



EFMP

Exceptional Family Member Program

The Exceptional Family Member Program offers workshops to Soldiers and their eligible Family members, in-person and virtual sessions via MS Teams

THURSDAY, 16 JANUARY 2025: 0900-10:30

Creating a Year-Long Bucket List for Parents: To help parents plan and set meaningful goals for the year, focusing on personal growth, family activities, and self-care.

THURSDAY, 23 JANUARY 2025: 0900-10:30

Empowering Parenting Strategies for Diverse Needs: This workshop aims to provide practical skills and strategies to help parents navigate this journey.

Thursday, 30 January 2025: 0900-10:30

Creating a Year-Long Bucket List for Parents: To help parents plan and set meaningful goals for the year, focusing on personal growth, family activities, and self-care.

MORE INFO

(787) 707-3295
idalis.m.rios.civ@army.mil

