

January

2026

BAUMHOLDER

Monday	Tuesday	Wednesday	Thursday	Friday
			 <div style="border: 2px solid red; padding: 5px; text-align: center;">ACS IS CLOSED</div>	1 10am Host Nation Tour 2
9:30am Spouse Sponsorship Training  5 11:30am Multi-Cultural Lunch Social 1:30pm Sponsorship Training 	9:30am Resume Essentials  6 11:30am Stress & Anger Management  2:45pm ESL Level 1 (1/8)  3pm ESL Level 2 (1/8) 	9am Educational Support Playgroup 7 10am OPOC Training  11:30am German Level 1 (1/8)  1:15pm German Level 1 (1/8)  5:30pm German Level 1 (1/8) 	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 10am Host Nation Tour 9
9am Basic Training for New Parents 12 9am Host Nation 101 9:30am Smooth Move Workshop 	9:30am Dress for Success & Networking  11:30am Couples Communication  2:45pm ESL Level 1 (2/8)  3pm ESL Level 2 (2/8) 	9am Educational Support Playgroup 13 10am Home Based Business 11:30am German Level 1 (2/8)  1:15pm German Level 1 (2/8)  2pm Vesting in the TSP  3pm No-Drama Discipline  5:30pm German Level 1 (2/8) 	10am SFRG Informal Funds  11am Understanding Your Credit  11:30am German Level 2 (2/8)  1:15pm German Level 2 (2/8)  5:30pm German Level 2 (2/8) 	15 10am Host Nation Tour 16 Training Holiday
 <div style="border: 2px solid red; padding: 5px; text-align: center;">ACS IS CLOSED</div>	9:30am Federal Resume Builder  11:30am Stress & Anger Management  2:45pm ESL Level 1 (3/8)  3pm ESL Level 2 (3/8) 	9am Educational Support Playgroup 20 11:30am German Level 1 (3/8)  1:15pm German Level 1 (3/8)  2pm Continuation Pay under BRS  5:30pm German Level 1 (3/8)  5:30pm Basic Training for New Parents 	11am Insurance Needs  11:30am German Level 2 (3/8)  1:15pm German Level 2 (3/8)  5:30pm German Level 2 (3/8) 	22 10am Host Nation Tour 23
10:30am Baumholder 101 Spouses Orientation 26	9:30am Career Check Up  11:30am Couples Communication  2:45pm ESL Level 1 (4/8)  3pm ESL Level 2 (4/8) 	9am Educational Support Playgroup 27 11:30am German Level 1 (4/8)  1:15pm German Level 1 (4/8)  5:30pm German Level 1 (4/8) 	11:30am German Level 2 (4/8)  1:15pm German Level 2 (4/8)  5:30pm German Level 2 (4/8) 	29 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
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** 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** Wednesdays 9a.m.—11:30 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.

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** 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 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.

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 ACS Smith Barracks, Bldg. 8666.

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 Smith Barracks, Bldg. 8666.

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 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.

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 Smith Barracks, Bldg. 8666.

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 Smith Barracks, Bldg. 8666.

Continuation Pay **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 Smith Barracks, Bldg. 8666.

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 Smith Barracks, Bldg. 8666.

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 Smith Barracks, Bldg. 8666.

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 Smith Barracks, Bldg. 8666.

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.

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.**

Home Based Business **In-Person** 10 a.m.—11 a.m. This class will review in detail the application process that Home Based Business owners need to obtain approval to ensure you are successful in your entrepreneurial endeavors and following pertinent host nation regulations. **Registration is required.** Class is held in-person at ACS Smith Barracks, Bldg. 8666.

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.

Baumholder www.facebook.com/USAGRheinlandPfalzACS