



**All classes are held in Army Community Service Classrooms – unless otherwise noted.**

Bldg 2915, Panzer Kaserne, Phone: DSN: 431 3362 / CIV: 07031 15 3362

Classes are free. Please call ahead to register. Open Monday – Friday from 0800 – 1700

<p><b>Information, Referral, &amp; Follow-Up Program – Danielle Denis - 431-3344/07031-15-3344 – danielle.denis@eur.army.mil</b></p>	
<p><b>Information, Referral &amp; Follow-Up:</b> Promotes readiness by providing accurate information and referral assistance to our Service Members, civilians, contractors, and their Families regarding military and civilian community resources.  <b>Please stop by, email us or give us a call. We are happy to assist you!</b></p>	
<p><b>Outreach Program/Survivor Outreach Program – Judy Drews – 431-3053/07031-15-3053</b></p>	
<p><b>Outreach</b> - The goal of the Outreach Program is to develop informational fairs, groups, and other activities to reach Service Members and Family Members who are currently not receiving services for which they are eligible.</p> <p><b>Survivor Outreach Services</b> –Ensures that surviving Families of our Fallen Soldiers, residing in the Stuttgart, Germany area, receive dedicated &amp; comprehensive support, and all the benefits and services to which they are entitled.</p>	<p>Call for an appointment.</p> <p>Call for an appointment.</p>
<p><b>Army Family Team Building Program – Lisa Ordukaya - 431-3643/07031-15-3643 – Room 208</b></p>	
<p><b>Army Family Team Building Training</b> – AFTB will help you feel comfortable in your military environment by learning the military lingo, and developing realistic expectations. Come and learn your benefits and access services available to you as a member of the military Family.</p>	<p>Level I, May 25, 26                  Level II, May 3, 4, 5                  1000-1230</p>
<p><b>Army Volunteer Corps Program – Laura Davis - 431-3330/07031-15-3330 – Room 210</b></p>	
<p><b>Volunteer Management Information System Training</b> - Provides all of the tools needed to register and track volunteer hours. Organizations can manage and track volunteers, post open positions, print reports, and much more.</p> <p><b><u>VOLUNTEER RECOGNITION CEREMONY:</u></b>  <b><u>***All 2010 Registered Volunteers***</u></b></p>	<p>Every Friday                  0900-1100</p> <p><b><u>MAY 12, 2011, 4:00 PM</u></b>  <b><u>Location: Fest Tent in the PX Parking Lot</u></b></p>
<p><b>Employment Readiness Program – Kelly Measells - 431-3363/07031-15-3363 – Room 202</b></p>	
<p><b>Overview of Stuttgart Job Market</b> –A hands-on workshop to learn the skills necessary to create a resume in the Army Resume Builder.</p>	<p>Tuesday, May 3, 0900-1200                  Thursday, May 5, 1300-1600</p>
<p><b>Interview 101</b></p>	<p>Tuesday, May 10, 0900-1130                  Thursday, May 12, 1300-1630</p>
<p><b>Resume/Resumix New USAJOBS SITE–</b></p>	<p>Tuesday, May 17, 0900-1200                  Thursday, May 19, 1300-1600</p>
<p><b>Professional &amp; Personal Improvement</b></p>	<p>Tuesday, May 24, 0900-1130                  Thursday, May 31, 1300-1600</p>
<p><b>Family Advocacy Program – Monica Sadler – 431-3352/07031-15-3352- Room 225</b></p>	
<p><b>Managing Your Emotions:</b></p> <p>Module 1: Understanding Anger                  Module 2: Anger in Relationships                  Module 3: Anger in the Workplace                  Each class is offered once a month, and in order.</p>	<p>Wednesdays, May 4, 18, 25                  1300-1430</p>

**Family Advocacy Program, Cont'd... – Monica Sadler – 431-3352/07031-15-3352- Room 225**

<b><u>Stress Management</u></b> Identify common stressors and learn useful, enjoyable strategies for managing stress.	Thursday, May 5 1400-1530
<b><u>Stress Management for Women</u></b> Beat stress caused by tension, frustration, and fatigue. Learn techniques to relax and manage stress.	Thursday, May 19 1400-1530
<b><u>Love &amp; Logic: Newborn – Age Six</u></b>	Tuesdays, May 24, 31; June 7, 14, 21 1000-1130

**Financial Readiness Program/Army Emergency Relief (AER)-Faith Barnes- 431-2085/07031-15-2085 – Room207**

<b><u>Investing made Simple</u></b> - (Registration Limited. Call to reserve your space.)	Wednesday, May 3 0800 - 1200
<b><u>Financial Readiness for 1<sup>st</sup> Term Service Members Phase 1</u></b>	Wednesday, May 4 0800 - 1200
<b><u>Financial Readiness for 1<sup>st</sup> Term Service Members Phase 2</u></b>	Thursday, May 5 0830 - 1200
<b><u>Smooth Move for Junior Enlisted Families</u></b> – Maximize the benefits that the government allots for your Family and yourself.	Wednesday, May 11 1400 - 1530
<b><u>Checking Account Basics</u></b> – See how you can “double check” the bank using your statement and your personal records.	Wednesday, May 18 1400 - 1530
<b><u>Basic Financial Management Class</u></b> – Set your priorities to match your spending.	Call for an appointment
<b><u>Principles of Personal Finance (Budget &amp; Recordkeeping)</u></b> – Set your priorities to match your spending.	Wednesday, May 25 1400 - 1530
<b><u>Military Relief Societies Annual Fund Campaigns:</u></b>  Army Emergency Relief Fund Raising Campaign  Air Force Assistance Fund – Annual Campaign  ***Contact your local Aid Society for more information.***	1 March – 15 May. Donate online at <a href="http://www.aerhq.org">www.aerhq.org</a> 28 March – 6 May. Donate online at <a href="http://www.afas.org">www.afas.org</a>

