



BAUMHOLDER

July

2026

Monday	Tuesday	Wednesday	Thursday	Friday
		11:30am German Level 1 (2/8) 📶 1:15pm German Level 1 (2/8) 📶 2pm Financial Planning for PCS 📶 5:30pm German Level 1 (2/8) 📶	11:30am German Level 2 (2/8) 📶 1pm Educational Support Playgroup 1:15pm German Level 2 (2/8) 📶 5:30pm German Level 2 (2/8) 📶	 ACS IS CLOSED
10am Baumholder H.I.R.E.S. 6	9am Educational Support Playgroup 7 9:30am Find Your Next Job 📶 11:30am Stress & Anger Management 📶 1pm ESL Level 1 (3/8) 📶 2:45pm ESL Level 2 (3/8) 📶	9am OPOC Training 8 11am SFRG Care Team 📶 11:30am German Level 1 (3/8) 📶 1:15pm German Level 1 (3/8) 📶 2pm Vesting in the TSP 📶 3pm No-Drama Discipline 📶 5:30pm German Level 1 (3/8) 📶	10am SFRG Training 📶 11am LinkedIn Photo Session 11:30am German Level 2 (3/8) 📶 1pm Educational Support Playgroup 1:15pm German Level 2 (3/8) 📶 5:30pm German Level 2 (3/8) 📶	10 am Host Nation Tour 10
Training Holiday				
10am Spouse Sponsorship 📶 13 10:30am Baumholder 101 Spouses Orientation 11:30am Multi-Cultural Lunch Social 1:30pm Sponsorship 📶	9am Educational Support Playgroup 14 11:30am Couples Communication 📶 1pm ESL Level 1 (4/8) 📶 2:45pm ESL Level 2 (4/8) 📶	11:30am German Level 1 (4/8) 📶 15 1:15pm German Level 1 (4/8) 📶 2pm Building a Realistic Budget 📶 5:30pm German Level 1 (4/8) 📶 5:30pm Basic Training for New Parents 📶	10am SFRG Informal Funds 📶 16 11:30am German Level 2 (4/8) 📶 1pm Educational Support Playgroup 1:15pm German Level 2 (4/8) 📶 5:30pm German Level 2 (4/8) 📶	10 am Host Nation Tour 17 11:30am Brown Bag Lunch
9am Host Nation 101 📶 20 10am Smooth Moves 📶 10am Baumholder H.I.R.E.S.	11:30am Stress & Anger Management 📶 21 1pm ESL Level 1 (5/8) 📶 2:45pm ESL Level 2 (5/8) 📶	9am OPOC Training 22 11:30am German Level 1 (5/8) 📶 1:15pm German Level 1 (5/8) 📶 5:30pm German Level 1 (5/8) 📶	11am LinkedIn Photo Session 23 11am Saving and Investing 📶 11:30am German Level 2 (5/8) 📶 1:15pm German Level 2 (5/8) 📶 5:30pm German Level 2 (5/8) 📶	10am Host Nation Tour 24
10:30am Baumholder 101 Spouses Orientation 27	9am Educational Support Playgroup 28 11:30am Couples Communication 📶 1pm ESL Level 1 (6/8) 📶 2:45pm ESL Level 2 (6/8) 📶	11:30am German Level 1 (6/8) 📶 29 1:15pm German Level 1 (6/8) 📶 5:30pm German Level 1 (6/8) 📶	11:30am German Level 2 (6/8) 📶 30 1pm Educational Support Playgroup 1:15pm German Level 2 (6/8) 📶 5:30pm German Level 2 (6/8) 📶	10 am Host Nation Tour 31

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

ACS is closed at 1PM every Thursday

KEY

- REQUIRED TRAINING
- FAP/ NPSP Classes
- See description page for locations
- Live Stream 📶



U.S. ARMY



Basic Training for New Parents **In Person** 9 a.m.—1 p.m. / **Live Stream** 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 & Thursdays, 9:30 a.m.—11 a.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.

Comfort Measures & Preparation for Childbirth **In-Person** 9 a.m.— 1 p.m. & 4 p.m.— 8 p.m. Bring a partner or friend and wear comfortable clothes for this interactive class! Topics include: birth environment, positions for labor & birth, use of tools such as the birth ball, role of your birth partner, and what to expect when you enter L&D. Class held at LRMC OB Clinic/NST. **Registration is required 2 days in advance.**

Please use the following link to register for the above listed classes: <https://www.signupgenius.com/go/10C084FA9A929A6FAC61-newparent#/>

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.

