



ALL CLASSES AND EVENTS REQUIRE PRE-REGISTRATION.

To register or for more information please call Army Community Services (ACS)
CIV: 0611 143 548 9201/02 DSN: 314 548 9201/02

Army Volunteer Corps

OPOC Training:

New Organization POC please make sure to contact us for your training

VMIS Training:

Come learn how to use the volunteer management system, and how to nominate someone for Volunteer of the Year.

EFMP

Summer Fun Day:

Beat the heat with EFMP! Join us for summer activities and fun.

Financial Readiness

Making the Most of your TSP

Learn the ins and outs of your TSP, including the enrollment process, investment options, withdrawal process, and loan options.

Introduction to Investing

Learn different investment options and strategies, and how to make your investments work for you.

New Parent Support/Family Advocacy

Dad Talk:

Share, learn, and laugh with fellow father figures.

Mommy Daddy 101:

Discuss basic newborn care for new parents.

Life Skills Classes (By Request):

Learn practical tips and tools to build skills and confidence for every stage of your life. Areas include stress management, anger management, healthy communication, and positive parenting. Confidential, and free to all DoD ID card holders.

Newborn Network:

Come meet other new parents for a safe space for you and other infants to explore the world together.

Toddler Play Morning:

Join us for music, free play, and parenting tips with guest speakers.

Working Parent Play Group:

Come meet up with other working parents and play with our ride-on toys!

Fair Play:

Learn how to share household and parenting responsibilities more equitably, strengthen communication, and create a more balanced, less stressed family life.

Relocation Readiness

Foreign Born Spouse/Hearts Apart:

A meet-up for spouses that are new to Germany. Support for spouses dealing with TDYs or deployments.

Life Here 101:

A one-stop orientation designed to help service members, spouses, civilians and contractors navigate life in our community. We will connect you with different Garrison resources that will help support you and your family.

Shop Like a Local:

Learn where and how to shop on the economy $% \left\{ 1,2,\ldots ,n\right\}$

Sponsorship Training:

Learn how to become a spouse sponsor or an active duty sponsor, training available by appointment.

German Class:

Embrace and learn the German language in an 8 week course.

Host Nation:

Join us for an introduction class to Germany followed by a walking tour of downtown Wiesbaden. June/July/August offered every Monday and Friday.