

2026

Family Advocacy Program

January

JAN. 9**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

JAN. 9**3 - 5 P.M.*****ACS Teen Level-Up:
New Year New You**

Teens will learn about physical, emotional, and mental wellness.

Patch Teen Hub, Bldg. 2337,
Patch Barracks

JAN. 13**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

JAN. 14**11:30 A.M. - 12:30 P.M.****Baby Bumps
Pregnancy Group**

Join the New Parent Support Program 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

JAN. 15**5:30 - 6:30 P.M.****EFMP ADD Support Group
Navigating Parent-Child
Conflict**

For parents only* Join us to learn how Attention Deficit Disorder impacts communication. Discover tools to build understanding, reduce conflict, and strengthen family bonds.

Room 222, Bldg. 2915,
Panzer Kaserne

JAN. 20**12 - 1 P.M.****Pelvic Power Pilates**

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

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JAN. 22**5:30 - 6:30 P.M.*****EFMP
Sensory Reading**

Join us as we read the book "My Magical Choices" followed by a fun sensory activity.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JAN. 23**9 A.M. - 4:30 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

JAN. 26**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

JAN. 28**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

***Registration Required**



U.S. ARMY



EFMP Family
Support

Army Community Service (ACS)
Bldg. 2915, Panzer Kaserne
DSN: 596-3362
CIV: 09641-70-596-3362

STUTTGART.ARMYMWR.COM