



U.S. ARMY®



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

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***A Community Initiative***

Version 13. November 20, 2020



## 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/>







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# USAG Wiesbaden Holiday Hours & Closures



Wiesbaden Military Community updates managed by the  
U.S. Army Garrison Wiesbaden Public Affairs Office.

## Information Link:

Click [HERE](#) to view





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# Task Force Wellness • November Highlights

## MWR • Thanksgiving Meals To Go

Enjoy a delicious fully prepared Thanksgiving meal for the entire Family. **(SMOKED TURKEY WITH SIDES)**

**The Wiesbaden Entertainment Center** will make your Smoked Turkey dream come true. Click [HERE](#) for details.

**The WEC's Smoked Thanksgiving Turkey**

12 lb. Turkey - \$94.75  
4 sides and gravy to serve 4-6 people

16 lb. Turkey - \$119.75  
4 sides and gravy to serve 6-8 people

20 lb. Turkey - \$149.75  
4 sides and gravy to serve 8-12 people

*Sides include: Cranberry Jelly, Sweet Potatoes, Collard Greens, Stuffing, Gravy*

Call in your order today!  
CIV: 0611-143-548-9406  
DSN: 314-548-9406

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

**The Rheinblick Restaurant** offers Per Person Thanksgiving Meals To Go with a variety of sides. Click [HERE](#) for details

## **NEW** \*WEC CURB SIDE PICKUP

OPEN DAILY 11 a.m.- 9 p.m.

The Wiesbaden Entertainment Center is now offering this additional service to provide safety, comfort, and convenience for our Patrons. Call in your order and pick up from the comfort of your vehicle.



Click [HERE](#) for Menu.  
Call DSN 548-9406 or Civ. 0611-143-548-9406 to call in your order.







# Wiesbaden Garrison Thanksgiving Meal • Strong Europe Cafe

## STRONG EUROPE CAFE DINING FACILITY

Make your reservation now for Thanksgiving at the Strong Europe Cafe dining facility. **Reservations will be required** to control seating and comply with COVID hygiene requirements; both carry out and dine in will be available. The meal will be open to DoD ID cardholders only. Single Soldiers and meal cardholders will have priority.



Dining Facility Strong Europe Cafe  
Clay Kaserne, Bldg. 1052  
DSN 537-0724/0726 • CIV (0611) 143-537-0724/0726  
Click [HERE](#) to visit us online





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# Wiesbaden 2020 Tree Lighting Ceremony

Friday December 4, 2020

This year's Tree Lighting Ceremony will be mostly Virtual. Community members are invited to visit the [Wiesbaden Family and MWR Facebook page](#) to watch as Garrison leaders join the Jolly Old Elf to pull the switch to light the tree.

## Tree Lighting Ceremony Timeline

6 p.m. -- Chaplain Opening Invocation

([MWR Facebook livestream](#) begins)

6:05 p.m. -- Garrison Commander's Greetings and Opening Remarks

6:10 p.m. -- Holiday Decoration Winners Announced by Command Team

6:15 p.m. -- Arrival of Santa

6:20 p.m. -- Garrison Commander and Santa Light the Tree

6:25 p.m. -- Santa Departs ([MWR Facebook livestream](#) ends)

Click [HERE](#) for details.







# Wiesbaden Community Holiday Activities

Please visit the **Home For the Holidays** website page for full details click [HERE](#).

**Nov. 20**

[Virtual Turkey Trot 10k kickoff](#)

**Dec. 1**

Virtual Hiking and Biking Photography “Kick-Off”

Virtual Wildlife Photography “Kick-Off”

Library Winter Reading Program kick-off

**Dec. 4**

[Tree Lighting Virtual Event](#) 6 p.m.

