



Monday	Tuesday	Wednesday	Thursday	Friday
		10:30am OPOC Training 11:30am German Level 1 (6/8) 1:15pm German Level 1 (6/8) 3pm Financial Considerations when Facing Disabling Sickness or Condition 5:30pm German Level 1 (6/8)	10am SFRG CFRR Training 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 Daddy Play Day 1pm Educational Support Playgroup
5pm Dads 101	9am Educational Support Playgroup 9:30am Resume Essentials 11:30am Stress and Anger Management 1pm ESL Level 1 (7/8) 2:45pm ESL Level 2 (7/8) 4:30pm Basic Training for New Parents	11:30am German Level 1 (7/8) 1:15pm German Level 1 (7/8) 3pm Vesting in TSP 3pm No-Drama Discipline 5:30pm German Level 1 (7/8)	10am SFRG Foundations 11:30am German Level 2 (7/8) 1:15pm German Level 2 (7/8) 3pm Budgeting and Creating a Spending Plan 5:30pm German Level 2 (7/8) Wear purple in support of Domestic Violence Awareness Month!	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup Training Holiday
<div>ACS IS CLOSED</div>	9am Educational Support Playgroup 9:30am Interview Skills 11:30am Couple Communication 1pm ESL Level 1 (8/8) 2:45pm ESL Level 2 (8/8)	8am Comfort Measures 9am Bump, Baby, and Beyond 9:30am Sponsorship Training 11:30am German Level 1 (8/8) 12pm Brown Bag Lunch 1:15pm German Level 1 (8/8) 3pm Financial PCS Workshop 5pm Wave of Light Ceremony 5:30pm German Level 1 (8/8)	10am SFRG Informal Funds 11:30am German Level 2 (8/8) 1:15pm German Level 2 (8/8) 3pm Home Buying 5:30pm German Level 2 (8/8) Wear purple in support of Domestic Violence Awareness Month!	1pm Educational Support Playgroup <div>I Still Do Event, ACS Kleber Kaserne Bldg. 3210 6pm-8pm</div>
9am Host Nation 101	9am Educational Support Playgroup 9:30am Federal Resume Builder 11:30am Stress and Anger Management 1pm ESL Level 1 (1/8) 2:45pm ESL Level 2 (1/8) 5:30pm Basic Training for New Parents	9:30am Spouse Sponsorship 11:30am German Level 1 (1/8) 12pm Dads 101 1:15pm German Level 1 (1/8) 3pm Continuation Pay 4pm Comfort Measures 5:30pm German Level 1 (1/8)	10am SFRG Key Contact Training 11:30am German Level 2 (1/8) 1:15pm German Level 2 (1/8) 3pm Financing and Planning for Major Purchases 5:30pm German Level 2 (1/8) Wear purple in support of Domestic Violence Awareness Month!	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup <div>Family Advocacy Salsa with Salsa Event, ACS Kleber Kaserne Bldg. 3210 6pm-7:30pm</div>
	9am Educational Support Playgroup 9:30am Find Your Next Job 11:30am Couple Communication 1pm ESL Level 1 (2/8) 2:45pm ESL Level 2 (2/8)	9:30am Smooth Move Workshop 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 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!	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 1 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** 4:30 p.m. — 8:30 p.m. / **Live Stream** 5:30 p.m.— 9:30 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 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.**

Dads 101 **In-Person** 12 p.m. — 1:30 p.m. / 5 p.m.—6:30 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.**

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.

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.**

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.**

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#/>

Brown Bag Lunch **In-Person** 11:30 p.m. — 12:30 p.m. 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 not required** . Class is held at the LPMC DFAC.

Couples Communication **In-Person** 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 **In-Person** 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**—**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.**

German Language Courses **Level 1:** **Live Stream:** Wednesdays, 11:30 a.m. — 1 p.m, 1:15 p.m.—2:45 p.m., 5:30 p.m. — 7 p.m. **Level 2:** **In-Person:** 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.** Kaiserslautern classes are currently being offered online ONLY.

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.

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.

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 Kleber Kaserne, ACS, Bldg. 3210 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 Kleber Kaserne, ACS, Bldg. 3210 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 Kleber Kaserne, ACS, Bldg. 3210 or virtually.

Find Your Next Job **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 Kleber Kaserne, ACS, Bldg. 3210 or virtually.

Disabling Sickness or Condition **Live Stream** 3 p.m. — 4p.m. This course covers the financial impact of dealing with a disabling sickness/condition and teaches you to manage your finances as you work through it. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

Vesting in the TSP **Live Stream** 3 p.m. — 4 p.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

Budgeting & Creating Your Spend Plan **Live Stream** 3 p.m. — 4 p.m. Looking for ways to improve your financial readiness? Look no further. Creating a budget, setting goals, and making a spend plan can be just what you need today! This class can really help you make every dollar count and reach financial independence through planning. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210

Financial PCS Workshop **Live Stream** 3 p.m. — 4 p.m. Want to better understand how to financially prepare for your next PCS and limit the stress of the associated expenses? PCS season is right around the corner for so many, so sign up today. **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

Home Buying **Live Stream** 3 p.m. — 4 p.m. To buy or not buy. Discussions about Mortgage options and shopping for a home. **Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210.

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 pocketbook. 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.

Continuation Pay **Live Stream** 3 p.m. — 4 p.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 is held online and at Kleber Kaserne ACS, Bldg. 3210.

Promotion Potential **Live Stream** 9 — 10:30 a.m. You’ve been promoted. Congratulations! Along with the increase in rank comes an increase in pay. This class will examine ways to manage your spend plan, account for the increased income, and make the most out of your military pay and benefits. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

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.

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 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, NPSP or EFMP classes, please call 541-9028 | 0611-143-541-9028

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