

Monday	Tuesday	Wednesday	Thursday	Friday
2 ESL [Basic] 9-10 am, RB B 221 R 206 ESL (Advanced) 10-11 am, RB B 221 R 206 Newcomers Orientation 10 am-12 pm, RB ACS B322	3 EROD Classes 9:30-10:30 am, RB ACS B 322 Wiggles & Giggles 10-11:30 am, Netzaberg SAC B 9080 Newborn Network, 10 am-12 pm, RB B221 Rm 207	4 German as a Second Language GSL1 (Session 1) 8:30-10:30 am RB ACS B 322 Kidz Play, 9:30-11:00 am, RB B 221 Dance Studio Managing Volunteers (OPOC Training) 10:30 am –12 pm, RB B 221 R 206 German as a Second Language,GSL2 (Session 1) 12-2 pm, RB ACS B 322 Federal Resume writing 2:30-4:30 pm, RB ACS B 322 German as a Second Language,GSL1 (Session 1) 6-8 pm, TB B 244 R 126	5 EROD Classes 9:30-10:30 am, Camp Normandy B 3144 Citizenship/Immigration Class 2-3:30 pm, RB B 245 R 117	6 Windshield Tour Contact ACS for info on times Family Law Class (Divorce/Separation) 1:30-3 pm, RB B 245 R 117
9 ESL [Basic] 9-10 am, RB B 221 R 206 ESL (Advanced) 10-11 am, RB B 221 R 206 Newcomers Orientation 10 am-12 pm, RB ACS B322	10 EROD Classes 9:30-10:30 am, RB ACS B 322 Wiggles & Giggles 10-11:30 am, Netzaberg SAC B 9080 Newborn Network, 10 am-12 pm, RB B221 Rm 207	11 German as a Second Language GSL1 (Session 2) 8:30-10:30 am RB ACS B 322 Kidz Play, 9:30-11:00 am, RB B 221 Dance Studio How to Become a Volunteer (VMIS Training) 10-11 am, B 221 R 206 German as a Second Language,GSL2 (Session 2) 12-2 pm, RB ACS B 322 German as a Second Language,GSL1 (Session 2) 6-8 pm, TB B 244 R 126	12 SFRG Leaders Course 9 am - 4:30 pm, RB B 221 R 206 MRT, Mental Games 9-11 am, RB B 322 EROD Classes 9:30-10:30 am, Camp Normandy B 3144 EFMP PCS'ing in & Out 11 am-12 pm RB, ACS B 322 Citizenship/Immigration Class 2-3:30 pm, RB B 245 R 117 EFMP: Monthly Movie– Madagascar 2:30-4 pm, TB Library	13 Family Law Class (Divorce/Separation) 1:30-3 pm, RB B 245 R 117 Baby Boot Camp 9:30 am- 4:30 pm, TB ACS B 244
16 ESL [Basic] 9-10 am, RB B 221 R 206 ESL (Advanced) 10-11 am, RB B 221 R 206 Newcomers Orientation 10 am-12 pm, TB B 244, Welcome Center	17 EROD Classes 9:30-10:30 am, RB ACS B 322 EFMP Support Group “Breath Anxiety Away” 10-11 am, RB B 2222 Wiggles & Giggles 10-11:30 am, Netzaberg SAC B 9080 Spouse Sponsorship Training 10:30 am-12 pm, RB ACS B 322 Newborn Network, 10 am-12 pm, RB B221 Rm 207 VMIS Live Chat Assistance 5-7 pm, RB B 322	18 German as a Second Language GSL1 (Session 3) 8:30-10:30 am, RB ACS B 322 Kidz Play, 9:30-11:00 am, RB B 221 Dance Studio AFTB: Military Spouse 101 9-11 am, RB B 221 R 206 German as a Second Language,GSL2 (Session 3) 12–2 pm, RB ACS B 322 International Spouses Meet & Connect 3-4:30 pm, RB Elementary School Globetrotter's Guide to Germany 5-6 pm, TB B 244 R 126 German as a Second Language,GSL1 (Session 3) 6-8 pm, TB B 244 R 126	19 EROD Classes 9:30-10:30 am, Camp Normandy B 3144 SFRG Informal Fund Custodian Training 1-4:30 pm, RB B 221 R 208 Citizenship/Immigration Class 2-3:30 pm, RB B 245 R 117	20 It Takes Two Marriage Enrichment Seminar 8:30 am-4 pm, TB B 224, R 219 Historical City Tour: Amberg Contact ACS for information on times and pick-up locations EFMP Stepping Stones, Picky Eaters 10-11:00 am, RB CYSS B 224 CYSS Family Law Class (Divorce/Separation) 1:30-3 pm, RB B 245 R 117 Taking it to the Streets 5-6:30 pm Contact ACS for info on location and sign-up
23 ESL [Basic] 9-10 am, RB B 221 R 206 ESL (Advanced) 10-11 am, RB B 221 R 206 Welcome to Bavaria! 10 am - 3 pm, TB B 244, Welcome Center	24 EROD Classes 9:30-10:30 am, RB ACS B 322 Wiggles & Giggles 10-11:30 am, Netzaberg SAC B 9080 Newborn Network, 10 am-12 pm, RB B221 Rm 207	25 German as a Second Language GSL1 (Session 4) 8:30-10:30 am, RB ACS B 322 Kidz Play, 9:30-11:00 am, RB B 221 Dance Studio Citizenship/Immigration Class 9:30-11 am, TB USO B 150 German as a Second Language,GSL2 (Session 4) 12-2 pm, RB ACS B 322 Social Network 2:30-4:30 pm, RB ACS B 322 German as a Second Language,GSL1 (Session 4) 6-8 pm, TB B 244 R 126	26 EROD Classes 9:30-10:30 am, Camp Normandy B 3144 Citizenship/Immigration Class 2-3:30 pm, RB B 245 R 117 Connect the Tots 3-4 pm, RB ACS B 322	27 Family Law Class (Divorce/Separation) 1:30-3 pm, RB B 245 R 117
30 ESL [Basic] 9-10 am, RB B 221 R 206 ESL (Advanced) 10-11 am, RB B 221 R 206				
<h1>September 2019</h1> <div><div>U.S. ARMY MWR USAG BAVARIA</div></div>				

