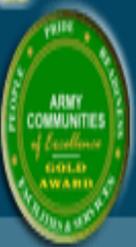


# Wiesbaden Military Community

U.S. ARMY GARRISON WIESBADEN

*Your home in Germany!*



## Community Resource Guide

Here you will find community specific resource guides to help recognize and resolve Soldier, Civilian, and Family Member issues, concerns, and challenges in the Wiesbaden area. A product of the Community Health Promotion Council.

**Alcohol Issues**

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**Anxiety**

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**Assertiveness Training**

**Attention Deficit Disorder**

**Blended Families**

**Breast Feeding**

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**Child Abuse & Neglect**

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**Wellness**

**Women's Issues**

**Worksite Ergonomics**

**Worksite Violence**

## Alcohol Related Issues

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Identification and Referral

Description: Provides adolescent substance abuse related PREVENTION and EDUCATION materials, workshops, and programs to all members of the community.

Target Audience: 12-18 year old family member students (under age 15 requires parental consent)

Schedule: Call for information

Location: Hainerberg Housing Complex, Wiesbaden High School

CIV: 0611-360-0511

Website: <http://www.dodea.edu/Europe/Kaiserslautern/Wiesbaden/WiesbadenHS/index.cfm>

Div/Dept: Army Substance Abuse Program/Employee Assistance (ASAP)

Service(s): Unit Awareness Prevention Training

Description: Substance abuse prevention training provided by staff, on-line or train the trainer.

Target Audience: Active Duty, Civilians, Family Members

Length: 4 Hours annual Training for Mil. 2 Hours annual Training for Civ.

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-6968

CIV: 0611-705-6968

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

Div/Dept: Army Substance Abuse Program/Employee Assistance (ASAP)

Service(s): Employee Assistance Program (EAP)

Description: Screening, referral & counseling for civilian personnel.

Target Audience: Civilians

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-6968

CIV: 0611-705-6968

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

Div/Dept: Army Substance Abuse Program/Employee Assistance (ASAP)

Service(s): Alcohol Drug Abuse Prevention Training (ADAPT)

Description: DUI/DWI, Drug apprehension and alcohol abuse. This course is a 12 hour education class that meet the requirements for those needing to get their driving privileges returned.

Target Audience: Active Duty, Civilians, and Family members

Length: 12 hrs

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-6968

CIV: 0611-705-6968

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

Div/Dept: Alcoholics Anonymous

Service(s): Alcoholics Anonymous Meetings

Description: Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Target Audience: Active Duty, Civilians, and Family members

Schedule: Call for times

Location: Hainerberg Housing Complex, Portable Classrooms in front of Pizza Hut, Mississippi Str.

CIV: 01702491658 (Alan) or 015161512156 (Christine)

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

Website: [www.aa.org](http://www.aa.org)

Div/Dept: Behavioral Health

Service(s): Alcohol and Substance Abuse Program Clinical Consultant

Description: Alcohol and substance abuse intervention on referral from and in conjunction with ASAP.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Better Opportunities For Single Soldiers (BOSS)

Services: Boss Against Drunk Driving (BADD)

Description: BOSS program supports the community and overall quality of life for single service members.

Target Audience: Single Service members

Schedule: Call for schedule of activities

Location: Clay Kaserne, Warrior Zone, Bldg 1214

DSN: 337-5042

CIV: 0611 705 5042

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/better-opportunities-single-soldiers/#.UxgwNiBmqP8>

Facebook: <https://www.facebook.com/pages/Wiesbaden-BOSS/415418858517765?ref=hl>

## Anger Management

Div/Dept: Army Community Services (ACS)

Service(s): Military & Family Life Consultants

Description: Service teaches recognition of the symptoms, causes and ways of coping with anger. Participants will learn how to control/resolve their anger issues.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): Anger Management

Description: : The objective of the class is for attendees to learn to identify signs of anger, to recognize the impact and potential repercussions of uncontrolled anger, and to develop skills to reduce and manage anger issues.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Behavioral Health

Service(s): Mental Health Consultation Services

Description: This service identifies causes of anger and education on coping mechanisms.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Anxiety

Div/Dept: Army Health Clinic (AHC)

Service(s): Anxiety Issues

Description: Identify and address causes of anxiety

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-1378

CIV: (06371) 9464-1378

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Army Emergency Relief

Div/Dept: Army Emergency Relief Services (AER)

Service(s): Financial Assistance

Description: Provides emergency financial assistance through interest-free loans and grants.

