



U.S. ARMY



Wiesbaden Military Community Task Force Community Wellness Community Resources Throughout COVID-19

A Community Initiative

Version 4. April 30, 2020

UNCLASSIFIED



TASK FORCE COMMUNITY WELLNESS

A community initiative brought to you by
USAG Wiesbaden Garrison Support Agencies.



MISSION: *Community services coming together to enhance and maintain the resilience and readiness of the entire Wiesbaden Military Community during the COVID-19 pandemic.*





TASK FORCE COMMUNITY WELLNESS

PLEASE NOTE: The appearance of hyperlinks to non-government sites does not constitute endorsement by U.S. Army Garrison Wiesbaden or the Department of the U.S. Army of the linked Website or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation sites, the Department of the U.S. Army does not exercise any editorial control over the information you may find at these locations.

THE ABOVE DISCLAIMER APPLIES TO ALL LINKS CONTAINED IN THIS SLIDE BRIEF IDENTIFIED USING (*).





USAG Wiesbaden

Follow **USAG Wiesbaden** on Facebook

for up to date information during COVID19 - Wednesdays at our live **Town Hall** meetings.



<https://www.facebook.com/usagwiesbaden/> *



This is the official page for the Wiesbaden Military Community updates managed by the U.S. Army Garrison Wiesbaden Public Affairs Office.

Information Links:

USAG Wiesbaden Garrison website: <https://home.army.mil/wiesbaden/>

USAG Wiesbaden COVID19 Information: <https://home.army.mil/wiesbaden/index.php/coronavirus>

USAG Wiesbaden Family and MWR website: <https://wiesbaden.armymwr.com/>

USAG Wiesbaden AFN website: <https://www.afneurope.net/Stations/Wiesbaden/>





Mental Health Resources

Behavioral Health Clinic

Routine behavioral healthcare continues, but has shifted to telephone and virtual health appointments in many cases. Current patients will be contacted regarding any changes to their appointments. New requests for routine care will be triaged and may be deferred to a later time in some cases. The Behavioral Health Clinic hours have not changed and the clinic remains open to walk-in crisis care from 0800-1700, Monday through Friday. Behavioral Health staff remain available for phone consultation to Commanders and medical providers.

The Behavioral Health Clinic is located at Building 1526 and can be reached by DSN 590-1320 or civilian 06371-94641320.

The Military Crisis Line serves Active Duty, Retirees, and their Dependents and is available 24/7 via phone, text, or online chat at

<https://www.veteranscrisisline.net/get-help/military-crisis-line> *

DSN 118, or civilian 001-800-273-8255.

For emergencies call 112 or the Military Police (MP) Desk Sergeant at civilian telephone +49(0) 611-143-548-7777 or 7778.





Mental Health Resources

Employee Assistance Program (EAP)

The Wiesbaden EAP, part of the Directorate for Human Resources, can see **DoD Civilian Employees, Military & Civilian Family Members, and Retirees**. EAP is a free, confidential screening, assessment, and health-related referral resource that can provide short-term, non-therapy counseling and support. EAP is available now primarily through telephone consultations. POC is Dr. John Kaiser at DSN 548-1402/Civilian 0611-143-548-1402, or e-mail: john.w.kaiser.civ@mail.mil

24/7 On-Call Duty Chaplain

The Wiesbaden Religious Support Office provides Chaplains who serve as the 24/7 On-Call Duty Chaplain to provide counseling and pastoral care for afterhours emergencies.

Any individual or Family Member on assignment orders to USAG Wiesbaden or one of our tenant units can speak to the On-Call Duty Chaplain at **0162-274-7337**





Mental Health Resources

Military Family Life Counselors Adult - Child and Youth Behavioral (CYB) - DoDEA

Due to the COVID-19 pandemic, OSD has authorized MFLCs authority to temporarily provide tele-health services.

These services include telephonic and video non-medical counseling to children and youth because face-to-face support is restricted due to COVID-19.

Contact Information

Hainerberg Elementary School

MFLC: Sarah Brown (MHN)
Tel. 0152-2390-2413

Adult MFLC

Gloria Maresma (SRI)
Tel. 0176-5594-8229
Judy Alsina (SRI)
Tel. 0170-591-4771

Wiesbaden High School MFLC

Sonya Easterling (MHN)
Tel. 0151-4558-3637

Child/Youth MFLC:

Yakiri Rivera (SRI)
Tel. 0151- 5478-5029

Tele-health

Adults

Telephonic and video non-medical counseling.

Children and Youth

- Individual video non-medical counseling sessions for minors age 13 to 17 (parent or guardian must be available at the start of each video session to give parental consent and provide line of sight requirements)
- Family video non-medical counseling for minors 6 to 12 years of age (parent or guardian must attend each session)





Substance Abuse & Suicide Prevention

Substance Abuse Resources

The following are links to self help groups which offer online support and meetings.

