



U.S. ARMY



Photo by Sgt. David Kujawa



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

UNCLASSIFIED

A Community Initiative

Version 17. FEBRUARY 1, 2021



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 concerning COVID19.



<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/>



Wiesbaden Public Affairs Office



Public Affairs USAG WIESBADEN

Email: usarmy.wiesbaden.id-europe.mbx.public-affairs-office@mail.mil

Location: Clay Kaserne, Bldg. 1205

Hours of Operation:
Mon. to Fri. 8 a.m. to 4:30 p.m.

Public Affairs Officer/Media Relations:
DSN 548-2001; Civ. (0611) 143-548-2001

Herald Union:
DSN 548-2004; Civ. (0611) 143-548-2004

Community Relations:
DSN 548-2000; Civ. (0611) 143-548-2000

Webmaster: DSN 548-2005; Civ. (0611) 143-548-2005



OFFICIAL NEWS SOURCES



WWW

<https://home.army.mil/wiesbaden>



twitter
@usagwiesbadenpa



facebook.com/usagwiesbaden



103.7 FM
INTERNET
RADIO

HERALD
UNION



MONTHLY

Let's Talk
ABOUT IT
Wiesbaden



HERALD UNION
EMAIL
NEWSLETTER

TWICE A WEEK



DIGITAL GARRISON



APP

**NOTE: PLEASE REFERENCE THE GARRISON
WEBSITE FOR FUNCTIONAL HOT LINKS.**

CLICK [HERE](#)





Wiesbaden Public Affairs Office

Public Affairs Office & News Resources

Email: usarmy.wiesbaden.id-europe.mbx.public-affairs-office@mail.mil

Location: Clay Kaserne, Bldg. 1205

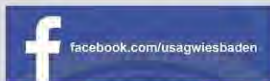
Hours of Operation:
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Public Affairs Officer/Media Relations:
DSN 548-2001; Civ. (0611) 143-548-2001

Herald Union:
DSN 548-2004; Civ. (0611) 143-548-2004

Community Relations:
DSN 548-2000; Civ. (0611) 143-548-2000

Webmaster: DSN 548-2005; Civ. (0611)
143-548-2005



LINKS & FLYERS

SHARING/LISTENING EVENT

- [EEOC: What you should know about COVID-19](#)

PROFESSIONAL GROWTH OFFERINGS

STAYING CONNECTED

- [MWR GO newsletter](#)
- Garrison website featured resource:

BARRACKS IMPROVEMENTS

NOTE: PLEASE REFERENCE THE GARRISON WEBSITE FOR FUNCTIONAL HOT LINKS.

CLICK [HERE](#)





February is Teen Dating Violence Awareness Month

February is
TEEN DATING VIOLENCE
 AWARENESS MONTH

www.loveisrespect.org




Army Community Service
 Hainerberg, Bldg. 7790 | 0611-143-548-9201/9202 | (DSN) 548-9201/9202
wiesbaden.armymwr.com & facebook.com/wiesbadenarmymwr



Wiesbaden Army Community Service - The Family Advocacy Program will be driving through the Wiesbaden housing areas on **Feb. 9, 2021 at 3:30 p.m.** to toss TDVAM backpacks full of helpful information and goodies to all teens standing outside of their homes during the event. High School students not living on base will be able to pick up the information & backpacks from 3:30-4:30 p.m. across the street from the Wiesbaden High School. We look forward to seeing you there! Click [HERE](#) for full details.





February Highlights: Super Bowl & Virtual Wine Tasting

Feb. 7, 2021

WEC Super Bowl Food

The Wiesbaden Entertainment Center is standing by to help spice up your Super Bowl evening with wings & pizza. All Super Bowl food orders will be entered into a Super Bowl Prize Drawing.

Prizes include:

Super Bowl footballs
Super Bowl mini helmets
\$25 & \$50 MWR gift cards

Click [HERE](#) for full details.

Feb. 13, 2021 7-9 p.m.

Virtual French Wine Tasting Tour

Join us as we experience the various wines of France (featuring Bijon's Wine and Barrel Studio) over Valentine's Day Weekend.

Click [HERE](#) for details.

Let the Wiesbaden Entertainment Center help you get ready for the game!

The WEC will be cooking off pizza and wings for you to come pick up just before the game. Everyone who comes through and orders will be entered into our Special Super Bowl Drawing!

Prizes include:
5 Super Bowl Footballs - 5 Super Bowl Mini Helmets
1 \$50 MWR Gift Card - 4 \$25 MWR Gift Cards

Wiesbaden Entertainment Center
Hainrosburg, Bldg. 7891 | 0611 143-548-9406 | 548-9406
wiesbaden.armymwr.com & facebook.com/wiesbadenarmymwr

No DOD, U.S. Army and/or Federal Discrimination Implies.

VIRTUAL FRENCH WINE TASTING TOUR
with Wiesbaden Outdoor Recreation

Feb. 13 | 7 p.m. | \$110

- 4 BOTTLES OF WINE (3 RED, 1 WHITE)
- PROFESSIONAL TASTING INSTRUCTION
- TASTING OF 2 SAUSAGES & 2 CHEESES
- WOODEN WINE CRATE

Must be 18+ years of age to participate.

Wiesbaden Outdoor Recreation Center
Clay Kaserne North, Bldg. 3400 | 0611-143-548-9601 | 548-9801
wiesbaden.armymwr.com & facebook.com/wiesbadenarmymwr

Featuring Bijon's Wine & Barrel Studio





February Highlights: Valentine's Day Specials

Feb. 1-12, 2021

Valentine's Day Balloons

Put a smile on your loved ones face with a beautiful balloon bouquet. The Wiesbaden Arts and Crafts Center will take orders for Valentine's Day balloon bouquets Feb. 1-12, 2021.

Walk-ins on Feb. 13 will still be possible, depending on available supplies.

Click [HERE](#) for full details.



Feb. 14, 2021 11 a.m. – 9 p.m.

WEC Valentine's Food Specials

Burger Buddies - Order any two of the same specialty burger from the menu and the WEC will combo it up for **FREE**.

Wedding Wings - Combine an eight - and 16-Wing order and the WEC will throw in three **FREE** Drinks (nonalcoholic).

You Got A Pizz'a' My Heart - Order any pizza and get two **FREE** Drinks (nonalcoholic).

Click [HERE](#) for full details.

The Wiesbaden Entertainment Center wants your Valentine's Day to be special, so we are offering the following on Feb. 14:

Burger Buddies
Order any two of the same specialty burger from our menu and we will combo it up for free!

Wedding Wings
Combine any 8 and 16-wing order and we will throw in 3 free drinks!

You've Got 'A Pizza My Heart'
Order any specialty pizza and get two drinks for free!

Wiesbaden Entertainment Center
10000 Military Ave. 7811-1-0111-43-569-0400 | 781111-0111-43-569-0400 | 781111-0111-43-569-0400

Offers Valid for Grab & Go Only





February Highlights: Virtual Fitness

Wiesbaden Sports and Fitness Center

Click [HERE](#) to visit us online on Facebook

[Virtual programming designed for our Family Members/Contractors/LNs/Retirees who currently cannot visit the Fitness Center](#)

Stay Fit! • Daily Virtual Fitness Programs

Join our facebook page to participate: Wiesbaden Sports & Everything Fitness-must request to be a member



Follow us CLICK [HERE](#)

Highlights include

Feb 8-Mar.24, 2021 [Biggest Loser](#)

Saturdays - [Golden Sage Martial Arts on Facebook Wiesbaden Sports and Everything Fitness](#)

* Facebook Plank Challenge for February

Start w/30 second plank hold and add 5 seconds each day to reach 2 min & 45 second Plank hold by Feb 28th

Biggest Loser is Back!

Feb 8- Mar 24 Join Jodi for 8 weeks of progressive virtual programming to get you back on track and make changes that will change your life. Mon & Wed 1730-1830 only \$40 per person. Sign up on the phone, online WebTrac or come in person. DSN 548-5830 or 0611-143-548-9830. You can participate in the comfort of your home.





Wiesbaden Postal Service Center - Move

WE ARE RELOCATING! In support of our relocation efforts we ask all community members to please pick up all remaining Mail/Parcels by **COB February 11, 2021**. This will help our Staff coordinate a successful move. Thank you for your cooperation.

