

Monday	Tuesday	Wednesday	Thursday	Friday				
			 <div style="border: 2px solid red; padding: 5px; text-align: center;">ACS IS CLOSED</div>	<div style="border: 2px solid red; padding: 5px; text-align: center;">1pm Educational Support Playgroup</div>				
9:30am Spouse Sponsorship  1:30pm Sponsorship Training 	9am Educational Support Playgroup  9:30am Resume Essentials  11:30am Stress & Anger Management  1pm ESL Level 1 (1/8)  2:45pm ESL Level 2 (1/8) 	6	10am OPOC Training  11:30am German Level 1 (1/8)  1:15pm German Level 1 (1/8)  2pm Tax Prep for Soldiers  5:30pm German Level 1 (1/8) 	7	10am SFRG Training  11am Budgeting and Developing Your Spend Plan  11:30am German Level 2 (1/8)  1:15pm German Level 2 (1/8)  5:30pm German Level 2 (1/8) 	8	10:30am Newborn Network & Feeding Support  1pm Educational Support Playgroup 	9
9am Host Nation 101  9:30am Smooth Move Workshop 	9am Educational Support Playgroup  9:30am Dress for Success & Networking  11:30am Couples Communication  1pm ESL Level 1 (2/8)  2:45pm ESL Level 2 (2/8) 	12	13	14	15	16	<div style="text-align: center;"><b>Training Holiday</b></div>	
 <div style="border: 2px solid red; padding: 5px; text-align: center;">ACS IS CLOSED</div>	9am Educational Support Playgroup  9:30am Federal Resume Builder  11:30am Stress & Anger Management  1pm ESL Level 1 (3/8)  2:45pm ESL Level 2 (3/8) 	19	20	21	22	23	10:30am Newborn Network & Feeding Support  1pm Educational Support Playgroup 	
	9am Educational Support Playgroup  9:30am Career Check Up  11:30am Couples Communication  1pm ESL Level 1 (4/8)  2:45pm ESL Level 2 (4/8)  4:30pm Basic Training for New Parents 	26	27	28	29	30		

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](http://kaiserslautern.armymwr.com)

[Facebook.com/RheinlandPfalzACS](http://Facebook.com/RheinlandPfalzACS)

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

# KEY

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



**Basic Training for New Parents** **In-Person** 4:30 p.m. — 8:30 p.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 required 2 days in advance.**

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

**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 Pulaski Barracks, SKIES Academy, Bldg. 2895.

**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 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.

**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.

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.**

**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** 1:30 ap.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 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.

**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 ACS Kleber Kaserne, 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 ACS Kleber Kaserne, Bldg. 3210.

**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 ACS Kleber Kaserne, Bldg. 3210.

**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 ACS Kleber Kaserne Bldg. 3210.

**Tax Preparation for Soldiers** **In-Person & Live Stream** 2 p.m.— 3 p.m. The time to review your tax situation is not when you receive your W2 in late January, but when you can still analyze your tax status. This will allow you time to effect changes or make adjustments that impact the current tax year as well as being ready with a tax plan starting on January 1st. Registration is required. Class is held online and in-person at ACS Kleber Kaserne, Bldg. 3210.

**Vesting in the TSP** **In-Person & 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 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 ACS Kleber Kaserne, Bldg. 3210

**Continuation Pay Under BRS** **In-Person & Live Stream** 2 p.m. — 3 p.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. Registration is required.** Class is held online and at ACS Kleber Kaserne, Bldg. 3210.

**Budgeting and Developing Your Spend Plan** **In-person & Live Stream** 11 a.m. — 12 p.m. Looking for ways to improve your financial readiness? Creating a budget, setting goals, and making a spend plan can be just what you need to make every dollar count and reach financial independence. **Registration is required.** Class is held online and in-person at ACS Kleber Kaserne Bldg. 3210.

**Understanding Your Credit** **In-Person & Live Stream** 11a.m.— 12 p.m. Ever wonder how your credit is monitored and scored? This class will review the scoring models and credit reports so that you are aware of the criteria and can manage (improve) your credit score. **Registration is required.** Class is held online and at ACS Kleber Kaserne, Bldg. 3210.

**Insurance Needs** **In-Person & Live Stream** 11 a.m. — 12 p.m. Want to understand the purpose of insurance, types, lifecycle planning and purchasing? Then sign up for this class. **Registration is required.** Class is held online and at ACS Kleber Kaserne, Bldg. 3210.

**OPOC Training** **Live Stream** 10 a.m. — 11 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 online.

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**

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