**Dec. 7**

Recipe Contest kickoff on [MWR Facebook](#)

**Dec. 8**

CYS Christmas Handcrafts video featured on

[MWR Facebook](#)

**Dec. 9**

WEC Trivia Night: \*Pending of regeneration of WEC

**Dec. 10**

CYS Trombone Christmas music video featured on

[MWR Facebook](#)

**Dec. 11**

[Virtual Jingle Bell Jog 5k Kickoff](#)

AEP Virtual Christmas Productions:

The Gifts of the Magi

Little Scrooge

3:45 Before Christmas

**Dec. 12**

[Virtual Jingle Bell Jog 5k continued](#)

AEP Virtual Christmas Productions:

The Gifts of the Magi

Little Scrooge

3:45 Before Christmas

**Dec. 13**

[Virtual Jingle Bell Jog 5k continued](#)

AEP Virtual Christmas Productions:

The Gifts of the Magi

Little Scrooge

3:45 Before Christmas

**Dec. 14**

[Virtual Jingle Bell Jog 5k continued](#)

**Dec. 15**

CYS-Video A Holiday Story featured on

[MWR Facebook](#)

**Dec. 16**

CYS-Video Sensory Activities featured on

[MWR Facebook](#)

**Continue to next page.**





# Wiesbaden Community Holiday Activities

**Dec. 17**

CYS –Video Celebrating the Season Harp music featured on [MWR Facebook](#)

**Dec. 18**

Jingle Bell Jog prize drawing featured on [MWR Facebook](#)

**Dec. 19**

CYS-Video Salt Dough ornaments featured on [MWR Facebook](#)

**Dec. 21**

Arts & Crafts contest kickoff – Share a picture of your Holiday Craft with us on our [MWR Facebook](#)

**Dec. 22**

CYS-Video Holiday Story featured on [MWR Facebook](#)  
CYS–Video Sleigh hand/footprints featured on [MWR Facebook](#)

**Dec. 23**

ODR- Prize Drawing for virtual events featured on [MWR Facebook](#)

Virtual Hiking and Biking Photography  
Virtual Wildlife Photography

**Dec. 24**

Arts & Craft contest prize drawing for virtual event featured on [MWR Facebook](#)



Please visit the  
**Home For the Holidays**  
website page for full details  
Click [HERE](#).





