





























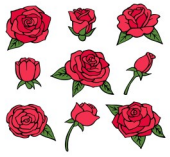


Monday	Tuesday	Wednesday	Thursday	Friday
			10am SFRG Command Family Readiness Representative Training  1 11:30am German Level 2 (8/8) 1:15pm German Level 2 (8/8)  5:30pm German Level 2 (8/8) ACS closes at 12 p.m. today	9am Host Nation Tour 2 1pm Educational Support Playgroup
9am Host Nation 101  5	9:00am Educational Support Playgroup 6 10:00am USA Jobs Tutorial  11:30am Stress & Anger Management 1pm ESL Level 1 (1/8) 2:45pm ESL Level 2 (1/8) 2pm Prenatal Breastfeeding Education	9am Understanding Credit  7 11:30am German Level 1 (1/8) 1:15pm German Level 1 (1/8)  5:30pm German Level 1 (1/8)	9am PCS Workshop  8 10am SFRG Informal Funds Custodian Training  11:30am German Level 2 (1/8) 1:15pm German Level 2 (1/8)  5:30pm German Level 2 (1/8) ACS closes at 12 p.m. today	9:00am Host Nation Tour 9 10:30am Newborn Network & Breastfeeding Cafe 1:00pm Educational Support Playgroup
12	9am Educational Support Playgroup 13 10:00am Local Employment & Volunteering  11:30am Couples Communication 1pm ESL Level 1 (2/8) 2:45pm ESL Level 2 (2/8) 4:15pm EFMP Sensory Storytime	9am Comfort Measures 14 9am Budgeting and Developing Your Spend Plan  9:30am Sponsorship Training  11:30am German Level 1 (2/8) 1:15pm German Level 1 (2/8)  3pm No-Drama Discipline 3pm Dads 101  5:30pm German Level 1 (2/8)	10am SFRG Key Contact Training  15 11:30am German Level 2 (2/8) 1:15pm German Level 2 (2/8)  5:30pm German Level 2 (2/8) ACS closes at 12 p.m. today	1:00pm Educational Support Playgroup 16 TRAINING HOLIDAY
 ACS IS CLOSED	9:00am Educational Support Playgroup 20 10:00am Better Resume Writing  11:30am Stress & Anger Management 1pm ESL Level 1 (3/8) 2pm Prenatal Breastfeeding Education 2:45pm ESL Level 2 (3/8) 5:30pm Basic Training for New Parents 	9am Disabling Sickness or Condition 21 9:30am Spouse Sponsorship Training  11:30am German Level 1 (3/8) 1pm EPC Informational Meeting 1:15pm German Level 1 (3/8)  4:00pm Comfort Measures 5:30pm German Level 1 (3/8)	9am Promotion Potential  22 10am SFRG Care Team Training  11:30am German Level 2 (3/8) 11:30am Finding Light After Darkness 1:15pm German Level 2 (3/8)  5:30pm German Level 2 (3/8) ACS closes at 12 p.m. today	9:00am Host Nation Tour 23 10:30am Newborn Network & Breastfeeding Cafe 1:00pm Educational Support Playgroup
11:30am Multicultural Lunch Social 26	9am Educational Support Playgroup 27 10:00am Dress for Success & Networking  1pm ESL Level 1 (4/8) 2:45pm ESL Level 2 (4/8) 4pm Sippin' Tea With EFMP	9am Divorce  28 9:30am Smooth Move Workshop  12pm Brown Bag Lunch 11:30am German Level 1 (4/8) 1:15pm German Level 1 (4/8)  3:00pm Co-parenting Workshop  5:30pm German Level 1 (4/8)	29	

For more information or to register, please call or visit:
 ACS Kleber Kaserne, Bldg. 3210, 541-9000 | 0611-143-541-9000
 FAP Landstuhl, Bldg. 3820, 541-9028 | 0611-143-541-9028
 kaiserslautern.armymwr.com
 Facebook.com/RheinlandPfalzACS

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. — 9:30 p.m. This class provides expectant parents with education on basic baby care, how to comfort your baby, what to expect during those first weeks at home, safe sleep, and much more! . **Registration is required 2 days in advance.** Class is held at Landstuhl, ACS, Bldg. 3820.

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. **Registration is required 2 days in advance.** Class is held at LPMC Centering Room 104, Bldg. 3776.

