



U.S. ARMY



Photo by Sgt. David Kujawa



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

UNCLASSIFIED

A Community Initiative
Version 21. June 2, 2021 FINAL EDITION



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

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Task Force Community Wellness – Wiesbaden Military Community



USAG WIESBADEN COMMUNITY UPDATE

This is the official page for the Wiesbaden Military Community updates managed by the U.S. Army Garrison Wiesbaden Public Affairs Office.



Follow **USAG Wiesbaden** on Facebook
for up to date information concerning COVID19
<https://www.facebook.com/usagwiesbaden/> *

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

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> *

Suicide Prevention Resources

24/7 On-Call Duty Chaplain
Tel. 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/> *

Employee Assistance Program (EAP)

Dr. John Kaiser, CEAP

DSN 548-1402, Civ. 0611-143-548-1402

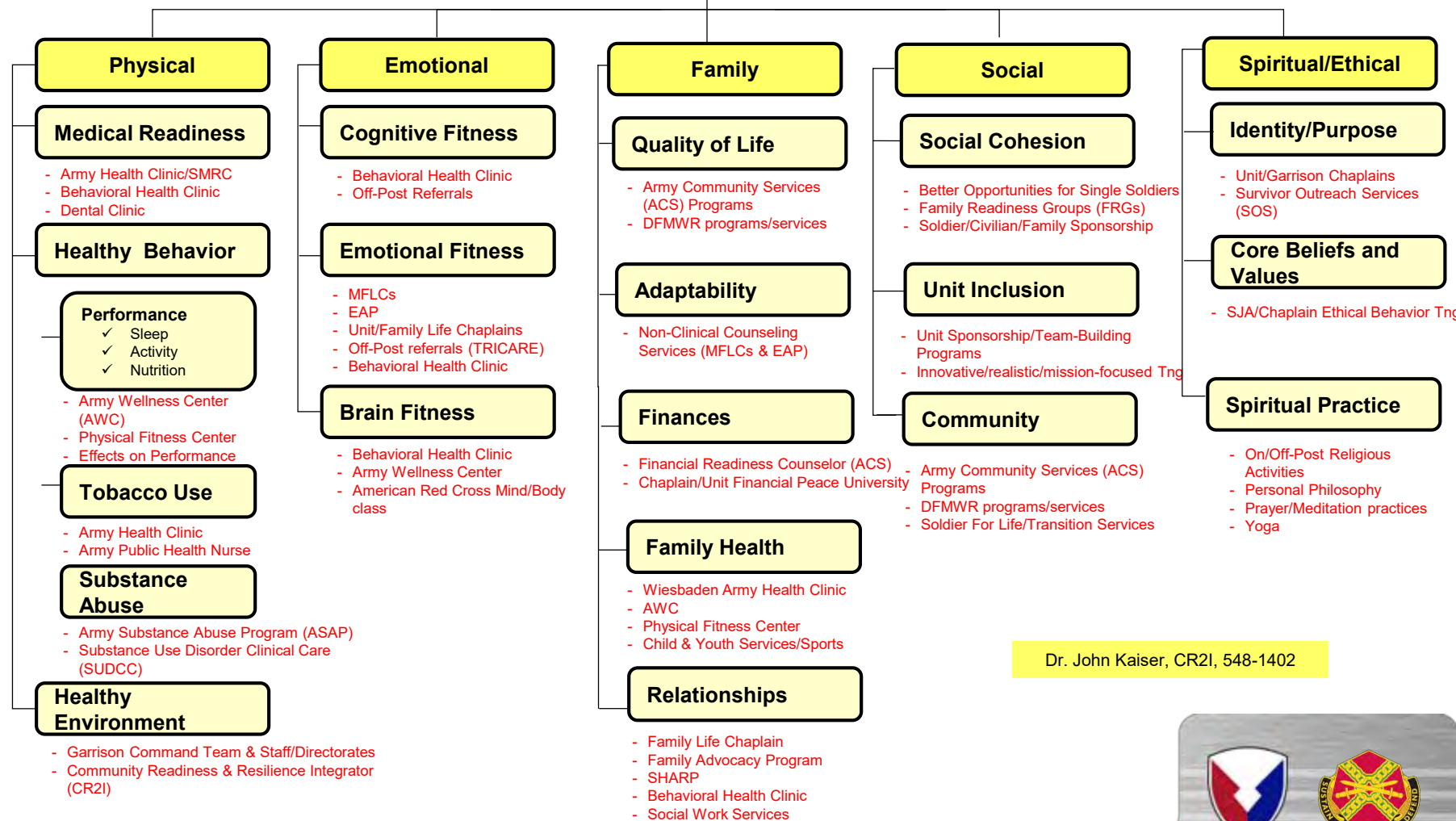




R2 Strategic Objectives/Matching Resources

ROUTINE ASSESSMENT

SO1: Sustained Personal Readiness to Meet Operational Requirements



Dr. John Kaiser, CR2I, 548-1402





Spiritual Wellness for Wiesbaden

“Virtual Soul Food for our Community!”

Our Religious Support Office shares live and recorded religious services and programs to support our community during temporary closures due to COVID-19. You can find links to most of these on our Facebook page at

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



A Buffet of Options . . .
 * Buddhist Meditations * Catholic Mass * Inter-Belief Discussions * Islamic Prayers * Jewish Services * Mormon Resources * Protestant Worship, etc.
 . . . for Different Groups . . .
 * Chapel Congregations * Children’s Ministries * Fellowship Groups * Women’s Auxiliaries * Youth, etc.

. . . Served by a Variety of Means
FACE-TO-FACE (one at a time and social distancing)
24/7 On-Call Chaplain’s Cell @ 0162-274-7337
 And * Articles * Emails * Facebook * FaceTime Video * Google Hangouts * Individual Phone Calls * Livestreams * Microsoft Teams * Recorded Video * RightNow Media * Teleconferences * YouTube, etc.

Tell us which formats work best for you!





Spiritual Wellness for Wiesbaden

Community Worship Services Click [HERE](#) to view online.

Where Might You Fit?

Living in Wiesbaden can be as challenging as it is rewarding. Our units have far-reaching impacts for Europe and beyond; our community is senior-heavy, highly intelligent, and hard-working; and we live on small posts, so we see each other often. All of these can bring great blessings and burdens, depending on our desire to be more transparent for deeper relationships. We believe this is a must for spiritual strength.

Our Religious Support Office structures and supports each of our ministries to equip and encourage your "head, heart, and hands" for two goals:

- 1) your deeper trust in God that enables
- 2) your deeper connection for each other.

Consider investing in one of our services or programs that fits your beliefs and practices. Begin to receive and eventually give holistic care to equip and encourage your neighbor's "head" (knowledge, understanding, beliefs), "heart" (values, empathy, compassion), and "hands" (sacrificial service for protection and provision).

If others have often said you helped them grow spiritually by your skill and care in one of those three themes, contact one of our Chaplains. We may have several ways that you could partner with us in a chapel service or program.

Chaplain Jeffrey Dillard

CH (LTC) Jeff Dillard, Garrison Chaplain
jeffrey.dillard.mil@mail.mil
Office phone: 0611-143-548-5176

Additional Services

An Islamic Prayer Room is available in Clay chapel during the duty day.

Health or Force Protection may require virtual support or restrictions for larger gatherings of Religious Education and other ministries. Email POCs for updates.

