



U.S. ARMY®



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

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***A Community Initiative***

Version 10. September 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 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/>







# Task Force Wellness • September Highlight

## Wiesbaden Entertainment Center

### SEPTEMBER WEC SPECIALS

- **Wednesdays** - Penny A Pin Bowling 4-10 p.m.

Free shoe rental if you order \$10 or more from the Strike Zone.

- **Thursdays** - League Night

Four person teams stay on one lane (no rotation between two lanes) running on two shifts from 5-7:30 p.m. and 8-10:30 p.m.

- **Fridays** - Cosmic Bowling 6-9 p.m.

Prices reduced from \$3.75 to \$2 a game.

Free Shoe Rental if you order \$10 or more from the Strike Zone.

- **Saturdays** - ALL DAY 3-2-1 Bowling

First Game is \$3, Second Game is \$2 and the third game (and every game after that) is only \$1. Free Shoe Rental if you order \$10 or more from the Strike Zone.

- **Sundays** - Friends And Family Bowling Pack 11 a.m. to 6 p.m.

\$40 covers your bowling, shoes, one pizza and four drinks for 1.5 hours.





# 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](mailto: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

### 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/> \*

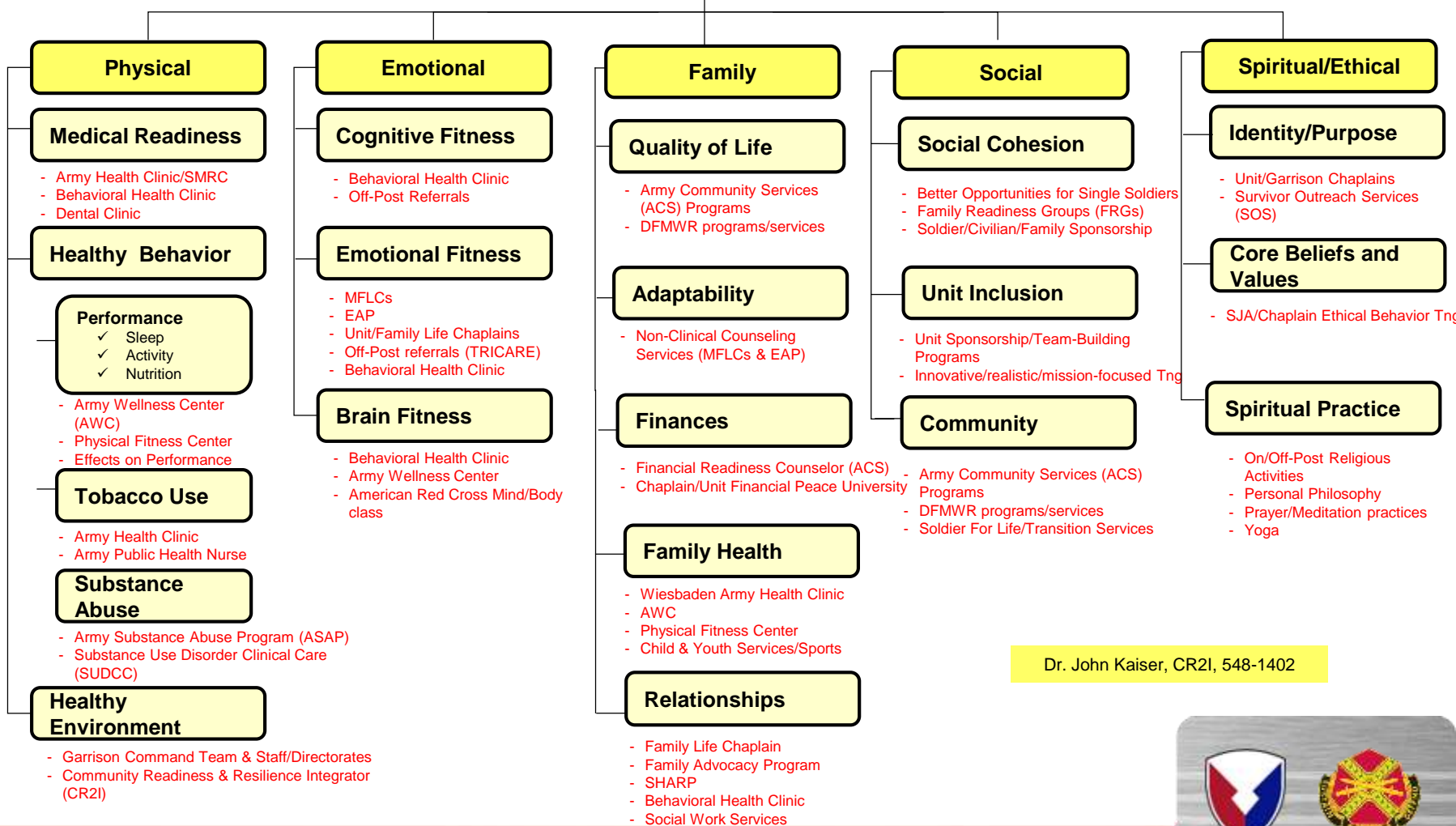




# R2 Strategic Objectives/Matching Resources

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!***

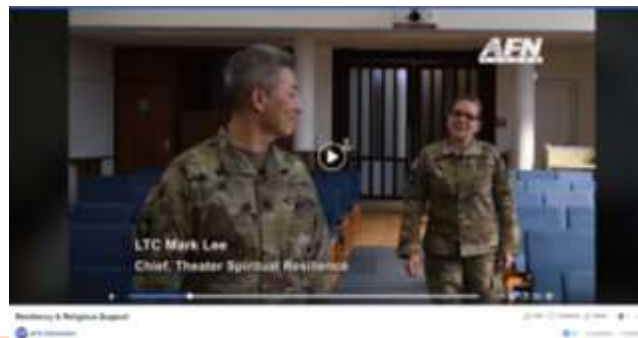




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# Look Who's Cooking!

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

**View the video at**

<https://www.facebook.com/usagwiesbaden/videos/254799308989204/UzpfSTEWMDc5MTA2NDg5MDQ1MDoxMzA3MDU2MTE4OTg5OTU/> \*

Like Comment Share

27 4 Comments 5 Shares







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# 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

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## 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





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# 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.







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# 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)







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# 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)





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# 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

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***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



