

MARCH 2025



FAMILY ADVOCACY PROGRAM COMMANDER NEWSLETTER

HELPING SUPPORT SOLDIERS, CIVILIANS, & FAMILIES

SPRINGTIME & NEW OFFERINGS ON THE WAY

GRATITUDE

Thank you to 1-214th GSAB and 2d MDTF for partnering with FAP-ACS on classes and 24th MI for visiting ACS this quarter. We appreciate your interest and creativity!

REMiNDER: CLASSES FOR COMMAND TEAMS

FAP-ACS also offers life skills classes for Command and administration teams. Topics previously offered include time management, teamwork, resilience, communication, PSB-CY reporting, and more. How can we support you?

SAVE THE DATE

APRIL 1: WEAR BLUE DAY
in support of
Child Abuse Prevention
Awareness Month 2025
- Find updates online
@USAG Wiesbaden ACS

BONUS CLASSES

FAP-ACS will now offer extra sessions of popular classes. This month:
How to Talk to Your Kids About the Birds & Bees
on March 18 @ 10:00.
Hybrid. Call ACS to RSVP.

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Host Nation 0900-1600	4 Resume Writing 1130-1300 Stress Management 1200-1300	5 Toddler Play Morning 1000-1100	6 Newborn Network 1330-1500	7 AER Campaign Kickoff!
10 Host Nation 0900-1600 Dad Talk 1800-1930	11 Mommy Daddy 101 0900-1300	12 Preparing Financially for Baby 1000-1100 Preparing Financially for Marriage 0900-1000	13 Sponsorship Training 1500-1600 EFMP Spring Fling 1500-1600 Newborn Network 1330-1500	14 OPOC Training 1000-1100
17 Host Nation 0900-1600	18 Spouse Orientation 0900-1400 Couples Communication 1200-1300 BONUS : Positive Parenting 1000-1130 SRFG Essentials Training 1000-1200 SRFG Care Team Training 1300-1500	19 Shop like a Local 1000-1500 Foreign Born Spouse/Hearts Apart 1130-1300 Toddler Play Morning 1000-1100 OPOC Training 1000-1100	20 Newborn Network 1330-1500	21 Breastfeeding Basics 1000-1200 Lactation Support Group 1300-1500
24 Host Nation 0900-1600 Dad Talk 1800-1930	25 Dress for Success 1130-1300 Cooking with WIC 1000-1130 Positive Parenting 1200-1300	26 HBB Info Sharing Session 1000-1130	27 Sponsorship Training 1500-1600 Newborn Network 1330-1500	28 OPOC Training 1000-1100
31 Host Nation 0900-1600	<p><u>ALL CLASSES AND EVENTS REQUIRE PRE-REGISTRATION.</u></p> <p>To register or for more information please call Army Community Services (ACS) CIV: 0611 143 548 9201/02 DSN: 314 548 9201/02</p>			





EVENT HIGHLIGHTS



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.

Stress Management:

Stress & Nutrition: Learn how to decrease your stress about nutrition and develop a healthy body image

Couples Communication:

Conflict resolution with Army Family Team Building: Learn to manage conflict based on your individual stress response

BONUS! Positive Parenting:

Learn the importance of starting conversations concerning sexual development at an early age

Positive Parenting:

Learn how to implement consequences with less drama.

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.

Cooking with WIC:

Learn simple, nutritious recipes for infants/toddlers on a budget with this hands-on class

Breastfeeding Basics:

A class for expectant parents to learn more about breastfeeding

Lactation Support Group:

Bring your breastfeeding infant to get your questions answered by a lactation consultant

Employment Readiness

Dress for Success:

Come learn the do's and don'ts of dressing for a job interview and beyond.

HBB Info Sharing Session:

Sharing session for home-based business owners.

Resume Writing:

Join our Civilian Resume Workshop to learn how to craft a strong, professional resume that stands out! We will cover formatting, key content, and tips to highlight your skills and experience.

Solider and Family Readiness Group: (on Clay)

SFRG Essentials Training:

Come learn the essentials for a successful SFRG

Care Team Training:

Get information and guidance for establishing, supporting, and participating in a unit CARE Team

Army Volunteer Corps

OPOC Training:

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

EFMP:

Spring Fling:

Be Seen in Green! Join us for a fun hour of games, crafts, and making green treats!

Relocation Readiness

Foreign Born Spouse/Hearts Apart:

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

Spouse Orientation:

A welcome brief to incoming spouses with speakers from a variety of offices across the Garrison

Shop Like a Local:

Learn where and how to shop on the economy

Sponsorship Training:

Learn how to become a spouse sponsor.

German Class:

Embrace and learn the German language. March dates TBD.

Host Nation:

Join us for an introduction class to Germany followed by a walking tour of downtown Wiesbaden.

Financial Readiness

Preparing Financially for Marriage:

Class instruction on developing and maintaining a spending plan, tax benefits, best consumer practices, powers of attorney, estate planning, and more

Preparing Financially for Baby:

Learn how to create and manage a spending plan in preparation for your new family member. Discuss financial planning, insurance, retirement, college savings, and beyond.