# Mental Health Resources

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

### Tele-health

*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

### 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/> \*

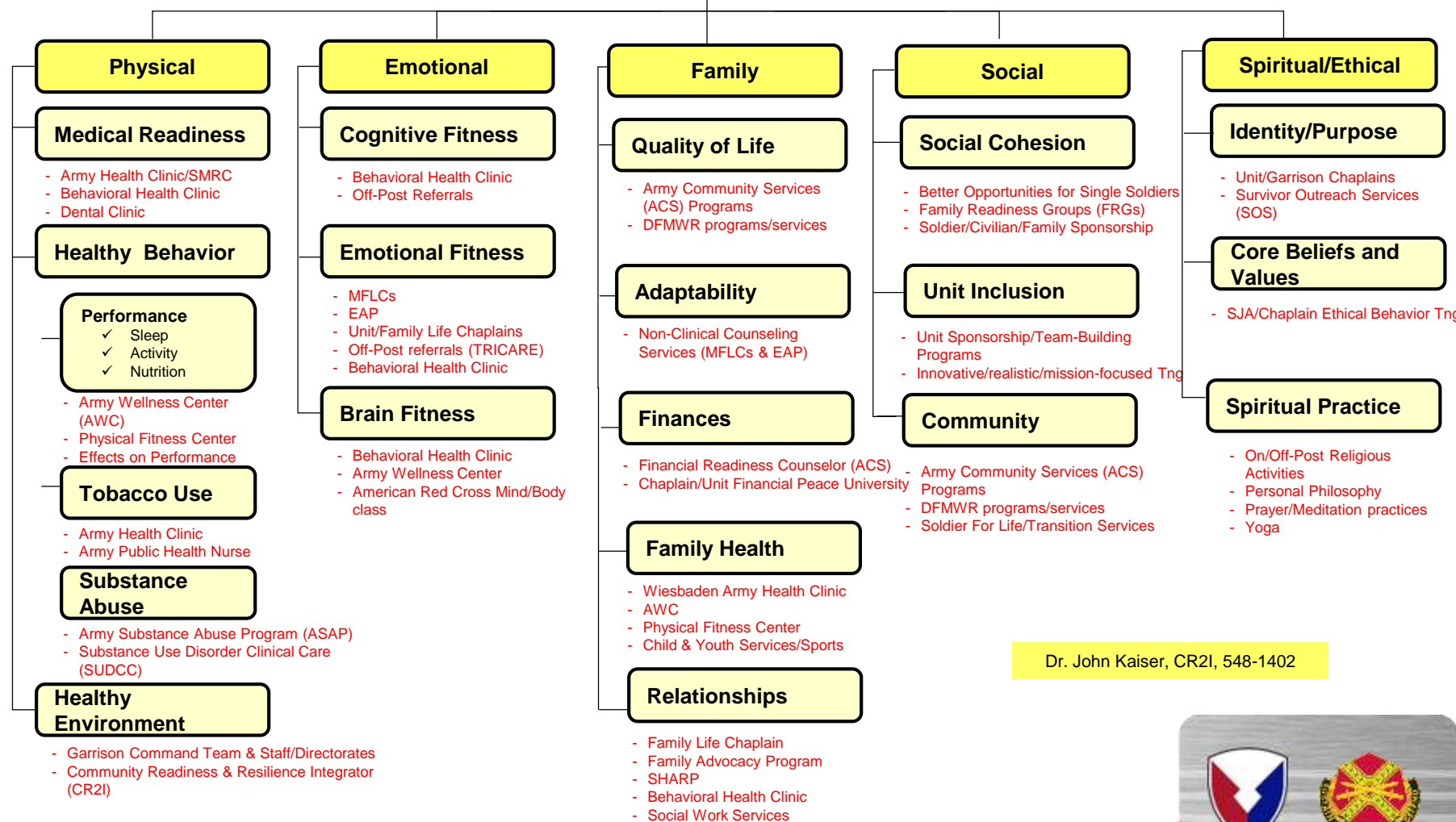




# R2 Strategic Objectives/Matching Resources

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 Jeffrey Dillard*

CH (LTC) Jeff Dillard, Garrison Chaplain  
jeffrey.dillard@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 Allive!**  
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



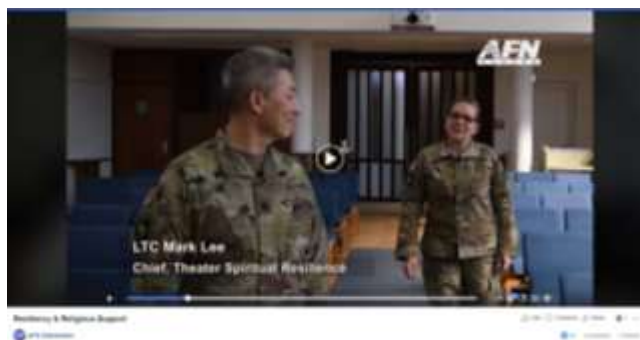
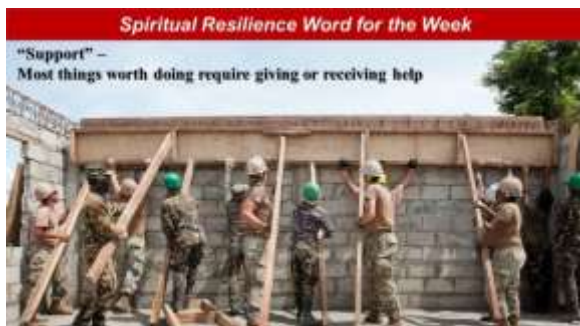




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# Look Who's Cooking!

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!







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# Meet Our Six Chaplains Providing Soul Food