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)



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



Deborah Wagner  
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







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# 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

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## 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>



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





# ACS Financial Readiness

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SECURING THE  
FINANCIAL  
FRONTLINE



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

0151 2346 4196

[pfc.wiesbaden.usa@zeiders.com](mailto:pfc.wiesbaden.usa@zeiders.com)





# 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 USAG ACS EFMP Facebook Page for Sensory Fun day Mondays, get access to our monthly EFMP Newsletter and be in the know for upcoming events!



Join us on Teams the last Thursday of each month to join one of EFMP support groups!



**When:** Last Thursday of each month

**Time:** 10:00 am – 11:00 am

**Location:** MS Teams; email [maritza.marin.ctr@mail.mil](mailto:maritza.marin.ctr@mail.mil) for access code

Network and share with other exceptional parents

Learn information about resources and advocacy

Discuss w/other parents the joys & challenges of raising an exceptional child

For information call ACS EFMP 0611-143-548-9201

POC: Maritza Marin, LMSW



E-mail [Maritza.marin.ctr@mail.mil](mailto:Maritza.marin.ctr@mail.mil) for registration and further details!





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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>

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

Link to Virtual Job Trainings:

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

Writing Your Federal Resume 3 Sept. 2:00 p.m. (ET) & 15 Sept 11:00 a.m. (ET)

Navigating USAJobs - Finding & Applying 9 Sept. 11:00 a.m. & 24 Sept 2:00 p.m. (ET)

Interviewing 17 Sept. 3:00 p.m. (ET) & 30 Sept 1:00 p.m. (ET)



### Contact:

Employment Readiness Manager

Email Earl McFarland

[earl.j.mcfarland.civ@mail.mil](mailto:earl.j.mcfarland.civ@mail.mil)





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# 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**
  - Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month at 1400
    - Up to 5 attendees at a time
- ✓ **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

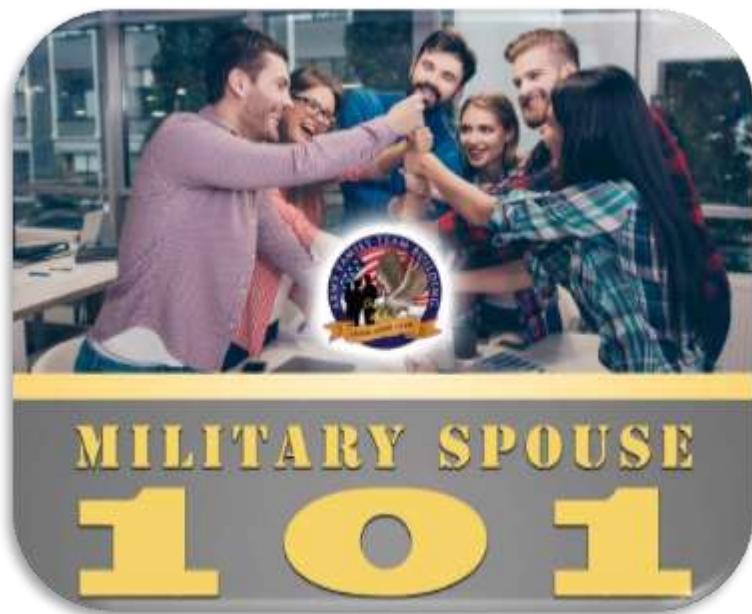
✓ **Volunteers: the Heart of the Army Community**