<http://aa-intergroup.org/> *

<https://www.smartrecovery.org/community/calendar.php> *

Additional Resources

<https://www.samhsa.gov/find-help/national-helpline> *

<https://www.drugabuse.gov/related-topics/covid-19-resources> *

Employee Assistance Program

Dr. John Kaiser, CEAP
DSN 548-1402, Civ. 0611-143-548-1402



Suicide Prevention Resources

24/7 On-Call Duty Chaplain
0162-274-7337

National Suicide Prevention Lifeline
1-800-273-8255

International Hotlines

<http://www.suicide.org/hotlines/international/germany-suicide-hotlines.html> *

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/> *

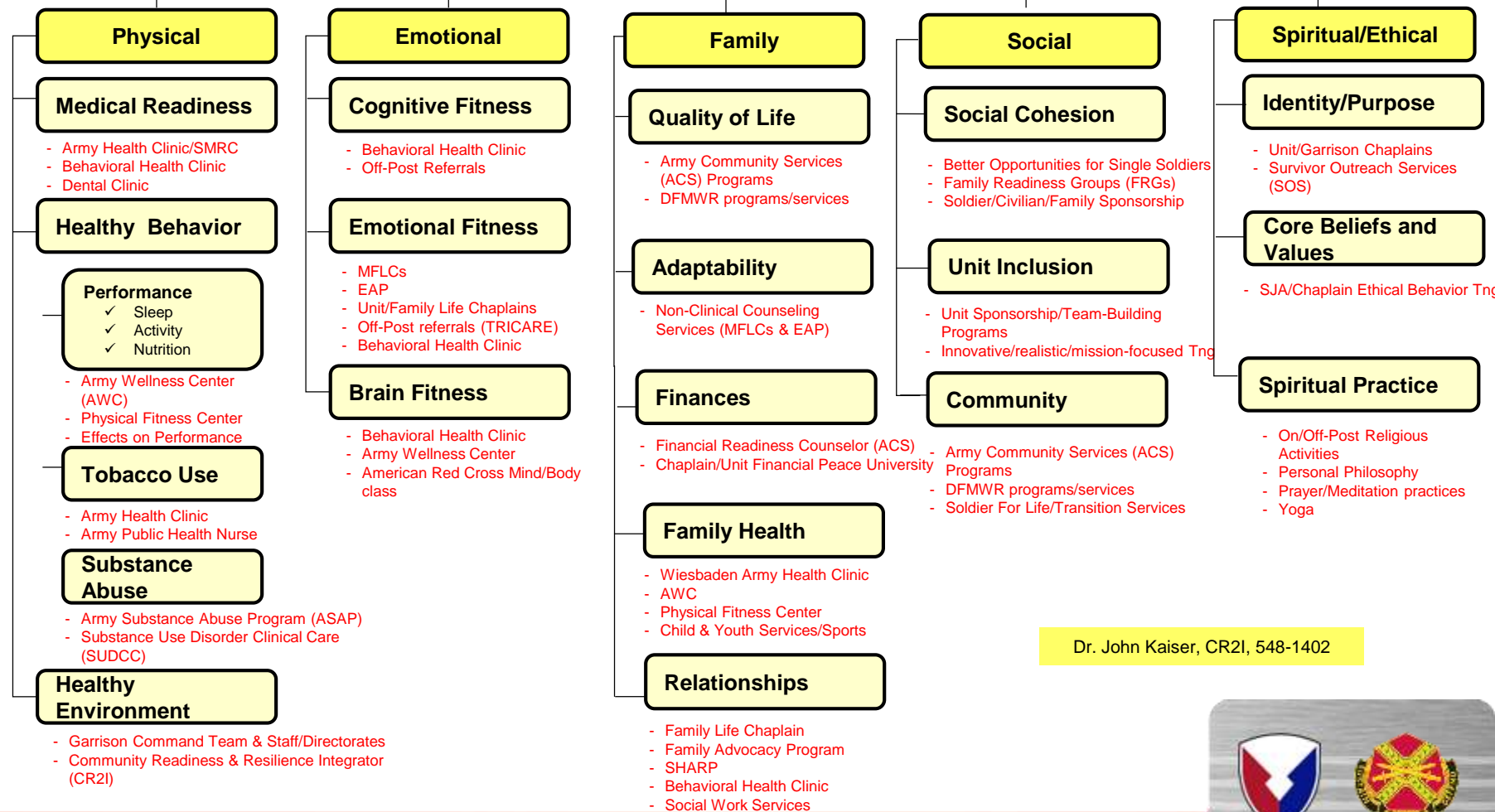




R2 Strategic Objectives/Matching Resources

SO1: Sustained Personal Readiness to Meet Operational Requirements

ROUTINE ASSESSMENT



Dr. John Kaiser, CR2I, 548-1402





Spiritual Wellness for Wiesbaden

“Virtual Soul Food for our Community!”

Our Religious Support Office shares live and recorded religious services and programs to support our community during temporary closures due to COVID-19. You can find links to most of these on our Facebook page at <https://www.facebook.com/RSOWiesbaden/> *



A Buffet of Options . . .

- * Buddhist Meditations * Catholic Mass
- * Inter-Belief Discussions * Islamic Prayers
- * Jewish Services * Mormon Resources
- * Protestant Worship, etc.

. . . for Different Groups . . .

- * Chapel Congregations * Children's Ministries
- * Fellowship Groups
- * Women's Auxiliaries * Youth, etc.

. . . Served by a Variety of Means

FACE-TO-FACE (one at a time and social distancing)

24/7 On-Call Chaplain's Cell @ 0162-274-7337

And * Articles * Emails * Facebook * FaceTime Video

* Google Hangouts * Individual Phone Calls

* Livestreams * Microsoft Teams * Recorded Video *

RightNow Media * Teleconferences * YouTube * Zoom

Tell us which formats work best for you!





Look Who's Cooking!

Your neighbors! Volunteers from our Chapel Worship Communities & Auxiliaries, Chaplains from Wiesbaden's Tenant Units and the Religious Support Office, even "guest chefs" linked from military communities around the world!



