



U.S. ARMY



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

UNCLASSIFIED

A Community Initiative

Version 8. July 1, 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 during COVID19 - Wednesdays at our live **Town Hall** meetings.



<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/>





Mental Health Resources

Behavioral Health Clinic

Routine behavioral healthcare continues, but has shifted to telephone and virtual health appointments in many cases. Current patients will be contacted regarding any changes to their appointments. New requests for routine care will be triaged and may be deferred to a later time in some cases. The Behavioral Health Clinic hours have not changed and the clinic remains open to walk-in crisis care from 0630-1700, Monday through Friday. Behavioral Health staff remain available for phone consultation to Commanders and medical providers.

The Behavioral Health Clinic is located at Building 1526 and can be reached by DSN 590-1320 or civilian 06371-94641320.

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.





Mental Health Resources

Employee Assistance Program (EAP)

The Wiesbaden EAP, part of the Directorate for Human Resources, can see **DoD Civilian Employees, Military & Civilian Family Members, and Retirees**. EAP is a free, confidential screening, assessment, and health-related referral resource that can provide short-term, non-therapy counseling and support. EAP is available now primarily through telephone consultations. POC is Dr. John Kaiser at DSN 548-1402/Civilian 0611-143-548-1402, or e-mail: john.w.kaiser.civ@mail.mil

24/7 On-Call Duty Chaplain

The Wiesbaden Religious Support Office provides Chaplains who serve as the 24/7 On-Call Duty Chaplain to provide counseling and pastoral care for afterhours emergencies.

Any individual or Family Member on assignment orders to USAG Wiesbaden or one of our tenant units can speak to the On-Call Duty Chaplain **at 0162-274-7337**





