



**Basic Training for New Parents In-Person** 9 a.m. — 10:30 a.m. / **Live Stream** 5:30 p.m.— 9:30 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! Class is held at Kleber Kaserne, ACS, Room 210, Bldg. 3210 **Registration required 2 days in advance.**

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

**Educational Support Playgroup In-Person** Tuesdays 9 a.m. — 10:30 a.m. and Fridays 1 p.m. - 2:30 p.m. Parents with children (under the age of 5) are invited to come, play together, and meet new people. Class is held at Pulaski Barracks, SKIES Academy, Bldg. 2895. **Registration is required, space is limited.**

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

**Dads 101 In-Person** 2:30 p.m. — 4 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 Kleber Kaserne, ACS, Room 210, Bldg. 3210. **Registration is required.**

**Daddy Play Day In-Person** 10a.m.—10:30 a.m. Dads 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. **Registration is required, space is limited.**

**Prenatal Breastfeeding Education Live Stream** 2 p.m. — 3 p.m. Prepare for your upcoming breastfeeding journey with this interactive class led by an experienced IBCLC from LRMC Lactation Services. **Registration is required.** Class is held online and at Kleber Kaserne ACS, Room 210, Bldg. 3210.

**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! **Registration is required.** Class is held at Skies Bldg. 8046 in Smith Barracks, Baumholder

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 Sensory Storytime In-Person Landstuhl** 3:30 p.m.— 4:45 p.m. / **Baumholder** 4:30 p.m.— 5:30 p.m. / **Vogelweh** 4:15 p.m.— 5:15 p.m. 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 is held at Baumholder Library Bldg. 8332/ Landstuhl Library Bldg. 3810/ Vogelweh Library, 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. 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 In-Person** 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 is held at Smith Barracks 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 is held at a confidential location.

**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.

**Stress & Anger Management Class In-Person** 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 is held at Kleber Kaserne ACS, Bldg. 3210.

Please use the following link to register for the above listed classes: <https://www.signupgenius.com/go/10C0849AFA62FAB74CF8-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 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.

**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 Kleber Kaserne, ACS, Bldg. 3210.

**Career Checkup 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 Kleber Kaserne, ACS, Bldg. 3210.

**Resume Essentials In Person & Live Stream** 9:30 a.m. — 11:30am a.m. Target your civilian resume to your dream job in less than 2 pages. **Registration is required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

**Local Employment and Volunteering In person & Live Stream** 9:30 a.m.—11:30 a.m. What are the job possibilities at your new PCS location and transitioning into the workforce. We cover employees, contractors, volunteering, learning new skills, and how this impacts a resume. **Registration is Required.** Class is held online and at Kleber Kaserne, ACS, Bldg. 3210.

**Post-Deployment In-Person & Live Stream** 9:00 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 Kleber Kaserne ACS, Bldg. 3210

**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.** Class held online and at Kleber Kaserne ACS, Bldg. 3210.

**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 held online and at Kleber Kaserne ACS, Bldg. 3210.

**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 Kleber Kaserne ACS, Bldg. 3210

**Money Academy Live Stream** 11 a.m. — 11:15 a.m. We offer professional financial guidance on social media. We discuss topics such as goal setting, money management, and retirement planning. **Registration is required.** Class is held online on Facebook.

**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.

**Money Academy: Budgeting and You In-Person** 9am.—11a.m. By the end of class, attendees will have a personalized budget, a clear picture of their current net worth and asset allocations, and the confidence to implement their spending plan. **Registration is not required.** Class is held at Kleber Kaserne, Bldg. 3245 in the ITC Classroom (3rd Floor).

**OPOC Training In-Person & 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 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**

**Baumholder [www.facebook.com/RheinlandPfalzACS](http://www.facebook.com/RheinlandPfalzACS)**