

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pelvic Floor Dysfunction Presentaion 1630-1730	2 Shop Like A Local 1000-1500	3 2026 Paintball Challenge with EFMP 0900-1400 Spouse Sponsorship Training 1500-1600	4 OPOC Training 1000-1100
7 ★ LABOR DAY ★ ★★★★ DAY ★★★★★ 	8 Life Here 101 0900-1400	9 VMIS Training 1400-1500 Preparing Financially for Marriage 0900-1000 Preparing Financially for a New Baby 1000-1100 Toddler Play Morning 1000-1100 Newborn Network 1300-1400 BOSS Rudesheim Ring Tour 0900-1700	10 Spouse Sponsorship Training 1500-1600	11 EFMP Educational Briefing 1000-1100
14 Host Nation Orientation 0900-1600 Dad Talk 1800-1900	15 ESL Class 0900-1000 German Class 1800-1900 AFAP Conference 0800-1630	16 Global Connections 1100-1400 AFAP Conference 0800-1630	17 ESL Class 0900-1000 Spouse Sponsorship Training 1500-1600 German Class 1800-1900 AFAP Conference 0800-1630	18 OPOC Training 1000-1100
21 Host Nation Orientation 0900-1600	22 ESL Class 0900-1000 Life Here 101 0900-1400 German Class 1800-1900 Readiness and Resiliency Class 1100-1200	23 Mainz Walking Tour 0900-1700 Toddler Play Morning 1000-1100 Newborn Network 1300-1400	24 ESL Class 0900-1000 Spouse Sponsorship Training 1500-1600 German Class 1800-1900	25
28 Host Nation Orientation 0900-1600 Dad Talk 1800-1900	29 ESL Class 0900-1000 German Class 1800-1900 Job Fair 1000-1400 @ Hainerberg Exchange	30		

EVENT HIGHLIGHTS

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

Mobilization & Deployment

MobDep services are impacted until November 2026 due to staffing. Please contact ACS to be connected with options for SFRG training and MobDep assistance.

Financial Readiness

Preparing Financially for Marriage: This class provides information on developing and managing a spending plan that identifies the family's needs and wants. Topics include tax benefits, SGLI, flexible spending accounts, estate planning, powers of attorney, and emergency funds.

Preparing Financially to Welcome a New Baby: Class provides information on creating and managing a spending plan in preparation for the additional family member. Topics include insurance, income tax changes, military retirement, paying for college and resources.

Employment Readiness

Job Fair: Multiple vendors representing local and worldwide employment, contracts, volunteer and educational opportunities. Immediate interviews and possible on-the spot hiring will be included.

Army Volunteer Corps

OPOC Training:

New organization POC please make sure to contact us for training

VMIS Training:

Come learn how to use the volunteer management information system

Family Advocacy/New Parent Support

Dad Talk:

Share, learn, and laugh with fellow father figures.

Stress Management - Transition Through

Turbulence: 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 DoW ID card holders.

Newborn Network:

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

Pelvic Floor Dysfunction Presentation:

A presentation that will highlight women's pelvic health related issues; pregnancy and postpartum weakness, urinary incontinence, and anatomy of the pelvic floor.

Toddler Play Morning: Join us for music, free play, and parenting tips with guest speakers.

EFMP

2026 Paintball Challenge: Bringing continued awareness to suicide prevention with opening remarks from Garrison Command Team Leadership, Proclamation signing, invited guest speaker, single elimination tournament, Minute to Win It (ARC), building connection and comradery throughout the day.

EFMP Educational Briefing: This event brings awareness to what EFMP is, the three components of EFMP, how we can support our military soldiers and families with special needs, and answer any EFMP related questions while building connections with the families in our community.

Relocation Readiness

Spouse Orientation:

A welcome brief for incoming spouses.

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

Sponsorship Training:

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

Host Nation Orientation: A welcome brief for incoming soldiers and their families.

Family Time: Ready, Set, Play:

An opportunity for families to meet new people and play family board games

Global Connections:

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

Mainz Walking Tour:

A regional walking tour guided by our local national.

Rudesheim Walking Tour: A regional walking tour guided by our local national.

German Class: Embrace and learn the German language.