Target Audience: Active Duty, Retired Soldiers and their Families

Location: Hainerberg Complex, Bldg 7790

DSN: 335-5254/5234

CIV: 0611-408-0254/0234

Website: [http://www.wiesbaden.army.mil/sites/mwr/financial\\_readiness.asp](http://www.wiesbaden.army.mil/sites/mwr/financial_readiness.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/army-community-service-acs/>

## Assertiveness Training

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Team Building, Master Resiliency Training, Military & Family Life Consultants, Mobilization & Deployment Readiness

Description: Education, training and personal development to improve confidence in order to become more successful in personal and professional lives.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790  
DSN 335-5254  
CIV: 0611 408-5254  
Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Attention Deficit Disorder

Div/Dept: Army Community Services (ACS)  
Service(s): Exceptional Family Member Program  
Description: EFMP - provides support to Families with special needs  
Target Audience: Active Duty, Family Members, Retirees, Civilians  
Location: Hainerberg Housing Complex, Bldg 7790  
DSN 335-5254  
CIV: 0611 408-5254  
Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Behavioral Health  
Service(s): Child and Adolescent Psychiatry  
Description: This service provides diagnosis, appropriate treatment to include medication, psychological testing, individual and family therapy and consultation to other clinical services and Department of Defense Schools.  
Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians  
Schedule: 0730 - 1630 Monday - Friday  
Location: Clay Kaserne, Bldg 1041  
DSN: 590-1320  
CIV: 06371-9464-1320  
Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Educational Development Intervention Services (EDIS)  
Service(s): EDIS Related Services  
Description: Provides evaluations of children up to 3 years old, being assessed for special education eligibility, and evaluations and treatment services for children already eligible for special education. This component is a multidisciplinary team consisting of developmental pediatricians, clinical psychologists, social workers, audiologists, physical therapists and occupational therapists.  
Target Audience: Children 0-3 years of age of Active Duty, Family Members, Civilians, Retirees  
Schedule: Call for schedule  
Location: Clay Kaserne, Bldg 1526

DSN: 337-6662 / 6192

CIV: 0611-705-6662 / 6192

Website: <http://www.wiesbaden.army.mil/sites/services/edis.asp>

Website: <https://www.edis.army.mil/>

## Blended Families

Div/Dept: Army Community Services (ACS)

Service(s): Military & Family Life Consultants, Family Advocacy Program, Army Family Team Building, Master Resiliency Training

Description: Education that helps you learn to adjust to change, balance your life, take care of yourself with regards to family.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Breast Feeding

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood Support Program, Family Advocacy Program

Description: Breast feeding education and support services.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): Breastfeeding Support Group

Description: The group provides breastfeeding support to pregnant moms who are considering breastfeeding and all moms who are presently nursing.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Women-Infants-Children-Overseas (WIC-O)

Service(s): Breast Feeding Education & Support

Description: Increase nutritional wellness and awareness through education and free healthful foods.

Target Audience: Pregnant and post partum women; children under 5 years old; Must meet guidelines to qualify, please call for guidelines

Location: Crestview Housing Bldg 7705, Marsweg 3

CIV: 0611-505-5348

Website <http://www.wiesbaden.army.mil/sites/services/WIC-Overseas.asp>

## Car Seat Safety

Div/Dept: Army Community Services (ACS)

Service(s): New Parenthood Support Program

Description: New parent education including child seat safety.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Child, Youth, and School Services (CYS)

Services: Car Seat Safety

Description: Provide access to a wide range of resources to facilitate Army children.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for Schedule

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location

DSN: 337-7928 / 335-5272

CIV: 0611-705-7928 / 0611-4080-272

Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

## Child Abuse & Neglect

Div/Dept: Army Community Services (ACS)

Service(s): Emergency Placement Care

Description: Emergency placement care (EPC) is a voluntary or court mandated service providing temporary 24-hour care in an EPC provider's home for children who cannot be cared for by their natural family or legal guardian. The program is designed to provide short-term care, generally not to exceed 90 days, for Families in crisis until the situation warranting the placement is resolved or long-term care or placement can be arranged.

