



Monday			Tuesday			Wednesday			Thursday			Friday		
10am	Baumholder H.I.R.E.S.	3	9am	Educational Support Playgroup	4	9am	OPOC Training	5	10am	SFRG Training	6	10am	Host Nation Tour	7
11:30am	Multi-Cultural Lunch Social		9:30am	Dress for Success & Networking		11:30am	German Level 1 (7/8)		11:30am	German Level 2 (7/8)				
			11:30am	Stress & Anger Management		1:15pm	German Level 1 (7/8)		1pm	Educational Support Playgroup				
			1pm	ESL Level 1 (7/8)		2pm	Financial Planning for PCS		1:15pm	German Level 2 (7/8)				
			2:45pm	ESL Level 2 (7/8)		5:30pm	German Level 1 (7/8)		5:30pm	German Level 2 (7/8)				
												Training Holiday		
9am	Host Nation 101	10	9am	Educational Support Playgroup	11	11am	SFRG Care Team	12	10am	SFRG Informal Funds	13	10 am	Host Nation Tour	14
10:30am	Baumholder 101		11:30am	Couples Communication		11:30am	German Level 1 (8/8)		11am	LinkedIn Photo Session		11:30am	Brown Bag Lunch	
			1pm	ESL Level 1 (8/8)		1:15pm	German Level 1 (8/8)		11:30am	German Level 2 (8/8)				
			2:45pm	ESL Level 2 (8/8)		2pm	Wealth Building & Planning for Retirement		1pm	Educational Support Playgroup				
						3pm	No-Drama Discipline		1:15pm	German Level 2 (8/8)				
						5:30pm	German Level 1 (8/8)		5:30pm	German Level 2 (8/8)				
Training Holiday														
10am	Baumholder H.I.R.E.S.	17	9am	Educational Support Playgroup	18	9am	OPOC Training	19	11:30am	German Level 2 (1/8)	20	10am	Host Nation Tour	21
			11:30am	Stress & Anger Management		11:30am	German Level 1 (1/8)		1pm	Educational Support Playgroup				
			1pm	ESL Level 1 (1/8)		1:15pm	German Level 1 (1/8)		1:15pm	German Level 2 (1/8)				
			2:45pm	ESL Level 2 (1/8)		2pm	Money & Marriage		5:30pm	German Level 2 (1/8)				
			5:30pm	Basic Training for New Parents		5:30pm	German Level 1 (1/8)							
10:30am	Baumholder 101	24	9am	Educational Support Playgroup	25	11:30am	German Level 1 (2/8)	26	11am	LinkedIn Photo Session	27	10am	Host Nation Tour	28
			11:30am	Couples Communication		1:15pm	German Level 1 (2/8)		11am	Credit Management				
			1pm	ESL Level 1 (2/8)		5:30pm	German Level 1 (2/8)		11:30am	German Level 2 (2/8)				
			2:45pm	ESL Level 2 (2/8)					1pm	Educational Support Playgroup				
									1:15pm	German Level 2 (2/8)				
									5:30pm	German Level 2 (2/8)				
														

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**
- **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** 9 a.m. — 1 p.m. & 4 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 LRMC OB Clinic/NST. **Registration is required 2 days in advance.**

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. 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 Baumholder DFAC (Knights Lair).

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.

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 **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 and in-person at Smith Barracks ACS, Bldg. 8666.

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 Smith Barracks ACS, Bldg. 8666.

LinkedIn Photo Sessions **In-person** 11 a.m.—2:30 p.m. Book a 15– or 30-minute session. Sessions include up to 3 outfit changes and 3 free digital professional photos for LinkedIn. **Registration is required.** Class is held in-person at Smith Barracks ACS, Bldg. 8666.

Baumholder H.I.R.E.S **In-person** 10 a.m.—12 p.m. Baumholder H.I.R.E.S. (Hiring Information, Resources, and Employability Skills) – An “orientation” to Employment in the Baumholder Military Community. Explore employment options and learn about local resources, volunteering, and ACS services to improve employability outcomes. Topics include: Overcoming Challenges, Personal Assessments, Labor Market Information, SMART Goals, Networking and Upskilling, Job Search Strategies, Resumes, References, Interview Skills, Letters (Cover and Follow Up), Salary Negotiation, Tips, Resources, Information and Referral. Registration is required. Class is held in-person 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. 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 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.

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

Checkout our Facebook page, USAG Rheinland-Pfalz ACS