

# 2026

## Family Advocacy Program

# January



**JAN. 9**  
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

**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



**EFMP** Family  
Support

Army Community Service (ACS)  
Bldg. 2915, Panzer Kaserne  
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