Where Can You Find Some Soul Food?



| RELIGIOUS GROUP & FORMAT | WEB ADDRESS |
|---|---|
| Other Army Posts | |
| Buddhist Page | https://www.facebook.com/groups/1544784788918210/ * |
| Islamic Page | https://www.facebook.com/USAG-Wiesbaden-Islamic-Community-758605890897868/ * |
| Jewish Group | https://www.facebook.com/groups/USJewishBavaria/ * |
| Mormon/LDS Page | https://www.facebook.com/LDS-Chaplains-275224832537120/ * |
| Wiesbaden | |
| Catholic Chapel Group | https://www.facebook.com/groups/171503013866058/ * |
| Catholic Women Group | https://www.facebook.com/groups/cwocwiesbaden/ * |
| ChapelNext Service (Protestant) | https://www.facebook.com/ChapelNext-Wiesbaden-122737997768323/ * |
| Club Beyond (Youth) Group | https://www.facebook.com/groups/433498680156631/ * |
| Gospel Service (Protestant) | https://www.facebook.com/Gospel-Clay-Chapel-111721183766678/ * |
| Gospel Group (Protestant) | https://www.facebook.com/groups/201559987602527/ * |
| Inter-Belief Page | https://www.facebook.com/IBWiesbaden/ * |
| Protestant Women Page | https://www.facebook.com/Wiesbaden-Protestant-Women-of-the-Chapel-113233838709964/ * |
| Protestant Women Group | https://www.facebook.com/groups/219612285499168/ * |
| Traditional Service (Protestant) | https://www.facebook.com/TPCCLAY/ * |
| Wednesday Night Alive (Group) | https://www.facebook.com/groups/wednightalive/ * |
| Personal | |
| Catholic Priest | https://www.youtube.com/channel/UCL8-6NwKsEb47uh6xzmTAXQ * |
| Chaplain (MAJ) Terri King | https://www.facebook.com/terri.king.75 * |
| Christian Resilience (Conservative Trinitarian) | https://www.youtube.com/channel/UChrPFylv6xwfPkKMhN9E8Jg * |
| Spiritual Resilience (non-religious) | https://www.youtube.com/channel/UCpNUTYxir3SOB18Hxx1RbNA * |

NOTE (*) DISCLAIMER APPLIES TO ALL EXTERNAL LINKS





Family Life Chaplain Support

Types of Counseling:

- Individual Adult
- Child Therapy
- Couple/Family
- Group

Areas of Concern:

- Addictions
- Anger
- Assault
- Blended Family
- Children
- Combat
- Depression
- Faith
- Grief
- Marriage
- Parenting
- Pre-Marriage
- Sex
- Suicide
- Work
- and More!

Whom do we Serve?

The Family Life Chaplain is dedicated to help you to be all that God created you to be. Professional services are offered in a caring environment to all Active Duty and Reserve Soldiers, Retirees, DoD Civilians, and Family members with a valid ID card, regardless of ethnicity, religion, nationality, gender, or race.

100% Confidentiality -

All counseling at the Chaplain Family Life Center is confidential. What you say here, stays with our professional staff. And we will not release any information without your written approval and directions of what you want us to do with the information. There is no safer place to get help.

CHAPLAIN
FAMILY LIFE CENTER



"Help For Your Journey"

Hainerberg Chapel: (DSN) 548-5173
Bldg 7779, rm 5

Clay Chapel: (DSN) 548-5178/5176
(Bldg 1019)

CH (MAJ) Daniel Claypoole:

CHAPLAIN
FAMILY LIFE CENTER



"Help For Your Journey"

**How
May
We
Help
You?**

Come by or call today!





Family Life Chaplain Support

Why a Family Life Center?

Your counseling is *customized*

At the Chaplain Family Life Center, we recognize that your concerns, history, personality, and resources are unique. So we tailor our work to empower you with the self-awareness, knowledge, and skills **you** need for **your** journey.

We help you clarify *your* goals and possible obstacles, team with you to develop realistic steps to success, and support you throughout the process.

Want a professional coach for your marital communications? We help you hear and talk to each other's heart issues. Feel overwhelmed by tragedy? We walk with you at your pace. Is your child struggling with difficult emotions or behaviors? We work with them on their level and their concern.

You also get a *team* of counselors

Even between your meetings with your Chaplain, we are working for you. Our Chaplains meet monthly to review your progress & concerns, and brainstorm and pray for your success. We also train together and consult individually on eight models of researched-based therapies for the best quality of care appropriate to your needs. We never stop working for your success!

Why a Family Life Center?

Sometimes you want help but with a little more privacy. You can still meet with your unit Chaplain, with a Chaplain of your religious preference, the Family Life Chaplain, or any combination.

We have workshops for *groups*

Created for Connection

Explore how married couples connection with each other can be a reflection of a secure connection with God, the ultimate giver of secure connection. Through classes catered to your group you will see a Biblical world-view of intimacy with God and with your spouse.

Prepare and Enrich

More than 4,000,000 couples have prepared for marriage or enriched their relationship through taking the P/E assessment and working with a Certified Facilitator. The assessment itself has been proven to improve relationship satisfaction; however there is something extraordinary about the relationship a Facilitator develops with a couple that truly helps the couple grow more than they would on their own.

Why a Family Life Center?

Because support is critical when you need it the most. We know it's challenging to serve your country in combat tours, move constantly, and be stationed away from family and friends back home. But you don't have to try to do it alone. Join those of all ages, ranks, and walks of life who have benefited from confidential, professional counsel. Come by or give us a call!

Hainerberg Chapel: (DSN) 548-5173
Bldg 7779, rm 5

Clay Chapel: (DSN) 548-5178/5176
(Bldg 1019)

CH (MAJ) Daniel Claypoole:
0173-704-6814





UNCLASSIFIED Wiesbaden Health Clinic- Primary Care

Hours of Operation: 0800 – 1600 Monday thru Friday

Virtual Appointments:

- **TRICARE Online Secure Messaging to your PCM Team at <https://www.tricareonline.com> ***
- **Call Central Appointments to make a virtual appointment**
 - Examples of virtual services: medication refills, paperwork, general questions, and follow-up care.
- **Limited number of acute face-to-face appointments available through Central Appointment line:**
 - 06371-9464-5762 CIV / 590-5762 DSN
- **If you are unsure what to do, start by either sending us a secure message or call central appointments for a telephone consult from the Primary Care team.**
- **Please DO NOT show up unexpectedly.**

COVID-19 Primary Care response:

We are prioritizing care and screening of patients for the COVID-19 pandemic.