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/> *

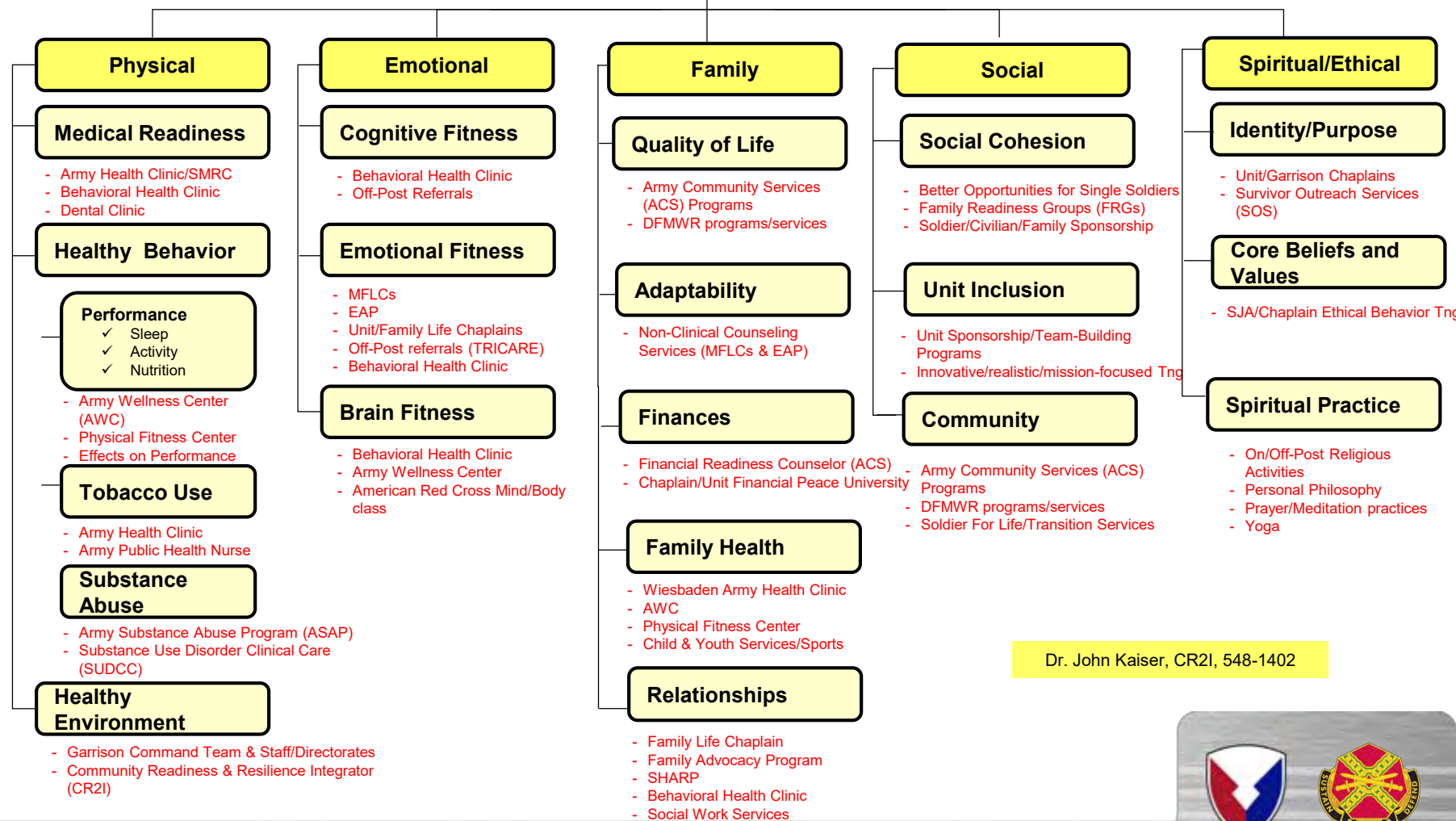




R2 Strategic Objectives/Matching Resources

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.

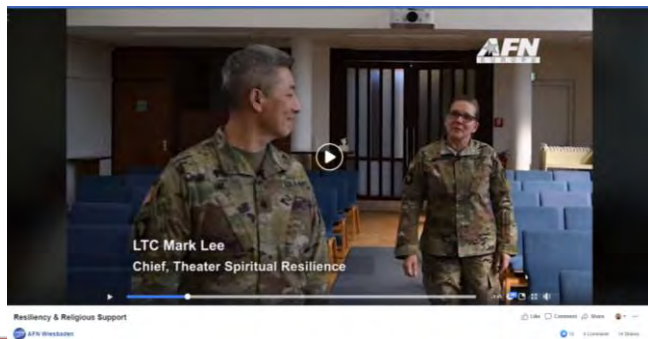
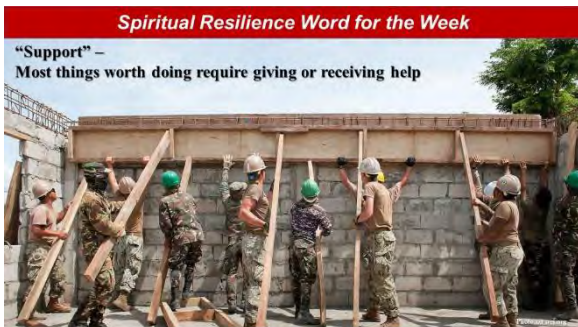
Tell us which formats work best for you!





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



Religious Services at USAG Wiesbaden

Like Comment Share

Garrison Wiesbaden

View the video at

27 4 Comments 5 Shares

<https://www.facebook.com/usagwiesbaden/videos/254799308989204/UzpfSTEwMDc5MTA2NDg5MDQ1MDoxMzA3MDU2MTE4OTg5OTU/> *



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, wear masks, and will be screened prior to entering

Face to Face Appointments:

- **Limited number of 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.
- **If you are unsure what to do, start by either sending us a secure message or call central appointments so you can schedule an appointment or submit a request for a telephone consult with the primary care team.**
- **Please DO NOT show up unexpectedly.**

COVID-19 Primary Care response:

We are increasing our face-to-face appointments, but continue to offer virtual appointments as well.

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: 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 Tue-Thurs 1300-1500 **Appt 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)





UNCLASSIFIED

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:

- Patients picking-up prescriptions will be screened at the clinic front door
- Only four 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

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
- Face-to-face, telephonic, and virtual health appointments are available
- Group therapy is not occurring at this time
- The Behavioral Health Clinic is 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.





Wiesbaden VTF

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: 06371-9464-1544
314-590-1544**

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





Sexual Harassment/Assault Response & Prevention

SHARPSM
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**

SHARPSM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

Wiesbaden Sexual Assault Response Coordinators (SARCs)



Bill Mottley
USAG Wiesbaden
DSN 548-9222
Clay Kaserne,
Building 1201,
Room 101



Deborah Wagner
66th MI BDE
DSN 546-4508
Clay Kaserne,
Building 1029N



SFC Darlene Coleman
2nd 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





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





Army Community Service - Virtual Connection



ACS live

Every Thursday at 1 p.m.

USAG Wiesbaden

ACS

Home

About

Photos

Notes

Jobs

Reviews

Events



Tune in to the USAG Wiesbaden ACS Facebook page every Thursday at 1:00 p.m. for a live connection with the ACS staff.

