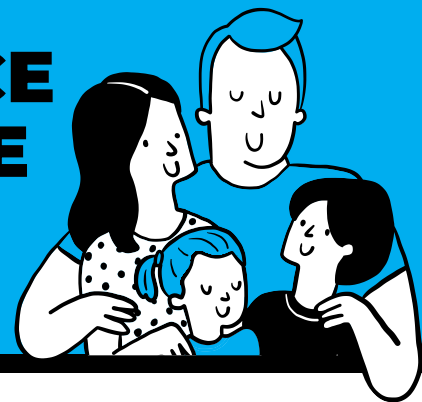


# EFMP ENSURES FAMILIES DON'T FACE CHALLENGES ALONE

The Marine Corps' Exceptional Family Member Program (EFMP) helps families build strength, connection, and resilience through shared experiences and comprehensive support.



## EFMP

EFMP connects families to other Marine Corps Community Service programs and professionals.

[Child & Youth Programs](#)

[School Liaison](#)

[EFMP Attorney](#)

[New Parent Support](#)

[Semper Fit](#)

[Military OneSource](#)



## PHYSICAL FITNESS

EFMP ensures recreational access for all abilities, promoting active, healthy lifestyles.

- Inclusive playgrounds -
- Sensory-friendly movie nights -
- Special Olympics Young Athletes -



## SOCIAL FITNESS

EFMP enables the development of crucial support networks that strengthen the family unit and promotes a sense of belonging through judgment-free events and activities.

- Join a play or support group -
- Volunteer as a mentor -



## MENTAL FITNESS

Open communication and informed choices help reduce anxiety and keep your family mission-ready.

- Connect with your Family Case Worker -



## SPIRITUAL FITNESS

Self-advocacy and access to the right resources build confidence and clarity in everyday life.

- Use the lending library -
- Explore the robust resource guide -

Contact your local [EFMP office](#) to speak with a support professional about strengthening your family's total well-being.