

### **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 85<sup>th</sup> Medical Battalion Ave., Fort Meade, MD.

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.

**No registration required!**

**Date/Time: Every Monday, (5, 12, 19, 26 May), Wednesday (7, 14, 21, 28 May) and Friday (2, 9, 16, 23, 30 May) 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 (5, 12, 19, 26 May)**

**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: 909 Ernie Pyle Road, Fort Meade, MD.

**Date/Time: Every Tuesday, 0900-1100 (6, 13, 20, 27 May)**

**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 (6,13, 20, 27 May)**

**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, 1300-1500 (7, 14, 21, 28 May)**

**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 (1, 8, 15, 22, 29 May)**

**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 (1 May)**

**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 (8 May)**

**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 85<sup>th</sup> Medical Battalion Ave, Fort Meade

**Date/Time: Fourth Friday of every month, 0900-1300 (23 May)**

**The Five Apology Languages** - A communication workshop that enables couples to better communicate their remorse and resolve conflict in a positive and healthy way. Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors. Registration required. 301.677.4118  
Location: Family Advocacy Center 2462 85<sup>th</sup> Medical Battalion Ave, Fort Meade  
**Date/Time: 15 May, 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: By Apt Only**

**Soldier and Family Readiness (SFRG) Training** - 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: 15 May, 1000-1200**

**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 (5 May)**

**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: By Apt Only**

**EXCEPTIONAL FAMILY MEMBER PROGRAM**

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

[usarmy.meade.usag.mbx.acs-efmp@army.mil](mailto: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.

Location: SAC II Fort Meade

**Date/Time: First Thursday of every month, 1000-1130 (1 May)**

**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 (16 May)**

**FINANCIAL READINESS PROGRAM**

All events are held virtually via Microsoft Teams. To Register for classes, contact:

[usarmy.meade.usag.mbx.acs@army.mil](mailto: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 (1 May)**

**Pre-Deployment**

**Date/Time: 06 May, 0900-1000**

**Divorce**

**Date/Time: 08 May, 0900-1000**

**Budgeting**

**Date/Time: Second Thursday of every month, 1200-1300 (8 May)**

**Taking Control of Your Finances: Managing Credit and Debt**

**Date/Time: 15 May, 0900-1100**

**Setting Financial Goals**

**Date/Time: Third Thursday of every month, 1200-1300 (15 May)**

**Post-Deployment**

**Date/Time: 22 May, 0900-1000**

**Planning for Financial Emergencies**

**Date/Time: Fourth Thursday of every month, 1200-1300 (22 May)**

**Vesting in TSP**

**Date/Time: 29 May, 0900-1000**

**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: Virtual, Via MS Teams

Registration: Please call 301-677-5590

**Dates/Times: Every other Wednesday, 0830 to 1500 (7, 21 May)**

**Pre-departure (ARMY) 2025**

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

**Date/Time: 07 & 21 May, 0900-1500**

**Sponsorship Training**

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

Registration: 301-677-5590

**Dates/Times: By Apt Only (23 May, 0845-0930)**

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

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

Registration: 301-677-5590

**Dates/Times: By Apt Only**

**Spousal Orientation**

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

Registration: 301-677-5590

**Dates/Times: By Apt Only**

**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: Virtual

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

**Date/Time: 7 & 21 May, 0900-1100**