



**Basic Training for New Parents In-Person** 9 a.m.—1 p.m and 4:30 p.m. — 8:30 p.m. / **Live Stream** 5:30 p.m.—9:30 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! Class is held at Kleber Kaserne, ACS, Room 210, Bldg. 3210. **Registration required 2 days in advance.**

**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 LPMC OB Clinic/NST. **Registration is required 2 days in advance.**

**Educational Support Playgroup In-Person** Tuesdays 9 a.m. – 10:30 a.m. and every 2nd and 4th Friday 1 p.m. - 2:30 p.m. Parents with children (under the age of 5) are invited to come, play together, and meet new people. Class is held at Pulaski Barracks, SKIES Academy, Bldg. 2895.

**Co-Parenting Workshop Live Stream** 3 p.m.— 4 p.m. Join us for this workshop and learn how to communicate with your partner support your child, manage conflict, establish parenting do's and don'ts, create a co-parenting plan, and much more. Class is held online. **Registration is required.**

**Dads 101 In-Person** 2:30 p.m. — 4 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 Kleber Kaserne, ACS, Room 210, Bldg. 3210. **Registration is required.**

**Daddy Play Day In- Person** 10 a.m.—10:30 a.m. Dads with children (under the age of 5) are invited to come and play together and meet new people. Class is held at Pulaski Barracks, SKIES Unlimited, Bldg. 2895. **Registration is required, space is limited.**

**Prenatal Breastfeeding Education In-person** 2 p.m. — 3 p.m. Prepare for your upcoming breastfeeding journey with this interactive class led by an experienced IBCLC from LPMC Lactation Services. **Registration is required.** Class is held at Kleber Kaserne ACS, Room 210, Bldg. 3210.

**Newborn Network & Breastfeeding Café In-Person** 10:30 a.m.— 12 p.m. Come out and meet other local families, New Parent Support staff, and Mom2Mom breastfeeding counselors. Discussion topics include: basic baby care, infant massage, bedtime routines, bonding & attachment, stress management, and much more! Class is held at Pulaski Barracks, SKIES Academy, Bldg. 2895.

**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.

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

**EFMP Conversation Corner In-Person** 4 p.m. — 5 p.m. Join EFMP (and Air Force EFMP) to discuss EFMP questions, concerns and find out about programming and resources available within the KMC. The support group is held on every fourth Tuesday at the Ramstein KMCC (BX) Food Court.

**EFMP Sensory Storytime In-Person Landstuhl** 3:30 p.m.— 4:45 p.m. / **Baumholder** 4:30 p.m. — 5:30 p.m. This Storytime is designed for children that may need extra sensory support. Sensory Storytime combines traditional Storytime components with sensory elements to enhance the experience. Class is held at Baumholder Library Bldg. 8332/ Landstuhl Library Bldg. 3810. **Registration is required, space is limited.** The time is subject to change based upon facility availability.

**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 LPMC DFAC.

**Couples Communication In-Person** 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 at Kleber Kaserne ACS, Bldg. 3210.

**Finding Light After Darkness In-Person** 11:30 a.m. — 12:30 p.m. A support group for all survivors, friends, and family affected by domestic violence. Learn skills to cope with past experiences and build healthy friendships/relationships in a safe and confidential environment. **Registration is required.** Class is held at a confidential location.

**Stress & Anger Management Class In-Person** 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 at Kleber Kaserne ACS, Bldg. 3210.

**Please use the following link to register for the above listed classes:** <https://www.signupgenius.com/go/10C0849FA62FABF4CF8-fapclasses#/>

**English as a Second Language (ESL) Live Stream 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 virtually/ at Kleber Kaserne ACS, Bldg. 3210.

**German Language Courses Level 1 Live Stream :** Wednesdays, 11:30 a.m. — 1 p.m, 1:15 p.m.—2:45pm,5:30 p.m. — 7 p.m.  
**Level 2 Live Stream :** Thursdays, 11:30 a.m. — 1 p.m., 1:15 p.m.—2:45 p.m., 5:30 p.m. — 7 p.m. Learn written and verbal German language skills in these 8-week courses. **Registration is required.** Class is held virtually /at Kleber Kaserne ACS, Bldg. 3210.

