

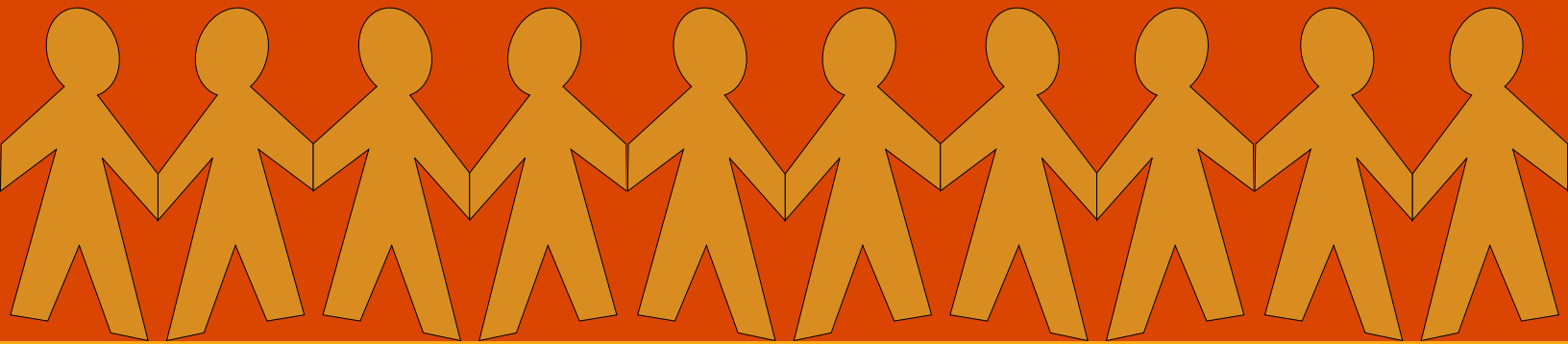


EFMP

Exceptional
Family Member
Program

Henderson Hall Marine Corps Community Services

October 2025



Hello,

OCTOBER

Fall Greetings from EFMP Henderson Hall,
October brings crisp air, colorful leaves, and plenty of opportunities to connect, learn, and enjoy the season together. Whether you're looking for sensory-friendly activities, local resources, or support, EFMP is here to help you thrive. Please note our our updated contact info on the last page of the newsletter.

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Building Fall Traditions for Families with Special Needs

Fall is the perfect season to create meaningful traditions that work for every member of your family. Cooler weather and colorful scenery make outdoor time more enjoyable, and many local events offer sensory-friendly options so everyone can join in the fun.

Consider starting with small, predictable activities—like a weekly walk to collect colorful leaves, baking pumpkin muffins together, or reading a favorite fall-themed book before bed. Sensory-friendly pumpkin patches and no-carve decorating can give children the chance to explore textures and colors at their own pace.

The key is to keep traditions flexible. By focusing on activities your family enjoys—whether it's apple cider on the porch or crafting a fall wreath—you're building memories that will bring comfort and joy year after year.

Bonus Tip: Choose more sensory-friendly activities, like pumpkin painting, over activities that may be negatively perceived, such as cleaning the inside of a pumpkin

Brushes & Bites

with Henderson Hall EFMP



THURSDAY
OCTOBER 23
5:30 - 8PM

EFMP Exceptional
Family Member
Program

Join us for a fun, creative evening with guided painting, non-alcoholic drinks, and light refreshments. No experience needed—just come ready to relax, connect, and create your own masterpiece!

Registration Required
Closes: October 21, 10 PM

Fort Myer Memorial Chapel (Fellowship Hall) 101 McNair Rd, Fort Myer, VA 22211

Please register for this event at:
hnhl_efmp@usmc.mil



MARINE
& Family

Open to DoD ID card holders. Supplies provided. 18+ only. Event is non-alcoholic.

UPCOMING EFMP EVENTS in the DMV

Hosted by EFMP Family Support Joint Base Andrews

Sensory Friendly Spooky Silent Disco & Resource Trunk or Treat

Date & Time: Saturday, October 18, 2025 | 4:00–7:00 PM

Location: Community Center, JBA

Details:

Dance with headphones in a sensory-friendly atmosphere

Enjoy quiet crafts and Trunk or Treat with community resource agencies

Open to EFMP families of all service branches

Registration required (EFMP section of booking site)

Updates on Facebook and booking site



Hosted by Family Support EFMP Fort Meade

EFMP Family Bowling Night Recreational Opportunity for Families Enrolled in EFMP

When: Third Friday of the month

Time: 5:30 pm – 7:00 pm

Location: The Lanes on Fort Meade, 2788 MacArthur Rd, Fort Meade, MD 20755

Registration required: register online at <https://forms.osi.apps.mil/r/UPwbuaMYkX>, email usarmy.meade.usag.mbx.acs-efmp@army.mil, or to sign up for this event. This event is open to EFMP enrolled Families.