11 February 2021 **OPEN FOR PARCEL PICK UP ONLY 1130-1730 (BLDG 1052)**

12-14 February 2021 **CLOSED**

15 February **CLOSED(Presidents day)**

16 February **OPEN at new location BLDG 1030**



24 HOUR RECEPTACLE ACCESS

Wiesbaden Postal Service Center (PSC)

- Mailing Out/Finance 0900-1100 (Appointment ONLY)
- In/Out Processing 1130-1300
- Parcel Pick-up

Monday - Friday

- 1100-1700
- 1400-1700
- 1130-1730

Official Mail Distribution Center(OMDC)

- Pick-up and Drop-off Official Mail

Monday – Wednesday - Friday

- 0900-1130
- 1300-1500

*** Closed on all US Federal Holidays**

*** All appointments need to be scheduled via 0611/143-548-1701**

usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil

<https://home.army.mil/wiesbaden/index.php/about/Garrison/directorate-human-resources/postalservices>





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/> *

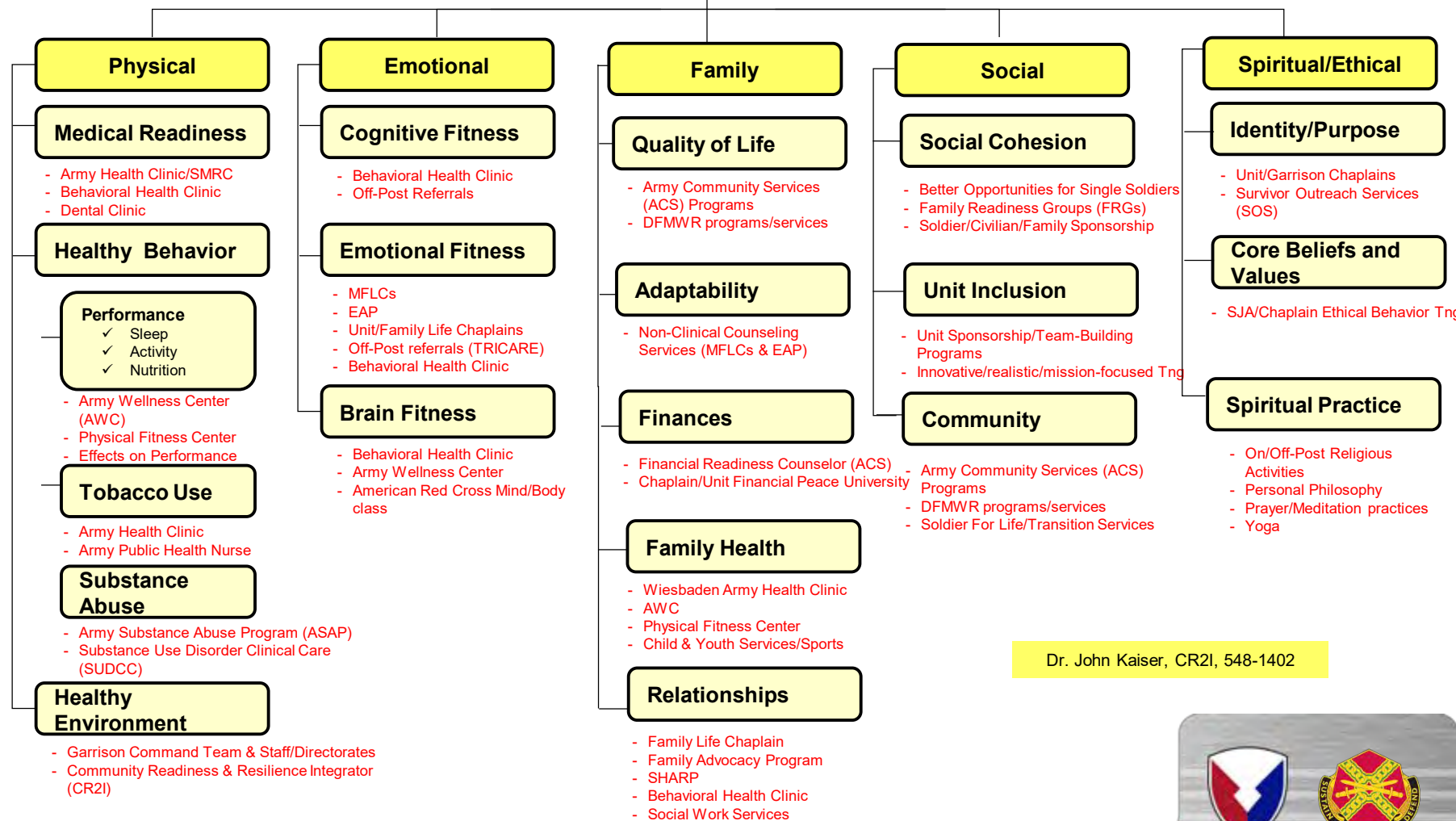




R2 Strategic Objectives/Matching Resources

ROUTINE ASSESSMENT

SO1: Sustained Personal Readiness to Meet Operational Requirements



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, etc.

Tell us which formats work best for you!





Spiritual Wellness for Wiesbaden

Community Worship Services Click [HERE](#) to view online.

Where Might You Fit?

Living in Wiesbaden can be as challenging as it is rewarding. Our units have far-reaching impacts for Europe and beyond; our community is senior-heavy, highly intelligent, and hard-working; and we live on small posts, so we see each other often. All of these can bring great blessings and burdens, depending on our desire to be more transparent for deeper relationships. We believe this is a must for spiritual strength.

Our Religious Support Office structures and supports each of our ministries to equip and encourage your "head, heart, and hands" for two goals:

- 1) your deeper trust in God that enables
- 2) your deeper connection for each other.

Consider investing in one of our services or programs that fits your beliefs and practices. Begin to receive and eventually give holistic care to equip and encourage your neighbor's "head" (knowledge, understanding, beliefs), "heart" (values, empathy, compassion), and "hands" (sacrificial service for protection and provision).

If others have often said you helped them grow spiritually by your skill and care in one of those three themes, contact one of our Chaplains. We may have several ways that you could partner with us in a chapel service or program.

Chaplain Jeff Dillard

CH (LTC) Jeff Dillard, Garrison Chaplain
jeffrey.dillard.mail@mail.mil
Office phone: 0611-143-548-5176

Additional Services

An Islamic Prayer Room is available in Clay chapel during the duty day.

Health or Force Protection may require virtual support or restrictions for larger gatherings of Religious Education and other ministries.
Email POCs for updates.

Cadence Hospitality House
christian.stephenson@cadence.org

Catholic Women of the Chapel
wiesbadencwoc@gmail.com

Catholic Youth of the Chapel
wiesbadencatholicyouth@gmail.com

Club Beyond Youth Ministries
lwells@clubbeyond.org

Mom's Café
themomcafewiesbaden@gmail.com

Protestant Women of the Chapel
infowiesbadenpwoc@gmail.com

Thrive! & Wednesday Night Alive!
clinton.w.lowin.civ@mail.mil

Please note, the RSO will not have any volunteer-led children's ministries until the concerns of COVID-19 allow our garrison's Child Development Center and Child & Youth Services to return to full service. We nest our decisions in the professional assessment of their subject matter expertise for the safety of your children.



Clay Chapel
65205 Wiesbaden
Bldg 1019
DSN 548-5177
CIV 0611-143-548-5177

Hainerberg Chapel
65189 Wiesbaden Texas Str.
Bldg 7779
DSN 548-5175
CIV 0611-143-548-5175





Spiritual Wellness for Wiesbaden

Community Worship Services Click [HERE](#) to view online.

The Catholic Service

Hainerberg Chapel
(Sundays at 0900)

Our Catholic Community here in Wiesbaden is united to the Holy Catholic Church worldwide. We fall under the jurisdiction of the Archdiocese for the Military Services (AMS).

Our mission... is the mission of the whole Church: to help bring people into a meaningful and profound relationship with God through the Sacraments, Religious Education, various Devotions, and Fellowship.

We strive to make our Liturgies both lively and relevant to this Military Community.

POC: CH (CPT) Steve McDermott
Priest.Wiesbaden@gmail.com
FB: Wiesbaden Catholic Community
YouTube: Wiesbaden Priest

The Community

Various Wiesbaden Homes

The Community is an Interbelief gathering for all non-religious, no preference, and self-identified religious. Our meaningful meetups are conversational and intellectually based for those who do not believe in (g)God(s) and those who do.

Everyone has a voice within genuine connection... We meet weekly in comfortable places like homes and/or restaurants.

Call or write for more information on connecting with the Community!

POC: CH (CPT) Wade Shepard
+49-151-15459913 or
carey.w.shepard.mil@mail.mil

The Gospel Service

Clay Chapel
(Sundays at 0900)

We are an active and lively congregation informed by the charismatic style of worship found throughout the United States.

