

## Helpful Online Resources

Specialized Training of Military Parents (STOMP).

[www.stompproject.org](http://www.stompproject.org)

Tri-South Humana Military Health

[www.humana-military.com](http://www.humana-military.com)

Arkansas Disability Coalition

[www.adc@alltel.net](http://www.adc@alltel.net)

U.S. Department of Education

[www.idea.ed.gov](http://www.idea.ed.gov)

Council for Exceptional Children

[www.cec.sped.org](http://www.cec.sped.org)

Exceptional Parent

[www.eparent.com](http://www.eparent.com)

Special Ed Connection

[www.specialedconnection.com](http://www.specialedconnection.com)

[www.facebook.com/littlerockafrc](http://www.facebook.com/littlerockafrc)



### A&FRC Programs

Air Force Aid Society

Air Force Spouse

AF Wounded Warrior

Career Focus

Deployment

Exceptional Family Member  
Program-Family Support  
(EFMP-FS)

Money Matters

Moving/PCS

Self Development

Separation/Retirement

Volunteering



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## Exceptional Family Member Program - Family Support



Airman and Family  
Readiness Center



940 Arnold Drive  
Little Rock AFB, AR 72099  
(501) 987-3705/2667

Hours of Operation 0730-1630

[www.litterockafrc.com](http://www.litterockafrc.com)

# Exceptional Family Member Program—Family Support (EFMP-FS)



## What is EFMP?

The EFMP is designed to provide support to military family members through a variety of personal, medical, and family support functions.

The goal of the EFMP-Family Support program is to provide special



needs families with accurate, up-to-date information and resources regarding the EFMP, local resources and support agencies, and disability specific news.

## EFMP-FS Services

The EFMP-FS services in place to assist families include:

- Connect to local, state and federal resources
- Provide relocation support
- Monthly support meetings
- Early Intervention/Special Education information and support
- Respite Care
- Recreational Activities
- Housing needs
- Workshops



## On-Base Resources

Tricare Operation Patient Administration (TOPA) (501)-987-1285 or (501)-987-8559

School Liaison (501)-987-8341



EFMP-Medical (501)-987-1256 or (501)-987-2061

Military & Family Life Counseling (MFLC) (501) 366-7703

Child & Youth MFLC (501) 366-7210

Child Development Centers (501)-987-6130 or (501) 987-6070