Follow: USAG Wiesbaden Facebook page click [HERE!](#) *





ACS Financial Readiness

Financial Readiness

- **Lunch & learn daily virtual meeting** with a financial counselor 1200-1300 Monday through Friday
- Financial **Touchpoint Training** available on DOD app **Sen\$e** and 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	Item	Amount	Frequency	Notes
Income	Basic Pay	1000	Monthly	
Income	Overseas Pay	500	Monthly	
Income	Commissary	100	Monthly	
Income	Exchange	100	Monthly	
Income	Other	0	Monthly	
Expenses	Food	100	Monthly	
Expenses	Transportation	50	Monthly	
Expenses	Utilities	100	Monthly	
Expenses	Insurance	50	Monthly	
Expenses	Other	0	Monthly	
Total				



Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?



Jerry York, CFP®
Personal Financial Counselor
Zieders Contractor

Cell 0151 2346 4196

pfc.wiesbaden.usa@zeiders.com

Wiesbaden ACS

- **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

Home About Money Ready MILife Milestones Videos Blog Resources

WE ARE Family!

OFFICE OF FINANCIAL READINESS
Financially Secure, Mission Ready

DEPARTMENT OF DEFENSE
UNITED STATES OF AMERICA

MilSpouse Money Mission
EDUCATE • EMPOWER • ELEVATE





ACS Financial Readiness



Financial ups and downs during COVID-19

Have you noticed more money in your accounts because COVID-19 has you driving less, not eating out as often, and enjoying more time doing things at home for free, instead of going out and spending money?

Would you like to continue spending less, saving more, and not living check to check, making these habits that continue, even after the world reopens?

The money you save on fast food now could help to put a down payment on a house in just a few years!



It's not over yet... prices of many goods and services are rising –
are you preparing your cash flow to withstand the strain?



If you have lost any portion of your family income, you are testing the resiliency of your finances. Positive habits and a systematic plan will set your financial future on a resilient growth course!

• **Talk to an ACS financial counselor for help** •

0611 143 548 9201

federica.s.lemauk.civ@mail.mil

0151 2346 4196

pfc.wiesbaden.usa@zeiders.com





ACS Financial Readiness

Special AER Campaign 2020 *July 1-31, 2020*



**ARMY
EMERGENCY
RELIEF**

EST. 1942

Give.ArmyEmergencyRelief.org/July Campaign





ACS Family Advocacy Program

Weekly Virtual Community Outreach

Positive Parenting Tip Tuesdays

We provide a positive parenting technique our parents can add to their parenting tool boxes!

POSITIVE LANGUAGE ALTERNATIVES
to tame a child's tantrum

Calm down	→	How can I help you?
Stop crying	→	I can see this is hard for you.
You're ok	→	Are you ok?
Be quiet	→	Can you use a softer voice?
Don't hit	→	Please be gentle.
Stop yelling	→	Take a deep breath, then tell me what happened.
Don't get upset	→	It's ok to feel sad.
That's enough	→	Do you need a hug?
I'm over this	→	I'm here for you.

What parents need to know about **zoom**

The infographic details six key risks associated with Zoom:

- ZOOM BOMBING:** Unauthorized users can hijack meetings, share screens, and use chat to post inappropriate content.
- RISK OF PHISHING:** Zoom links can be used to deliver malicious emails or phishing attempts.
- PRIVACY CONCERNS:** Zoom meetings are not always secure, and data may be stored on Zoom's servers.
- LIVE RECORDINGS:** Meeting hosts can record meetings, which may be stored on Zoom's servers.
- PRIVATE ZOOM MEETINGS:** Zoom meetings can be accessed by anyone with the correct link and password.
- LIVE STREAMING RISKS:** Zoom meetings can be live-streamed to YouTube, Facebook, and other social media platforms.

Wake Up to Online Safety Wednesdays

We cover topics on online bullying, online relationships, mental health & technology, and safety guides for various apps and games your child may be using.

For more information follow ACS Facebook Page:

<https://www.facebook.com/USAG-Wiesbaden-ACS-111672008929695/> *





ACS Family Advocacy Program

Weekly Virtual Community Outreach

Story Time with Alissa every Wednesday on the NPSP Facebook Page!

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



No Newborn network again today, instead we have the video recording of Little Dino's don't Yell. NPSP misses seeing all your smiling faces



Thriving Thursdays

We discuss tips for developing and maintaining a healthy relationship with your significant other.