Cadence Hospitality House
christian.stephenson@cadence.org

Catholic Women of the Chapel
wiesbadencwoc@gmail.com

Catholic Youth of the Chapel
wiesbadencatholicyouth@gmail.com

Club Beyond Youth Ministries
llwells@clubbeyond.org

Mom's Café
themomcafewiesbaden@gmail.com

Protestant Women of the Chapel
infowiesbadenpwoc@gmail.com

Thrive! & Wednesday Night Alive!
clinton.w.lowin.civ@mail.mil

Please note, the RSO will not have any volunteer-led children's ministries until the concerns of COVID-19 allow our garrison's Child Development Center and Child & Youth Services to return to full service. We nest our decisions in the professional assessment of their subject matter expertise for the safety of your children.



Clay Chapel

65205 Wiesbaden
Bldg 1019
DSN 548-5177
CIV 0611-143-548-5177

Hainerberg Chapel

65189 Wiesbaden Texas Str.
Bldg 7779
DSN 548-5175
CIV 0611-143-548-5175





Spiritual Wellness for Wiesbaden

Community Worship Services Click [HERE](#) to view online.

The Catholic Service

Hainerberg Chapel
(Sundays at 0900)

Our Catholic Community here in Wiesbaden is united to the Holy Catholic Church worldwide. We fall under the jurisdiction of the Archdiocese for the Military Services (AMS).

Our mission... is the mission of the whole Church: to help bring people into a meaningful and profound relationship with God through the Sacraments, Religious Education, various Devotions, and Fellowship.

We strive to make our Liturgies both lively and relevant to this Military Community.

POC: CH (CPT) Steve McDermott
Priest.Wiesbaden@gmail.com
FB: Wiesbaden Catholic Community
YouTube: Wiesbaden Priest

The Community

Various Wiesbaden Homes

The Community is an interbelief gathering for all non-religious, no preference, and self-identified religious. Our meaningful meetups are conversational and intellectually based for those who do not believe in (g)God(s) and those who do.

Everyone has a voice within genuine connection... We meet weekly in comfortable places like homes and/or restaurants.

Call or write for more information on connecting with the Community!

POC: CH (CPT) Wade Shepard
+49-151-15459913 or
carey.w.shepard.mil@mail.mil

The Gospel Service

Clay Chapel
(Sundays at 0900)

We are an active and lively congregation informed by the charismatic style of worship found throughout the United States.

While our service is not defined by a denominational expression of Christianity, the style of worship may be reminiscent of those in the Church of God in Christ, Assemblies of God, Pentecostal denominations, and other denominations which value a high level of congregational participation, vibrant music, and extemporaneous expression.

POC: CH (LTC) Darren Chester
darren.j.chester.mil@mail.mil

Tapestry Christian Fellowship

Clay Chapel
(on hold until further notice)

We are members of the US military community who long for meaningful community, a strong and growing connection with God, and a place for our faith to grow!

We are an Open and Affirming General Protestant Service with a blended mix of Contemporary and Liturgical worship styles who celebrate communion weekly on Sundays, in person and on-line, 1300-1400 (Except DONSA Sundays) at Clay Chapel, and on YouTube at: TCF Clay Chapel Wiesbaden or USAG Wiesbaden and the FB webpage, 'Religious Support Office for USAG Wiesbaden.'

POC: CH (MAJ) Terri King
terri.j.king.mil@mail.mil

ChapelNext

Hainerberg Chapel
(Sundays at 1100)

We are a Protestant congregation of mixed ranks and ethnicities highlighting modern Christian music through our praise band, preaching the Bible as God's Word about Christ, and living the Gospel in our community.

Our Chaplains and lay leaders actively seek ways to disciple fellow parishioners to extend the teaching, passion, and living of the Gospel beyond the walls of the chapel. Therefore, we actively support Bible study groups, women's auxiliaries, fellowship meals, practical service to the hurting, and more for the glory of Jesus.

POC: CH (MAJ) Daniel Claypoole
daniel.l.claypoole.mil@mail.mil

The Traditional Service

Clay Chapel
(Sundays at 1100)

We are a community founded on the 5 principles of the Protestant Reformation:

- Sola Scriptura:** Scripture alone directs our faith & obedience.
- Solus Christus:** Salvation comes only in Christ.
- Sola Gratia:** Salvation is by God's grace alone.
- Sola Fide:** Salvation comes by faith alone.
- Soli Deo Gloria:** Everything is to be done for His glory alone.

Scriptural preaching and weekly Communion are our central acts of worship. Congregational prayer, singing, creedal confession, giving and fellowship complete our service.

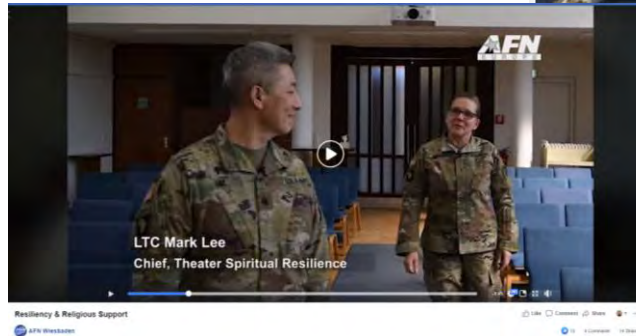
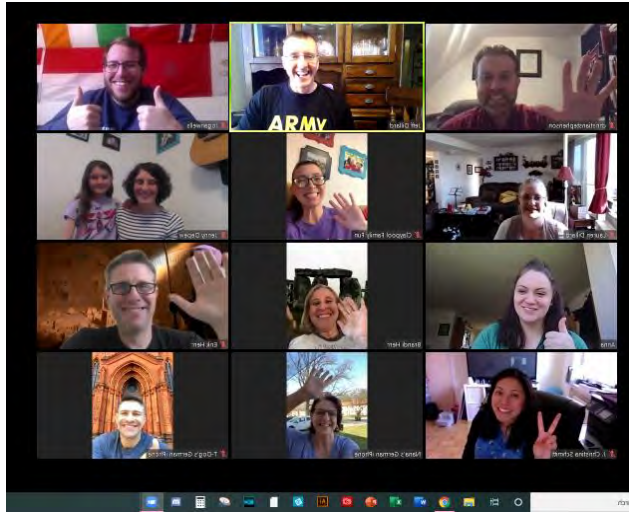
POC: CH (MAJ) Richard Hill
richard.a.hill230.mil@mail.mil





Spiritual Wellness for Wiesbaden

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!





Spiritual Wellness for Wiesbaden



CH (CPT) Stephen McDermott
Catholic Priest, Wiesbaden

Religious Services at USAG Wiesbaden

Garrison Wiesbaden

Like Comment Share

27 4 Comments 5 Shares

View the video at

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





Spiritual Wellness for Wiesbaden

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/UChrPFylv6xwfPkKMhN9E8Jg *
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 and wear masks. Additionally, please refrain from bringing children or other family members to appointments when possible.**

Face to Face Appointments:

Face-to-face appointments available through Central Appointment line: 06371-9464-5762 CIV / 590-5762 DSN.

Virtual Appointments:

- TRICARE Online Secure Messaging to your PCM Team at <https://www.tricareonline.com>
- Call Central Appointments to make a virtual appointment 06371-9464-5762 CIV / 590-5762 DSN
- Examples of virtual services: medication refills, paperwork requests, follow up on previous appointments, or general questions for your provider.
- Please DO NOT show up unexpectedly. If you are unsure what to do, start by either sending us a secure message or call central appointments.

COVID-19 Primary Care response:

- Any patients with respiratory and/or COVID related symptoms are currently being seen at bldg. 1201 from 0900 to 1100 daily. Appointments for patients with these symptoms can be scheduled directly with Public Health by calling 590-1311 or 06371-9464-1311.
- The community's health is our top priority, we are here for our patients during these difficult times, please reach out to us online or telephonically.





