

Family Advocacy Program Groups and Workshops

2462 85th Medical Battalion Avenue
Fort George G Meade, MD 20755
301-677-4118

PLAYGROUPS

A-Z Come Play with Me:

Interactive activities designed to assist parents in learning developmentally appropriate play techniques to help children between 18 months – 4 years improve their social, cognitive and motor skills.

Every: **Monday & Friday at 9:00am – 10:00am**

Location: Family Advocacy Program

Via: In-group face-to-face sessions.

Please call to register for each session- space is limited

Romp N Stomp:

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

Every: **Tuesday at 8:30am - 10:30 am**

Location: June-September at Burba Lake- Boundless Playground

Please call to register for each session- space is limited

SUPPORT GROUPS

Single Parent Support Group:

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

Every: **2nd & 4th Monday at 2:00pm-4:00pm**

Location: Family Advocacy Program

Via: Teams 365 and In-group face-to-face sessions.

Calling All Dads:

A 6-week session group that presents a forum for dads to discuss concerns about practical parenting skills such as caring for infants, child development, effective discipline, co-parenting, self-care, safe sleep and communication skills.

Every: **Tuesday- 6 week session at 1:00-3:00pm**

Location: Family Advocacy Program

Via: Teams 365

Mom's Walking Group:

For moms and dads with children for all ages. To encourage family fitness and discuss various topics of parenting issues.

Every: **Thursday at 9:00am – 9:45am**

Location: Burba Lake

Parent Support Group:

For moms and dads with children for all ages. The group meets weekly to promote the use of positive parenting practices such as using positive language, family routine and nurturing behaviors and to increase parent knowledge of child development and communication styles.

Every: **Thursday at 10:00am – 11:00am**

Location: Family Advocacy Program

Via: Teams 365 and In-group face-to-face sessions.

Women Empowerment Program (WEG)

An in person or online group for women together sharing ideas, hopes and challenges pertaining to relationships and other women concerns.

Every: **Quarterly (June, Sep, Dec, Mar) at 3:00pm-4:00pm.**

Location: Family Advocacy Program.

Via: Teams 365 and In-group face-to-face sessions.

24 PARENTING CLASSES

Parenting with a Purpose:

Six-week parenting class to assist parents with non-physical discipline techniques, relationship building and nurturing the needs of children of all ages.

Every: **Wednesday at 1:00pm – 3:00pm**

Location: Family the Advocacy Program.

Via: Teams 365 and In-group face-to-face sessions.

Co-Parenting Communication:

A 6-week co-parenting or communications class to help families and couples with coping, conflict resolution and enhanced communication skills.

Every: **Wednesday at 1:00pm-3:00pm (flexible schedule)**

Location: Family Advocacy Program.

Via: Teams 365 and In-group face-to-face sessions.

Boundaries with Kids:

Six-week parenting class for assisting parents in setting appropriate boundaries and discipline techniques with their children.

Every: **Wednesday at 1:00pm – 3:00pm**

Location: Family Advocacy Program.

Via: Teams 365 and In-group face-to-face sessions.

COMMUNICATION CLASSES

Internet Safety:

An education workshop to create awareness and assist parents with promoting online safety to their children and recognize potential dangers they may encounter.

Every: **Quarterly (Oct, Jan, April, July)* on Tuesdays at 2:30pm- 3:30pm.**

Location: Family Advocacy Program

Via: Teams 365

5 Love Languages of Couples

Interactive workshop to provide couples with communication tools to learn their love language. Changing habitual patterns of communication to discover and recognize their partners' primary love language.

Every: **Quarterly (Nov, Feb, May, Aug) on 3rd Thursday at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Teams 365

5 Love Languages of Children

Interactive workshop to teach parents how to identify and apply their child's primary love languages in order to understand their needs and positively transform their relationships.

Every: **Quarterly (Oct, Jan, Apr, Jul) on 3rd Thursday at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: MS Teams.

5 Love Languages of Singles

A communication enhancement workshop that teaches singles and single parents how to self-love and grow closer to family, friends and others.

Every: **Quarterly (Dec, Mar, Jun, Sept) on 3rd Thursday at 1:00pm-3:00pm**

Location: Family Advocacy Program.

Via: Teams 365

NEW PARENT SUPPORT PROGRAM

Parenting Power Sessions:

To educate, empower, and energize parents during their parenting journeys through the early years (0-3) and provide parents with tools to understand their child's individual needs and ways they can support their child throughout development. Every: **Tuesdays at 9:00am-9:30am,**

Location: Family Advocacy Program.

Via: Teams 365

Babease 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.

Every: **4th Fridays of the Month at 9:00am-3:00pm**

Location: Family Advocacy Program

Via: Teams 365 and In-group face-to-face sessions.

***Please call in advance to register at 301-677-4118.**

