

Monday		Tuesday		Wednesday		Thursday		Friday			
9am	Host Nation 101 📶	1	9am Educational Support Playgroup 9:30am Interview Skills 📶 11:30am Stress & Anger Management 📶 1pm ESL Level 1 (6/8) 📶 2:45pm ESL Level 2 (6/8) 📶	2	9:30am OPOC Training 11:30am German Level 1 (6/8) 📶 1:15pm German Level 1 (6/8) 📶 2pm Financial Planning for PCS 📶 5:30pm German Level 1 (6/8) 📶	3	11:30am German Level 2 (6/8) 📶 1:15pm German Level 2 (6/8) 📶 5:30pm German Level 2 (6/8) 📶	4	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup	5	
		8	9am Educational Support Playgroup 11:30am Couples Communication 📶 1pm ESL Level 1 (7/8) 📶 2:45pm ESL Level 2 (7/8) 📶	9	11:30am German Level 1 (7/8) 📶 1:15pm German Level 1 (7/8) 📶 2pm BRS Continuation Pay 📶 3pm No-Drama Discipline 📶 4:30pm Comfort Measures 5:30pm German Level 1 (7/8) 📶	10	11:30am German Level 2 (7/8) 📶 1:15pm German Level 2 (7/8) 📶 5:30pm German Level 2 (7/8) 📶	11	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup	12	
		15	9am Educational Support Playgroup 11:30am Stress & Anger Management 📶 1pm ESL Level 1 (8/8) 📶 2:45pm ESL Level 2 (8/8) 📶	16	9:30am OPOC Training 11am SFRG Care Team 📶 11:30am German Level 1 (8/8) 📶 1:15pm German Level 1 (8/8) 📶 2pm TSP and Retirement Planning 📶 5:30pm German Level 1 (8/8) 📶	17	10am SFRG Training 📶 11:30am German Level 2 (8/8) 📶 1:15pm German Level 2 (8/8) 📶 5:30pm German Level 2 (8/8) 📶	18	ACS IS CLOSED		19
		22	9am Educational Support Playgroup 11:30am Couples Communication 📶 1pm ESL Level 1 (1/8) 📶 2:45pm ESL Level 2 (1/8) 📶 5:30pm Basic Training for New Parents 📶	23	11:30am German Level 1 (1/8) 📶 1:15pm German Level 1 (1/8) 📶 5:30pm German Level 1 (1/8) 📶	24	10am SFRG Informal Funds 📶 11am Insurance Needs 📶 11:30am German Level 2 (1/8) 📶 1:15pm German Level 2 (1/8) 📶 5:30pm German Level 2 (1/8) 📶	25	10:30am Newborn Network & Feeding Support 1pm Educational Support Playgroup	26	
Training Holiday											
		29	9am Educational Support Playgroup 1pm ESL Level 1 (2/8) 📶 2:45pm ESL Level 2 (2/8) 📶	30							

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** 📶



Basic Training for New Parents In-Person 4:30 p.m. — 8:30 p.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 required 2 days in advance.**

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 Pulaski Barracks, SKIES Academy, Bldg. 2895.

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 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.

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 LRMCOB Clinic/NST. **Registration is required 2 days in advance.**

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) 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.

Interview Skills In-person & Live Stream 9:30 a.m. — 11:30 a.m. Are you ready for your next interview? A workshop to get you feeling confident and prepared to shine. Discuss the questions to ask, the different types of interviews, what to bring, and you leaving a fabulous impression! **Registration is required.** Class is held online and in-person at Kleber Kaserne ACS, Bldg. 3210.

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. **Registration is required.** Class is held online.

BRS Continuation Pay Live Stream 2 p.m. — 3 p.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. Registration is required.** Class is held online.

TSP and Retirement Planning Live Stream 2 p.m. — 3 p.m. Master your TSP! Join our virtual class for active duty and civilian TSP participants to maximize your benefits and secure your financial future. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online.

Insurance Needs Live Stream 11 a.m. — 12 p.m. Want to understand the purpose of insurance, types, lifecycle planning and purchasing? Then sign up for this class. **Registration is required.** Class is held online.

OPOC Training In-Person 9:30 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 in person at Kleber Kaserne ACS, 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

Checkout our Facebook page, USAG Rheinland-Pfalz ACS