Wiesbaden Health Clinic

Hours of Operation:
0800-1500, Monday - Friday

Walk-in or call to make appointment:
 Call DSN 590-1308/ CIV 06371-9464-1308

- The SMRC is still available to assist and coordinate **VIRTUAL** (telephonic, not face-to-face) **PHA** appointments
- The SMRC is also assisting with AD Physicals (flight, schools, separation)
- The service is **LIMITED** to any Soldier who is presently **RED** or **AMBER** on their PHAs
- Vision, Immunization, LAB, EKG, and X-ray are also available
- The Hearing booth is available by **appointment only**, **Complete Part I** of the PHA (the Soldier questionnaire) **prior** to calling
- Part one can be accomplished by logging into:

AKO> my medical readiness> Periodic Health Assessments>
 Start New Survey (towards top)





Wiesbaden Health Clinic- Pharmacy

Hours of Operation:

0800 – 1600 Monday thru Friday (06371-9464-1322)

Mandatory Call-In Refills:

DSN: 590-5227 / CIV: 06371-9464-5227

Or TRICARE Online: <https://www.tricareonline.com>

Refills will be ready for pick-up after 1400 next

business day COVID-19 Pharmacy Process:

- Limited number of patients are allowed in the clinic to pick-up prescriptions at a time
- Patients need to pull a pharmacy ticket and wait to be called
- Patients are required to show a valid ID and state full name / date of birth for prescription pick-up
- Prescriptions that do not have refills will need a new prescription before they can be processed
- Called in refills ready for pick up after 1400 next business day
- Early prescription refills will be at the discretion of the pharmacy staff
- Quarantined or Isolated patients must have another individual authorized to pick up prescriptions. Valid identification must be provided to the individual picking up (i.e. smartphone ID picture front and back)





Wiesbaden Health Clinic

Hours of Operation: 0630-1700, Monday thru Friday

Contact information: Building 1526, DSN: 590-1320/ CIV: 06371-9464-1320

Services:

- Provides evaluation, psychotherapy, case management, medication management, and marital counseling to active duty service members
- Provides services to the children of active duty service members
- Adult dependents may be seen for psychotherapy on a space available basis
- Due to COVID restrictions, most face-to-face care has been transitioned to telephonic and virtual health
- The Behavioral Health Clinic remains open for walk-in crisis care during clinic hours
- Behavioral Health staff remain available for phone consultation to commanders and medical providers

The Military Crisis Line serves Active Duty, Retirees, and their dependents and is **available 24/7 via phone, text, or online chat at <https://www.veteranscrisisline.net/get-help/military-crisis-line> , DSN 118, or civilian 001-800-273-8255.**

For emergencies call 112 or the Military Police (MP) Desk Sergeant at civilian telephone +49(0) 611-143-548-7777 or 7778.





Wiesbaden Veterinary Treatment

VTF Hours:

Monday, Tuesday, Wednesday, Friday 0800-1200,
1300-1600
Thursday 0800-1200

The Veterinary Clinic is open for routine wellness appointments, non-emergency appointments, health certificates, and prescription pick-up. Please call 24 hours in advance for prescription requests.

Services are through appointment only.

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.

The VTF is closed for federal holidays and from 1200-1600 the last working day of each month for inventory.



VTF Location: Clay Kaserne, Building 1038

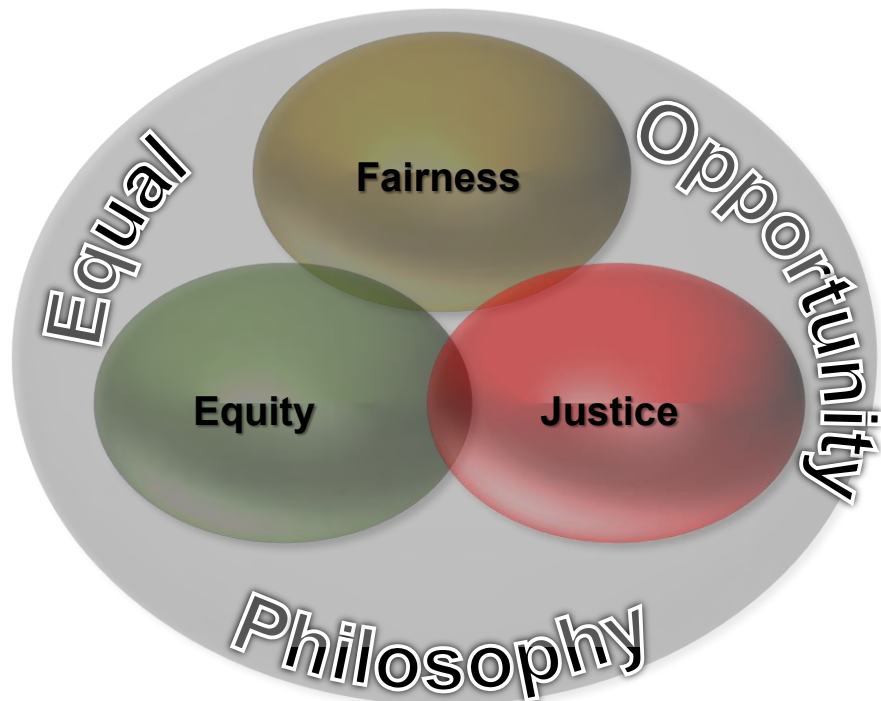
**Phone number:
CIV. 06371-9464-1544
DSN. 314-590-1544**

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





USAG Military Equal Opportunity



Equal Opportunity and fair treatment for Soldiers and Family members without regard to race, color, sex (including gender identity), religion, national origin, sexual orientation, harassment which includes hazing, bullying, and other discriminatory harassment. This will provide an environment free of unlawful discrimination and offensive behavior.

This policy applies 24/7, both on and off post; during duty and non-duty hours; applies to working, living, and recreational environments, and both on- and off-post housing along with online conduct (Social Media).



**Anonymous Military Equal Opportunity
24-hour hotline:
+49-162-2787598**

Wiesbaden Garrison EOA (USAG-W)
SFC Terence A. Davenport
DSN: 548-3101
Email: terence.a.davenport.mil@mail.mil
Located: Bldg. 1026, Rm 112



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)



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



Vacant
66th MI BDE
DSN 546-4508
Clay Kaseme,
Building 1029N



SFC Darlene
Coleman
2nd SIG BDE
DSN 565-3010
Clay Kaseme



Sarah Gordon
HHBN, USAREUR
DSN 537-0744
Clay Kaseme,
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



June 2, 2021

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Army Community Services



Are you arriving to Wiesbaden and cannot walk into our building to ask questions and explore our programs?

Hainerberg Housing
Mississippi Strasse
BLDG. 7790

Hours:

Monday – Friday 8 a.m. – 5 p.m.





ACS Financial Readiness

30-Day Financial Challenge



Make it a summer of financial progress with our 30-Day Financial Challenge!

Build new habits with accessible micro-challenges – and still have time for fun in the sun.



Follow @DoDFINRED on



to learn more.



Jump-start your summer finances!

Join us on our ACS Facebook page this June to learn how to create new healthy behaviors that will help you reach your financial goals.