Please stay at home and come only if ABSOLUTELY necessary. In keeping with this guidance, the clinic has limited face-to-face appointments to care for acute (new) problems in order to limit exposure to our staff and our patients to this virus. Exceptions include well-baby visits (see below). No other well-child visits are being offered at this time.

We are still here for our patients during these difficult times, please reach out to us online at or telephonically.

Well-Baby Visits (newborn up to, and including, the 12-month visit):

Newborn and well-baby visits (to include the 12 month-visit) are now being offered at limited times on Tuesdays and Thursday mornings. Please call central Appointments to make a telephone consult with Primary Care. A member of the Primary Care team will call you to set up an appointment.





Soldier Medical Readiness Clinic (PHA)

Hours of Operation: 0800-1500, Monday - Friday

Please **call first** to make appointment:

DSN 590-1308/ CIV 06371-9464-1308



- The SMRC is open to assist and coordinate **VIRTUAL** (telephonic, not face-to-face) **PHA** appointments
- The service is **LIMITED** to any Soldier who is presently **RED** (overdue) on their PHA
- The SMRC will review the Soldiers' status and determine if they are eligible for a virtual PHA
- Due to the VIRTUAL nature of the PHA, no labs, EKGs, X-rays, vision screenings, or hearing tests will accompany the PHA
- Soldiers are asked to **complete Part I** of the PHA (the Soldier questionnaire) **prior** to calling
- Part one can be accomplished by logging into:

AKO> my medical readiness> Periodic Health Assessments> Start New Survey (towards top)





UNCLASSIFIED Wiesbaden Health Clinic- Behavioral Health

Hours of Operation: 0800-1700, Monday thru Friday

Contact information: Building 1526, DSN: 590-1320/ CIV: 06371-9464-1320

Services:

- Routine behavioral healthcare continues, but has shifted to telephone and virtual health appointments, in most cases.
- All new requests for care will be triaged and scheduled for an intake by phone. Some services (psychological testing, special assignment evaluations) may be deferred until normal services resume.
- In- and Out-Processing continues on a walk-in basis during clinic hours.
- The Behavioral Health Clinic remains open to walk-in crisis care during clinic hours.
- Behavioral Health staff remain available for phone consultation to commanders and medical providers.
- Please contact the Behavioral Health Clinic if you need to cancel a scheduled appointment.

The Military Crisis Line serves Active Duty, retirees, and their dependents and is available 24/7 via phone, text, or online chat at <https://www.veteranscrisisline.net/get-help/military-crisis-line>*, DSN 118, or civilian 001-800-273-8255.





UNCLASSIFIED

Wiesbaden Health Clinic- Pharmacy

Hours of Operation: 0800 – 1600, Monday thru Friday (06371-9464-1322)

Mandatory Call-In Refills:

DSN: 590-5227 / CIV: 06371-9464-5227

Or TRICARE Online: <https://www.tricareonline.com> *

COVID-19 Pharmacy Process:

- Patients picking-up prescriptions will be screened at the clinic front door
- Only four patients are allowed in the clinic to pick-up prescriptions at a time
- Patients need to pull a pharmacy ticket and wait to be called
- Patients are required to show a valid ID and state full name / date of birth for prescription pick-up
- Prescriptions that do not have refills will need a new prescription before they can be processed
- Early prescription refills will be at the discretion of the pharmacy staff
- Quarantined or Isolated patients must have another individual they authorize to pick-up prescriptions. Valid identification must be provided to the individual picking-up (i.e. smartphone ID picture front and back)





Wiesbaden VTF

Adjusted VTF Hours: Tuesday and Thursday 0800-1200

The Veterinary Clinic will be open for prescription pick-up, urgent, non-emergency appointments and health certificate appointments. Please call 24 hours in advance for prescription requests.

If you are unable to get ahold of us, please leave a message with your name, your pets name, the reason you are calling, and a good phone number to reach you.

Prescription and appointment requests can be made by phone at 06371-9464-1544 or DSN: 314-590-1544.

The VTF will increase capability as soon as travel restrictions are lifted to support community members and their upcoming travels.



VTF Location: Clay Kaserne, Building 1038

**Phone number: 06371-9464-1544
314-590-1544**

All updates to hours and services will be posted through the Garrison website and Facebook page.





Sexual Harassment/Assault Response & Prevention

SHARPSM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

SHARPSM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

Wiesbaden Sexual Assault Response Coordinators (SARCs)

The USAG Wiesbaden **24/7 SHARP Helpline** is **0162-296-6741**. This is the BEST method to connect to local support services. I know that we are in unusual times... We are here... your support network is here.



Bill Mottley
USAG Wiesbaden
DSN 548-9222
Clay Kaserne,
Building 1201,
Room 101



Deborah Wagner
66th MI BDE
DSN 546-4508
Clay Kaserne,
Building 1029N



SFC Darlene Coleman
2nd SIG BDE
DSN 565-3010
Clay Kaserne



Sarah Gordon
HHBN, USAREUR
DSN 537-0744
Clay Kaserne,
Building 1212,
Room 126

UNRESTRICTED REPORTING

Allows a person who is sexually assaulted to report the assault and receive support, advocacy, medical treatment, legal assistance, and counseling.

with a law enforcement investigation & the support of the Chain of Command

RESTRICTED REPORTING

Allows a person who is sexually assaulted to **confidentially** report the assault and receive support, advocacy, medical treatment, legal assistance, and counseling.

without a law enforcement investigation or command involvement

Every community has resources available to assist. To access local resources outside of the Wiesbaden Community, please call DSN 53-SHARP or download the *WeCare, Europe* App (Google play and iTunes) for a full list of contact information and resources. Finally, the DoD Safe helpline at DSN: 99-001-877-995-5247

24/7 SHARP Helpline: 0162-296-6741

DoD Safe Helpline DSN: 537 SAFE

DoD Safe Helpline: 0611-143-537-SAFE

USAREUR 24/7 Helpline DSN: 53-SHARP



Download a QR reader app, then scan to go directly to SafeHelpline.org





Army Community Service - Virtual Connection



facebook live Every Thursday at 1 p.m.

