



Basic Training for New Parents In-Person 9 a.m. — 1p.m. / **Live Stream** 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 is required.**

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 Vogelweh Teen Center, Bldg. 2059. **Registration is required.**

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: 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.**

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. & 4:30 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 LRMC OB Clinic/NST. **Registration is required.**

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.**

Dads 101 In-Person 3 p.m.—4:30 p.m. Designed for expecting and new Dads, taught by experienced Dads. Topics include preparing and caring for baby, keeping baby safe, and more. **Registration required.** Class held at ACS Kaiserslautern, Kleber Kaserne, Bldg. 3210

Wave of Light Event In-Person 5 p.m.—7p.m. Ceremony in observance of Pregnancy and Infant Loss Remembrance Month. Families, friends, and loved ones are invited to gather and light a candle to honor and remember the precious lives lost to pregnancy and infant loss. The Wave of Light Ceremony will be held at the Vogelweh Chapel.

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 a.m. — 12:30 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 LRMC DFAC.

Please use the following link to register for the above listed classes: <https://www.signupgenius.com/go/10C0849AFA62FABF4CF8-fapclasses#/>

Caring for the Caregiver In-Person 10 a.m.—11 a.m. This support group will aim to serve parents of children/dependents with disabilities and allow parents to share their challenges and offer support to other while building community. **Registration is required.** Class is held in-person at ACS Kaiserslautern, Kleber Kaserne, Bldg. 3210.

Navigating the German Healthcare System In-Person 10 a.m.—11 a.m. Information will be provided on what to expect when seeking healthcare on the economy, what differences you may face compared to the U.S. system, how to fill prescriptions from German doctors, etc. There will be a Q&A session at the end. **Registration is required.** Class is held in-person at ACS Kaiserslautern, Kleber Kaserne, Bldg. 3210.

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 10 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 10 a.m. — 11:30 a.m. This course is for spouses who want to help incoming spouses. **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.

SFRG Care Team Training In-Person 10 a.m. — 11:30 a.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 in-person at ACS Kaiserslautern, Kleber Kaserne, Bldg. 3210.

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. **REQUIRED NDAA TOUCHPOINT TRAINING.** Registration is required. Class is held online.

Vesting in the TSP 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 on or after 1 Jan 2018 (or opted into BRS), this course is for you. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online.

Credit Management Live Stream 2 p.m. — 3 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.

The No-Stress Holiday Budget Live Stream 11 a.m. — 12 p.m. October prep, December peace! Don’t let holiday cheer turn into January financial stress! Join ACS Financial Readiness for this quick, virtual workshop where we will help you map out a realistic holiday budget before the shopping season begins. **Registration is required.** Class is held online.

OPOC Training In-Person 9:30 a.m. — 11:30 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 Kleber Kaserne ACS, 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.

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