

Helpful Online Resources

Specialized Training of Military Parents
(STOMP) www.stompproject.org

Tricare East
<https://tricare.mil/LifeEvents/Moving>

Arkansas Disability Coalition
www.adc@alltel.net

U.S. Department of Education
www.idea.ed.gov

Council for Exceptional Children
www.cec.sped.org

Exceptional Parent
www.eparent.com

Special Ed Connection
www.specialedconnection.com

Military One Source/EFMP & Me
<https://efmpandme.militaryonesource.mil/>



EFMP Family Support

M&FRC Programs

Air Force Aid Society

Air Force Key Spouse

AF Wounded Warrior

Air Force Families Forever

Career Focus

Deployment Support

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

Personal Financial Readiness

Relocation/PCS

Personal and Work Life

Separation/Retirement

Volunteering



Updated 2022

Exceptional Family Member Program - Family Support

SUCCESS

Military & Family Readiness Center

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Military and Family
Readiness Center



940 Arnold Drive
Little Rock AFB, AR 72099
(501) 987-2667
Fax: 501-987-3764

Hours of Operation:

Mon, Wed, Thur, Fri—0730-1630
Tue—0730-1400

www.littlerock.af.mil



www.facebook.com/LittleRockMFRC

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 Networking meetings
- Early Intervention/Special Education information and support
- Respite Care
- Recreational Activities
- Housing needs



On-Base Resources

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

School Liaison (501)-987-1941



EFMP-Medical
(501)-987-7214 or 2938

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

Child & Youth MFLC
(501) 366-7210

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