While our service is not defined by a denominational expression of Christianity, the style of worship may be reminiscent of those in the Church of God in Christ, Assemblies of God, Pentecostal denominations, and other denominations which value a high level of congregational participation, vibrant music, and extemporaneous expression.

POC: CH (LTC) Darren Chester
darren.j.chester.mil@mail.mil

Tapestry Christian Fellowship

Clay Chapel

(on hold until further notice)

We are members of the US military community who long for meaningful community, a strong and growing connection with God, and a place for our faith to grow!

We are an Open and Affirming General Protestant Service with a blended mix of Contemporary and Liturgical worship styles who celebrate communion weekly on Sundays, in person and on-line, 1300 1400 (Except DONSA Sundays) at Clay Chapel, and on YouTube at: TCF Clay Chapel Wiesbaden or USAG Wiesbaden and the FB webpage, 'Religious Support Office for USAG Wiesbaden.'

POC: CH (MAJ) Terri King
terri.j.king.mil@mail.mil

ChapelNext

Hainerberg Chapel
(Sundays at 1100)

We are a Protestant congregation of mixed ranks and ethnicities highlighting modern Christian music through our praise band, preaching the Bible as God's Word about Christ, and living the Gospel in our community.

Our Chaplains and lay leaders actively seek ways to disciple fellow parishioners to extend the teaching, passion, and living of the Gospel beyond the walls of the chapel. Therefore, we actively support Bible study groups, women's auxiliaries, fellowship meals, practical service to the hurting, and more for the glory of Jesus.

POC: CH (MAJ) Daniel Claypoole
daniel.l.claypoole.mil@mail.mil

The Traditional Service

Clay Chapel
(Sundays at 1100)

We are a community founded on the 5 principles of the Protestant Reformation:

Sola Scriptura: Scripture alone directs our faith & obedience.

Solus Christus: Salvation comes only in Christ.

Sola Gratia: Salvation is by God's grace alone.

Sola Fide: Salvation comes by faith alone.

Soli Deo Gloria: Everything is to be done for His glory alone.

Scriptural preaching and weekly Communion are our central acts of worship. Congregational prayer, singing, creedal confession, giving and fellowship complete our service.

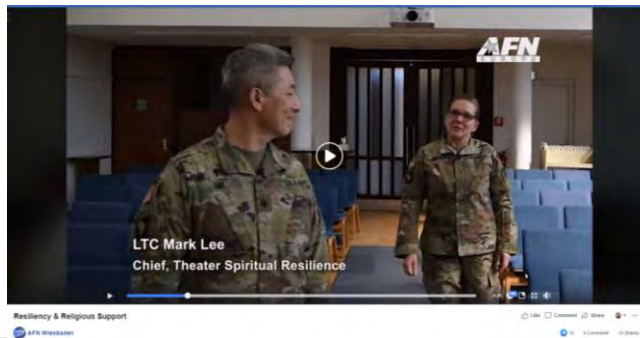
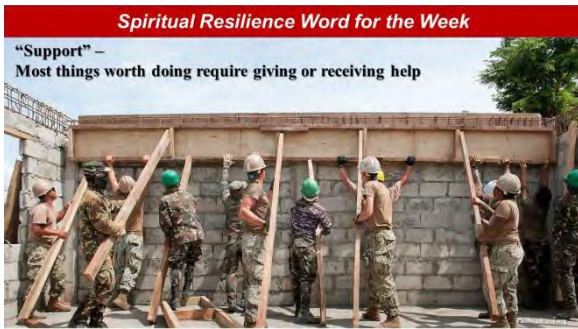
POC: CH (MAJ) Richard Hill
richard.a.hill230.mil@mail.mil





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!



Meet Our Six Chaplains Providing Soul Food



U.S. ARMY



CH (CPT) Stephen McDermott
Catholic Priest, Wiesbaden

Religious Services at USAG Wiesbaden

Garrison Wiesbaden

Like Comment Share

27 4 Comments 5 Shares

View the video at

<https://www.facebook.com/usagwiesbaden/videos/254799308989204/UzpfSTEWMDc5MTA2NDg5MDQ1MDoxMzA3MDU2MTE4OTg5OTU/> *



FEBRUARY 1, 2021

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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/ *
Virtual VBS Registration	https://vbspro.events/p/events/wiesbaden2020
Wednesday Night Alive (Group)	https://www.facebook.com/groups/wednightalive/ *
Personal	
Catholic Priest	https://www.youtube.com/channel/UCL8-6NwKsEb47uh6xzmTAXQ *
Christian Resilience (Conservative Trinitarian)	https://www.youtube.com/channel/UChrPFyIv6xwfPkkMhN9E8Jg *
Spiritual Resilience (non-religious)	https://www.youtube.com/channel/UCpNUTYxir3SOB18Hxx1RbNA *





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





Wiesbaden Health Clinic- Primary Care

Hours of Operation: 0800 – 1600 Monday thru Friday

*****Patients are required to wash hands and wear masks. Additionally, please refrain from bringing children or other family members to appointments when possible.**

Face to Face Appointments:

Face-to-face appointments available through Central Appointment line: 06371-9464-5762 CIV / 590-5762 DSN.

Virtual Appointments:

- TRICARE Online Secure Messaging to your PCM Team at <https://www.tricareonline.com>
- Call Central Appointments to make a virtual appointment 06371-9464-5762 CIV / 590-5762 DSN
- Examples of virtual services: medication refills, paperwork requests, follow up on previous appointments, or general questions for your provider.
- Please DO NOT show up unexpectedly. If you are unsure what to do, start by either sending us a secure message or call central appointments.

COVID-19 Primary Care response:

- Any patients with respiratory and/or COVID related symptoms are currently being seen at bldg. 1201 from 0900 to 1100 daily. Appointments for patients with these symptoms can be scheduled directly with Public Health by calling 590-1311 or 06371-9464-1311.
- The community's health is our top priority, we are here for our patients during these difficult times, please reach out to us online or telephonically.





Soldier Medical Readiness Clinic (PHA)

Hours of Operation: 0800-1500, Monday - Friday

Walk-in or call to make appointment:

Call DSN 590-1308/ CIV 06371-9464-1308

- The SMRC is still available to assist and coordinate **VIRTUAL** (telephonic, not face-to-face) **PHA** appointments
- The SMRC is also assisting with AD Physicals (flight, schools, separation)
- The service is **LIMITED** to any Soldier who is presently **RED** or **AMBER** on their PHAs
- Vision, Immunization, LAB, EKG, and X-ray are also available
- The Hearing booth is available by **appointment only, 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)





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>

Refills will be ready for pick-up after 1400 next business day

COVID-19 Pharmacy Process:

- Limited number of 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
- Called in refills ready for pick up after 1400 next business day
- Early prescription refills will be at the discretion of the pharmacy staff
- Quarantined or Isolated patients must have another individual authorized to pick up prescriptions. Valid identification must be provided to the individual picking up (i.e. smartphone ID picture front and back)





UNCLASSIFIED Wiesbaden Health Clinic- Behavioral Health

Hours of Operation: 0630-1700, Monday thru Friday

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

Services:

- Provides evaluation, psychotherapy, case management, medication management, and marital counseling to active duty service members
- Provides services to the children of active duty service members
- Adult dependents may be seen for psychotherapy on a space available basis
- Due to COVID restrictions, most face-to-face care has been transitioned to telephonic and virtual health
- The Behavioral Health Clinic remains open for walk-in crisis care during clinic hours
- Behavioral Health staff remain available for phone consultation to commanders and medical providers

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](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.





Wiesbaden Veterinary Treatment Facility (VTF)

VTF Hours:

Monday, Tuesday, Wednesday, Friday 0800-1200, 1300-1600
Thursday 0800-1200



**VTF Location: Clay
Kaserne, Building 1038**

**Phone number:
CIV. 06371-9464-1544
DSN. 314-590-1544**

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

The Veterinary Clinic is open for routine wellness appointments, non-emergency appointments, health certificates, and prescription pick-up. Please call 24 hours in advance for prescription requests.

