

# April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Veteran's Affairs (VA) Benefits Briefing</b> Apr. 21, 1-3 p.m., ACS No pre-registration required  <b>VA Overseas Military Service Coordinator Benefits Counselor Appointments</b> Apr. 21, 3-4 p.m. and Apr. 22, 8 a.m.-3:30 p.m. By appointment only—Call ACS to schedule				<b>1</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required <b>Bringing Home Baby</b> 12-4 p.m., ACS Pre-registration required <b>Child Abuse Prevention Month (CAPM) Kick-Off:</b> <b>Pinwheel Planting</b> 3-4 p.m., in front of Panzer Main Exchange, Bldg 2903	<b>2</b> <b>Scream Free Parenting</b> 10 a.m.-4 p.m., ACS Free childcare may be available for children 10 years and younger registered with CYSS. March 17 is the registration deadline for childcare. Pre-registration required.
<b>3</b>  <b>EFMP at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Infant Massage</b> 10-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Panzer Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>4</b> <b>EFMP at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Infant Massage</b> 10-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Panzer Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>5</b> <b>Gold Star Spouses' Day</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Navigating USAJOBS (Federal Employment)</b> 11:30 a.m.-1 p.m., ACS	<b>6</b> <b>Baby Bumps</b> 11:30 a.m.-12:30 p.m., ACS <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>Sponsorship Training</b> 3-4 p.m., ACS	<b>7</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required	<b>8</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required <b>CAPM Movie Day</b> 2 p.m. "Kung Fu Panda 3" starts and doors open at 1 p.m., Patch Movie Theater, Bldg 2339 Parents must attend with children.	<b>9</b>
<b>10</b>	<b>11</b> <b>Financial Readiness at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Kelley Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>12</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Tummy Time</b> 10:30 a.m.-12 p.m., ACS <b>Resume Writing</b> 11:30 a.m.-1 p.m., ACS	<b>13</b> <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>Taking Control of Your Finances</b> 2-3:30 p.m., ACS Pre-registration required	<b>14</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required	<b>15</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required	<b>16</b>
<b>17</b>	<b>18</b> <b>Employment Readiness at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Infant Massage</b> 10-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Patch Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>19</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Networking &amp; Building Your Professional Profile on LinkedIn</b> 11:30 a.m.-1 p.m., ACS <b>Stuttgart Coupon Club</b> 1-2:30 p.m., ACS Call to pre-register <b>Stranger Danger</b> 5:30-7:30 p.m., ACS Pre-registration required	<b>20</b> <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks	<b>21</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Tiny Tots</b> 10:30 a.m.-12 p.m., ACS <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Strike Out Child Abuse</b> 5:30-8:30 p.m., Galaxy Bowling Center Pre-registration required	<b>22</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required <b>Stuttgart Community Volunteer Recognition Ceremony</b> 5-9 p.m., Patch Community Club	<b>23</b> <b>The STAR (Stand Tall and Respect) Dance</b> 6-9:30 p.m., Patch Youth Center, Bldg 2337 Pre-registration required Teens must be registered with CYSS.
<b>24</b>	<b>25</b> <b>Family Advocacy Program at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Infant Massage</b> 10-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Robinson Barracks Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>26</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Cancer Care Team</b> 11:30 a.m.-12:30 p.m., ACS	<b>27</b> <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>Comfort Measures</b> 1:15-4 p.m., Patch Fitness Center Aerobics Room Pre-registration required <b>Principles of Personal Finance: Budgeting</b> 2-3:30 p.m., ACS Pre-registration required	<b>28</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Breastfeeding Basics</b> 9 a.m.-12 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required	<b>29</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required <b>Smart Girls Night Out</b> 6:30-8:45 p.m., Patch Middle School Pre-registration required. Open to female ID Card holders age 12 and older. Ages 12-17 must be accompanied by female adult. Free childcare may be available for children 10 years and younger registered with CYSS. Childcare registration deadline April 14.	<b>30</b>

