

Monday	Tuesday	Wednesday	Thursday	Friday
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11:30am Multicultural Lunch & Learn 4	9:30am Interview Skills 5 10am Educational Support Playgroup 11:30am Stress & Anger Management Class 1pm ESL Level 1 (1/8) 2:45pm ESL Level 2 (1/8)	9am Insurance Basics 12pm Brown Bag Lunch 12pm German Level 1 (1/8) 1:45pm German Level 2 (1/8) 6pm German Level 1 (1/8) 6	10am Command Family Readiness Representative 12pm German Level 1 (1/8) 1:45pm German Level 2 (1/8) 3pm Educational Support Playgroup 6pm German Level 1 (1/8) <b>ACS closes at 12 p.m. today</b> 7	9am Host Nation Tour 8
11:30am Multicultural Lunch & Learn 11	9:30am USA Jobs Tutorial 12 10am Educational Support Playgroup 11:30am Stress & Anger Management Class 1pm Comfort Measures & Preparation for Childbirth 1pm ESL Level 1 (2/8) 2:45pm ESL Level 2 (2/8)	8:30am Sponsorship Training 9am Basic Training for New Parents 13 9am Taxes 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 SFRG Key Contacts 11:30am Finding Light After Darkness 14 12pm German Level 1 (2/8) 1:45pm German Level 2 (2/8) 3pm Educational Support Playgroup 6pm German Level 1 (2/8) <b>ACS closes at 12 p.m. today</b>	15 <b>Training Holiday</b>
18 <b>Training Holiday</b>	9:30am Local Employment & Volunteering 19 10am Educational Support Playgroup 11:30am Couples Communication 1pm ESL Level 1 (3/8) 2:45pm ESL Level 2 (3/8) 5:30pm Basic Training for New Parents	9am Financial Options of Continuation Pay 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) 20	9am OPOC 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 1 (3/8) <b>ACS closes at 12 p.m. today</b> 21	9am Host Nation Tour 22
9am Host Nation 101 25	9:30am Foreign National Military Spouse Employment 26 10am Educational Support Playgroup 11:30am Couples Communication 1pm ESL Level 1 (4/8) 2:45pm ESL Level 2 (4/8)	9am Financial Implications of Divorce/Separation 12pm German Level 1 (4/8) 1:45pm German Level 2 (4/8) 6pm German Level 1 (4/8) 27	12pm German Level 1 (4/8) 1:45pm German Level 2 (4/8) 3pm Educational Support Playgroup 6pm German Level 1 (4/8) <b>ACS closes at 12 p.m. today</b> 28	9am Host Nation Tour 29

For more information or to register, please call or visit:  
ACS Smith Barracks, Bldg. 8666, 531-2850 | 0611-143-531-2850  
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 / Live Stream**      9 a.m. — 1 p.m. & 5:30 — 8:30 p.m. This class provides expectant parents with education on topics including basic baby care, how to comfort your baby, what to expect during those first weeks at home, safe sleep, and much more! **Registration required 2 days in advance.** Class held online or 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**      1 — 3 p.m. & 4 — 8 p.m. Take part in this interactive class! Bring a partner or friend and wear comfortable clothes. Topics include: your 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 (CFRR)**      **In-Person & Live Stream**      10 a.m. — 12 p.m. This class will provide an overview of SFRG and define the roles and responsibilities of the CFRR. **Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**Couples Communication**      **In-Person & 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 and in Landstuhl ACS Bldg. 3820.

**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 and play together and meet new people. **Registration is required, space is limited.** Class held at the SKIES Unlimited Bldg. 8046 on Smith Barracks every Tuesday and Thursday. The time is subject to change based upon facility availability.

**English as a Second Language (ESL)**      **In-Person**      **Level 1:** 1 — 2:30, **Level 2:** 2:45 — 4:15. Learn English and improve your verbal skills in these 8-week courses. **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 Implications of Divorce/Separation**      **In-Person & Live Stream**      9 — 10:30 a.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. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class held in Baumholder ACS Bldg. 8666, in Kleber ACS Bldg. 3210, and online.

