



# June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>L G B T Q P r i d e M o n t h</b>				<b>1</b>
<p><b>ACS Rose Barracks (RB) BLDG 322</b> M — F 0730 —1630 DSN: 476-2650 /CIV: 09662-83-2650</p> <p> <b>U.S. ARMY MWR</b> USAG BAVARIA</p> <p> <b>ARMY COMMUNITY SERVICE ACS</b> Real-Life Solutions for Successful Army Living</p> <p><b>ACS Tower Barracks (TB) BLDG 244</b> M — F 0730 —1630 DSN: 475-8371 /CIV: 09641-83-8371</p> <p>Facebook.com/USAGbavariaACS • grafenwoehr.armymwr.com • acsbavaria.checkappointments.com</p>				<p><b>Windshield Tour:</b> Contact ACS for info on times and pick-up locations.</p> <p><b>Espresso Yourself</b> 0815—0915, RB Java Café @ Library B227</p>
<b>4</b> <b>Lil' Sprouts</b> 1000 -1200 RB Community Garden	<b>5</b> <b>FRG Leaders Course</b> 0900 -1630, Camp Normandy B3144 <b>Espresso Yourself</b> 0930 -1030, TB Java Café B612 <b>Wiggles &amp; Giggles</b> 1000 -1130, Netzaberg Youth Center B9080 <b>Newborn Network</b> 1000 -1200, RB B221 RM 207	<b>6</b> <b>GSL 1 [Basic]</b> (Session 6) 0830 -1030, RB ACS <b>Managing Volunteers (OPOC Training)</b> 1030 -1200, RB B221 RM 206 <b>FAP Lunch time series: PRIDE! Caregiving for our LGBTQ Youth</b> 1200 -1300, RB ACS <b>Federal Resume Writing</b> 1400 -1600, RB ACS <b>GSL 1 [Basic]</b> (Session 6) 1800 -2000, TB USO B150	<b>7</b> <b>Military Life 101 (AFTB) [Part 1]</b> 0900 -1630, RB B221 RM 206 <b>Kidz Play</b> 1100 -1200, RB B205 RM 105	<b>8 U.S. ARMY EUROPE BIRTHDAY</b> <b>Espresso Yourself</b> 0815—0915, RB Java Café @ Library B227 <b>Military Life 101(AFTB) [Part 2]</b> 0900 -1630 RB B221 RM 206
<b>11</b> <b>Newcomers Orientation</b> 1000 -1200, RB ACS <b>Lil' Sprouts</b> 1000 -1200 RB Community Garden	<b>12</b> <b>Morning Coffee with...Mobilization &amp; Deployment</b> 0900-1000, RB Java Café @ Library B227 <b>Espresso Yourself</b> 0930 -1030, TB Java Café B612 <b>Wiggles &amp; Giggles</b> 1000 -1130, Netzaberg Youth Center B9080 <b>Newborn Network</b> 1000 -1200, RB B221 RM 207 <b>Afternoon Tea with... Mobilization &amp; Deployment</b> 1500 -1600, TB B244	<b>13</b> <b>GSL 1 [Basic]</b> (Session 7) 0830 -1030, RB ACS <b>How to Become a Volunteer (VMIS Training)</b> 1000 -1100, RB B221 RM 206 <b>Interview Techniques</b> 1400 -1530, RB ACS <b>GSL 1 [Basic]</b> (Session 7) 1800 -2000, TB USO B150	<b>14 U.S. ARMY BIRTHDAY</b> <b>Kidz Play</b> 1100 -1200, RB B205 RM 105  <i>*1/2 Day of School for HS Kids</i>	<b>15</b> <b>Espresso Yourself</b> 0815—0915, RB Java Café @ Library B227  <i>*No School for Kids</i>
<b>18</b> <b>Newcomers Orientation</b> 1000 -1200, TB B244 <b>Lil' Sprouts</b> 1000 -1200 RB Community Garden	<b>19</b> <b>Espresso Yourself</b> 0930 -1030, TB Java Café B612 <b>Wiggles &amp; Giggles</b> 1000 -1130, Netzaberg Youth Center B9080 <b>Newborn Network</b> 1000 -1200, RB B221 RM 207 <b>Stress Management</b> 1330 -1530, TB B244 RM219	<b>20</b> <b>GSL 1 [Basic]</b> (Session 8) 0830-1030, RB ACS <b>Immigration/Citizenship Workshop</b> 1000 -1200, RB ACS <b>Spouse Resiliency Workshop (AFTB)</b> 1100 -1200, RB B221 RM206 <b>FAP Lunch time series: PRIDE! Caregiving for our LGBTQ Youth</b> 1200 -1300, TB B244 RM219 <b>Federal Resume Writing</b> 1400 -1600, RB ACS <b>A Globetrotter's Guide to Germany</b> 1700 -1800, TB USO B150 <b>GSL 1 [Basic]</b> (Session 8) 1800 -2000, TB USO B150	<b>21</b> <b>Kidz Play</b> 1100 -1200, RB B205 RM 105 <b>EFMP Icebreakers: Caregiving for your Special Needs Family Members</b> 1000 -1100, TB USO B150 <b>FRG Informal Fund Custodian Training</b> 1300 -1630, RB B221 RM206	<b>22</b> <b>Espresso Yourself</b> 0815—0915, RB Java Café @ Library B227 <b>Baby Boot Camp</b> 0900 -1630 TB TVCC B209
<b>25</b> <b>Lil' Sprouts</b> 1000 -1200 RB Community Garden <b>Welcome to Bavaria!</b> 1000 -1500, TB USO B150	<b>26</b> <b>FRG Key Contact Training</b> 0900 -1130, Camp Normandy B3144 <b>Espresso Yourself</b> 0930 -1030, TB Java Café B612 <b>Spouse Sponsorship Training</b> 1000 -1100, RB ACS B322 <b>Wiggles &amp; Giggles</b> 1000 -1130, Netzaberg Youth Center B9080 <b>Newborn Network</b> 1000-1200, RB B221 RM 207	<b>27</b> <b>Immigration/Citizenship Workshop</b> 0900 -1100, TB USO B150 <b>How to Become a Volunteer (VMIS Training)</b> 1000 -1100, RB B221 RM 206 <b>Career Planning</b> 1400 -1530, RB ACS	<b>28</b> <b>Kidz Play</b> 1100-1200, RB B205 RM 105 <b>Anger Management</b> 1330 -1530, RB ACS	<b>29</b> <b>Historical City Tour: Weiden,</b> Contact ACS for information on times and pick-up locations. <b>Espresso Yourself</b> 0815—0915, RB Java Café @ Library B227