## Army Community Service

Bldg 2915, Panzer Kaserne

DSN: 431-3362 CIV: 07031-15-3362

www.stuttgart.armymwr.com

Facebook Page: USAG Stuttgart ACS



# May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>EFMP at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Infant Massage</b> 10-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Panzer Playground <b>German Immersion</b> 6-7:30 p.m., ACS	3 <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Resume Writing</b> 11:30 a.m.-1 p.m., ACS	4 <b>Baby Bumps</b> 11:30 a.m.-12:30 p.m., ACS <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>Sponsorship Training</b> 3-4 p.m., ACS	5 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required	6 <b>Military Spouse Appreciation Day</b> 7:30-9 a.m., Robinson and Patch Barracks 3:30-5 p.m., Kelley Barracks and Panzer Kaserne <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required	7
8	9 <b>Financial Readiness at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Infant Massage</b> 10-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Kelley Playground <b>German Immersion</b> 6-7:30 p.m., ACS	10 <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Tummy Time</b> 10:30 a.m.-12 p.m., ACS <b>Navigating USAJOBS (Federal Employment)</b> 11:30 a.m.-1 p.m., ACS	11 <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>All About the Thrift Savings Program</b> 2-3:30 p.m., ACS Pre-registration required	12 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Breastfeeding Basics</b> 5:30-8:30 p.m., ACS Pre-registration required	13 <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required	14
15	16 <b>Employment Readiness at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Infant Massage</b> 10-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Patch Playground <b>German Immersion</b> 6-7:30 p.m., ACS	17 <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>How to Bid on a Contract</b> 11:30 a.m.-1 p.m., ACS <b>Stuttgart Coupon Club</b> 1-2:30 p.m., ACS Call to pre-register <b>Budget for Baby</b> 6-8 p.m., ACS Pre-registration required	18 <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12:00-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks	19 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Tiny Tots</b> 10:30 a.m.-12 p.m., ACS	20 <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required	21
22	23 <b>Family Advocacy Program at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Robinson Barracks Playground <b>Infant Massage</b> 5:30-6:30 p.m., ACS <b>German Immersion</b> 6-7:30 p.m., ACS	24 <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Interviewing Strategies / Dressing for Success</b> 11:30 a.m.-1 p.m., ACS	25 <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>Home Buying in the USA</b> 2-3:30 p.m., ACS Pre-registration required <b>Comfort Measures</b> 5:30-8 p.m., Patch Fitness Center Aerobics Room Pre-registration required	26 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required	27 <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required	28
29	30 <b>ACS Closed Memorial Day Federal Holiday</b>	31 <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Cancer Care Team</b> 11:30 a.m.-12:30 p.m., ACS		<b>Veteran's Affairs (VA) Benefits Briefing</b> May 19, 1-3 p.m., ACS No pre-registration required  <b>VA Overseas Military Service Coordinator Benefits Counselor Appointments</b> May 19, 3-4 p.m. and May 20, 8 a.m.-3:30 p.m. By appointment only—Call ACS to schedule		

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# June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Veteran's Affairs (VA) Benefits Briefing</b> Jun. 16, 1-3 p.m., ACS No pre-registration required  <b>VA Overseas Military Service Coordinator Benefits Counselor Appointments</b> Jun. 16, 3-4 p.m. and Jun. 17, 8 a.m.-3:30 p.m. By appointment only—Call ACS to schedule		<b>1</b> <b>Baby Bumps</b> 11:30 a.m.-12:30 p.m., ACS <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>Sponsorship Training</b> 3-4 p.m., ACS	<b>2</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required	<b>3</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required <b>Deadline to register for EFMP Soccer Clinic</b>	<b>4</b>
<b>5</b>	<b>6</b> <b>EFMP at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Panzer Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>7</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Navigating USAJOBS (Federal Employment)</b> 11:30 a.m.-1 p.m., ACS	<b>8</b> <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>Saving &amp; Investing</b> 2-3:30 p.m., ACS Pre-registration required	<b>9</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>EFMP Soccer Clinic</b> 4:30-5:30 p.m., Husky Field on Patch Barracks Pre-registration required	<b>10</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m. ACS Pre-registration required	<b>11</b>
<b>12</b>	<b>13</b> <b>Financial Readiness at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Kelley Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>14</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m. ACS Pre-registration required <b>Tummy Time</b> 10:30 a.m.-12 p.m., ACS <b>Resume Writing</b> 11:30 a.m.-1 p.m., ACS	<b>15</b> <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks	<b>16</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required	<b>17</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required	<b>18</b>
<b>19</b>	<b>20</b> <b>Employment Readiness at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Patch Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>21</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Marketing Your Volunteer Experience on Your Resume (Youth &amp; Adults)</b> 11:30 a.m.-1 p.m., ACS	<b>22</b> <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks	<b>23</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Tiny Tots</b> 10:30 a.m.-12:00 p.m., ACS	<b>24</b> <b>First Termers Initial Budget Briefing</b> 8:30 a.m.-12 p.m., ACS Pre-registration required	<b>25</b>
<b>26</b>	<b>27</b> <b>Family Advocacy Program at AFRICOM Community Center</b> 8 a.m.-12 p.m., Kelley Bldg 3312 <b>English as a Second Language</b> 9-11 a.m., ACS <b>Toddlers in the Park Playgroup</b> 10 a.m.-12 p.m., Robinson Barracks Playground <b>German Immersion</b> 6-7:30 p.m., ACS	<b>28</b> <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required <b>Cancer Care Team</b> 11:30 a.m.-12:30 p.m., ACS	<b>29</b> <b>SOS for Emotions</b> 11:30 a.m.-1 p.m., ACS Pre-registration required <b>German Immersion</b> 12-1:30 p.m., Bldg 2332, Rm 10, Patch Barracks <b>All About the Thrift Savings Program</b> 2-3:30 p.m., ACS Pre-registration required	<b>30</b> <b>English as a Second Language</b> 9-11 a.m., ACS <b>Host Nation Orientation</b> 9 a.m.-5 p.m., ACS Pre-registration required <b>Mandatory Financial Planning for Relocation</b> 9-10 a.m., ACS Pre-registration required		

