

Monday

Tuesday

Wednesday

Thursday

Friday

			10am SFRG Training 📶 1 11:30am German Level 2 (7/8) 📶 1pm Educational Support Playgroup 1:15pm German Level 2 (7/8) 📶 5:30pm German Level 2 (7/8) 📶 GO PURPLE!	10am Host Nation Tour 2
9am Host Nation 101 5	9am Educational Support Playgroup 6 9:30am Career Check-up 📶 11:30am Stress and Anger Management 📶 1pm ESL Level 1 (8/8) 📶 2:45pm ESL Level 2 (8/8) 📶	9am OPOC Training 7 11:30am German Level 1 (8/8) 📶 1:15pm German Level 1 (8/8) 📶 2pm Financial Planning for PCS 📶 5:30pm German Level 1 (8/8) 📶	10am SFRG Informal Funds 📶 8 11:30am German Level 2 (8/8) 📶 1pm Educational Support Playgroup 1:15pm German Level 2 (8/8) 📶 5:30pm German Level 2 (8/8) 📶 GO PURPLE!	10 am Host Nation Tour 9 Training Holiday
12 ACS IS CLOSED	9am Educational Support Playgroup 13 11:30am Couples Communication 📶 1pm ESL Level 1 (1/8) 📶 2:45pm ESL Level 2 (1/8) 📶	11:30am German Level 1 (1/8) 📶 14 1:15pm German Level 1 (1/8) 📶 2pm Vesting in the TSP 📶 3pm No-Drama Discipline 📶 5:30pm German Level 1 (1/8) 📶	11:30am German Level 2 (1/8) 📶 15 1pm Educational Support Playgroup 1:15pm German Level 2 (1/8) 📶 5pm Wave of Light Event 5:30pm German Level 2 (1/8) 📶 GO PURPLE!	10am Host Nation Tour 16
10am Smooth Moves 📶 19 11:30am Multi-Cultural Lunch Social 6pm Dads 101	9am Educational Support Playgroup 20 11:30am Stress and Anger Management 📶 1pm ESL Level 1 (2/8) 📶 2:45pm ESL Level 2 (2/8) 📶 5:30pm Basic Training for New Parents 📶	9am OPOC Training 21 11:30am German Level 1 (2/8) 📶 1:15pm German Level 1 (2/8) 📶 2pm Credit Management 📶 5:30pm German Level 1 (2/8) 📶	11:30am German Level 2 (2/8) 📶 22 1pm Educational Support Playgroup 1:15pm German Level 2 (2/8) 📶 5:30pm German Level 2 (2/8) 📶 GO PURPLE!	10am Host Nation Tour 23
10:30am Baumholder 101 26 5pm Comfort Measures	9am Educational Support Playgroup 27 11:30am Couples Communication 📶 1pm ESL Level 1 (3/8) 📶 2:45pm ESL Level 2 (3/8) 📶	11:30am German Level 1 (3/8) 📶 28 1:15pm German Level 1 (3/8) 📶 5:30pm German Level 1 (3/8) 📶	10am SFRG Care Team 29 10am Spouse Sponsorship 📶 11am The No-Stress Holiday Budget 1pm Educational Support Playgroup 11:30am German Level 2 (3/8) 📶 1:15pm German Level 2 (3/8) 📶 5:30pm German Level 2 (3/8) 📶 GO PURPLE!	10am Host Nation Tour 30

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

****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 9 a.m.—11:30 a.m., Thursdays 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 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** 5 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 ACS Baumholder Smith Barracks, Bldg. 8666. **Registration is required 2 days in advance.**

Dads 101 **In-Person** 6 p.m.—7:30 p.m. Designed for expecting and new Dads, taught by experienced Dads. Topics include preparing and caring for baby, keeping baby safe, and more. **Registration required.** Class held at ACS Baumholder Smith Barracks, Bldg. 8666.

Wave of Light Event **In-Person** 5 p.m.—7p.m. Ceremony in observance of Pregnancy and Infant Loss Remembrance Month. Families, friends, and loved ones are invited to gather and light a candle to honor and remember the precious lives lost to pregnancy and infant loss. The Wave of Light Ceremony will be held Baumholder Rock Chapel

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.

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.

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 **In-Person** 10 a.m.—11:30 a.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 in-person at Smith Barracks ACS, Bldg. 8666.

Career Check Up **In-Person & Live Stream** 9:30 a.m.—11:30 a.m. Keep professional life in good health with a self-progress evaluation by reviewing your personal and work goals for opportunity readiness. Suitable for any career stage. **Registration is required.** Class is held online and 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.

Credit Management **Live Stream** 2 p.m.—3 p.m. Take control before credit controls you. Learn simple strategies to build strong credit, avoid costly mistakes, and stay mission-focused not money-stressed. **Registration is required.** Class is held online.

The No-Stress Holiday Budget **Live Stream** 11 a.m.—12 p.m. October prep, December peace! Don’t let holiday cheer turn into January financial stress! Join ACS Financial Readiness for this quick, virtual workshop where we will help you map out a realistic holiday budget before the shopping season begins. **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 **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