



EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

April 2025



HAPPY MONTH OF THE MILITARY CHILD

Did you know purple is associated with the month of the military child because it's a mix of all the service colors (scarlet for USMC, blue for Navy, blue for AF, and gold for Army)? Military children attend an average of 6-9 schools throughout and move every 2-3 years. That requires a lot of resilience and flexibility! Show your support for the smallest military family members and "Purple Up" for military kids on April 9th.

Don't hesitate to reach out to your family caseworker or [Henderson Hall's School Liaison Officer](#) (703-693-8378) for support for transitioning students in K-12.

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RAINBOW OF POSSIBILITIES

BUILDING CONNECTIONS THROUGH LEGO PLAY

APRIL 16, 2025
10 A.M. - 12 P.M.

5965 6TH ST.
BLDG 1263
FORT BELVOIR, VA

REGISTRATION DEADLINE: APRIL 10
FORT BELVOIR EFMP IN PARTNERSHIP
WITH HENDERSON HALL MCB EFMP



EFMP Exceptional
Family Member
Program

**MARINE &
Family**

MC^{CS}
HENDERSON HALL

TO REGISTER, CALL (571) 231 - 7020.
OPEN TO ALL EFMP FAMILIES.

Army Community Service
5965 6th St., Bldg. 1263
Fort Belvoir, VA 22060
(571) 231-7001

 **BELVOIR MWR**
BELVOIR.ARMYMWR.COM



OAR LENDING LIBRARY

The Organization for Autism Research offers a free , digital library of autism-related ebooks and audiobooks. Community members may enjoy both fiction and non-fiction, including children’s books and guidebooks. To access the library, create a free account with [OAR](#), download the [LIBBY](#) app on your phone or device and search for “Organization for Autism Research.” Consider selecting a book or two to read during Autism Acceptance Month.



Pathfinders for Autism



Pathfinders for Autism is non profit based in Maryland focused on growing relationships and educating all members within Maryland to increase awareness, acceptance and belonging for all individuals with autism and their support networks. Check out their website <https://pathfindersforautism.org/> to learn more about upcoming events, workshops, safety classes and resources.

Autism Society of Northern Virginia

Autism Society of Northern Virginia (ASNV) builds community for individuals and families through education, advocacy, and support. ASNV works to educate members of the community about autism by offering workshops, trainings, online resource directory, and information and referrals. ASNV encourages advocacy to create lasting changes. ASNV provides direct support to families by offering an intervention assistance fund; support groups for autistic adults, parents and caregivers of adults on the spectrum, parents of autistic teens, and middle age adults on the spectrum; assistive technology; family social events; and a peer mentor program. Check out their website to learn more <https://www.asnv.org/>

Thrive Parent Training



While parenting may not come with a manual, there are plenty of resources to learn methods for raising healthy, resilient children. One such resource is Thrive online training, a partnership between the DOD and the Military Family Clearinghouse at Penn State. Thrive training is completely free for military families and focuses on supporting positive parent practices, parent/child stress management and strategies to promote physical health. Evidence-informed trainings include modules to support parents of children ages 0-3, 3-5, 5-10 and 10-16. “Mini-booster modules” are also available to refresh skills in 2-3 minutes. Additional 2 hour supplemental modules include topics like neurodiversity/autism, raising a child with special needs, anger management and adolescent mental health.

Thrive also features downloadable resources like a family media plan and mindfulness techniques. The regular blog can also add more tips and tricks to the parenting toolbox. Learn more and register online at the [Thrive](#) website.

MCCS Highlight: New Parent Support Program



Marine Corps Community Services offers in-person parenting classes (i.e., Baby Boot Camp, Infant Massage) and home visits for children 0-5 from licensed social workers and registered nurses. Services are completely voluntary and confidential. Visit the [website](#) or call [\(703\) 614-7204](tel:(703)614-7204) for more information.

Life Journey Through Autism: A Guide for Military Families



Stop by the office or Henderson Hall's April 16th event at Fort Belvoir to pick up a free copy of this guide. You can also download it directly from the OAR website. The guide, paired with OAR's companion website Operation Autism, are excellent sources of information for military families as they navigate life's journey. The guide includes information on evidence-based therapies, alternative treatments, sibling supports and transitions. Also available in Spanish.

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

Sensory Friendly Activities across the NCR

LEGO Discovery Center Sensory-Friendly Mornings

\$25.99 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

\$24.99 per person. 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.

