

BAUMHOLDER

February

2026

For more information or to register, please call or visit:

ACS Smith Barracks, Bldg. 8666

DSN 531-2850 | COMM: 0611-143-531-2850

baumholder.armymwr.com

Facebook.com/RheinlandPfalzACS

- **REQUIRED TRAINING**
- **EFMP/ FAP/ NPSP Classes**
- See description page for location
- **Live Stream** 



U.S. ARMY

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 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** 1:15 p.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** 1:15 p.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.

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.

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 for individuals 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 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 ACS Smith Barracks, 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 ACS Smith Barracks, Bldg. 8666.

Letters—Cover & Follow Up In-Person & Live Stream 9:30 a.m.—11:30 a.m. Learn the importance of an introduction cover letter and how to seal the deal with a follow up letter. **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

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 fabulous impression! **Registration is required.** Class is held online and at Smith Barracks ACS, Bldg. 8666.

Birth of a Child & Finances **In-Person & Live Stream** 2 p.m.—3 p.m. With a new baby comes new expenses and responsibilities. From diapers to a nursery, this class will help you adjust your existing budget for a new baby. This class provides a practical foundation in personal financial management, empowering learners to make informed and confident money decisions. Attendees explore essential topics such as budgeting, saving, credit, debt management, banking, insurance, and long-term financial planning. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at ACS Smith Barracks, Bldg. 8666

Money & Marriage **In-Person & Live Stream** 2 p.m.—3 p.m. Congratulations on taking your relationship to the next level. Marriage is a commitment to your partner, but also a legal and financial one. Getting married overseas or to a foreign national adds layers of complexity and time to the process. If you are contemplating marriage, this class will help you be prepared for the financial implications you will encounter. **REQUIRED NDAA TOUCHPOINT TRAINING. Registration is required.** Class is held online and at ACS Smith Barracks, Bldg. 8666.

Savings and Investing **In-person & Live Stream** 11 a.m.—12 p.m. Are you ready to learn the difference between saving and investing, how to evaluate risk and return, and how to create strategies that support financial stability and independence? This class explores how money grows over time, how to make informed financial decisions, and how to use savings and investment tools to reach your short and long-term goals. **Registration is required.** Class is held online and in-person at ACS Smith Barracks, Bldg. 8666.

OPOC Training **Live Stream** 10 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 online.

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.**

Home Based Business **In-Person** 10 a.m.—11 a.m. This class will review in detail the application process that Home Based Business owners need to obtain approval to ensure you are successful in your entrepreneurial endeavors and following pertinent host nation regulations. **Registration is required.** Class is held in-person at ACS Smith Barracks, Bldg. 8666.

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.

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