

# LIFE **YOU**NIVERSITY

Army Community Service | Family Advocacy Program | [jbmhh.armymwr.com](http://jbmhh.armymwr.com)

## Child Abuse Prevention Month & Preventing Isolation

Along with flowers, April brings the celebration of child abuse prevention month. As JBMHH celebrates, you are likely to see pinwheel and blue ribbons embracing the trees on the bases. Pinwheels represent the happy childhood that we wish for all children and the blue ribbons represent the 3.2 million reports of abuse each year.

The numbers of children affected by child abuse are staggering; five children die every day from child abuse and one in seven children have experienced some form of abuse in their lifetimes. How do we prevent child abuse? One of the ways to prevent child abuse is through education. One of the core parenting education programs at JBMHH is the New Parent Support Program.

The New Parent Support Program educates new parents with children up to age three (Army) and age five (Marines) on child development, tantrums, positive discipline, newborn care, breastfeeding, postpartum depression, and provides connections to support services as needed. Currently, the JBMHH Home Visitors are visiting virtually and facilitating a virtual Play Morning.

Another way to prevent child abuse is to make our communities aware of child abuse so that they will act ...they will ask more questions and offer help when they see a child in need. It is more important than ever that if you see something, say something. You could save a life.

### Adjusting and Overcoming

It has been over a year since the Pandemic sent waves of panic into our lives. In order to decrease the likelihood of getting Covid-19, we have made many changes – having food and other items delivered, teleworking and virtually learning from our homes, and postponing or even cancelling events such as weddings, graduations and sports games. When we do venture into public spaces, we are wearing masks, sanitizing our hands and staying 6 feet away from others. Our community has discovered ways to adjust and overcome many obstacles during the past year. One adjustment that we have been able to make here at JBM-HH is starting a virtual Play Group.

The JBM-HH New Parent Support Program has been offering the Virtual Play Morning every Thursday since November at 10:00am via the WebEx Platform. And although this group is not the same as the in person Play Groups of the past, we have had success in serving our Military Families - safe at home while providing a much-needed space for new parents and for parents of young children. Our format is short and simple, introductions, singing songs, story time and an intention for the week but our impact has been important to the families.

Danielle, a USARMY Spouse with two young children writes, *"We love how the group gives us a weekly activity to look forward to and the fun songs and story time. Also, I love how it provides us with a sense of community and support."*

Sarah, a USAF Spouse and new Mom sent us this comment:

*"As a new mother of a seven-month-old, I have participated weekly in this playgroup for months. My son absolutely loves it! We spend time singing with the children, reading stories, and learning about developmental stages. Laurie and Diane are absolutely wonderful to work with. They are so kind to both the parents and the children. It has been a great opportunity for me and my son to spend time with other children and other new parents as well. I recommend it, as it is a fun experience to look forward to each week."*

Because being at home, alone with children can feel very isolating, having a group with other parents to meet with can be a life saver in times like these.

(By: Laurie Laszakovits & Diane Waters, Henderson Hall New Parent Support Program)

APR– MAY 2021

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Quality personal and family life skills education for the military community.

Registration information is included with each class description. Most classes are open to all Service members, their Family members, and DoD civilians.



# JBM-HH FAMILY ADVOCACY PROGRAM



PHOTO CREDIT: PIXABAY

**JOINT BASE MYER - HENDERSON HALL**

## Virtual Play Morning

Hosted by the New Parent Support Program.

Join us every Thursday morning for sing-along-songs and story time for preschool children 0-5 years old. Registration is necessary!

**For more information Call:**  
**703-614-7208 or 571-550-9052**


**Every Thursday**  
**Beginning: Nov. 5, 2020**  
**10:00 am - 10:30 am**



**MARINE & Family**

JOINT BASE MYER HENDERSON HALL FAMILY ADVOCACY PROGRAM

# Life YOUiversity




**FAMILY ADVOCACY PROGRAM**

**LIFE ENRICHMENT CLASSES, DOMESTIC VIOLENCE PROGRAM & NEW PARENT SUPPORT**

**703 696-3512**

JOINT BASE MYER-HENDERSON HALL  
ARMY COMMUNITY SERVICE  
jbmhh.armymwr.com



## Family Advocacy Program (FAP)

### Prevention & Education

Topics offered in the Prevention and Education Program include:

- ◆ Couples & parent-child communication skills
- ◆ Effective management of children's behavior
- ◆ Conflict management
- ◆ Management of anger and stress in relationships
- ◆ Life YOUiversity
- ◆ Other related topics by request

Office number (703) 696-3510

## Victim Advocacy Program (VAP)

VAP is a team of trained professional who provide non-clinical advocacy services and support to Soldiers and Family Members. Services provided by the Victim Advocate

Program include:

- ◆ Crisis Intervention
- ◆ Safety Planning
- ◆ Assistance in securing medical treatment
- ◆ Information on victim's rights
- ◆ Court and legal accompaniment
- ◆ Referrals to military and civilian resources
- ◆ Domestic Violence prevention training

**24 Hour Domestic Violence Hotline**  
**(703) 919-1611**



**DOMESTIC VIOLENCE PROGRAM**

**FAMILY ADVOCACY PROGRAM**  
DOMESTIC VIOLENCE HOTLINE  
**703 919-1611**  
JOINT BASE MYER-HENDERSON HALL  
ARMY COMMUNITY SERVICE  
jbmhh.armymwr.com



## New Parent Support Program (NPSP)

NPSP consists of licensed professionals who provide in-home visitations, educational support, information and referrals, and resource assistance to Army Families. Army families expecting a child or with a child up to 0-3 years old are eligible to participate. This is a voluntary program but families may enter through a referral. Services and classes provided by NPSP include:

- ◆ In-home visitations
- ◆ Increase parent's knowledge of child development
- ◆ Encourage social connections within the community
- ◆ Baby Bundles Class
- ◆ Baby Stages Class
- ◆ Play Mornings

Office number (703)  
**696-3510**



**NEW PARENT SUPPORT PROGRAM**

**FAMILY ADVOCACY PROGRAM**  
**703 696-3512**  
JOINT BASE MYER-HENDERSON HALL  
ARMY COMMUNITY SERVICE  
jbmhh.armymwr.com





**MILITARY  
ONE SOURCE**

**MILITARY & FAMILY  
LIFE COUNSELING**

# Video and Telephone Counseling Now Available

**Continue your progress at home so you can keep moving forward**

The Military and Family Life Counseling Program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

## Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

## What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

- Managing stress and changes at home due to COVID-19
- Adjusting to deployment and reintegration
- Preparing to move or adjusting after a move
- Strengthening relationships
- Managing problems at work
- Grieving the death of a loved one or colleague

## Schedule an appointment with a Military and Family Life Counselor:

Your point of contact:

**Bet Ramsey**

Phone number:

**(571) 733-0251**

**Call Military OneSource anytime, 24/7 at 800-342-9647  
or visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil).**



## PARENTING CLASSES & EVENTS

### JOINT BASE MYER- HENDERSON HALL

Event: Play Morning

Date: Thursdays, 1, 8, 15, 22 & 29 April

Time: 10:00 am – 10:30 am

Place: Virtual via Webex

Call for more information or to register: 703 614-7204  
or 571-550-9052

Description: Join the New Parent Support Program every Thursday morning for Songs and Story Time. For children 0-5 years old.

Event: Play Morning

Date: Thursdays 6, 13, 20 & 27 May

Time: 10:00 am – 10:30 am

Place: Virtual via Webex

Call for more information or to register: 703 614-7204  
or 571-550-9052

Description: Join the New Parent Support Program every Thursday morning for Songs and Story Time. For children 0-5 years old.

Event: Baby Boot Camp

Date: Friday, 23 April

Time: 9:00 am – 11:30 am

Place: Virtually via Adobe Connect

Call for more information or to register: 703 614-7204

Description: Baby Boot Camp is a 2 hour class designed to teach parents the information they will need for the first few weeks after birth. The class covers such topics as: diapering, bottle and breast feeding, how to soothe a fussy infant, safe sleep, and when to call the doctor. It is recommended you take the class in the 3<sup>rd</sup> trimester of pregnancy.

