

Monday		Tuesday		Wednesday		Thursday		Friday	
3	9am Educational Support Playgroup 9:30am Dress for Success & Networking 11:30am Stress and Anger Management 1pm ESL Level 1 (7/8) 2:45pm ESL Level 2 (7/8)	4	9am Basic Training for New Parents 9:30am OPOC Training 11:30am German Level 1 (7/8) 1:15pm German Level 1 (7/8) 2pm Financial Planning for PCS 5:30pm German Level 1 (7/8)	5	10am SFRG Training 11:30am German Level 2 (7/8) 1:15pm German Level 2 (7/8) 5:30pm German Level 2 (7/8)	6	1pm Educational Support Playgroup	7	
						Training Holiday			
9am Host Nation 101	10	9am Educational Support Playgroup 11:30am Couples Communication 11:30am Brown Bag Lunch 1pm ESL Level 1 (8/8) 2:45pm ESL Level 2 (8/8)	11	9am Comfort Measures 11am SFRG Care Team 11:30am German Level 1 (8/8) 1:15pm German Level 1 (8/8) 2pm Wealth Building & Planning for Retirement 3pm No-Drama Discipline 5:30pm German Level 1 (8/8)	12	10am SFRG Informal Funds 11:30am German Level 2 (8/8) 1:15pm German Level 2 (8/8) 5:30pm German Level 2 (8/8)	13	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup	14
Training Holiday									
17	9am Educational Support Playgroup 11:30am Stress and Anger Management 1pm ESL Level 1 (1/8) 2:45pm ESL Level 2 (1/8) 5:30pm Basic Training for New Parents	18	9am Bump, Baby, and Beyond 9:30am OPOC Training 11:30am German Level 1 (1/8) 1:15pm German Level 1 (1/8) 2pm Money & Marriage 4:30pm Comfort Measures 5:30pm German Level 1 (1/8)	19	11:30am German Level 2 (1/8) 1:15pm German Level 2 (1/8) 5:30pm German Level 2 (1/8)	20	1pm Educational Support Playgroup	21	
24	9am Educational Support Playgroup 11:30am Couples Communication 1pm ESL Level 1 (2/8) 2:45pm ESL Level 2 (2/8)	25	11:30am German Level 1 (2/8) 1:15pm German Level 1 (2/8) 5:30pm German Level 1 (2/8)	26	11am Credit Management 11:30am German Level 2 (2/8) 1:15pm German Level 2 (2/8) 5:30pm German Level 2 (2/8)	27	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup	28	
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The logo for Army Community Service (ACS) is located in the bottom right corner. It features the words "ARMY COMMUNITY SERVICE" in a curved banner at the top, the large letters "ACS" in the center, and the phrase "Real-Life Solutions for Successful Army Living" in a curved banner at the bottom.

For more information or to register, please call or visit:
ACS Kleber Kaserne, Bldg. 3210
DSN 541-9000 | COMM: 0611-143-541-9000

kaiserslautern.armymwr.com
Facebook.com/RheinlandPfalzACS

****ACS is closed at 1PM every Thursday****

KEY

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



U.S. ARMY

Basic Training for New Parents **In-Person** 9 a.m. — 1p.m. / **Live Steam** 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 is required.**

Educational Support Playgroup **In-Person** Tuesdays 9 a.m. — 10:30 a.m. and Fridays 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 Vogelweh Teen Center, Bldg. 2059. **Registration is required.**

Newborn Network & Feeding Support **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 Vogelweh Teen Center, Bldg. 2059.

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. & 4:30 p.m. — 8:30 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.**

Bump, Baby, and Beyond **In-Person** 9 a.m.- 1 p.m. Join us for an informative session designed for expecting parents. Connect with community organization and new parent support program while gaining valuable insights on having a baby overseas. This orientation will provide essential resources, overseas support options, and helpful information to guide you through this exciting journey. Class is held at Landstuhl Education Center, Room 309, Bldg. 3700. **Registration Required.**

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 LRMC DFAC.

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) **Level 1 Live Stream:** Tuesdays, 1 p.m. — 2:30 p.m., **Level 2 Live Stream:** 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 online.

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 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 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 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 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.

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. Registration is required. Class is held online.

Money & Marriage **Live Stream** 2 p.m. — 3 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. **REQUIRED NDAA TOUCHPOINT TRAINING.** **Registration is required.** Class is held online.

Wealth Building and Planning for Retirement **Live Stream** 2 p.m. — 3 p.m. Gain tools and strategies to build long-term wealth, reduce financial stress, and make confident decisions that support both personal stability and mission readiness. This session covers the fundamentals of saving and investing, choosing the right account types, setting financial goals, planning for retirement, and understanding the military retirement systems. **Registration is required.** Class is held online.

Credit Management **Live Stream** 11 a.m. — 12 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.

OPOC Training **In-Person** 9:30 a.m. — 11:30 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 Kleber Kaserne ACS, Bldg. 3210.

Dress for Success & Networking **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 contacts! **Registration is required.** Class is held virtually or in person at Kleber Kaserne ACS, Bldg. 3210.

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 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
Checkout our Facebook page, USAG Rheinland-Pfalz ACS