

## MCAS Yuma EFMP...January 2026...Newsletter

*...Exceptional News For Exceptional Families...*

### EFMP Mission

The mission of the Exceptional Family Member Program is to improve the quality of life of families that have a family member with a diagnosed medical or educational need and ensure continuum of care.

EFMP will improve the quality of life of families that support a member with a disability. Quality of life is improved through family support via Marine Corps Community Services (MCCS) programs provided aboard Marine Corps installations, and through contractual partnerships with public and private organizations.

By following specific procedures and guidelines, EFMP will ensure that sponsors with Exceptional Family Members (EFM's) are assigned to duty stations where services exist to support the EFM with access and availability to medical and educational services.

Families and service providers must work together in a climate of mutual respect and trust to be successful. Enrollment in the EFMP shall not prejudice advancement or promotion opportunities.

### EFMP Staff

Program Manager  
928-269-2425

Family Case Worker  
928-269-5233

Training, Education and Outreach Specialist  
928.269.2949

### Office Hours

Monday thru Friday...0800-1630



Monday January 19, 2026 is Martin Luther King Day. This day celebrates the achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transportation and for racial equality in the United States.

# MARTIN LUTHER KING DAY

*\* I have a dream \**

Faith is taking the first step even when you don't see the whole staircase.



MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons  
**borrow~grow~return**

"Breathe with me." Remind children how to actively calm themselves with the S.T.A.R., Drain, Pretzel and Balloon breathing icons embroidered on this plush mat. The mat is a perfect supplement to your existing Safe Place, or use as a portable Safe Place!



**STOP** by and visit our Library today!  
We have a wide variety of items available for  
**COMPLIMENTARY 2 week check-out.**  
Please note that all items must be returned  
cleaned and in good condition.



Covered in Comfort's weighted shawl is constructed of a soft minky fabric and is suitable for both children and adults. Similar to the feeling of being hugged, this shawl is weighted and sits upon the shoulders, back, and upper chest providing soothing and calm. Provides comfort and reduces anxiety! Shawl weighs 3 pounds and measures 19 x 19 inches. Appropriate for ages 4 years and up.

## **New Resource Helps Military Families Thrive**

Being a parent is not an easy job and comes with daily challenges. Thankfully, families can access sources that provide information on best practices to make parenting easier and help strengthen the parent-child bond. Through a collaboration between the Department of Defense's Office of the

Deputy Assistant Secretary of Defense for Military Community

and Family Policy (DoD MC&FP) and the Clearinghouse for Military Family Readiness at Penn State, military families can use Thrive Initiative resources. The Thrive Initiative focuses on nurturing the parent-child relationship to foster community youth development and resilience. It emphasizes positive parenting practices, stress management, and promoting child physical health. Thrive has a training program for you no matter the age of your child or children. Key goals include:

- Strengthening positive parenting skills • Teaching stress management strategies.
- Promoting healthy lifestyles.

Recently, Thrive expanded its content to include modules on adolescent mental health, exceptional families, and neurodiversity and autism just to name a few. Short videos cover topics such as positive parenting, listening to your baby, and communicating with adolescents and teens. Raising children is challenging, but there are helpful online resources to support you. Empower yourself and your family to flourish by taking the Thrive training for parents. Check out Thrive today at [thrive.psu.edu](http://thrive.psu.edu).

EFMP and Me is another resource designed to assist military families in exploring the vast networks of services and support the DoD has to offer. This tool lets you choose from a variety of categories that fit your life needs, such as:

- Childcare • EFMP (Exceptional Family Member Program) • Education
- Medical • PCS (Permanent Change of Station)
- Family and Community Life • Transitions and More

EFMP and Me can be used on any computer or mobile device. With information at your fingertips, you are never far from resources to get you through every milestone. For more information on needs assessments and services planning, connect with your local EFMP Family Caseworker.

## **Exercise Benefits Your Overall Health**

An increasing amount of evidence shows the benefits of physical activity on mental health. Physical activity releases mood boosting hormones, such as endorphins, serotonin, and dopamine, in the brain. The discipline of working out, coupled with the act of pushing through a tough workout reinforces a person's ability to handle uncomfortable feelings and emotions, rather than avoiding them, strengthening resilience. Self-confidence begins to improve as milestones in workout routines are achieved. This self-confidence is associated with improved body image, overall determination, and perseverance, according to a recent study in the Annual Review of Medicine. Other benefits of engaging in regular exercise are improved sleep, an increased ability to emotionally self-regulate, improved cognitive function, reduced symptoms of depression, and an overall improved quality of life. Exercise has also been shown to decrease stress; helping to fight mental and physical illnesses. In addition to mental fitness, exercise has been shown to have physical, spiritual, and social benefits to a person's overall health and wellness. Exercise can improve a person's cardiovascular health and overall physical health. By joining an exercise group at a local gym or exercise studio, a person may form connections that help them feel like they belong to something larger than themselves. Exercise can also be a time for contemplation and connecting with higher purpose.

Visit the Community Counseling Program at your installation or connect with your local Semper Fit team to learn more.

<https://www.usmc-mccs.org/news/exercise-benefits-your-overall-health>



# EFMP Exceptional Family Member Program

## January Events...

**Huddle Up for L.I.N.K.S.**  
**Thursday, January 8, 2026...8:00 am to 4:00 pm**  
**Marine Corps Family Team Building...Building 598**

Learn the game plan for navigating military life!  
Whether you're new to lifestyle or just looking for a refresher, L.I.N.K.S. is your playbook for success. Connect with others, gain valuable insights and feel more confident as you take on this journey.  
Register by calling 928.266.6550



Child and Youth Programs is offering Friday Night Care on January 9, 2026. Children are provided a light snack.  
Age: 6 weeks-12 years...Pricing: \$8 per child, per hour.  
For more information or to make reservations, please call CYP Resource & Referral at (928) 269-3251/3234.  
Children must *have* a current CYP Registration Packet and Immunization records on file to attend.  
Care is open to all Active Duty families and DoW employees. Reservations can be made up to 2 weeks in advance.

**Special Education Overview**  
**Thursday January 15, 2026...2:00 pm to 3:30 pm**  
**Building 693—Training Room**

Join us with special guest speakers from Yuma Union High School District as we navigate the Special Education Process for older children.  
Registration Required by calling 928.269.2949  
This event is open to all MCCS Patrons..

**EFMP: Connection Support Club**  
**Thursday January 22, 2026...5:00 pm to 6:00 pm**  
**EFMP Office-Building 693**  
**This is an open forum discussion to talk about related issue.**  
**This months topic:**  
Establishing Permanent Dependency and SSI & Medicaid Waiver.  
For more information call 928.269.5233.  
This event is open to all MCCS Patrons.

## what's cooking

### "Easy High Protein Soup"

#### Ingredients

- 1 lb. browned ground hamburger meat
- 1 can diced chipotle tomatoes
- 1 package low sodium taco seasoning
- 4 cups chicken broth
- 1 block of cream cheese
- Diced cilantro
- Salt & pepper for a little extra flavor.
- Sprinkle with shredded cheddar.

(Didn't make in a crockpot, just made in a pot on the stovetop).



#### Why We Make Resolutions

Why do millions of people resolve to change at the beginning of every year? A series of studies into what researchers have dubbed the "fresh start effect" has looked at how temporal landmarks can motivate aspirational behaviors.

The new year feels like a new beginning, which is why so many people often set lofty resolutions during these times. While this practice can sometimes lead people to bite off more than they can chew, going after resolutions can also present great opportunities to overcome struggles with willpower, determination, and ingenuity.