

MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:45 a.m. Mental Health Awareness Month Proclamation Signing 6:00 p.m. Mother's Day Paint & Sip	2
3	4	5 11:00 a.m. Healthy Relationships Class	6 9:00 a.m. EFMP Power of the Pause: Resetting your Mind in Stressful Seasons 9:00 a.m. NPSP/MACH OB Briefing 10:00 a.m. Busy Bee Playgroup	7 8:00 a.m. Post Newcomers Orientation	8 9:00 a.m. EFMP Yoga at the Park 11:00 a.m. Military Spouse Appreciation Day	9
10	11	12 11:00 a.m. Family Advocacy Program Community Outreach 5:00 p.m. EFMP Creative Art Journey	13 10:00 a.m. Busy Bee Playgroup	14 10:00 a.m. Planning Homeownership-Home Sweet Home Webinar 11:00 a.m. NPSP Baby Basic Class	15	16
17	18	19	20 8:30 a.m. CCFR Academy & Funds Custodian Training 9:00 a.m. NPSP/MACH OB Briefing 10:00 a.m. Busy Bee Playgroup	21	22	23
24		26	27 10:00 a.m. Busy Bee Playgroup	28 11:00 a.m. Infant and Child Safety	29 3:30 p.m. Family and Volunteer of the Year Recognition Ceremony 4:00 p.m. Community Fair	30
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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

Planning Homeownership: HOME SWEET HOME
Thursday, 14 May, 10:00 a.m. - 11:00 a.m.
Microsoft Teams Webinar

In this class, we'll explore what you can afford, discuss different loan options, and understand the home buying process, so you can make confident, informed decisions on your path to homeownership. Call 803-751-5256, option 3 for more info.

Soldier and Family Readiness Program

Mother's Day Paint & Sip
Friday, 1 May, 6:00 p.m.- 8:00 p.m.
Army Community Service Center

Mother's Day Paint & Sip will give Multi-cultural spouses, newly arriving spouses, and spouses of Soldiers who are deployed or on unaccompanied tour the opportunity to build the spouse community and increase resilience through creative connection.

Post Newcomer Orientation
Thursday, 7 May, 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.

Military Spouse Appreciation Day
Friday, 8 May, 11:00 a.m.- 1:00 p.m.
Fort Jackson Commissary, 4716 Commissary Way

Event to honor the resilience, dedication, and sacrifices of military spouses.

CCFR Academy & Funds Custodian Training
Tuesday, 20 May, 8:30 a.m.- 4:00pm
Army Community Service Center, Room 166

Soldiers or Civilians assigned as CCFR's of Funds Custodians receive training regarding the ins and outs for a successful SFRG.

Family and Volunteer of the Year Recognition Ceremony
Friday, 29 May, 3:30 p.m.
1917 Club, 5700 Liberty Div Rd.

Ceremony to recognize Fort Jackson volunteers for outstanding volunteer service to Fort Jackson and the surrounding Columbia community.

Exceptional Family Member Program

EFMP Wellness Wednesday
Power of the Pause: Resetting your Mind in Stressful Seasons
Wednesday, 6 May, 9:00 a.m. - 10:00 a.m.
Microsoft Teams Webinar

Wellness event to provide individuals with support for mental well-being and resilience.

EFMP Yoga at the Park
Friday, 8 May, 9:00 a.m. - 10:00 a.m.
Twin Lakes Park, Fort Jackson

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

Creative Art Journey
Tuesday, 12 May, 5:00 p.m. - 6:30 p.m.
Art Center Parks and Recreations, 1227 Taylor Street, Columbia SC

Help individuals with exceptional needs find calming and creative ways to express self through designing and creating artwork.

New Parent Support Program

Mental Health Awareness Month Proclamation Signing
Friday, 1 May, 9:45 a.m. - 10:30 a.m.
Army Community Service Center

Mental Health Awareness Month Proclamation signing to publicly recognize the importance of mental wellness, reduce stigma, and encourage people to seek support early.

Busy Bee Playgroup
Wednesday, 6, 13, 20, and 27 May, 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.

NPSP OB Briefing
Wednesday, 6 and 20 May, 9:00 a.m.— 10:30 a.m.
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.

Family Advocacy Program Community Outreach
Tuesday, 12 May, 11:00 a.m. - 1:00 p.m.
Fort Jackson Army Post Exchange

Provide Soldiers and family members with information on New Parent Support Services through handouts and conversations.

Baby Basic Class
Thursday, 14 May, 11:00 a.m.— 1:00 p.m.
Army Community Service Center

Parents learn the basics on how to feed, diaper, bathe, swaddle, and comfort along with developmental milestones as it relates to their newborn.

Infant and Child Safety
Thursday, 28 May, 11:00 a.m.— 1:00 p.m.
Army Community Service Center

Parents learn how to childproof their home, prevent accidents, how to administer first aid for minor cuts, burns, insect bites, and when to call the doctor.

Community Fair
Friday, 29 May, 4:00 p.m. - 6:00 p.m.

Fort Jackson Army MWR Central at the Solomon Center
This fair is for individuals and families balancing the demands of daily life, parenting, military life, and personal stressors at the same time. The event is designed to increase awareness, reduce stigma and provide practical tools that support healthy coping skills, strong relationships, and overall well-being. Attendees will have access to community resources, family activities, educational materials, and opportunities to learn ways to care for themselves and their loved ones.

Family Advocacy Program

Healthy Relationships Class
Tuesday, 5 May, 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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