**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 in Baumholder ACS Bldg. 8666, in Kleber ACS Bldg. 3210, and online.

**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 married to a command sponsored Soldier and hold a foreign citizenship? Are you looking for employment with the U.S. Government whilst in Germany? Let us guide you through the new Civilian Human Resources Agency portal and show you how to complete your application form. **Registration is required.** Class conducted remotely, held in Baumholder ACS Bldg. 8666.

**German**      **In-Person**      **Level 1:** Wednesdays: 12 — 1:30, 6 — 7:30, Thursdays: 12 — 1:30, 6 — 7:30. **Level 2:** Wednesdays: 1:45 — 3:15, Thursdays: 1:45 — 3:15. Learn written and verbal German language skills in these 8-week courses. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Host Nation Tour**      **In-Person**      9 a.m. — 2 p.m. Are you new to the Baumholder Community? 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 online.

**Insurance Basics**      **In-Person & Live Stream**      9 — 10:30 a.m. Want to understand the purpose of insurance, types, lifecycle planning and purchasing? Then sign up for this class. **Registration is required.** Class held in Baumholder ACS Bldg. 8666, in Kleber ACS Bldg. 3210, and online.

**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 conducted remotely, held in Baumholder ACS Bldg. 8666.

**Local Employment & Volunteering**      **In-Person**      9:30 — 11 a.m. Are you new to the Rheinland-Pfalz or Baumholder Communities? Let's talk about your job options and how to get started or get back in to the workforce. Local employers, career needs, volunteer opportunities, learning new skills, and getting involved in the community for a purpose will all be discussed! **Registration is required.** Class conducted remotely, held 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" workshop. Join us to learn about history, culture, traditions, and much more, of Germany and other countries within Europe. We will cover different topics every session. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

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

**OPOC Training**      **In-Person & Live Stream**      9 — 10 a.m. Training for Organizational Point of Contacts (OPOC) who manage volunteers, certify volunteer hours, and manage volunteer positions in the online Volunteer Management Information System (VMIS) will be presented. **Registration is required in advance.** Class held in Baumholder ACS Bldg. 8666, in Kleber ACS Bldg. 3210, and online.

**SFRG Key Contacts**      **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 Baumholder ACS Bldg. 8666.

**Smooth Move Workshop**      **In-Person & Live Stream**      1:30 — 3 p.m. Are you about to PCS to a new location? This informative class provides detailed information about the Permanent Change of Station process. Topics covered are relocation stress factors, special assignments, shipment of household goods, and more! **Registration is required 3 days in advance.** 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 who are assigned and will act as sponsors. **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 will help spouse sponsors fulfill their role as a sponsor for incoming spouses. **Registration is required 3 days in advance.** Class held online and in Baumholder ACS Bldg. 8666.

**Stress & Anger Management Class**      **In-Person & 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 and in Landstuhl ACS Bldg. 3820.

**Taxes**      **In-Person & Live Stream**      9 — 10:30 a.m. Time is running out to file your taxes! This class will review the requirements for the Advanced Child Tax Credit and the Economic Impact Payments (Stimulus Payments) of 2021. If an extension is needed to file your taxes, we will review the options for Service Members who are deployed or stationed OCONUS. **Registration is required.** Class held in Baumholder ACS Bldg. 8666, in Kleber ACS Bldg. 3210, and online.

**USA Jobs Tutorial**      **In-Person**      9:30 — 11:30 a.m. New year, new job! Do you want a career with the U.S. 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 conducted remotely, held in Baumholder ACS Bldg. 8666.

**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 531-2850 | 0611-143-531-2850.

To register for any FAP or EFMP classes, please call 541-9028 | 0611-143-541-9028.