

# 2026

## Family Advocacy Program

# February

**FEB. 6**

10:30 A.M. - 12 P.M.

**Littles & Lattes**

Bring your coffee and your kiddo to connect with our New Parent Support Team! Families can stop by, ask questions, or socialize while the littles play.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne**FEB. 10**

10:30 A.M. - 12 P.M.

**Tummy Time**

Help baby engage in play and get stronger; connect with others. Use music to promote visual, motor, and sensory skills for newborns to 1 year.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne**FEB. 11**

11:30 A.M. - 12:30 P.M.

**Baby Bumps  
Pregnancy Support  
Group**

Join NPSP and peers to discuss topics related to the transition to parenthood, general pregnancy questions, and helping empower your birth experience.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne**FEB. 12**

11:30 A.M. - 12:30 P.M.

**EFMP IEP/504  
Info Hub**

A informative space to learn more about IEP's and 504's. Topics:

- DoDEA processes
- How to get your point across when emotions are high.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne**FEB. 17**

12 - 1 P.M.

**Pelvic Power  
Pilates**

Mat Pilates emphasizing precise, controlled movements. Perfect for PostPartum Moms.

ACS FamilyRoom, Bldg. 2915,  
Panzer Kaserne**FEB. 19**

5:30 - 6:30 P.M.

**EFMP Parents and  
Teens: Emotional  
Regulation  
Workshop**

For Parents & Teens: Join us to learn practical tools to understand, manage, and express emotions in healthy ways.

Room 222, Bldg. 2915,  
Panzer Kaserne**FEB. 23**

10:30 A.M. - 12 P.M.

**Baby Bonding  
& Body Work**

A class for caregivers and babies to learn bonding and connecting with your child through bodywork and massage. Provided in collaboration with EDIS therapists.

ACS FamilyRoom, Bldg. 2915,  
Panzer Kaserne**FEB. 25**

9 - 10:30 A.M.

**Toddler Fun Zone**

An interactive playgroup for parents and toddlers aged 2-4.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne**FEB. 26**

3 - 5 P.M.

**Rom Com  
Movie Matinee -  
TDVAM**

Teens can enjoy a free Movie Matinee with popcorn and drinks.

Robinson Barracks Zentrum (RBZ)

**FEB. 27**

9 A.M. - 5 P.M.

**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.

Room 222, Bldg. 2915,  
Panzer Kaserne[STUTTGART.ARMYMWR.COM](http://STUTTGART.ARMYMWR.COM)

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