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

Educational Support Playgroup **In-Person** 9 a.m.— 10:30 a.m. / 1 p.m. — 2:30 p.m. Parents 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. The time is subject to change based upon facility availability. **No Registration is required, space is limited.**

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! **No Registration is required.** Class is held at Pulaski Barracks, SKIES Unlimited, Bldg. 2895.

Prenatal Breastfeeding Education **In-Person** 2 p.m.— 4 p.m. Prepare for your upcoming breastfeeding journey with this interactive class led by an experienced IBCLC from LPMC Lactation Services. **Registration is required.** Class is held at Landstuhl, ACS, Bldg. 3820. **Please use the following link to register for the above listed classes:** <https://www.signupgenius.com/go/10C084FA9A929A6FAC61-newparent#/>

EFMP Sippin’ Tea **In-Person** 4 p.m. — 5 p.m. Grab a coffee or tea and join EFMP. (and AF EFMP) to discuss EFMP questions, concerns and find out about programming and resources available within the KMC. Jan/Mar/May/Jul-Landstuhl Bldg 3820 . Feb/Apr/Jun/Aug-Ramstein Military Family Readiness Center

EFMP Walk-n-Talk **In-Person** 10 a.m. — 11:30 a.m. This is an excellent opportunity to meet new people, boost your mood and get in those steps! This event is held at Landstuhl, USO Warrior Center, Bldg. 3750.

EFMP Structured Playgroup **In-Person** 10 a.m. — 11:30 a.m. This Playgroup is in partnership with EDIS. Come play, learn, and meet new people.

EFMP Sensory Storytime **In-Person** 4:15 p.m.— 5:15 p.m (2nd Tuesday at Volgeweh Library) 3:30 p.m.—4:45 p.m. (3rd Monday at Landstuhl Library) Join EFMP for a special Storytime at the Volgeweh & Landstuhl library. 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 at Landstuhl Library is held in Bldg. 3810. Class at Volgeweh Library is held in Bldg 2059.

Registration is required, space is limited. The time is subject to change based upon facility availability.

Brown Bag Lunch **In-Person** 12 p.m.— 1 p.m. Monthly lunch and learn sessions with the goal to provide resources and information on the prevention and treatment of domestic abuse. **Registration is optional.** Class is held at the Landstuhl, DFAC.

Couples Communication **In-Person** 11:30 a.m. — 12:30 p.m. 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 Landstuhl, ACS, Bldg. 3820.

Dads 101 **In-Person** 3 p.m. — 4:30 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. **Registration is required.** Class is held at Landstuhl, ACS, Bldg. 3820.

EPIC Informational Meeting **In-Person** 1 p.m. — 2 p.m. Learn about the basic requirements needed to become an Emergency Placement Care Provider (Similar to Foster Care). **Registration is required 2 days in advance.** Class is held at Landstuhl, ACS, Bldg. 3820.

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 aid with coping of past experiences while building healthy friendships and relationships in a safe and confidential environment. **Registration is required.** Class is held in a confidential location.

No-Drama Discipline **Live Stream** 3 p.m. — 4:30 p.m. The whole-brain way to calm the chaos and nurture your child’s developing mind. No-Drama Discipline provides an effective way of dealing with tantrums, tensions, and tears. **Registration is required.** Class is held online.

Stress & Anger Management **In-Person** 11:30 a.m. — 12:30 p.m. 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 Landstuhl, ACS, Bldg. 3820.

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 or Level 2) **In-Person Level 1** Tuesdays, 1:00 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 held in-person at Kleber Kaserne, ACS, Bldg. 3210.

German Language Classes (Level 1 or Level 2) **In-Person & Live Stream** Learn written and verbal German language skills in these 8-week courses. **Level 1: In Person** Wednesdays, 11:30 a.m. — 1:00 p.m., 5:30 p.m. — 7:00 p.m. **Live Stream** 1:15 p.m.—2:45 p.m. **Level 2: In Person** Thursdays, 11:30 a.m.—1:00 p.m, 5:30 p.m. — 7:00 p.m. **Live Stream** 1:15 p.m.— 2:45 p.m. **Registration is required.** Class held online / Kleber Kaserne, ACS, Bldg. 3210.

