (FAP) remains committed to supporting the well-being of our military families. With spring on the horizon, this is a great time to focus on renewal, resilience, and strengthening our connections.

This month, we are highlighting resources to promote healthy relationships, stress management techniques, and workshops designed to empower families and individuals. Whether you're looking for parenting support, relationship enrichment, or assistance navigating challenges, FAP is here for you.

Stay tuned for upcoming events, valuable tips, and ways to stay engaged with the Fort Meade community. Let's march forward together!



Military Anniversaries & Observances

National Nutrition Month
March 3rd Navy Reserve Birthday
March 8th Daylight Savings Begins
March 13th K-9 Veterans Day
March 17th St. Patrick's Day
March 20th First Day of Spring
March 25th Medal of Honor Day
March 29th National Vietnam War Veterans Day



St. Patrick's Day

Wear Green

on



Spring Begins on March 20th

Spring is a season of renewal, bringing longer days, blooming flowers, and fresh opportunities for families to grow and connect. As we set our clocks forward for daylight savings time and refresh our homes with spring cleaning, let's also take time to strengthen family bonds. Let's embrace the season of new beginnings together and create new memories.





UPCOMING EVENTS: MARK YOUR CALENDARS!

*ALL PROGRAMS ARE OPENT TO ACTIVE DUTY, FAMILY MEMEBERS, RETIREES, DOD CIVILIANS AND CONTRACTORS.

PLAYGROUPS

EVENT: A-Z COME PLAY WITH ME

DATE: MONDAYS, WEDNESDAYS, & FRIDAYS
TIME: 9:00AM-10:30AM
PLACE: FAMILY ADVOCACY CENTER-
2462 85TH MEDICAL BATTALION AVE.
FORT MEADE, MD 20755
NO REGISTRATION REQUIRED, CALL FOR
MORE INFORMATION 301-677-4118.

INTERACTIVE ACTIVITIES DESIGNED TO ASSIST PARENTS IN LEARNING DEVELOPMENTALLY APPROPRIATE PLAY TECHNIQUES TO HELP CHILDREN BETWEEN 6 MONTHS - 5 YEARS IMPROVE THEIR SOCIAL, COGNITIVE, AND MOTOR SKILLS.



EVENT: SENSORY PLAYGROUP

(*OPEN TO EFMP ENROLLED CHILDREN AND THEIR FAMILIES)

DATE: FIRST THURSDAY OF EVERY MONTH
TIME: 10:00AM-11:30AM
PLACE: (INDOORS) FAMILY ADVOCACY CENTER: 2462 85TH MEDICAL BATTALION AVE. FORT MEADE, MD 20755
NO REGISTRATION IS REQUIRED.

A PLAYGROUP FOR EFMP ENROLLED CHILDREN TO ENJOY SENSORY STIMULATING ACTIVITIES, CONNECT WITH OTHER FAMILIES IN THE COMMUNITY, AND LEARN ABOUT AVAILABLE RESOURCES.



EVENT: ROMP N STOMP

DATE: TUESDAYS TIME: 9:00 AM -11:00 AM
PLACE: (INSIDE SEPTEMBER-MAY) SAC II 909 ERNIE PYLE ST. FORT MEADE, MD 20755

(OUTSIDE JUNE-AUGUST) BURBA LAKE PARK PLAYGROUND: 4407 LLEWELLYN AVE. FORT MEADE, MD 20755
NO REGISTRATION REQUIRED, CALL FOR MORE INFORMATION 301-677-4118.

A PLAYGROUP THAT PROVIDES INTERACTION, EDUCATION AND SOCIALIZATION FOR PARENTS AND CHILDREN AGES 0-5 YEARS.



FORT MEADE FAMILY ADVOCACY PROGRAM PARENT SUPPORT PROGRAM

PROGRAM WORKSHOPS To register for our classes call our office at (301) 677-4118

Event: Calling All Dads

Date: Mondays (4-week series)

Time: 12:00pm - 1:30pm

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

A four-week workshop 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 building communication skills.