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

**How to Become a Volunteer (VMIS Training):** Learn the Volunteer Management Information System (VMIS) on [myarmyonesource.com](http://myarmyonesource.com)!

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

**Military Life 101 (AFTB):** Learn about Army life and how to maneuver through daily challenges by discovering how to decipher Military acronyms, utilize community resources, and attain basic Army Knowledge to understand the impact of the Army mission on daily life.

**Spouse Resiliency Workshop (AFTB):** Learn to improve your personal relationships, communication, and stress-management skills. Discover how to become resilient, build growth and manage how to solve problems.

## Employment Readiness Program (ERP)

**Federal Resume Writing:** Learn to navigate [www.usajobs.gov](http://www.usajobs.gov), the differences between Civilian and Federal Resumes and tips on how to write both for the job you want.

**Interview Techniques:** Go over the steps of the interview process including the initial contact, phone interviews, in-person interviews and discover winning interview strategies!

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

## Mobilization & Deployment (Mob/Dep)

**FRG Leaders Course:** Learn the foundations of building, operating and maintaining a successful Family Readiness Group (FRG).

**FRG Key Contact Training:** Familiarize yourself with FRG Key Contact guidance. Understand the mission, role and responsibility of being a 'Key Caller.'

**FRG Informal Fund Custodian Training:** Get prepared for managing FRG Informal Funds. Know the roles, responsibilities and how to find resources.



U.S. ARMY  
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# Relocation Readiness (Relo) Family Advocacy Program (FAP)

**Newcomers Orientation:** Join us for an informal Meet & Greet where we can get acquainted and share information about community resources that will support a smooth transition.

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

**Windshield Tour:** Newcomer's take a tour to find the locations of resources on Tower and Rose Barracks such as the health clinics, schools, library, gym, Self-Help, USO, etc. and learn how to grocery shop in our local community. **\*1st Friday of the Month. Pre-Register at least 3 days prior. Contact ACS for times and pick-up info.**

**Historical City Tour:** 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. **\*Pre-Register at least 3 days prior. Contact ACS for times and pick-up info.**

**German as a Second Language (GSL1 — Basic):** Beginner course with an introduction to the German alphabet, numbers, shopping, greetings, etc. **\*No additional sign-ups after 1st session, 8 Sessions long.**

**German as a Second Language (GSL2 — Advanced) :** Enhance your basic German Language skills, learn conversational skills and practice together.

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

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

**Spouse Sponsorship Training:** Designed to train spouses living in Bavaria on how to be an effective sponsor for incoming Military and Civilian spouses for a smooth transition.

## Financial Readiness Program (FRP)

Provides comprehensive educational and counseling programs in personal financial readiness. The program covers indebtedness, consumer advocacy and protection, money management, credit, financial planning, insurance and consumer issues.

- Army Emergency Relief (AER)
- Survivor Outreach Services

**Espresso Yourself:** Meet-up with FAP staff for coffee and discussion on tips for managing a military life style while living overseas.

**Kidz play:** Parents can bring their kids ages 0-6 to join FAP for story time, arts, and craft activities.

**Anger Management:** Manage your anger with strategies and skills that help you recognize and control angry feelings. **\*Pre-registration required**

**Stress Management:** Learn how stress affects your mental and physical health. Gain insight and tips on how to manage these challenges. **\*Pre-registration required**

**FAP Lunch time series: PRIDE! Caregiving for our LGBTQ Youth** — workshop for caregivers of children who identify as gay, lesbian, bisexual, transgender, and/or queer. **\*Minimum 3, Maximum of 20**

**Domestic Violence Victim Advocates:** Provides Victims of domestic violence information, support, and access to helpful services while maintaining a level of confidentiality. **Hotline: 01622-96-0661**

## New Parent Support Program (NPSP)

**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.

**Wiggles & Giggles:** Connect with other parents while spending time with your child doing age-appropriate activities.

**Lil' Sprouts:** Come with your little ones to embrace nature in a weekly hands-on outdoor experience. Get rooted in gardening, healthy food, and explore through play with the New Parent Support Program.

**\*NPSP Home Visitors available for appointments and Parenting classes are available upon request.**

## Exceptional Family Member Program (EFMP)

**Morning Coffee / Afternoon Tea with...:** Have an informal sit-down getting to know staff from different organizations, learn about their programs and ask questions! **This Month:** Mobilization & Deployment

**Icebreakers:** Meet to discuss a wide range of topics. Come share and receive beneficial information while connecting with other families in the community.

**This Month:** Caregiving for your Special Needs Family Members