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# Army Family Team Building (AFTB)



For more information call ACS  
CIV: 0611-143-548-9202 or DSN: 548-9202

## ✓ Military Spouse 101 Training

- Wednesday, September 23 at 1400, up to 5 attendees

## ✓ Other Training Opportunities

- Leadership Development
- Personal Growth & Resiliency
- Military Knowledge



## ✓ Volunteers: the Heart of the Army Community





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# ACS New Parent Support Program (NPSP)

## What is the New Parent Support Program (NPSP) ?

We offer a variety of programs including:

- \* Home and Office visits
- \* Support Groups
- \* Parenting classes

## What Can The NPSP Do For Me?

We will answer your questions about pregnancy, post-partum, and lactation, as well as parenting infants, toddlers and young children. We offer you the opportunity to learn new skills and improve parenting techniques.

## Who is eligible ?

Families with children age newborn up to four years old, or who are expecting a baby are invited to participate in the New Parent Support Program.

## What If We're Not New Parents?

Adding a brother or sister to the family can present a big change. Demands on your time are different with more than one child in your house.

## Parenting Information

NPSP has a resource room available to you, which includes: books, DVD's, and other materials on topics such as parenting, family relationships, child development, and infant care. We also loan empathy bellies and hospital-grade breast pumps.

For more information please  
call ACS at: DSN 548-9201/9202  
Civilian 0611-143-548-9201/9202

Or E-mail one of our New Parent  
Support Home Visitors directly at:  
florence.n.dartey.ctr@mail.mil  
alissa.b.fitzgerald.ctr@mail.mil  
kellie.s.webster.ctr@mail.mil







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# ACS New Parent Support Program (NPSP)



**Keeping your sanity in these uncertain times is essential, come learn tips to do just that.**

**Starting Sept. 9 at 10 a.m.**

Must register to participate. Four classes available to join. Please call DSN 548-9202 or CIV. 0611-143-548-9202

**Gift basket of goodies to families that are able to join all 4 classes.**

## **Newborn Network Stroller Walk**

**Wednesdays from 10-11 a.m.**

**September 2nd, 9th, 16th, 23rd, 30th**

**We will meet in front of the NPSP office located on Hainerberg Texas Strasse 57.**

**Open to all families with infants 12 months and younger.**

Please call DSN 548-9202 or CIV. 0611-143-548-9202 for more information.





# Physical Fitness & Wellness

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**Wiesbaden Sports and Fitness Center**  
Clay Kaserne Bldg. 1631

## MWR FIT & RESILIENT

*Online Fitness*

Jen

Jodi

Sweaty but ready Fitness



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

**Now open to all community members ages 16 and older.**  
Age 12 - 15 are also welcomed at the Fitness Center if accompanied by parent/ guardian.

The following hours are dedicated to the following individuals:

**5 a.m. Soldier PT hours only** (no civilians/family members)

**8 a.m. to 4 p.m. - Soldier Priority** (civilians/family members, first-come/first-served, not to exceed 120 patrons at any given time)

**4-7 p.m. - Open to all civilians/family members**, first-come/first-served, not to exceed 120 patrons at any given time.

Beaver FIT Container available by appointment

**\* ID or CAC is required to scan in at the facility.**

**INDOOR CLASSES NOW AVAILABLE.**

Click [HERE](#) for complete schedule





# 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

**Wood Shop Open by appointment only!**

**Note: Will be Closed Sept. 8-15**

Please call DSN 548-9838 or Civ. 0611-143-548-9838  
to schedule appointments.

### 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 Dine-in/Grab & Go

Face Covering is required in facilities as directed!

### Dine - in / Grab & Go

#### **Rheinblick Restaurant** - Cem Klein's Bistro

Open 9:30 a.m. - 8 p.m. Monday - Sunday

Call Civ. (0611) 71028072

Beautiful Outdoor Terrace dining available.

- **Limited – Dine-in service**
- **Grab & Go available**

Click [HERE](#) for menu

#### **Latin Street Restaurant**

Note: Sept. 8-15 **Closed**

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.

Beautiful Outdoor Terrace dining available.

- **Limited - Dine-in service**
- **Grab & Go available**

Click [HERE](#) for menu

### Grab & Go Only

#### **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.](#)

#### **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 - Delivery & Dine-in

Face Covering is required in facilities as directed!

