

Monday	Tuesday	Wednesday	Thursday	Friday
		10:30am OPOC Training 📶 1 11:30am German Level 1 (6/8) 1:15pm German Level 1 (6/8) 📶 3pm Finances Pre Deployment 📶 5:30pm German Level 1 (6/8)	10am SFRG CFRR Training 📶 2 11am Educational Support Playgroup 11:30am German Level 2 (6/8) 1:15pm German Level 2 (6/8) 📶 5:30pm German Level 2 (6/8) Wear purple in support of Domestic Violence Awareness Month!	10am Host Nation Tour 3 Family Advocacy Salsa with Salsa Event, ACS Baumholder Bldg. 8666, 6pm-7:30pm
11:30am Multicultural Lunch Social 6	9:30am Resume Essentials 📶 7 11:30am Stress and Anger Management 📶 1pm ESL Level 1 (7/8) 📶 2:45pm ESL Level 2 (7/8) 📶 3pm Educational Support Playgroup	11:30am German Level 1 (7/8) 8 1:15pm German Level 1 (7/8) 📶 3pm Financial Considerations when Facing Divorce 📶 3pm No-Drama Discipline 📶 5:30pm German Level 1 (7/8)	10am SFRG Foundations 📶 9 11am Educational Support Playgroup 11:30am German Level 2 (7/8) 1:15pm German Level 2 (7/8) 📶 5:30pm German Level 2 (7/8) Wear purple in support of Domestic Violence Awareness Month!	10am Host Nation Tour 10 I Still Do Event, ACS Baumholder Bldg. 8666, 6pm-8pm Training Holiday
13 ACS IS CLOSED	9:30am Interview Skills 📶 14 11:30am Couple Communication 📶 1pm ESL Level 1 (8/8) 📶 2:45pm ESL Level 2 (8/8) 📶 3pm Educational Support Playgroup	9:30am Sponsorship Training 📶 15 11:30am German Level 1 (8/8) 1:15pm German Level 1 (8/8) 📶 3pm Understanding Credit 📶 5:30pm German Level 1 (8/8)	10am SFRG Informal Funds 📶 16 11am Educational Support Playground 11:30am German Level 2 (8/8) 1:15pm German Level 2 (8/8) 📶 5:30pm German Level 2 (8/8) Wear purple in support of Domestic Violence Awareness Month!	10am Host Nation Tour 17
9am Host Nation 101 20 9am Basic Training for New Parents	9:30am Federal Resume Builder 📶 21 11:30am Stress and Anger Management 📶 1pm ESL Level 1 (1/8) 📶 2:45pm ESL Level 2 (1/8) 📶 3pm Educational Support Playgroup 5:30pm Basic Training for New Parents 📶	9:30am Spouse Sponsorship 📶 22 11:30am German Level 1 (1/8) 1:15pm German Level 1 (1/8) 📶 3pm Finances Post Deployment 📶 5:30pm German Level 1 (1/8)	10am SFRG Key Contact 📶 23 11am Educational Support Playgroup 11:30am German Level 2 (1/8) 1:15pm German Level 2 (1/8) 📶 3pm Budgeting and Developing Your Spend Plan 📶 5:30pm German Level 2 (1/8) Wear purple in support of Domestic Violence Awareness Month!	10am Host Nation Tour 24
10:30am Baumholder 101 Spouses Orientation 27	9:30am Find Your Next Job 📶 28 11:30am Couple Communication 📶 1pm ESL Level 1 (2/8) 📶 2:45pm ESL Level 2 (2/8) 📶 3pm Educational Support Playgroup	9:30am Smooth Move Workshop 📶 29 11:30am German Level 1 (2/8) 1:15pm German Level 1 (2/8) 📶 3pm Promotion Potential & Finances 📶 5:30pm German Level 1 (2/8)	10am SFRG Care Team 📶 30 11am Educational Support Playgroup 11:30am German Level 2 (2/8) 1:15pm German Level 2 (2/8) 📶 5:30pm German Level 2 (2/8) Wear purple in support of Domestic Violence Awareness Month!	10am Host Nation Tour 31

For more information or to register, please call or visit:

ACS Smith Barracks, Bldg. 8666
 DSN 531-2850 | COMM: 0611-143-531-2850
 baumholder.armymwr.com
 Facebook.com/RheinlandPfalzACS

ACS IS CLOSED AT 12 p.m. EVERY THURSDAY

KEY

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



Basic Training for New Parents In–Person 9 a.m.—1 p.m. / **Live Stream** 5:30 p.m. — 8:30 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! **Registration required 2 days in advance.** Class location will be updated on the online sign-up page.