For more information follow ACS FB Page: @USAGWiesbadenACS





ACS Family Advocacy Program

Virtual Life Skill Classes

Did you know FAP is offering **virtual life skill classes** that you can take from the comfort of your own home at your convenience!?

E-mail laura.b.johnson27.ctr@mail.mil for more information on class topics and enrollment information.





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
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under [CC BY-SA](#)





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.ctr@mail.mil

DSN (314) 548-9220

Civ. 0611 143 548 9220



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 ACS EMP office is the single source point of contact for information to resolve problems or locate services to support individuals with special needs

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 more information

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





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.





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-ac@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.

Click [HERE](#) to view current Local Job Listings.

Virtual job trainings are available via **USAJobs** to the public.

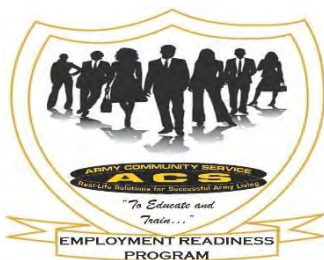
Link to Virtual job trainings:

<https://www.usajobs.gov/Notification/Events/> *

Navigating USAjobs - Finding & Applying 8 July 11:00 a.m. & 5 August 4.00 p.m. (ET)

Interviewing 14 July 12:00 p.m. & 27 July 2:00 p.m. (ET)

Writing Your Federal Resume 23 July, 3:00 p.m. & 10 August 11:00 a.m. (ET)



Contact:

Employment Readiness Manager

Email Earl McFarland

earl.j.mcfarland.civ@mail.mil





Physical Wellness

MWR FIT & RESILIENT

Online Fitness

Emily Coleman
YOGA and YOGA
w/WEIGHTS

Amy Wahl
Full Body Workout

Alina and Ketsia
ZUMBA on ZOOM

Bob Karnes
Martial Arts and Self Defense



Follow us **CLICK [HERE](#)** *



Wiesbaden Sports and Fitness Center Clay Kaserne Bldg. 1631

Now open to all community members ages 18 and older.
The following hours are dedicated to the following individuals:

5-9 a.m. - Soldier PT hours (no civilians/family members)

9 a.m. to 4 p.m. - Soldier Priority (civilians/family members, first-come/first-served, not to exceed 90 patrons at any given time)

4-7 p.m. - Open to all civilians/family members, first-come/first-served, not to exceed 92 patrons at any given time)

Virtual Firecracker 5K Fun Run
Registration open until July 3.

Click [HERE](#) for details.





Wiesbaden Family and MWR Adjusted Service Offerings

Wiesbaden Library

Clearing, computers, printing, photocopies, and new accounts/updates now available.

Plus Offering – Request Pickup Service

Books • Movies • Music • Games & More

Items from our local collection can be requested using a electronic form. For full details click on link below.

Hours:

Sunday - Thursday from 12 - 5 p.m.
by request only.

Click [HERE](#) for full details & request form.



Wiesbaden Arts & Crafts Center

Retail Sales Open

Linen • Plaques • Frames • and lots more

Wood Shop Open by appointment

Please call DSN 548-9838 or
Civ. 0611-143-548-9838

Hours:

Monday - Friday from 11 a.m. - 5 p.m.

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

Classes and 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

Wiesbaden Arts & Crafts Center

Resiliency Craft Kits!

Craft kits, provided by Help Heal Veterans (HealVets.org), courtesy of IMCOM, and are **FREE** of charge to Soldiers.

The Wiesbaden Arts & Craft Center has 290 Crafts Kits available for Soldiers to construct a variety of crafts.

Wooden Models - Leather Wallets & Pouches - Bracelet & Bead kits.

Please visit the Wiesbaden Arts & Crafts Center located on Clay Kaserne Bldg. 1214 or call DSN 548-9838/Civ. 0611-143-548-9838 for more information and availability.



Follow us **CLICK [HERE](#)** *





Wiesbaden Family and MWR Adjusted Service Offerings

VAT/UTAP Office

Open Monday – Friday by appointment only.

Hours: 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
or visit wiesbaden.armymwr.com

The Vault Club and Casino - ARMP Open

Open Monday - Sunday

Hours: 11 a.m. to 7 p.m.

ACES Game Room - ARMP Open

Open Monday - Friday

Hours: 11 a.m. to 7 p.m.

Bamboo Asian Restaurant - Open 11 a.m. to 9 p.m. Tuesday to Sunday (closed Monday).