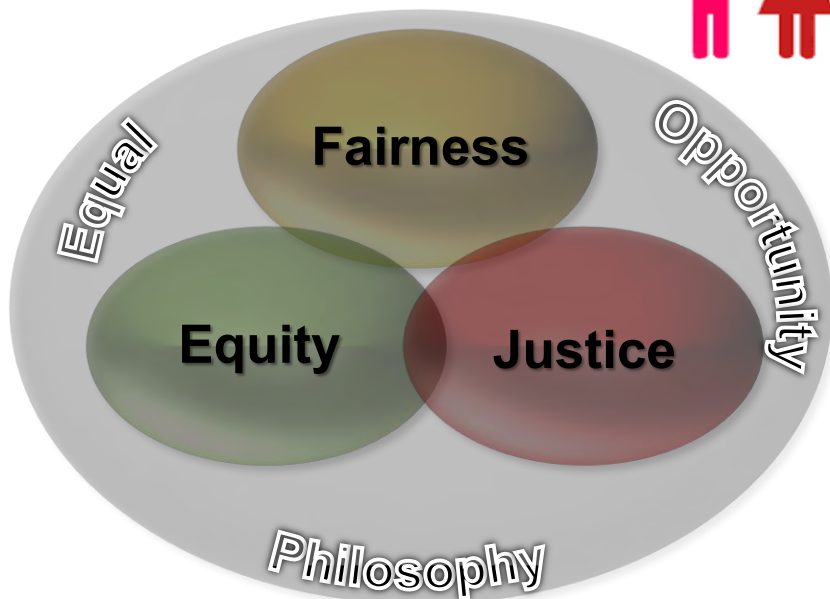
*****Services are through appointment only.*****

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.

The VTF is closed for federal holidays and from 1200-1600 the last working day of each month for inventory.



USAG Military Equal Opportunity



Equal Opportunity and fair treatment for Soldiers and Family members without regard to race, color, sex (including gender identity), religion, national origin, sexual orientation, harassment which includes hazing, bullying, and other discriminatory harassment. This will provide an environment free of unlawful discrimination and offensive behavior.

**New Anonymous Equal Opportunity
24-Hour Hotline:
+49-162-2787598**



Wiesbaden Garrison EOA (USAG-W)

SFC Shannon S. Wyatt

DSN: 548-0104

Email:

shannon.s.wyatt.mil@mail.mil

Located: BLDG 1025, Rm 105



This policy applies 24/7, both on and off post; during duty and non-duty hours; applies to working, living, and recreational environments, and both on- and off-post housing along with online conduct (Social Media).





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.



Trish Shepard
USAG Wiesbaden
DSN 548-9223
Clay Kaseme,
Building 1201,
Room 125



Vacant
66th MI BDE
DSN 546-4508
Clay Kaseme,
Building 1029N



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



Sarah Gordon
HHBN, USAREUR
DSN 537-0744
Clay Kaseme,
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



FEBRUARY 1, 2021

Slide 29 of 72



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
Author is licensed
under [CC BY-SA](#)





Army Community Service - Virtual Connection



• Daily Virtual ACS Meeting •

Are you arriving to Wiesbaden and cannot walk into our building to ask questions and explore our programs?

Please visit us virtually between 10:30 and 11:30 am, Mo. to Fr. to hear a few useful facts and ask as many questions as you have 

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

Monday: What to know about money in Germany

Tuesday: Relocation, Host Nation and Spouse Sponsorship

Wednesday: Supporting new parents, exceptional families and healthy relationships

Thursday: Volunteering and working in USAG Wiesbaden

Friday: It's all about being informed





ACS Financial Readiness

Financial Readiness

- **Financial Counseling** (one-on-one or couples) call ACS Office, 0611-143-548-9201 to schedule appointments
- **Financial Education and Training**, virtually or in person: Community-wide virtual classes every Monday at 1030 on MS Teams, in person on 1st and 3rd Tuesday each month, by appointment for unit or organizations
- Financial **Touchpoint Training** available on 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>



Category	Amount	Balance
Groceries	100.00	100.00
Gas	50.00	50.00
Entertainment	20.00	20.00
Utilities	150.00	150.00
Transportation	30.00	30.00
Healthcare	100.00	100.00
Insurance	50.00	50.00
Education	20.00	20.00
Other	10.00	10.00
Total	500.00	500.00



Teaching Children About Money

- **Sen\$e App**: bite-sized chunks of information that allow to quickly access financial resources relevant to Service members and their families. Available wherever you download apps
- **MilSpouse Money Mission™**, the DoD's primary resource to provide military spouses with the trusted information they need to lead their families to stronger financial futures : www.MilSpouseMoneyMission.org





ACS Financial Readiness

Join us for a conversation about the role money has in our relationships and how to have the “money talk”

Wed, 10 February, 1130-1300
Call 0611-143-548-9201 to sign up

Love
& Money



Email federica.s.lemkau.civ@mail.mil to receive the access code to join the meeting





ACS Financial Readiness



Classes are open to all ID card holders and are held virtually on MS Teams.
 Please email federica.s.lemauk.civ@mail.mil to receive the link to the virtual classes.



Date	Time	Financial Touchpoint Training Series
02/02/2021	0900-1030	Credit, Debt Management and Major Purchases (mandatory for Soldier at their first duty station and any Soldier facing financial difficulties)
02/02/2021	1030-1200	Budgeting for Baby: Financial Planning for new Parents (mandatory for Soldiers/Spouses expecting the first baby)
02/16/2021	0900-1030	Making the most of my TSP (mandatory for Soldiers Vesting in TSP after 2 years of service)
02/16/2021	1030-1200	Financial Planning, Investment Options and Tax Considerations (mandatory for Soldiers Entitled to Continuation Pay)
03/02/2021	0900-1030	Steps to Financial Planning, Saving and Investing (Mandatory for Soldiers up to E-5 and O-4 being promoted)
03/02/2021	1030-1200	Love and Money: Financial Education for Couples (mandatory for Soldiers getting married or in a new relationship)

OLD AGE, SURVIVORS, AND DISABILITY INSURANCE (OASDI)

SOCIAL SECURITY Payroll Tax Withholding Deferral

GOOD NEWS: The repayment of deferred payroll taxes of military members and federal civilians will be spread over 12 months instead of the 4 months previously announced.
www.dfas.mil/taxes/Social-Security-Deferral

Amount	Type	Amount	Type
108.30	FEDERAL TAXES	120.72	RIC
172.71	FICA-SOC SECURITY	204.99	AN
52.00	FICA-MEDICARE	47.94	BAN
	SSR	51.00	US I
	AFRH	50	US I
	SGLI FAM/SPOUSE	4.50	US I
	TRADITIONAL TSP	33.06	
	ROTH TSP	33.06	
	TUITION DEBT	53.08	
	MID-MONTH-PAY	1852.05	

2021

Elective Deferral - \$19,500

Catch-Up - \$6,500

Annual Addition - \$58,000

KNOW YOUR LIMITS

Thrift Savings Plan

IRS 2021 Contribution Limits

IRA - \$6,000

Catch-up - \$1,000





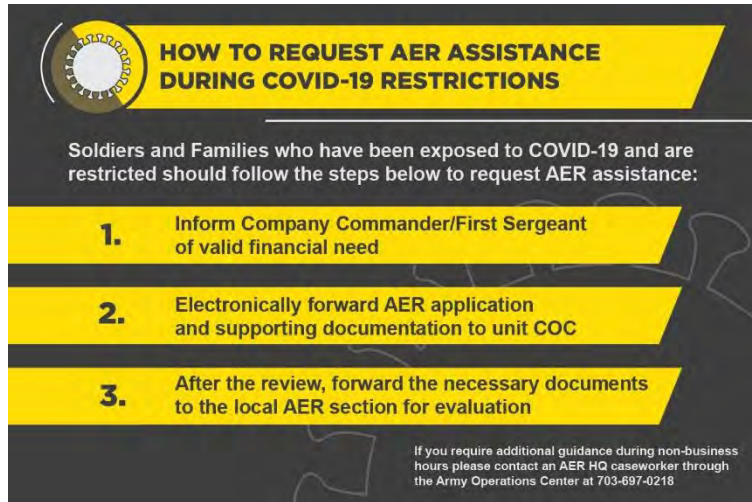
ACS Financial Readiness

ARMY
EMERGENCY
RELIEF

EST. 1942

Army Emergency Relief

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

The Wiesbaden AER Officer is available in person or telephonically at 0611-143-548-9201 or DSN 548-9201

AER HOME SCHOOLING ASSISTANCE PROGRAM:

Who: Eligible Soldiers with dependents in grades K thru 12th

What: Home schooling costs for specific school supplies required by the program

How: As a loan, grant or combination

Why: To minimize any additional financial hardship on Soldiers and Families who decide to homeschool their children during the pandemic



ACS Exceptional Family Member Program (EFMP)



EFMP Family Support

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

laura.b.johnson27.civ@mail.mil

DSN (314) 548-9220

Civ. 0611 143 548 9220



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

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



Please visit the EFMP Facebook Page for announcements and upcoming events

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





ACS Exceptional Family Member Program

UNCLASSIFIED

We've gone virtual!