Educational Support Playgroup In-Person Tuesdays 3 p.m. – 4:30 p.m. and Thursdays 11 a.m. - 12:30 p.m. Parents with children (under the age of 5) are invited to come, play together, and meet new people. Class is held at Smith Barracks, SKIES Academy, Bldg. 8046. The time is subject to change based upon facility availability.

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.**

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.**

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 & **Live Stream** **Level 1:** Tuesdays, 1 p.m. — 2:30 p.m., **Level 2:** 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 at Smith Barracks ACS, Bldg. 8666.

German Language Courses **Level 1** In-Person : Wednesdays, 11:30 a.m. — 1 p.m. or 5:30 p.m. — 7 p.m. **Live Stream** 1:15p.m.—2:45 p.m. **Level 2** In-Person : Thursdays, 11:30 a.m. — 1 p.m. or 5:30 p.m. — 7 p.m. **Live Stream** 1:15p.m.—2:45 p.m. Learn written and verbal German language skills in these 8-week courses. **Registration is required.** Class is held at Smith Barracks ACS, Bldg. 8666.

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 Smith Barracks ACS, Bldg. 8666.

Host Nation Tour In-Person 10 a.m. — 2 p.m. Are you new to the area? 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 Euros for lunch. **Registration is required.** Tour starts and ends at Smith Barracks ACS, Bldg. 8666.

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 Smith Barracks ACS, Bldg. 8666.

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.** 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.** 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.** 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 for CFRR. **Registration is required.** Class is held online.

SFRG Foundations Training **Live Stream** 10 a.m.—12 p.m.. Learn the basics and the foundations of the SFRG! **Registration is required.** 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.** 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.** Class is held online.

SFRG Care Team Training **Live Stream** 10 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. 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 at Smith Barracks ACS, Bldg. 8666 or virtually.

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 at Smith Barracks ACS, Bldg. 8666 or virtually.

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 at Smith Barracks ACS, Bldg. 8666 or virtually.

Find Your Next Job In-Person & **Live Stream** 9:30 a.m.— 11:30 a.m. Get prepared and focused to promote your skills and qualifications. Do the groundwork to find your next great employment. **Registration is required.** Class is held at Smith Barracks ACS, Bldg. 8666 or virtually.

Finances 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. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held virtually.

Finances Post-Deployment **Live Stream** 3 p.m. — 4 p.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 virtually.

Divorce (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. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held virtually.

Budgeting and Developing Your Spend Plan **Live Stream** 3 p.m. — 4 p.m. Looking for ways to improve your financial readiness? Creating a budget, setting goals, and making a spend plan can be just what you need to make every dollar count and reach financial independence. **Registration is required.** Class held virtually.

Understanding Credit **Live Stream** 3 p.m. — 4 p.m. Ever wonder how your credit is monitored and scored? This class will review the scoring models and credit reports so that you are aware of criteria and can manage (improve) your credit score. **Registration is required.** Class held virtually.

Financing and Planning for Major Purchases **Live Stream** 3 p.m.—4 p.m. Itching to buy that New Car, or Suite of Living Room Furniture. Before dropping thousands of dollars on a Major Purchase it’s important to understand your financing options to minimize the impact to your pocket-book. This class will discuss interest rates, the time value of money, and various financing schemes that might not be in your best interest. **Registration is required.** Class is held online.

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.**

Baumholder 101: Spouse Orientation In-Person 10:30 a.m. — 12:30 a.m. A welcome for Families new to the Baumholder Military Community. Get connected with other newcomers and resources available for you. Class is held at Baumholder JAVA Café, Family Room, Bldg 8661. **Registration is encouraged but NOT required.**

Please note all SFRG, Relocation Readiness Classes (Sponsorship, Spouse Sponsorship, & 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 are available for registrations at all locations.
Please register in advance for any of our classes or programs by calling our main line.
0611-143-531-2850 | 531-2850
To register for any **FAP**, **NPSP** or **EFMP** classes, please call 541-9028 | 0611-143-541-9028.