Virtual EFMP Knowledge Nugget

14 October , 1130-1200: **Accessing Community Resources**

Free to attend. Get the most out of the wealth of resources available in the National Capital Region and discuss how to find new resources when you PCS to a new location.

28 October , 1130-1200: **Inclusive Recreation Opportunities**

Free to attend. *The NCR has a plethora of accessible recreation opportunities from wheelchair basketball to adapted climbing, tune in to learn more about the opportunities and the laws on inclusion.*

Contact hnhl_efmp@usmc.mil to register.



Virginia

Cox Farms Fall Festival

Location: Cox Farms 15621 Braddock Road, Centreville, VA 20120

Contact: info@coxfarms.com

Website: <https://coxfarmsva.com/fall-festival/>

Ages: All ages

Date & Time: October 1 – November 5, 2025 Hours vary by day

Event Details: This expansive fall festival offers a welcoming environment for families, including those with sensory sensitivities. Attractions include hayrides, slides, a pumpkin patch, and quiet areas. Weekday mornings tend to be less crowded and more sensory-friendly. Staff are trained to support diverse needs.

Admission: \$11-\$20 depending on age and date

Nalls Produce Pumpkin Hill

Location: Nalls Produce 7310 Beulah Street, Alexandria, VA 22315

Contact: info@nallsproduce.com

Website: <https://nallsproduce.com/fall>

Ages: All ages

Date & Time: October 1 – October 31, 2025 Monday–Saturday: 9:00 AM – 7:00 PM Sunday: 9:00 AM – 6:00 PM

Event Details: A smaller, quieter fall experience ideal for children with sensory sensitivities. Features include the Insta-famous Pumpkin Wall, Pumpkin Hill, and friendly farm animals like Penny the Pig. Masks may be required in indoor areas. Staff are welcoming and the environment is low-stimulation.

Admission: Free

Maryland

Family Yoga Afternoon

Location: Yoga Center of Columbia 8950 State Route 108, Suite 109, Columbia, MD 21045

Contact: info@pathfindersforautism.org

Website: <https://pathfindersforautism.org/pfayoga/>

Ages: All ages (children must be accompanied by an adult)

Date & Time: Wednesday, October 8, 2025 4:30 PM – 5:30 PM

Event Details: Enjoy a calming yoga session designed for families with autistic or neurodivergent members. The environment is welcoming and sensory-friendly, with gentle instruction and a quiet space. No registration required—just drop in.

Admission: FREE

Relaxed Performance – Tuck Everlasting the Musical

Location: Children's Theatre of Annapolis 1661 Bay Head Road, Annapolis, MD 21409

Contact: info@childrenstheatreofannapolis.org

Website: <https://www.belikebuddy.com/sensoryfriendly/maryland>

Ages: All ages

Date & Time: Saturday, October 11, 2025 2:00 PM – 4:00 PM

Event Details: This relaxed performance features reduced sound levels, no strobe lighting, and house lights kept low. Guests can move around, talk, or take breaks in the designated chill-out space. Special ushers are available for assistance.

Admission: Standard theater pricing; sensory accommodations included

Mock Traffic Stop – Baltimore County

Location: Baltimore County Police Department Exact location TBA

Contact: info@pathfindersforautism.org

Website: <https://pathfindersforautism.org/register-for-events/>

Ages: Teens and adults with autism or developmental disabilities

Date & Time: Thursday, October 30, 2025 12:00 PM – 4:00 PM

Event Details: Practice interacting with law enforcement in a safe, supportive setting. Participants experience mock traffic stops to build confidence and understanding. Officers are trained in autism awareness.