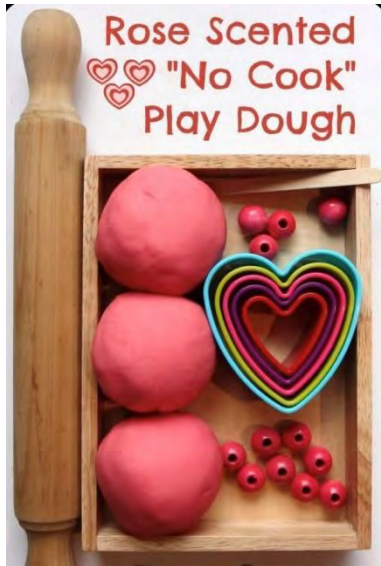
Join us for our Virtual 5 Love Languages Workshop

To register call 0611-143-548-9201 or e-mail laura.b.johnson27.civ@mail.mil

What's your love language?
Let's find out!

3 February 10 am-11 am
MS TEAMS
Call 0611-143-548-9201 to sign up

EFMP Family Support



Follow the EFMP USAG Wiesbaden Facebook Page for **Sensory Funday Monday** activities, get access to our monthly EFMP Newsletter and be in the know for upcoming events!





ACS Relocation Readiness Program

We are HERE to support YOU! • Virtual or In-Person

VIRTUAL ACS SPOUSE ORIENTATION

— *Be in the Know* —

SERVICES • OPPORTUNITIES • OUTREACH



Now On MS Teams

Every 3rd Wednesday, 9-11:30 a.m.

Jan. 20 • Feb. 17 • March 17 • April 21 • May 19 • June 16
July 21 • Aug. 18 • Sept. 15 • Oct. 20 • Nov. 17 • Dec. 15

Please contact ACS for registration and access.



Army Community Service
Hainberg, Bldg. 7790 | 0611-143-548-9201/9202 | (DSN) 548-9201/9202
wiesbaden.army.mwr.com & facebook.com/wiesbadenarmy.mwr



GET A SPOUSE SPONSOR CALL 0611-143-548-9201/9202



ACS SPOUSE SPONSORS WILL
ANSWER YOUR RELOCATION QUESTIONS
PROVIDE VALUABLE INSIGHTS
FROM EXPERIENCE
MAKE SURE THEY ARE THE RIGHT
SPONSOR FOR YOU

Please call the
ACS Spouse Sponsorship Coordinator
for details and to get started.

Army Community Service
Hainberg, Bldg. 7790 | 0611-143-548-9201/9202 | (DSN) 548-9201/9202
wiesbaden.army.mwr.com & facebook.com/wiesbadenarmy.mwr




**8 A.M. - 5 P.M.
MONDAY - FRIDAY**


RELOCATION READINESS


LENDING CLOSET

Free to DoD ID card holders. Available to all incoming and outgoing Service Members, Civilians and their Family Members (while waiting for household goods to arrive).

- 30-day loan of essential items (extensions possible)
- 15-day loan for GPS devices
- Kitchen kits (including pots & pans)
- Kids items (including high chairs, pack 'n' plays, booster seats)



 THE ONLY POINT OF CONTACT FOR ALL INFORMATION IS THE CONTACT CENTER AT WIESBADEN



Army Community Service
Hainberg, Bldg. 7790 | 0611-143-548-9201/9202 | (DSN) 548-9201/9202
wiesbaden.army.mwr.com & facebook.com/wiesbadenarmy.mwr

For more information please contact us
DSN 548-9201 or CIV. 0611-143-548-9201, email

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

Or visit us online click [HERE](#)





ACS Relocation Readiness Program

Useful online Resources to plan a your next move.

PLAN MY MOVE

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

NEWCOMER'S PORTAL

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

Wiesbaden ACS RELOCATION

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

For more information please contact us
DSN 548-9201 or CIV. 0611-143-548-9201
or email us at

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



Moving is a fact of military life

It is also one of life's high-stress events.

The Relocation Readiness Program supports America's mobile Army through educational training, guidance and outreach efforts.

Willkommen in Deutschland!





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](https://www.wiesbaden.de/en/living-in-wiesbaden/index.php)





ACS Employment Readiness

Employment Readiness

Resume Assistance/Virtual Job trainings

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

Virtual job trainings available via: MS Teams contact ACS for Dates & Times



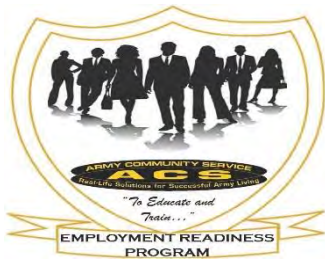
Link to view Local Job listings:

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

Home Based Businesses (HBBs)

<https://home.army.mil/wiesbaden/index.php/about/Garrison/HBB>

Get more information or register your HBB today by contacting your local ACS Employment Readiness Program Manager.



Contact:

Employment Readiness Manager

Email Earl McFarland

earl.j.mcfarland.civ@mail.mil





ACS Army Volunteer Corps Program

Need Help Navigating Volunteer Management Information System (VMIS)?

- ✓ **Volunteers may schedule appointments with the Army Volunteer Corps Coordinator at the Army Community Service (ACS) for help, training or assistance with VMIS**
- ✓ **Learn more about how to become a volunteer at www.myarmyonesource.com**
- ✓ **Organization Point Of Contact (OPOC) Training**
 - Contact ACS for details
- ✓ **Update OPOC's for your Organization**
 - Assure all OPOC's are authorized
 - Assign Primary or Secondary OPOCs



For more information call ACS
CIV: 0611-143-548-9202 or DSN: 548-9202

✓ **Volunteers: the Heart of the Army Community**





Family Advocacy Program (FAP)

Family Advocacy offers a variety of classes and programs to increase healthy family functioning.



Many classes are available on an as-requested basis. Reach out to us if you have interest in one of the following classes.

- Couples Communication
- ScreamFree Marriage or Parenting
- Stress Management
- Emotional Regulation (Anger Management)
- Various parenting classes

Call us at 0611-143-548-9201 to inquire about classes





Family Advocacy Program (FAP)

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





Family Advocacy Program (FAP)

The Family Advocacy Program is seeking

Emergency Placement Care Providers (EPC)

Provide 24- hour care for children
 Assist in the development of the child
 Provide a family- oriented home
 Help a military family reunite!

Contact the EPC Coordinator for more information:
 Carmen Arbogast 0611- 1435489201



MAKE A DIFFERENCE IN THE
 LIFE OF A CHILD!





Physical Fitness & Wellness

Wiesbaden Sports and Fitness Center

Clay Kaserne Bldg. 1631

Click [HERE](#) to visit us online on Facebook

DRI TRI III (Treadmill, Upright Bike, Row)

Mar 15-Mar 26, 2021

This is the time to train up for the next iteration of the popular dry land Marathon. Improve your time or prepare for an upcoming Challenge.

****Please continue to wear your mask, sanitize your hands upon entering the facility, practice social distancing and clean all equipment with the wipes provided.***

Follow us [CLICK HERE](#)



Climb the Zugspitze 9717.58 Feet

Feb 1-28, Climb the height of the Zugspitze with Jacobs Ladder. Each time you climb, record your distance on the clipboard. After each additional entry, you will keep a running total in the 2nd column showing your cumulative climb. Compete for bragging rights and to attain personal fitness goals. First to climb to the top receives a prize.

(Sign up in person, available only to Active Service Members and DA Civilians)





Wiesbaden Family and MWR Adjusted Service Offerings

Wiesbaden Library

Books, movies, video games, clearing, computers, printing, photocopies, shredding, Wi-Fi, and more now available.

Hours:

Sunday - Thursday from 11 a.m. - 6 p.m.

Online resources including eBooks, Mango Languages, newspapers, magazines, and much more available 24/7

For all Library information/services
Please Click [HERE](#).



Wiesbaden Arts & Crafts Center

Retail Sales Open

Fabric • Plaques • Frames • Craft Supplies
and More

**DUE TO CURRENT COVID-19 PREVENTATIVE MEASURES:
CLASSES ARE VIRTUAL ONLY.**

Hours:

Tuesday - Saturday from 10 a.m. - 5 p.m.

Open for business to assist your creative needs
and PCS / ETS gift requests!

Do-It-Yourself projects are available with social
distancing in place. A maximum of eight
shopping customers are permitted in the facility
at a time.



Follow us CLICK [HERE](#) *





Wiesbaden Family and MWR Adjusted Service Offerings

MWR Food & Beverage Facilities

Face Covering is required in facilities as directed!