Delivery available 5 - 8:30 p.m.

Call DSN 548-9425 or civ (0611) 143-548-9425.

[Click here to view the menu.](#)

- **Limited Dine-in service**
- **Will be CLOSED July 12 - August 4 for summer break.**

MWR Food & Beverage

Face Covering is required in facilities as directed!

Wiesbaden Entertainment Center

Open 11 a.m. to 8 p.m. daily. **Grab & Go only!**

Delivery available from Wednesday - Sunday 4-8 p.m.

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

[Click here to view the menu.](#)

Now Open:

ARMP 11 a.m. - 7 p.m.

Bowling by appointment only 11 a.m. - 7 p.m.

Call 0611-143-548-9406 or DSN 548-9406 to make a reservation.

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

[Click here for the menu.](#)

- **Delivery available**
- **Limited - Dine-in service**
- **Will be CLOSED July 18 - August 12 for summer break.**





Wiesbaden Family and MWR Adjusted Service Offerings

MWR Food & Beverage

Face Covering is required in facilities as directed.

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 to view the menu.](#)

Java Express - Open 8 a.m. - 2 p.m.

Monday - Friday **Grab & Go only!**

(No delivery available)

[Click here to view the 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.

[Click here to view the menu.](#)

* **Limited – Dine-in service**

Dagger Cantina - Currently Closed

Rheinblick Golf Course

Now accepting tee times.

Customers MUST have a scheduled Tee time to play Golf!

Hours:

Monday – Sunday Open 7 a.m. - 8 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 NOW OPEN!

9:30 a.m. - 8 p.m.

Click [HERE](#) for menu

* **Limited – Dine-in service**





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:

Monday - Friday from 10 a.m. - 5 p.m. by appointments only.

Car Wash - Is Open!



Click [HERE](#) for full details

(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 by appointment only.

To schedule an appointment, email: usarmy.wiesbaden.id-europe.list.mwr-central-registration@mail.mil.

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





Wiesbaden Family and MWR Adjusted Service Offerings

Outdoor Recreation Center

Outdoor Recreation Center:

Available services.

1. Equipment Rentals & Bicycle Maintenance Services.
2. Hunting, Fishing and Sports Shooting (HFSS) Program.
3. McCully Range – Currently Open
4. Day Trips

Hours:

Monday - Friday from 10 a.m. - 5 p.m.

Walk-ins welcome during operation hours.

All customers are required to:

- Wash hands before entering facility
- Wear Face covering
- Enter and Exit facility as directed

Learn-to and Virtual Tour videos:

The Wiesbaden Outdoor Recreation has been uploading a wide range of learn-to from how to ride a bike to learn how to go Stand Up Paddle Boarding.

In addition to the learn-to videos they have been uploading a variety of virtual leisure travel videos from local hiking and biking trails to major European cities and regions in which some are pure images with sound and others are full travel guides with insights to each location.

FACEBOOK:

Wiesbaden Outdoor Recreation
Follow click [HERE!](#)





Wiesbaden Family and MWR Adjusted Service Offerings

Outdoor Recreation Center

Biking Club: This 2020 Wiesbaden Biking Club event/program can be done at home, or on any bicycle trail or road (this is open to all bicyclist regardless of Beach Cruiser, BMX Bike, Mountain Bike, Road Bike or Touring Bike).

Just jump on your bike and keep riding as often as possible to rack up total mileage, even if you can only get out for a quick 5km or 10km bike ride. Fill out a bike log and start tracking your rides and total distances. Take pictures on your journey and share them in the comments section below the FB invitation/event.

Biking Club goals: 500, 1000, 2500 & 5000km's

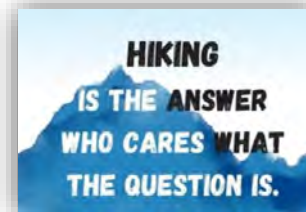
BIKE LOG



Hiking Club: This 2020 Wiesbaden Hiking Club program can be done at home, or on any path, road and trail (this is open to all backpackers, hikers, Volksmarchers and walkers

Just put on pair of comfortable walking shoes or boots and get out walking as often as possible to rack up total distance traveled, even if you can only get out for a quick 5km or 10km hike. Fill out a walking/hiking log and start tracking your hikes and total distances. Take pictures on your journey and share them in the comments section below the FB invitation / event.

