

# February 2022

## EFMP Monthly Newsletter



# EFMP

Exceptional  
Family Member  
Program



### POINTS OF CONTACT:

#### PROGRAM MANAGER

(910) 907-3395

#### COORDINATOR

(910) 907-3405

#### SPECIALISTS

(910) 643-6997

(910) 643-6993

(910) 907-5623

#### SYSTEMS

NAVIGATOR

(910) 643-7517

#### IDENTIFICATION & ENROLLMENT

(910) 907-3367

### HEART HEALTH AWARENESS MONTH

**SELF-CARE SUNDAY**—MAKE A LIST OF SELF-CARE  
ITEMS TO DO THIS WEEK.

**MINDFUL MONDAY**—KNOW YOUR STATS, SUCH AS  
BLOOD PRESSURE

**TASTY TUESDAY**—ENJOY A TASTY, HEALTHY MEAL.

**WELLNESS WEDNESDAY**—DEVELOP A WELLNESS  
ROUTINE.

**TREAT-YO-SELF THURSDAY**—HAVE FUN AND RELAX.

**FOLLOW FRIDAY**—FOLLOW HEALTHY SOCIAL  
MEDIA.

**SELFIE SATURDAY**—TAKE A SELFIE DOING  
SOMETHING HEALTHY.

### CREATIVE WAYS TO CELEBRATE VALENTINE'S DAY:

1. SEND A VIDEO OF YOURSELF EXPRESSING YOUR LOVE TO YOUR VALENTINE.
2. HAVE A "GALANTINE'S" CELEBRATION.
3. MAIL A VALENTINE'S DAY CARD TO SOMEONE.
4. HAVE A SPECIAL DINNER AT HOME WITH YOUR VALENTINE(S).
5. GO FOR A HIKE.
6. TAKE A COOKING CLASS.
7. GO OUT OF TOWN FOR THE WEEKEND.
8. MAKE COOKIES.
9. STARGAZING.
10. HAVE CHARCUTERIE FOR A PICNIC.
11. GO FOR A COUPLES RUN.
12. GO TO A SPA (WITH OR WITHOUT A PARTNER).
13. EAT OR GIVE CHOCOLATES.
14. PLAY GAMES WHILE WATCHING A MOVIE.

Follow  
us!



[HTTPS://BRAGG.ARMYMWR.COM/PROGRAMS/EFMP](https://bragg.armymwr.com/programs/efmp)

@FORTBRAGGACSEFMP

FORT BRAGG EFMP (ACS)





**FEBRUARY 2022 EFMP**

# EFMP Events for February

## LINDA GORHAM - STORYTELLER

AFRICAN AMERICAN HEROES AND SHEROES

JOIN US FOR AN EXPERIENCE WITH A PROFESSIONAL STORYTELLER!

FEBRUARY 8, 3:30 P.M.

SOLDIER FAMILY READINESS GROUP CENTER (SFRGC)

REGISTER: [FORTBRAGGACSEFMP.TIMETAP.COM](https://FORTBRAGGACSEFMP.TIMETAP.COM)



## EFMP CONVERSATIONS AUTISM SUPPORT GROUP

HAVE A LOVED ONE WITH AUTISM?

WANT TO VENT ABOUT FRUSTRATIONS AND CELEBRATE THE WINS? THIS IS THE EVENT FOR YOU!

FEBRUARY 16, 12:00-12:45 P.M.

VIRTUAL: LINK PROVIDED UPON REGISTRATION

REGISTER: [FORTBRAGGACSEFMP.TIMETAP.COM](https://FORTBRAGGACSEFMP.TIMETAP.COM)

## BREAK THE ADDICTION!

AMY PERRY OF THE AUTISM SOCIETY OF NORTH CAROLINA SHOWS US HOW TO BREAK SCREEN ADDICTION FOR THOSE WITH AUTISM.

FEBRUARY 16, 6:30 P.M.

VIRTUAL: LINK PROVIDED UPON REGISTRATION

REGISTER: [FORTBRAGGACSEFMP.TIMETAP.COM](https://FORTBRAGGACSEFMP.TIMETAP.COM)



## ADHD SUPPORT GROUP

DOES YOUR LOVED ONE HAVE ADHD? IT'S A JOURNEY ONLY THOSE WITH ADHD IN THEIR LIVES WILL UNDERSTAND: LAUGHTER, TEARS, CELEBRATIONS, DETERMINATION.

COME DISCUSS ALL THINGS ADHD!

FEBRUARY 23, 11:00 A.M.-12:00 P.M.

THROCKMORTON LIBRARY

REGISTER: [FORTBRAGGACSEFMP.TIMETAP.COM](https://FORTBRAGGACSEFMP.TIMETAP.COM)

**ACS will be closed February 21 for Presidents Day**



[@FORTBRAGGACSEFMP](https://BRAGG.ARMYMWR.COM/PROGRAMS/EFMP)  
FORT BRAGG EFMP (ACS)



Follow  
us!