

# MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:00 p.m. EFMP Online Awesome Autism Parent Support Group	3 11:00 a.m. Healthy Relationships Class 2:30 p.m. EFMP Online P2P Military Families Support Group  2:30 p.m. Scams & Identity Theft Webinar	4 9:00 a.m. NPSP/MACH OB Briefing 10:00 a.m. Busy Bee Playgroup	5 8:00 a.m. Post Newcomers Orientation	6 10:00 a.m. Bright Honeybee Explorers Playgroup	7
8	9 10:00 a.m. Dress for Success	10 11:00 a.m. Stress Management Class 5:00 p.m. EFMP Creative Journey	11 10:00 a.m. Busy Bee Playgroup 11:00 a.m. NPSP P3T Postpartum Support	12 10:00 a.m. EFMP Healthy Boundaries and Communication in the Workplace 11:00 a.m. Anger Management Class	13 10:00 a.m. Bright Honeybee Explorers Playgroup	14 9:30 a.m. Down Syndrome Run/Walk
15	16	17 4:30 p.m. EFMP Arts & Crafts	18 9:00 a.m. NPSP/MACH OB Briefing 10:00 a.m. Busy Bee Playgroup 10:00 a.m. EFMP Virtual Wellness Wednesday	19	20 10:00 a.m. Bright Honeybee Explorers Playgroup	21
22	23	24 11:00 a.m. Lunch with SECO	25 10:00 a.m. Busy Bee Playgroup	26 11:00 a.m. NPSP Peaceful Parenting	27 10:00 a.m. Bright Honeybee Explorers Playgroup	28
29	30	31				

**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**

**Scams & Identity Theft Webinar**  
Tuesday, 3 March, 2:30 p.m. - 3:30 p.m.  
**Microsoft Teams Webinar**

Army Community Service in partnership with South Carolina Department of Consumer Affairs will share tips to help you protect your identity and finances in support of 2026 National Consumer Protection Week. Registration is required. For more information or to register, call 803-751-5256 (option 3).

### **Soldier and Family Readiness Program**

**Post Newcomer Orientation**  
Thursday, 5 March, 8:00 a.m.– 12:00 p.m.  
1917 Club, 5700 Liberty Div Rd.

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

**Dress for Success**  
Monday, 9 March, 10:00 a.m.  
Army Community Service Center, Room 166

Family members are provided a full range of employment-related services and assistance for their job search and career development.

**Lunch with the Spouse Education and Career Opportunities Program (SECO)**  
Tuesday, 24 March, 11:00 a.m.

Family members are provided a full range of employment-related services and assistance for their job search and career development. SECO will provide an overview.

### **Exceptional Family Member Program**

**PAVE Online Awesome Autism Parent Support Group**  
Monday, 2 March, 1:00 p.m.—1:30 p.m.  
Microsoft Teams

Families will receive valuable information about autism, including the latest research, therapeutic interventions, educational strategies, and community resources.

**PAVE Online P2P Military Families Support Group**  
Tuesday, 3 March, 2:30 p.m.—4:00 p.m.  
Microsoft Teams

Military parents will connect in a welcoming space to share support through deployments, school transitions, IEP/504 plans, medical care, and daily challenges.

**Creative Journey**  
Tuesday, 10 March, 5:00 p.m. – 6:30 p.m.  
Art Center Parks and Recreations, 1227 Taylor Street, Columbia SC

Explore the world of art through an interactive hands-on experience. Help individuals with exceptional needs find calming and creative ways to express self through designing and creating artwork.

**EFMP & MFLC Health and Wellness:**  
**Healthy Boundaries and Communication in the Workplace**  
Thursday, 12 March, 10:00 a.m. - 11:00 a.m.  
Army Community Service Center

Learn practical strategies to navigate workplace boundaries and communication with confidence and professionalism.

**Down Syndrome Run/Walk**  
Saturday, 14 March, 10:00 a.m. (opening remarks 9:30 a.m.)  
Fort Jackson Darby Field

EFMP and H2F Run/Walk to raise awareness for Down Syndrome.

### **EFMP Arts & Crafts**

Tuesday, 17 March, 4:30 p.m. - 5:30 p.m.  
Army Community Service Center

Families socialize and meet other members of the community. Express self through arts and crafts activities. Provide handout information related to EFMP services, and resources on and off the installation.

**EFMP Virtual Wellness Wednesday**  
Wednesday, 18 March, 10:00 a.m. – 11:30 a.m.  
Microsoft Teams

Provide information to learn common signs of ADHD, practical coping strategies, and resources for ongoing support.

### **New Parent Support Program**

**Busy Bee Playgroup**  
Wednesdays, 4, 11, 18, and 25 March, 10:00 a.m. – 11:30 a.m.

**Bright Honeybee Explorers Play Group**  
Fridays, 6, 13, 20, and 27 March, 10:00 a.m. – 11:30 a.m.  
Army Community Service Center

Play Group is an interactive support group designed to help parents learn developmentally appropriate play to help children improve in their social, cognitive, and motor skills. The playgroup is for children aged 0 to 3 years old.

**MACH OB Briefing**  
Wednesday, 4 and 18 January, 9:00 a.m.— 10:30 a.m.  
Moncrief Army Health Clinic, 6th floor, Room 60

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

**P3T Postpartum Support**  
Wednesday, 11 March, 11:00 a.m.– 1:00 p.m.  
Army Community Service Center

Discussion with Moms on what to expect during the postpartum phase and how to ease discomforts and promote healing while bonding with your newborn. Learn about the signs of postpartum depression and what to do about it.

**Peaceful Parenting**  
Thursday, 26 March 11:00 a.m.– 1:00 p.m.  
Army Community Service Center

Helpful tips for families with children aged 1-3 years old. Topics include positive discipline techniques, importance of routines, common misbehaviors, and behavior management techniques.

### **Family Advocacy Program**

**Stress Management Class**  
Tuesday, 10 March, 11:00 a.m. – 12:00 p.m.  
Army Community Service Center

This class focuses on techniques to promote physical and emotional wellbeing, heighten awareness, identify and manage stressors. Stress Management Class meets on the 2nd Tuesday of each month.

**Anger Management Class**  
Thursday, 12 March, 11:00 a.m. – 12:00 p.m.  
Army Community Service Center

Learn to recognize triggers, choose appropriate methods, manage anger effectively, interact with others more productively, and improve overall quality of life.

### **Victims Advocate Education**

**Healthy Relationships Class**  
Tuesday, 3 March, 11:00 a.m. – 12:30 p.m.  
Army Community Service Center

Service members and family members learn how to identify the qualities of a healthy partner. In this class, topics discussed will include open communication, handling conflict, the role of independence and respect, and how to recognize, grow and maintain healthy relationships.

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