Event: Baby Boot Camp

Date: Wednesday, 21 May

Time: 9:00 am – 11:30 am

Place: Virtually via Adobe connect

Call for more information or to register: 703 614-7204

Description: Baby Boot Camp is a 2 hour class designed to teach parents the information they will

need for the first few weeks after birth. The class covers such topics as: diapering, bottle and breast feeding, how to soothe a fussy infant, safe sleep, and when to call the doctor. It is recommended you take the class in the 3<sup>rd</sup> trimester of pregnancy.

Event: Cooperative Parenting and Divorce

Date: Monday, 12 April

Time: 12 noon – 4:00 pm

Place: Building #12 Conference Room

Call for more information or to register: 703 614-7208

Description: Cooperative Parenting and Divorce Class is a class that fulfills the most common requirements for a parent education class prior to granting custody or visitation orders. Parents will learn ways to control impulses, communicate **effectively and resolve conflict to keep the children's** wellbeing in focus.

Event: 123 Magic (2 Sessions)

Date: Thursdays, 8 & 15 April

Time: 11:00 am- 1:00 pm

Place: Virtual Platform

Email for more information or to register:

donna.m.frye2.ctr@mail.mil

Description: The 1-2-3 Magic Parenting Program is the #1 selling child discipline program in the United States. Our parenting tips and resources help parents raise well behaved.

Event: Positive Discipline: Positive Parenting  
(\*\*\*\*with Special Guest Presenter\*\*\*\*)

Date: Wednesday, 21 April

Time: 11:00 am – 1:00 pm

Where: Virtual Platform (Microsoft Teams)

Contact for more information or to register:

donna.m.frye2.ctr@mail.mil

Join special guest, Michelle Walker, LCSW, RPT, and learn how to parent the Positive Discipline way. Positive Discipline is about learning how to set healthy boundaries while fostering the parent-child relationship in order to nurture compassionate, responsible, and capable children. You will leave with 25 practical ways to connect with your child

## PARENTING CLASSES & EVENTS

through positive discipline and change the relationship with your child.

### JOINT BASE ANDREWS

Event: Parenting Of Teens

Date: Tuesdays, 13, 20, 27 April

Time: 10:00 am -1:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered  
Call for more information or to register: 240-857-9680

Description: Learn how to increase cooperation, provide clear guidance, and increase your insight into teen/tween issues, to include improving their confidence, school grades and self-esteem and reduce risky behaviors.

Event: Blended Families

Date: Fridays, 9, 16, 23 April

Time: 10:00 am -12:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered  
Call for more information or to register: 240-857-9680

Description: Step-parents face a unique set of challenges. First, and foremost, they must master the parenting skills necessary to raise successful children in any family configuration. This class will help parents of step-families address the special needs and circumstances that emerge when a step-family forms, such as: loss and grief, blending cultures and histories, setting limits, and establishing new relationships.

Event: Co-Parenting & Divorce

Date: Fridays, 7, 14, 21 May

Time: 1:00 pm - 3:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered  
Call for more information or to register: 240-857-9680

Description: Learn how to shift to a child focus - cooperation over conflict, allow child to love both parents, let go of past relationship, manage anger.

Event: Parenting of Love and Logic

Date: Mondays, 3, 10, 17, 24 May

Time: 9:30 am -12:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered  
Call for more information or to register: 240-857-9680

Description: Provides simple and practical techniques to help parents raise responsible kids, have more fun while parenting, and easily and immediately change their children's behavior.

Event: **DAD's 101**

Date: Tuesdays, 18, 25 May

Time: 8:00 am -10:00 am

Place: All classes will be held on virtual platform, information will be provided once registered  
Call for more information or to register: 240-857-9680

Description: A class for new or expectant dads taught by dads. Learn more about pregnancy, labor and delivery, communication with your spouse, caring for an infant, and keeping your baby safe.

### FORT BELVOIR

Event: Virtual Play Morning

Date: Fridays, 9, 23 APR ; 7, 21 MAY

Time: 10:00 am

Place: Microsoft Teams

Call for more information or to register: To register call (571)-231-7028 or email:

[briana.crawford2.ctr@mail.mil](mailto:briana.crawford2.ctr@mail.mil)

Description: Play Mornings allow children to interact virtually through crafts, story time and play while parents network and build support.

### FORT MEADE

Event: A-Z Come Play with Me

Date: Mondays & Fridays

Time: 10:30 am- 11:30 am \*\*



## PARENTING CLASSES & EVENTS

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Space is limited, please call ahead to register. Join us every Monday or Friday for interactive activities designed to assist parents in learning developmentally appropriate play techniques to help children 18mos- 5 years old\* to improve their social, cognitive, and motor skills. Craft bag pick-up available for participants upon request- 8:00am- 10:00am\*\*

Event: **Romp n' Stomp** (activity suspended due to COVID-19, please call for updates)

Date: Tuesdays

Time: 10:00am- 12:00pm

Place: SAC II, 909 Ernie Pyle Rd, USAG, Ft.

Meade (September – June)

Burba Park Boundless Playground, 1-3 Rose St, USAG, Ft. Meade, MD 20755

Call for more information or to register: 301-677-4118

Description: To provide interaction, education, and socialization for children and parents ages 0-5 years old. Provide children the opportunity to build health social skills as well as parallel play.

Event: **Mom's/Dad's (Parents) Support Group**

Date: Thursdays

Time: 10:00 am - 11:00 am

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Children are welcome. For parents with children ages 0- 4 years old. Forum for parents to discuss various topics of interest from

*"A new baby is like the beginning of all things; wonder, hope and a dream of possibilities"*  
-Eda J. Le Shan



**Virtual  
BABY BUNDLES**

*Learn about postpartum expectations, infant care, and how to manage the family budget when a new baby arrives.*

To register, call (571) 231-7028  
or email at  
Briana.crawford2@mail.mil

**2020**  
**DECEMBER 16**  
**2021**  
**FEBRUARY 24**  
**MAY 19**  
**AUGUST 18**  
**OCTOBER 27**

PRESENTED BY THE FORT BELVOIR FAMILY ADVOCACY PROGRAM



**ARMY COMMUNITY SERVICE**  
**ACS**  
Helping Soldiers for Successful Army Living  
**(571) 231-7001**

**ARMY COMMUNITY SERVICE**  
5965 6th St. Bldg. 1263  
Fort Belvoir, VA 22060



**FORT BELVOIR MWR**  
**BELVOIR.ARMYMWR.COM**

sleeping and potty training to ages and stages of development. Mini playgroup included.

Event: Active Parenting of Teens

Date: Wednesdays

Time: 1:00 pm - 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Six-week parenting class providing guidance and support dealing with the challenges of raising tweens/teens, respectful discipline, communication skills, strategies for risky behaviors, and being an encouraging parent.

## PARENTING CLASSES & EVENTS



**ALL IN  
TO END  
CHILD  
ABUSE**

### 5 Ways to Be All In to End Child Abuse

Every adult in the community can play a role in supporting and protecting military children. You don't need to be 100% sure that a child is being abused or neglected to talk with someone. Go all in to end child abuse. Share your concerns with Family Advocacy Program staff, and they can help you determine what to do next.

#### 1. Know the signs

- Sudden changes in behavior or school performance
- Always preparing for something bad to happen
- Frequently lacking adult supervision
- Fading bruises or other marks after an absence from school
- Unexplained burns, bites, bruises, broken bones or black eyes
- Being frightened of a parent or caregiver
- Abusing animals or pets

#### 2. Be a trusted adult

**Let children know they can come to you with any concern and that you will:**

- Listen without judgment
- Believe them
- Help and support them

#### 3. Make the call

**If you witness or suspect child abuse or neglect, do the right thing:**

- Call your [installation's Family Advocacy Program](#).
- Call your local Child Protective Services office.
- Call the [Childhelp National Child Abuse Hotline](#) at 800-422-4453.
- Call 911 or military law enforcement if a child is in immediate danger.

#### Start Prevention Tips Early

*While all adults can make a positive impact in a child's life by following these tips, parents and guardians play an important role in protecting children. Parents and guardians, talk with your children about tips 4 and 5 early and often.*

#### 4. Identify trusted adults

- Talk with your child about specific people they can trust.
- Discuss when your child should talk to a trusted adult.
- Let them know they can go to another trusted adult if the first one doesn't help.

