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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** 

U.S. ARMY



Basic Training for New Parents In-Person 9 a.m. — 1p.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 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 Vogelweh Teen Center, Bldg. 2059. **Registration is required.**

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 Vogelweh Teen Center, Bldg. 2059.

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.

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 LRMC OB Clinic/NST. **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.**

Dads 101 In-Person 3 p.m.—4:30 p.m. Designed for expecting and new Dads, taught by experienced Dads. Topics include preparing and caring for baby, keeping baby safe, and more. **Registration required.** Class held at ACS Kaiserslautern, Kleber Kaserne, Bldg. 3210

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.

Brown Bag Lunch In-Person 11:30 a.m. — 12:30 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 LRMC DFAC.

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.**

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 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.

Financial Planning for PCS Live Stream 2 p.m.— 3 p.m. Want to better understand how to financially prepare for your next PCS and limit the stress of associated expenses? PCS season is right around the corner for many, so sign up today. **REQUIRED NDAA TOUCHPOINT TRAINING.** Registration is required. Class is held online.

Birth of a Child & Your Finances Live Stream 2 p.m. — 3 p.m. With a new baby comes new expenses and responsibilities. From diapers to a nursery, to saving for your new bundle of joy, this class will teach you how to plan and adjust your finances. **REQUIRED NDAA TOUCHPOINT TRAINING.** **Registration is required.** Class is held online.

Insurance Needs Live Stream 2 p.m. — 3 p.m. Want to understand the purpose of insurance, how much and what type do you need? Then sign up for this class. **Registration is required.** Class is held online.

Building a Realistic Budget Live Stream 11 a.m. — 12 p.m. Learn how to track expenses, prioritize needs, plan for the unexpected, and build financial stability. **Registration is required.** Class is held online.

OPOC Training In-Person 9:30 a.m. — 11:30 a.m. Training to equip Organization Points of Contacts (OPOCs) with the skills to effectively manage volunteer positions, oversee personnel, and accurately certify hours utilizing the online Volunteer Management Information System (VMIS). **Registration is required.** Class is held in person at Kleber Kaserne ACS, Bldg. 3210.

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.

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