



BAUMHOLDER

May

2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1			10am Host Nation Tour 1
11:30am Multi-Cultural Lunch Social 4	11:30am Stress & Anger Management 📶 5 2:45pm ESL Level 1 (2/8) 📶 3pm ESL Level 2 (2/8) 📶	9am Educational Support Playgroup 6 11am SFRG Care Team 📶 11:30am German Level 1 (2/8) 📶 1:15pm German Level 1 (2/8) 📶 2pm Financial Planning for PCS 📶 5:30pm German Level 1 (2/8) 📶	10am SFRG Training 📶 7 11:30am German Level 2 (2/8) 📶 1:15pm German Level 2 (2/8) 📶 5:30pm German Level 2 (2/8) 📶	10am Host Nation Tour 8
9am Host Nation 101 10:30am Baumholder 101 Spouses Orientation 11	9:30am Federal Resume Builder 📶 12 11:30am Couples Communication 📶 2:45pm ESL Level 1 (3/8) 📶 3pm ESL Level 2 (3/8) 📶 3pm No-Drama Discipline 📶	9am Educational Support Playgroup 13 11:30am German Level 1 (3/8) 📶 1:15pm German Level 1 (3/8) 📶 2pm Wealth Building & Planning for Retirement 📶 5:30pm German Level 1 (3/8) 📶	11:30am German Level 2 (3/8) 📶 14 1:15pm German Level 2 (3/8) 📶 5:30pm German Level 2 (3/8) 📶	10am Host Nation Tour 15
	18	19	20	21
	11:30am Stress & Anger Management 📶 2:45pm ESL Level 1 (4/8) 📶 3pm ESL Level 2 (4/8) 📶 5:30pm Basic Training for New Parents 📶	9am Educational Support Playgroup 20 11:30am German Level 1 (4/8) 📶 1:15pm German Level 1 (4/8) 📶 2pm Financial Considerations When Facing Disabling Condition or Sickness 📶 5:30pm German Level 1 (4/8) 📶	10am SFRG Informal Funds 📶 21 11:30am German Level 2 (4/8) 📶 1:15pm German Level 2 (4/8) 📶 5:30pm German Level 2 (4/8) 📶	10am Host Nation Tour 22 Training Holiday
	25	26	27	28
	11:30am Couples Communication 📶 26 2:45pm ESL Level 1 (5/8) 📶 3pm ESL Level 2 (5/8) 📶	9am Educational Support Playgroup 27 11:30am German Level 1 (5/8) 📶 1:15pm German Level 1 (5/8) 📶 5:30pm German Level 1 (5/8) 📶	11am Car Buying Strategies 📶 28 11:30am German Level 2 (5/8) 📶 1:15pm German Level 2 (5/8) 📶 5:30pm German Level 2 (5/8) 📶	10am Host Nation Tour 29
ACS IS CLOSED				

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 nursday

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 Wednesdays 9:30 a.m.—11 a.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.

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.

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 Care Team Training In-person & 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 and at ACS Smith Barracks, 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.

Federal Resume Builder In-Person & Live Stream 9:30 a.m.— 11:30 a.m. Apply for federal employment, review job announcements, find key words, and submit your packet for success! **Registration is required.** Class is held online and at ACS Smith Barracks, Bldg. 8666.

Financial Planning for PCS (CMT) 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.

Wealth Building and Planning for Retirement Live Stream 2 p.m.— 3 p.m. Gain tools and strategies to build long-term wealth, reduce financial stress, and make confident decisions that support both personal stability and mission readiness. This session covers the fundamentals of saving and investing, choosing the right account types, setting financial goals, planning for retirement, and understanding military retirement systems. **Registration is required.** Class is held online.

Financial Considerations when Facing Disabling Condition or Sickness (CMT) Live Stream 2 p.m.— 3 p.m. This course covers the financial impact of dealing with a disabling condition or sickness and teaches you how to manage your finances as you work through it. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online.

Car Buying Strategies Live Stream 11 a.m.— 12 p.m. Gain practical tips to help you save money and choose the right car for your needs. This class covers budgeting, understanding financing, avoiding common dealership tactics, and using military-friendly resources to make confident vehicle purchases. **Registration is required.** Class is held online.

Baumholder 101 : Spouse Orientation 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), Financial Readiness, and Employment 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.

Checkout our Facebook page, USAG Rheinland-Pfalz ACS