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## April–June 2016 ACS Class / Program Descriptions

**All About the Thrift Savings Program (TSP):** Course explores various aspects of the TSP program for military and civilians. Also, it covers how to make contributions, explains the different funds available, making withdrawals, and maximizing options available to participants.

**Baby Bumps Pregnancy Group:** This New Parent Support Program group focuses on education and support related to pregnancy, and encourages parents-to-be to socialize, bond, and connect.

**Breastfeeding Basics:** A New Parent Support Program class for parents-to-be to learn the importance of breastfeeding and key points to ensure a successful breastfeeding experience for you and your baby. Learn how to overcome breastfeeding challenges such as returning to work.

**Bringing Home Baby:** This four-hour course from the New Parent Support Program combines education and hands-on practice to help you make a smooth transition into parenthood.

**Budget for Baby Workshop:** Learn about common expenses related to babies and children, and how you can plan for them. Money saving tips are given to help from pre-natal to college expenses. Each participant will receive a FREE Junior Sea Bag courtesy of the Navy-Marine Corps Relief Society filled with layette items and valued at over \$80!

**Cancer Care Team:** This group provides a warm and welcoming meeting place where men, women, and youth diagnosed with cancer can join with others to build social and emotional support as an essential supplement to medical care. The group is open to family and friends. Support, social interaction, and networking is offered to all who attend.

**Child Abuse Prevention Month (CAPM) Kick-Off: Pinwheel Planting:** April is Child Abuse Prevention Month. The Family Advocacy Program invites you to kick-off the month with a pinwheel planting ceremony. Bring your children to raise awareness about this important topic.

**CAPM Movie Day:** A free showing of the new movie “Kung Fu Panda 3” is open to the community. Free popcorn will be provided. Parents must attend with their children.

**Comfort Measures:** Learn and practice relaxation and breathing techniques with your partner to stay comfortable during labor and delivery. Please bring a pillow, water bottle, and wear comfortable clothes.

**English as a Second Language:** Begin to empower yourself as a foreign-born spouse by learning the English language, American culture, and how to obtain naturalization and citizenship assistance.

**Exceptional Family Member Program (EFMP) Soccer Clinic:** EFMP is partnering with Child, Youth and School Services (CYSS) for a one-day soccer sport clinic for youth ages 5 and up to learn and practice soccer skills. Participants must be an EFMP affiliated family. All participants must be registered with CYSS.

**First Termers Initial Budget Briefing:** Mandatory briefing for junior enlisted (E4 and below) on budgets and personal financial management.

**German Immersion:** Learn the German language and culture in both classroom and social settings to make your stay in the Stuttgart area more enjoyable. Classes and coaching for students at various levels of understanding at each session.

**Gold Star Spouses' Day:** Remember surviving military spouses on this annual observance day, and honor the legacy of their husbands and wives who died in service to their nation.