USAG Wiesbaden
ACS

Home

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Jobs

Reviews

Events



Good Afternoon with ACS

Conversations about lessons learned and new ideas
as we adapt to a new reality – Share your thoughts with us!

Follow: USAG Wiesbaden Facebook page click [HERE!](#) *





ACS Financial Readiness

Financial Readiness

- **Financial Resiliency** daily virtual meeting with a financial counselor 1200-1300 Monday through Friday
- Financial **Touchpoint Training** available on DOD app **Sen\$e** and the OSD Office of Financial Readiness website: <https://finred.usalearning.gov/> *
- Downloadable **budget** worksheet, children's activities and resources on <https://wiesbaden.armymwr.com/programs/financial-readiness-program>

Personal Financial Counselors
are **here to support** you virtually.

- ✓ Are you off a military installation, but still desire financial support?
- ✓ Would speaking to a professional, virtually, give you peace of mind?
- ✓ Are you ready to boost your monetary might?



Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?



Jerry York, CFP®
Personal Financial Counselor
Zieders Contractor

Cell 0151 2346 4196

pfc.wiesbaden.usa@zeiders.com

Wiesbaden ACS

- **TSP Webinars:**
<https://www.tsp.gov/representative/Content/trainingInfo.html#tspWebinars> *



ACS Financial Readiness



SECURING THE FINANCIAL FRONTLINE

Lunch and
Learn
Daily Meeting
12-1pm
1-31 May 2020

• Daily Virtual Meeting •

Monday: What is financial resilience and why it matters

Tuesday: Growing wealth, not debt, all on autopilot

Wednesday: Start investing simply with TSP

Thursday: Continue growing your wealth

Friday: Tying it together with taxes



Email federica.s.lemauk.civ@mail.mil to receive the access code to join the meetings





ACS Financial Readiness

ARMY
EMERGENCY
RELIEF

Army Emergency Relief Campaign Extended until June 30, 2020

All **AER Assistance** is provided via email and EFT with Command approval

HOW TO REQUEST AER ASSISTANCE DURING COVID-19 RESTRICTIONS

Soldiers and Families who have been exposed to COVID-19 and are restricted should follow the steps below to request AER assistance:

1. Inform Company Commander/First Sergeant of valid financial need
2. Electronically forward AER application and supporting documentation to unit COC
3. After the review, forward the necessary documents to the local AER section for evaluation

If you require additional guidance during non-business hours please contact an AER HQ caseworker through the Army Operations Center at 703-697-0218

ARMY EMERGENCY RELIEF
SOLDIERS HELPING SOLDIERS SINCE 1942

2020 Campaign
ArmyEmergencyRelief.org

Army Community Service
Fort Belvoir, 340g 7700
3611-143-548-9205/9205
3611-143-548-9205
www.armycommunityservice.com
facebook.com/armycommunityservice

The Wiesbaden AER Officer is available telephonically at 0611-143-548-9205 or DSN 548-9205

The **AER Campaign** is ongoing
Donations can be made via allotment or credit card on ArmyEmergencyRelief.org





ACS Family Advocacy Program

UNCLASSIFIED

Virtual Community Outreach

Positive Parenting Tip Tuesdays

We discuss a positive parenting technique our parents can add to their parenting tool boxes!



PRAISE SHOULD BE
Sparing ★ *Specific* ★ *Sincere*

| do ✓ | don't ✗ |
|---|---|
| <p>PROCESS PRAISE Focus on process, strategies, effort, like "You're using great puzzle-solving strategies"</p> | <p>PERSON PRAISE Avoid ability-oriented praise, like: "You're very good at solving puzzles"</p> |
| <p>INFORMATIONAL FEEDBACK Provide specific feedback on performance.</p> | <p>PRAISE AS REWARD Avoid "rewarding" with praise. When kids anticipate rewards, they lose interest.</p> |
| <p>PERSONAL MASTERY Focus on child's individual performance.</p> | <p>SOCIAL COMPARISON Avoid comparing to others.</p> |
| <p>REASONABLE EXPECTATIONS Praise should reflect standards that could be realistically met.</p> | <p>TOO LOW OR HIGH EXPECTATIONS Avoid setting low expectations, like "Great job! You wrote a story!" or too high, like "This is the best story I've ever read!"</p> |
| <p>ENCOURAGEMENT Give encouragement, like "Your room looks clean!". This helps develop internal evaluation.</p> | <p>EVALUATION Avoid focusing on judgement with "I like" statements, such as, "I like how clean your room looks."</p> |

PARENTS SAY THIS NOT THAT!

| | |
|--|--|
| SAY: I'll listen to you as soon as your voice is as calm and quiet as mine. | Instead of: Don't talk to me like that! You better be respectful! |
| SAY: I'll serve you lunch when you are sitting quietly in your chair. | Instead of: Stop whining! You better be quiet if you want lunch. |
| SAY: Snack is served at 9:30. Eat as much as you need to hold you until lunch. | Instead of: Don't ask me for another snack! You aren't getting anything. |
| SAY: I give a special lunch to children who share their toys. | Instead of: You better share. You aren't getting anything if you keep taking his toys! |
| SAY: Feel free to join our game as soon as you are calm. | Instead of: Don't you dare! Come back here until you show some respect! |

For more information follow ACS Facebook Page:

<https://www.facebook.com/USAG-Wiesbaden-ACS-111672008929695/> *





ACS Family Advocacy Program

Weekly Virtual Community Outreach

Positive Parenting Tip Tuesdays

We provide a positive parenting technique our parents can add to their parenting tool boxes!