NO DINE-IN CURRENTLY AVAILABLE • WE LOOK FORWARD TO SERVING YOU AGAIN SOON

Bamboo Asian Restaurant

Open 11 a.m. to 9 p.m. Tuesday to Sunday
(closed Monday).

Call DSN 548-9425 or

Civ. (0611) 143-548-9425.

- **Grab & Go**
- **Delivery available 5 - 8:30 p.m.**

Click [HERE](#) for Menu

Latin Street Restaurant

Open 11 a.m. to 2 p.m. and 5-9 p.m. Tuesday
to Friday 4-9 p.m. Saturday, (closed Sunday &
Monday).

Call DSN 548-9472 or Civ. (0611) 143-548-9472.

- **Grab & Go**
- **NO Delivery available**

Click [HERE](#) for Menu

Rheinblick Restaurant - Cem Klein's Bistro

Open 11 a.m. – 5 p.m. Tuesday – Friday,
Saturday-Sunday 9 a.m. – 5 p.m.

Call Civ. (0611) 71028072

Grab & Go Only

Click [HERE](#) for Menu

Shali Java Cafe - Open 7 a.m. - 1 p.m.

Monday – Friday:

Call DSN 537-2708 or Civ. (0611) 143-537-2708.

Grab & Go Only

Click [HERE](#) for Menu

Dagger Cantina - Odi's Kitchen

Dagger Complex

Open 7:30 a.m. - 2 p.m. Monday - Friday

Grab & Go Only

Click [HERE](#) for Menu





Wiesbaden Family and MWR Adjusted Service Offerings

MWR Food & Beverage Facilities

Face Covering is required in facilities as directed!

NO DINE-IN CURRENTLY AVAILABLE • WE LOOK FORWARD TO SERVING YOU AGAIN SOON

Little Italy Catering Center

Open 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

- **Delivery available**
- **Grab & Go available**

Click [HERE](#) for Menu

Burger Bliss

Open 11 a.m. to 2 p.m. Monday to Friday. Located between the Sports and Fitness Center and Shali Center on Clay Kaserne

- **Grab & Go only**

Click [HERE](#) for Menu

Wiesbaden Entertainment Center

Hours:

Open Daily 11 a.m. - 9 p.m.

Call DSN 548-9406 or Civ. (0611) 143-548-9406

- **Grab & Go available**
- **Delivery available**
- **Curb Side Service - Call in your order for Pick Up**

Designated parking area for you to remain in your vehicle & pick up your order at the WEC.

Click [HERE](#) for Menu

DUE TO CURRENT COVID-19 PREVENTATIVE MEASURES THE FOLLOWING ACTIVITIES ARE CLOSED UNTIL FURTHER NOTICE. WE LOOK FORWARD TO SERVING YOU AGAIN SOON.

- **WEC Game Room (ARMP)**
- **WEC Lounge (BAR)**
- **Bowling (ACTIVITIES)**





Wiesbaden Family and MWR Adjusted Service Offerings

Rheinblick Golf Course

Accepting tee times.

Customers MUST have a scheduled Tee Time to play Golf! Maximum 2 people or 4 people for Families.

Hours:

Monday - Sunday Open Monday - Friday from 9 a.m. - 5 p.m., Saturday – Sunday 8 a.m. - 5 p.m.

Tee Time Call-in Numbers

DSN 548-5485/5486 or

Civ. (0611) 143-548-5485/5486

NOTE: SPECIAL CONDITIONS APPLY

Click [HERE](#) for full Policies & Procedures.

NEW - **Online Store Pro Shop** (Click & Collect)

Click [HERE](#) to view items for sale look for the Click and Collect dropdown.

VAT/UTAP Office - By Appointment only!

Monday - Friday from 8:30 a.m. to 4:00 p.m.

To schedule an appointment call

(0611) 143-548-9107/DSN 548-9107,

email usarmy.wiesbaden.utap@mail.mil

Click [HERE](#) for detailed services information.

ARMP - Army Recreation Machine Program

[The Vault Club and Casino](#) - Open 24/7

[ACES Game Room](#) – Open 24/7

[Liberty Games](#) – Open 24/7

[WEC Game Room](#) - Closed





Wiesbaden Family and MWR Adjusted Service Offerings

Auto Skills Center

Auto Skills Center:

Self-Service bay rental is now available by appointment only. Call DSN 548-9817 or Civ. 0611-143-548-9817.

Hours:

Tuesday - Friday from Noon - 7 p.m.

Saturday - Sunday from 10 a.m. - 5 p.m.

Monday - Closed



Click [HERE](#) for Auto Skills Center Services.

(CYS) Child and Youth Services

Parent Central Services:

Wiesbaden Parent Central Services, Bldg. 1213 on Clay Kaserne, is open for new registrations and re-registrations.

Hours:

Monday - Wednesday from 8 a.m. - 4 p.m.

Thursday from 1- 6 p.m.

Friday from 8 a.m. - 4 p.m.

Saturday - Sunday Closed

Click [HERE](#) to visit the Parent Central Services website for useful information.





Wiesbaden Family and MWR - Outdoor Recreation

Outdoor Recreation Center

- Equipment Check-Out
- Bicycle, Ski & Snowboard Repairs
- Hunting, Fishing & Sport Shooting
- Storage Units and RV Parking

Follow ODR Facebook click [HERE!](#)



Hours: MON-FRI 1100-1800
Closed: SAT, SUN & US Holidays

Outdoor Recreation
Located in Building 3400 on Clay North
GPS Address:
Rennbahn Strasse 19, 65205 Wiesbaden



Click [HERE](#) for full details.

Ski and Snowboard Repair Shop:

Outdoor Recreation has a full service Ski & Snowboard Maintenance and Repair shop. Everything from edging and hot wax to full service with stone grinding, P-Texting, binding adjustments and installation.

Additional services are available upon request.

DSN 548.9801 or CIV 0611.143.548.9801

First Class
WINTERSTEIGER
Ski & Board Tuning





Wiesbaden Family and MWR - Outdoor Recreation

Bicycle Repair Shop:

*Bike Shop is **OPEN** over the winter months*

The Wiesbaden Outdoor Recreation has a full service bicycle maintenance and repair shop with a full range of available services.

All bike repairs are on a walk-in basis.
MON-FRI 1100-1730

DSN 548.9801 or CIV 0611.143.548.9801

Outdoor Recreation

Located in Building 3400 on Clay North

GPS Address:

Rennbahn Strasse 19, 65205 Wiesbaden



Winter Sports Equipment Check-out:

Outdoor Recreation offers a wide selection of Alpine Skis, Boots and Poles along with Snowboards and Boots. All items are available for check-out on a daily, weekend, weekly or seasonal basis.

Appointments needed for all equipment fittings.

Fitting Hours: MON-FRI 1100-1730

DSN 548.9801 or CIV 0611.143.548.9801



Wiesbaden Family and MWR - Outdoor Recreation



HUNTING FISHING & SPORTSHOOTING

United States Army Garrison Wiesbaden

Licensed and Qualifying Shooting Range Day's

JAN - NOV 2021

Where: JMTC Wackernheim Range (McCully/Wackernheim)

Registration: Outdoor Rec, Bldg. 3400 (Clay North)

When: 1000-1500 on the dates listed below

Range usage is only allowed for the following:

Licensed Sport Shooters, Jung Jaegers and Licensed Hunters

2021 Dates: *

30 January, 27 February, 20 March, 17 April, 15 May, 19 June,
10 July, 14 August, 11 September, 16 October and 20 November

** Military Training requests take priority (all dates are subject to cancellation on short notice)*

Minimum age: 16 (for Sport Shooters) 17 (for Jung-Jaegers) & HFSS Membership

Prerequisites: ID Card holders only with valid Hunting or sport shooting licenses
All COVID sanitation and precautionary measures must be adhered to at all times!
Non-Licensed shooters, Family Members or guests will not be allowed range access.

Cost: Range Fees: \$12 non HFSS Member / \$8 HFSS Member

Additional Costs: Firearm usage fee \$12 per weapon + Cost of Ammo*

** All ammunition must be exhausted on location and can not be taken home or stored for future use!*



For further information call:
DSN 548.9801 / 9803
CIV 0611.143.548.9801 / 9803



HUNTING FISHING & SPORTSHOOTING

United States Army Garrison Wiesbaden

Sport Shooters Knowledge Course

25-27 Feb 2021

Where (Classroom): HFSS Lodge, Bldg. 7875 (Hainerberg)

Where (Range): JMTC Wackernheim Range (McCully/Wackernheim)

Registration: Outdoor Rec, Bldg. 3400 (Clay North)

When: 25-27 Feb (1800-2200 THU/FRI 0900-1700 SAT)

Obtain your German Sport Shooting License and enjoy the adventure!