**Home Buying in the USA:** Home ownership is a process, not just a purchase. Learn what to expect when your plans to transition back to the U.S. involve buying a home. This class provides a step-by-step orientation on the process to purchase a home and what to look for during this process.

**Host Nation Orientation:** An introduction to German customs, culture, and phrases, followed by an overview of public transit and a walking tour of the local community.

**How to Bid on a Contract:** Learn more about how to seek contract employment in the Stuttgart area. Class topics include federal contracting basics for individuals and small businesses, how to find government contract opportunities in the Stuttgart area, and how to submit an offer for a government contract.

**Infant Massage:** Learn how to perform infant massage to increase parent and infant bonding, relief from various infant ailments, and relaxation. Class hosted by a licensed infant massage therapist. Please bring a blanket and baby oil of your choice.

**Interviewing Strategies / Dressing for Success:** This class will discuss the preparation, execution, and follow-up of the interview process. Learn how to prepare for different types of interview questions. Also, learn how to dress properly for a job interview.

**Mandatory Financial Planning for Relocation:** Mandatory class for junior enlisted (E4 and below) to provide the tools and knowledge necessary to make educated financial decisions and gain a basic understanding of the financial aspects of relocation and basic Permanent Change of Station allowances.

**Marketing Your Volunteer Experience on Your Resume:** Volunteer experiences can and should be used on resumes when seeking employment. Let the Employment Readiness and Volunteer Programs assist you in maximizing these valuable volunteer positions on your resume as work experience, as well as ways to document hours and types of volunteer work for potential employers.

**Military Spouse Appreciation Day:** Annual observance day to celebrate military spouses—the spirit behind readiness. In partnership with MVR Marketing, ACS will celebrate military spouses with free refreshments and giveaways at the information tables on all four installations (Robinson Barracks and Patch Barracks from 7:30-9 a.m. and Kelley Barracks and Panzer Kaserne from 3:30-5 p.m.).

## April-June 2016 ACS Class / Program Descriptions

**Navigating USAJOBS (Federal Employment):** Learn how to navigate and apply for jobs on the USAJOBS website. Find out how to build your federal resume or improve your current resume.

**Networking & Building Your Professional Profile on LinkedIn:** Expand your professional network and maintain a strong professional profile on LinkedIn, a business-oriented social networking service. Class topics to help those currently employed and job seekers gain and maintain a competitive edge in today's job market include building a strong professional profile, developing a professional network, building strong references, and maintaining positive relationships.

**Principles of Personal Finance: Budgeting:** Course designed to take a closer look at your finances, from debt to self worth, provide resources for better recordkeeping, planning for the unexpected, and knowing one's credit worthiness.

**Resume Writing:** Learn about the different types of resumes and the most common sections found on resumes in today's job market. Learn why it is important to target your resume towards the job for which you are applying.

**Saving & Investing:** This lesson focuses on the four keys to successful saving and investing: save and invest to reach goals, learn all you can about investing, start saving early, and save regularly. Savings are needed for many reasons which are defined in this lesson, as well as how to set goals to achieve a savings plan and manage spending. Participants will discuss the difference between short-term savings and long-term investments, and how prepare a plan of action to begin reaching their goals.

**Scream Free Parenting:** Relate to your children in a calm, cool, and connected way; a combination of parenting and stress management techniques. Child abuse prevention will be discussed throughout this session.

**Smart Girls Night Out:** Free educational event to empower women by providing a course on stress management and a self-defense class sponsored by Marine Forces Europe and Africa. Event is open to all female ID card holders ages 12 and above. Ages 12-17 must be accompanied by a female adult to participate. Free childcare for those who register by April 14. Children must be registered with CYSS to be eligible for childcare.

**Sponsorship Training:** Become the good Sponsor who knows the right information, and refers to correct resources when assisting Newcomers. Become prepared to assist with common challenges associated with relocating to a new duty station.

**SOS for Emotions:** Be well and care for your emotional health! Take charge of your emotional health and learn new practical skills and strategies in this four-session course. Attend as many as you are able; classes do not need to be completed in consecutive order.

**STAR (Stand Tall and Respect) Dance:** The Family Advocacy Program in collaboration with the Patch Youth Center and School Liaison Office are offering a fun night to empower teens and end the cycle of dating violence. Teens will enjoy dancing, activities, free pizza, and prizes to promote healthy dating and relationships and resilience. The dance is open to youth registered with CYSS and in grades 6-12 with parental permission. To be eligible for prizes, participants must complete and return a survey to ACS or the Patch Youth Center. Sponsored by Service Federal Credit Union. No Federal endorsement intended.

