

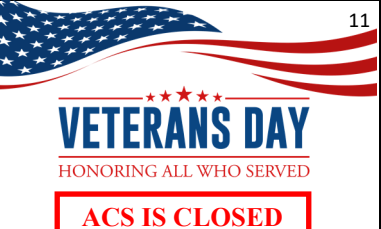



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>MILITARY FAMILY APPRECIATION MONTH</p>	 <p>NATIVE AMERICAN HERITAGE MONTH</p>			<p>10am Daddy Play Day</p> <p>1:30pm Smart Voucher Workshop</p>
<p>3:30pm EFMP Kidz Connect 4</p>	<p>9am Educational Support Playgroup 5</p> <p>9:30am Resume Essentials 📶</p> <p>11:30am Stress and Anger Management</p> <p>1pm ESL Level 1 (7/8) 📶</p> <p>2pm Prenatal Breastfeeding Education</p> <p>2:45pm ESL Level 2 (7/8) 📶</p>	<p>9am Basic Training for New Parents 6</p> <p>9am Post Deployment 📶</p> <p>10:30am OPOC Training 📶</p> <p>11:30am German Level 1 (7/8) 📶</p> <p>12pm Money Academy</p> <p>1:15pm German Level 1 (7/8) 📶</p> <p>5:30pm German Level 1 (7/8) 📶</p>	<p>10am SFRG CFRR Training 📶 7</p> <p>11:30am German Level 2 (7/8) 📶</p> <p>1:15pm German Level 2 (7/8) 📶</p> <p>5:30pm German Level 2 (7/8) 📶</p> <p>New Parent Support Program Community Baby Fair, Armstrong Club, 11am-2pm</p> <p>ACS closes at 1 p.m. today</p>	<p>10:30am Newborn Network & Breastfeeding Café 8</p> <p>1pm Educational Support Playgroup</p> <p>1:30pm Smart Voucher Workshop</p>
 <p>VETERANS DAY HONORING ALL WHO SERVED</p> <p>ACS IS CLOSED</p>	<p>9am Educational Support Playgroup 12</p> <p>9:30am Cover and Follow Up Letters 📶</p> <p>11:30am Couples Communication</p> <p>1pm ESL Level 1 (8/8) 📶</p> <p>2:45pm ESL Level 2 (8/8) 📶</p>	<p>9am Comfort Measures 13</p> <p>9am Financial Options of Continuation Pay 📶</p> <p>11:30am German Level 1 (8/8) 📶</p> <p>12pm Money Academy</p> <p>1:15pm German Level 1 (8/8) 📶</p> <p>2:30pm Dads 101</p> <p>3pm No Drama Discipline 📶</p> <p>5:30pm German Level 1 (8/8) 📶</p>	<p>10am SFRG Informal Funds Custodian Training 📶 14</p> <p>11:30am German Level 2 (8/8) 📶</p> <p>1:15pm German Level 2 (8/8) 📶</p> <p>5:30pm German Level 2 (8/8) 📶</p> <p>ACS closes at 1 p.m. today</p>	<p>1:30pm Smart Voucher Workshop 15</p>
<p>9:30am Sponsorship Training 📶 18</p> <p>3:30pm EFMP Kidz Connect</p>	<p>9am Educational Support Playgroup 19</p> <p>9:30am Federal Resume Builder 📶</p> <p>11:30am Stress and Anger Management</p> <p>1pm ESL Level 1 (1/8) 📶</p> <p>2:45pm ESL Level 2 (1/8) 📶</p> <p>5:30pm Basic Training for New Parents 📶</p>	<p>9am Financial Consideration When Facing a Disabling Sickness or Condition 20</p> <p>9:30am Spouse Sponsorship 📶</p> <p>11:30am German Level 1 (1/8) 📶</p> <p>12pm Money Academy</p> <p>1:15pm German Level 1 (1/8) 📶</p> <p>4pm Comfort Measures</p> <p>5:30pm German Level 1 (5/8) 📶</p>	<p>10am SFRG Key Contact Training 📶 21</p> <p>12pm Brown Bag Lunch</p> <p>11:30am German Level 2 (1/8) 📶</p> <p>1:15pm German Level 2 (1/8) 📶</p> <p>5:30pm German Level 2 (1/8) 📶</p> <p>ACS closes at 1 p.m. today</p>	<p>10:30am Newborn Network & Breastfeeding Café 22</p> <p>1pm Educational Support Playgroup</p> <p>1:30pm Smart Voucher Workshop</p>
<p>3:30pm EFMP Sensory Storytime 25</p>	<p>9am Educational Support Playgroup 26</p> <p>9:30am Career Checkup 📶</p> <p>11:30am Couples Communication</p> <p>1pm ESL Level 1 (2/8) 📶</p> <p>2:45pm ESL Level 2 (2/8) 📶</p> <p>4pm EFMP Conversation Corner</p>	<p>9am Vesting in the TSP 📶 27</p> <p>9:30am Smooth Move 📶</p> <p>11:30am German Level 1 (2/8) 📶</p> <p>11:30am Finding Light After Darkness</p> <p>12pm Money Academy</p> <p>1:15pm German Level 1 (2/8) 📶</p> <p>5:30pm German Level 1 (2/8) 📶</p>	 <p>HAPPY THANKSGIVING</p> <p>ACS IS CLOSED</p>	<p>1:30pm Smart Voucher Workshop 29</p> <p>Training Holiday</p>

