



September

2026

BAUMHOLDER

Monday	Tuesday	Wednesday	Thursday	Friday
	9am Educational Support Playgroup 1 9:30am Resume Essentials 11:30am Stress & Anger Management 1pm ESL Level 1 (3/8) 2:45pm ESL Level 2 (3/8) 5pm Comfort Measures	11:30am German Level 1 (3/8) 1:15pm German Level 1 (3/8) 2pm Financial Planning for PCS 5:30pm German Level 1 (3/8)	10am SFRG Training 3 11:30am German Level 2 (3/8) 1pm Educational Support Playgroup 1:15pm German Level 2 (3/8) 5:30pm German Level 2 (3/8)	10am Host Nation Tour 4
7 ACS IS CLOSED	9am Educational Support Playgroup 8 11:30am Couples Communication 1pm ESL Level 1 (4/8) 2:45pm ESL Level 2 (4/8)	11:30am German Level 1 (4/8) 1:15pm German Level 1 (4/8) 2pm Birth of a Child & Your Finances 3pm No-Drama Discipline 5:30pm German Level 1 (4/8)	10am SFRG Informal Funds 10 11:30am German Level 2 (4/8) 1pm Educational Support Playgroup 1:15pm German Level 2 (4/8) 5:30pm German Level 2 (4/8)	10 am Host Nation Tour 11
10:30am Baumholder 101 14 11:30am Multi-Cultural Lunch Social	9am Educational Support Playgroup 15 11:30am Stress & Anger Management 1pm ESL Level 1 (5/8) 2:45pm ESL Level 2 (5/8) 5:30pm Basic Training for New Parents	11:30am German Level 1 (5/8) 1:15pm German Level 1 (5/8) 2pm Insurance Needs 5:30pm German Level 1 (5/8) Community Job Fair, Armstrong Club, 10am-3pm	11:30am German Level 2 (5/8) 1pm Educational Support Playgroup 17 1:15pm German Level 2 (5/8) 5:30pm German Level 2 (5/8)	10am Host Nation Tour 18 11:30am Brown Bag Lunch
10:30am Baumholder H.I.R.E.S. 21 6pm Dads 101	9am Educational Support Playgroup 22 11:30am Couples Communication 1pm ESL Level 1 (6/8) 2:45pm ESL Level 2 (6/8)	11:30am German Level 1 (6/8) 1:15pm German Level 1 (6/8) 5:30pm German Level 1 (6/8)	10am SFRG Care Team 24 11am Building a Realistic Budget 11:30am German Level 2 (6/8) 1pm Educational Support Playgroup 1:15pm German Level 2 (6/8) 5:30pm German Level 2 (6/8)	10am Host Nation Tour 25
10:30am Baumholder 101 28	9am Educational Support Playgroup 29 11:30am Couples Communication 1pm ESL Level 1 (7/8) 2:45pm ESL Level 2 (7/8)	11:30am German Level 1 (7/8) 1:15pm German Level 1 (7/8) 5:30pm German Level 1 (7/8)		

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 1PM every Thursday

KEY

- REQUIRED TRAINING
- FAP/ NPSP Classes
- See description page for locations
- Live Stream



U.S. ARMY



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 9 a.m.—11:30 a.m., Thursdays 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 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.** Class is held online.

Comfort Measures & Preparation for Childbirth **In-Person** 5 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 ACS Baumholder Smith Barracks, Bldg. 8666. **Registration is required 2 days in advance.**

Dads 101 **In-Person** 6 p.m.—7:30 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 Baumholder Smith Barracks, Bldg. 8666.

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 p.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 Baumholder DFAC (Knights Lair).

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:** 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.

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 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 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.

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 Smith Barracks, Bldg. 8666.

LinkedIn Photo Sessions **In-person** 11 a.m.—2:30 p.m. Book a 15– or 30-minute session. Sessions include up to 3 outfit changes and 3 free digital professional photos for LinkedIn. **Registration is required.** Class is held in-person at Smith Barracks ACS, Bldg. 8666.

Baumholder H.I.R.E.S **In-person** 10 a.m.—12 p.m. Baumholder H.I.R.E.S. (Hiring Information, Resources, and Employability Skills) – An “orientation” to Employment in the Baumholder Military Community. Explore employment options and learn about local resources, volunteering, and ACS services to improve employability outcomes. Topics include: Overcoming Challenges, Personal Assessments, Labor Market Information, SMART Goals, Networking and Upskilling, Job Search Strategies, Resumes, References, Interview Skills, Letters (Cover and Follow Up), Salary Negotiation, Tips, Resources, Information and Referral. Registration is required. Class is held in-person at Smith Barracks ACS, Bldg. 8666.

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 a.m. — 11 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 Smith Barracks ACS, Bldg. 8666.

Baumholder 101 **In– Person** 10:30 a.m. —12:30 p.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 Military Community (BMC) Family Room, Bldg. 8661. **Registration is encouraged but NOT required.**

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 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 or EFMP classes, please call 541-9028 | 0611-143-541-9000