ACS Financial Readiness

Financial Readiness

- **Financial Counseling** (one-on-one or couples) call ACS Office, 0611-143-548-9201 to schedule appointments
- **Financial Education and Training**, virtually or in person: Community-wide virtual classes every Monday at 1030 on MS Teams, in person on 1st and 3rd Tuesday each month, by appointment for unit or organizations
- Financial **Touchpoint Training** available on the OSD Office of Financial Readiness website: <https://finred.usalearning.gov/>
- Downloadable **budget** worksheet, children's activities and resources on <https://wiesbaden.armymwr.com/programs/financial-readiness-program>

Monthly Budget Worksheet		Monthly Budget Worksheet	
Category	Amount	Category	Amount
Income		Income	
Payroll		Payroll	
Other		Other	
Total Income		Total Income	
Expenses		Expenses	
Food		Food	
Utilities		Utilities	
Transportation		Transportation	
Entertainment		Entertainment	
Other		Other	
Total Expenses		Total Expenses	
Balance		Balance	



Teaching Children About Money



- **Sen\$e App**: bite-sized chunks of information that allow to quickly access financial resources relevant to Service members and their families. Available wherever you download apps
- **MilSpouse Money Mission™**, the DoD's primary resource to provide military spouses with the trusted information they need to lead their families to stronger financial futures : www.MilSpouseMoneyMission.org





ACS Financial Readiness

Army Emergency Relief

**ARMY
EMERGENCY RELIEF**
SOLDIERS HELPING SOLDIERS SINCE 1942

2021 Campaign

**Extended to
15 June 2021**

**A HAND-UP
FOR SOLDIERS
IT'S WHAT WE DO.**

AER is your tool in times of need.
Talk to your Chain of Command or
local AER officer if you need help.

Visit us online at
armyemergencyrelief.org.

Army Community Service
Hainerberg, Bldg 790 | 0611-143-548-9201/9202 | (DSN) 548-9201/9202
www.armymwr.com & facebook.com/wiesbadenarmymwr

Army Emergency Relief Spouse Scholarship

ASSISTANCE FOR HIGHER EDUCATION AND PROFESSIONAL CERTIFICATIONS

**Spouse
Scholarship
Opportunity**

Mrs. Patty Shinseki Spouse Scholarship Program

Spouses pursuing an undergraduate degree or professional certification may receive assistance for up to four academic years of full-time study or eight academic years of part-time study. Spouses may apply year-round (no deadlines) and must re-apply every year.

APPLY YEAR AROUND

<https://www.armyemergencyrelief.org/scholarships/>





ACS Exceptional Family Member Program

EFMP Family Support

EFMP Manager is available
Monday – Friday, 0800 – 1700
via email and by phone:

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

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.



Please visit the EFMP Facebook Page for announcements and upcoming events

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



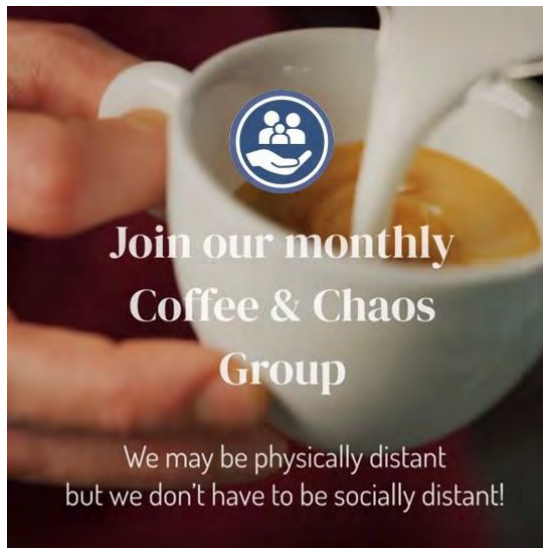
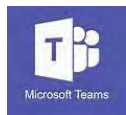


ACS Exceptional Family Member Program

We've gone virtual!



Follow the EFMP USAG Wiesbaden Facebook Page for **Sensory Funday Monday** activities, get access to our monthly EFMP Newsletter and be in the know for upcoming events!



Join us virtually the last Thursday of each month from 1530-1630 to network and share with others about the joys and challenges of being an Exceptional Family.

E-mail: Maritza.marin.ctr@mail.mil to register.





Family Advocacy Program (FAP)

Victim Advocate

Domestic Abuse Hotline 24/7: 0162-297-5625



Reporting Options

What is Domestic Abuse?

An incident or pattern of incidents of controlling, coercive, threatening, violent and degrading behavior, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member.

Restricted Reporting:

- *FAP Victim Advocate:
- *24/7 DV Hotline
- *Chaplain
- *Medical Provider
- *Behavioral Health
- *FAP-Clinical

Unrestricted Reporting:

- *FAP Victim Advocate: 24/7 DV Hotline
- *Military Police DSN: 548-7777 or CIV: 0611-143-548-7777
- *Commanders
- *Behavioral Health
- *FAP-Clinical
- *Chaplain
- *Medical Providers
- *Behavioral Health

Contact a Victim Advocate anonymously for more information.

You are not alone, we can help!





ACS Relocation Readiness Program

We are HERE to support YOU! • Virtual or In-Person

VIRTUAL ACS SPOUSE ORIENTATION

— Be in the Know —

SERVICES • OPPORTUNITIES • OUTREACH



Now On MS Teams

Every 3rd Wednesday, 9-11:30 a.m.

Jan. 20 • Feb. 17 • March 17 • April 21 • May 19 • June 16
July 21 • Aug. 18 • Sept. 15 • Oct. 20 • Nov. 17 • Dec. 15

Please contact ACS for registration and access.



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



GET A SPOUSE SPONSOR CALL 0611-143-548-9201/9202



ACS SPOUSE SPONSORS WILL
ANSWER YOUR RELOCATION QUESTIONS
PROVIDE VALUABLE INSIGHTS
FROM EXPERIENCE
MAKE SURE THEY ARE THE RIGHT
SPONSOR FOR YOU

Please call the
ACS Spouse Sponsorship Coordinator
for details and to get started.

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

RELOCATION READINESS

8 A.M. - 5 P.M.
MONDAY - FRIDAY

LENDING CLOSET

Free to DoD ID card holders. Available to all incoming and outgoing Service Members, Civilians and their Family Members (while waiting for household goods to arrive).

...

- 30-day loan of essential items (extensions possible)
- 15-day loan for GPS devices
- Kitchen kits (including pots & pans)
- Kids items (including high chairs, pack 'n' plays, booster seats)

ACCESSIBLE
SERVICES ARE AVAILABLE
FOR THE PHYSICALLY HANDICAPPED
OR VISUALLY IMPAIRED

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

For more information please contact us
DSN 548-9201 or CIV. 0611-143-548-9201, email
usarmy.wiesbaden.id-europe.mbx.mwr-acs@mail.mil
 Or visit us online click [HERE](#)



June 2, 2021

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ACS Relocation Readiness Program

Useful online Resources to plan a your next move.

PLAN MY MOVE

<https://planmymove.militaryonesource.mil/>

NEWCOMER'S PORTAL

<https://home.army.mil/wiesbaden/index.php/my-fort/newcomers>

Wiesbaden ACS RELOCATION

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

For more information please contact us
DSN 548-9201 or CIV. 0611-143-548-9201
or email us at

usarmy.wiesbaden.id-europe.mbx.mwr-acs@mail.mil



Moving is a fact of military life

It is also one of life's high-stress events. The Relocation Readiness Program supports America's mobile Army through educational training, guidance and outreach efforts.

Willkommen in Deutschland!





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 Employment Readiness

Employment Readiness

Resume Assistance/Virtual Job trainings

Employment Readiness Manager is available Monday thru Friday from 0800-1700 to provide (both Federal and Civilian) resume writing assistance to the community.