Participate in Host Nation and other European sport shooting events

Minimum age: 18

Prerequisites: US ID Card holder & US Citizen registration ends on 24 Feb 2021

Cost: \$90 per person

Additional Costs: Cost of Ammo*

** All ammunition must be exhausted on location and can not be taken home or stored for future use!*



For further information call:
DSN 548.9801 / 9803
CIV 0611.143.548.9801 / 9803



Wiesbaden Outdoor Recreation and Educational Program

Location: Building 3400 on Clay North

GPS Address: Rennbahn Strasse 19, 65205 Wiesbaden



Wiesbaden Family and MWR - Outdoor Recreation



HUNTING FISHING & SPORTSHOOTING



United States Army Garrison Wiesbaden

U.S. Forces Fishing Course 8-11 Apr 2021

Where: HFSS Lodge, Bldg. 7875 (Hainerberg)
Registration: Outdoor Rec, Bldg. 3400 (Clay North)
When: 8-11 Apr 1800-2100 THU/FRI 0900-1800 SAT/SUN

**Obtain your German Fishing License and enjoy the adventure!
Participate in Host Nation and other European fishing events**

Minimum age: 10 (some restrictions), HFSS Membership
Prerequisites: US ID Card holder & US Citizen registration ends on 7 Apr 2021

Cost: \$75 per person
You will take the same exams as the German Fishers (but in English).
The German Fishing License is recognized in many countries around the world



For further information call:
DSN 548.9801 / 9803
CIV 0611.143.548.9801 / 9803



HUNTING FISHING & SPORTSHOOTING



United States Army Garrison Wiesbaden

U.S. Forces Hunting Course 3 Aug - 23 Oct 2021

Where: HFSS Lodge, Bldg. 7875 (Hainerberg)
Registration: Outdoor Rec, Bldg. 3400 (Clay North)
When: 3 Aug - 23 Oct 18:00-21:00 TUE & THU and range days

**Obtain your German Hunting License and enjoy the adventure!
Participate in Host Nation and other European hunting events**

Minimum age: 18 (some restrictions), HFSS Membership
Prerequisites: US ID Card holder & US Citizen registration ends on 30 Jul 2021

Cost: \$250 per person
You will take the same exams as the Germans but in English
The German Hunting License is recognized in many countries around the world



For further information call:
DSN 548.9801/9803 or CIV 0611.143.548.9801/9803



Wiesbaden Outdoor Recreation and Educational Program

Location: Building 3400 on Clay North

GPS Address: Rennbahn Strasse 19, 65205 Wiesbaden



Wiesbaden Family and MWR - Outdoor Recreation



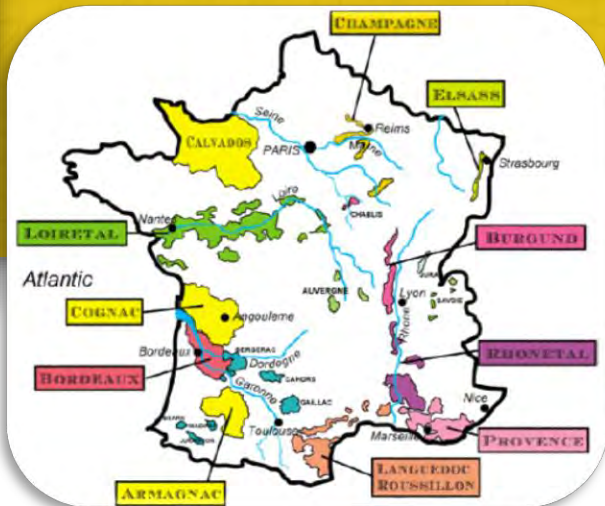
VIRTUAL WINE TASTING

with Wiesbaden Outdoor Recreation

Feb. 13 | 7 p.m. | \$110

- 4 BOTTLES OF WINE (3 RED, 1 WHITE)
- PROFESSIONAL TASTING INSTRUCTION
- TASTING OF 2 SAUSAGES & 2 CHEESES
- WOODEN WINE CRATE

Must be 18+ years of age to participate.



Featuring Bijan's Wine & Barrel Studio



Wiesbaden Outdoor Recreation and Education Program

Location: Building 3400 on Clay North

GPS Address: Rennbahn Strasse 19
65205 Wiesbaden



Wiesbaden Family and MWR - Outdoor Recreation



Hunting, Fishing and Sport Shooting:

If you have an avid interest in the outdoors and are looking to get into hunting, fishing or shooting in Germany than register for one of the classes that are offered throughout the year. *Please note that spaces are limited!*

US Forces Fishing Course:
22-25 July

US Forces Hunting Course:
3 August - 23 October

US Forces Sport Shooting Course:
25 - 27 February



Additional information upon request.

DSN 548.9803 or CIV 0611.143.548.9803

Outdoor Recreation

Located in Building 3400 on Clay North

GPS Address:

Rennbahn Strasse 19, 65205 Wiesbaden



Upcoming Events/Programs:

Due to current COVID-19 preventative measures all ODR Trips, Tours and Recreational Activities have been postponed until further notice.

We look forward to service you again soon.



Upcoming activities:

(Pending COVID-19 Guidance and Restrictions)

2021:

- Bavarian Castles
- Biking and Hiking
- Camping and Canoeing
- Jagd & Hund Trade Show
- Paintball and Recreational Shooting
- Rock Climbing and Bouldering Trips
- Sightseeing and Leisure Travel Trips
- Skydiving
- Stand Up Paddling
- White Water Rafting





Inside with MWR

INSIDE WITH MWR

CLICK [HERE](#) for online resource.

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 - CLICK [HERE](#)
- Educational Activities for Children
- Virtual Library
- Sports & Fitness Virtual Workouts
- Virtual Art Courses
- Things to do at Home
- Online Academic Resources
- Mental Health Resources
- MWR Program & Informational Videos
- Resources for Coping During COVID-19





MWR GO Weekly Newsletter

Wiesbaden MWR Marketing Newsletter

Click [HERE](#) to view Newsletter online.

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.

Wiesbaden Family and MWR
Newsletter - July 27, 2020

MWR GO

SOCIAL DISTANCE - WEAR FACE COVERING AS DIRECTED - WASH HANDS

Connect • Follow • Engage • Explore

[Wiesbaden MWR](#)
[Facebook](#)
[YouTube](#)
[Instagram](#)
[Twitter](#)

MWR Facilities Serving Customers

1. [Wiesbaden Entertainment Center](#)
2. [Outdoor Recreation Center](#)
3. [Army Community Service](#)
4. [Wiesbaden Lodge](#)
5. [Wiesbaden Library](#)
6. [Arts & Crafts Center](#)
7. [Sports and Fitness Center](#)
8. [Warrior Zone](#)
9. [Little Italy Catering Center](#)
10. [Bamboo Asian Restaurant](#)
11. [Shali Java Café](#)
12. [Latin Street Restaurant](#)
13. [The Vault Club and Casino](#)
14. [Liberty Games](#)
15. [Aces Game Room](#)
16. [Warrior Zone](#)
17. [Dagger Cantina](#)

By Appointment Only

18. [Auto Skills Center](#) *
19. [VAT/UTAP Office](#) *
20. [CYS Parent Central Services](#) *
21. [Rheinblick Golf Course](#) *

PLEASE NOTE: Due to COVID19 some services are limited. Please visit the Program websites for full details.
* INDICATES BY APPOINTMENT ONLY.

We welcome your ideas and feedback: If you would like to contribute and provide us with useful information or resources please don't hesitate to contact us via the email icon.

Featured Programs

Outdoor Fitness Classes
Zumba, Yoga, Barre, Pound, Functional Fitness Training and more are all happening outdoors at the Wiesbaden Sports and Fitness Center. [CLICK HERE](#) to check out the July and August schedule of classes.

Friday Night Scramble
Unwind after the work week with a little friendly competition on the greens during a Friday Night Scramble at the Rheinblick Golf Course on July 31. Make your own four-person team and enjoy this nine-hole tournament. Shotgun start is at 6 p.m. [Click HERE](#) for details.

Not receiving our Newsletter? Sign up today simply click the email icon.

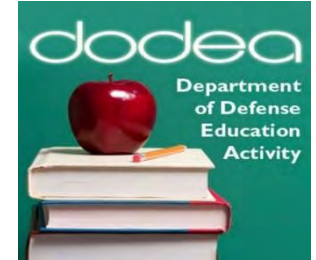
Click [HERE](#) to Subscribe





Educational – DoDEA Schools

SCHOOL REGISTRATION



<https://dodea-registration.hosted.src-solutions.com/>

Contact local school for an appointment to complete online registration

Frequently asked questions / DODEA school and Home school resources:
<https://wiesbaden.armymwr.com/programs/school-liaison-office>

School Websites:

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

Wiesbaden Elementary School - <https://www.dodea.edu/WiesbadenES/>

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

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

Outbound ?

