

Monday	Tuesday	Wednesday	Thursday	Friday
	2 9am Educational Support Playgroup 9:30am Resume Essentials  11:30am Stress & Anger Management  1pm ESL Level 1 (5/8)  2:45pm ESL Level 2 (5/8) 	3 10am OPOC Training  11:30am German Level 1 (5/8)  1:15pm German Level 1 (5/8)  2pm Birth of A Child & Finances  4:30pm Comfort Measures 5:30pm German Level 1 (5/8) 	4 10am SFRG Training  11:30am German Level 2 (5/8)  1:15pm German Level 2 (5/8)  5:30pm German Level 2 (5/8) 	5 1pm Educational Support Playgroup
	9 9am Host Nation 101  9:30am Spouse Sponsorship 	10 9am Educational Support Playgroup 9:30am Interview Skills  11:30am Couples Communication  1pm ESL Level 1 (6/8)  2:45pm ESL Level 2 (6/8) 	11 11:30am German Level 1 (6/8)  1:15pm German Level 1 (6/8)  3pm No-Drama Discipline  5:30pm German Level 1 (6/8) 	12 10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup Training Holiday
 ACS IS CLOSED	16 9am Educational Support Playgroup 9:30am Federal Resume Builder  11:30am Stress & Anger Management  1pm ESL Level 1 (7/8)  2:45pm ESL Level 2 (7/8) 	17 9am Bump, Baby, and Beyond 11:30am German Level 1 (7/8)  1:15pm German Level 1 (7/8)  2pm Money & Marriage  5:30pm German Level 1 (7/8) 	18 10am SFRG Informal Funds  11:30am German Level 2 (7/8)  1:15pm German Level 2 (7/8)  5:30pm German Level 2 (7/8)  5:30pm Basic Training for New Parents 	19 1pm Educational Support Playgroup
	23 9am Educational Support Playgroup 9:30am Letter—Cover & Follow Up  11:30am Couples Communication  1pm ESL Level 1 (8/8)  2:45pm ESL Level 2 (8/8)  4:30pm Basic Training for New Parents	24 11:30am German Level 1 (8/8)  1:15pm German Level 1 (8/8)  5:30pm German Level 1 (8/8) 	25 11am Savings & Investing  11:30am German Level 2 (8/8)  1:15pm German Level 2 (8/8)  5:30pm German Level 2 (8/8) 	26 10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup
				

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 



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. & 4:30 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 LRMIC 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.

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#/>

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.signupgenius.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.** 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.

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 for individuals interested in becoming a Care Team Volunteer. The training is designed to give you an understand of Care Team responsibilities and guidance on how to handle the issues you may face. **Registration is required.** 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 online and at ACS Kleber Kaserne, 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 ACS Kleber Kaserne, Bldg. 3210.

Letters—Cover & 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. **Registration is required.** Class is held online and at ACS Kleber Kaserne, 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 ACS Kleber Kaserne Bldg. 3210.

Birth of a Child & Finances **In-Person & Live Stream** 2 p.m. — 3 p.m. With a new baby comes new expenses and responsibilities. From diapers to a nursery, this class will help you adjust your existing budget for a new baby. This class provides a practical foundation in personal financial management, empowering learners to make informed and confident money decisions. Attendees explore essential topics such as budgeting, saving, credit, debt management, banking, insurance, and long-term financial planning. **REQUIRED NDAA TOUCHPOINT TRAINING.** **Registration is required.** Class is held online and at ACS Kleber Kaserne, Bldg. 3210

Money & Marriage **In-Person & Live Stream** 2 p.m. — 3 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 online and at ACS Kleber Kaserne, Bldg. 3210.

Savings and Investing **In-person & Live Stream** 11 a.m. — 12 p.m. Are you ready to learn the difference between saving and investing, how to evaluate risk and return, and how to create strategies that support financial stability and independence? This class explores how money grows over time, how to make informed financial decisions, and how to use savings and investment tools to reach your short and long-term goals. **Registration is required.** Class is held online and in-person at ACS Kleber Kaserne Bldg. 3210.

OPOC Training **Live Stream** 10 a.m. — 11 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 online.

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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