EFMP Exceptional Family Member Program

Navy Exceptional Family Member Program South Carolina

November 2026

A monthly newsletter to keep you connected to resources and events across the Palmetto State and Fleet and Family Support Programs

November is National Family Caregivers Month

Over 53 million unpaid family caregivers in the U.S. provide essential care to loved ones, often balancing work, family, and personal health challenges. In South Carolina, **610,000,000 hours** of unpaid care are provided by family caregivers. This month is dedicated to recognizing their dedication, educating the public, and connecting them to resources. Regardless of whether you are taking care of a child with special needs, and adult with a disability, or an aging family member, it is important to recognize the necessity of caregivers.

For resources to support caregivers, visit:

Support Groups (varies by need): Contact your EFMP Family Support provider for resources.

Caregiver Action Network: https://www.caregiveraction.org/

How to Use Mindfulness to Help with Caregiver Stress and Burnout:
https://thekey.com/learning-center/how-to-use-mindfulness-to-help-with-caregiver-stress-and-burnout

Resource Highlight: South Carolina Respite Coalition

Respite is a temporary break from providing hands-on care for a loved one who has a significant disability or chronic illness. It is a chance for caregivers to rest and recharge. It reduces fatigue, stress and isolation, improves caregiver health, stabilizes families, and helps avoid or delay costly out-of-home care placements. **To learn more, visit:** https://www.screspitecoalition.org/

Additional Caregiving (Childcare) Resources:
Military One Source Childcare Search Services: https://www.militaryonesource.mil/benefits/childcare-search-services/
South Carolina Childcare Resource & Referral: https://www.sc-ccrr.org/about-us/
Operation Childcare Project: https://www.occproject.org/

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:

Nov 4: Magnolia Gardens Sensory Friendly Hour (FREE call to confirm – Charleston area)
Nov 7: Parents Afternoon Out w/ Lowcountry Autism Foundation (Summerville)
Nov 9: Art Therapy w/ Lowcountry Autism Foundation (Bluffton)
Nov 8, 22: CML Superstars Sensory Friendly Time (FREE – pre-registration required - Charleston)
Nov 14: Music Therapy w/ Lowcountry Autism Foundation (Charleston)
Nov 14: LAF Autism and the Arts - Sensory Friendly Nutcracker Suite (Hilton Head)
Ongoing: Limitless Adaptive Programming (Summerville Parks & Recreation)
Ongoing: Therapeutic Thursdays (City of Goose Creek Therapeutic Recreation)
Ongoing: NAMI Virtual Support Groups (High School, Adults, & Family groups) (Charleston)
Ongoing: GiGi's Playhouse Peer-Peer Playgroups and Support (Charleston)

Midlands:

Ongoing: Adaptive Recreation with Richland County Recreation Commission (Columbia area)
Ongoing: Therapeutic Recreation with Irmo Chapin Recreation Commission (Columbia area)

Pee Dee:

Nov. 3: Sensory-Supported Night at Dave & Busters (Myrtle Beach)
Nov. 15: Sensory-Friendly Jump Event at Big Air (Myrtle Beach)

Upstate:

Nov 16: Sensory Friendly Fall Festival with ABS (Rock Hill, SC)
Ongoing: Inclusive Recreation with Greenville CAN

Virtual (State-wide):

Nov 3/10/17: Triple P – Positive Parenting Program for Parents (Family Connection SC)
Nov 11: The MTSS Framework and Intervention (Family Connection SC)

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/

The Fleet & Family Support Center

Webinars at www.MyNavyFamily.com
11/2, 11/4, 11/29: The Power of Connection: Building Support Systems
11/3: Stress Resilience **11/9: Coping Skills** **11/12: Mindful Practices for Stressful Times**

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

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