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/> \*





# Where Can You Find Some Soul Food?

RELIGIOUS GROUP & FORMAT	WEB ADDRESS
<b>Other Army Posts</b>	
Buddhist Page	<a href="https://www.facebook.com/groups/1544784788918210/">https://www.facebook.com/groups/1544784788918210/</a> *
Islamic Page	<a href="https://www.facebook.com/USAG-Wiesbaden-Islamic-Community-758605890897868/">https://www.facebook.com/USAG-Wiesbaden-Islamic-Community-758605890897868/</a> *
Jewish Group	<a href="https://www.facebook.com/groups/USJewishBavaria/">https://www.facebook.com/groups/USJewishBavaria/</a> *
Mormon/LDS Page	<a href="https://www.facebook.com/LDS-Chaplains-275224832537120/">https://www.facebook.com/LDS-Chaplains-275224832537120/</a> *
<b>Wiesbaden</b>	
Catholic Chapel Group	<a href="https://www.facebook.com/groups/171503013866058/">https://www.facebook.com/groups/171503013866058/</a> *
Catholic Women Group	<a href="https://www.facebook.com/groups/cwocwiesbaden/">https://www.facebook.com/groups/cwocwiesbaden/</a> *
ChapelNext Service (Protestant)	<a href="https://www.facebook.com/ChapelNext-Wiesbaden-122737997768323/">https://www.facebook.com/ChapelNext-Wiesbaden-122737997768323/</a> *
Club Beyond (Youth) Group	<a href="https://www.facebook.com/groups/433498680156631/">https://www.facebook.com/groups/433498680156631/</a> *
Gospel Service (Protestant)	<a href="https://www.facebook.com/Gospel-Clay-Chapel-111721183766678/">https://www.facebook.com/Gospel-Clay-Chapel-111721183766678/</a> *
Gospel Group (Protestant)	<a href="https://www.facebook.com/groups/201559987602527/">https://www.facebook.com/groups/201559987602527/</a> *
Inter-Belief Page	<a href="https://www.facebook.com/IBWiesbaden/">https://www.facebook.com/IBWiesbaden/</a> *
Protestant Women Page	<a href="https://www.facebook.com/Wiesbaden-Protestant-Women-of-the-Chapel-113233838709964/">https://www.facebook.com/Wiesbaden-Protestant-Women-of-the-Chapel-113233838709964/</a> *
Protestant Women Group	<a href="https://www.facebook.com/groups/219612285499168/">https://www.facebook.com/groups/219612285499168/</a> *
Traditional Service (Protestant)	<a href="https://www.facebook.com/TPCCLAY/">https://www.facebook.com/TPCCLAY/</a> *
Virtual VBS Registration	<a href="https://vbspro.events/p/events/wiesbaden2020">https://vbspro.events/p/events/wiesbaden2020</a>
Wednesday Night Alive (Group)	<a href="https://www.facebook.com/groups/wednightalive/">https://www.facebook.com/groups/wednightalive/</a> *
<b>Personal</b>	
Catholic Priest	<a href="https://www.youtube.com/channel/UCL8-6NwKsEb47uh6xzmTAxQ">https://www.youtube.com/channel/UCL8-6NwKsEb47uh6xzmTAxQ</a> *
Christian Resilience (Conservative Trinitarian)	<a href="https://www.youtube.com/channel/UChrPFylv6xwfPkKMhN9E8Jg">https://www.youtube.com/channel/UChrPFylv6xwfPkKMhN9E8Jg</a> *
Spiritual Resilience (non-religious)	<a href="https://www.youtube.com/channel/UCpNUTYxir3SOB18Hxx1RbNA">https://www.youtube.com/channel/UCpNUTYxir3SOB18Hxx1RbNA</a> *





# 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





# Flu Clinic Dates Wiesbaden Community

## ***DELAYED!***

Due to shipping issues with the manufacturer of the Flu Vaccine our Flu Clinic Dates are delayed.

We will send out new schedules once the vaccine arrives.  
We apologize for any inconvenience.

POC is Ms. Lynnette Murray @ [Lynnette.m.murray.civ@mail.mil](mailto:Lynnette.m.murray.civ@mail.mil)  
or DSN 590-1427.

It is very important that we still comply with Public Health Measures to reduce the spread of COVID-19 during the mass vaccination event.

- The amount of people allowed within the facility will be reduced to comply with Host Nation Guidance.
- Upon arrival, individuals/families will be given a number and asked to wait in their car until their number is called.
- Every person to be vaccinated must have a DHA 116 filled out PRIOR to arrival to reduce congestion and maintain social distancing.
- Everyone will sanitize their hands when entering a facility.
- Masks will be required.



## Revised Flu Clinic Dates

The Wiesbaden Army Health Clinic will be offering  
Public Flu vaccinations during the month of November!  
Location: Lower PX on Hainerberg, in the Old Bookmark

Date	Time
November 10	1300-1900 (Last Check in at 1830)
November 12	1300-1700 (Last Check in at 1630)
November 14	1100-1500 (Last Check in at 1430)
* November 16	1300-1900 (Last Check in at 1830)
November 17	1300-1700 (Last Check in at 1630)
November 18	1300-1700 (Last Check in at 1630)
November 19	1300-1700 (Last Check in at 1630)
November 23	1300-1900 (Last Check in at 1830)
November 24	1300-1700 (Last Check in at 1630)

Available to all eligible beneficiaries, with an ID card. This includes dependent Family Members.  
For the most up-to-date information, please call the FLU LINE @ 06371-9464-1508 (DSN 590-1508)

\* Denotes "No School" Days for DoDEA

The Wiesbaden Army Health Clinic encourages all of our community members, 6 months and older to receive a Flu vaccination, every year. This includes pregnant women.  
Flu vaccination is the #1 way to protect our community and the ones that you love.