Admission: Free (registration required)



The Very Hungry Caterpillar Show

Location: Imagination Stage 4908 Auburn Avenue, Bethesda, MD 20814

Contact: access@imaginationstage.org

Website: <https://imaginationstage.org/on-our-stages/the-very-hungry-caterpillar-show/>

Ages: Best for ages 2 – 6

Date & Time: September 17, 2025 – October 12, 2025 Showtimes vary by date

Event Details: This beloved stage adaptation brings Eric Carle’s iconic stories to life with vibrant puppetry and gentle pacing, ideal for young children and families seeking a sensory-friendly experience. Imagination Stage offers relaxed performances with adjusted lighting and sound, quiet areas, and a welcoming environment for neurodivergent guests.

Admission: Standard theater pricing; sensory accommodations available

DC

Cirque du Soleil – Luzia (Sensory-Friendly Matinee)

Location: Under the Big Top – Lerner Town Square at Tysons II 8025 Galleria Drive, Tysons Corner, VA 22102

Contact: guestservices@cirquedusoleil.com

Website: <https://washington-dc.events/october/>

Ages: Recommended for ages 5+

Date & Time: Select dates in October 2025 Sensory-friendly matinee: October 12, 2025 at 2:00 PM

Event Details: This special matinee performance of Luzia is adapted for sensory-sensitive audiences. It features reduced volume, dimmed lights, and a relaxed atmosphere. Staff are trained to support neurodiverse guests, and quiet zones are available.

Admission: Prices start at \$123

Deaf Way Film Festival (Sensory-Friendly Film Festival Experience)

Location: Gallaudet University, Washington, DC (Film screenings at Elstad Auditorium; other events around campus and nearby venues)

Contact: Office of Arts, Culture, and Experience – Deaf Way Film Festival (via Gallaudet site “Contact Us” section)

Website: <https://gallaudet.edu/deaf-way-film-festival/> Gallaudet University

Ages: Open to all ages; inclusive of public audiences, including those unfamiliar with Deaf culture or ASL

Date & Time: October 16–19, 2025 — multi-day festival; schedule varies by day (e.g., opening on Oct 16, full programming on Oct 17–18, public-access activities on Oct 19)

Event Details: A four-day celebration spotlighting Deaf stories through film screenings, panels, art exhibitions, networking events, and workshops. Features include a Thursday opening screening (“Marlee Matlin: Not Alone Anymore”), full days of shorts and features with director visits (e.g., Loud Love, Siren: The Voices of Shelley Beattie, Money & Ducks), Saturday awards ceremony, and public-free programming on Sunday. Films are captioned and accessible.

Admission: Multiple pass options





Operation Autism is a dedicated resource designed to support military families with children on the autism spectrum, providing essential information and guidance throughout their journey.

Tailored for military families with children on the autism spectrum.

Provides:

Free downloadable guides

Transition support for PCS moves

School advocacy tips and EFMP navigation

<https://operationautism.org/>

Sensory Friendly Activities across the NCR

LEGO Discovery Center Sensory-Friendly Mornings

\$26.99 per person. You may be eligible for one free ADA caregiver ticket. Enjoy the LEGO center from 1000-1100 with reduced lighting and music. This event is held the first Wednesday of every month. For all ages. [Link](#).

Accessible Adult Fans of LEGO Nights

Ages 18+ only. Enjoy the LEGO center from 1800-2000 with reduced lighting and music. This event is held the Wednesday of every month. For adults with special needs or sensory differences.

Sensory Sundays at the B & O Rail Museum

\$20/adult, \$12/child. AD is free. First Sundays in select months. Environmental accommodations (no music, low lighting, quiet areas, increased signage for areas with sound effects), sensory-friendly events (kids craft, train ride, and tour) and resources (sensory kits, social stories, and community table) will be available. [Link](#)

Morning at the Museum

Free. Dates and Smithsonian museum vary. Registration required. Sensory-friendly program for children, teens, and young adults who are neurodivergent and their families. Participants enter the museum early and explore at their own pace. [Link](#)

Alamo Drafthouse Cinema

Alamo for All program is active in both Northern VA and DC. All shows on Tuesday before 2:00 p.m. are sensory-friendly. Additional shows are available on weekends.

AMC Theatres

Second and fourth Saturdays for family-friendly movies and Wednesday evenings of every month offer sensory-friendly showings

Children's Museum of Virginia

Portsmouth, VA. Reduced number of visitors and adapted programs/exhibits.

Note: Second floor currently under construction. Held the second Sunday of every month. [Link](#).

Kennedy Center

Price varies. Lower lighting during entire performance, reduced sounds, and designated quiet area of theater.