Virtual job trainings available via: MS Teams



Contact Employment Readiness Manager for dates.

Home Based Businesses (HBBs)

<https://home.army.mil/wiesbaden/index.php/about/Garrison/HBB>

Get more information or register your HBB today by contacting your local ACS Employment Readiness Program Manager.



Contact:

Employment Readiness Manager

Email Earl McFarland

earl.j.mcfarland.civ@mail.mil





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**

- ✓ **Organization Point Of Contact (OPOC) Training**
 - Contact ACS for details

- ✓ **Update OPOC's for your Organization**
 - Assure all OPOC's are authorized
 - Assign Primary or Secondary OPOCs

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



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





Family Advocacy Program

Domestic Violence/ Abuse Hotline
24/7: 0162-297-5625



What is Domestic Abuse?

Domestic Abuse: an incident or pattern of incidents of controlling, coercive, threatening, violent and degrading behavior, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member.

Reporting Options

Restricted

FAP Victim Advocate:
 24/7 DV Hotline
 Chaplain
 Medical Provider
 Behavioral Health
 FAP-Clinical

Unrestricted

FAP Victim Advocate: 24/7 DV Hotline
 Military Police DSN: 548-7777 or CIV: 0611-143-548-7777
 Commanders
 Behavioral Health
 FAP-Clinical
 Chaplain
 Medical Providers
 Behavioral Health
Contact a Victim Advocate anonymously for more information.

You are not alone, we can help!





Family Advocacy Program

Emergency Placement Care Coordinator

THE
FAMILY ADVOCACY PROGRAM IS SEEKING

**EMERGENCY
PLACEMENT CARE
PROVIDERS (EPC)**



What is an EPC Provider?

- Provide 24- hour care for children
- Assist in the development of the child
- Provide a family- oriented home
- Help a military family reunite!

CONTACT

THE EPC COORDINATOR FOR MORE INFORMATION:
CARMEN ARBOGAST 0611- 1435489201

Interested in becoming an EPC provider?

Please contact the Family Advocacy Program at:

DSN: 548-9201/9202

CIV: 0611-143-548-9201/9202





Physical Fitness & Wellness

Wiesbaden Sports and Fitness Center

Clay Kaserne Bldg. 1631

Click [HERE](#) to visit us online on Facebook

***Virtual programming is available for everyone in the USAG Wiesbaden Community!**

Stay Fit! • Daily Virtual Fitness Programming-Variety of classes!

Join our facebook page to participate:

Wiesbaden Sports & Everything Fitness

*** Must request to be a member**

UPDATE: If you are fully vaccinated 2 weeks after your last shot, you can come into the facility mask free.

Please continue to sanitize hands, and practice safety at all times.

Fitness Classes are have increased capacity! Check out our June Calendar to see your favorite classes and Instructors. Current mitigations allow for an increase in each class, check the calendar for capacity limits. Also, our indoor track is now open!



Follow us [CLICK HERE](#)
Highlights include



Wiesbaden Sports and Everything Fitness Group Page (on Facebook)

Only members of the Wiesbaden Community can choose to be a part of our Fitness page. By joining, you are getting daily Fitness classes, Nutritional advice, motivating Instructors who keep you engaged, direct line to certified professionals who can answer questions regarding your Wellness Journey.

We have over a 1000 members in our Community page and we are looking forward to you joining us and being a part of our Fitness Family.

Your Wellness Team!





Physical Fitness & Wellness

Wiesbaden Sports and Fitness Center

Clay Kaserne Bldg. 1631

Click [HERE](#) to visit us online on Facebook

Library & Sports and Fitness Partner 2K Walk/Run

20 June

1300-1400 Start at Bldg. 1631 "Gym"

Surprise goodie gift bags given for 'ALL' numbers off -book trucks- brought back to finish line!



Dri Tri coming in July! 20 KM

Start training today-**5K Run, 5K Row** and **10K Bike**
Great challenge for Teams and Units.

**If you are fully vaccinated you do not need to wear your mask.
You must still sanitize your hands upon entering the facility, and clean
all equipment with the wipes provided.*

Follow us CLICK [HERE](#)



Micheal B Riley Hero WOD

June 26th at 1000

Join us to help celebrate and honor
the memory of Micheal B Riley, a
Green Beret who was killed in
Afghanistan during combat operations
on June 25th, 2019.

The event consists of:

400 Meter run with a 60 lb Ruck

(Weight can be modified)

10 Power Cleans at 135 lbs.

(Weight can be modified)

5 Strict Pull-ups x 2

(Pull-up can be modified)

10 Burpees x 2





Amelia Earhart Playhouse

Virtual Play Readings

For adults, we read new plays together each Tuesday, 7:00pm, via Zoom. Please see our Facebook page (@AmeliaEarhartPlayhouse) for signing up and for the Zoom link.

Youth Virtual Play Readings

Thursdays, 4:00pm, via Zoom. Recommended age 10 and up. Please register your child in advance at nathan.d.records.naf@mail.mil to receive the Zoom link.

Both events may move to in-person later this summer.

DSN 548.9812 or CIV 0611.143.548.9812
Nathan.d.records.naf@mail.mil

Upcoming Events/Programs

- Youth Summer Theatre Camps! In July
- Live shows and entertainment returns this fall!
- AEP Youth Players forming soon!

Haunted House

We're looking for volunteers to help plan, prepare, and haunt!

Located on the first floor of the
 Amelia Earhart Center
 Konrad-Adenauer-Ring 39
 65187 Wiesbaden





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
11 a.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](#).



imagine • discover • connect

Wiesbaden Arts & Crafts Center

Open for regular business

- **Retail Sales**
- **Do IT Yourself areas**
- **Classes as available**

Fabric • Plaques • Frames • Craft Supplies

Hours:

Monday - Friday from 10 a.m. - 5 p.m.
Open to assist your creative needs and
PCS / ETS gift requests!

FREE craft kits are again available to
help you find your distraction during these
limiting times.



Follow us CLICK [HERE](#) *





Wiesbaden Family and MWR Adjusted Service Offerings

MWR Food & Beverage Facilities

DINE-IN AVAILABLE AT SELECTED LOCATIONS * [SPECIAL CONDITIONS APPLY](#)

Bamboo Asian Restaurant

Open 11 a.m. to 9 p.m. Tuesday to Sunday
(closed Monday). Call Civ. (0611) 143-548-9425.

- **Dine-In available** * [Special conditions apply!](#)
- **Grab & Go available**
- **Delivery available** 5 - 8:30 p.m.
Click [HERE](#) for Menu

Latin Street Restaurant

Open 11 a.m. to 2 p.m. and 5-9 p.m. Tuesday to
Friday 4-9 p.m. Saturday, (closed Sunday & Monday).
Call DSN 548-9472 or Civ. (0611) 143-548-9472.

- **Dine-In available** * [Special conditions apply!](#)
- **Grab & Go**
- **No Delivery available**
Click [HERE](#) for Menu

District Breakfast & Lunch

Open 7:30 a.m. to 2:30 p.m. Monday to Friday (closed
Saturday & Sunday).

- Call DSN 548-9426 or Civ. (0611) 143-548-9426.
- **Dine-In available** * [Special conditions apply!](#)
 - **Grab & Go**
 - **No Delivery available**
Click [HERE](#) for Menu

Rheinblick Restaurant - Cem Klein's Bistro

Open 10 a.m. – 6:30 p.m. Monday – Friday,
Saturday, Sunday, Holidays 9 a.m. – 6:30
p.m. Call Civ. (0611) 71028072

- **Dine-In available** * [Special conditions apply!](#)
- **Grab & Go** Click [HERE](#) for Menu

Shali Java Cafe - Open 7 a.m. - 1 p.m.