#### 5. Empower your child's voice

- Teach children early about healthy body boundaries
- Tell them to trust their feelings.
- Encourage them to say forcefully, "I don't like that," or "Stop touching me."
- Remind them to leave a situation that makes them uncomfortable.
- Ask them to tell a trusted adult right away if something makes them uncomfortable.
- Talk with them about how to listen to and help their peers.

#### Resources and information

##### Teach your kids healthy body boundaries

<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/teach-your-kids-healthy-boundaries/>

##### Find your installation's Family Advocacy Program

<https://installations.militaryonesource.mil/?looking-for-a=program/program-service=32/focus=program>

##### Review information on child abuse and neglect

<https://www.childhelp.org/hotline/>

##### Support military kids

<https://militarykidsconnect.health.mil/Caring-for-Our-Youth>

<https://militarykidsconnect.health.mil/Feelings/How-to-Talk-to-an-Adult>

**MILITARY  
ONESOURCE**

The Family Advocacy Program supports service members and their families impacted by child abuse and/or neglect through parent education and crisis intervention.



## PARENTING CLASSES & EVENTS

Event: Parenting with a Purpose

Date: Wednesdays

Time: 1:00 pm - 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Six-week parenting class for teaching and demonstrating non-physical discipline techniques, relationship building and nurturing the needs of children of all ages.

### Marine Corps Base Quantico

Event: Co-Parenting Seminar

Date: Friday, 23 April

Time: 9:00 am – 3:00 pm

Place: 2134 Barnett Avenue, Little Hall, MCB Quantico

Call for more information or to register: 703-784-2570

Description: One-day class offered for parents that are divorcing or separating. Workshop is child focused and discusses ages and stages of development; how to develop a co-parenting relationship. This workshop meets the Virginia State Court requirement for child custody. Open to all military, retirees and dependent ID card holders; Registration highly encouraged.

Event: Breast Feeding Basics

Date: Friday, 2 April

Time: 8:30 am -12:30 am

Place: 2034 Barnett Ave. Quantico, VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248; MCCSQuanticoNPSP@usmc.mil

Description: New parents will learn how breastfeed-ing works, when and how much to feed, and so much more. Recommended for the 3rd trimester of pregnancy.

Event: 1-2-3 Magic

Date: Tuesday, 13 April

Time: 3:00 pm – 5:00 pm

Place: 2034 Barnett Ave. Quantico. VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248; MCCSQuanticoNPSP@usmc.mil

Description: This one-day class explores consistent and effective age-appropriate discipline techniques for parents with children ages 2-12 years.

Event: Lunch & Learn: Mealtime Struggles

Date: Thursday, 15 April

Time: 11:30 am– 12:30 pm

Place: Virtual

Call for more information or to register: 703-784-4248; MCCSQuanticoNPSP@usmc.mil

Description: This one day virtual class helps parents manage mealtime battles such as picky eaters.

Event: Baby Boot Camp

Date: Friday, 16 April

Time: 8:00 am – 3:30 pm

Place: 2034 Barnett Ave. Quantico. VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248

Description: In this one-day class, Dad and Mom will learn how to make a smooth transition into parenthood. This is a hands-on interactive experience is for expectant parents to learn about infant growth, development, nutrition, and safety.

Event: Play Morning

Date: Wednesday, 28 April

Time: 9:30 am – 10:30 am

Place: Virtual via Eventbrite

Call for more information or to register: 703-784-4248; MCCSQuantico@NPSP@usmc.mil

Description: Join us for sing-alongs, story time, and a craft for children ages 2 – 5 years.

Event: Lunch & Learn: Bedtime Routines

Date: Thursday, 29 April

Time: 11:30 am – 12:30 pm

## PARENTING CLASSES & EVENTS

Place: Virtual

Call for more information or to register: 703-784-4248; MCCSQuanticoNPSP@usmc.mil

Description: This one day virtual class helps parents establish good bedtime routines and manage bedtime battles for little ones who **don't want to go to sleep or stay in bed.**

Event: Breast Feeding Basics

Date: Friday, 7 May

Time: 8:30 am -12:30 pm

Place: 2034 Barnett Ave. Quantico, VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248; MCCSQuanticoNPSP@usmc.mil

Description: New parents will learn how breast-feeding works, when and how much to feed, and so much more. Recommended for the last trimester of pregnancy.

Event: Baby Boot Camp

Date: Friday, 21 May

Time: 8:00 am – 3:30 pm

Place: 2034 Barnett Ave. Quantico, VA 22134, Little Hall, Lower Level, NPSP Activity Room

Call for more information or to register: 703-784-4248; MCCSQuanticoNPSP@usmc.mil

Description: In this one-day class, Dad and Mom will learn how to make a smooth transition into parenthood. This is a hands-on interactive experience is for expectant parents to learn about infant growth, development, nutrition, and safety.

Event: Play Morning

Date: Wednesday, 26 May

Time: 9:30 am – 10:30 am

Place: Virtual via Eventbrite

Call for more information or to register: 703-784-4248; MCCSQuanticoNPSP@usmc.mil

Description: Join us for sing-alongs, story time, and a craft for children ages 2 – 5 years.

NSAW WASHINGTON NAVY YARD

Event: All In to End Child Abuse

Date: Thursday, 08 April

Time: 10:00 am -11:00 am

Place: Virtually via APAN

Call for more information or to register:

(202) 685-0229 or email ffsc.nsaw.fct@navy.mil

Description: This virtual presentation focuses on child abuse awareness and prevention. Presented by Counseling Advocacy and Prevention clinicians Shoshoni Spence & Aurora Taylor-Fentress.

Event: Parenting in a Pandemic

Date: Thursday, 29 April

Time: 2:00 pm-3:00 pm

Place: Virtually via APAN

Call for more information or to register: (202) 685-0229 or email ffsc.nsaw.fct@navy.mil

Description: This virtual brown bag presentation is designed to help parents interact with their children in a healthy manner during this time of confinement. Presented by Counseling Advocacy and Prevention clinicians Shoshoni Spence & Aurora Taylor-Fentress.





## PARENTING CLASSES & EVENTS

# New Parent Support Program BREASTFEEDING basics 2021

A FREE monthly class taught by Registered Nurses who are Board Certified Lactation Consultants, covering the basics of breastfeeding. Ideal for both expectant parents in the 2<sup>ND</sup> or 3<sup>RD</sup> trimester.



**The first Friday of each month.**

Feb. 5	May 7	Aug. 6	Nov. 5
Mar. 5	Jun. 4	Sep. 3	Dec. 3
Apr. 2	Jul. 9	Oct. 1	

### Class Location

2034 Barnett Avenue, Little Hall, Lower Level  
NPSP Activity Room

### Call to register

703.784.4248 or email: [MCCSQuanticoNPSP@usmc.mil](mailto:MCCSQuanticoNPSP@usmc.mil)



**MCCS**  
QUANTICO



## PARENTING CLASSES & EVENTS



### Positive Discipline: Positive Parenting

**Date:** Wednesday, 21 April

**Time:** 1100-1300

**Where:** Virtual (Microsoft Teams)

**Contact for more information or to register:** [donna.m.frye2.ctr@mail.mil](mailto:donna.m.frye2.ctr@mail.mil)

Join special guest, Michelle Walker, LCSW, RPT, and learn how to parent the *Positive Discipline* way. Positive Discipline is about learning how to set healthy boundaries while fostering the parent-child relationship in order to nurture compassionate, responsible, and capable children. Learn more about what the research is saying about positive discipline and how to implement this effective parenting philosophy in your own home. You will leave with 25 practical ways to connect with your child through positive discipline and change the relationship with your child.

#### Positive Discipline...

1. Helps children feel a sense of connection
2. Is mutually respectful and encouraging
3. Is effective long term
4. Teaches important social and life skills
5. Invites children to discover how capable they are (builds internal self-esteem)

Joint Base Myer - Henderson Hall Family Advocacy Program [jbmhh.armymwr.com](http://jbmhh.armymwr.com)





## PARENTING CLASSES & EVENTS

# NEW PARENT SUPPORT PROGRAM 1-2-3 Magic!

## Who's in Charge at Your House?

*Solutions to challenges of disciplining children ages 2-12*

### PARENTS WILL LEARN:

Explore consistent and effective age-appropriate discipline



**3 PM - 5 PM**

- April 13
- July 13
- October 5

Little Hall, 2034 Barnett Ave.  
Lower Level, NPSP Activity Room

### REGISTRATION REQUIRED.

Call 703-784-4248 to register.  
Be sure to notify us at registration if  
childcare is needed.