Guests are welcome to talk and move throughout performances. Website includes scripted stories to talk about an upcoming visit. [Link](#).

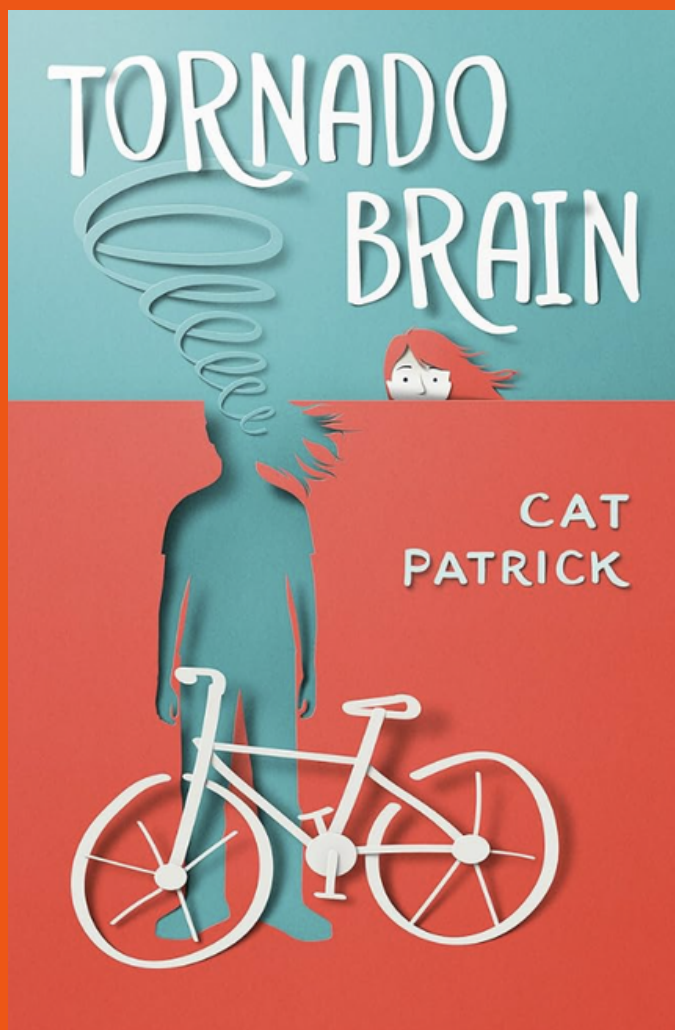
Regal Movies

My Way Matinee Program offers sensory-friendly showings as the first show on Saturdays on select Saturdays.

Philadelphia:

Sesame Place

Sesame Place Philadelphia is the first theme park to be designated as a Certified Autism Center. Sesame Place offers a low-sensory room, low-sensory parade viewing, and specially-trained staff.



Tornado Brain by Cat Patrick is a heartfelt middle-grade novel told through the voice of Frankie, a 13-year-old who experiences the world a little differently. With humor, honesty, and a one-of-a-kind perspective, Frankie takes readers through the ups and downs of friendship, family, and figuring out where she fits. The story offers a fresh look at neurodiversity while keeping readers engaged from the very first page.

To borrow this item or any of the other items in the loan locker, contact efmphh@usmc-mccs.org or call (703) 693-7195. You may schedule pick-up at Henderson Hall or at an upcoming EFMP site visit in your area



Who is eligible for the
Exceptional Family Member
Program?

An official family member with an exceptional medical or special education need, registered in DEERS, who resides with the active duty service member sponsor. This can include a spouse, child or dependent adult. It is mandatory (by MCO 1754.4C) that the Marine enroll a family member who has special medical or educational needs. Contact your EFMP office if you are unsure if you should enroll your family member.

EFMP UPDATED CONTACT INFO

The Henderson Hall EFMP Team has updated email addresses. Please update your records to reflect our new contact information moving forward.

EFMP Org box: hnhl_efmp@usmc.mil

EFMP Program Manager: amy.l.proce.civ@usmc.mil

EFMP Family Case Workers:
claudia.l.quinby.civ@usmc.mil
tamela.brown.civ@usmc.mil

EFMP TEO: carly.brashear.civ@usmc.mil



Henderson Hall EFMP is committed to providing accessible, inclusive events and services. Please contact us with concerns or suggestions
(703) 693-7195
1555 Southgate Rd.
Bldg. 12
Arlington, VA 22026

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