Monday – Friday:
Call DSN 537-2708 or Civ. (0611) 143-537-2708.

- **Grab & Go Only**
Click [HERE](#) for Menu

Dagger Cantina - Odi's Kitchen

Dagger Complex
Open 7:30 a.m. - 2 p.m. Monday - Friday

- **Grab & Go Only**
Click [HERE](#) for Menu





Wiesbaden Family and MWR Adjusted Service Offerings

MWR Food & Beverage Facilities

DINE-IN AVAILABLE AT SELECTED LOCATIONS * [SPECIAL CONDITIONS APPLY](#)

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

- Dine-In available * [Special conditions apply!](#)
- Delivery available
- Grab & Go available

Click [HERE](#) for Menu

Burger Bliss

Open 11 a.m. to 2 p.m. Monday to Friday. Located between the Sports and Fitness Center and Shali Center on Clay Kaserne

- Grab & Go only

Click [HERE](#) for Menu

Wiesbaden Entertainment Center

Hours:

Open Daily 11 a.m. - 9 p.m.

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

- Grab & Go available
- No Delivery available
- Dine-In available * [Special conditions apply!](#)
- Curbside Service - Call in your order for Pick Up

Designated parking area for you to remain in your vehicle & pick up your order at the WEC.

Click [HERE](#) for Menu

Bowling

Open from 3-9 p.m. Wednesday through Sunday

Limited space available Click [HERE](#) for details.

WEC Lounge (BAR)

Open from 3-9 p.m. Wednesday through Sunday

* [Special conditions apply!](#)





Wiesbaden Family and MWR Adjusted Service

Rheinblick Golf Course

Accepting tee times.

Customers MUST have a scheduled Tee Time to play Golf! Maximum 2 people or 4 people for Families.

Hours:

Monday - Sunday

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.

Online Store Pro Shop (Click & Collect)

Click [HERE](#) to view items for sale look for the Click and Collect dropdown.

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,

* ***NOW AVAILABLE*** – You can call in your

VAT Form order over the phone for your convenience or

email usarmy.wiesbaden.utap@mail.mil

Click [HERE](#) for detailed services information.

ARMP - Army Recreation Machine Program

[The Vault Club and Casino](#) - Open 24/7

[ACES Game Room](#) – Open 24/7

[Liberty Games](#) – Open 24/7

[WEC Game Room](#) – Open 11 a.m. to 9 p.m.
Sunday through Saturday.





Wiesbaden Family and MWR Adjusted Service Offerings

Auto Skills Center

Auto Skills Center:

Self-Service bay rental is now available by appointment only. Call DSN 548-9817 or Civ. 0611-143-548-9817.

Hours:

Tuesday - Friday from Noon - 7 p.m.

Saturday - Sunday from 10 a.m. - 5 p.m.

Monday - Closed



Click [HERE](#) for Auto Skills Center Services.

(CYS) Child and Youth Services

Parent Central Services:

Wiesbaden Parent Central Services, Bldg. 1213 on Clay Kaserne, is open for new registrations and re-registrations.

Hours:

Monday - Wednesday from 8 a.m. - 4 p.m.

Thursday from 1- 6 p.m.

Friday from 8 a.m. - 4 p.m.

Saturday - Sunday Closed

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



UNITED STATES ARMY
CHILD & YOUTH SERVICES



June 2, 2021

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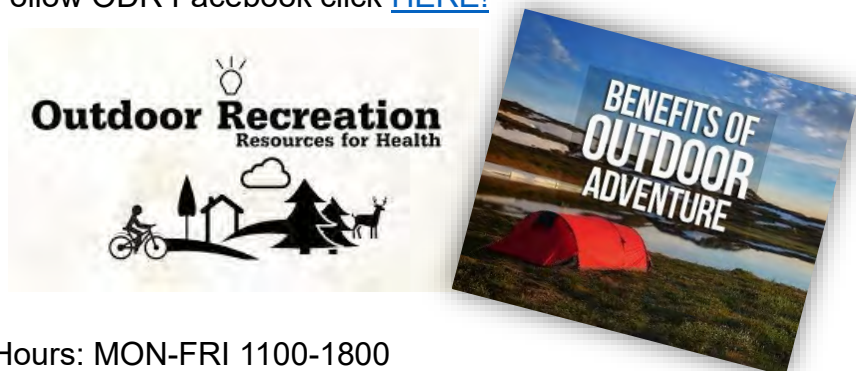


Wiesbaden Family and MWR - Outdoor Recreation

Outdoor Recreation Center

- Equipment Check-Out
- Bicycle, Ski & Snowboard Repairs
- Educational Classes and Programs
- Hunting, Fishing & Sport Shooting
- Much, Much more...!

Follow ODR Facebook click [HERE!](#)



Hours: MON-FRI 1100-1800
Closed: SAT, SUN & US Holidays

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

Click [HERE](#) for full details.



Bicycle Repair Shop:

*Bike Shop is **OPEN** over the winter months*



The Wiesbaden Outdoor Recreation has a full service bicycle maintenance and repair shop with a full range of available services.

All bike repairs are on a walk-in basis.
MON-FRI 1100-1730

DSN 548.9801 or CIV 0611.143.548.9801





Wiesbaden Family and MWR - Outdoor Recreation

Equipment Check-Out:

Outdoor Recreation has a wide selection of equipment available for check-out. All items are available for check-out on a daily, weekend, weekly or seasonal basis.

- Bicycles (Mountain, Road and Touring)
- Camping Equipment
- Canopies & Grills
- Fest Tables & Benches
- Inflatables
- Water Sports (Canoes & SUP Boards) and much more...



Wiesbaden Outdoor Recreation and Educational Program

Location: Building 3400 on Clay North

GPS Address: Rennbahn Strasse 19, 65205 Wiesbaden

TEL: DSN 548.9801 or CIV 0611.143.548.9801



Adventure and Leisure Programs:



Outdoor Recreation is looking to expand Adventure and Leisure Travel programs to include, but not limited to:

- | | |
|-------------------------|-----------------------|
| ➤ Archery and Air Rifle | ➤ Paragliding |
| ➤ Biking | ➤ Repelling |
| ➤ Bouldering | ➤ River Cruises |
| ➤ Camping | ➤ Rock Climbing |
| ➤ Canoeing | ➤ Ropes Courses |
| ➤ Canyoning | ➤ Shopping Trips |
| ➤ Cultural Trips | ➤ Sightseeing Tours |
| ➤ Fishing Trips | ➤ Sky Diving |
| ➤ Hiking | ➤ Swimming Trips |
| ➤ Hot Air Ballooning | ➤ Theme Parks |
| ➤ Mountaineering | ➤ White Water Rafting |
| ➤ Paintball | |

"Teaching life long skills"



June 2, 2021

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Wiesbaden Family and MWR - Outdoor Recreation

Virtual Programming

Join ODR as they take you on a series of Virtual Tour & Tastings.
Please note that spaces are limited!

