



Monday		Tuesday		Wednesday		Thursday		Friday	
								10am Host Nation Tour	1
9am Host Nation 101	4	9:30am Resume Essentials 11:30am Stress and Anger Management 1pm ESL Level 1 (6/8) 2:45pm ESL Level 2 (6/8) 3pm Educational Support Playgroup	5	10:30am OPOC Training 11:30am German Level 1 (6/8) 1:15pm German Level 1 (6/8) 3pm Welcoming Your New Child & Managing Finances 5:30pm German Level 1 (6/8)	6	10am SFRG CFRR Training 11am Educational Support Playgroup 11:30am German Level 2 (6/8) 1:15pm German Level 2 (6/8) 5:30pm German Level 2 (6/8)	7	10am Host Nation Tour	8
						ACS closes at 12 p.m. today			
	11	9:30am Interview Skills 9:30am Sponsorship Training 11:30am Couples Communication 1pm ESL Level 1 (7/8) 2:45pm ESL Level 2 (7/8) 3pm Educational Support Playgroup	12	11:30am German Level 1 (7/8) 1:15pm German Level 1 (7/8) 3pm No-Drama Discipline 3pm Promotion Potential & Finances 5:30pm German Level 1 (7/8)	13	10am SFRG Care Team Training 11am Educational Support Playgroup 11:30am German Level 2 (7/8) 1:15pm German Level 2 (7/8) 3pm Financial Considerations when Facing Divorce 5:30pm German Level 2 (7/8)	14	10am Host Nation Tour	15
Baumholder 101: Spouse Orientation, Java Café Bldg. 8661, 10:30am-12pm						ACS closes at 12 p.m. today			
9am Basic Training for New Parents 11:30am Multicultural Lunch Social	18	9:30am Federal Resume Builder 9:30am Spouse Sponsorship Training 11:30am Stress and Anger Management 1pm ESL Level 1 (8/8) 2:45pm ESL Level 2 (8/8) 3pm Educational Support Playgroup 5:30pm Basic Training for New Parents	19	11:30am German Level 1 (8/8) 1:15pm German Level 1 (8/8) 3pm Financial Pre Deployment 5:30pm German Level 1 (8/8)	20	10am SFRG Informal Funds 11am Educational Support Playgroup 11:30am Army Family Team Building 11:30am German Level 2 (8/8) 1:15pm German Level 2 (8/8) 5pm EFMP Navigators—Prep for a Successful School Year 5:30pm German Level 2 (8/8)	21	10am Host Nation Tour	22
						ACS closes at 12 p.m. today			
	25	9:30am Letters—Cover and Follow Up 9:30am Smooth Move Workshop 11:30am Couples Communication 1pm ESL Level 1 (1/8) 2:45pm ESL Level 2 (1/8) 3pm Educational Support Playground	26	11:30am German Level 1 (1/8) 1:15pm German Level 1 (1/8) 3pm Money & Marriage 5:30pm German Level 1 (1/8)	27	10am SFRG Key Contact 11am Educational Support Playground 11:30am German Level 2 (1/8) 1:15pm German Level 2 (1/8) 3pm Financial PCS Workshop 5:30pm German Level 2 (1/8)	28	10am Host Nation Tour	29
Baumholder 101: Spouse Orientation, Java Café Bldg. 8661, 10:30am-12pm						ACS closes at 12 p.m. today		Training Holiday	

For more information or to register, please call or visit:  
ACS Smith Barracks, Bldg. 8666  
DSN 531-2850 | COMM: 0611-143-531-2850

baumholder.armymwr.com  
Facebook.com/RheinlandPfalzACS

KEY

- REQUIRED TRAINING
- EFMP/ FAP/ NPSP Classes
- See description page for location
- Live Stream



**Basic Training for New Parents In– Person & Live stream** 9 a.m.—1 p.m. / 5:30 p.m. — 8:30 p.m. This class provides expectant parents with education on basic baby care, comforting baby, the first weeks at home, safe sleep, and much more! **Registration required 2 days in advance.** Class location will be updated on the online sign-up page.

**Educational Support Playgroup In-Person** Tuesdays 3 p.m. — 4:30 p.m. and Thursdays 11 a.m. - 12:30 p.m. Parents with children (under the age of 5) are invited to come, play together, and meet new people. Class is held at Smith Barracks, SKIES Academy, Bldg. 8046. The time is subject to change based upon facility availability.

