




KAISERSLAUTERN

DECEMBER

2025

Monday		Tuesday		Wednesday		Thursday		Friday	
1	9am Educational Support Playgroup 9:30am Resume Essentials 1pm ESL Level 1 (6/8) 2:45pm ESL Level 2 (6/8)	2	9am Money & Marriage 9:30am Sponsorship Training 11:30am German Level 1 (7/8) 1:15pm German Level 1 (7/8) 4:30pm Comfort Measures 5:30pm German Level 1 (7/8)	3	10am SFRG Training 11:30am German Level 2 (6/8) 1:15pm German Level 2 (6/8) 5:30pm German Level 2 (6/8)	4	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup	5	
8	9am Educational Support Playgroup 9:30am Entrepreneurship 1pm ESL Level 1 (7/8) 2:45pm ESL Level 2 (7/8) 4:30pm Basic Training for New Parents	9	9am Welcome Your New Child & Managing Finances 9:30am Spouse Sponsorship 11:30am German Level 1 (8/8) 1:15pm German Level 1 (8/8) 3pm No-Drama Discipline 5:30pm German Level 1 (8/8)	10	9am Budgeting and Developing Your Spend Plan 10am SFRG Informal Funds Custodian Training 11:30am German Level 2 (7/8) 1:15pm German Level 2 (7/8) 5:30pm German Level 2 (7/8)	11	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup	12	
15	9am Host Nation 101 9:30am Educational Support Playgroup 9:30am Federal Resume Builder 1pm ESL Level 1 (8/8) 2:45pm ESL Level 2 (8/8)	16	9am Financial PCS Workshop 9am Bump, Baby, and Beyond 9:30am Smooth Move Workshop 11:30am German Christmas Traditions 5:30pm Basic Training for New Parents	17	11:30am German Level 2 (8/8) 1:15pm German Level 2 (8/8) 5:30pm German Level 2 (8/8)	18	1pm Educational Support Playgroup	19	
22	9am Educational Support Playgroup	23		24	<div>CHRISTMAS DAY</div> <div><div>ACS IS CLOSED</div></div>		25	26	
29	9am Educational Support Playgroup	30		31					

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** 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 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 LPMC 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 & Breastfeeding Café **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/>

English as a Second Language (ESL) **In-Person 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.**

German Christmas Traditions In Person & Live Stream 11:30 a.m. — 1 p.m. Did you ever stop to wonder where many of our Christmas traditions come from? Now you have the opportunity to learn, and spend some time with ACS for our Christmas in Germany class. This is an in-person class at Smith Barracks and virtual for Kleber Kaserne. **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 9:30 a.m. — 11 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 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.**

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 at ACS Kleber Kaserne, Bldg 3210, and online.

Entrepreneurship In Person & Live Stream 9:30 a.m.—11:30 a.m. Launch your own business – with a plan to achieve your goals! **Registration is required.** Class is held at ACS Kleber Kaserne, Bldg 3210, and online.

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 at ACS Kleber Kaserne, Bldg 3210, and online.

Budgeting and Developing Your Spend Plan Live Stream 3 p.m. — 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 virtually.

Money & Marriage Live Stream 3 p.m.— 4 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 virtually.

Financial PCS Workshop Live Stream 3 p.m.— 4 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. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held virtually.

Welcoming Your New Child and Managing Finances Live Stream 9 a.m. — 10:30 a.m. With a new baby comes new expenses and financial responsibilities. From diapers to a nursery, this class will help you adjust your existing budget for the new baby. **NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held virtually.

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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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