Event: Co-Parenting Communication

Date: Tuesdays (4-week series)

Time: 1:00pm - 3:00 pm

Place: Virtually via Microsoft Teams

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



Event: Positive Parenting

Date: Wednesdays (4-week series)

Time: 1:00pm - 3:00 pm

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

A four-week workshop session that will teach various discipline techniques in a way that builds a child's self-esteem and supports a mutually respectful parent-child relationship.

Event: Single Parent Support Group

Date: Thursdays of the month

Time: 11:00am - 12:00 pm

Place: Virtually via Microsoft Teams

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

Event: 5 Love Languages Series

(Couples, Children, Apology, Teen, Singles)

Date: 3rd Thursday of the Month

(each workshop offered every quarter)

Time: 1:00 pm-3:00 pm

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

Educational workshop that enhances relationships for couples, children, singles, teens and the Languages of Apology. Understanding the love languages can benefit all of us as well as our relationships with friends and families.





DOMESTIC ABUSE VICTIM ADVOCATE

EVENT: EMPOWERMENT & COMMUNICATION GROUP



Date: 2nd Thursday of the month

Time: 11:00 am - 1:00 pm

Place: Army Community Services (ACS)
830 Chisolm Ave Fort Meade, MD 20755

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.

EVENT: COUPLES COMMUNICATION WORKSHOP

Date: 4th Thursday of the month

Time: 3:00pm-4:00pm

Place: Family Advocacy Program (FAP)
2462 85th Medical Battalion Avenue,
Fort Meade MD 20755

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.

Call the FAP office for more information or to register

Contact the Domestic Abuse Victim
Advocates (DAVA) located at the
Family Advocacy Program (FAP) at
301-677-4118 or
the 24-hour hotline at 240-688-6918

EVENT: BABY BOOTCAMP

Date: 3rd Friday of the month
January to December from 9:00 am - 1:00 pm
Place: Family Advocacy Center:
2462 85th Medical Battalion Avenue,
Fort Meade MD 20755

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.

***REGISTRATION REQUIRED**

EVENT: BREASTFEEDING & 4TH TRIMESTER DATE

Date: 1st Thursday of the month.
January to December from 9:00 am - 11:00 am
Place: Family Advocacy Center: 2462 85th Medical
Battalion Avenue, Fort Meade MD 20755

For all parents with babies 0-1 year old. To interact, encourage, and discuss various topics related to postpartum and breastfeeding.

***REGISTRATION REQUIRED**

NEW PARENT SUPPORT PROGRAM





EVENTS IN OUR *community*

March 3rd, 10th, 17th, 24th, 31st 0830: Newcomers Orientation
(Facilitated by ACS in person at Smallwood Hall)

March 5th, 1000: EFMP Sensory Playgroup
at SAC II

March 5th, 12th, 19th, 26th, 1600: Wing Night at
the Bowling Center Lounge

March 10th, 0900: Tax Preparation Strategies
(Facilitated by ACS)

March 12th, 1100: Empowerment &
Communication Group at ACS

March 17th, 1000: Federal Employment & Resume
Writing (Facilitated by ACS virtually)

March 18th, 1000: Job Fair at Club Meade
(No registration required)

March 19th, 1300: 5 Love Languages of Singles
(Facilitated by FAP virtually)

March 20th, 0900: Baby Boot Camp at FAP
(registration required)

March 20th, 1730: EFMP Family Bowling Night
at The Lanes Fort Meade

March 26, 1500: Couples Communication at FAP
center
(Facilitated by FAP in person--registration
required)





STAFF DIRECTORY

FAP MANAGER
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CHEROD JONES
VALINDA THOMASON
DAVA HELPLINE: (240) 688-6918
CONTACT FAP AT 301-677-4118

OR

VISIT US AT:
FAP OFFICE: 2462 85TH MEDICAL BATTALION AVE
ACS: 830 CHISHOLM AVE