All Open to the Public Flu Clinics will be held at the Lower PX on Hainerberg, in the old Bookmark, located between the Bamboo Asian Restaurant and the WSCC Thrift Store.





# Wiesbaden Health Clinic- Primary Care

UNCLASSIFIED

**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.







UNCLASSIFIED

# 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)





# Wiesbaden Health Clinic- Behavioral Health

UNCLASSIFIED

**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> , 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 VTF

UNCLASSIFIED

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

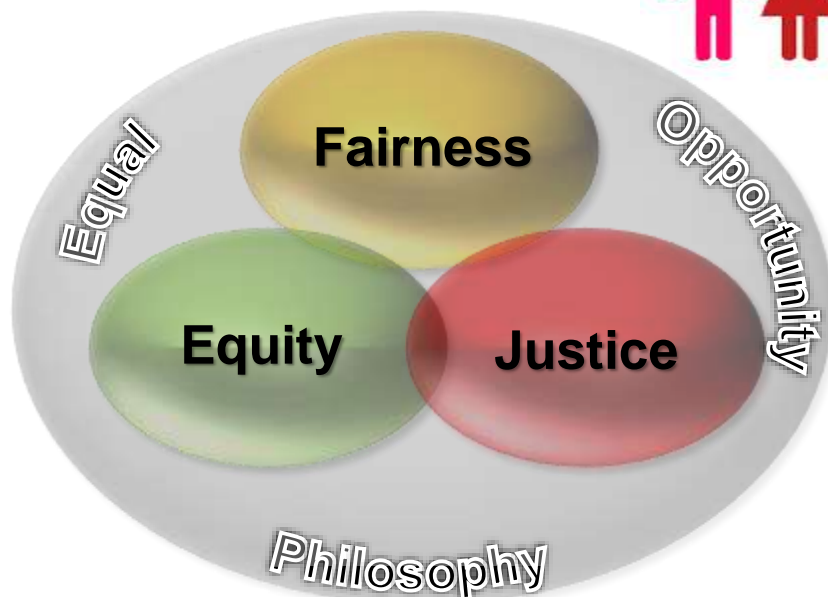
*All updates to hours and services will be posted through the Garrison website and Facebook page.*





UNCLASSIFIED

# 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.

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).

**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







# Sexual Harassment/Assault Response & Prevention

**SHARP**  
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

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.

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



## Wiesbaden Sexual Assault Response Coordinators (SARCs)



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



Vacant  
66<sup>th</sup> MI BDE  
DSN 546-4508  
Clay Kaserne,  
Building 1029N



SFC Darlene  
Coleman  
2<sup>nd</sup> 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

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





# 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**



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# 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.lemkau.civ@mail.mil](mailto:federica.s.lemkau.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>



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](http://www.MilSpouseMoneyMission.org)





# ACS Financial Readiness



## Financially Secure, Mission Ready

Date	Time	Financial Touchpoint Training Series 
11/17/2020	0900-1030	<b>Making the most of my TSP</b> (mandatory for Soldiers Vesting in TSP after 2 years of service)
11/17/2020	1030-1200	<b>Financial Planning, Investment Options and Tax Considerations</b> (mandatory for Soldiers Entitled to Continuation Pay)
12/01/2020	0900-1030	<b>Steps to Financial Planning, Saving and Investing</b> (Mandatory for Soldiers up to E-5 and O-4 being promoted)
12/01/2020	1030-1200	<b>Love and Money: Financial Education for Couples</b> (mandatory for Soldiers getting married or in a new relationship)
12/15/2020	0900-1030	<b>Credit, Debt Management and Major Purchases</b> (mandatory for Soldier at their first duty station and any Soldier facing financial difficulties)
12/15/2020	1030-1200	<b>Budgeting for Baby: Financial Planning for new Parents</b> (mandatory for Soldiers/Spouses expecting the first baby)

Classes are open to all ID card holders and are held virtually on MS Teams. Please email [federica.s.lemkau.civ@mail.mil](mailto:federica.s.lemkau.civ@mail.mil) to receive the link to the virtual classes.







