



Monday			Tuesday			Wednesday			Thursday			Friday		
			9am Educational Support Playgroup 9:30am Resume Essentials 11:30am Stress and Anger Management 1pm ESL Level 1 (1/8) 2:45pm ESL Level 2 (1/8)	1	11:30am German Level 1 (1/8) 1:15pm German Level 1 (1/8) 5:30pm German Level 1 (1/8)	2	11:30am German Level 2 (1/8) 1:15pm German Level 2 (1/8) 5:30pm German Level 2 (1/8)	3	HAPPY INDEPENDENCE DAY <div>ACS IS CLOSED</div>			4		
9am Host Nation 101	7		9am Educational Support Playgroup 9:30am Career Check Up 10am SFRG CFRR Training 11:30am Couples Communication 1pm ESL Level 1 (2/8) 2:45pm ESL Level 2 (2/8)	8	9am Financial Consideration When Facing Sickness or Condition 10:30am OPOC Training 11:30am German Level 1 (2/8) 1:15pm German Level 1 (2/8) 3pm No-Drama Discipline 5:30pm German Level 1 (2/8)	9	9:30am Sponsorship Training 11:30am German Level 2 (2/8) 1:15pm German Level 2 (2/8) 5:30pm German Level 2 (2/8)	10	ACS closes at 1 p.m. today			11		
Training Holiday									ACS closes at 1 p.m. today					
	14		9am Educational Support Playgroup 9:30am Federal Resume Builder 11:30am Stress and Anger Management 1pm ESL Level 1 (3/8) 2:45pm ESL Level 2 (3/8) 5:30pm Basic Training for New Parents	15	9am Vesting in the TSP 9am Bump, Baby, and Beyond 9am Comfort Measures 11:30am German Level 1 (3/8) 1:15pm German Level 1 (3/8) 5:30pm German Level 1 (3/8)	16	9:30am Spouse Sponsorship Training 11:30am German Level 2 (3/8) 1:15pm German Level 2 (3/8) 5pm EFMP Navigators 5:30pm German Level 2 (3/8)	17	ACS closes at 1 p.m. today			18		
	21		9am Educational Support Playgroup 9:30am Find Your Next Job 11:30am Couples Communication 1pm ESL Level 1 (4/8) 2:45pm ESL Level 2 (4/8) 4:30pm Basic Training for New Parents	22	9am Finances Post Deployment 11:30am German Level 1 (4/8) 1:15pm German Level 1 (4/8) 4pm Comfort Measures 5:30pm German Level 1 (4/8)	23	9:30am Smooth Move Workshop 11:30am German Level 2 (4/8) 1:15pm German Level 2 (4/8) 5:30pm German Level 2 (4/8)	24	ACS closes at 1 p.m. today			25		
	28		9am Educational Support Playgroup 9:30am Dress for Success and Networking 1pm ESL Level 1 (5/8) 2:45pm ESL Level 2 (5/8)	29	11:30am German Level 1 (5/8) 1:15pm German Level 1 (5/8) 5:30pm German Level 1 (5/8)	30	11:30am German Level 2 (4/8) 1:15pm German Level 2 (4/8) 5:30pm German Level 2 (4/8)	31						
									ACS closes at 1 p.m. today					

**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/

- **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 10 a.m.—11:30 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.**

Prenatal Breastfeeding Education In-person 2 p.m. — 3 p.m. Prepare for your upcoming breastfeeding journey with this interactive class led by an experienced IBCLC from LPMC Lactation Services. **Registration is required.** Class is held at Kleber Kaserne ACS, Room 210, Bldg. 3210.

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.

Brown Bag Lunch In-Person 12 p.m. — 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 is held at the LPMC DFAC.

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 at Kleber Kaserne ACS, Room 203, Bldg. 3210.

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 at Kleber Kaserne ACS, Room 203, Bldg. 3210.

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 Tuesdays, 1 p.m. — 2:30 p.m., **Level 2 In-Person:** 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 In-Person : Wednesdays, 11:30 a.m. — 1 p.m, 5:30 p.m. — 7 p.m. **Live Stream:** Wednesday, 1:15 p.m.—2:45 p.m. **Level 2 In-Person:** Thursdays, 11:30 a.m. — 1 p.m., 5:30 p.m. — 7 p.m. **Live Stream:** 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 in-person 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 held in-person 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

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. Target your civilian resume to your dream job in less than 2 pages. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Find Your Next Job In-Person & Live Stream 9:30 a.m. — 11:30 a.m. Get prepared, get focused, promote your skills and qualifications. Do the groundwork to find a great employment! **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. Apply for federal employment, review job announcements, find key words, and submit your packet for success! **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Career Check Up In-Person & Live Stream 9:30 a.m.— 11:30 a.m. Keep your professional life in good health with a progress evaluation—suitable for any career stage. Review your personal and professional goals to be ready for the next opportunities. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Dress for Success and Networking In-Person & Live Stream 9:30 a.m.—11:30 a.m.. Make your first impression a lasting one. Topics include styles for the workplace, when to wear them, and to which event. Let's talk about making the right connections and building contacts. **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210

Finances Post-Deployment In-Person & Live Stream 9 a.m. — 10:30 a.m. After a deployment it is important to consider how your finances may be affected. This course deals with transitioning your finances so that you can focus on reuniting with friends and family. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210

Financial Options of Continuation Pay In Person & Live Stream 9 a.m. — 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, call ACS for more information.** **Registration is required.** Class held online and at Kleber Kaserne ACS, Bldg. 3210.

Financial Considerations When Facing a Disabling Sickness or Condition In-Person & Live Stream 9 a.m. — 10:30 a.m. This course covers the financial impact of dealing with disabling sickness/conditions and teaches you to manage your finances as you work through it. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class held online and at Kleber Kaserne ACS, Bldg. 3210.

Vesting in TSP In-Person & Live Stream 9 a.m.— 10:30 a.m. Maximize the free money that comes with being in the Blended Retirement System (BRS). If you joined the Army after 01/01/2018 (or opted in to the BRS), this course is for you. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210

Smart Voucher Workshop In person 1p.m.— 3 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 on 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 online.

Commanders and Senior Leaders Training In-person & Live Stream 9 a.m.—12 p.m. A mandatory desk-side briefing within 45 days of assuming command. This training is for all Commanders and Senior Enlisted Advisors, E-7 through E-9. **Registration is required.** Training is offered online via MS Teams and in-person 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

Kaiserslautern www.facebook.com/USAGRheinlandPfalzACS