

# August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>National Breastfeeding Awareness Month &amp; Anti-terrorism Awareness month</b>				
	<b>1</b> <b>Newborn Network,</b> 1000-1200, RB B221 Rm207	<b>2</b> <b>Espresso Yourself,</b> 1000-1100, TB Army Lodging <b>German as a Second Language,</b> (8 Sessions 2 Aug—20 Sep), 1800-2000, RB ACS	<b>3</b> <b>English as a Second Language,</b> 1100-1300, RB ACS	<b>4</b> <b>Espresso Yourself,</b> 0815-0915, RB Kristal Inn
<b>7</b>  <b>PURPLE HEART DAY</b> August 7th 	<b>8</b> <b>Morning Coffee with...Volunteer Programs,</b> 0900-1000, RB Java Café @ Library B227 <b>Newborn Network,</b> 1000-1200, RB B221 Rm207 <b>Afternoon Tea with...Volunteer Programs,</b> 1500-1600, TB B244 Rm128	<b>9</b> <b>Espresso Yourself,</b> 1000-1100, TB Army Lodging <b>AVC OPOC,</b> 1030-1200, RB B221 Rm206	<b>10</b> <b>Career Planning,</b> 0900-1030, RB ACS <b>English as a Second Language,</b> 1100-1300, RB ACS <b>AFTB K Class: Intro to Military &amp; Civilian Community Resources,</b> 1030-1130, RB B221 Rm206	<b>11</b> <b>Espresso Yourself,</b> 0815-0915, RB Kristal Inn <b>Breast Intentions,</b> 1130-1300, RB ACS
<b>14</b>	<b>15</b> <b>Newborn Network,</b> 1000-1200, RB B221 Rm207	<b>16</b> <b>Espresso Yourself,</b> 1000-1100, TB Army Lodging <b>Citizenship/Immigration Workshop,</b> 1000-1200, RB ACS	<b>17</b> <b>FRG Leaders Course,</b> 0900-1630, TB Camp Normandy B3144 <b>AFTB G Class: Exploring Personality Traits</b> 1000-1115, RB B221 Rm206 <b>English as a Second Language,</b> 1100-1300, RB ACS	<b>18</b> <b>Espresso Yourself,</b> 0815-0915, RB Kristal Inn <b>Baby Boot Camp,</b> 0900-1630, TB Tower View Conference Center
<b>21</b>	<b>22</b> <b>FRG Key Contact Training,</b> 0900-1130, TB Camp Normandy B3144 <b>Newborn Network,</b> 1000-1200, RB B221 Rm207	<b>23</b> <b>German as a Second Language,</b> (8 Sessions 23 Aug—11 Oct), 0830-1030, RB ACS <b>Espresso Yourself,</b> 1000-1100, TB Army Lodging	<b>24</b> <b>AFTB I Class: Establishing Team Dynamics</b> 1000-1100, RB B221 Rm206 <b>Soothe Moves Infant Massage,</b> (Aug 24– Sep 28) 1000-1130, TB Tower View Conference Center <b>English as a Second Language,</b> 1100-1300, RB ACS <b>Europe on a Dime,</b> 1500-1600, RB ACS <b>Bavarian Nights,</b> 1700-1800, RB ACS <b>A Globetrotter's Guide to Germany,</b> 1800-1900, RB ACS	<b>25</b> <b>Espresso Yourself,</b> 0815-0915, RB Kristal Inn <b>Discover your Neighborhood:</b> <b>Weiden,</b> Contact ACS for information on times and pick-up locations.  <b>WOMEN'S EQUALITY DAY</b> Saturday • August 26th
<b>28</b> <b>Welcome to Bavaria!</b> 1000-1500, RB ACS	<b>29</b> <b>Newborn Network,</b> 1000-1200, RB B221 Rm207 <b>Brown Bag Sessions —Victim Support Group,</b> 1100-1300, Netzbarg Chapel	<b>30</b> <b>Citizenship/Immigration Workshop,</b> 0900-1100, TB USO B150 <b>Espresso Yourself,</b> 1000-1100, TB Army Lodging <b>AVC VMIS,</b> 1100-1200, RB B221 Rm206	<b>31</b> <b>AFTB K Class: Military Family Preparedness</b> 1000-1100, RB B221 Rm206 <b>Get A Grip,</b> 1130-1300, RB ACS <b>English as a Second Language,</b> 1100-1300, RB ACS	

See back of calendar for  
class descriptions  
& Special Events!

\*ACS Rose Barracks (RB), BLDG 322:  
M—F 0800-1700  
DSN: 476-2650/CIV: 09662-83-2650



\*ACS Tower Barracks (TB), BLDG 244:  
M—F 0730-1230 & 1330-1630  
DSN: 475-8371/CIV: 09641-83-8371

**Calendar Key:**  
RB=Rose Barracks  
TB=Tower Barracks

**Pre-registration required for all classes!** All advertised classes must have pre-registration numbers of at least 5 attendees or the class will be cancelled. Persons signed up for a class that is cancelled will be notified of the cancellation and given options to reschedule.

