



Navy Exceptional Family Member Program South Carolina

January 2026

A monthly newsletter to keep you connected to resources and events across the Palmetto State and throughout the Navy Region Southeast.

Celebrate Mental Wellness in January

Mental Wellness Month takes place every January and focuses on small habits that support emotional wellbeing. As the new year can be a time to reset, the month can also be dedicated to adopting simple daily habits to improve your emotional well-being. Starting small can support healthy habits that are consistent and sustainable over time.

For ideas on ways to support your wellness this year, see the following resources:

Blog: [How to Honor Mental Wellness Month in January](#)

Overview: ["Chill Drills" Mobil App from Military One Source](#)

Journaling: [Journaling for Mindfulness: 44 Prompts, Examples, and Exercises](#)

Art Journaling Guide: [30 Art Journal Prompts for Relaxation and Creativity](#)

Mindful Walking: [Mindful Walking & Walking Meditation: A Restorative Practice](#)

Resource Highlight: Special Care Organizational Record (SCOR)

Organizing your personal spaces and records is another way to support mental wellness. The Special Care Organizational Record, or SCOR, is a planning tool intended to help track and organize information in one central location. Using the SCOR will make it easier for someone else to step into the role of caregiver, if that is ever needed.

To learn more about a SCOR, visit:

<https://www.militaryonesource.mil/leaders-service-providers/efmp-special-needs/special-care-organizational-records/>

Contact your EFMP Family Support provider to create a SCOR of your own!

Upcoming Events*

Disclaimer:** These are some of many events being held throughout the state. For more information and resources, contact your EFMP Family Support representative or local disability organization. *No Federal Endorsement Intended****

Lowcountry:

Jan 2: [Family Fun Bowling Night at MCAS Bowling Center](#) (MCAS Beaufort)

Jan 5, 12, 19, 26: [NAMI Connection Virtual Support Group](#) (Charleston area - virtual)

Jan 7: [Sensory Friendly Hour at Magnolia Gardens](#) (Charleston)

Jan 11, 25: [CML Superstars Sensory Friendly Time](#) (Charleston)

Jan 17: [Parents Afternoon Out](#) w/ Lowcountry Autism Foundation (Charleston)

Jan 17: [Pickleball and Lunch Party w/ Beach Cowboy Fitness Foundation](#) (Mount Pleasant - Charleston)

Jan 21: [Virtual Caregiver Support Group](#) w/ Lowcountry Autism Foundation (ZOOM)

Jan 23: [EFMP Bowling Night](#) (Marrington Lanes – JB CHS - NWS)

Jan 24: [Music Therapy Sessions w/ Lowcountry Autism Foundation – ALL ages](#) (Bluffton & Charleston locs.)

Jan 31: [Inclusive Silent Disco](#) w/ Charleston Co. Parks (Wannamaker Park – North Charleston)

Midlands:

Jan 10: [Accessibility Morning at SC State Museum – meet Pigeon from the Pigeon Books](#) (Columbia)

Ongoing: [Adaptive Recreation](#) with Richland County Recreation Commission (Columbia area)

Ongoing: [Therapeutic Recreation](#) with Irmo Chapin Recreation Commission (Columbia area)

Pee Dee:

Jan 10: Sensory Event at Ripley's Aquarium (Myrtle Beach)

Jan 10: Lego Build w/ Champion Autism Network (Bricks-n-Minifigs Myrtle Beach)

Jan 11: Sensory Friendly Birthday Bowling Bash (Myrtle Beach)

Upstate:

Ongoing: [Inclusive Recreation](#) with Greenville CAN

Virtual (State-wide):

Jan 13: Virtual Listening Session for parents/caregivers of children with disabilities (Ages 0 – 5) – FCSC

Jan 20: Virtual Listening Session for parents/caregiver of children with disabilities (Elementary age) – FCSC

Jan 22: Virtual Listening Session for parents/caregiver of children with disabilities (Middle-school) – FCSC



Check out this month's Fleet & Family Support Family Connection Newsletter and webinar schedule:

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Family-Connection-Newsletter/>

Webinars at www.MyNavyFamily.com

Jan 6, 27: Stress Management

Jan 7: Understanding Big Emotions in Children

Jan 20, 27: Run for Resilience

Jan 7: IEP vs. 504 – What's the Difference?

Jan 27: Getting Underway With Your Special Education Journey

Stay updated on the **Exceptional Family Member Program** here:



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<https://jbcmfr.com/our-programs/the-exceptional-family-member-program/>