

# EFMP RESOURCES ON YOUR NEW INSTALLATION



**RECENTLY PCS AND WANT TO GET CONNECTED AT YOUR NEW LOCATION?  
TRY OUT SOME OF THESE EFMP RESOURCES TO HELP YOURSELF SETTLE IN!**

**Attend an Exceptional Family Member Program (EFMP) Special Needs Forum.** Forums are designed to bring stakeholders and families together to discuss ideas, trends, and issues. It's a great way to get to know the local programs and connect with other families who may also be new to the area or meet families who have experience there.



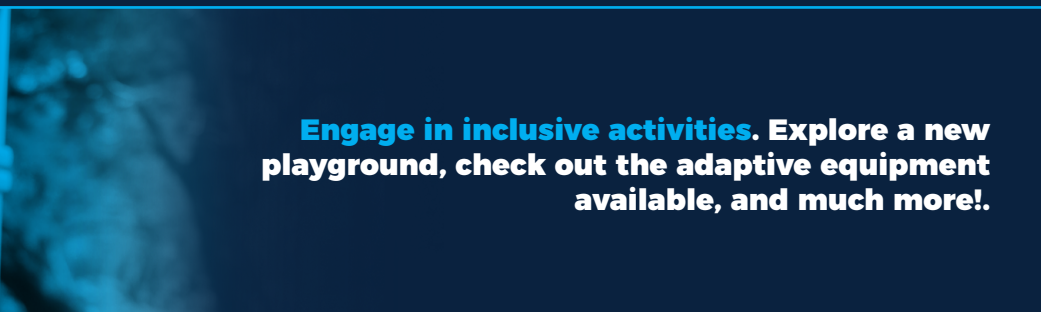
**Participate in local community support groups.** EFMP hosts several support groups, from coffee hours to walks and talks, available to everyone!



**Check the calendar of events.** A calendar of events is available for each location online at [www.usmc-mccs.org](http://www.usmc-mccs.org) under the events tab. Look for information about sports registration, camps, classes and schedules, family events and more.



**Engage in inclusive activities.** Explore a new playground, check out the adaptive equipment available, and much more!



Interested in learning more about inclusive activities at your installation?  
Contact the **EFMP** Office or **Semper Fit Health Promotion** and get active!