## Relocation Readiness (Relo) Family Advocacy Program (FAP)

**Welcome to Bavaria!:** Newcomers get info about living in Germany, e.g. typical language, customs, holidays, dining out, lifestyle, shopping, and culture.

**Discover Your Neighborhood:** Practice your German language skills on a tour of Amberg or Weiden. Discover historical places to visit, shop & eat. Bring Euros for lunch & shopping. Parents: This trip entails a bus ride and a long day of walking. Please consider your child's safety and temperament. In addition, cobblestone streets are not stroller-friendly. Contact ACS for times and pick-up info.

**Bavarian Nights:** 1-hour introduction to Bavaria's unique culture and customs. Interesting facts about Bavarian garments, cuisine, festivities, history and much more.

**Europe on a Dime:** Discover tips, trips and planning tools to make your next European vacation memorable & affordable!

**A Globetrotter's Guide to Germany:** German Travel Tips including the Train System. Travel with confidence with this transportation and lodging class.

**German as a Second Language (GSL):** Beginner course with an introduction to the German alphabet, numbers, shopping, greetings, etc.  
No additional sign-ups after 1st session.

**English as a Second Language:** English for Foreign-Born Spouses. Build your confidence with improving grammar & conversation skills.

**Citizenship/Immigration Workshop:** Classes provide guidelines and information while answering questions Foreign Born Spouses or their Sponsors might have.


## Mobilization & Deployment (Mob/Dep)

**FRG Key Contact Training:** Understand the FRG and Key Contact missions, define roles and responsibilities.

**FRG Leaders Course:** Define the mission and role of the FRG within the Family Readiness system as well as the responsibilities of all team members. Specify the focus of FRG support (what, when, how, etc)

**Get a Grip:** Join us and learn to manage your anger with strategies and skills that help you recognize and control angry feelings.

**Espresso Yourself:** Meet up with FAP Staff for coffee and discussion on tips for managing a military lifestyle while living overseas.


**Brown Bag Sessions:** rom FAP and SHARP   
A Victim Support Group for survivors of domestic and sexual assault. Bring your lunch "brown bag" and join us every last Tuesday of the month at Netfzaberg Chapel to get support and be supported.

## New Parent Support Program (NPSP)

### NATIONAL BREASTFEEDING AWARENESS MONTH

\*\*\*ATTENTION\*\*\*

NPSP is now located on RB in Bldg. 221 Rm. 207!

**Breast Intentions:** Attend this special Event in honor of *National Breastfeeding Awareness Month*. It's a "potluck style" lunch & learn featuring guest speakers regarding education around breastfeeding. 

**Soothe Moves Infant Massage:** (Aug 24– Sep 28) Bond with your baby while learning IAIM techniques to help relieve tension, gas and colic through a relaxing infant massage.

**Baby Boot Camp:** Join us to obtain information on prenatal nutrition, newborn care, hospital care in Germany, breastfeeding, and more!

**Newborn Network:** Parents engage in discussing parenting topics while babies enjoy sensory learning activities.

\*Contact NPSP to schedule a home visit.

## Exceptional Family Member Program (EFMP)

**Morning Coffee / Afternoon Tea with....:** Have an informal sit-down enjoying coffee/tea getting to know staff from different organizations, learn about their programs and get to ask questions! **This Month:** Volunteer Programs

## ArmyFamilyTeamBuilding(AFTB)/ Volunteer Program (AVC) /AFAP

**Organizational Point of Contact (OPOC):** Create, update volunteer positions and certify volunteer's hours.

**Volunteer Management Information System (VMIS):** Learn the VMIS system on myarmyonesource.com!

**AFTB K Class: K.7 Introduction to Military and Civilian Community Resources**

**AFTB G Class: G.4 Exploring Personality Traits**

**AFTB L Class: L.5: Establishing Team Dynamics:** Learn leadership & roles in the stages of team development.

**AFTB K Class: K.9: Military Family Preparedness**

## Employment Readiness Program (ERP)

**Career Planning:** Attend this training to get a career assessment to find out what career paths fit you & learn how to search for employment opportunities.

## Financial Readiness Program (FRP)

The financial readiness program has trained financial advisors that can assist with money management, debt management, savings, retirement etc.. and includes AER (Army Emergency Relief) for emergencies.

\*Appointments with our advisors available online.

## HOHENFELS

**Hallo Hohenfels: (August 22-25)** A 4-day Newcomers Orientation event packed with the practical information you need upon arrival including a tour.

**Survival German 101: (Aug 2-3 & 9-10)** This 4-part class will make it easier for you to order food in restaurants, shop, travel, ask for directions and understand German doctors.

**Kids Konnection:** This playgroup offers a fun and diverse format featuring music time, free play and special activity stations. Ages 6 weeks to 4 years, bring your child, a mid-morning snack and join the fun. (Wed & Thur

**For more questions on classes & events at Hohenfels:**  
Please call DSN: 466-4860 CIV: 09472-83-4860