# ACS Financial Readiness

OLD AGE, SURVIVORS, AND DISABILITY INSURANCE (OASDI)

## SOCIAL SECURITY Payroll Tax Withholding Deferral

Effective for the September mid-month pay, DoD will temporarily defer the withholding of your 6.2% Social Security tax if your monthly rate of basic pay is less than \$8,666.66.

### BACKGROUND

In order to provide relief during the COVID-19 pandemic, a Presidential Memorandum was issued on August 8, 2020 and guidance followed by Internal Revenue Service on August 28, 2020, to temporarily defer military members' 6.2% Social Security (Old Age, Survivors, and Disability Insurance) or "OASDI" tax withholdings.

### KEY FACTS

- For Army, Air Force and Navy military members, the Social Security tax is labeled as "FICA-SOC SECURITY" on the Leave and Earnings Statement (LES).
- For the Marine Corps military members, the Social Security tax is labeled as "Social Security" on the LES.
- This change is effective **through the end of the 2020 calendar year** and only applies to your Social Security tax withholding.
- You are **not eligible to opt-out of the deferral** if your basic pay falls within the stated wage limits. The deferral will happen automatically.
- Per current IRS guidance, **collection of the deferred taxes will be taken from your wages between January 1 and April 30, 2021.**
- If you separate in 2020 before the Social Security tax can be collected in 2021, you are still responsible for the Social Security tax repayment.

### ADDITIONAL RESOURCES

If you have questions on the temporary deferral of the 6.2% OASDI withholding:

- Visit the IRS page: <https://www.irs.gov/newsroom/guidance-issued-to-implement-presidential-memorandum-deferring-certain-employee-social-security-tax-withholding>
- As more information becomes available, it will be posted on: <https://www.dfas.mil/taxes/Social-Security-Deferral>
- For more information on financial readiness:
  - Visit <https://finred.usalearning.gov>
  - Visit your installation-based Military and Family Support Center and speak with a personal financial manager or counselor, or contact Military OneSource at <https://www.militaryonesource.mil>

Additional information on the collection process will be provided in the future.

OLD AGE, SURVIVORS, AND DISABILITY INSURANCE (OASDI)

## SOCIAL SECURITY Payroll Tax Withholding Deferral

Effective September 2020, DoD will temporarily defer your 6.2% OASDI tax withholding if your wages, subject to OASDI\*, are less than \$4,000 in any given pay period.

### BACKGROUND

In order to provide relief during the COVID-19 pandemic, a Presidential Memorandum was issued on August 8, 2020 and guidance followed by Internal Revenue Service on August 28, 2020, to temporarily defer employees' 6.2% Social Security (Old Age, Survivors, and Disability Insurance) or "OASDI" tax withholdings.

### KEY FACTS

- This change is effective **September through the end of the 2020 calendar year** and only applies to your OASDI tax withholding.
- You are **not eligible to opt-out of the deferral** if your OASDI wages fall within the stated limits. The deferral will happen automatically.
- Per current IRS guidance, **collection of the deferred taxes will be taken from your wages between January 1 and April 30, 2021.**
- The OASDI deduction is found on your LES under the deductions tab/section.
- If you separate in 2020 before the Social Security tax can be collected in 2021, you are still responsible for the Social Security tax repayment.

### ADDITIONAL RESOURCES

If you have questions on the temporary deferral of the 6.2% OASDI withholding:

- Visit the IRS page: <https://www.irs.gov/newsroom/guidance-issued-to-implement-presidential-memorandum-deferring-certain-employee-social-security-tax-withholding>
- As more information becomes available, it will be posted on: <https://www.dfas.mil/taxes/Social-Security-Deferral>
- For more information on financial readiness:
  - Consult with an Employee Assistance Program financial counselor or seek assistance from a private financial advisor.

\* Wages subject to OASDI: Gross wages less Federal Employees Health Benefits (FEHB), Dental, Vision, and Health/Flexible Spending Accounts (HSA/FSA).

Additional information on the collection process will be provided in the future.

MILITARY MEMBER

CIVILIAN EMPLOYEE





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# ACS Financial Readiness

THROUGH DECEMBER 20

## *Holiday Assistance Program*

Assisting Families from the Wiesbaden military community during the Thanksgiving and Christmas holidays with food baskets for Thanksgiving and Christmas, and Angel Tree gifts for Christmas. Applications available through your Chain of Command or ACS.

**Late applications accepted**



Army Community Service

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

CLICK [HERE](#) for full details and application.