School Liaison Officers contact information available world wide:

<https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm>





Educational – DODEA

School Lunch Program Update

- School lunches and breakfasts are free for all DODEA students through the remainder of the school year
- Regular school meals purchased this year will be credited to the student meal program account
- This does not include a la carte, second meals, or lunch plus
- Sponsors not already enrolled in the School Meal Program can register for the program with AAFES

<https://aafes.com/about-exchange/school-lunch-program/>





Educational – DODEA

School Reminders and Information

- Parental involvement plays a key role in student success
- Receive information from school news letters with updates on:
 - Open Houses
 - Parent Teacher Conferences
 - Special Events
- Keep Sponsor phone and email contact information updated
- *Questions or concerns contact your students teacher, school administrator or school liaison officer*

<https://wiesbaden.armymwr.com/programs/school-liaison-officer-slo>





Educational – DODEA

Additional DODEA Information

- **Due to precautionary measures related to the COVID 19 virus DODEA schools in Wiesbaden will remain in remote learning until further notice. Earliest opening following coordination between USAG Wiesbaden and host nation officials.**
- **For academic on non-academic help email, call, or text your teacher, school counselor, school social worker or principal**
- **More School information available**

<https://wiesbaden.armymwr.com/programs/school-liaison-office>





USAG Wiesbaden ID Cards/Passports

USAG Wiesbaden ID Cards Office

- Hours of Operation

- Monday 0800 - 1530
- Tuesday 1300 - 1530
- Wednesday-Friday 0800 -1530

***Closed on Federal Holidays; last Friday of the month; daily 1200-1300**

NO WALK INS - EMERGENCY ONLY

- Lost, stolen, locked, EXPIRED
- Call 0611143 (548-1605) Or 0611143 (548-1321)

***All appointments need to be scheduled via DMDC website**

<https://idco.dmdc.osd.mil/idco/#/locator>

USAG Wiesbaden Passports Office

- Hours of Operation

- Monday 0800-1530
- Tuesday 1300-1530
- Wednesday-Friday 0800-1530

***Closed on Federal Holidays; daily 1200-1300,**

All appointments need to be scheduled in advance (via phone, in person, or email). NO WALK-INS

usarmy.wiesbaden.id-europe.list.passport-office@mail.mil

<https://home.army.mil/wiesbaden/index.php/about/Garrison/directorate-human-resources/passportvisa>

COVID 19 MITIGATION MEASURES

Face Covering is Required!

- All customers entering Building 1023E must wear proper face covering/mask while conducting any business.

Hand Sanitization

- Customers must sanitize hands at the mounted dispenser stations, located at the building entrance, before receiving services.

No Waiting Area or Lines

- As all services are by appointment only, no lines are permitted to form. Upon checking into the office, customers must provide staff with a phone number and wait to be called via telephone to enter.

Courtesy & Patience

- The ID Cards and Passports Office are providing services in compliance with COVID-19 mitigation measures and regulations. Please exercise patience and courtesy, as team members work hard to provide timely and friendly service.





Wiesbaden Postal Service Center

Wiesbaden Postal Service Center

- | | | |
|------------------------|-------------------------|-------------|
| - Hours of Operation - | Monday-Friday | |
| - Mailing Out/Finance | (Appt Only) 0900 - 1000 | |
| normal operating hours | 1100 - 1700 | |
| - In/Out Processing | 1130 – 1300 | 1400 - 1700 |
| - Parcel Pick-up | 1130 – 1730 | |

Official Mail Distribution Center (OMDC)

- | | | |
|------------------------|-----------------------------|-----------|
| - Hours of Operation - | Monday – Wednesday - Friday | |
| - Official Mail | 0900-1130 | 1300-1500 |

- * **Closed on all US Federal Holidays**
- * **All appointments need to be scheduled via 548-1701**

COVID 19 MITIGATION MEASURES

Face Covering is Required!

- All customers entering Building 1025 must wear proper face covering/mask while conducting any business.

Hand Sanitization

- Customers must sanitize hands at the mounted dispenser stations, located at the building entrance, before receiving services.

Lines

- Please ensure you conduct business and not form conversation groups while checking mail or sending out from Finance/Parcel Pick-Up and Official Mail areas.

Courtesy & Patience

- The Post Office is providing services in compliance with COVID-19 mitigation measures and regulations. Please exercise patience and courtesy, as team members work hard to provide timely and friendly service.

usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil

<https://home.army.mil/wiesbaden/index.php/about/Garrison/directorate-human-resources/postalservices>





Dagger Complex Postal Service Center

Dagger Complex Postal Service Center

- Hours of Operation - Monday-Wednesday-Friday

- Mailing Out/Finance 1000-1500
- In/Out Processing 1000-1500
- Parcel Pick-up 1000-1700

*** Closed on all US Federal Holidays**

*** All appointments need to be scheduled via 548-1702**

COVID 19 MITIGATION MEASURES

Face Covering is Required!

- All customers entering Building 1025 must wear proper face covering/mask while conducting any business.

Hand Sanitization

- Customers must sanitize hands at the mounted dispenser stations, located at the building entrance, before receiving services.

Lines

- Please ensure you conduct business and not form conversation groups while checking mail or sending out from Finance/Official Mail areas.

Courtesy & Patience

- The Post Office is providing services in compliance with COVID-19 mitigation measures and regulations. Please exercise patience and courtesy, as team members work hard to provide timely and friendly service.

usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil

<https://home.army.mil/wiesbaden/index.php/about/Garrison/directorate-human-resources/postalservices>



FEBRUARY 1, 2021

Slide 66 of 72



Army Wellness Center



Clay Kaserne, Building #1201,
King Avenue (South) 2nd Floor

Call for Appointments

CIV+49 (0)6371 9464 1478

DSN 590-1478



Services are **FREE** for
Uniformed Military/FM,
DOD ID card holders/FM, age +18



Army Wellness Center – Core Programs



U.S. ARMY



Health Assessment Review

Risk Stratification · Wellness Questionnaires · Biometric Screening

Physical Fitness V02 Sub Max; Fitness Testing · Performance Optimization · Exercise Prescription

Healthy Nutrition Metabolic Testing · BOD POD · Weight Management · Health Coaching · Healthy Nutrition Education

Stress Management

Stress Management Education · Biofeedback

General Wellness Education

Healthy Lifestyle Habits · Wellness Coaching · Good Sleep Habits

Tobacco Education

Tobacco Free Living



Call for Appointments

CIV+49 (0)6371 9464 1478

DSN 590-1478

- **Services are MOBILE for Unit Utilization**





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

“One Way” streets in the Commissary! In order to assist our customers with keeping the social distance, we have implemented one-way streets with signage on the floor for your safety.

Customers can bring their own bags for their groceries, however in that case they will have to bag their purchases themselves. Cashiers and baggers are not allowed to work with bags brought back in.

*** Guests/Visitors are allowed at this time in the Commissary.**





Wiesbaden Education Center

Wiesbaden Army Education Center

- Hours of Operation
- Mon-Fri 0800-1630

*Closed on all Training Holidays and US Federal Holidays

In-processing: can be completed by sending a copy of orders to: usarmy.wiesbaden.id-europe.mbx.education-services@mail.mil

PCS Clearing: can be completed by sending a copy of orders to: usarmy.wiesbaden.id-europe.mbx.education-services@mail.mil

IMPORTANT INFORMATION: Please send all PPI documents via DoD SAFE <https://safe.apps.mil/>

ETS Clearing: must be conducted via face-to-face or telephonic appointment. You will need to provide a copy of your working DD214. Contact our office via the org box or by calling 548-1302 to schedule an appointment.

Face Covering/Mask Usage

- All customers entering Building 1023E must wear proper face covering/mask while conducting any business.

Hand Sanitization

- Customers must sanitize hands at the mounted dispenser stations, located at the building entrance before receiving services.

No Waiting Area or Lines

- All services are by appointment only, no lines are permitted to form. Checking into the office and customers will be directed to an area for waiting for their appointment time.

Courtesy & Patience

- The Education Center is providing services in compliance with COVID-19 mitigation measures and regulations. Please exercise patience and courtesy, as team members work hard to provide timely, courteous, and friendly service.





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.





TASK FORCE COMMUNITY WELLNESS

END OF BRIEF