POSITIVE LANGUAGE
ALTERNATIVES
to tame a child's tantrum

| | | |
|------------------|---|---|
| Calm down. | → | How can I help you? |
| Stop crying. | → | I can see this is hard for you. |
| You're ok. | → | Are you ok? |
| Be quiet. | → | Can you use a softer voice? |
| Don't hit. | → | Please be gentle. |
| Stop yelling. | → | Take a deep breath, then tell me what happened. |
| Don't get upset. | → | It's ok to feel sad. |
| That's enough. | → | Do you need a hug? |
| I'm over this. | → | I'm here for you. |

What parents need to know about
zoom

- ZOOM BOMBING**: Zoom meetings by default are not locked to invitees. Unauthorized users can join, disrupt, or hijack a meeting. Parents should lock meetings and use a password.
- RISK OF PHISHING**: Zoom has been used to deliver phishing emails. Parents should be cautious of unsolicited emails and avoid clicking on suspicious links.
- PRIVACY CONCERNS**: Zoom has been used to spy on users. Parents should use the 'Join by Invitation Only' option and avoid sharing sensitive information.
- LIVE RECORDINGS**: Zoom has a feature to record meetings. Parents should be aware of who is recording and ensure privacy.
- PRIVATE ZOOM MEETINGS**: Zoom has a feature to create private meetings. Parents should use this feature for sensitive discussions.
- LIVE STREAMING RISKS**: Zoom has a feature to live stream meetings. Parents should be aware of the risks of live streaming and avoid sharing sensitive information.

Wake Up to Online Safety Wednesdays

We cover topics on online bullying, online relationships, mental health & technology, and safety guides for various apps and games your child may be using.

For more information follow ACS FB Page: @USAGWiesbadenACS





ACS Family Advocacy Program

Weekly Virtual Community Outreach

Story Time with Alissa every Wednesday on the NPSP Facebook Page!

<https://www.facebook.com/ACSNewParentSupportProgram>



New Parent Support Program - NPSP
Wiesbaden

Wednesday at 10:00 AM · 🌐

No Newborn network again today, instead we have the video recording of Little Dino's don't Yell. NPSP misses seeing all your smiling faces



Thriving Thursdays

We discuss tips for developing and maintaining a healthy relationship with your significant other.



For more information follow ACS FB Page: @USAGWiesbadenACS





Domestic Abuse

Need someone to talk to?

Are you experiencing physical, emotional, sexual, or economic abuse?

ACS Victim Advocates offer support, safety planning and resource information to adult victims of domestic abuse

If you are a victim of domestic abuse call our 24/7 Domestic Violence Hotline at:

0162-297-5625

If in immediate danger call the Military Police

0611 1435487777 or 114



[This Photo](#) by Unknown
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under [CC BY-SA](#)





ACS Exceptional Family Member Program (EFMP)

EFMP Family Support

EFMP Manager is available
Monday – Friday, 0800 – 1700
via email and by phone:

victor.garcia2.civ@mail.mil

DSN (314) 548-9220

Civ. 0611 143 548 9220



EFMP Coordinator (WAHC)

EFMP Coordinator is available
Monday – Friday, 0730 – 1630
via email and by phone:

paola.sanchez5.civ@mail.mil

DSN (314) 590-1499

Civ. 06371-9464-1499

The ACS EMP office is the single source point of contact for information to resolve problems or locate services to support individuals with special needs

The WAHC EFMP coordinator is available to answer questions pertaining to enrollment, disenrollment, and assignment concerns pertaining to EFMP



2020 the “Year of Kindness” for people with Autism

Please visit the EFMP Facebook Page for more information

<https://www.facebook.com/EFMPUSAGWiesbaden/> *





ACS Relocation Readiness Program

***New to Wiesbaden? Don't let the lockdown spoil the fun for you!
Let Relocation take you to downtown Wiesbaden (virtually) and teach you a
few things about your new home and some cool
places to visit***

1. Virtual Walking Tours

- Caution <https://youtu.be/NMfaEOCVo3I> * Not accessible on Government network.
- Caution <https://www.wiesbaden.de/en/tourism/virtual-tours/index.php>*

2. Exploring your new Home - the following link will bring you to the official City of Wiesbaden website in English. The contents of which are topics we usually discuss during our weekly Host Nation Orientation.

Website : <https://www.wiesbaden.de/en/living-in-wiesbaden/index.php>





ACS Relocation Readiness Program

LENDING CLOSET

Borrow a loaner kit while you wait for your household goods to arrive or an in between moves. The kit includes basic kitchen items (pots, pans, dishes, silverware) and small appliances such as irons, coffee makers, and toasters. We also have play pens, high chairs and booster seats for small children. Loaners are good for an initial 30 days and could be extended.

SPOUSES PROGRAMS

Spouses, You are not Alone! We have the following programs to assist you during your family's transition:

- **Spouse Orientation Program** – introduces and connects you to agencies like TRICARE, Dental, Vehicle Registration, Customs, CYS, ACS Employment Program and many others.
- **Spouse Sponsorship** - we can provide you a spouse sponsor to assist you during your move.





ACS Relocation Readiness Program

Useful websites during your move

PLAN MY MOVE

<https://planmymove.militaryonesource.mil/>

NEWCOMER'S PORTAL

<https://home.army.mil/wiesbaden/index.php/my-fort/newcomers>

ACS RELOCATION

<https://wiesbaden.armymwr.com/programs/relocation-readiness-program>

For more information please contact us at:

DSN 548-9201 or CIV. 0611-143-548-9201 or email us at

usarmy.wiesbaden.id-europe.mbx.mwr-ac@mail.mil





ACS Employment Readiness

Employment Readiness

Resume Assistance/Virtual Job trainings

Employment Readiness Manager is available via email Monday thru Friday from 0800-1700 to provide (both Federal and Civilian) resume writing assistance to the community.

Click [HERE](#) to view current Local Job Listings.

Virtual job trainings are available via **USAJobs** to the public.

