

SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 LABOR DAY	2	3 Newborn Network 1300-1400	4 Unit Sponsorship Training By Appointment	5
8 Host Nation 0900-1600	9 Mommy Daddy 101 0900-1300 AFAP CONFERENCE	10 Preparing Financially for Promotion 0900-1000 Preparing Financially for Divorce 1000-1100 Toddler Play Morning 1000-1100 Newborn Network 1300-1400	11 Spouse Sponsorship Training 1500-1600	12
15 Host Nation 0900-1600	16 Life Here 101 0900-1500	17 Shop Like a Local 1000-1500 Global Connections 1100-1300 Newborn Network 1300-1400	18 Unit Sponsorship Training By Appointment	19 Mainz City Tour CALL TO SIGN UP
22 Host Nation 0900-1600 Dad Talk 1800-1930	23	24 Toddler Play Morning 1000-1100 Newborn Network 1300-1400	25 Spouse Sponsorship Training 1500-1600	26
29 Host Nation 0900-1600	30 Job Fair 1000-1400 Pelvic Floor Demonstration 1630-1730	FOLLOW US ON FACEBOOK! 		



September is Suicide Prevention Month.

Join the Family Advocacy Program to learn how talk to your kids about suicide and suicide prevention.

SEPTEMBER 10, 1200-1300



EVENT HIGHLIGHTS

Army Volunteer Corps

OPOC Training:

New Organization POC please make sure to contact us for your training

VMIS Training:

Come learn how to use the volunteer management system, and how to nominate someone for Volunteer of the Year.

AFAP Conference:

Subject matter experts and delegates research and discuss community submitted quality of life issues, then identify and propose Army-led solutions.

Financial Readiness

Preparing Financially for Promotion:

Education on creating and managing a spending plan, goal setting, and other benefits

Preparing Financially for Divorce:

Information on creating and managing a spending plan during divorce, income change impacts, updating taxes, and military benefit changes.

Employment Readiness/HBB

Job Fair:

A variety of employers will be on site offering career opportunities across multiple industries

New Parent Support/Family Advocacy

Dad Talk:

Share, learn, and laugh with fellow father figures.

Mommy Daddy 101:

Discuss basic newborn care for new parents.

Life Skills Classes (By Request):

Learn practical tips and tools to build skills and confidence for every stage of your life. Areas include stress management, anger management, healthy communication, and positive parenting. Confidential, and free to all DoD ID card holders.

Newborn Network:

Come meet other new parents for a safe space for you and other infants to explore the world together.

Toddler Play Morning:

Join us for music, free play, and parenting tips with guest speakers.

Pelvic Floor Demonstration:

Presentation will highlight women's pelvic health related issues: pregnancy and post-partum weakness, urinary incontinence, and anatomy of pelvic floor

Relocation Readiness

Global Connections/Hearts Apart:

A meet-up for spouses that are new to Germany. Support for spouses dealing with TDYs or deployments.

Life Here 101:

A one-stop orientation designed to help service members, spouses, civilians and contractors navigate life in our community. We will connect you with different Garrison resources that will help support you and your family.

Shop Like a Local:

Learn where and how to shop on the economy

Sponsorship Training:

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

German Class:

Embrace and learn the German language in an 8 week course.

Host Nation:

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

ALL CLASSES AND EVENTS REQUIRE PRE-REGISTRATION.

To register or for more information please call

Army Community Services (ACS)

CIV: 0611 143 548 9201/02 DSN: 314 548 9201/02