"Like" us  
on Facebook  
@QuanticoNPSP



## EXCEPTIONAL FAMILY MEMBER PROGRAM

### EFMP Directory

Joint Base Myer - Henderson Hall

USMC: 703-693-5353

USA: 703-696-0783

Joint Base Andrews

USAF: 301-981-1967

Pentagon (Rm 5c1049)

USAF: 703-697-2790

Joint Base Anacostia — Bolling

USAF: 202-284-4469

Fort Meade

USA: 301-677-68502

Naval Support Activity Washington

questions about the paperwork. Meet other EFMP families. Learn more about EFMP and the resources available to you.

Event: ABLEnow

Date: Thursday, 15 April

Time: 11:30 am – 12:30 pm

Place: Virtual

Call for more information or to register:

<https://www.eventbrite.com/e/ablenow-tickets-142933364541>

Description: ABLEnow is a new way to save, invest and pay for qualified disability expenses. Now eligible individuals can save without endangering certain means-tested benefits critical to their health and well-being. ABLEnow accounts are made possible by the Achieving a Better Life Experience (ABLE) Act which authorized states to establish tax-advantages

### JOINT BASE MYER- HENDERSON HALL

Event: Successful PCS Transitions

Date: Tuesday, 6 April

Time: 11:30 am – 12:30 pm

Place: Virtual

Call for more information or to register:

[efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

Description: Planning is the key to making a smooth transition for your family during a PCS move, especially if you have a family member with special needs. This workshop will step you through the process of creating a timeline checklist, and provide information on useful resources, tips, and organizational tools that will help lessen the stress and anxiety of moving with a family member with special needs.

Event: USMC EFMP Meet & Greet

Date: Wednesday, 14 April

Time: 12:00 pm – 1:00 pm

Place: Virtual

Call for more information or to register: [efmphh@usmc-](mailto:efmphh@usmc-mccs.org)

[mccs.org](mailto:efmphh@usmc-mccs.org)

Description: Meet your Family Case Worker. Ask

Event: Accessing Community Resources & Recreation Inclusion

Date: Tuesday, 20 April

Time: 11:30 am – 12:30 pm

Place: Virtual

Call for more information or to register: [efmphh@usmc-](mailto:efmphh@usmc-mccs.org)

[mccs.org](mailto:efmphh@usmc-mccs.org)

Description: Community resources are the businesses, public service institutions, and charitable organizations that provide assistance and services to local residents. Some organizations may support large groups while others target a smaller more specific group. Come and learn about accessing a wealth of resources available in the National Capital Region and how to find new resources when you PCS to a new location. Also learn what inclusion looks like. Learn the laws regulating inclusion and what recreation opportunities are available for your family member in the area.

Event: Ins and Outs of IEPs

Date: Thursday, 29 April

Time: 7:00 pm

Place: Virtual

Call for more information or to register:

<https://bit.ly/36y/NUap>



# EXCEPTIONAL FAMILY MEMBER PROGRAM

Ask your EFMP Family Support Office about the DD Form 3054, “Exceptional Family Member Program (EFMP) Family Needs Assessment”



## WHAT IS THE DD FORM 3054?



A tool that guides the family needs assessment process by which the EFMP Family Support provider, in partnership with the family, assesses, documents, and prioritizes the unique needs of the family.

The DD Form 3054 supports consistent, enhanced, and continuous EFMP Family Support and has three sections:

01

### FAMILY NEEDS ASSESSMENT

Organizes family information and contains open-ended questions to help the EFMP Family Support provider gain an understanding of a family's needs.

02

### FAMILY SERVICES PLAN

Outlines strengths-based and family-centered goals and strategies to help a family meet goals and objectives, as mandated by the NDAA 2010.

03

### INTER-SERVICES TRANSFER SUMMARY (ISTS)

Documents current needs and goals to enhance a warm hand-off with a gaining sister-Service EFMP Family Support Office to maintain continuity of services.

## WHEN SHOULD THE DD FORM 3054 BE COMPLETED, AND WHO COMPLETES IT?

A family can request a DD Form 3054 when they want more than Information & Referral (I&R) from EFMP Family Support.

The EFMP Family Support provider completes the DD Form 3054 through collaboration with families.

The DD Form 3054 is a living document and can be updated to reflect a family's changing needs.



## WHAT COMES NEXT?



Visit your local installation EFMP Family Support Office to learn more about the DD Form 3054, and how it can help your family!



**Developmental  
Behavioral  
Pediatrics**



**Fort Belvoir  
Community  
Hospital**

Please join us for our

# **Autism Resource Clinic (ARC)**

**Date:** First Thursday of the first full week of each month  
**Check-In:** 7:30 Pediatrics, River, Floor 1, Reception 3  
**Time/Location:** 8:00 AM-noon/location in hospital varies

**Note:** All military parents/guardians of children with Autism Spectrum Disorder are invited to attend the Fort Belvoir Community Hospital Autism Resource Clinic.  
**Call 571.231.1066 to schedule an appointment with ARC.**

ARC is held on the first Thursday of the first full week of each month (time and location may change). There will be a variety of local experts from medical, local schools, military, and the community to provide a plethora of resources for newly diagnosed families, newly relocated families, and families that just need more support. Children are not allowed to attend as this is a resource clinic for parents/guardians only.

For more information please contact:  
 Jennifer Hensley, DNP, CPNP, PMHS  
 Carol Bruch, RN, 571.231.1027

*One Autism Team Caring for Exceptional Military Dependents to Transform Autism Care at Belvoir Hospital!*



01283-02-13-2019

Please call to confirm event is taking place.





## Autism Resource Clinic (ARC) 2020-21

All military parents/guardians of children with Autism Spectrum Disorder are invited to attend the Fort Belvoir Community Hospital Autism Resource Clinic.

Call 571.231.1015 (opt 4) to schedule an appointment with ARC.

ARC IS HELD ON THE FIRST THURSDAY OF THE FIRST FULL WEEK OF EACH MONTH. THERE WILL BE A VARIETY OF LOCAL EXPERTS FROM MEDICAL, LOCAL SCHOOLS, MILITARY, AND THE COMMUNITY TO PROVIDE A PLETHORA OF RESOURCES FOR NEWLY DIAGNOSED FAMILIES, NEWLY RELOCATED FAMILIES, AND FAMILIES SEEKING ADDITIONAL SUPPORT. CHILDREN ARE NOT ALLOWED TO ATTEND AS THIS IS A RESOURCE FOR PARENTS/GUARDIANS ONLY.

DATE	CHECK-IN PEDIATRICS	TIME	LOCATION
November 5, 2020	0745	0800-1200	Library Lecture Hall
December 10, 2020	0745	0800-1200	Library Lecture Hall
January 7, 2021	0745	0800-1200	Library Lecture Hall
February 4, 2021	0745	0800-1200	Library Lecture Hall
March 4, 2021	0745	0800-1200	Library Lecture Hall
April 8, 2021	0745	0800-1200	Library Lecture Hall
May 6, 2021	0745	0800-1200	Library Lecture Hall
June 10, 2021	0745	0800-1200	Library Lecture Hall
July 15, 2021	0745	0800-1200	Library Lecture Hall
Aug 5, 2021	0745	0800-1200	Library Lecture Hall
Sep 16, 2021	0745	0800-1200	Library Lecture Hall
October 7, 2021	0745	0800-1200	Library Lecture Hall
November 4, 2021	0745	0800-1200	Library Lecture Hall
December 9, 2021	0745	0800-1200	Library Lecture Hall

For more information please contact:  
Jennifer Hensley, DNP, CPNP, PMHS  
Carol Bruch, RN, 571.231.1027

*One Autism Team Caring for Exceptional Military Dependents to... Transform Autism Care at Belvoir Hospital!*

## EXCEPTIONAL FAMILY MEMBER PROGRAM

Description: This Presentation will help prepare parents by providing a glimpse into IEP meetings, practical advice on how to participate in meetings and how to have a productive, student-focused meeting. From pre-planning to working together afterward, this presentation will support the building of collaborative relationships and development of parent's advocacy skills while focusing on the needs of the students.

