

Family Advocacy Program 2025 Schedule of Events

Monthly Virtual FAP Chats

Resources available online at
DefenseMWR.com/Susquehanna

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| January: | New Beginnings and Mental Wellness |
| February: | Love and Self-Compassion |
| March: | Parenting and Mental Wellness |
| April: | Mental Health in the Workplace |
| May: | Mindfulness and Motherhood |
| June: | Fatherhood and Work-Life Balance |
| July: | Coping with Change |
| August: | Back to School and Mental Health |
| September: | Suicide Awareness: The Role of Support Systems |
| October: | Domestic Violence Awareness: Bystander Intervention |
| November: | Gratitude and Mental Wellness |
| December: | Holiday Social |



Month of the Military Child

Superheroes Unite Parade:
April 1

Superhero Costume Days:
April 2, 9, 16, 23, 30

Domestic Violence Awareness Month

Oct. 20: Drive to End Domestic Violence
Riverview Golf Course

Oct. 21: Cycling for Change
Fitness Center

Oct. 22: Empowerment Workout
Fitness Center

Oct. 23: Domestic Violence Awareness: Breaking the
Cycle 5K and Youth Obstacle Course

Fitness Center | Registration: 11 a.m. | Start: 11:30 a.m.
Oct. 24: Purple Up




Family Advocacy Program

G Ave., Bldg. 400

717-770-7066

Open to all eligible patrons. Dates are subject to change.



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