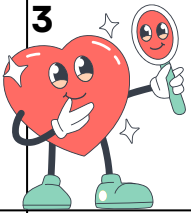
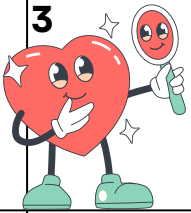

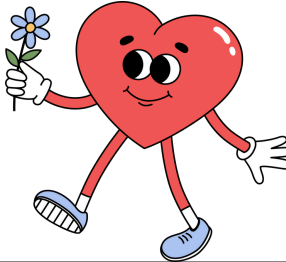



FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Host Nation Orientation 0900-1600 	3 	4 Toddler Play Morning 1000-1100 Newborn Network 1300-1400	5 Spouse Sponsorship Training 1300-1430	6
9 Host Nation Orientation 0900-1600 Dad Talk 1800-1900	10 CFRR Training (Part 1) 0830-1600 Mommy Daddy 101 0900-1300 Healthy Relationships Activity @ The Teen Center 1600-1700	11 CFRR Training (Part 2) 0830-1600 Home Buying and VA Mortgages 0900-1000 Car Buying the Smart Way 1000-1100 Shop Like A Local 1000-1500 Fair Play 1100-1200 Newborn Network 1300-1400	12 Unit Sponsorship Training 1300-1430 Wear Orange Day For Teen Dating Violence Awareness	13 Galentines Day 1000-1130
16  PRESIDENTS' DAY	17 Life Here 101 0900-1500	18 HBB Info Sharing Session 1000-1100 Toddler Play Morning 1000-1100 Shop Like A Local 1000-1500 Global Connections 1130-1300 Newborn Network 1300-1400 Pelvic Floor Dysfunction 1630-1730	19 Spouse Sponsorship Training 1300-1430	20 
23 Host Nation Orientation 0900-1600 Dad Talk 1800-1900	24 Breastfeeding Basics 1000-1100 Modern Love Languages 1100-1200	25 Newborn Network 1300-1400	26 Unit Sponsorship Training 1300-1430	27 FOLLOW US ON FACEBOOK! 

February is Teen Dating Violence Awareness Month. Family Advocacy is supporting our community with events and classes throughout the month to emphasize healthy relationships and self-empowerment.

TEEN DATING VIOLENCE RESOURCES:

www.loveisrespect.org, call 1-866-331-9474, or text LOVEIS to 22522



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

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 information system

AFAP Issue Management System Training:

Learn how to write and submit AFAP issues, recommended steps, and system management tools

AFTB Program Overview Brief:

Learn the basics of the Army Family Team Building Program

Financial Readiness

Home Buying and VA Mortgages:

Don't rush a major purchase! Take time to plan, compare options, and research products and suppliers in order to make the best choice for you.

Car Buying the Smart Way:

Learn essential steps to take before a vehicle purchase. Determine affordability, monthly payment schedule, risks of negative equity, effective negotiating tips, insurance needs, and more.

Employment Readiness/HBB

HBB Info Sharing Session:

Learn how to get approved to run your own Home Based Business

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.

Readiness & Resiliency Class:

Modern Love Languages - Understand what love means to you, and how to experience more of it in your life!

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.

Breastfeeding Basics:

Learn more about the benefits of breastmilk and receive helpful tips to make your experience a positive one! Lead by a Lactation Counselor (CLC).

Pelvic Floor Dysfunction:

Presentation highlights women's pelvic health related issues: pregnancy/postpartum weakness, incontinence, and the anatomy of the pelvic floor.

Galentine's Day:

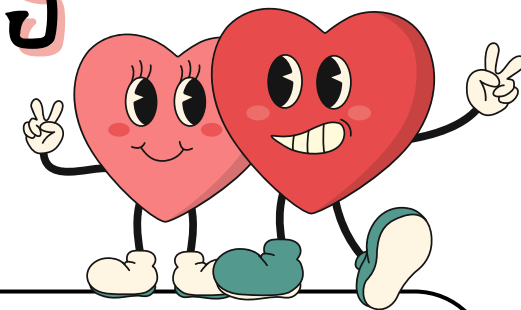
Let's celebrate sisterhood! Leave feeling empowered and refreshed with self care strategies to carry you through the year.

Fair Play:

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

Teen Dating Violence Activity:

An activity for teens to discuss mutual respect, consent, and healthy relationships.



Relocation Readiness

Global Connections/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

Sponsorship Training:

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

Host Nation Orientation:

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

Mobilization & Deployment

CFRR Training:

Learn how to perform the role/duties of the SFRG Command Family Readiness Representative.