Event: Introduction to EFMP

Date: Tuesday, 4 May

Time: 11:30 am – 12:30 pm

Place: Virtual

Call for more information or to register:

[efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

Description: What is the USMC Exceptional Family Member Program? Who is eligible and what are the benefits and requirements? How do you enroll in the program? This workshop will discuss why the EFMP exists, and how it can help you to support and advocate for your exceptional family member.

Event: USMC EFMP Meet & Greet

Date: Wednesday, 12 May

Time: 12:00 pm – 1:00 pm

Place: Virtual

Call for more information or to register: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

Description: Meet your Family Case Worker. Ask questions about the paperwork. Meet other EFMP families. Learn more about EFMP and the resources available to you.

Event: Respite Care

Date: Tuesday, 18 May

Time: 11:30 am – 12:30 pm

Place: Virtual

Call for more information or to register: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

Description: The Respite Care Reimbursement Program is available to eligible EFMP-enrolled families. This workshop covers the Respite Care Reimbursement Program guidelines, eligibility, and the application process. This is an essential briefing if you will be utilizing this USMC EFMP respite care subsidy program.

# ABLEnow

## THURSDAY, APRIL 15, 2021

### 11:30 AM - 12:30 PM

REGISTRATION: [HTTPS://WWW.EVENTBRITE.COM/E/ABLENOW-TICKETS-142933364541](https://www.eventbrite.com/e/ablenow-tickets-142933364541)

ABLEnow is a new way to save, invest and pay for qualified disability expenses. Now eligible individuals can save without endangering certain means-tested benefits critical to their health and well-being. ABLEnow accounts are made possible by the Achieving a Better Life Experience (ABLE)

Act which authorized states to establish tax-advantaged savings programs for individuals with disabilities and their families.



# Spring EGGSTRAVAGANZA

April 3 • 12–3pm  
Washington Navy Yard  
Free

## EVENT HIGHLIGHTS

Easter Themed Literacy Walk  
Make a reservation for a photo with the Easter Bunny  
Family DIY Easter Egg Hunt Goody Bag

Register by April 1st. Open to Military and DoD Families.  
For more information, please visit [www.navymwrwashington.com/springevent](http://www.navymwrwashington.com/springevent).



## HOME, HEALTH & MARRIAGE ENRICHMENT

### JOINT BASE MYER – HENDERSON HALL

Event: 5 Love Languages

Date: Wednesday, 26 May

Time: 11:00 am- 12:30 pm

Place: Virtual Platform

Email for more information or to register: [donna.m.frye2.ctr@mail.mil](mailto:donna.m.frye2.ctr@mail.mil)

Description: Learn about the 5 Love Languages and **discuss ways to keep your partner's "love tank" full**. Registration required

Event: Community Counseling Program

Date: Open Availability

Time: Monday through Friday 7:30 am - 4:30 pm  
(By appointment only due to COVID 19)

Place: Call the Behavioral Health reception desk at 703-614-7204 or the Community Counselor at 703-697-8746 for more information about services provided by the Community Counseling program or to schedule an appointment.

Description: The Henderson Hall Community Counseling Program provides non-medical counseling services for Active-Duty, Activated Reservists and Retired Service Members and their families. We offer individual, couple, family, child, and group counseling services that include, but are not limited to the following areas: Marital/Relationship Issues, Communication, Stress Management, Anger Management, Reintegration, Adjustment Issues, Parent-Child concerns, Grief and Loss, Deployment Stress, and challenges around Work-life Balance. We will work with you to find solutions designed to meet your specific needs and help you overcome stressors related to the challenges in your life. Please call 703-414-9885 to speak with a Military Family Life Counselor.

### VIRTUAL MFLC CLASS SERIES:

The Henderson Hall Military Family Life Counselor is offering a virtual class via Zoom. Please contact the MFLC at 703-414-9885 to register for the virtual class or to request a class for you, your family or your work sec-



## HOME, HEALTH & MARRIAGE ENRICHMENT

tion. The full list of MFLC classes is available on the Behavioral Health webpage at <http://www.mccshh.com/behavioralhealth.html>.

Event: Coping Strategies for the Uncertainties of Life (Virtual MFLC Class)

Date: Friday, 16 April

Time: 12:00pm

For more information or to register: please call the Henderson Hall MFLC, at 703-414-9885, or the Behavioral Health Branch Manager at 703-693-0643.

### JOINT BASE ANDREWS

Event: Prep 8.0

Date: Friday, 4, 21, 28 May

Time: 1:00 pm - 3:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered

Call for more information or to register: 240-857-9680

Description: Builds on the existing strengths of the couple and adds skills that will help participants create a safer, more stable couple relationship and better environment for their children. This class addresses the vulnerabilities couples face and teaches them how to overcome those obstacles. While couples do a great deal of work and reflection together, an emphasis is placed on the individual, because couples are only as healthy as the individuals that comprise them.

### MARINE CORPS BASE QUANTICO

Event: Century Anger Management

Date: Tuesday, April 6- May 25, 2021

Time: 9:00 am - 11:00 am

Place: Cox Hall, MCB Quantico Call for more information or to register; 703-784-2570

Description; 8 - Session Course on anger management to discussing topics of anger and triggers in situations and how to avoid them.

Event: Within Our Reach

Date: Friday April 16 and Friday May 13

Time: 9:00 am – 4:00 pm

Place: Cox Hall, MCB Quantico Call for more information or to register: 703-784-2570

Description: Within Our Reach helps couples attain relationship success for themselves. Open to all military service members, retirees and dependent ID card holders; Registration highly encouraged.

Event: Within My Reach

Date: Thursday, 13 May

Time: 9:00 am – 4:00 pm

Place: Cox Hall, MCB Quantico Call for more information or to register: 703-784-2570

Description: Within My Reach helps participants attain relationship success for themselves. Curriculum covers 15 topics, which include Knowing Yourself First, Hidden Issues, Your Relationship Vision, Smart Communication, etc. Participants attend this class by themselves (they can be single, engaged or married, but will attend it by themselves). Open to all military service members, retirees and dependent ID card holders; Registration highly encouraged.



## VETERANS RETIREMENT TRANSITION ASSISTANCE

### JOINT BASE ANACOSTIA-BOLLING

Event: Preseparation/Transition Counseling Brief

Date: Tuesdays, 6, 20 April & 4, 18, 25 May

Time: 9:00 am -12:00 noon

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: Mandatory counseling that is provided to eligible Service members to inform members of services, benefits, curriculum, assessments, career readiness standards (CRS) deliverables, and individual transition plan (ITP) during and after their separation, retirement, or release from active duty. Registration is required.

Event: MY Transition Initial Self-Assessment

Date: Wednesdays by Appointment

Time: 8:00 am - 4:00 pm

Place: By Appointment

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: The mandatory Initial Self-Assessment and Individual Transition Plan (ITP) are tools to help reflect your personal circumstances, needs and transition goals, as well as the deliverables needed for you to meet your Track and Career Readiness Standards. You must have an appointment.

Event: MY Transition Capstone Event

Date: Thursdays

Time: You must have an appointment

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: Capstone is the culmination and mandatory component of the Transition Readiness Seminar (TRS) process. Commanders, or commanders' designees, verify that service members have met the Career Readiness Standards (CRS) and have a viable Individual Transition Plan (ITP). You must have an Appointment.

Event: Employment Fundamentals of Career Transition

Date: Wednesday, 7, 21 April 5, 26 May

Time: 8:00 am - 4:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: This course lays the foundation for transition from military to civilian careers by introducing essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process. Registration is required.

Event: MY Transition Employment Track

Date: 8-9 April 22-23 April 6-7 May 27-28 May

Time: 8:00 am - 4:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: This 2-day course presents a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment. Registration is required.

Event: MY Transition, Entrepreneurship Track: Boots-2-Business Workshop

Date: Thursday 15 – Friday 16 April

Time: 8:00 am - 4:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: This course presents a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

Event: Transition Benefits

Date: Mondays, 19 April 24 May

Time: 8:00 am -12:00 noon

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: Briefings on Transition benefits to include Tricare, Survivor Benefits Plan, Navy Mutual Aid Society, and John Hopkins Family Health. Registration is required.

