

2025

Family Advocacy Program

December

DEC. 3**11:30 A.M. - 1 P.M.**

Life Balance

Learn how to utilize healthy coping skills to effectively manage life's stressors.

ACS Family Room, Bldg. 2915
Panzer Kaserne

DEC. 6**9 A.M. - 2 P.M.**

*Exceptional Family Member Program: Sensory Santa Event

Families will meet privately with Santa and Mrs. Claus for photos and cookies in a sensory friendly environment, in support of children who struggle with high stimulation environments. Registration is required.

Room 222, Bldg. 2915
Panzer Kaserne

DEC. 8**6 - 8 P.M.**

*Labor and Delivery Class

Learn about what to expect at each stage of the labor and birthing experience, including what to expect at a German Hospital during the birthing process.

Böblingen Hospital

DEC. 16**10 - 11 A.M.**

Baby Bites

Learn about common feeding practices and feeding concerns, for newborns through 3 years, at this special collaborative class between our New Parent Support Program and Educational and Developmental Intervention Services.

ACS Family Room, Bldg. 2915
Panzer Kaserne

DEC. 18**3 - 5 P.M.**

*Teen Level-Up: Holiday Expressions

Teens can come and paint a Holiday paint by number or an ornament. Artistic way to kick off the season!

ACS Family Room, Bldg. 2915
Panzer Kaserne

***VIRTUAL CLASSES
AVAILABLE.
CALL TO SCHEDULE**

Baby Boot Camp

Learn breastfeeding basics, labor, and birthing comfort measures, what to expect giving birth in Germany and baby care basics, all in one class.

***Registration Required**



EFMP Family Support

Army Community Service (ACS)
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