**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.

**Host Nation 101 Live Stream** 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.**

**SFRG Care Team Training In-Person & 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 and at Kleber Kaserne, ACS, Bldg. 3210

**SFRG Command Family Readiness Representative Training In-Person & 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 and at Kleber Kaserne ACS, Bldg. 3210.

**SFRG Informal Funds Custodian Training In-Person & 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 and at Kleber Kaserne ACS, Bldg. 3210.

**SFRG Key Contact Training In-Person & 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 and at Kleber Kaserne ACS, Bldg. 3210.

**Resume Essentials In-Person & Live Stream** 9:30 a.m. — 11:30 a.m. Target your civilian resume to your dream job in less than 2 pages. **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

**Career Check In-Person & Live Stream** 9:30 a.m. — 11:30 a.m. Keep Professional life in good health with a progress evaluation—suitable for any career stage. Review your personal and professional goals to be ready for the next opportunities. **Registration Required.** Class is held online and at Kleber Kaserne ACS, Bldg.3210.

**Federal Resume Builder In-Person & Live Stream** 9:30 a.m. — 11:30 a.m. Apply for federal employment, review job announcements, find key words, and submit your packet for success! **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

**Dress for Success & Networking In-Person & Live Stream** 9:30 a.m.— 11:30 a.m. Let us help you make your first impression a lasting one. Topics include: styles for the workplace, when to wear them, and to which event. Let's talk about making the right connections and building your contacts! **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

**Post-Deployment In-Person & Live Stream** 9 a.m. — 10:30 a.m. After a deployment it is important to consider how your finances may be affected. This course deals with transitioning your finances so that you can focus on reuniting with friends and family. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210

**Financial Options of Continuation Pay In Person & Live Stream** 9 a.m. — 10:30 a.m. Learn about how you can manage your continuation pay benefit of BRS in exchange for an agreement to perform additional obligated service. **REQUIRED NDAA TOUCHPOINT TRAINING, call ACS for more information. Registration is required.** Class held online and at Kleber Kaserne ACS, Bldg. 3210.

**Financial Considerations When Facing a Disabling Sickness or Condition In-Person & Live Stream** 9 a.m.— 10:30 a.m. This course covers the financial impact of dealing with disabling sickness/conditions and teaches you to manage your finances as you work through it. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class held online and at Kleber Kaserne ACS, Bldg. 3210.

**Money Academy In Person** 12 p.m.—1p.m. The trusted source for all things financial readiness within USAG RP where we discuss topics such as goal setting, continuation pay, money management, retirement planning, and so much more. Registration is required. Class held at Kleber Kaserne, ACS Bldg 3210.

**Smart Voucher Workshop In person** 1:30 p.m.—3:30 p.m. Join ACS Financial Readiness for assistance on submitting your Smart Voucher, identifying common reasons for rejection, and receiving guidance on how to successfully resubmit. Class is held on Kleber Kaserne, ACS Bldg. 3210.

**Vesting in TSP In-Person & Live Stream** 9 a.m. — 10:30 a.m. Maximize the free money that comes with being in the Blended Retirement System (BRS). If you joined the Army after 01/01/2018 (or opted in to the BRS), this course is for you. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

**Journey to Financial Fitness Lunch and Learn In-Person** 11:30 a.m.—12:30 p.m. Join ACS in partnership with Service Credit Union to begin your journey to financial fitness! This lunch and learn will be held in the conference room on Kleber Kaserne ACS, Bldg. 3210.

**OPOC Training Live Stream** 1:00 p.m. — 2:00 p.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 online.

**Commanders and Senior Leaders Training In-person & Live Stream** 9a.m.—12 p.m. A mandatory desk-side briefing within 45 days of assuming command. This training is for all Commanders and Senior Enlisted Advisors, E-7 through E-9. **Registration is required.** Training is offered online via MS Teams and in-person at Kleber Kaserne ACS, Bldg. 3210

**Live stream classes are available for registration at all locations.**

**Please register in advance for any of our classes or programs by calling our main line.**

**541-9000 | 0611-143-541-9000**

**To register for any FAP or EFMP classes, please call 541-9028 | 0611-143-541-9028**

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