## VETERANS RETIREMENT TRANSITION ASSISTANCE

Event: How to Transition to a Federal Job

Date: Friday, 30 April

Time: 10:00 am -12:00 noon

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: Are you confused about Veterans Preference, the 180-day cool-off period, the General Schedule, how to write a Federal resume, and how to apply on USAJOBS? Do you know what kind of Federal job you want? Do you know the right job series and GS grade for you? If you have more questions than answers, please join us for How To Transition To A Federal Job" webinar.

Event: MY Transition MY Education

Date: Thursday 13 - Friday 14 May

Time: 9:00 am - 4:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: **This training workshop can help identify:** • **Education goals** • **Higher education institutions** • **Education funding and assistance with the admission process.**

Event: MY Transition My Vocational

Date: Wednesday 20 – Thursday 21 May

Time: 9:00 am - 4:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.taporg@us.af.mil](mailto:11FSS.MFRC.taporg@us.af.mil) or 202-284-4473

Description: This training workshop is designed to assist you in: • **Defining technical career goals** • **Identifying required credentials** • **Finding technical training opportunities** • **Utilizing your VA education benefits**

## RELOCATION READINESS

### JOINT BASE ANACOSTIA-BOLLING

Event: Right Start

Date: Tuesdays, 6 & 20 April & 4 & 18 May

Time: 7:30 am - 2:00pm

Place: Bolling Club, 50 Theisen St, SW, Washington, DC 20032

Call this number for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Registration is required. For all new personnel to Joint Base Anacostia-Bolling. Find out about the services, programs, and opportunities available on the installation. You must register.

Event: Sponsor Training

Date: Thursday, 8 April & 13 May

Time: 9:00 am -10:30 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Open to all military branches. Are you a service member/civilian looking to help people transition to a new duty station? This course provides the tools and resources to help you sponsor a newcomer's move. Registration is required.

Event: Smooth Move & Overseas Planning

Date: Monday, 26 April & 24 May

Time: 2:00 pm - 3:30 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Open to all military branches. Getting ready to PCS? Information and resources for making a military move. Whether this your 1st or 10th time moving. This class is a refresher on allowances, moving costs, packing, to-do-lists and information on your next duty station. Registration is required.



## FINANCIAL READINESS

### JOINT BASE MYER – HENDERSON HALL

Event: Saving for your Goals: Saving & Investing

Date: April 7<sup>th</sup>, 15<sup>th</sup> and May 13<sup>th</sup>, 28<sup>th</sup>

Time: 12 noon – 1:30pm

Place: Virtual – Microsoft Teams

Call for more information or to register: Chey-  
anne.N.Pace.civ@mail.mil.

Description: Savings is a skill required to reach almost any financial goal. Register for this virtual training to learn how to save and invest for your goals!

Event: Saving for your Goals: Home Buying

Date: April 22<sup>th</sup>, May 25<sup>th</sup>

Time: 2:00 pm - 3:30 pm

Place: Virtual – Microsoft Teams

Call for more information or to register: Chey-  
anne.N.Pace.civ@mail.mil.

Description: Purchasing a home in the DMV area can be an uphill battle. Join this virtual class and learn how to navigate the home buying process!

Event: Saving for your Goals: Car Buying

Date: April 28<sup>th</sup>, May 12<sup>th</sup>

Time: 1:00 pm - 2:30 pm

Place: Virtual – Microsoft Teams

Call for more information or to register: Chey-  
anne.N.Pace.civ@mail.mil.

Description: Purchasing a vehicle is a large and long term commitment! Learn how to fit the cost of a car into your budget and save on financing, a car note, etc in this virtual class!

### JOINT BASE ANACOSTIA-BOLLING

Event: Retirement Planning

Date: Thursday, 1 April

Time: 8:00 am - 9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: This course is intended for those who are **approaching two years of service, under the U.S. Military's Blended Retirement System (BRS)**. You have unprecedented opportunity and responsibility to determine your future income by the choices they make in their first terms **of service. Upon completing two years' service you become vest in the Thrift Savings Plan (TSP).**

Event: Marriage and Money

Date: Wednesday, 7 April

Time: 8:00 am - 9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Marriage is a course that is intended to provide awareness for married couples and those intending to get married on the importance of effective preparation, communication and collaboration in achieving financial fitness and reaching financial goals. Registration is required.

Event: Car Buying

Date: Wednesday, 7 April Thursday, 22 April Wednesday, 5 May Thursday, 27 May

Time: 9:30 am - 10:30 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Purchasing a vehicle is a large investment that **can have a significant impact on an individual's short-term and long-term financial circumstances**. Because purchasing a car can be a complex process, it is important that buyers understand the specific steps involved in making a wise purchase. Registration is required.

Event: PCS

Date: Thursday, 8 April

Time: 8:00 am - 9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Relocating due to permanent change of station (PCS) orders usually means new opportunities and responsibilities. New horizons can be exciting, but pursuing them can test the resilience of personal and family sys-

## FINANCIAL READINESS

tems, including finances. The government provides relocation allowances, although these may not cover all expenses.

Event: Survivor Benefits Plan, featuring Navy Mutual Aid

Date: Thursday, 8 April

Time: 9:30 am -10:30 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Event: Paying for College

Date: Tuesday, 13 April

Time: 2:00 pm -3:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Paying for College is a course providing information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives.

Event: Babies and Budgets

Date: Thursday, 15 April

Time: 8:00 am -9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Upon completion of this course, learners should be able to implement strategies to manage debt and spending, increase savings, and make regular investments in their role as a parent.

Event: Promotion

Date: Thursday, 15 April 20 May

Time: 9:30 am -10:30 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Promotion is a career milestone that brings both new opportunities and new challenges. One of the happy challenges is how to manage the additional income that accompanies promotion. This course targets service members and their spouses who make financial choices regarding anticipated or new income due to promotion. It provides information and guidance. Reg-

istration is required.

Event: Post Deployment

Date: Wednesday, 21 April

Time: 8:00 am - 9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Upon completion of this course, learners should be able to articulate personal financial planning and management goals related to returning from deployment.

Event: Saving and Investing featuring the Securities Exchange Commission (SEC)

Date: Wednesday, 21 April

Time: 9:30 am -10:30 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Learn how to make smart investment decisions, consider risk and fees in investing, and protect your money from scams in this briefing by the U.S. Securities and Exchange Commission.

Event: Continuation Pay

Date: Wednesday, 22 April

Time: 8:00 am - 9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: A mid-career financial incentive paid to Servicemembers who are enrolled in the Blended Retirement System (BRS). It is in addition to any career-field-specific incentives or retention bonuses. You must elect to receive it before starting your 12th year of service.

Event: Raising Financially Fit Kids

Date: Wednesday, 28 April

Time: 8:00 am - 9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Raising Financially Fit Kids is a course designed to help parents learn how to teach their children sound financial management skills.

## FINANCIAL READINESS

Event: The Thrift Savings Plan featuring Federal Retirement Thrift Savings Board

Date: Wednesday, 28 April

Time: 9:30 am - 10:30 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: The Thrift Savings Plan is a course designed to provide detailed information on the Thrift Savings Plan TSP and to help learners understand how TSP can contribute to financial security during retirement.

Event: Military Retirement

Date: Tuesday, 25 May

Time: 8:00 am - 9:00 am

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Military Retirement is a course to help learners estimate retirement needs, understand military retirement plans and evaluate retirement account options.

## It Pays to Visit a Personal Financial Counselor

- ✓ Are you interested in planning your financial future?
- ✓ Do you need financial peace of mind to better focus on the mission?
- ✓ Are you ready to boost your monetary might?



Take advantage of the no-cost, personal support services that Personal Financial Counselors (PFCs) offer and make the most of your money today as you develop your financial plan for the future.

Support and counseling services include face-to-face appointments with individuals and families, group presentations, referrals to military and community resources, support for family members during deployments, and help with budgeting, credit management and navigating benefits.

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs are:

- Accredited professionals
- Available by appointment at your installation Family Center
- Flexible, providing their services one-on-one, at group briefings and at events

You work hard; let your financial status reflect that hard work. Reach out to your installation's Family Center to make an appointment with a PFC who can help you develop a healthy financial future.