For more information or to register, please call or visit:
ACS Kleber Kaserne, Bldg. 3210, 541-9000 | 0611-143-541-9000

kaiserslautern.armymwr.com
Facebook.com/RheinlandPalzACS

KEY

- **REQUIRED TRAINING**
- **EFMP/ FAP/ NPSP Classes**
- See description page for location
- **Live Stream**



Basic Training for New Parents In-Person 9:00 a.m. – 1:00 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! 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 LRMC OB Clinic/NST. **Registration is required 2 days in advance.**

Educational Support Playgroup In-Person Tuesdays 9 a.m. – 10:30 a.m. and every 2nd and 4th Friday 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.

Co-Parenting Workshop Live Stream 3 p.m.— 4 p.m. Join us for this workshop and learn how to communicate with your partner support your child, manage conflict, establish parenting do’s and don’ts, create a co-parenting plan, and much more. Class is held online. **Registration is required.**

Dads 101 In-Person 2:30 p.m. — 4 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.**

Daddy Play Day In-Person 10 a.m.—10:30 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.**

Prenatal Breastfeeding Education In-person 2 p.m. — 3 p.m. Prepare for your upcoming breastfeeding journey with this interactive class led by an experienced IBCLC from LRMC Lactation Services. **Registration is required.** Class is held at Kleber Kaserne ACS, Room 210, Bldg. 3210.

Newborn Network & Breastfeeding Café 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.** Class is held online.

Please use the following link to register for the above listed classes: <https://www.signugenius.com/go/10C084FA9A929A6FAC61-newparent/>

EFMP Conversation Corner In-Person 4 p.m. — 5 p.m. Join EFMP (and Air Force EFMP) to discuss EFMP questions, concerns and find out about programming and resources available within the KMC. The support group is held on every fourth Tuesday at the Ramstein KMCC (BX) Food Court.

EFMP Sensory Storytime In-Person Landstuhl 3:30 p.m.— 4:45 p.m. / **Baumholder** 4:30 p.m. — 5:30 p.m. This Storytime is designed for children that may need extra sensory support. Sensory Storytime combines traditional Storytime components with sensory elements to enhance the experience. Class is held at Baumholder Library Bldg. 8332/ Landstuhl Library Bldg. 3810. **Registration is required, space is limited.** The time is subject to change based upon facility availability.

