



Monday			Tuesday			Wednesday			Thursday			Friday		
												9am	Host Nation Tour	1
												9am	Daddy Play Day	
												1pm	Educational Support Playgroup	
												1pm	Smart Voucher Workshop	
9am	Host Nation 101	4	9am	Educational Support Playgroup	5	10:30am	OPOC Training	6	10am	SFRG CFRR Training	7	9am	Host Nation Tour	8
			9:30am	Resume Essentials		11:30am	German Level 1 (6/8)		11:30am	German Level 2 (6/8)		10:30am	Newborn Network & Feeding Support	
			11:30am	Stress and Anger Management		1:15pm	German Level 1 (6/8)		1:15pm	German Level 2 (6/8)		1pm	Educational Support Playgroup	
			1pm	ESL Level 1 (6/8)		3pm	Welcoming Your New Child & Managing Finances		5:30pm	German Level 2 (6/8)		1pm	Smart Voucher Workshop	
			2:45pm	ESL Level 2 (6/8)		5:30pm	German Level 1 (6/8)		ACS closes at 1 p.m. today					
		11	9am	Educational Support Playgroup	12	9am	Comfort Measures	13	10am	SFRG Care Team Training	14	9am	Host Nation Tour	15
			9:30am	Interview Skills		11:30am	German Level 1 (7/8)		11:30am	German Level 2 (7/8)		1pm	Educational Support Playgroup	
			9:30	Sponsorship Training		1:15pm	German Level 1 (7/8)		1:15pm	German Level 2 (7/8)		1pm	Smart Voucher Workshop	
			11:30am	Couples Communication		3pm	Promotion Potential & Finances		3pm	Financial Considerations when Facing Divorce				
			1pm	ESL Level 1 (7/8)		3pm	No-Drama Discipline		5:30pm	German Level 2 (7/8)				
			2:45pm	ESL Level 2 (7/8)		5:30pm	German Level 1 (7/8)		ACS closes at 1 p.m. today					
11:30am	Multicultural Lunch Social	18	9am	Educational Support Playgroup	19	9am	Bump, Baby, & Beyond	20	10am	SFRG Informal Funds	21	9am	Host Nation Tour	22
			9:30am	Federal Resume Builder		11:30am	German Level 1 (8/8)		11:30am	Army Family Team Building		10:30am	Newborn Network & Feeding Support	
			9:30am	Spouse Sponsorship		1:15pm	German Level 1 (8/8)		11:30am	German Level 2 (8/8)		1pm	Educational Support Playgroup	
			11:30am	Stress and Anger Management		3pm	Financial Pre Deployment		1:15pm	German Level 2 (8/8)		1pm	Smart Voucher Workshop	
			1pm	ESL Level 1 (8/8)		4pm	Comfort Measures		5pm	EFMP Navigators—Prep for a Successful School Year				
			2:45pm	ESL Level 2 (8/8)		5:30pm	German Level 1 (8/8)		5:30pm	German Level 2 (8/8)				
			5:30pm	Basic Training for New Parents		ACS closes at 1 p.m. today			ACS closes at 1 p.m. today					
		25	9am	Educational Support Playgroup	26	11:30am	German Level 1 (1/8)	27	10am	SFRG Key Contact	28	9am	Host Nation Tour	29
			9:30am	Letters—Cover and Follow Up		1:15pm	German Level 1 (1/8)		11:30am	German Level 2 (1/8)		1pm	Educational Support Playgroup	
			9:30am	Smooth Move Workshop		3pm	Money & Marriage		1:15pm	German Level 2 (1/8)				
			11:30am	Couples Communication		5:30pm	German Level 1 (1/8)		3pm	Financial PCS Workshop				
			1pm	ESL Level 1 (1/8)					5:30pm	German Level 2 (1/8)				
			2:45pm	ESL Level 2 (1/8)		ACS closes at 1 p.m. today			ACS closes at 1 p.m. today			Training Holiday		
			4:30pm	Basic Training for New Parents										

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

KEY

- REQUIRED TRAINING
- EFMP/ FAP/ NPSP Classes
- See description page for location
- Live Stream



**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.

**Dads 101 In-Person** 2:30 p.m. — 4 p.m. A crash course for new dads. Taught by dads for dads. Topics include: preparing for baby, the first weeks at home, caring for baby, keeping baby safe, and more. Class is held at Kleber Kaserne, ACS, Room 210, Bldg. 3210. **Registration is required.**

**Daddy Play Day In– Person** 9 a.m.—10:30 a.m. Dads with children (under the age of 5) are invited to come and play together and meet new people. Class is held at Pulaski Barracks, SKIES Unlimited, Bldg. 2895. **Registration is required, space is limited.**

**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: 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/>

**EFMP Navigators In-Person & Live Stream** 5 p.m.—6 p.m. Join USAG Rheinland-Pfalz EFMP Family Support this month as we explore essential tips and hidden gems to help families settle in with ease! We’ll highlight both on and off base resources, including USO programs, KMC library offerings, and must-see local attractions. We’ll share ideas for accessible day trips to help your family connect and feel at home. Class held online and at Kleber Kaserne ACS, Bldg. 3210.

