

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 11:00 a.m. Healthy Relationships Class	3 9:00 a.m. EFMP Wellness Wednesday - Upping your Metabolism 9:00 a.m. NPSP/MACH OB Briefing 10:00 a.m. Busy Bee Playgroup	4 8:00 a.m. Post Newcomers Orientation	5	6
7	8	9	10 10:00 a.m. Busy Bee Playgroup	11	12	13
14	15 10:00 a.m. Planning Emergency Financial Preparedness	16	17 8:00 a.m. NPSP P3T Labor Comfort & Relaxation Techniques of Postpartum 9:00 a.m. EFMP Sign Language Workshop 9:00 a.m. NPSP/MACH OB Briefing 10:00 a.m. Busy Bee Playgroup	18		
21	22	23 10:00 a.m. Interviewing Skills	24 9:00 a.m. EFMP Wellness Wednesday - Stress Management Presentation 10:00 a.m. Busy Bee Playgroup	25 11:00 a.m. NPSP Peaceful Parenting	26	27
28	29	30				

Fort Jackson Army Community Service
 Please call or visit to register for classes and programs.
 9810 Liberty Division Rd., Fort Jackson, SC 29207
 (803) 751-5256 (option 3)
 Monday - Friday 7:30 a.m.- 4:30 p.m.



DESCRIPTION OF ACTIVITIES AND CLASSES

Financial Readiness Program

Emergency Financial Preparedness
Monday, 15 June, 10:00 a.m. - 11:00 a.m.
Microsoft Teams Webinar

his virtual course teaches practical skills like building emergency savings, budgeting during emergencies, managing debt, understanding basic insurance, and making smart financial decisions under pressure. RSVP at 803-751-5256 or <https://forms.osi.apps.mil/r/d9ipQ5NcDb>

Soldier and Family Readiness Program

Post Newcomer Orientation
Thursday, 4 June, 8:00 a.m.– 12:00 p.m.
1917 Club, 5700 Liberty Div Rd.

All newly arriving personnel and Family members will be welcomed by Fort Jackson leadership and receive information about programs and services available on and off the installation.

Interviewing Skills
Tuesday, 23 June, 10:00 a.m.
Microsoft Teams Webinar

Family members will receive information about a full range of employment-related services and assistance with job search and career development.

Exceptional Family Member Program

EFMP Wellness Wednesday
Armed Forces Wellness Center (AFWC)
Informational Presentation - Upping your Metabolism
Wednesday, 3 June, 9:00 a.m. – 10:00 a.m.
Microsoft Teams Webinar

Wellness event to improve wellness in the community and provide healthy nutrition education to participants.

Sign Language Workshop
Wednesday, 17 June, 9:00 a.m. – 10:00 a.m. - 11:30 a.m.
Army Community Service Center

Yoga session to promote wellness, well-being, and relaxation in the community by the lake.

EFMP Wellness Wednesday
Armed Forces Wellness Center (AFWC)
Stress Management Presentation
Wednesday, 24 June, 9:00 a.m. – 10:00 a.m.
Microsoft Teams Webinar

Wellness event to provide information on Defining stress and exploring the impact of stress on health and wellness.

New Parent Support Program

Busy Bee Playgroup
Wednesday, 3, 10, 17, and 24 June, 10:00 a.m. – 11:30 a.m.
Army Community Service Center

Play Group to provide parents and children opportunities for social interaction, play, and to discover resources available at Fort Jackson and in the surrounding communities. The playgroup is for children aged 0 to 3 years old.

NPSP OB Briefing
Wednesday, 3 and 17 June, 9:00 a.m.— 10:30 a.m.
Fort Jackson Moncrief Army Health Clinic

Overview of the New Parent Support Program for expectant families, provide resources, assistance, and knowledge of various classes available to prepare for welcoming a new child.

P3T Labor Comfort & Relaxation Techniques of Postpartum
Wednesday, 17 June 8:00 a.m.– 9:00 a.m.
Army Community Service Center

Interactive class to discuss with pregnant moms and their labor support person on what to expect during labor and childbirth. Learn relaxation techniques, labor positions, and options for pain management. Get information so you can make educated decisions with your medical provider to have the birth experience you want.

Peaceful Parenting
Thursday, 25 June 11:00 a.m.– 1:00 p.m.
Army Community Service Center

Helpful tips for families regarding their toddler and preschool children aged 1-3 years old. Topics include positive parenting skills, how to avoid yelling, importance of routines, potty training, and how to handle common misbehaviors such as tantrums, biting, and hitting.

Family Advocacy Program
Healthy Relationships Class
Tuesday, 2 June, 11:00 a.m. – 12:30 p.m.
Army Community Service Center

Building a healthy relationship does not develop overnight. It takes cultivation and commitment. In this class, topics discussed will include open communication, handling conflict, the role of independence, respect. How to recognize, grow and maintain healthy relationships. Healthy Relationships Class meets on the 1st Tuesday of each month.

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