

Basic Training for New Parents In Person 9 a.m.—1 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! **Registration required 2 days in advance.** Class location will be updated on the online sign-up page.

Educational Support Playgroup In-Person Wednesdays 9:30 a.m.—11 a.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.

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) 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.

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 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 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 and in-person at Smith Barracks ACS, Bldg. 8666.

Interview Skills 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.

LinkedIn Photo Sessions In-person 11 a.m.—2:30 p.m. Book a 15– or 30-minute session. Sessions include up to 3 outfit changes and 3 free digital professional photos for LinkedIn. **Registration is required.** Class is held in-person at Smith Barracks ACS, Bldg. 8666.

Baumholder H.I.R.E.S In-person 10 a.m.—12 p.m. Baumholder H.I.R.E.S. (Hiring Information, Resources, and Employability Skills) – An “orientation” to Employment in the Baumholder Military Community. Explore employment options and learn about local resources, volunteering, and ACS services to improve employability outcomes. Topics include: Overcoming Challenges, Personal Assessments, Labor Market Information, SMART Goals, Networking and Upskilling, Job Search Strategies, Resumes, References, Interview Skills, Letters (Cover and Follow Up), Salary Negotiation, Tips, Resources, Information and Referral. Registration is required. Class is held in-person at Smith Barracks ACS, Bldg. 8666.

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 a.m. — 11 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 ACS Smith Barracks, Bldg. 8666.

Baumholder 101 : Spouse Orientation In-Person 10:30 a.m.—12:30 p.m. A welcome for Families new to the Baumholder Military Community. Get connected with other newcomers and resources available for you. Class is held at Baumholder Military Community (BMC) Family Room, Bldg. 8661. **Registration is encouraged but NOT required.**

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 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
Checkout our Facebook page, USAG Rheinland-Pfalz ACS