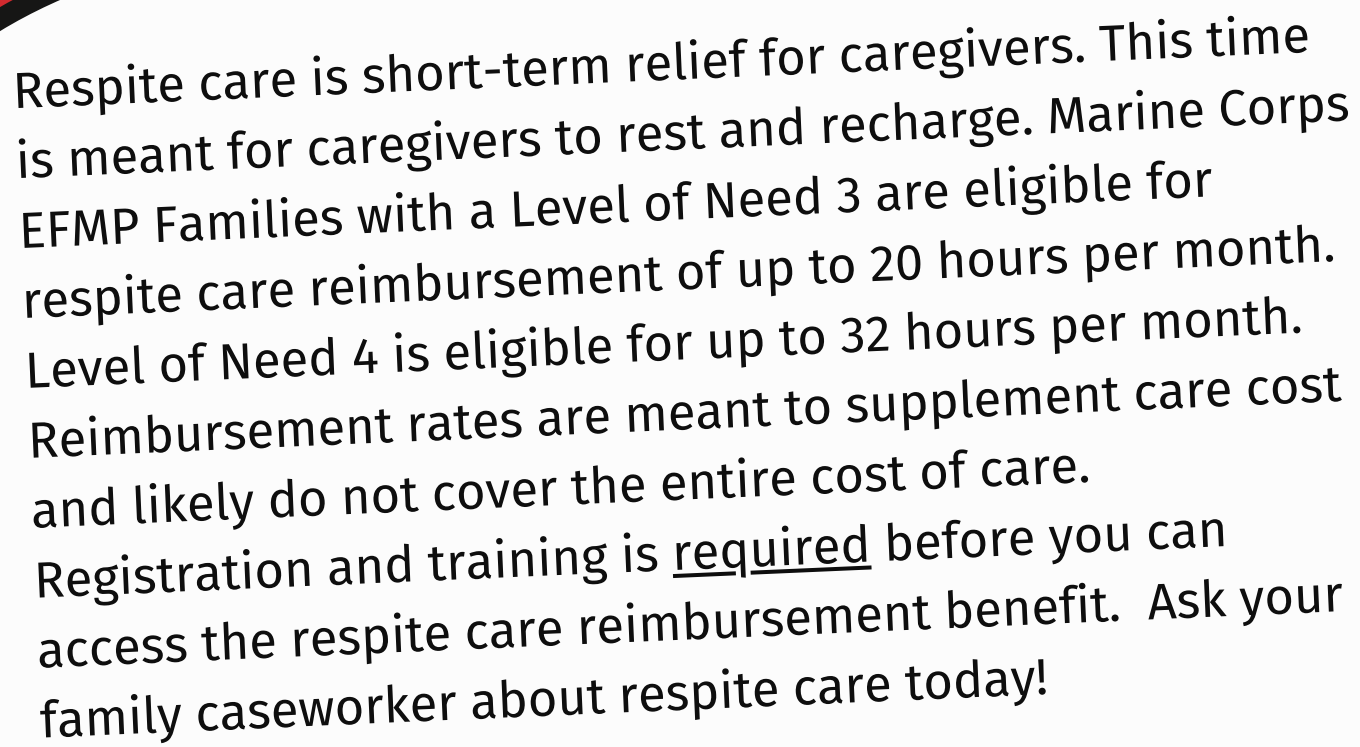
Philadelphia:

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.



What is respite care?



Respite care is short-term relief for caregivers. This time is meant for caregivers to rest and recharge. Marine Corps EFMP Families with a Level of Need 3 are eligible for respite care reimbursement of up to 20 hours per month. Level of Need 4 is eligible for up to 32 hours per month. Reimbursement rates are meant to supplement care cost and likely do not cover the entire cost of care. Registration and training is required before you can access the respite care reimbursement benefit. Ask your family caseworker about respite care today!

HH EFMP Services

- Family support/non-clinical case management
- Informal Assignment Screening
- EFMP Attorney Assistance
- Resources and Referrals
- Support at IEP/IFSP meetings
- Respite Care Reimbursement Program
- Eligibility and enrollment for Tricare ECHO
- Transition Assistance (PCS, EAS)
- Workshops and Training
- Lending Library
- Loan Locker
- Family Needs Assessment

DISCLAIMER:

The contents of this document do not necessarily reflect the views or policies of the Department of Defense, nor does the mention of trade names, commercial products, gift suggestions, or organizations imply endorsement by the USMC.

Henderson Hall EFMP is committed to providing accessible, inclusive events and services. Please contact us with concerns or suggestions

efmphh@usmc-mccs.org

(703) 693-7195

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Bldg. 12

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