

FAMILY ADVOCACY PROGRAM

***Registration Required* Please call 301-677-4118**

Open to: Active Duty, Family Members, Retirees, DoD Civilians and Contractors.
2462 85th Medical Battalion Ave., Fort Meade, MD.

 **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. **No registration required!**

 **Location:** Family Advocacy Program Center – 2462 85th Medical Battalion Ave

 **Date/Time:** Every Monday, Wednesday, and Friday from 0900-1030 (March 2, 4, 6, 9, 11, 13, 16, 18, 23, 25, 27, 30)

 **ROMP N STOMP**

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

No registration required!

 **Location:** SAC II – 909 Ernie Pyle Street

 **Date/Time:** March 03, 10, 17, 24 Tuesday, 0900-1100

 **Location:** Family Advocacy Program Center – 2462 85th Medical Battalion Ave

 **Date/Time:** March 31 Tuesday, 0900-1100

 ***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.

 **Location:** Hybrid/in Person or MS Teams

 **Date/Time:** Every Monday, 1200-1330 (March 2, 9, 16, 23)

 *** 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.

 **Location:** Virtual via MS Teams

 **Date/Time:** Every Tuesday, 1300-1500 (March 3, 10, 17, 24)

 *** 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.

 **Location:** Hybrid/in Person or MS Teams

 **Date/Time:** Every Wednesday, 1300-1500 (March 4, 11, 18, 25)

 *** 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.

 **Location:** Hybrid/in Person or MS Teams

 **Date/Time:** Every Thursday, 1100-1200 (March 5, 12, 19, 26)

 *** BREASTFEEDING AND 4TH TRIMESTER SUPPORT GROUP ***

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

 **Location:** Family Advocacy Center 2462 85th Medical BN Ave.

 **Date/Time:** First Thursday of every month, 0930-1100 (March 5)

 *** EMPOWERMENT & COMMUNICATION GROUP ***

A monthly support group for anyone who has experienced or is 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.

 **Location:** Army Community Services 830 Chisholm Ave. Fort Meade

 **Date/Time:** Second Thursday of every month, 1100-1300 (March 12)

 *** 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.

 **Location:** Family Advocacy Center – 2462 85th Medical Battalion Ave, Fort Meade

 **Date/Time:** Third Friday of every month, 0900-1300 (March 20)

 *** COUPLES COMMUNICATION WORKSHOP***

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.

 **Location:** Family Advocacy Program Center – 2462 85th Medical Battalion Ave

 **Date/Time:** Fourth Thursday of every month, 1500-1600 (March 26)

 *** 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.

 **Location:** Virtually via Microsoft Teams or in-person as requested.

 **Date/Time:** 19 March, 1300-1500

MOBILIZATION AND DEPLOYMENT (MODEP)

Registration Required: Please call 301-677-4110/5590

830 Chisholm Ave, Fort Meade, MD 20755

 **Informal Funds Training**

This training is required for all current and incoming SFRG Funds Custodians/Alternates. The training provides an overview of the Army regulations governing the management of SFRG informal funds and fundraising. Training is recommended for SFRG Informal Funds Custodians/Alternates and SFRG Leaders

 **Location:** Army Community Service

 **Date/Time:** First Tuesday of Every Month, 1000-1130

 **SFRG Foundations Training**

Take a close look at the benefits of the Family Readiness Program and the Soldier & Family Readiness Group, the command team's roles and responsibilities and the execution of the Family Readiness Plan.

 Location: Army Community Service

 **Date/Time:** Second Tuesday of Every Month, 1000-1130

PRE-DEPLOYMENT AND FAMILY CARE TEAM TRAINING

Learn about creating or updating essential legal documents, organizing your finances, creating a family care plan and designing a contingency plan in case things change. The resources in this brief can help you and your family prepare, get organized and navigate challenges upon return.

 Location: Army Community Service

 **Date/Time:** Second Monday of Every Month, 1000-1130

Key Contact and Command Family Readiness Representative Training

Training will include how to organize and maintain a communication link between the Soldiers and Family Readiness Group and new Family members of the unit. Guidelines on confidentiality, telephone, e-mail and texting will also be discussed. This is suggested training for SFRG Coordinators and anyone wanting to learn more about SFRG Communication and Outreach structure.