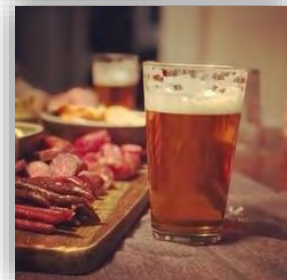
12 June : *Wine, Juice & Cheese* with Weingut Stenner and Mooi offering their Rhein-Hessen meets Holland tour - \$110 per "FAMILY" ticket with a variety of four Rhein-Hessen Wines, one bottle of Grape Juice, three different Dutch Cheeses, one bag of Pretzels and one local specialty pastry "Nussecken"



19 June : *Gin tasting with Loredry* from German's Rhein River Valley - \$ 69 per ticket, join us on a virtual tour through the UNESCO world heritage region "Mittelrheintal", to learn about this beautiful region to include highlights like the Loreley and the Mouse Tower. Taste and learn three different Gin's (Classic, Distiller's Cut and Barrel Cut) along with a variety of four Soft drinks like Tonic water.



25 June : *Summer Wines* with Reis & Luff from German's Toscana Region of Rhein-Hessen - \$ 79 per ticket, Taste a variety of six light summer wines, learn how to make wine cocktails, how to pair the wine with fruit and enjoy this virtual experience at home, in your garden or at the hotel.



Wiesbaden Outdoor Recreation and Education Program

Location: Building 3400 on Clay North

GPS Address: Rennbahn Strasse 19, 65205 Wiesbaden

TEL: DSN 548.9801 or CIV 0611.143.548.9801





Wiesbaden Family and MWR - Outdoor Recreation

HUNTING FISHING & SPORT SHOOTING

United States Army Garrison Wiesbaden

Sport Shooters Knowledge Course

15-17 July 2021

Where (Classroom): HFSS Lodge, Bldg. 7875 (Hainerberg)
Where (Range): JMTC Wackernheim Range (McCully/Wackernheim)
Registration: Outdoor Rec, Bldg. 3400 (Clay North)
When: 8-10 Jul (1800-2200 THU/FRI 0900-1700 SAT)

Obtain your German Sport Shooting License
and enjoy the adventure!

Participate in Host Nation and other European
sport shooting events

Minimum age: 18

Prerequisites: US ID Card holder & US Citizen registration ends on 7 Jul 2021

Cost: \$90 per person
Additional Costs: Cost of Ammo*

* All ammunition must be exhausted on location and can not be taken home or stored for future use!



For further information call:
 DSN 548.9801 / 9803
 CIV 0611.143.548.9801 / 9803



HUNTING FISHING & SPORT SHOOTING

United States Army Garrison Wiesbaden

U.S. Forces Hunting Course

3 Aug - 23 Oct 2021

Where: HFSS Lodge, Bldg. 7875 (Hainerberg)
Registration: Outdoor Rec, Bldg. 3400 (Clay North)
When: 3 Aug - 23 Oct 18:00-21:00 TUE & THU and range days

Obtain your German Hunting License and enjoy the adventure!
Participate in Host Nation and other European hunting events

Minimum age: 18 (some restrictions), HFSS Membership
Prerequisites: US ID Card holder & US Citizen registration ends on 30 Jul 2021

Cost: \$250 per person
 You will take the same exams as the Germans but in English
 The German Hunting License is recognized in many countries around the world



For further information call:
 DSN 548.9801/9803 or CIV 0611.143.548.9801/9803



Wiesbaden Outdoor Recreation and Educational Program

Location: Building 3400 on Clay North

GPS Address: Rennbahn Strasse 19, 65205 Wiesbaden





Wiesbaden Family and MWR - Outdoor Recreation

Hunting, Fishing and Sport Shooting:

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

US Forces Sport Shooting Course:
15-17 July

US Forces Fishing Course:
22-25 July

US Forces Hunting Course:
3 August - 23 October

Monthly Shooting Range Days
May through November 2021

DSN 548.9803 or CIV 0611.143.548.9803

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



Upcoming Events/Programs:

Due to current COVID-19 preventative measures all ODR Trips, Tours and Recreational Activities have been postponed until further notice.

We look forward to service you again soon.



Upcoming activities:

*Pending COVID-19 Guidance and Restrictions
For Fully Vaccinated Participants (+14 Days)*

2021:

- Bavarian Castles
- Biking and Hiking
- Camping and Canoeing
- Paintball and Recreational Shooting
- Rock Climbing and Bouldering Trips
- Sightseeing and Leisure Travel Trips
- Skydiving
- Stand Up Paddling
- White Water Rafting



"Teaching life long skills"



June 2, 2021

Slide 49 of 65



MWR GO Weekly Newsletter

UNCLASSIFIED

Wiesbaden MWR Marketing Newsletter

Click [HERE](#) to view Newsletter online.

Each week, the Family and MWR Marketing department brings you the **Wiesbaden MWR Newsletter** informing you about our latest program information and highlights. The MWR Weekly Newsletter is your source for updated MWR features and programs on a weekly basis. Click [HERE](#) to Subscribe

Wiesbaden Family and MWR
Newsletter - July 27, 2020

MWR GO

SOCIAL DISTANCE - WEAR FACE COVERING AS DIRECTED - WASH HANDS

MWR Facilities Serving Customers

1. [Wiesbaden Entertainment Center](#)
2. [Outdoor Recreation Center](#)
3. [Army Community Service](#)
4. [Wiesbaden Lodge](#)
5. [Wiesbaden Library](#)
6. [Arts & Crafts Center](#)
7. [Sports and Fitness Center](#)
8. [Warrior Zone](#)
9. [Little Italy Catering Center](#)
10. [Bamboo Asian Restaurant](#)
11. [Shali Java Café](#)
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 COVID19 some services are limited. Please visit the Program websites for full details.
* INDICATES BY APPOINTMENT ONLY.

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.

Connect • Follow • Engage • Explore

[Wiesbaden MWR](#) [Facebook](#) [YouTube](#) [Instagram](#) [Twitter](#)

Featured Programs

Outdoor Fitness Classes
Zumba, Yoga, Barre, Pound, Functional Fitness Training and more are all happening outdoors at the Wiesbaden Sports and Fitness Center. [CLICK HERE](#) to check out the July and August schedule of classes.

Friday Night Scramble
Unwind after 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.

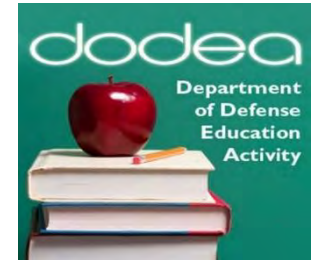
Not receiving our Newsletter?
Sign up today simply click the email icon.





Educational – DoDEA Schools

SCHOOL REGISTRATION & RE-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:
<https://wiesbaden.armymwr.com/programs/school-liaison-office>

School Websites:

Aukamm Elementary School - <https://www.dodea.edu/AukammES>

Wiesbaden Elementary School - <https://www.dodea.edu/WiesbadenES/>

Wiesbaden Middle School - <https://www.dodea.edu/WiesbadenMS>

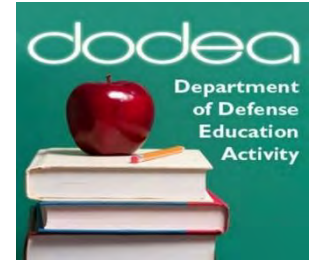
Wiesbaden High School - <https://www.dodea.edu/WiesbadenHS>





Educational – DoDEA Schools

WIESBADEN DODEA SCHOOL CALENDAR



04 June: Wiesbaden High School Graduation

08 June: Last Day for Wiesbaden Elementary School

10 June: Last Day of School for Wiesbaden Schools

23 August: First Day of School 2021/2022 School Year





Reminders and Information

- PCSING Outbound ?