Brown Bag Lunch **In-Person** 11:30 p.m.— 12:30 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 not required. Class is held at the Baumholder DFAC (Knights Lair).

Please use the following link to register for the above listed classes: <https://www.signupgenius.com/go/10C0849AFA62FABF4CF8-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. or 5:30 p.m.— 7 p.m. **Live Stream** 1:15p.m.—2:45 p.m. **Level 2** **In-Person** : Thursdays, 11:30 a.m.— 1 p.m. or 5:30 p.m.— 7 p.m. **Live Stream** 1:15p.m.—2:45 p.m. Learn written and verbal German language skills in these 8-week courses. **Registration is required.** Class is held 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** 10 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** 10 a.m.— 11:30 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** 1:30 p.m.— 3 p.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 Training **Live Stream** 10 a.m.—12 p.m. This class is a combination of SFRG foundation, Command Team Training, Command Family Readiness Representative (CFRR) and Key Contact training. **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 Care Team Training **Live Stream** 11 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 and in-person at Smith Barracks ACS, Bldg. 8666.

Find Your Next Job **Live Stream** 9:30 a.m.— 11:30 a.m. Take charge of your career transition. This workshop provides the foundational preparation necessary to successfully market your professional skills and secure your next employment opportunity. **Registration is required.** Class is held virtually or in person at Smith Barracks ACS, Bldg. 8666.

LinkedIn Photo Sessions **In-person** 11 a.m.—2:30 p.m. Book a 15– or 30-minute session. Sessions include up to 3 outfit changes and 3 free digital professional photos for LinkedIn. **Registration is required.** Class is held in-person at Smith Barracks ACS, Bldg. 8666.

Baumholder H.I.R.E.S **In-person** 10 a.m.—12 p.m. Baumholder H.I.R.E.S. (Hiring Information, Resources, and Employability Skills) – An “orientation” to Employment in the Baumholder Military Community. Explore employment options and learn about local resources, volunteering, and ACS services to improve employability outcomes. Topics include: Overcoming Challenges, Personal Assessments, Labor Market Information, SMART Goals, Networking and Upskilling, Job Search Strategies, Resumes, References, Interview Skills, Letters (Cover and Follow Up), Salary Negotiation, Tips, Resources, Information and Referral. Registration is required. Class is held in-person at Smith Barracks ACS, Bldg. 8666.

Financial Planning for PCS **Live Stream** 2 p.m.— 3 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. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online.

Vesting in the TSP **Live Stream** 2 p.m.— 3 p.m. Maximize the free money that comes with being in the Blended Retirement System (BRS). If you joined the Army on or after 1 Jan 2018 (or opted into BRS), this course is for you. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online.

Building a Realistic Budget **Live Stream** 2 p.m.— 3 p.m. Learn how to track expenses, prioritize needs, plan for the unexpected, and build financial stability. **Registration is required.** Class is held online.

Saving and Investing **Live Stream** 11 a.m.— 12 p.m. Learn the difference between saving and investing, how to evaluate risk and return, and how to create strategies that support financial stability and independence. **Registration is required.** Class is held online.

OPOC Training **In-Person** 9 a.m.— 11 a.m. Training to equip Organization Points of Contacts (OPOCs) with the skills to effectively manage volunteer positions, oversee personnel, and accurately certify hours utilizing the online Volunteer Management Information System (VMIS). **Registration is required.** Class is held in person at Smith Barracks ACS, Bldg. 8666.

Baumholder 101 : Spouse Orientation **In-Person** 10:30 a.m.—12:30 p.m. A welcome for Families new to the Baumholder Military Community. Get connected with other newcomers and resources available for you. Class is held at Baumholder Military Community (BMC) Family Room, Bldg. 8661. **Registration is encouraged but NOT required.**

Please note all SFRG, Relocation Readiness Classes (Sponsorship, Spouse Sponsorship, and Smooth Moves), and Financial Readiness classes MUST have a minimum of 3 attendees for the class to take place due to staffing shortages.
We apologize for any inconvenience this may cause.

Live stream classes in Microsoft Teams 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

Checkout our Facebook page, USAG Rheinland-Pfalz ACS