**No-Drama Discipline Live Stream** 3 p.m. — 4:30 p.m. Are you a parent/caregiver struggling with your child’s behavior? Learn about links between children’s brain development and reaction to misbehavior. No-Drama Discipline provides an effective way of dealing with tantrums, tensions, & tears. This is a 2 part class. **Registration is required.** Class is held online.

**Dads 101 In-Person** 11:30 a.m. — 12:30 p.m. A crash course for new dads. Taught by dads for dads. Topics include: preparing for baby, the first weeks at home, caring for baby, keeping baby safe, and more. Class is held at Baumholder USO, Bldg. 8106. **Registration is required.**

Please use the following link to register for the above listed classes: <https://www.signupgenius.com/go/10C084FA9A929A6FAC61-newparent#/>  
**EFMP Navigators In-Person & Live Stream** 5 p.m.—6 p.m. Join USAG Rheinland-Pfalz EFMP Family Support this month as we explore essential tips and hidden gems to help families settle in with ease! We’ll highlight both on and off base resources, including USO programs, KMC library offerings, and must-see local attractions. We’ll share ideas for accessible day trips to help your family connect and feel at home. Class held online.

**Brown Bag Lunch In-Person** 12 p.m. — 1 p.m. Brown Bag Lunches are monthly lunch and learn sessions. The goal is to provide community-based resources and information on the prevention and treatment of domestic abuse. **Registration is optional.** Class is held at the Baumholder DFAC.

**Couples Communication Live Stream** 11:30 a.m. — 12:30 p.m. Join us for this workshop as we explore methods to communicate better, listen more effectively, and understand. Take advantage of this great opportunity. **Registration is required .** Class is held online.

**Stress & Anger Management Class Live Stream** 11:30 a.m. — 12:30 p.m. This workshop explores anger & aggression and their differences. Learn how to recognize cues and triggers of anger, as well as how to appropriately express this emotion. **Registration is required.** Class is held online.

Please use the following link to register for the above listed classes: <https://www.signupgenius.com/go/10C0849AFA62FAB4CF8-fapclasses#/>  
**English as a Second Language (ESL) In-Person Level 1:** Tuesdays, 1 p.m. — 2:30 p.m., **Level 2:** Tuesdays, 2:45 p.m. — 4:15 p.m. Learn English and improve your verbal skills in these 8-week courses. **Registration is required.** Class is held at Smith Barracks ACS, Bldg. 8666.

**German Language Courses Level 1 in-person:** Wednesdays, 11:30 a.m. — 1 p.m, 5:30 p.m. — 7 p.m. **Live Stream & in-person:** Wednesdays, 1:15 p.m.—2:45 p.m. Class is held online and at Smith Barracks ACS, Bldg. 8666.  
**Level 2 in-person:** Thursdays, 11:30 a.m. — 1 p.m., 5:30 p.m. — 7 p.m. **Live Stream & in-person:** Thursdays, 1:15 p.m. —2:45 p.m. Learn written and verbal German language skills in these 8-week courses. **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

**Host Nation 101 In-Person** 9 a.m. — 11 a.m. You made it to Germany! Now what? Join ACS for this informational monthly session to gain a better understanding of your new host country, learn the do’s and don’ts of German culture, and much more. **Registration is required.** Class is held at Smith Barracks ACS, Bldg. 8666.

**Host Nation Tour In-Person** 10 a.m. — 2 p.m. Are you new to the area? Join ACS for a special insider’s tour of Baumholder all while learning about German culture and customs. Please dress appropriately for the weather and bring Euros for lunch. **Registration is required.** Tour starts and ends at Smith Barracks ACS, Bldg. 8666.

**Multicultural Lunch Social In-Person** 11:30 a.m. — 12:30 p.m. This is a chance to socialize and meet people from different backgrounds. Bring your lunch and share your unique cultural experience with others, while learning about other cultures. **Registration is required.** Class is held at Smith Barracks ACS, Bldg. 8666.

**Smooth Move Workshop Live Stream** 9:30 a.m. — 11 a.m. Are you PCS’ing to a new location and looking for detailed information about the PCS process? Topics include: relocation stress factors, special assignments, shipping household goods, and more! **Registration is required 3 days in advance.** Class is held online.

**Spouse Sponsorship Training Live Stream** 9:30 a.m. — 11 a.m. This course is for spouses who want to help incoming spouses. **Registration is required 3 days in advance.** Class is held online.

**Sponsorship Training Live Stream** 9:30 a.m. — 11 a.m. This course will help you fulfill the role as a sponsor for incoming personnel. Training is open to Soldiers and Civilians. **Registration is required 3 days in advance.** Class is held online.