### Follow the Office of Financial Readiness

- <https://www.facebook.com/DoDFINRED>
- <https://www.twitter.com/DoDFINRED>
- <https://www.instagram.com/DoDFINRED>
- <https://www.youtube.com/DoDFINRED>
- <https://FINRED.USAEARNING.GOV>
- <https://www.medium.com/@DoDFINRED>

### Local Contact Information

Kathleen Lynch, AFC®  
Joint Base Myer-Henderson Hall  
Personal Financial Counselor  
C: 571.635.5320  
Email: [pfc.myer.usa@zeiders.com](mailto:pfc.myer.usa@zeiders.com)







**Fridays**  
12 - 1 p.m. EST

Classes will be held via



Link will be emailed to  
all participants.

Participation is limited.

Spouses Welcome!

Submit any finance  
questions via email!

Let **2021**  
be **YOUR** year!

**MARINE** &  
*Family*

# CONTROLLING YOUR FINANCES

TAKE CONTROL OF YOUR  
FINANCES, BEFORE THEY TAKE  
CONTROL OF YOU!

## ***This class covers:***

- **Credit and Debt**
- **Using credit wisely**
- **Credit scores and reports**
- **Managing debt**

This weekly class will be facilitated  
by the Henderson Hall Personal  
Finance Counselor, **Rob Rea, CFP®**.

To sign up please send an email to  
[PFC.Henderson.USMC@Zeiders.com](mailto:PFC.Henderson.USMC@Zeiders.com)

If you have any  
questions, contact  
**(202) 384-5731**



# MILITARY SAVES MONTH

**I'M SAVING FOR:**

My Dream

Wedding

a successful PCS

College

a house

Retirement

a new car  
furniture to

move off post

A VACATION!

WHAT ARE YOU SAVING FOR?

Learn how to reach your money goals through our virtual financial literacy workshop series 'Save for Your Goals' focused on saving and investing!

Join the savings revolution

Take the pledge!

Start small. Think big.

[www.facebook.com/MilitarySaves](http://www.facebook.com/MilitarySaves)

Contact JBM-HH ACS for more information at 703-696-3510.

## April is Military Saves Month!

**Military Saves is a national campaign created to encourage the military community to focus on financial wellness.**

The Fort Myer based company with the most members completing a financial check up with an ACS financial counselor between April 1-30, will win a contest prize!

Contact Fort Myer – Army Community Services for more information at 703-696-3510

or email [Cheyanne.N.Pace.civ@mail.mil](mailto:Cheyanne.N.Pace.civ@mail.mil) to schedule your financial check in.



# UNDERSTANDING YOUR **THRIFT** **SAVINGS PLAN** (TSP)

FINALLY, UNDERSTAND  
YOUR TSP BENEFITS!

## ***This class covers:***

- How to enroll
- The tie in with the Blended Retirement System
- The difference between Traditional and Roth accounts
- Fund investment options

This weekly class will be facilitated by the Henderson Hall Personal Finance Counselor, **Rob Rea, CFP®**.

To sign up please send an email to [PFC.Henderson.USMC@Zeiders.com](mailto:PFC.Henderson.USMC@Zeiders.com).

If you have any  
questions, contact  
**(202) 384-5731**



Classes will be held via



**zoom**

Link will be emailed to  
all participants.

Participation is limited.

Spouses Welcome!

Submit any TSP  
questions via email!

Let **2021**  
be **YOUR** year!

**MARINE** &  
*Family*

## SUPPORT GROUPS, WORKSHOPS & EDUCATION

### JOINT BASE MYER – HENDERSON HALL

Event: Stress Management – Video Series

Date: April 1-30

Time: Continual

Place: Virtual: <http://www.mccshh.com/prevention/> and <https://www.facebook.com/mccsHH>

Description: Video series based on the Warrior Maintenance: Stress Management for Marines & Families. Stressful situations, if not dealt with effectively, can contribute to both mental and physical health problems. The goal of this 8 session video series is to help service members and their families reduce their stress levels by teaching healthy coping strategies and increase support from peers and leaders.

Event: Anger Management

Date: Thursday, 1, 8, 15, 22, 29 April & 6, 13, 20, 27 May

Time: 1:00 pm – 3:00 pm

Place: Henderson Hall Bldg. 12 – In Person Course

Call for more information or to register: Candi Heinberger, 703-693-9146, [candi.heinberger@usmc-mccs.org](mailto:candi.heinberger@usmc-mccs.org)

Description: This is a set of 8 classes that reviews 8 tools of anger management. The goal of this set of classes is to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy and constructive ways in which to express frustrations.

\*\*\*Please register for the day and time that works best for your schedule. These courses should be taken over the span of 8 weeks (1 session per week).

Event: Anger Management

Date: Tuesday, 6, 13, 20, 27 April & 4, 11, 18, 25 May

Time: 10:00 am – 12:00 noon

Place: Virtual. Please register to receive link.

Call for more information or to register: Candi Heinberger, 703-693-9146, [candi.heinberger@usmc-mccs.org](mailto:candi.heinberger@usmc-mccs.org)

Description: This is a set of 8 classes that reviews 8 tools of anger management. The goal of this set of

classes is to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy and constructive ways in which to express frustrations.

\*\*\*Please register for the day and time that works best for your schedule. These courses should be taken over the span of 8 weeks (1 session per week).

### FORT MEADE

Event: Single Parent Support

Date: 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

Time: 10:00 am- 11:00 am

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Space is limited/ children are welcome, please call ahead to register. Gain support and skills from fellow single parents in an open forum on various topics. An avenue for single parents or geographical separated parents due to deployment to network.

Event: Co-Parenting with High Conflict Communication Workshop

Date: Wednesdays

Time: 1:00 pm- 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Six-week coparenting communication sessions to help develop tools to enhance your relationship, gain problem solving strategies, and establishing boundaries

Event: Couples Communication Support Group

Date: Wednesdays

## SUPPORT GROUPS, WORKSHOPS & EDUCATION

Time: 1:00 pm- 3:00 pm

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Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Six-week **couple's communication sessions to help develop** tools to enhance your relationship, gain problem solving strategies, and create a long-lasting relationship.

Event: **Mom's/Dad's (Parents) Support Group**

Date: Thursdays

Time: 10:00 am- 11:00 am

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Children are welcome. For parents with children ages 0- 4 years old. Forum for parents to discuss various topics of interest from sleeping and potty training to ages and stages of development. Mini playgroup included.

Event: Active Parenting of Teens

Date: Wednesdays

Time: 1:00 pm- 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Six-week parenting class providing guidance and support dealing with the challenges of raising tweens/teens, respectful discipline, communication skills, strategies for risky behaviors, and being an encouraging parent.

Event: Parenting with a Purpose

Date: Wednesdays

Time: 1:00 pm- 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Six-week parenting class for teaching and demonstrating nonphysical discipline techniques, relationship building and nurturing the needs of children of all ages.

Event: 5 Love Languages Workshop

Date: Thursday (3<sup>rd</sup> Thursday of the month)

Time: 1:00 pm- 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: To enhance relationships for couples and aspiring couples. Understanding love languages can benefit all of us as well as our relationships with others. The five love languages do not just apply to relationships we may have with our significant others, they can also benefit our relationships with our children, friends, and parents

## FORT BELVOIR

Event: Relaxation and Stress Relief

Date: Thursday, 13 May

Time: 10:00 am - 11:00 am

Place: Microsoft Teams

Call for more information or to register: To register, please call (571)-231-7028 or email [bri-](mailto:bri-ana.crawford2.ctr@mail.mil)

[ana.crawford2.ctr@mail.mil](mailto:ana.crawford2.ctr@mail.mil)



## SUPPORT GROUPS, WORKSHOPS & EDUCATION

Description: This workshop offers an introduction to stress and its impacts on work and personal life when poorly managed. Other topics will include identifying various types of coping strategies, the importance of reframing and helping participants develop a plan for stress management.

Event: The Five Love Languages

Date: Thursday, 13 May

Time: 6:00 pm

Place: Microsoft Teams

Call for more information or to register: To register, please call (571)-231-7028 or email [bri-ana.crawford2.ctr@mail.mil](mailto:bri-ana.crawford2.ctr@mail.mil)

Description: Learn ways to improve your relationships by learning how to speak your love language and the language of your loved ones. Open to couples, singles, and families.

