



# 5-7 ADA Schedule of Events

## Monday, 22 April

### **Respective Btry/Co. Dayroom**

\_\_\_ 0900-1030 Master Resiliency Training (For Soldiers & Spouses)

### **Chapel Annex, Bldg 8217**

\_\_\_ 1045-1145 Communicating Clearly & Working Through Anger

\_\_\_ 1300-1400 Employment Readiness Training

\_\_\_ 1400-1500 Coping with Transitions (For Couples)

## Tuesday, 23 April

### **Respective Btry/Co. Dayroom**

\_\_\_ 0900-1030 Master Resiliency Training (For Soldiers & Spouses)

### **Chapel Annex, Bldg 8217**

\_\_\_ 0900-1030 Financial Readiness: Basic Budgeting, Importance of Savings, Emergency Savings, Debt Reduction Techniques

\_\_\_ 1045-1145 Basic Investing and Thrift Savings Plan (TSP) Instruction/Q&A

\_\_\_ 1300-1400 Educational Opportunities: My CAA, Scholarships, Post 9/11 GI Bill, VA Benefits

\_\_\_ 1400-1500 Coping with Transitions (For Single Soldiers)



### **United Through Reading**

Don't miss your pre-scheduled appointment to record a free children's book.

BN Bldg 8541, Room 211. My appointment is at \_\_\_\_\_.

## Wednesday, 24 April

### **Respective Btry/Co. Dayroom**

\_\_\_ 0900-1030 Master Resiliency Training (For Soldiers & Spouses)

### **Chapel Annex, Bldg 8217**

\_\_\_ 0900-1045 Personal Finance: Techniques & Skills to Improve Personal Financial Responsibility

### **Clinic Kaserne, Bldg 8746**

#### **ASAP Classroom 3105**

\_\_\_ 1330-1430 Mock Barrack Room Health & Welfare, presentation/Q&A

Leaders are challenged to find drug safe stashes, controlled substances or other commonly abused household items in a scavenger hunt in a real life sized exhibit of a barracks room. (E5 & Above Leaders Only)

### **Clinic Kaserne, Bldg 8746**

#### **ACS Multi-Purpose Classroom**

\_\_\_ 1400-1500 Matri Money Class for married/engaged couples (Recommended for couples to be most effective)

## Thursday, 25 April

### **Hall of Champions, Bldg 8105**

0900-1200 Baumholder Military Community Career Fair

1300-1500 5-7 ADA Pre-Deployment Rally

## Friday, 26 April

### **Wagon Wheel Theater, Bldg 8125**

\_\_\_ 0900-1000 Financial Readiness for Deployment, How to Read a Leave and Earnings Statement (LES), Army Emergency Relief (AER) Overview

\_\_\_ 1000-1100 Deployment, Emotion, Reunion, Reintegration Training

\_\_\_ 1100-1200 Family Advocacy Program (FAP) Service Overview, Prevention vs Treatment



**Directions to Chapel Annex** - located heading toward the Baumholder shoppette/gas station, follow the road curving Right onto Quarter Master Avenue, Left on Supply Road, Left at stop sign onto Bradley Blvd-no sign, straight-ahead to dirt road, Bldg 8217.

*You choose your schedule, mix & match! Must sign-in at every class.*

**Submit your schedule to your respective Btry/Co. XO NLT 16 April**



# Baumholder Military Community Career Fair

Hosted By 5-7 ADA

**When:** 0900-1200 April 25th 2019

**Where:** Hall of Champions Gym, Bldg 8105

**Who:** All BMC Soldiers and Spouses

**What:** An event to connect Soldiers and Spouses with local organizations looking to hire full-time and part-time employees, while exposing the community to volunteer and educational opportunities.

## Discussion

### Resume Review

### Employment

#### Supporting Organizations

Army & Air Force Exchange Service (AAFES)

United Service Organization (USO)

Baumholder Commissary (DECA)

Civilian Personnel Advisory Center (CPAC)

Child & Youth Services (CYS)

Baumholder Education Center

Better Opportunities for Single Soldiers (BOSS)

& More!



## What is the purpose of Overseas Resource & Readiness Week?

Overseas Resource & Readiness Week is offered as an opportunity for Soldiers and Spouses to attend trainings together or individually, that will provide them with the knowledge required during mobilization phases, to deal with a fast paced and unique environment.

This event is designed to increase the overall Family Readiness of the unit and to provide opportunities to gain awareness of available resources and to learn effective ways to increase resiliency for the individual and their Family.



**For more information on  
Overseas Resource & Readiness Week**  
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# 5-7 ADA Overseas Resource & Readiness Week

*for all Soldiers and Spouses*



## *Family Readiness Matters*

**Monday to Friday**

**22-26 April 2019**

**0900-1600**

