

Basic Training for New Parents In-Person & Live stream 9 a.m.—1 p.m. / 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 3 p.m. — 4:30 p.m. and Thursdays 11 a.m. - 12:30 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.

Dads 101 In-Person 11:30 a.m. — 12:30 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. Class is held at Baumholder USO, Bldg. 8106. **Registration is required.**

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

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 Baumholder DFAC.

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/10C084FA62FAB4CF8-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.

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 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.

SFRG Command Family Readiness Representative (CFRR) Training 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.

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 Key Contact Training 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.

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 Smith Barracks ACS, Bldg. 8666.

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 Smith Barracks ACS, Bldg. 8666.

Find Your Next Job In-Person & Live Stream 9:30 a.m. — 11:30 a.m. Get prepared, get focused, promote your skills and qualifications. Do the groundwork to find a great employment! **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

Career Check Up In-Person & Live Stream 9:30 a.m.— 11:30 a.m. Keep your 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 is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

Dress for Success and Networking In-Person & Live Stream 9:30 a.m.—11:30 a.m.. 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 contacts. **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666

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.** Location TBD

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 is held online and at Smith Barracks ACS, Bldg. 8666.

Finances 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 Smith Barracks ACS, Bldg. 8666.

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 Smith Barracks ACS, Bldg. 8666.

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 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.

Baumholder www.facebook.com/USAGRheinlandPfalzACS