Hiking Club goals: 50, 100, 250 & 500km's





Inside with MWR

INSIDE WITH MWR

<https://wiesbaden.armymwr.com/promos/inside-mwr>

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
- Educational Activities for Children
- Virtual Library
- Sports & Fitness Virtual Workouts
- Virtual Art Courses
- Streaming Broadway Shows & Play Readings from AEP
- Things to do at Home
- Online Academic Resources
- Virtual Job Training
- Mental Health Resources
- MWR Program & Informational Videos
- Resources for Coping During COVID-19





July 4th Special Event & Festivities

**Wiesbaden Family and MWR July 4th Fireworks Celebration
presented by Andrews Federal Credit Union.**

July 4th Spectacular Fireworks Show

[Registration is Open.](#)

***Limited spots available!**

Register today click [HERE](#) for full details.

July 4th Festivities

- [Virtual Firecracker 5K Run](#)

June 28 - July 4th - Registration open.

- [July 4th BBQ Drive-Thru](#)

Wiesbaden Entertainment Center
July 4th Noon - 10 p.m.

- [July 4th MWR Prize Drawings](#)

Starting 8:30 p.m. tune in to Facebook
to win Prizes and hear the announcements
of contest winners.

- [Spectacular Fireworks Show](#)

July 4th Clay Kaserne Airfield
Gates Open at 8 p.m.

* Entry Only for registered Patrons.

Event is also Livestreamed on
[Wiesbaden MWR Facebook](#)



Click [HERE](#) for full event details.





July 4th WEC BBQ Drive Thru Menu

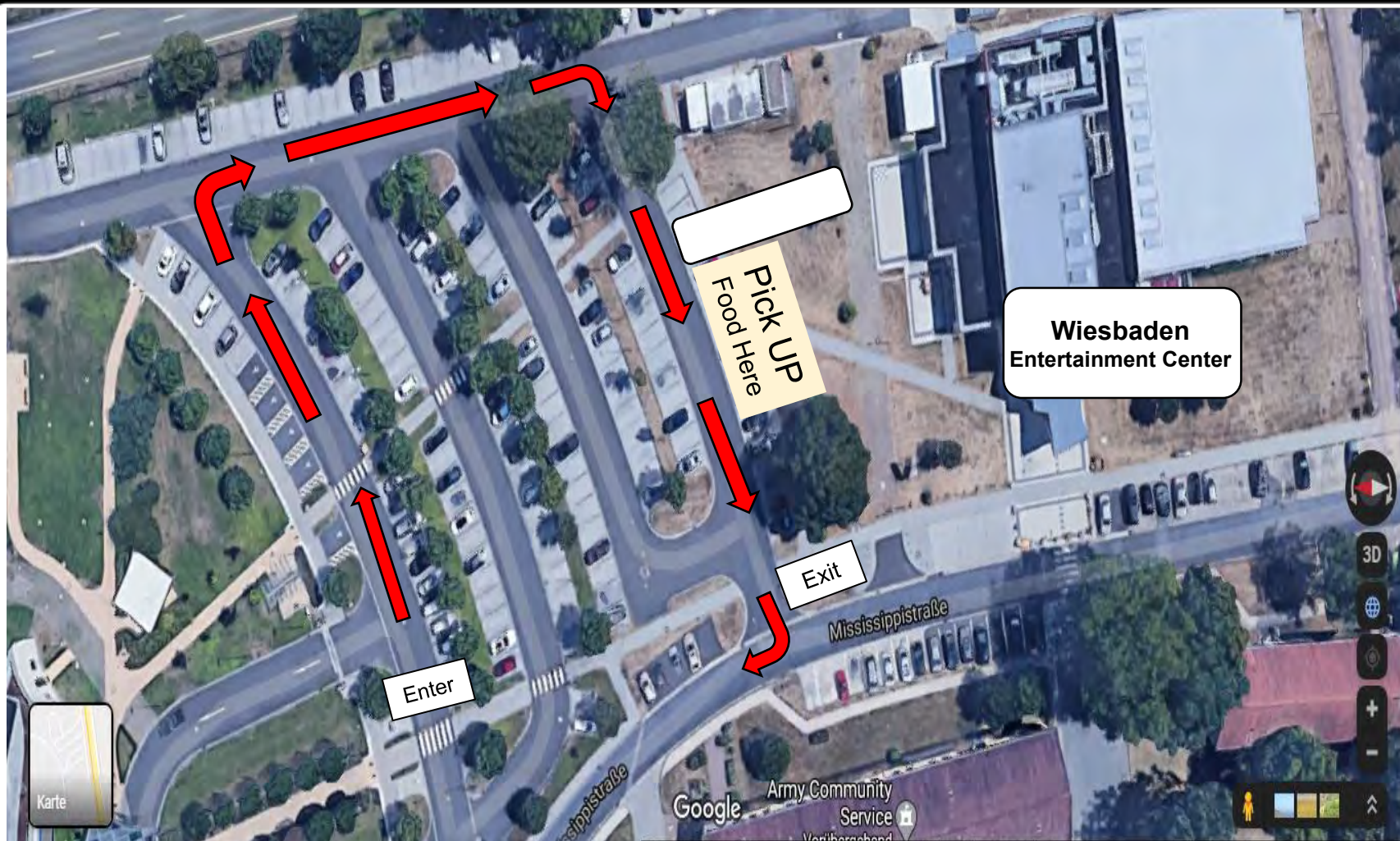
Available July 4th from Noon - 10 p.m.