School Liaison Officers contact information available world wide:
<https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm>

- CONTACT INFORMATION CHANGED:

Keep Sponsor phone and email contact information updated

- QUESTIONS:

Contact your students teacher, school administrator or school liaison officer
<https://wiesbaden.armymwr.com/programs/school-liaison-officer-slo>





Wiesbaden Community Spouses' Club (WCSC)



- ❖ **Thrift Shop is OPEN!**
 - ❖ **Tuesday/Thursday 1000 - 1400**
 - ❖ **2nd & 4th Saturday 1000 - 1600**
 - ❖ **Young children need to be in a cart or stroller**
 - ❖ **Donations accepted Tuesdays & Thursdays 1000-1300 & open Saturdays 1000-1500**
 - ❖ **Additional Donation Drop ONLY June 19, 1000 - 1300**
 - ❖ **Thrift Shop was awarded USAG Wiesbaden Volunteer Large Organization of the Year 2021. We love new volunteers!**

- ❖ **Grants & Gifts applications available for Private Orgs**
- ❖ **Club membership open to all members of the community (01 JUN - 31 MAY). Submit on the website.**
<http://www.wiesbadenspousesclub.com>





USAG Wiesbaden ID Cards/Passports

USAG Wiesbaden ID Cards Office

- Hours of Operation
 - Monday 0800 - 1530
 - Tuesday 1300 - 1530
 - Wednesday-Friday 0800 -1530

***Closed on Federal Holidays; last Friday of the month; daily 1200-1300**

NO WALK INS - EMERGENCY ONLY

- Lost, stolen, locked, EXPIRED
- Call 0611143 (548-1605) Or 0611143 (548-1321)

***All appointments need to be scheduled via DMDC website**
<https://idco.dmdc.osd.mil/idco/#/locator>

USAG Wiesbaden Passports Office

- Hours of Operation
 - Monday 0800-1530
 - Tuesday 1300-1530
 - Wednesday-Friday 0800-1530

***Closed on Federal Holidays; daily 1200-1300,**

All appointments need to be scheduled in advance (via phone, in person, or email). NO WALK-INS

usarmy.wiesbaden.id-europe.list.passport-office@mail.mil

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

COVID 19 MITIGATION MEASURES

Face Covering is Required!

- All customers entering Building 1023E must wear proper face covering/mask while conducting any business.

Hand Sanitization

- Customers must sanitize hands at the mounted dispenser stations, located at the building entrance, before receiving services.

No Waiting Area or Lines

- As all services are by appointment only, no lines are permitted to form. Upon checking into the office, customers must provide staff with a phone number and wait to be called via telephone to enter.

Courtesy & Patience

- The ID Cards and Passports Office are providing services in compliance with COVID-19 mitigation measures and regulations. Please exercise patience and courtesy, as team members work hard to provide timely and friendly service.





Wiesbaden Postal Service Center

BLDG. 1030

*****24 HOUR RECEPTACLE ACCESS*****

Wiesbaden Postal Service Center (PSC)

Monday - Friday

- | | | |
|-----------------------|------------------------------|------------------|
| - Mailing Out/Finance | 0900-1100 (Appointment ONLY) | 1100-1700 |
| - In/Out Processing | 1300-1300 / 1400-1700 | - Parcel Pick-up |
| | 1130-1730 | |

Official Mail Distribution Center(OMDC)

Monday – Wednesday - Friday

- | | | |
|--------------------------------------|------------|-----------|
| - Pick-up and Drop-off Official Mail | 0930 -1200 | 1300-1500 |
|--------------------------------------|------------|-----------|

*** Closed on all US Federal Holidays**

*** All appointments need to be scheduled via 0611/143-548-1701**

usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil

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





Wiesbaden Postal Service Center

Wiesbaden Postal Service Center NEW LOCATION BLDG 1030

- Hours of Operation - Monday-Friday

- Mailing Out/Finance 1100-1700
- In/Out Processing 1130-1700
- Parcel Pick-up 1130-1730
- Official Mail 0930-1200 / 1300-1500

M-W-F

- * **Closed on all US Federal Holidays**
- * **All appointments need to be scheduled via 548-1701**

COVID 19 MITIGATION MEASURES

Face Covering is Required!

- All customers entering Building 1030 must wear proper face covering/mask while conducting any business.

Hand Sanitization

- Customers must sanitize hands at the mounted dispenser stations, located at the building entrance, before receiving services.

Lines

- Please ensure you conduct business and not form conversation groups while checking mail or sending out from Finance/Parcel Pick-Up and Official Mail areas.

Courtesy & Patience

- The Post Office is providing services in compliance with COVID-19 mitigation measures and regulations. Please exercise patience and courtesy, as team members work hard to provide timely and friendly service.

usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil

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



June 2, 2021

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Dagger Complex Postal Service Center

Dagger Complex Postal Service Center

- Hours of Operation - Monday-Wednesday-Friday

- Mailing Out/Finance 1000-1500
- In/Out Processing 1000-1500
- Parcel Pick-up 1000-1700

*** Closed on all US Federal Holidays**

*** All appointments need to be scheduled via 548-1702**

COVID 19 MITIGATION MEASURES

Face Covering is Required!

- All customers entering the Postal Service Center must wear proper face covering/mask while conducting any business.

Hand Sanitization

- Customers must sanitize hands at the mounted dispenser stations, located at the building entrance, before receiving services.

Lines

- Please ensure you conduct business and not form conversation groups while checking mail or sending out from Finance/Official Mail areas.

Courtesy & Patience

- The Post Office is providing services in compliance with COVID-19 mitigation measures and regulations. Please exercise patience and courtesy, as team members work hard to provide timely and friendly service.

usarmy.wiesbaden.id-europe.mbx.community-mail-room@mail.mil

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





Army Wellness Center



Clay Kaserne, Building
#1201,
King Avenue (South) 2nd
Floor 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





Army Wellness Center



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:

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.

Use of reusable shopping bags is authorized and will help our environment. Some items also have the purchase limitation removed, i. e. paper products like paper towels, bathroom tissue, etc.





Exchange Wiesbaden

Hainerberg Main Store Events June 2021



- Come celebrate the U.S. Army's Birthday with your Exchange team on 14 June 21, where we will be handing out Cookies.
- The Master Painter from KING Beer Steins will return on 19 June 21 from 11:00-17:00
Stop by to have your stein signed & personalized for free!





Wiesbaden Education Center



READY FOR COLLEGE?



CENTRAL TEXAS COLLEGE

 The UNIVERSITY of OKLAHOMA

EMBRY-RIDDLE
Aeronautical University
WORLDWIDE

 UNIVERSITY
OF MARYLAND
GLOBAL CAMPUS

USAG Wiesbaden Education Center
DSN 548-1302



usarmy.wiesbaden.id-
europe.mbx.education-services@mail.mil

Wiesbaden Army Education Center

- Hours of Operation
- Mon-Fri 0800-1630

*Closed on all Training Holidays and US Federal Holidays

In-processing: can be completed by sending a copy of orders to:

usarmy.wiesbaden.id-europe.mbx.education-services@mail.mil

PCS Clearing: can be completed by sending a copy of orders to:

usarmy.wiesbaden.id-europe.mbx.education-services@mail.mil

IMPORTANT INFORMATION: Please send all PPI documents via DoD SAFE

<https://safe.apps.mil/>

ETS Clearing: must be conducted via face-to-face or telephonic appointment. You will need to provide a copy of your working DD214. Contact our office via the org box or by calling 548-1302 to schedule an appointment.



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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.





TASK FORCE COMMUNITY WELLNESS

FINAL EDITION

THANK YOU FOR YOUR SERVICE

