



EFMP Newsletter

October 2023

Greetings EFMP Family!

Welcome to fall! School is in session and the holiday season is quickly approaching! While the temperatures decline ushering in cooler weather, the EFMP Team hopes that your family will enjoy these cooler days and longer cozy nights.

In this new season, the EFMP Team invites your family to participate in our virtual trainings and in-person events for knowledge and enjoyment to enhance your EFMP experience. Please enjoy our Lunch & Learn trainings as well as our in-person **Bowl-o-ween**. And remember, space is limited so you **must** register at www.Eventbrite.com to reserve your spot!

*****SAVE THE DATE*****

HOLIDAY AT THE MOVIES WITH EFMP (Sensory Friendly)

WEDNESDAY, 13 DECEMBER 2023

Your EFMP Team



EFMP Exceptional Family Member Program

Marine Corps Base Quantico:
Program Manager
[Sarah McCarroll](#)

Administrative Specialist
[Dwayne Evans](#)

Lead Family Caseworker
[LaToya Goodrich](#)

Family Case Workers
[Tamela Brown](#)
[Hilary Castro](#)
[Jessica Corpus](#)
[Erin Hayes](#)
[Karen M. Johnson](#)
[Sabrena Winfield](#)

Training, Education & Outreach Specialist

Attorney for Exceptional Family Members, National Capital Region
[Christina M. Jones](#)

EFMP virtual events utilize the free Adobe Connect app, and a link and password are provided. Need more information? Call us at 703-784-9395, or email: quanticoefmpoffice@usmc.mil



10 October 1200-1300: EFMP Empower Hour

This workshop combines three important topics: Introduction to EFMP, Accessing Community Resources and Recreation Inclusion. Please register through Eventbrite. Access this workshop via Adobe Connect. https://meeting.marinenet.usmc.mil/efmpq_empowerhour/ Password: EFMP

11 October 1000-1200: Family Connections Forum: Emergency Preparedness

EFMP, base and community programs will discuss keeping your family safe and ready should an emergency arise. Join us at The Clubs at Quantico (Marathon Room) or on Facebook Live.

24 October, 1200-1300: Respite Care Overview

Quantico EFMP Respite Care Overview provides information regarding EFMP's Respite Care Reimbursement Program, a non-entitlement benefit, which is intended to reduce stress on sponsor families by providing temporary rest periods for the primary caregiver(s) of individuals with severe and profound special needs. Please register through Eventbrite. Access this workshop via Adobe Connect. https://meeting.marinenet.usmc.mil/efmpq_respite/ Password: EFMP

 <https://www.eventbrite.com/organizations/events>

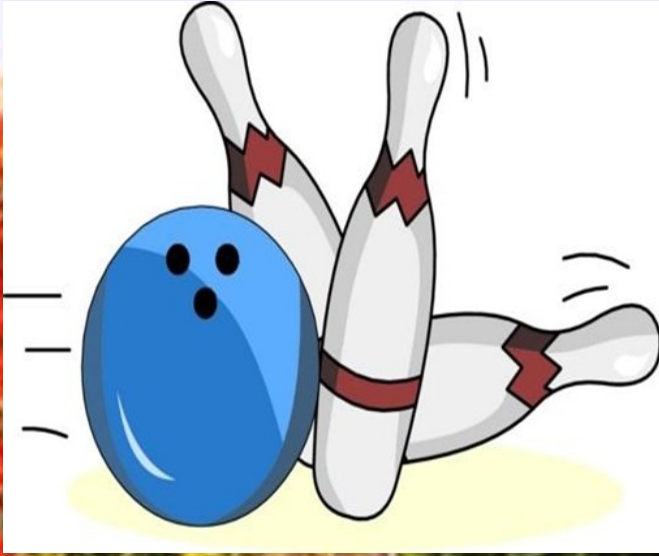
 <https://www.facebook.com/EFMPQuantico>

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EFMP FALL EVENT



EFMP “*BOWL-O-WEEN*” 2023

Dress in your favorite “costume” or as your favorite “character” and join EFMP for an evening of bowling and crafts:

When: 27 October 2023

Where: Leatherneck Lanes, Little Hall

Time: 1730-1930

Snacks and drinks are available for purchase at the Leatherneck Lanes Snack Bar.

*****REGISTRATION IS REQUIRED VIA EVENTBRITE.*****

EFMP LENDING LOCKER HIGHLIGHT



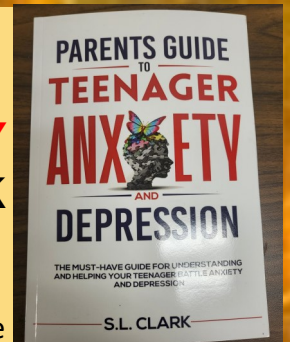
SENSORY FIDGET TUBES

Ages 3-Adult

As described: Help children practice managing their emotions with this mesmerizing set of Sensory Fidget Tubes! Each of the four colorful tubes offers a unique, fascinating design for long-lasting, independent play. These securely sealed, easy-to-grip bottles will help children become resilient learners who respond positively to any challenge! This set includes a guide with expert tips for getting started.

EFMP LENDING LIBRARY HIGHLIGHT

PARENTS GUIDE TO **TEENAGER ANXIETY** AND DEPRESSION BY S.L. CLARK



Book Back Cover:

Anxiety and depression are not phases—this is your chance to tackle the problem before it becomes too big. Seeing your teen lock themselves in their room all day long, their grades plummeting and their health deteriorating, is something no parent should witness. Help your child become the best person that they can be and guide them to a fuller and happier life. In Parents Guide to Teenager Anxiety and Depression, you will discover:

- * 25+ effective strategies to build a positive...
- * The mind of your teen...
- * The emotional rollercoaster...
- * The truth about anxiety & depression in teens...
- * A look into the online world...
- * The true role of a parent...