

# 2026

## Family Advocacy Program

# May

### MAY 5

9:30 - 11 A.M.

#### Baby & Me Yoga

Yoga with a focus on postpartum recovery but also includes relaxation and bonding techniques suitable for all caregivers.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne

### MAY 7

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

#### EFMP 504/IEP Info Hub PCS

An informative space to learn more about IEP's and 504's.

Topic: Moving with an IEP/504 and Transitioning with a Special Need.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne

### MAY 7

5:30 - 6:30 P.M.

#### EFMP Teen Game Night

A place for teens to connect and make new friends.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne

### MAY 8

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

#### Little's & 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 little's play.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne

### MAY 12

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

### MAY 13

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

### MAY 15

5:30 - 7:30 P.M.

#### Teen Level Up: Socially Acceptable "Substances"

A conversations with Teens about the dangers of socially acceptable "substances" and how they can make healthier choices.

Patch Teen Hub, Bldg. 2337,  
Patch Barracks

### MAY 18

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 Family Room, Bldg. 2915,  
Panzer Kaserne

### MAY 22

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.

ACS Family Room, Bldg. 2915,  
Panzer Kaserne

### MAY 27

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



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