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# 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](mailto: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](mailto: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



## 2020 the “Year of Kindness” for people with Autism

Please visit the EFMP Facebook Page for announcements and upcoming events

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





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# ACS Exceptional Family Member Program

*We've gone virtual!*



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!



Have your X-mas list ready!  
Enrolled EFMP families can register to chat with Santa!  
To register call 0611-143-548-9201 or e-mail [laura.b.johnson27.civ@mail.mil](mailto:laura.b.johnson27.civ@mail.mil)







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# ACS Exceptional Family Member Program

## EFMP Virtual Office

Quarantined? Limited transportation? Can't make it out of the house?

Visit our virtual office on Google Classroom for information on resources, services, frequently asked questions and laws & regulations!



E-mail [Maritza.marin.ctr@mail.mil](mailto:Maritza.marin.ctr@mail.mil) to get access!





# 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.







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# 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-acs@mail.mil](mailto:usarmy.wiesbaden.id-europe.mbx.mwr-acs@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.

Link to view Local Job listings:

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

Home Based Businesses (HBBs)

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](mailto: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](http://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**







# 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**



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# Family Advocacy Program (FAP)



**Classes now only held  
virtually on Tuesdays at 12.  
Join any or all Tuesdays  
until Dec 2nd**

For more information check out  
the USAG Wiesbaden ACS  
Facebook page or call  
DSB 548-9201  
Civ. 0611-143-548-9201

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
- Scream Free Marriage or Parenting
- Stress Management
- Emotional Regulation (Anger Mgmt.)
- Various parenting classes



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# ACS New Parent Support Program (NPSP)

Join FAP on FB Live the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 9 a.m. to talk about online and media safety with our kiddos.



For more information check out the USAG Wiesbaden ACS Facebook page

## Anger Management Class



### Living with Anger

The ACS Family Advocacy Program is offering a virtual class all about how we may experience and express anger. We will explore healthier ways to handle this strong, yet essential, emotion.

Call 0611-143-548-9201 or email [Moriah.j.mendez.ctr@mail.mil](mailto:Moriah.j.mendez.ctr@mail.mil) to get the link in order to join.

**Army Community Service/ New Parent Support Program**

**0611-143-548-9201/9202 (DSN) 548-9201/9202**



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# Physical Fitness & Wellness

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## Wiesbaden Sports and Fitness Center

Clay Kaserne Bldg. 1631

CLICK [HERE](#) to visit Facility Program Page.

## MWR FIT & RESILIENT

Nov 21, 2020 10 a.m.

\$5 Drop the Turkey Spin

Nov 27, 2020 9-10:30 a.m.

\$5 After Thanksgiving

Spin&Abs 90 min

New Zumba Class

Friday's at noon



Follow us CLICK [HERE](#) \*

**\* Thanksgiving Hours: 26-27 Nov 1000-1700**

**Virtual Turkey Trot – Nov. 20-23** Click [HERE](#) for details.

**New Weekend Hours:** Saturday/Sunday 0830-1700

Federal & Training Holiday's 0830-1700

**New weekday Hours:** Active Duty Soldiers 0500-0730

Civilians/Family Members 0730-2000

- All **Massages** have been canceled until further notice.

**\* ID OR CAC IS REQUIRED TO SCAN IN AT THE FACILITY.**

Our scan in location has moved to the Front Desk.

**\* PATRONS MUST WEAR A MASK AND SANITIZE HANDS AS DIRECTED WITHIN THE FACILITY.**

**November Fitness Schedule**

CLICK [HERE](#)



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# 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 11a.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. - 8 p.m. Tuesday – Friday,  
Saturday-Sunday 9 a.m. – 8 p.m.

Call Civ. (0611) 71028072

- **Grab & Go Only**

Click [HERE](#) for Menu

### Shali Java Cafe - Open 7 a.m. - 2 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

## Wiesbaden Entertainment Center

Hours:

**Open Daily** 11 a.m. - 9 p.m. \*Starting Nov. 4-30, 2020.

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

- **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.
- **Grab & Go available**
- **Delivery available**  
(\$20 minimum per order plus \$2 delivery fee)

Click [HERE](#) for Menu

**DUE TO CURRENT COVID-19 PREVENTATIVE MEASURES THE FOLLOWING ACTIVITIES ARE CLOSED UNTIL NOV. 30, 2020. 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 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.

