



**Basic Training for New Parents** **Live Stream** 5:30 — 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 held online.

**Better Resume Writing** **In-Person** 9:30 — 11 a.m. You have 7 seconds to impress a hiring manager, and civilian jobs are competitive! Update your resume and get tips to maximize your potential. . **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Brown Bag Lunch** **In-Person** 12 — 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 held at the Baumholder DFAC.

**Budgeting & Developing Your Spend Plan** **In-Person & Live Stream** 9 — 10:30 a.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 held online and in Baumholder ACS Bldg. 8666.

**Budgeting for the Holidays** **In-Person & Live Stream** 9 — 10:30 a.m. The holidays will be here before we know it, so now is the time to prepare a budget. This class will provide tips so that your holidays can be stress free . . . at least as far as the finances are concerned. **Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**Comfort Measures & Preparation for Childbirth** **In-Person** 9 a.m. — 1 p.m. & 4 — 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 held in LRMC Bldg. 3776.

**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 2 days in advance.** Class held online.

**Dads 101** **In-Person** 11 a.m. — 12:30 p.m. This is a crash course for new and expectant dads taught by an experienced dad. Topics include: preparing for baby, the first weeks at home, caring for baby, keeping baby safe, and more. **Registration is required.** Class held in Baumholder USO Bldg. 8106.

**Educational Support Playgroup** **In-Person** 10 — 11:30 a.m. & 3 — 4:30 p.m. Parents with children (under the age of 5) are invited to come, play together, and meet new people. **Registration is required, space is limited.** Class held at the SKIES Unlimited Bldg. 8046 on Smith Barracks. The time is subject to change based upon facility availability.

**English as a Second Language (ESL)** **In-Person** Learn English and improve your verbal skills in these 8-week courses that are 90 minutes each. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**EPC Informational Meeting** **In-Person & Live Stream** 1 — 2 p.m. Help a child in need! 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 held online and in Baumholder ACS Bldg. 8666.

**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 held in a confidential location.

**German** **In-Person** Learn written and verbal German language skills in these 8-week courses that are 90 minutes each. **Registration is required.** Class held in Baumholder 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 Euro for lunch. **Registration is required.** Tour starts and ends in Baumholder ACS Bldg. 8666.

**Host Nation 101** **In-Person** 9 — 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.** Class held in Baumholder ACS Bldg. 8666.

**Interview Skills** **In-Person** 9:30 — 11 a.m. Are you ready for your next interview? This is a workshop to get you feeling confident and prepared for success. Let's discuss the questions to ask, the different types of interviews, what to bring, and you leaving a great impression. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Local Employment & Volunteering** **In-Person** 9:30 — 11 a.m. Are you new to the area? 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 held online and in Baumholder ACS Bldg.8666.

**Multicultural Lunch & Learn** **In-Person** 11:30 a.m. — 12:30 p.m. Socialize with fellow community members at this "Multicultural Lunch & Learn". Topics include: history, culture, traditions, and much more, of Germany and other countries in Europe. **Registration is required.** Class held in Baumholder ACS Bldg. 8666.

**Newborn Network** **In-Person** 9:30 — 11 a.m. Come out and meet other local families and New Parent Support nurses & social workers. Topics include: basic baby care, bedtime routines, bonding & attachment, stress management, and much more! **Registration is required.** Class held in the SKIES Unlimited Bldg. 8046 on Smith Barracks.

**No-Drama Discipline** **Live Stream** 3 — 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. **Registration is not required.** Class held online.

**OPOC Training** **In-Person & Live Stream** 10:30 — 11:30 a.m. This training is for OPOCs who manage volunteers, certify hours, and manage positions in the online Volunteer Management Information System (VMIS). **Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**Promotion Potential** **In-Person & Live Stream** 9 — 10:30 a.m. You've been promoted. Congratulations! Along with the increase in rank comes an increase in pay. 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. **NDAA TOUCHPOINT TRAINING. Registration is required.** Class held online and in Baumholder ACS Bldg. 8666.

**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.** Class held online and in Baumholder ACS Bldg. 8666.

**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.** Class held online and in Baumholder ACS Bldg. 8666.

**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.** Class held online and in Baumholder ACS Bldg. 8666.

**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.** Class held online and in Baumholder ACS Bldg. 8666.

**Smooth Move Workshop** **Live Stream** 1:30 — 3 p.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 held online.

**Spend Plans & Budgeting** **In-Person & Live Stream** 3 — 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 held online and in Baumholder ACS Bldg. 8666.

**Sponsorship Training** **Live Stream** 8:30 — 10 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 held online.

**Spouse Sponsorship Training** **Live Stream** 10 — 11:30 a.m. This course is for spouses who want to help incoming spouses. **Registration is required 3 days in advance.** Class 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 2 days in advance.** Class held online.

**USA Jobs Tutorial** **In-Person** 9:30 — 11:30 a.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 held in Baumholder ACS Bldg. 8666.

**Welcoming Your New Child** **In-Person & Live Stream** 9 — 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 held online and in Baumholder ACS Bldg. 8666.

[Live Stream classes are available for registration at all locations.](#)

Please register by calling our main line 531-2850 | 0611-143-531-2850.

To register for any FAP or EFMP classes, please call 541-9028 | 0611-143-541-9028.