

Monday	Tuesday	Wednesday	Thursday	Friday
		9am Post-Deployment (Financial Readiness) 12pm Brown Bag Lunch 12pm German Level 1 (1/8) 1:45pm German Level 2 (1/8) 6pm German Level 1 (1/8)	12pm German Level 1 (1/8) 1:45pm German Level 2 (1/8) 3pm Educational Support Playgroup 6pm German Level 2 (1/8) <b>ACS closes at 12 p.m. today</b>	10am Host Nation Tour
11:30am Multicultural Lunch & Learn	9:30am Foreign National Military Spouse Employment 10am Educational Support Playgroup 11:30am Stress & Anger Management Class 1pm ESL Level 1 (2/8) 2:45pm ESL Level 2 (2/8) 3pm Spend Plans & Budgeting	8:30am Sponsorship Training 9am Basic Training for New Parents 9am Comfort Measures & Preparation for Childbirth 9am Know Your Credit Score 10am Spouse Sponsorship Training 12pm German Level 1 (2/8) 1pm EPC Informational Meeting 1:30pm Smooth Move Workshop 1:45pm German Level 2 (2/8) 3pm No-Drama Discipline (1/2) 6pm German Level 1 (2/8)	10am Command Family Readiness Representative Training 11:30am Finding Light After Darkness 12pm German Level 1 (2/8) 1:45pm German Level 2 (2/8) 3pm Educational Support Playgroup 6pm German Level 2 (2/8) <b>ACS closes at 12 p.m. today</b>	10am Host Nation Tour
11:30am Multicultural Lunch & Learn	9:30am USA Jobs Tutorial 10am Educational Support Playgroup 11:30am Stress & Anger Management Class 1pm ESL Level 1 (3/8) 2:45pm ESL Level 2 (3/8) 3pm Spend Plans & Budgeting 5:30pm Basic Training for New Parents	9am Financial Options of Continuation Pay 11am Dads 101 12pm German Level 1 (3/8) 1:45pm German Level 2 (3/8) 3pm No-Drama Discipline (2/2) 6pm German Level 1 (3/8)	10am OPOC Training 10am SFRG Key Contact Training 12pm German Level 1 (3/8) 1:45pm German Level 2 (3/8) 3pm Educational Support Playgroup 4pm Comfort Measures & Preparation for Childbirth 6pm German Level 2 (3/8) <b>ACS closes at 12 p.m. today</b>	9:30am Newborn Network <b>Training Holiday</b>
<div>ACS IS CLOSED</div>	9:30am Better Resume Writing 10am Educational Support Playgroup 11:30am Couples Communication 1pm ESL Level 1 (4/8) 2:45pm ESL Level 2 (4/8) 3pm Spend Plans & Budgeting	9am TSP Vesting for BRS 12pm German Level 1 (4/8) 1:45pm German Level 2 (4/8) 6pm German Level 1 (4/8)	10am SFRG Informal Funds Custodian Training 12pm German Level 1 (4/8) 1:45pm German Level 2 (4/8) 3pm Educational Support Playgroup 6pm German Level 2 (4/8) <b>ACS closes at 12 p.m. today</b>	10am Host Nation Tour
9am Host Nation 101	9:30am Interview Skills 10am Educational Support Playgroup 11:30am Couples Communication 1pm ESL Level 1 (5/8) 2:45pm ESL Level 2 (5/8) 3pm Spend Plans & Budgeting	9am Pre-Deployment (Financial Readiness) 12pm German Level 1 (5/8) 1:45pm German Level 2 (5/8) 6pm German Level 1 (5/8)	10am SFRG Care Team Training 12pm German Level 1 (5/8) 1:45pm German Level 2 (5/8) 3pm Educational Support Playgroup 6pm German Level 2 (5/8) <b>ACS closes at 12 p.m. today</b>	

For more information or to register, please call or visit:  
 ACS Smith Barracks, Bldg. 8666, 531-2852 | 0611-143-531-2852  
 FAP Landstuhl, Bldg. 3820, 541-9028 | 0611-143-541-9028  
 baumholder.armymwr.com  
 Facebook.com/RheinlandPfalzACS

## 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. & 5:30 — 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 held online or in Landstuhl ACS Bldg. 3820.

**Better Resume Writing** **In-Person** 9:30 — 11 a.m. How does your resume look? You have 7 seconds to impress a hiring manager, and civilian jobs are competitive. We can work with you to update your resume’s look and give you tips to maximize your potential. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Brown Bag Lunch** **In-Person** 12 — 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 held at the Baumholder DFAC.

**Comfort Measures & Preparation for Childbirth** **In-Person** 9 a.m. — 1 p.m. & 4 — 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. **Registration is required 2 days in advance.** Class held in LRMC Bldg. 3776.

**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.** Class held online and in Kleber ACS Bldg. 3210

**Couples Communication** **Live Stream** 11:30 a.m. — 12:30 p.m. Join us for this workshop as we explore various paths to better communication, effective listening, and understanding. Take advantage of this great opportunity. **Registration is required 2 days in advance.** Class held online.

