

EFMP RESOURCES ON YOUR NEW INSTALLATION



**RECENTLY PCS AND WANT TO GET CONNECTED AT YOUR NEW LOCATION?
TRY OUT SOME OF THESE EFMP RESOURCES TO HELP YOURSELF SETTLE IN!**

Attend an Exceptional Family Member Program (EFMP) Special Needs Forum. Forums are designed to bring stakeholders and families together to discuss ideas, trends, and issues. It's a great way to get to know the local programs and connect with other families who may also be new to the area or meet families who have experience there.



Participate in local community support groups. EFMP hosts several support groups, from coffee hours to walks and talks, available to everyone!



Check the calendar of events. A calendar of events is available for each location online at www.usmc-mccs.org under the events tab. Look for information about sports registration, camps, classes and schedules, family events and more.



Engage in inclusive activities. Explore a new playground, check out the adaptive equipment available, and much more!.



Interested in learning more about inclusive activities at your installation?
Contact the **EFMP** Office or **Semper Fit Health Promotion** and get active!