

## Resources and Services

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Tricare: 1-800-444-5445  
Tricare Extended Health Care  
Option (ECHO):  
[www.tricare.mil/echo/](http://www.tricare.mil/echo/)

EFMP-M (Medical) websites:  
[www.afspecialneeds.af.mil](http://www.afspecialneeds.af.mil)  
[www.facebook.com/AFMSAirForce](https://www.facebook.com/AFMSAirForce)  
[ExceptionalFamilyMemberProgram  
Medical](http://www.afspecialneeds.af.mil/ExceptionalFamilyMemberProgramMedical)

Military OneSource:  
<http://www.militaryonesource.mil/>

### **Programs**

- \*Give Parents A Break
- \*EFMP Library
- \*Respite Care (Child Care)
- \*School Liaison

For more information on these and other programs contact the EFMP Coordinator at 405-739-2747



## Tinker AFB EFMP Contacts

**72d Force Support Squadron  
Airman & Family Readiness Center  
Building 6001  
(405) 739-2747  
Mon-Fri: 7:30AM-4:30PM  
After Hours by Appointment  
Closed Holidays & AFMC Family Days**

**72d Medical Group  
Building 1094  
(405) 582-6025  
Mon-Fri 7AM-4PM  
Closed Holidays & AFMC Family Days**



## Exceptional Family Member Program

### Support Group

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## What is EFMP?

**EFMP (Exceptional Family Member Program) is a mandatory enrollment program for Airmen with a special needs family member. EFMP functions under the provisions of the Air Force Instruction 40.301.**

**\*EFMP provides medical, educational, housing, community support and personal services to EFMP families.**

**\*Ensures Airmen are assigned to locations where medical and special education needs can be met.**

**An Exceptional Family Member is an Airman's immediate family member, child or adult, with any physical, emotional, developmental or intellectual disability that requires special treatment, therapy, education, training or counseling.**



## EFMP Support Group Information

1	We care about exceptional families and quality of life.
2	We listen, we care, we understand.
3	We are here to help you identify the services available to you.
4	We will connect you to resources and help you navigate the system.
5	We know the system. We can help.

**Meetings are an informal opportunity for anyone with a special needs family member to come out and share their challenges and successes with other families.**

### Meetings provide:

- \*Information about support services on and off base.**
- \*Networking and information sharing.**
- \*Moral support from group members.**
- \*Mutual problem solving.**
- \*Guest speakers.**
- \*Connections with other EFMP families.**

**Join us every third Thursday at the Balfour Beatty Community Center from 5:30pm-7pm!**

**5601 Twining Drive, TAFB, OK. 73145**

## Support on Facebook



**Can't make it to a meeting? No problem! Join us on Facebook!**

**"Tinker Special Needs Support Group"**

<https://www.facebook.com/groups/159561017457947/>

**In the Facebook group, members are encouraged to share their experiences, resources and stories. Members are also encouraged to post questions and give feedback to others who have posted questions.**

**When you visit the group, be sure to check out the "Group Files." Many members have added community resources, tips and other helpful information.**

*The Facebook "Tinker Special Needs Support Group" is a group that was created by parents for parents. The group has no official status or government affiliations.*

