

2026

Family Advocacy Program

June

JUN. 2

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

JUN. 9

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

JUN. 10

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

JUN. 11

5:30 - 6:30 P.M.

EFMP Sensory Reading

Join us as we read the book "I am Stronger than Anxiety" followed by a fun sensory activity.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUN. 12

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 littles play.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUN. 15

6 - 8 P.M.

Labor & Delivery Class

Learn about what to expect at each stage of the labor and birthing experience, including what to expect at a German Hospital during the birthing process.

Boeblingen Hospital

JUN. 16

10 - 11 A.M.

Baby Bites

Learn about common feeding practices and feeding concerns, for newborns through 3 years, at this special collaborative class between NPSP and EDIS.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUN. 24

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

JUN. 25

9:30 - 10:30 A.M.

EFMP ADD Support Group

Join us to learn how ADD impacts communication. Discover tools to build understanding, reduce conflict, and strengthen family bonds.

ACS Rm. 222-B, Bldg. 2915,
Panzer Kaserne

JUN. 26

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

JUN. 29

10:30 - 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



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