

Military Family Month

Program Suggestions

You may be asking yourself, “What is Military Family Month, and how do I support it?” It’s a month where we who support our military service men and women, take time to thank their families for their often-unheralded dedication. The Armed Services YMCA polled its branches and affiliates, and these are some of the things they do to celebrate in the month of November as Military Family Month:

- A family Volksmarch. Take a long evening walk with hot cider and donuts at the end.
- A craft night. Family members make centerpieces and napkin rings for Thanksgiving.
- “Family of the Year” selection. Involve the commissary or exchange to generate a worthy prize.
- Small family group seminars, including parenting, financial management, self-esteem, family separations, etc.
- Family movie night.
- Healthy family activities at the health or fitness center.
- Bowling night for families.
- Encourage ticket donations from restaurants, local theaters or concerts, and hold a drawing presenting them to a family of four.
- Check with local community and family organizations and see how they can support your program.
- Conduct a mini-art contest - maybe a coloring contest (see enclosed artwork as an example)
- “Family Fair”. Create T-shirts from MFM poster. Have a “healthy lifestyle” station; a genealogy station; family games station; face-painting station.
- Set up a table at the commissary and/or exchange and pass out flowers and certificates to families who come to shop. Ask the commissary and/or exchange to contribute item(s) for a raffle.
- Family Game Night. Get area merchants to donate prizes and/or items for raffle
- An all-day quilting party at which volunteers make quilts for Operation Kid Comfort (visit <http://www.asymca.org/what-we-do-3/national-programs-services/operation-kid-comfort/> for more information).

If your program has an innovative suggestion you would like to share with other installations, and be included on this list in next years Military Family Month packet, write to tharper@asymca.org so we can tell others about it.