**Dads 101** **In-Person** 11 a.m. — 12:30 p.m. This is a crash course for new and expectant dads taught by an experienced dad. Topics include: preparing for baby, the first weeks at home, caring for baby, keeping baby safe, and more. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Educational Support Playgroup** **In-Person** 10 — 11:30 a.m. & 3 — 4:30 p.m. Parents with children (under the age of 5) are invited to come, play together, and meet new people. **Registration is required, space is limited.** Class held at the SKIES Unlimited Bldg. 8046 on Smith Barracks. The time is subject to change based upon facility availability.

**English as a Second Language (ESL)** **In-Person** Learn English and improve your verbal skills in these 8-week courses that are 90 minutes each. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**EPC Informational Meeting** **In-Person & Live Stream** 1 — 2 p.m. Help a child in need! Learn about the basic requirements needed to become an Emergency Placement Care Provider (similar to Foster Care). **Registration is required 2 days in advance.** Class held online and in Baumholder ACS Bldg. 8666.

**Financial Options of Continuation Pay** **In-Person & Live Stream** 9 — 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. Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**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 held in a confidential location.

**Foreign National Military Spouse Employment** **In-Person** 9:30 — 11:30 a.m. Are you a foreign citizen married to a command sponsored Soldier and are looking for US Government employment in Germany? Let us help you navigate the new CHRA portal and complete your application. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**German** **In-Person** Learn written and verbal German language skills in these 8-week courses that are 90 minutes each. **Registration is required.** Class held in Baumholder 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 Euro for lunch. **Registration is required.** Tour starts and ends in Baumholder ACS Bldg. 8666.

**Host Nation 101** **In-Person** 9 — 11 a.m. You made it to Germany! Now what? Join ACS for this informational 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 held in Baumholder ACS Bldg. 8666.

**Interview Skills** **In-Person** 9:30 — 11 a.m. Are you ready for your next interview? This is a workshop to get you feeling confident and prepared for success. Let’s discuss the questions to ask, the different types of interviews, what to bring, and you leaving a great impression. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Know Your Credit Score** **In-Person & Live Stream** 9 — 10:30 a.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 your credit score. **Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**Multicultural Lunch & Learn** **In-Person** 11:30 a.m. — 12:30 p.m. Socialize with fellow community members at this “Multicultural Lunch & Learn”. Topics include: history, culture, traditions, and much more, of Germany and other countries in Europe. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Newborn Network** **In-Person** 9:30 — 11 a.m. Come out and meet other local families and New Parent Support nurses & social workers. Topics include: basic baby care, bedtime routines, bonding & attachment, stress management, and much more! **Registration is required.** Class held in the SKIES Unlimited Bldg. 8046 on Smith Barracks.

**No-Drama Discipline** **Live Stream** 3 — 4:30 p.m. Are you a parent or caregiver struggling with your child’s behavior? Learn about links between children’s brain development and reaction to misbehavior. The No-Drama Discipline approach provides an effective way of dealing with tantrums, tensions, & tears. **Registration is required.** Class held online.

**OPOC Training** **In-Person & Live Stream** 10 — 11 a.m. This training is for OPOCs who manage volunteers, certify hours, and manage positions in the online Volunteer Management Information System (VMIS). **Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**Post-Deployment (Financial Readiness)** **In-Person & Live Stream** 9 — 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 held online and in Baumholder ACS Bldg. 8666.

**Pre-Deployment (Financial Readiness)** **In-Person & Live Stream** 9 — 10:30 a.m. This course will help prepare you for the financial aspects of deployment and be able to take advantage of opportunities to improve your readiness and to plan if the deployment gets extended. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**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.** Class held online and in Kleber ACS Bldg. 3210.

**SFRG Informal Funds Custodian Training** **In-Person & Live Stream** 10 — 11:30 a.m. Are you new and just appointed? Do you need assistance in understanding basic ARMY SFRG fundamentals? Do you need help in figuring out how to manage vital SFRG funds or hot to establish one? Then sign up for this class. **Registration is required.** Class held online and in Kleber 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.** Class held online and in Kleber ACS Bldg. 3210.

**Smooth Move Workshop** **In-Person & Live Stream** 1:30 — 3 p.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 held online and in Baumholder ACS Bldg. 8666.

**Spend Plans & Budgeting** **In-Person & Live Stream** 3 — 4 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 held online and in Baumholder ACS Bldg. 8666.

**Sponsorship Training** **In-Person & Live Stream** 8:30 — 10 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 held online and in Baumholder ACS Bldg. 8666.

**Spouse Sponsorship Training** **In-Person & Live Stream** 10 — 11:30 a.m. This course is for spouses who want to help incoming spouses. **Registration is required 3 days in advance.** Class held online and in Baumholder ACS Bldg. 8666.

**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 2 days in advance.** Class held online.

**TSP Vesting for BRS** **In-Person & Live Stream** 9 — 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 held online and in Baumholder ACS Bldg. 8666.

**USA Jobs Tutorial** **In-Person** 9:30 — 11:30 a.m. Do you want a career with the US Federal Government? Learn how to look for jobs and build your resume. Make your federal resume stand out from others and get you to an interview. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

[Live Stream classes are available for registration at all locations.](#)

Please register by calling our main line 531-2850 | 0611-143-531-2850.

[To register for any FAP or EFMP classes, please call 541-9028 | 0611-143-541-9028.](#)

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