EFMP Kidz Connect In-Person 3:30 p.m.—5 p.m. EFMP is hosting Kidz Connect for two different age groups to meet new friends! You do not have to be an exceptional family member to attend Kidz Connect. The 1st Monday is designated for ages 6-years-old to 12-years-old. The 3rd Monday is for kids ages 13-years-old to 18-years-old. Both sessions will be held at the Pulaski Chapel on Pulaski Barracks.

Brown Bag Lunch In-Person 12 p.m. — 1 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 optional.** Class is held at the LRMC 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 2 days in advance.** Class is held at Kleber Kaserne ACS, Bldg. 3210.

Finding Light After Darkness In-Person 11:30 a.m. — 12:30 p.m. A support group for all survivors, friends, and family affected by domestic violence. Learn skills to cope with past experiences and build healthy friendships/relationships in a safe and confidential environment. **Registration is required.** Class is held at a confidential location.

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 2 days in advance.** Class is held at Kleber Kaserne ACS, Bldg. 3210.

Please use the following link to register for the above listed classes: <https://www.signugenius.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 Kleber Kaserne ACS, Bldg. 3210.

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 Kleber Kaserne ACS, Bldg. 3210.

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 3 days in advance.** 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 3 days in advance.** 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 3 days in advance.** Class is held online.

SFRG Care Team Training In-Person & Live Stream 10 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 Kleber Kaserne, ACS, Bldg. 3210

SFRG Command Family Readiness Representative Training In-Person & Live Stream 10 a.m.— 12 p.m. This class defines the roles and responsibilities of the CFRR. **Registration is required 3 days in advance.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

SFRG Informal Funds Custodian Training In-Person & 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 and at Kleber Kaserne, ACS, Bldg. 3210.

SFRG Key Contact Training In-Person & Live Stream 10 a.m. — 12 p.m. This class will define the roles and responsibilities of SFRG Key Contacts. **Registration is required 3 days in advance.** Class is held online and 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 Kleber Kaserne, ACS, Bldg. 3210.

Cover and Follow Up Letters In-Person & Live Stream 9:30 a.m.—11:30 a.m. Learn the importance of an introduction cover letter and how to seal the deal with a follow up letter. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

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 Kleber Kaserne, ACS, Bldg. 3210.

Career Checkup In-Person & Live Steam 9:30 a.m. — 11:30 a.m. Keep Professional life in good health with a progress evaluation—suitable for any career stage. Review your personal and professional goals to be ready for the next opportunities. **Registration Required.** Class is held online and at Kleber Kaserne, ACS, Bldg.3210.

Post-Deployment In-Person & Live Stream 9 a.m. — 10:30 a.m. After a deployment it is important to consider how your finances may be affected. This course deals with transitioning your finances so that you can focus on reuniting with friends and family. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne ACS, Bldg. 3210

Financial Options of Continuation Pay In Person & Live Stream 9 a.m. — 10:30 a.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, call ACS for more information. Registration is required.** Class held online and at Kleber Kaserne ACS, Bldg. 3210.

Financial Considerations When Facing a Disabling Sickness or Condition In-Person & Live Stream 9 a.m. — 10:30 a.m. This course covers the financial impact of dealing with disabling sickness/conditions and teaches you to manage your finances as you work through it. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class held online and at Kleber Kaserne ACS, Bldg. 3210.

Vesting in the TSP In-Person & Live Stream 9 a.m. — 10:30 a.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

Money Academy In person 12 p.m.—1p.m. The trusted source for all things financial readiness within USAG RP where we discuss topics such as goal setting, continuation pay, money management, retirement planning, and so much more. Registration is required. Class held at Kleber Kaserne, ACS Bldg 3210.

Smart Voucher Workshop In person 1:30 p.m.—3:30 p.m. Join ACS Financial Readiness for assistance on submitting your Smart Voucher, identifying common reasons for rejection, and receiving guidance on how to successfully resubmit. Class is held on Kleber Kaserne, ACS Bldg. 3210.

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.

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

Kaiserslautern www.facebook.com/USAGRheinlandPfalzACS