Tower Barracks/Rose Barracks ACS

Provides the Following Program Resources

Army Emergency Relief (AER) • Army Family Team Building (AFTB)
Army Family Action Plan (AFAP) • Master Resilience Trainer (MRT)
Army Volunteer Corps (AVC) • Employment Readiness Program (ERP)
Exceptional Family Member Program (EFMP) • Family Advocacy Program (FAP)
Financial Readiness Program (FRP) • Information & Referral Program
Mobilization and Deployment (MOB/DEP) • New Parent Support Program (NPSP)
Relocation Readiness Program (RRP) • Domestic Violence Victim Advocate

Special Events for September

EFMP: Monthly Movie, Madagascar at TB Library from 2:30-4 pm

Additional Information for September

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

National Childhood Obesity Awareness Month: In honor of National Childhood Obesity Awareness Month, ACS encourages your family to **make healthy changes together:** **Get active outside:** Walk around the neighborhood, go on a bike ride, or play basketball at the park; **Limit screen time:** Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day; **Make healthy meals:** Buy and serve more vegetables, fruits, and whole-grain foods.

<https://healthfinder.gov/NHO/SeptemberToolkit.aspx>

Military & Family Life Consultants (MFLCs)

Completely Confidential, Professional, "Problem Solving"

RB 0152 5108 9909 / 0173-604-5200

TB 0152 0241 5226 / 0152 0293 4290

Call ACS for more information!

***ACS Rose Barracks (RB), BLDG 322:**

M—F 7:30 -16:30 pm • DSN: 476-2650/CIV: 09662-83-2650

***ACS Tower Barracks (TB), BLDG 244:**

M—F 7:30 -16:30pm • DSN: 475-8371/CIV: 09641-83-8371

Pre-registration is required for all ACS classes

To register go to **<https://acsbavaria.checkappointments.com>**

Grafenwoehr.armymwr.com • RB=Rose Barracks, Vilseck TB=Tower Barracks, Grafenwoehr