**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.

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

- **Delivery available 5 - 8:30 p.m.**
- **Limited Dine-in service**

**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 during Operating Hours**
- **Limited Dine-in service**

## Wiesbaden Entertainment Center

Various Operating Hours click [HERE](#) for details.

**Strike Zone open daily** [Click here to view the menu.](#)

- **Delivery available \$20 minimum per order.**
- **Grab & Go plus Limited Dine-in service is available.**

## Bowling by appointment only

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

Kids Bowl for **FREE** through September 30, 2020.



Click [HERE](#) for details.





# Wiesbaden Family and MWR Adjusted Service Offerings

## Rheinblick Golf Course

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

Beautiful Outdoor Terrace dining available.

- **Limited – Dine-in service**
- **Grab & Go available**

### **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

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

Monday - Sunday from 4 - 11 p.m.

### [ACES Game Room](#) - Open

Monday - Friday from 11 a.m. to 7 p.m.

### [Liberty Games](#) - Open

Tuesday - Friday from 4 - 11 p.m.

### [WEC Game Room](#) - Open

Hours vary please visit program page.





# 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 1-4 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 Adjusted Service Offerings

## Outdoor Recreation Center - Clay Kaserne North Bldg. 3400

### Hours:

**Monday - Friday** from 11 a.m. - 6 p.m.

**Walk-ins** welcome during operation hours.

All customers are required to:

- Wash hands before entering facility
- Wear Face covering

### Available services.

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

**Follow us on FACEBOOK:**

Wiesbaden Outdoor Recreation click [HERE!](#)

### September Outdoor adventures include:

Recreational Shooting

Paintball Day

Mainz Biking Trip

Click [HERE](#) to visit the Outdoor Recreation Program page for full adventure details.







# MWR Calendar – Upcoming Events

DATE/TIME:	EVENT NAME:	EVENT TYPE:
Sept. 5, 0900 - 1100	<a href="#">Air Rifle and Archery Day</a>	Community
Sept. 5, 0800 - 1400	<a href="#">Rheinblick Club Championship</a>	Community
Sept. 11, 1730 - 1930	<a href="#">Friday Night Golf Scramble</a>	Community
Sept. 12, 0900 - 1300	<a href="#">Mainz Biking Trip</a>	Community
Sept. 18, 1730 - 1930	<a href="#">Friday Night Golf Scramble</a>	Community
Sept. 19, 0900 - 1400	<a href="#">Paintball Day</a>	Community
Sept. 21-27, 2020	<a href="#">Virtual 5K Run to Honor</a>	Virtual
Sept. 26, 1000 - 1500	<a href="#">Scramble of the Year Golf Tournament</a>	* PENDING - Please contact Program for details.
Sept. 26, 1000 - 1500	<a href="#">Recreational Shooting</a>	Community

Visit – [Wiesbaden.armymwr.com](https://Wiesbaden.armymwr.com)





# MWR GO 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.

Wiesbaden Family and MWR  
Newsletter - July 27, 2020

MWR GO

SOCIAL DISTANCE - WEAR FACE COVERING AS DIRECTED - WASH HANDS

Connect • Follow • Engage • Explore

**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. [Shall 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 webpages for full details. \* INDICATES BY APPOINTMENT ONLY.

**Featured Programs**

**Outdoor Fitness Classes**  
Zumba, Yoga, Barre, Pilates, 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 the 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.

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 icon.

Not receiving our Newsletter?  
Sign up today simply click the email icon.

Click [HERE](#) to  
Subscribe





# 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 Meal Program

- Lunch Program information
- Meals will be "Grab and Go" prepacked in all disposable containers
- <https://aafes.com/about-exchange/school-lunch-program/>
- Apply for Free/Reduced lunch online
- Updated income guidelines means qualification for more families with higher incomes
- <https://freeandreducedapps.aafes.com>
- Manage your School Lunch Account from your home computer or the cell phone app, using
- <https://www2.mypaymentsplus.com>







# 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>





# 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





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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**





# Wiesbaden Commissary



## Hours of Operation:

<b>Sunday – Saturday</b>	<b>0900-1000 for high risk customers</b>
<b>Monday – Friday</b>	<b>1000-2000 for all customers</b>
<b>Saturday &amp; Sunday</b>	<b>1000-1900 for all customers</b>

**“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

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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](mailto:wiesbaden@europe.ctcd.edu)

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

## Embry-Riddle Aeronautical University

Email [wiesbaden@erau.edu](mailto:wiesbaden@erau.edu)

## University of Maryland Global Campus

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

## University of Oklahoma -

Wiesbaden OU representatives

email: [APWiesbaden@ou.edu](mailto: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](mailto: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.





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# Task Force Community Wellness – Wiesbaden Military Community

## **TASK FORCE COMMUNITY WELLNESS**

## **END OF BRIEF**