### *Rheinblick Restaurant*

- **Grab & GO ONLY UNTIL NOV. 30, 2020**
- Open Tuesday – Friday 11 a.m. – 8 p.m., Saturday-Sunday 9 a.m. – 8 p.m., Closed Monday.  
Click [HERE](#) for menu

**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](mailto:usarmy.wiesbaden.utap@mail.mil)  
Click [HERE](#) for detailed services information.

**ARMP** - Army Recreation Machine Program  
**DUE TO CURRENT COVID-19 PREVENTATIVE MEASURES ALL WIESBDEN ARMP AREAS ARE CLOSED UNTIL NOV. 30, 2020. WE LOOK FORWARD TO SERVING YOU AGAIN SOON.**

[The Vault Club and Casino](#) - Closed

[ACES Game Room](#) - Closed

[Liberty Games](#) - Closed

[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
- Storage Units and RV Parking

Follow ODR Facebook click [HERE!](#)



Hours: MON-FRI 11 a.m. – 6 p.m.  
Closed: SAT, SUN & US Holidays

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

Click [HERE](#) for full details.



## Bicycle Maintenance and 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.  
Monday-Friday, 1100-1600

DSN 548.9801 or CIV 0611.143.548.9801







# Wiesbaden Family and MWR - Outdoor Recreation

## 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



## 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, binding adjustments and installation.

Additional services are available upon request.

DSN 548.9801 or CIV 0611.143.548.9801

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





# Wiesbaden Family and MWR - Outdoor Recreation

## Hunting, Fishing and Sport Shooting:

(Pending COVID-19 Guidance and Restrictions)

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

**US Forces Fishing Course:**  
**7 - 10 January 2021**

**US Forces Hunting Course:**  
**26 January - 24 April 2021**

**US Forces Sport Shooting Course.**  
**25 - 27 February 2021**



Additional information upon request.

DSN 548.9803 or CIV 0611.143.548.9803

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



## Upcoming Events/Programs:

Due to current COVID-19 preventative measures: Trips, Tours and Recreational Activities have been cancelled until further notice. We look forward to service you again soon.

### Upcoming activities

(Pending COVID-19 Guidance and Restrictions)

JANUARY to JUNE 2021:

- Bicycle Trips
- Canoe Trips
- Hiking Trips
- Ice-Skating
- Jagd & Hund Trade Show
- Keukenhof Flower Parade & Park
- Paintball Operations
- Ski Trips
- Skydiving Trips
- 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

**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 Cafe
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 COVID-19 some services are limited. Please visit the Program websites for full details.  
\* INDICATES BY APPOINTMENT ONLY.

**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 this 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 small icon.

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

Click [HERE](#) to  
Subscribe





UNCLASSIFIED

# 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:  
<http://wiesbaden.armymwr.com/europe/wiesbaden/programs/school-liaison-officer-slo>

### School Websites:

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>

### 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>







# 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, or EXPIRED)**

**Call 0611143 (548-1622) Or 0611143 (548-1600)**

**\*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](mailto: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 1100-1700
- In/Out Processing 1130-1700
- Parcel Pick-up 1130-1730
- Official Mail 0900-1100 / 1300-1500 M-W-F

**\* Closed on all US Federal Holidays**

**\* All appointments need to be scheduled via 548-1701**

## Holiday Season Hours of Operation Now through January 2, 2021

### - Hours of Operation - Monday-Saturday

- Mailing Out/Finance 1100-1700
- In/Out Processing 1130-1700
- Parcel Pick-up 1130-1730
- Official Mail 0900-1100 / 1300-1500 M-W-F

**\* Closed on all US Federal Holidays**

**\* All appointments need to be scheduled via 548-1701**

[usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil](mailto:usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil)

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

## 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.





# 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**

## Holiday Season Hours of Operation

### Now through January 2, 2021

### - Hours of Operation - Monday-Wednesday-Friday-Saturday

- 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](mailto:usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil)

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





# Army Wellness Center

Wiesbaden

**AWC**  
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



NOVEMBER 20, 2020

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# Army Wellness Center – Core Programs



## 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**



NOVEMBER 20, 2020

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# 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](mailto: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](mailto: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](mailto:wiesbaden@redcross.org) or call CIV 0611-143-548-1760.







## **TASK FORCE COMMUNITY WELLNESS**

## **END OF BRIEF**

