U.S. AIR FORCE ACADEMY

EFMP-FS newsletter

OCTOBER- DECEMBER 2026



Greetings

Happy fall, EFMP families! We're excited to welcome new families to USAFA this season and invite everyone to join in the fun events planned to celebrate the holidays. Don't forget to take advantage of EFMP benefits, including respite care services, workshops, and programs designed to support your family's unique needs. I am always here to connect you with resources, answer questions and help your family thrive. Let's make this season one full of connection, celebration, and fun.



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contact info:

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6248 W. Pine Loop
USAF Academy, CO 80840

(719) 333-3444
10fss.fsh.efmp@us.af.mil



M&FRC Events


U.S. Air Force Academy
EFMP and Deployed Families
HALLOWEEN
Movie Night
TRICK or TREAT
Wear your Halloween costumes and join us for a showing of Hocus Pocus at the USAFA Planetarium
FRIDAY, OCTOBER 30TH, 2026 AT 6PM
REGISTER VIA QR CODE
2120 Cadet Dr. USAF Academy, CO 80840
(719) 333-3444
10fss.fsh.efmp@us.af.mil


Important
Elevate is an 8-hour curriculum. To be eligible for the grant, couples must attend ALL dates and times of their chosen session.
Please contact 719-333-3444 or 10fss.fsh.afrc@us.af.mil with questions
*Follow installation guidance on snow procedures.
ELEVATE YOUR RELATIONSHIP IN 2026
PLUS RECEIVE $160
Elevate is a cutting-edge relationship education program designed to equip couples with the skills and understanding to cultivate thriving, resilient partnerships.
Choose A Session
SESSION 1 When: 13 November 2026
Time: 8 am to 5:30 pm
Where: 6248 W. Pine Loop, USAF Academy, CO 80840
SESSION 2 When: 4,11, 18, 25 February 2027
Time: 5:00-7:30 PM
Where: 6248 W. Pine Loop, USAF Academy, CO 80840
Register Today via QRC!
MILITARY & FAMILY READINESS


Exceptional Family Member Program
TRUSTS WITH A UNIVERSAL GUARDIAN WORKSHOP
Are you the parent, guardian or caregiver of a person with a disability?
Planning for the long-term security of a loved one with special needs can feel overwhelming. This complimentary workshop will provide you with the information and tools you need to create a financial plan that ensures their care and protects their eligibility for government benefits.
WORKSHOP DATES:
29 JULY FROM 1000-1200
3 SEPTEMBER FROM 1600-1800
13 OCTOBER FROM 1600-1800
19 NOVEMBER FROM 1000-1200
16 DECEMBER FROM 1600-1800
REGISTER VIA QR CODE
HELD AT PETERSON SFB M&FRC
135 DOVER ST. BLDG 350 SUITE 1203


Your USAFA Military & Family Readiness Center invites New and Expectant Parents to attend this FREE Workshop
BUNDLES FOR BABIES
DEC 1
Registration required.
Scan QR code to sign up.
Open to all expectant and new parents of all ranks. Fathers are encouraged to attend.
MILITARY & FAMILY READINESS CENTER
719.333.3444 | EMAIL: 10FSS.FSH.AFRC@US.AF.MIL
8AM – 12:30PM
$150 Cash Gift
USAFASUPPORT.COM

USAFA Events











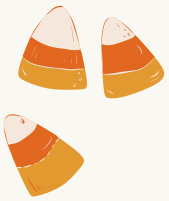


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SEASON'S HAPPENINGS



FALL FESTIVAL IN CRIPPLE CREEK
OCTOBER 3



BOO AT THE ZOO
OCTOBER 16-17, 23-25, 30-31





BARKS AND BOOS FALL FEST
OCTOBER 18 [AT] UNDER THE SUN DOG TRAINING

SENSORY-FRIENDLY TRICK OR TREATING
24 OCTOBER [AT] RESONATE MUSIC THERAPY CLINIC



FALL HOMESCHOOL DAY
28 OCTOBER [AT] 3105 GATEWAY RD.





TURKEY TROT 5K
NOVEMBER 26



THE NUTCRACKER
27-28 NOVEMBER





OLD COLORADO CITY CHRISTKINDLMARKET
4 DECEMBER





SKATE IN THE PARK
MID NOVEMBER-JANUARY [AT] ACACIA PARK

SANTA EXPRESS TRAIN
LATE NOVEMBER-DECEMBER [AT] THE ROYAL GORGE ROUTE RAILROAD

ICE CASTLES IN CRIPPLE CREEK

AFAS Special Needs Grant

- Provides up to $3,000 within a three-year period per Q-coded dependent to pay for specialized camps, therapeutic equipment, assistive devices, and more!
- Families like to use this grant for glasses and other items not covered by Tricare.
- Visit the AFAS website

Air Force Respite Care Program

- Receive up to 32 hours of respite care each month through the Air Force's respite care program. This program is designed to help find suitable, qualified childcare for children with special needs.
- Applications are submitted through the EFMP-FS Coordinator