### Fort Meade

Event: Single Parent Support

Date: 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

Time: 10:00 am- 11:00 am

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Time: 1:00 pm- 3:00 pm

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Time: 1:00 pm- 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

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Date: Thursday (3<sup>rd</sup> Thursday of the month)

Time: 1:00 pm- 3:00 pm

Place: Family Advocacy Program, 2462 85<sup>th</sup> Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(\*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: To enhance relationships for couples and aspiring couples. Understanding love languages can benefit all of us as well as our relationships with others. The five love languages do not just apply to relationships we may have with our significant others, they can also benefit our relationships with our children, friends, and parents.

### NSAW WASHINGTON NAVY YARD

Event: All In to End Child Abuse

Date: Thursday, 08 April

Time: 1:00 pm – 2:00 pm

Place: Virtually via APAN

Call for more information or to register: (202) 685-0229 or email [ffsc.nsa.wfct@navy.mil](mailto:ffsc.nsa.wfct@navy.mil)

Description: This virtual presentation focuses on child abuse awareness and prevention. Presented by Counseling Advocacy and Prevention clinicians Shoshoni Spence & Aurora Taylor-Fentress.

Event: Parenting in a Pandemic

Date: Thursday, 29 April

Time: 2:00 pm -3:00 pm

Place: Virtually via APAN

Call for more information or to register: (202) 685-0229 or email [ffsc.nsa.wfct@navy.mil](mailto:ffsc.nsa.wfct@navy.mil)

Description: This virtual brown bag presentation is designed to help parents interact with their children in a healthy manner during this time of confinement. Presented by Counseling Advocacy and Prevention clinicians Shoshoni Spence & Aurora Taylor-Fentress.



## SURVIVOR OUTREACH

### JOINT BASE ANACOSTIA-BOLLING

Event: Air Force Family Forever Coordinator

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Air Force Families Forever (AFFF) is a long-term survivor aftercare program established to provide support to family members of deceased Regular Air Force and Reserve Component Airmen who died in an Active Du-

ty, Inactive Duty for Training (IDT), or Annual Training (AT) status and whose relationship was established prior to the **Airman's death.**

### JOINT BASE MYER HENDERSON HALL

Event: Survivor Outreach Services (SOS)

Place: Virtual

Call for more information or to register: Ms. Kristi Pappas, 703-696-3510

## DEPLOYMENT & FAMILY READINESS

### JOINT BASE ANACOSTIA-BOLLING

Event: Key Spouse Initial Training

Date: May (date and time to be determined)

Time:

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: This training is a requirement for all Key Spouses/Mentors that completed Key Spouse/Mentor Initial training at another base. Registration is required.

Event: Key Spouse Refresher Training

Date: May (date and time to be determined)

Time:

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: This training is a requirement for all Key Spouses/Mentors that completed Key Spouse/Mentor Initial training at another base. Registration is required.

Event: Key Spouse Mentor Training

Date: May (date and time to be determined)

Time:

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Additional continuing education opportunities for Key Spouses.

Event: Key Spouse Quarterly Continuing Education

Date: May (date and time to be determined)

Time:

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Additional continuing education opportunities for Key Spouses.

Event: Predeployment Brief

Date: By Appointment

Time: 8:00 am - 4:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Information on preparing for a deployment. Call for an appointment.

Event: Reintegration (Return & Reunion)

Date: By Appointment

Time: 8:00 am - 4:00 pm

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Returning home from a deployment can be difficult. Discuss the factors that can make this transition a success. Call for an appointment



## PERSONAL GROWTH & VOLUNTEERISM

### JOINT BASE MYER- HENDERSON HALL

Event: Stress Management

Date: Wednesday, 19 May

Time: 11:00 am- 12:30 pm

Place: Virtual Platform

Email for more information or to register: don-na.m.frye2.ctr@mail.mil

Description: Individuals will receive information on emotions management and the impact of unmanaged stress as well as the basics of identifying stressors in their life and how to create their own stress management plan. Registration required.

### JOINT BASE ANDREWS

Event: Shake it Off (Anger Management)

Date: Tuesdays, 11, 18 May

Time: 1:00 pm - 3:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered

Call for more information or to register: 240-857-9680

Description: Learn basic strategies to reduce both the emotional and physical responses that anger and stress can cause. Improve the quality of your health and your life and reduce negative effects of stress and anger through behavioral change and relaxation techniques.

### JOINT BASE ANACOSTIA-BOLLING

Event: Volunteer Program

Place: Virtual

Call for more information or to register:

[11FSS.MFRC.Org@us.af.mil](mailto:11FSS.MFRC.Org@us.af.mil) or 202-284-4473

Description: Support readiness and meet professional and personal needs by linking volunteers with opportunities in the military and civilian communities. On base volunteer opportunities.

## MILITARY FAMILY LIFE COUNSELOR (MFLC)

**New Service! National Guard Bureau: 972-358-4195**

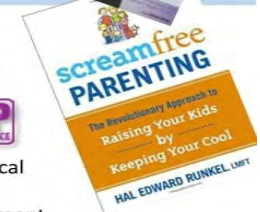
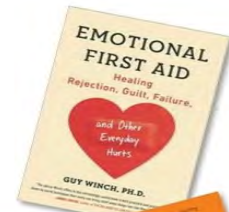
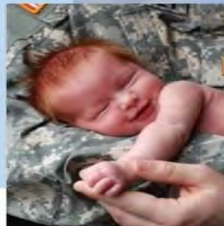
Fort Belvoir 703-488-0941; 703-389-5708; 571-407-1450 ; 703-705-1164	Joint Base Myer—Henderson Hall 571-733-0251 or 703-414-9885 (Adults)	Pentagon 571-395-0408; 571-395-0514
Fort Meade (240) 755-9851; (240) 755-9278	Indian Head (703) 414-9883	Fort Detrick 301-237-9487
MCB Quantico 703-414-9888	Andrews Air Force Base 301-232-8465; (310) 232-8481	Joint Base Anacostia Bolling (202) 302-2887

# Life YOUiversity

Joint Base Myer-Henderson Hall Army Community Service Family Advocacy Program [www.jbmhhMWR.com](http://www.jbmhhMWR.com)

## Family Advocacy Program

*The Family Advocacy Program focuses on building healthy relationships & building resiliency through prevention education.*



### Enrichment Classes

- Parenting
- Communication
- Conflict Management
- Anger Management
- Stress Management

### New Parent Support Program

- In Home Visitations
- Baby Bundles Class
- Baby Stages Class
- Play Mornings
- Community Connections

### Victim Advocacy Program

- Crisis Intervention
- Safety Planning
- Victims Rights
- Assistance in securing Medical Treatment
- Court and Legal Accompaniment
- Referrals to military & civilian resources
- Domestic Violence Training



For more information: **703-696-3510**

## LIFE YOUUNIVERSITY IS PUBLISHED BI-MONTHLY

**DO YOU HAVE A CLASS OR EVENT THAT YOU WOULD  
LIKE LISTED? CALL US. WE LOOK FORWARD  
TO HEARING FROM YOU.**

JOINT BASE MYER—HENDERSON HALL  
**Family Advocacy Program**

### FORT BELVOIR

Family Advocacy Program  
9800 Belvoir Rd, Fort Belvoir, VA 22060  
Phone: (703) 805-4590

### FORT MEADE

Family Advocacy Program  
2462, 85th Medical Battalion Ave, Fort Meade, MD 20755  
Phone: (301) 677-4118

### JOINT BASE MYER—HENDERSON HALL

Marine Family Advocacy Program  
1555 Southgate Road, (Bldg. 12) Fort Myer, VA 22214  
Phone: 703 614-7204

### QUANTICO MARINE CORP BASE

Family Advocacy Program  
Little Hall, Lower Level 2034 Barnett Ave., Quantico, VA  
Phone: 703 784-2570

### JOINT BASE ANACOSTIA-BOLLING

Family Advocacy Program  
13 Brookley Ave, Washington, DC 20032

### JOINT BASE ANDREWS

Family Advocacy Program  
1191 Menoher Drive, Andrews AFB, MD 20762  
Phone: (240) 857-9680

### NAVAL DISTRICT OF WASHINGTON

(202) 412 - 8124

### WASHINGTON NAVY YARD