**SFRG Care Team Training Live Stream** 10 a.m. — 12 p.m. This training is being given to all individuals invited/interested in becoming a Care Team Volunteer. The training is designed to give you an understanding of Care Team responsibilities and guidance on how to handle the issues you may face. **Registration is required 3 days in advance.** Class is held online.

**SFRG Command Family Readiness Representative (CFRR) Training Live Stream** 10 a.m.— 12 p.m. This class defines the roles and responsibilities of the CFRR. **Registration is required 3 days in advance.** Class is held online.

**SFRG Informal Funds Custodian Training Live Stream** 10 a.m. — 12 p.m. Do you need assistance in understanding Army SFRG fundamentals or in figuring out how to manage/establish SFRG funds? Then sign up for this class. **Registration is required 3 days in advance.** Class is held online.

**SFRG Key Contact Training Live Stream** 10 a.m. — 12 p.m. This class will define the roles and responsibilities of SFRG Key Contacts. **Registration is required 3 days in advance.** Class is held online.

**Resume Essentials In-Person & Live Stream** 9:30 a.m. — 11:30 a.m. Refresh your civilian resume crafting with an overview of the current fundamentals needed to get you the job - in less than 2 pages. **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

**Federal Resume Builder In-Person & Live Stream** 9:30 a.m. — 11:30 a.m. Submit your packet with success! Covering the necessities for a federal application - format, resume components, job announcements, and eligibilities. **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

**Interview Skills In-Person & Live Stream** 9:30 a.m. — 11:30 a.m. Are you ready for your next interview? A workshop to get you feeling confident and prepared to shine. Discuss the questions to ask, the different types of interviews, what to bring, and you leaving fabulous impression! **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

**Letters—Cover and Follow Up In-Person & Live Stream** 9:30 a.m.— 11:30 a.m. Learn the importance of an introduction cover letter and how to seal the deal with a follow up letter. Class is held online and at Smith Barracks ACS, Bldg. 8666.

**Financial Pre-Deployment Live Stream** 3 p.m. — 4 p.m. This course will help prepare you for the financial aspects of deployment and be able to take advantage of opportunities to improve your readiness and to plan if the deployment gets extended. You don’t need to be deploying soon to benefit from this class, for when and if you deploy. **Registration is required.** Class is held virtually.

**Welcome Your New Child & Managing Finances Live Stream** 3 p.m. — 4 p.m. With a new baby comes new expenses and financial responsibilities. From diapers to a nursery, this class will help you adjust your existing budget for a new baby. **Registration is required.** Class is held virtually.

**Promotion Potential & Finances Live Stream** 3 p.m. — 4 p.m. You’ve been promoted, congratulations! Along with the increase in rank comes an increase in pay. This class will examine ways to manage your spending plan, account for the increased income, and make the most out of your military pay and benefits. **Registration is required.** Class is held virtually.

**Financial PCS Workshop Live Stream** 3 p.m.— 4 p.m. Want to better understand how to financially prepare for your next PCS and limit the stress of associated expenses? PCS season is right around the corner for many, so sign up today. **Registration is required.** Class is held virtually.

**Money & Marriage Live Stream** 3 p.m.— 4 p.m. Congratulations on taking your relationship to the next level. Marriage is a commitment to your partner, but also a legal and financial one. Getting married overseas or to a foreign national adds layers of complexity and time to the process. If you are contemplating marriage this class will help you be prepared for the financial implications you will encounter. **Registration is required.** Class is held virtually.

**Financial Considerations when Facing Divorce Live Stream** 3 p.m.— 4 p.m. Learn about the potential life-long implications of divorce/separation. If you are considering filing for divorce or have gotten notice of impending divorce/separation actions, then this course is for you. **Registration is required.** Class is held virtually.

**OPOC Training Live Stream** 10:30 a.m. — 11:30 a.m. This training is for OPOC’s who manage volunteers, certify hours, and manage positions in the online Volunteer Management Information System (VMIS). **Registration is required.** Class is held virtually.

**Army Family Team Building: Military Knowledge In-Person** 11:30 a.m.— 12:30 p.m. Learn about Army life and how to maneuver through daily challenges, understand Army acronyms, use community resources, attain better financial readiness, and appreciate the impacts of the Army mission on daily life. **Registration is required.** Class is held at Smith Barracks ACS, Bldg. 8666.

**Live stream classes are available for registrations at all locations.**  
**Please register in advance for any of our classes or programs by calling our main line.**  
**0611-143-531-2850 | 531-2850**  
**To register for any FAP or EFMP classes, please call 541-9028 | 0611-143-541-9000.**

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