Link to Virtual job trainings:

<https://www.usajobs.gov/Notification/Events/> *

Interviewing 14 May 11:00 a.m. & 26 May 1:00 p.m. (ET)

Writing Your Federal Resume 27 May, 1:30 p.m. & 10 June 3:00 p.m. (ET)

Navigating USAjobs - Finding & Applying 5 May 11:00 a.m. & 2 June 3:00 p.m. (ET)



Contact:

Employment Readiness Manager

Email Earl McFarland

earl.j.mcfarland.civ@mail.mil



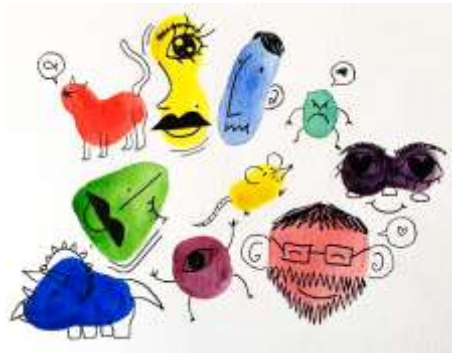


Family & Educational Support

Wiesbaden Arts & Crafts Center

Join Claudia for Good Vibes
with Art!

Resiliency Through Art



Creative Expressions

<https://www.facebook.com/WiesbadenArtsAndCrafts/> *



Educational Resources

Science Exploration

Language Learning

e-Books, Videos

Encyclopedias

Financial Literacy Tools

Online Publications

History Resources

And lots more



<https://www.facebook.com/WiesbadenArmyMWR/> *





Physical Wellness

MWR FIT & RESILIENT

Online Fitness

Emily Coleman
YOGA and YOGA
w/WEIGHTS

Amy Wahl
Full Body Workout

Alina and Ketsia
ZUMBA on ZOOM

Bob Karnes
Martial Arts and Self
Defense



<https://www.facebook.com/WiesbadenArmyMWR/> *

<https://wiesbaden.armymwr.com/promos/inside-mwr> *

MOBILITY & ROM (Range of Motion)

Wednesday sessions with Emily at 1200

Location: Wiesbaden Family and MWR Facebook

BIGGEST LOSER GOES BOOTCAMP STYLE

T-TH sessions with Jodi at 1730

Location: Live on Wiesbaden Sports and Everything Fitness group page, shared post-event on MWR Facebook

MEDITATION WITH MARIA VIDEO

Click [HERE](#) * to watch video.

You can find our videos on YouTube

*(Hit the Subscribe button to get notified)





Wiesbaden Family and MWR Adjusted Service Offerings

VAT/UTAP Office

Open on Fridays by appointment only for emergency situations including medical and pharmacy services and emergency repairs (home, car or medical equipment).

Friday hours: 8:30 a.m. to 4:30 p.m.

To schedule an appointment call (0611) 143-548-9107/DSN 548-9107, email usarmy.wiesbaden.utap@mail.mil or visit the VAT/UTAP page on wiesbaden.armymwr.com.

Dagger Cantina

Open for take-out only from 7:30 a.m. to 1:30 p.m. Monday to Friday. The staff can only serve one customer at a time to maintain social distancing.

MWR Food & Beverage

The following Food and Beverage facilities offer delivery only!

Bamboo Asian Restaurant - from noon to 9 p.m. Tuesday to Sunday (closed Monday). Call DSN 548-9425 or civ (0611) 143-548-9425.

[Click here to view the menu.](#)

Wiesbaden Entertainment Center

from 11 a.m. to 8 p.m. daily. Call DSN 548-9406 or civ (0611) 143-548-9406.

[Click here to view the menu.](#)

Little Italy Catering Center - from 11 a.m. to 2 p.m. and 5-10 p.m. Monday to Friday; noon to 2 p.m. and 5-10 p.m. Sunday (closed Saturday). Call DSN 548-9413 or 548-9418 civ (0611) 143-548-9413/9418

[Click here for the menu.](#)





Wiesbaden Family and MWR Adjusted Service Offerings

AUTO SKILLS CENTER

**Auto Skills Center Reopens:
Emergency Repairs Only.**

Hours:

Monday - Friday from 1000 - 1700
by appointments only.



Click [HERE](#) for full details.

Outdoor Recreation Center

**Outdoor Recreation Center Reopens:
Equipment Rentals & Bicycle
Maintenance Services Only.**

Follow ODR Facebook click [HERE!](#)

Hours:

Monday - Friday from 1000 – 1600
by appointments only.



Click [HERE](#) for full details.





Inside with MWR

INSIDE WITH MWR

<https://wiesbaden.armymwr.com/promos/inside-mwr>

Wiesbaden Family and MWR's virtual program and information page during COVID-19. Join us in exploring a wealth of opportunities available, courtesy of your local Wiesbaden MWR programs and online resources.

Resources Include:

- Garrison COVID-19 Updates
- MWR Food Delivery Options & Menus
- Educational Activities for Children
- Virtual Library
- Sports & Fitness Virtual Workouts
- Virtual Art Courses
- Streaming Broadway Shows & Play Readings from AEP
- Things to do at Home
- Online Academic Resources
- Virtual Job Training
- Mental Health Resources
- MWR Program & Informational Videos
- Resources for Coping During COVID-19





MWR Weekly Newsletter

Wiesbaden MWR Marketing Newsletter

<https://wiesbaden.armymwr.com/promos/mwr-weekly-newsletter>

Each week, the Family and MWR Marketing department brings you the **Wiesbaden MWR Newsletter** informing you about our latest program information and highlights. The MWR Weekly Newsletter is your source for updated MWR features and programs on a weekly basis.

Click [HERE](#) to
Subscribe







Online Fitness Apps

500+ ways to enjoy
a fitness benefit
in the privacy
of your home

FREE ACCESS
until April 30*

STEP 1
Download the Wellbeats App or visit the website portal:
portal.wellbeats.com





STEP 2
Select 'Register Via Code' and enter invitation code

INVITATION CODE

57a4df63

STEP 3
Play a fitness class!



