



Exceptional Family Member Parent Exchange



The Fort Benning EFMP Exchange offers support and information sharing through its' monthly Support Group Exchange held **every 3rd Thursday** of the month in Bldg. 2626 from 1100-1200 (second floor). The monthly support group meets to share common experiences unique to special needs children/Families affiliated with the military. The Exchange provides a place to network within the community and to learn about new information and resources available to Family members who have special needs. Meetings are open to all special needs Families who need support, resources, and/or respite care information.

Come out and share your challenges and successes with other parents. Each Exchange meeting holds an opportunity to share, learn, research resources, and provides an opportunity for parent-to-parent peer support, and door prizes.

For childcare information,
call ACS EFMP,
706-545-5521/2679

"The Official Ft Benning EFMP Support Group"



TRICARE ECHO

The Extended Care Health Option (ECHO) is a supplemental program to the basic TRICARE program. ECHO provides financial assistance for an integrated set of services and supplies to eligible active duty Family members.

There is no enrollment fee for ECHO, however Family members must have an ECHO-qualifying condition, enroll in the Exceptional Family Member Program (EFMP), and register in ECHO through ECHO case managers in each TRICARE region. To learn more about ECHO, please call 1.800.444.5445 or visit the website at www.tricare.mil.

Getting the Word Out About EFMP in 2010

Happy New Year Fort Benning,

As we start the New Year, the EFMP is requesting your assistance with spreading the word about EFMP. Although we continue to promote the program through information kiosk, brochures, flyers, newsletters, and the ACS website, we know that there are Families that do not know about the program and its' purpose.

So, in 2010 we are asking that you tell someone, in hopes that they will tell someone about EFMP. Please share any program information that you may have about the program with your friends and the community, and we ask that you refer them to the EFMP for further questions, if needed. Thank you for your support!

ACS EFMP

Happy New Year...
Be Sure to Update
Your Enrollment

Soldier's must update their EFMP enrollment every 3 years. A review is required as Exceptional Family Member condition changes or at least every 3 years, whichever comes first.



Services for Family Members at No Charge

In partnership with the Department of Defense, **Military OneSource** can provide your Family with assistance and information specific to the needs of your Exceptional Family Member (EFM). Military OneSource can provide you with free consultation, resources and materials, and information on the latest research related to your EFM special needs.

Consultation available include understanding a special needs diagnosis, moving with a special needs child, education planning advocacy, dealing with parenting grief issues surrounding a diagnosis, community advocacy, explaining the purpose of the EFMP, questions about IEP's, and more.

To find out more about Military OneSource and other services available visit **MilitaryOneSource.com** or call 1-800-342-9647.

EFMP RESPITE NIGHT OUT

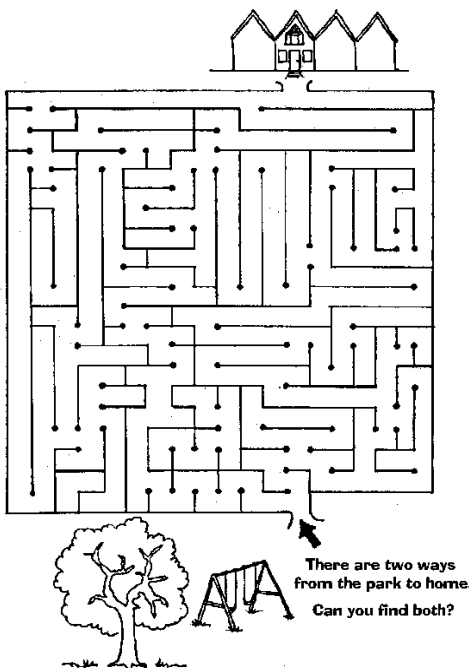
Friday Dates

January 08

February 05

March 05

Family Fun for Everyone



For more information on the Exceptional Family Member Program, Respite Care, resource information, or questions you may have, please call 706-545-5521 or 706-545-2679. Please visit us on the web at www.benningmwr.com/acs-efmp.php.

The EFMP Newsletter is authorized for the members of the U.S. Army and does not necessarily reflect the views of the U.S. Dept. of Army, Fort Benning, DFMWR or ACS EFMP.