**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 virtually.

**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 virtually.

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 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 and Kleber Kaserne ACS, Bldg. 3210.

**German Language Courses Level 1 In-person:** Wednesdays, 11:30 a.m. — 1 p.m, 5:30 p.m. — 7 p.m. **Live Stream & In-person:** Wednesdays, 1:15 p.m.—2:45 p.m. Class is held online and at Kleber Kaserne ACS, Bldg. 3210.  
**Level 2 In-person:** Thursdays, 11:30 a.m. — 1 p.m., 5:30 p.m. — 7 p.m. **Live Stream & In-person:** Thursdays, 1:15 p.m. —2:45 p.m. Learn written and verbal German language skills in these 8-week courses. **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

**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 Kleber Kaserne ACS, Bldg. 3210.

**Host Nation Tour In-Person** 9 a.m. — 2 p.m. Are you new to the area? Join ACS for a special insider’s tour of Kaiserslautern 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 Kleber Kaserne ACS, Bldg. 3210

**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 Kleber Kaserne ACS, Bldg. 3210

**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 Care Team Training 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 3 days in advance.** Class is held online.

**SFRG Command Family Readiness Representative (CFRR) Training Live Stream** 10 a.m.— 12 p.m. This class defines the roles and responsibilities of the CFRR. **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 Key Contact Training Live Stream** 10 a.m. — 12 p.m. This class will define the roles and responsibilities of SFRG Key Contacts. **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. Refresh your civilian resume crafting with an overview of the current fundamentals needed to get you the job - in less than 2 pages. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

**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 online and at Kleber Kaserne, ACS, Bldg. 3210.

**Interview Skills In-Person & Live Stream** 9:30 a.m. — 11:30 a.m. Are you ready for your next interview? A workshop to get you feeling confident and prepared to shine. Discuss the questions to ask, the different types of interviews, what to bring, and you leaving fabulous impression! **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

**Letters—Cover and Follow Up In-Person & Live Stream** 9:30 a.m.— 11:30 a.m. Learn the importance of an introduction cover letter and how to seal the deal with a follow up letter. Class is held online and at Kleber Kaserne, ACS, Bldg. 3210

**Financial Pre-Deployment Live Stream** 3 p.m. — 4 p.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. You don’t need to be deploying soon to benefit from this class, for when and if you deploy. **Registration is required.** Class is held virtually.

**Welcome Your New Child & Managing Finances Live Stream** 3 p.m. — 4 p.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 a new baby. **Registration is required.** Class is held virtually.

**Promotion Potential & Finances Live Stream** 3 p.m. — 4 p.m. You’ve been promoted, congratulations! Along with the increase in rank comes an increase in pay. This class will examine ways to manage your spending plan, account for the increased income, and make the most out of your military pay and benefits. **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. **Registration is required.** Class is 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. **Registration is required.** Class is held virtually.

**Financial Considerations when Facing Divorce Live Stream** 3 p.m.— 4 p.m. Learn about the potential life-long implications of divorce/separation. If you are considering filing for divorce or have gotten notice of impending divorce/separation actions, then this course is for you. **Registration is required.** Class is held virtually.

**Smart Voucher Workshop In person** 1 p.m.—3:00 p.m. Join ACS Financial Readiness for assistance on submitting your Smart Voucher, identifying common reasons for rejection, and receiving guidance on how to successfully resubmit. Class is held at Kleber Kaserne, ACS Bldg. 3210.

**OPOC Training Live Stream** 10:30 a.m. — 11:30 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 virtually.

**Army Family Team Building: Military Knowledge In-Person** 11:30 a.m.— 12:30 p.m. Learn about Army life and how to maneuver through daily challenges, understand Army acronyms, use community resources, attain better financial readiness, and appreciate the impacts of the Army mission on daily life. **Registration is required.** Class is held at Kleber Kaserne, ACS Bldg 3210.

**Live stream classes 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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