- **Smoked Baby Back Ribs Served w/ Baked Beans and Corn on the Cob – Half Rack \$11.75/ Full Rack \$15.75**
- **Grilled Bratwurst w/ Sauerkraut & Spicy Mustard - \$7.50**
- **Hamburger - \$5.50**
- **Cheeseburger - \$6.50**
- **French Fries - \$2.00**
- **Bag of Chips - \$1.50**
- **Bottle Soda - \$1.75**
- **Bottle Water - \$1.50**
- **Drip Coffee - \$1.50**





July 4th WEC BBQ Drive Thru Layout



Wiesbaden Entertainment Center **July 4th BBQ Drive Thru**
Delicious Smoked Baby Back Ribs, Burgers, Drinks, and more
July 4th only from Noon - 10 p.m. [Click HERE full Menu/Details](#)





MWR Calendar – Upcoming Events

DATE/TIME:	EVENT NAME:	EVENT TYPE:
June 28 - July 4 th	Virtual Firecracker 5K Fun Run	Virtual Event
July 3-6	4 Day Volksmarch 20-40 KM	Virtual Event
July 4, Gates open 2000	July 4th Fireworks	Community Event
July 5 - August 16	Summer Reading Program	Virtual Event
July 11, 0800-1600	Ruedesheim Bike Trip	Outdoor Activity
July 13 -17	Virtual Summer Theater Camp	Virtual Event
July 24, 1200	ACS Birthday	Virtual Event
August 8, 0900-1200	Virtual Half Marathon	Virtual Event

Visit – Wiesbaden.armymwr.com





MWR Weekly Newsletter

Wiesbaden MWR Marketing Newsletter

<https://wiesbaden.armymwr.com/promos/mwr-weekly-newsletter>

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.

INSIDE WITH MWR
Newsletter
April 13, 2020

LATEST FACILITY UPDATES

COVID-19 Impacted Services Information

It is our mission to continue services for world's best customers during this response time always with everyone's "SAFETY FIRST" at heart. During COVID-19 important safety measures must be in place to keep you and our team members safe at all times. We ask for your full cooperation in practicing all safety measures identified in order for us to conduct business and continue support if made available. Social distancing, wearing masks as required, and washing hands often, are all important preventive measures that must be followed.

Visit: [U.S. ARMY GARRISON WIESBADEN WEBSITE](#)

Weekly COVID-19 Town Hall: Follow FB @usgawiesbaden
[WIESBADEN GARRISON FACEBOOK WEBSITE](#)

WASH HANDS! **WEAR MASKS AS DIRECTED!**
SOCIAL DISTANCE!

Facilities Reopening Starting April 13, 2020

- Auto Skills Center**
- Outdoor Recreation Center**

Please Note: Limited Services ONLY visit Program websites for full details.

Facilities Open

- Army Community Service**
- VAT/JUTAP Office**

* Fridays ONLY by Appointment

Virtual Programming:
Join us in exploring a wealth of opportunities available to you, courtesy of Wiesbaden Family and MWR Program and useful online resources.

Resources Include:

- Garrison COVID-19 Updates
- MWR Food Delivery Options
- Educational Activities for Children
- Virtual Library
- Sports & Fitness Virtual Workouts
- Virtual Art Courses
- Things to do at Home
- Online Academic Resources
- Virtual Job Training
- Mental Health Resources
- Talk Your Way Home
- MWR Program Videos
- Coping During COVID-19

And much more.

TAKE A VIRTUAL TOUR

- Wiesbaden MWR**
Visit our website featuring information on all Wiesbaden Family and MWR Program and Services.
- Facebook**
@WiesbadenMWR Follow us today for latest announcements and valuable information.
- YouTube**
Feature inspirational videos in support of Wiesbaden Family and MWR programs.
- Instagram**
@wiesbadenmwr Featuring candid images and stories from MWR events and programs with a USAG W Germany community.

