

# Brushes and Bites

with EFMP Family Needs Forum



FRIDAY  
**OCTOBER 18**  
5:30 - 7:30 PM

REGISTER HERE



**EFMP** Exceptional  
Family Member  
Program

Enjoy a night of self-care with MCB Quantico and Henderson Hall EFMP offices. Make your own masterpiece during our guided painting class. Take the opportunity to share thoughts/concerns with EFMP and stakeholders.

**MCCS**  
HENDERSON HALL

**MARINE**  
&  
*Family*

More info: 703-693-5353

Chapel Annex  
3019 Embry Loop  
Quantico, VA 22134

Open to DoD ID card holders. Supplies provided. 18+ only. Event is non-alcoholic.