**Stranger Danger:** A free education class featuring a guest speaker from the Criminal Investigation Division to assist parents learn warning signs on how to avoid dangerous situations and develop awareness.

**Strike Out Child Abuse:** Free family bowling event from the Family Advocacy Program in partnership with the Galaxy Bowling & Entertainment Center to allow for family bonding time while learning more about the prevention of child abuse. Free bowling and shoe rental, pizza, and prizes. To be eligible for prizes, participants must complete and return a survey to ACS. Sponsored by Stuttgart Marriott Hotel Sindelfingen, Military AutoSource Mercedes, and American Foreign Service Association. No Federal endorsement intended.

**Stuttgart Coupon Club:** The different types of coupon organization strategies and money saving tips will be discussed, followed by an opportunity to select beneficial coupons from the Military Family Coupon Project. This is a great social opportunity for new and experienced coupon shoppers to make the most out of available coupons and have fun saving money.

**Stuttgart Community Volunteer Recognition Ceremony:** Annual volunteer recognition ceremony celebrating contributions of Stuttgart community volunteers. The recognition ceremony will be followed by a reception open to the community with free refreshments, cake, and entertainment. Sponsored by Stuttgart Marriott Hotel Sindelfingen, Military AutoSource Mercedes, and American Foreign Service Association. No Federal endorsement intended.

**Taking Control of Your Finances:** Explore the importance of a budget and learn to recognize the signs of financial trouble based on examples of successful and unsuccessful money management techniques and strategies. Learn to more successfully manage your personal finances and gain insight into the military pay system.

**Tiny Tots Lunch & Play:** New Parent Support Program playgroup for children ages one to four; lunch is not provided, but please feel free to bring your own.

**Toddlers in the Park:** New Parent Support Program playgroup with developmentally age appropriate activities and games. Recommended age is birth to five years, but older siblings are welcome to attend.

**Tummy Time:** New Parent Support Program support playgroup for parents with infants ages zero to one-year old.





## Veteran's Affairs Benefits Briefings and Individual VA Overseas Military Service Coordinator (OMSC) Counselors Appointments

Learn more about VA benefits including the enrollment process, disability compensation, education benefits, survivor benefits, claims, medical benefits, housing, and more! VA OMSC Counselors will provide personal assistance at an individual appointment.

### VA Benefits Briefings:

Apr. 21, May 19, and Jun. 16 from 1-3 p.m.  
No registration required.

### Individual Appointments with VA OMSC Counselors:

Apr. 21, May 19, and Jun. 16 from 3-4 p.m. and  
Apr. 22, May 20, and Jun. 17 from 8 a.m.-3:30 p.m.  
Pre-registration required.

ARMY COMMUNITY SERVICE (ACS)  
Panzer Kaserne, Bldg. 2915  
DSN 431-3362 / CIV 07031-15-3362



stuttgart.armymwr.com



## Visit ACS and pick up some coupons to save money!

The Commissary and Exchange accept coupons for six months after the expiration date. Please stop by and pick up a bag of U.S. coupons donated by various organizations for the Military Family Coupon Project.

### Translation Services

Receive unofficial (non-legal and non-medical) German translations and assistance when navigating Host Nation services.

Call ACS to make an appointment.

### Incoming or outgoing?

Try our Loan Closet and receive loaner sets of basic kitchen items while in transition, to include small appliances. Baby items are also available.

### ACS Classes for Promotion Points

Attending and completing ACS family support classes including classes from the Family Advocacy Program / New Parent Support Program, Financial Readiness, and Operation Resources for Educating About Deployment and You (OPREADY) may earn Soldiers promotion points. See Army Regulations 600-8-19 and 350-1 for details.



Volunteer Management Information System (VMIS) virtual training for volunteers and organization points of contact is available multiple times each month at [www.myarmyonesource.com](http://www.myarmyonesource.com).

## Military & Family Life Consultants

0160-9574-8279  
0170-708-0715  
0171-965-9611

**Domestic Violence**  
**24/7 Hotline**  
**0176-262-48894**

**Sexual Assault**  
**24/7 Hotline**  
DSN 484-7280 or  
CIV 0631-413-7280