Host Nation 101 **In-Person & Live Stream** 9 a.m.— 11 a.m. You made it to Germany! Now what? Join ACS for this informational 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.** This monthly class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Host Nation Tour **In-Person** 9 a.m. — 2 p.m. Are you new to the Kaiserslautern Community? Join ACS for a special insider’s tour of Kaiserslautern all while learning about German culture and customs. Please dress appropriately for the weather and bring Euro for lunch. **Registration is required.** Tour starts and ends at Kleber Kaserne, ACS, Bldg. 3210.

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 in-person at Kleber Kaserne, ACS, Bldg. 3210.

Smooth Move Workshop **Live Stream** 9:30 a.m. — 11:00 a.m. Are you about to PCS to a new location? This informative class provides detailed information about the Permanent Change of Station process. Topics covered are relocation stress factors, special assignments, shipment of household goods and more! **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 who are assigned and will act as sponsors. **Registration is required 3 days in advance.** Class is held online.

Spouse Sponsorship Training **Live Stream** 9:30 a.m. — 11:00 a.m. This course will help spouse sponsors fulfill their role as a sponsor for incoming spouses. **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.

Better Resume Writing **In-Person & Live Stream** 10:00 a.m. — 12 p.m. You have 7 seconds to impress a hiring manager, civilian jobs are competitive! Update your resume and get tips to maximize your potential. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Dress for Success & Networking **In-Person & Live Stream** 10:00 a.m. — 12:00 p.m. Let us help you make your first impression a lasting one. Topics include: styles for the workplace, when to wear them, and to which event. Let’s talk about making the right connections and building your contacts! **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Federal Resume Writing Workshop **In-person & Live Stream** 10:00 a.m. — 12:00 p.m. Join us for an advanced course to write a successful federal resume. **Registration is required.** Class is held online.

Local Employment & Volunteering **In-Person & Live Stream** 10:00 a.m. — 12:00 p.m. Let’s talk about your job options for transitioning into the workforce. We will cover employers, contractors, volunteering, learning new skills, and getting involved in the community. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

USA Jobs Tutorial **In-Person & Live Stream** 10:00 a.m. — 12:00 p.m. Do you want a career with the U.S. Federal Government? Learn how to look for jobs and build your resume. Make your federal resume stand out from the competition and get you to an interview. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Budgeting & Developing Your Spend Plan **In-Person & Live Stream** 9 a.m. — 10:30 a.m. Looking for ways to improve your financial readiness? Look no further. Creating a budget, setting goals, and making a spend plan can be just what you need today! This class can really help you make every dollar count and reach financial independence through planning. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Disabling Sickness or Conditions **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.

Divorce **In-Person & Live Stream** 9 a.m. — 10:30 a.m. Learn about the potential life– long implications of divorce/separation. If you are considering filing for divorce or have gotten notice of impending divorce/separation actions, then this course is for you. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

PCS Workshop **In-Person & Live Stream** 9 a.m. — 10:30 a.m. Completing a Permanent Change of Station (PCS) often means adjusting to changes and starting new routines. This is especially true for your finances and cash flow. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Promotion Potential **In-Person & Live Stream** 9 a.m. — 10:30 a.m. You’ve been promoted. Congratulations! Along with the increase in rank comes an increase in pay. Ever wonder what to do with those additional funds? This class will examine ways to manage your spend plan, account for the increased income and make the most out of your military pay and benefits. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Understanding Credit **In-Person & live Stream** 9 a.m.— 10:30 a.m. Ever wonder how your credit is monitored and scored? This class will review the scoring models and credit reports so that you are aware of the criteria and can manage (improve) your credit score. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Welcoming Your New Child **In-Person & Live Stream** 9 a.m. — 10:30 a.m. With a new baby comes new expenses and financial responsibilities. From diapers to a nursery, this class will help you adjust your existing budget for the new baby. **NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Spend Plans & Budgeting **In-Person & Live Stream** 3 p.m. — 4 p.m. Looking for ways to improve your financial readiness? Creating a budget, setting goals, and making a spend plan can be just what you need to make every dollar count and reach financial independence. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

OPOC Training **In-Person & Live Stream** 10:30 a.m. — 11:30 a.m. Training for OPOCs who manage volunteers, certify hours, and manage positions on the online Volunteer Management Information System (VMIS). **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

Commanders and Senior Leaders Training **In-Person & Live Stream** 9 a.m. — 12 p.m. This mandatory desk side briefing is required to be completed within 45 days of assuming command for all Commanders and Senior Enlisted Advisors (E-7 through E-9). Join us to learn about your local resources. **Registration is required 2 days in advance.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

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