PLEASE NOTE:
Legal Disclaimer: The appearance of logos in this government site does not constitute endorsement by U.S. Army Garrison (Wiesbaden) or the Department of the U.S. Army of the exact status of the information, products or services or other matter. The site does not contain articles with an affinity exchange and license. Uniform and Governmental, the logo mark of the U.S. Army does not constitute a federal trademark or the property you may find at trademark.com.

CLICK HERE TO EXPLORE!

WE UPDATE OUR CONTENT CONTINUOUSLY WITHIN THE "INSIDE WITH MWR" PROGRAM PAGE. VISIT REGULARLY TO EXPLORE NEW PROGRAM INFORMATION AND USEFUL ONLINE RESOURCES.

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 link located at the bottom right side of the newsletter.

[CLICK THE SMALL ICON TO SIGN UP AND RECEIVE OUR WEEKLY NEWSLETTER](#)

[WIESBADEN.ARMYMWR.COM](https://wiesbaden.armymwr.com)

Click [HERE](#) to Subscribe





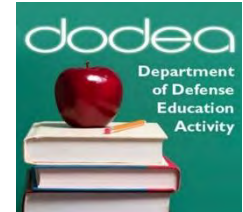
Educational – DoDEA Schools

**DoDEA Wiesbaden Schools are Monday - Friday
limited staffing during the summer**

For school registration:

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

Contact local school for an appointment to complete online registration



For school information:

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

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> *

School Liaison Officers contact information available world wide:

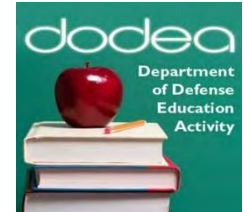
<https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm>





Educational – DoDEA Schools

DODEA Europe Summer



Clubs and Enrichments Activities

- For students at every grade level
- Clubs for every age and every interest.
- Details and Registration

<https://sites.google.com/student.dodea.edu/summer-virtual-enrichment/home>

Most clubs are open to students all over DODEA Europe with a few being designated to specific schools. Clubs and activities will beginning 15 June 2020. See start dates when you register for the activities and sign up as soon as possible. Once you have registered, simply join the Google Meet at the designated time and date.





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.





Wiesbaden Education Center

The Education Center has shifted classes to online. Specific school and contact info is listed below please contact for more details.

Central Texas College -

Email wiesbaden@europe.ctcd.edu

DSN 548-1307 or (0611)143-549-1307.

Embry-Riddle Aeronautical University

Email wiesbaden@erau.edu

University of Maryland Global Campus

email: wiesbaden-europe@umuc.edu; or by phone (0611)143-548-1315

University of Oklahoma -

Wiesbaden OU representatives
email: APWiesbaden@ou.edu.

Contact:

DSN 548-1302

Civ. (0611) 143-548-1302





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.





Wiesbaden/Dagger Complex Postal Service

Wiesbaden Postal Hours:

- Lobby Access: M-F 09:30 - 16:00
- Finance/Mailing Out: M-F 11:00 - 14:00
- In/Out Processing: M-F 11:00 - 16:00
- Parcel Pickup: M-F 11:00 - 16:00
- Official Mail: M-W-F 10:00 - 12:00



Dagger Complex Postal Hours:

- Finance/Mailing Out: M-W-F 10:00 - 14:00
- Parcel Pickup: M-W-F 10:00 - 14:00

Courtesy & Patience

- Please remember that those assigned to assist at the entry points are doing their jobs to help mitigate and keep the traffic flow at social distancing standards. Please give them the courtesy as well. They are here to help.
- Limit mail to what is truly necessary at this time as the lines could be slower due to all the processes in place. Ensure you factor this into your plans.

Face Covering/Mask Usage

- All customers utilizing the Postal Office must wear proper face covering/mask while conducting any business inside.

Hand Washing

- Before entering the Post Office you must wash your hands.

Entrance/Exit

- **Entrance** through Finance/Mailing Out door. *Only those with carts for mail transportation, baby-strollers and wheelchairs (any other type of medically aided devices/equipment) can utilize Entrance door for exiting purposes.
- **Exit** through the doors by Parcel Pickup facing the Fitness Center if you do not fall under that mentioned in the (*) under Entrance.





TASK FORCE COMMUNITY WELLNESS

END OF BRIEF