**New Parent Support Program – Laura Natusch/Lisa Phelps - 431-3353/07031-15-3353 –Room 312**

<b><u>Pregnancy Support Group</u></b> – This group is for pregnant women at any stage, and focuses on education and support related pregnancy. This group also encourages socialization with other pregnant women.	Wednesdays, May 11, 25 ACS Room 312 1230 – 1330
<b><u>Post Natal Fitness Group</u></b>	Thursdays, May 5, 12, 19, 26 Family Center at Patch Fitness Center, 1000-1200
<b><u>New Parent Support Group</u></b> – This group is for new mothers and babies to come together for education and support related to the issues surrounding postpartum and newborn care.	Wednesdays, May 4, 18 ACS Room 312 1230 – 1330
<b><u>Breastfeeding Basics</u></b>	Thursday, May 19 0900-1130
<b><u>Comfort Measures</u></b>	Wednesday, May 25 0900-1100

<b>New Parent Support Program Cont' d...- Laura Natusch/Lisa Phelps - 431-3353/07031-15-3353 -Room 312</b>	
<b><u>Adoption Support Group</u></b> – Are you looking to adopt overseas? Have you already adopted? Come share your experiences with other community members. <u>Located in building 2949, Panzer Kaserne (Basement, Room 101)</u>	Thursday, May 19 1830-1930
<b><u>Mommy &amp; Daddy Basic Training</u></b>	Friday, May 6 1200 -1700
<b>Relocation Readiness Program – Daniel Adams: 431-3436/07031-15-3436 – Room 017</b>	
<b><u>German Culture and Conversation Class</u></b> – Language, civilization, geography, music, history, and much more. Our goal is to make Germany more fun for you and your Family.	Mondays, May 2, 9, 16, 23, 30 1800-2000 Religious Education Building 2332, Room 10, Patch Barracks
<b><u>Sponsorship Training</u></b> – Designed for both official sponsors and anyone interested in better serving his or her unit and incoming personnel.	Mondays, May 2, 30 1400-1500
<b><u>Stuttgart Newcomers Orientation (SNO)</u></b> – A two day, fun filled class covering culture, useful phrases, restaurant know-how, public transportation, and a tour of Stuttgart.	Tuesday/Thursday, May 17 & 19; May 31 & June 1 Call ACS for reservation. (Tuesdays 0815-1600; Thursdays 0845-1700)
<b><u>Lending Closet</u></b> - Lending Closet items are basic household kitchen and childcare items to help during the moving processes of arriving and departing.	Monday through Friday 0800-1700
<b><u>Unofficial Translation Service</u></b> –We have German speaking staff to assist you in translating correspondence, contacting the telephone company to hook up, cancel or change your service. And much more!	Monday through Friday 1000-1700 Call DSN 431-3007 or 07031-15-3007
<b><u>English as a Second Language (ESL) Basic Classes</u></b>	Every Monday 0900-1100 Call to register for class or just show up **Free ESL textbooks provided to students.
<b>Mobilization and Deployment /Soldier &amp; Family Assistance Center –431-3362/07031-15-3362</b>	
<b><u>Pre-Deployment information</u></b> – Are you an individual or small group scheduled to deploy for 90 days or more? Plan ahead and attend a pre-deployment briefing for ALL SERVICES, Civilians and spouses. Held every second Wednesday of the month. Learn about community resources and pick up a deployment packet. ACS Soldier Readiness Processing (SRP) available at the same time.	Every 2 <sup>nd</sup> Wednesday of the month 0900-1100
<b><u>Soldier &amp; Family Assistance Center</u></b> - is a comprehensive centralized coordinating office that provides a variety of services for Warriors in Transition and their Family members, to aid in their recovery and transition. Under the US Army Garrison Stuttgart, the SFAC supports the Patch clinic and Warrior Transition Unit (WTU) by developing, coordinating and providing designated services that address complex administrative and personal needs of WTU Soldiers and their Family members.	Call for an appointment
<b><u>Family Readiness Leader Monthly Training for All Services</u></b> - Are you a unit or organizational leader that routinely assists Families who might be facing a deployment? Join the ALL SERVICES Stuttgart Family Readiness Leaders group. Every last Wednesday of the month you'll learn about new topics that can impact Families, Soldiers and Civilians. Includes a Quarterly Forum discussion groups that puts you in touch with others across the Stuttgart Community.	<b><u>Last Wednesday of Every Month, 0930-1130. Request childcare reservations 2 weeks prior.</u></b>
<b>Military &amp; Family Life Consultant Program - 0170-7080715, 0160-95748279 or 0152-224-83789</b>	
<b><u>Military &amp; Family Life Consultant Program</u></b> - Provides free, confidential, short-term counseling services to Service Members, civilians, contractors, and their Families.	Call for an appointment

**Exceptional Family Member Program – Lisa Gregor – 431-3326/07031-15-3326**

**Autism Support Group**

All support groups are open to the entire community to discuss topics, share experiences and more!

Contact ACS for Room Number

**Wednesday, May 4, 1800 – 1900**

**Applied Behavioral (ABA) Information Session: Institute KNOSPE-ABA offers ABA Therapy to Military Families who have children diagnosed with Autism Spectrum Disorder. Please contact ACS 431-3362/07031-15-3362 to sign up**

**Cancer Support**

Thursday, May 26

1800 – 1900

**Multiple Sclerosis Support Group**

Mondays, May 9, 23

1000 – 1100

**Diabetes Youth Group**

Tuesdays, May 10, 24

1800 – 1900