



KAISERSLAUTERN

May

2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1pm Educational Support Playgroup
4	9am Educational Support Playgroup 11:30am Stress & Anger Management 1pm ESL Level 1 (2/8) 2:45pm ESL Level 2 (2/8)	5 9am Basic Training for New Parents 11am SFRG Care Team 11:30am German Level 1 (2/8) 1:15pm German Level 1 (2/8) 2pm Financial Planning for PCS 5:30pm German Level 1 (2/8)	6 10am SFRG Training 11:30am German Level 2 (2/8) 1:15pm German Level 2 (2/8) 5:30pm German Level 2 (2/8)	7 10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup
9am Host Nation 101	11 9am Educational Support Playgroup 9:30am Federal Resume Builder 11:30am Couples Communication 1pm ESL Level 1 (3/8) 2:45pm ESL Level 2 (3/8) 3pm No Drama Discipline	13 11:30am German Level 1 (3/8) 1:15pm German Level 1 (3/8) 2pm Wealth Building & Planning for Retirement 5:30pm German Level 1 (3/8)	14 11:30am German Level 2 (3/8) 1:15pm German Level 2 (3/8) 5:30pm German Level 2 (3/8)	15 1pm Educational Support Playgroup
18	18 9am Educational Support Playgroup 11:30am Stress & Anger Management 1pm ESL Level 1 (4/8) 2:45pm ESL Level 2 (4/8) 5:30pm Basic Training for New Parents	20 9:30am OPOC Training 11:30am German Level 1 (4/8) 1:15pm German Level 1 (4/8) 2pm Financial Considerations When Facing Disabling Condition or Sickness 4:30pm Comfort Measures 5:30pm German Level 1 (4/8)	21 10am SFRG Informal Funds 11:30am German Level 2 (4/8) 1:15pm German Level 2 (4/8) 5:30pm German Level 2 (4/8)	22 10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup Training Holiday
25	25 9am Educational Support Playgroup 11:30am Couples Communication 1pm ESL Level 1 (5/8) 2:45pm ESL Level 2 (5/8)	27 11:30am German Level 1 (5/8) 1:15pm German Level 1 (5/8) 5:30pm German Level 1 (5/8)	28 11am Car Buying Strategies 11:30am German Level 2 (5/8) 1:15pm German Level 2 (5/8) 5:30pm German Level 2 (5/8)	29 1pm Educational Support Playgroup
<div style="border: 2px solid red; padding: 5px; display: inline-block;"> ACS IS CLOSED </div>				

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**



****ACS is closed at 1PM every Thursday****

Basic Training for New Parents In-Person 4:30 p.m. — 8:30 p.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 required 2 days in advance.**

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 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 & 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.

Please use the following link to register for the above listed classes: <https://www.signugenius.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.

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

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.**

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 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.

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 ACS Kleber Kaserne Bldg. 3210.

Car Buying Strategies Live Stream 11 a.m.— 12 p.m. Gain practical tips to help you save money and choose the right car for your needs. This class covers budgeting, understanding financing, avoiding common dealership tactics, and using military-friendly resources to make confident vehicle purchases. **Registration is required.** Class is held online and in-person at ACS Kleber Kaserne, Bldg. 3210.

Financial Planning for PCS (CMT) Live Stream 2 p.m. — 3 p.m. Learn the importance of an introduction cover letter and how to seal the deal with a follow up letter. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at ACS Kleber Kaserne, Bldg. 3210.

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 military retirement systems. **Registration is required.** Class is held online and at ACS Kleber Kaserne, Bldg. 3210.

Financial Considerations When Facing Disabling Condition or Sickness (CMT) Live Stream 2 p.m. — 3 p.m. This course covers the financial impact of dealing with a disabling condition or sickness and teaches you how to manage your finances as you work through it. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at ACS Kleber Kaserne, Bldg. 3210

OPOC Training In-Person 9:30 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 in-person at ACS Kleber Kaserne, Bldg. 3210.

Please note all SFRG, Relocation Readiness Classes (Sponsorship, Spouse Sponsorship, and Smooth Moves), Financial Readiness, and Employment 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

Checkout our Facebook page, USAG Rheinland-Pfalz ACS