 **Location:** Hybrid/in Person or TEAMS

EMPLOYMENT READINESS PROGRAM

Registration Required: Please call 301-677-7571 or 240-636-5867

Co-hosted with the Fleet & Family Support Center and Army Community Service

This Month Classes will be held at

Fleet and Family Support Center– 306 Sentinel Dr, Annapolis Junction, MD 20701

Resume Writing Workshop –

Date/Time: 03 March, 0900-1200

Job Fair Strategies –

Date/Time: 10 March, 0900-1100

Career Exploration –

Date/Time: 20 March, 0300-1300

Interviewing Skills –

Date/Time: 24 March, 0900-1130

EXCEPTIONAL FAMILY MEMBER PROGRAM

Registration required: Please call (301)-677-5662/5590

usarmy.meade.usag.mbx.acs-efmp@army.mil

SENSORY PLAYGROUP

A playgroup exclusive to children enrolled in the Exceptional Family Members Program that provides sensory-stimulating activities and provides 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:** Family Advocacy Center – 2462 85th Medical Battalion Ave

 **Date/Time:** First Thursday of every month, 1000-1130

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 ramps, bumpers and lightweight balls are available on request.

Free game with \$2 shoe rental.

 **Location:** The Lanes Fort Meade - 2788 MacArthur Rd., Fort Meade, MD

 **Date/Time:** Third Friday of every month, 1730-1900

FINANCIAL READINESS PROGRAM

All events are held virtually via Microsoft Teams.

To Register for classes, contact: usarmy.meade.usag.mbx.acs@army.mil

Please include your name, class name, date and time in your email.

Lunch and Learn Thursdays

Join us during lunch to discuss topics related to financial readiness.

 **Date/Time:** Every Thursday 1200-1300

Thrift Savings Plan (05 March)

Budgeting (12 March)

Setting Financial Goals (19 March)

Planning for Financial Emergencies (26 March)

Milestone (Touch Point) Training

Vesting in TSP Date/Time: 03 March, 0900-1000

PCS Date/Time: 04 March, 0900-1100

Financial Classes

Gambling Awareness

Learn staggering statistics, Military directives, and signs of compulsive/pathological gambling.

Date/Time: 17 March, 0900-1100

Tax Strategies

Learn the basics of Federal Income Tax, filing requirements, verifying your income tax withholding, and no-cost tax resources for service members.

Date/Time: 10 March, 0900-1100

Rights as a Military Consumers

Avoid getting ripped-off, avoid frauds, scams, predatory lending and identify theft.

Date/Time: 24 March, 0900-1100

RELOCATION ASSISTANCE PROGRAM

Registration Required: Please call 301-677-4108/5590
Army Community Service - 830 Chisholm Ave. Fort Meade, MD

 **Army Newcomers Orientation**

This in-person orientation welcomes newly arrived Army service members and their spouses to Fort Meade. What to bring: Patience for a full day! Wi-Fi is available, but connectivity may be limited. Registration Not Required.

 **Location:** Smallwood Hall, 4650 Williams Rd, Fort Meade, MD
Dates & Times: Every Tuesday, 0800-1600

 **Pre-departure – PCS OCONUS/OCNUS (ARMY) 2026**

 **Location:** In-Person or TEAMS Army Community Service - 830 Chisholm Ave. Fort Meade, MD

 **Date/Time:** By appointment Only

Relocation Classes and Groups *All Classes are available Virtually*

 **Sponsorship Training**

 Location: Army Community Service - 830 Chisholm Ave. Fort Meade, MD

 **Dates & Times:** Thursday, March 26

 **Multicultural Classes and Services 2026 - Japan, Germany, South Korea**

 Location: In-Person or TEAMS Army Community Service - 830 Chisholm Ave. Fort Meade, MD

 **Dates & Times:** By appointment Only

 **Spouses Brief**

 Location: Army Community Service- 830 Chisholm Ave. Fort Meade, MD

 **Dates & Times:** By appointment Only

ARMY VOLUNTEER CORPS

Registration Required: 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 on TEAMS

 **Dates & Times:** Available Upon Request

 **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: Virtual on TEAMS

 **Dates & Times:** Available Upon Request