Wellbeats™

FITNESS IS FOUNDATIONAL

Exercise benefits the mind as much as the body. Nutrition fuels both. Wellbeats is an equitable, affordable, and easy-to-use on-demand fitness benefit that empowers habit forming physical and mental health.

FITNESS FOR THE WHOLE FAMILY

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

LEARN MORE AND SCHEDULE A PRODUCT DEMO

cdsales@wellbeats.com wellbeats.com/corporate



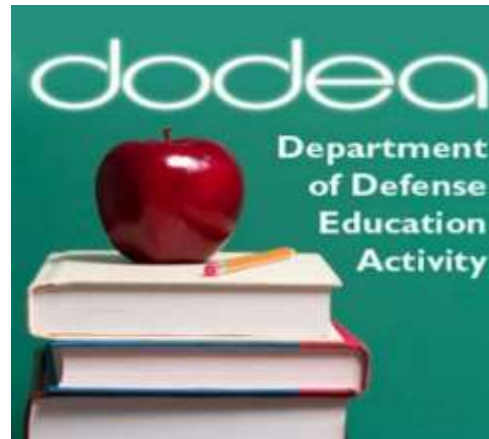


Educational – DoDEA Schools

**DoDEA Teachers are available Monday - Friday,
0800-1500 to their students virtually.**

Individual Teacher Plans Can Be Found Here:

<https://sites.google.com/student.dodea.edu/europe-east-portal/home> *



Aukamm Elementary School - <https://www.dodea.edu/AukammES> *

Hainerberg Elementary School - <https://www.dodea.edu/HainerbergES> *

Wiesbaden Middle School - <https://www.dodea.edu/WiesbadenMS> *

Wiesbaden High School - <https://www.dodea.edu/WiesbadenHS> *





Wiesbaden School Breakfast & Lunch Program

Breakfast and Lunch Program during School Closure

Pick-up a grab and go breakfast and lunch for all Wiesbaden DODEA students
Available at Aukamm Elementary and Wiesbaden High School

Aukamm Elementary School orders with email to Meals.AUKA@dodea.edu

Wiesbaden High School orders with email to Meals.WIHS@dodea.edu.

All orders must be placed by 1500 the afternoon prior to pick-up

The request MUST include the student's name, school they attend, and current grade level. Student pin number must be used at pick-up.

Pick up breakfast and lunch between 0830 and 1100 AM each day.

All with an AAFES lunch account are eligible including Free, Reduced and Full Priced Meals



Contact:

School Meal Program Manager

Email: johnsonanne@aafes.com

Tel. 0611-72386242





Wiesbaden Commissary



Hours of Operation:

Sunday – Saturday 0900-1000 for high risk customers

Monday – Friday 1000 – 2000 for all customers

Saturday & Sunday 1000 – 1900 for all customers

Reusable Bags are authorized again. The ban has been lifted and once more our customers are encouraged to support the environmental efforts by bringing their own grocery bags.





Wiesbaden Education Center

The Education Center has shifted classes to online. Specific school and contact info is listed below please contact for more details.

Central Texas College -

Email wiesbaden@europe.ctcd.edu

DSN 548-1307 or (0611)143-549-1307.

Embry-Riddle Aeronautical University

Email wiesbaden@erau.edu

University of Maryland Global Campus

email: wiesbaden-europe@umuc.edu; or by phone (0611)143-548-1315

University of Oklahoma -

Wiesbaden OU representatives
email: APWiesbaden@ou.edu.

Contact:

DSN 548-1302

Civ. (0611) 143-548-1302





Red Cross - Resiliency Workshops



The American Red Cross presents private, interactive workshops for military-affiliated individuals and their families.

Workshops focus on stress management, relaxation, communication, and coping skills. Available workshops include:

- COVID-19 Virtual Resiliency Module
- Mind-Body Skills
- Reconnection and
- Coping with Deployments

All workshops are free and taught by licensed mental health professionals. To register, email wiesbaden@redcross.org or call CIV 0611-143-548-1760.





Mission Essential Blood Drive

Be the Life Line for the Frontline



May 12, 9 a.m. - 5 p.m.
Clay Fitness Center

By appointment **ONLY** to maintain social distancing.

Make your appointment to save lives.

www.militarydonor.com

Sponsor Code: Europe

or scan the QR code 



ASBP Europe
 DSN 590-5885 or +49 (0)6371-9464-5885
facebook.com/ASBPEurope





Wiesbaden/Dagger Complex Postal Service

Wiesbaden Postal Hours:

- Lobby Access: M-F 09:30 - 16:00
- Finance/Mailing Out: M-F 11:00 - 14:00
- In/Out Processing: M-F 11:00 - 16:00
- Parcel Pickup: M-F 11:00 - 16:00
- Official Mail: M-W-F 10:00 - 12:00



Dagger Complex Postal Hours:

- Finance/Mailing Out: M-W-F 10:00 - 14:00
- Parcel Pickup: M-W-F 10:00 - 14:00

Courtesy & Patience

- Please remember that those assigned to assist at the entry points are doing their jobs to help mitigate and keep the traffic flow at social distancing standards. Please give them the courtesy as well. They are here to help.
- Limit mail to what is truly necessary at this time as the lines could be slower due to all the processes in place. Ensure you factor this into your plans.

Face Covering/Mask Usage

- All customers utilizing the Postal Office must wear proper face covering/mask while conducting any business inside.

Hand Washing

- Before entering the Post Office you must wash your hands.

Entrance/Exit

- **Entrance** through Finance/Mailing Out door. *Only those with carts for mail transportation, baby-strollers and wheelchairs (any other type of medically aided devices/equipment) can utilize Entrance door for exiting purposes.
- **Exit** through the doors by Parcel Pickup facing the Fitness Center if you do not fall under that mentioned in the (*) under Entrance.





TASK FORCE COMMUNITY WELLNESS

END OF BRIEF