Tricare ECHO

- Covered services may include respite care, assistive services, durable medical equipment, in-home support, rehabilitation services, Autism Care Demonstration, and specialized training programs.
- To qualify, sponsors must be enrolled in EFMP and reach out to EFMP medical to register at 719-333-5991
- Does require an out of pocket cost

AFAS Give Parents a Break

- Provides $40 per dependent child per month for up to 3 months
- Funds can be used for any provider
- Approved funds are directly deposited via Zelle or ACH
- Voucher is required; contact 10fss.fsh.efmp@us.af.mil for a voucher & apply at AFAS.org

Exceptional Families Matter Grant

- Provides up to $500 per enrolled EFM per fiscal year
- Helps cover costs not paid for by TRICARE
- For all military branches and available to retiree and veteran families as long as they are within 1 year of separation
- 90 day grant processing time

Exceptional Food Medical Parking Grant from EFM

- Provides $10 for parking, $10 for adult meal, $10 for child meal for families on the day of medical appointments or for inpatient caretakers
- For all military branches
- Application must be submitted 7 days prior to appointment

EFMP Exceptional Family Member Program

Air Force Military Family Readiness Center brings you LRP Publications' *Special Ed Connection*® and *DirectSTEP*® *eLearning* courses **FREE** of charge!

Special Ed Connection® (www.specialedconnection.com) provides resources and tools that Air Force Staff and parents can use to gain a clear understanding of special education requirements and services and how they work. From legal rights to practical application and from student referrals to IEPs, ***Special Ed Connection***® explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services.

For more information, contact your local Military Family Readiness Center EFMP Coordinator or School Liaison Officer

DirectSTEP® eCourses explain legal requirements and best practices for behavior management, autism, IDEA eligibility, IEPs and more. They also teach parents and educators how to handle critical education issues to obtain positive outcomes while applying education laws to the day-to-day world of teaching and learning. These eCourses are available for use by all Air Force staff, parents, Military/DoD personnel assigned to Air Force installations and K-12 educators serving military children.

With each eCourse you will:

- Receive the highest quality training developed by respected special education experts.
- Learn at your own pace for the greatest possible comprehension and retention.
- Take courses based on individual training needs and interests.
- Engage in learning through quizzes and activities.
- Learn how to make decisions that are educationally and legally sound.
- Receive a certificate of completion.

Go to http://usafefmp2021-ds.lrp.com and self-register for your eCourses.

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360 Hiatt Drive, Palm Beach Gardens, FL 33418
1-800-515-4577, ext. 6303
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Community Resources

Maxim Healthcare Services
https://www.maximhealthcare.com

Peak Parent Center
https://www.peakparent.org

The Arc of Pikes Peak Region
https://www.thearcppr.org

The Resource Exchange
https://www.tre.org

Pikes Peak Respite Services
https://pikespeakrespiteservices.com

Katie's Way Plus
https://katieswayplus.com

Woven Care
https://wovencare.com

For resources more tailored to your family's needs, please contact 10fss.fsh.efmp@us.af.mil

Hearty Kids

Heartykids.org is an online resource and community website built by Benjamin Momber- a 17-year-old with a congenital heart defect- dedicated to supporting families and children navigating chronic health conditions. The platform provides a space for sharing personal stories of resilience, facilitating meaningful one-on-one connections, and guiding families toward vital community support agencies.

DAF Family Vector

- Medical Trends dashboard helps you find out what your assignment probability may be based on current trends
- Tricare Updates
- Enrollment, assignment, family support, special ed, legal information and more!

EFMP & ME

- Navigate services
- Advocate for yourself
- Connect with resources
- Create checklists
- Part of Military One Source

check it out!

LET US KNOW HOW WE'RE DOING!

We love supporting our special families, and your feedback helps our team better serve you and your family. Your comments also help with new initiatives and leadership engagement to support families. Feel free to leave your comments anonymously on the ICE website on the QRC.

IMPORTANT CONTACTS

EFMP Medical: Lara Leigh Shaffell
- (719) 333-5991

School Liaison Officer: Megan Garland
- (719) 337-6790

Military and Family Readiness Center
- (719) 333-3444

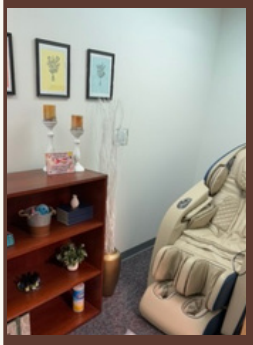
Family Childcare Coordinator
- (719) 337-7957

Extra Support

Headspace: Mindfulness & Sleep App- Free with a Blue Stars Family Account

Tutor.com: Connect with a live tutor (grades K-12) at any time for 1-on-1 help with homework, studying, test prep, and proofreading at no cost for military families

CHECK OUT THE ZEN ZONE!



Overwhelmed? Stressed? Come check out the Zen Zone! Equipped with a massage chair, adult coloring books, meditation books, stress balls, and a diffuser, this room is sure to offer a much needed break during a busy day.