Emergency Placement Care is comparable to civilian foster care in the United States.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Social Work Services (SWS)

Service(s): Family and/or Individual counseling

Description: Evaluation and treatment for at-risk families or families who have a substantiated case of child abuse

Target Audience: Active Duty, Family Members, Local Nationals, Civilians, Retirees

Schedule: 24 hrs a day, 7 days a week (Contact SWS during normal duty hours, or MP Station in case of emergency. )

Location: Clay Kaserne, Bldg 1526

DSN: 337-5297

CIV: 0611-705-5297

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

## Child Development Issues

Div/Dept: Army Community Services (ACS)

Service(s): Family Advocacy program, Military & Family Life Consultants

Description: Services to provide support and education to families with children and to provide assistance with developmental issues.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Behavioral Health

Service(s): Child Psychology Groups

Description: Work groups to address developmental and behavioral issues with children.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Educational Development Intervention Services (EDIS)

Service(s): Early Intervention Services

Description: The Early Intervention Services component focuses on identification, evaluation and interventions for infants and toddlers with developmental delays and special needs. This component is a multidisciplinary team consisting of social workers, early childhood special educators, audiologists, occupational therapists, physical therapists and speech-language pathologists, with augmentation from RS staff such as clinical psychologists.

Target Audience: Children 0-3 years of age of Active Duty, Family Members, Civilians, Retirees

Schedule: Call for schedule

Location: Clay Kaserne, Bldg 1526

DSN: 337-6662 / 6192

CIV: 0611-705-6662 / 6192

Website: <http://www.wiesbaden.army.mil/sites/services/edis.asp>

Website: <https://www.edis.army.mil/>

Div/Dept: Social Work Services (SWS)

Service(s): Family and/or Individual counseling

Description: Evaluation and treatment for at-risk families or families

Target Audience: Active Duty, Family Members, Local Nationals, Civilians, Retirees

Schedule: 24 hrs a day, 7 days a week (Contact SWS during normal duty hours, or MP Station in case of emergency. )

Location: Clay Kaserne, Bldg 1526

DSN: 337-6662

CIV: 0611-705-6662

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

## Children Rearing

Div/Dept: Army Community Services (ACS)

Service(s): New Parent Support Program, Military & Family Life Consultants

Description: Support and education to families with children. Parenting techniques and training.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Child and Youth Services (CYS) / Child Development Centers (CDC)

Service(s): Full day care, hourly care, part-day preschool, special openings

Description: Provides child care for single/dual working parents full time, part time and hourly care for intermittent needs, and part-day preschool sessions during either morning or afternoon hours.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for Schedule

Fees: Based on total family income

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location

DSN: 337-7928 / 335-5272

CIV: 0611-705-7928 / 0611-4080-272

Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

Div/Dept: Child and Youth Services (CYS)

Service(s): Family Child Care

Description: Provides a full-day, part-day and hourly care for children in a home environment.

Target Audience: Children ages 4 weeks through 12 years old

Fees: Fees based on total family income

Length: Each FCC home sets their own hours

Schedule: Call for hours

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location

DSN: 337-7928 / 335-5272

CIV: 0611-705-7928 / 0611-4080-272

Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

**Children: Deployment Support**

Div/Dept: Army Community Services (ACS)  
Service(s): Military & Family Life Consultants  
Description: Support to families with children of deployed portents.  
Target Audience: Active Duty, Family Members, Retirees, Civilians  
Location: Hainerberg Housing Complex, Bldg 7790  
DSN 335-5254  
CIV: 0611 408-5254  
Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Child, Youth, and School Services (CYS)  
Services: Educational Liaison/School Services  
Description: Provide access to a wide range of resources and support services to families of children with deployed parents and to facilitate Army youth education transitions.  
Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
Schedule: Call for Schedule  
Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location  
DSN: 337-7928 / 335-5272  
CIV: 0611-705-7928 / 0611-4080-272  
Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)  
Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

## Children: Special Needs

Div/Dept: Army Community Services (ACS)  
Service(s): Exceptional Family Member Program  
Description: EFMP - provides support to Families with special needs  
Target Audience: Active Duty, Family Members, Retirees, Civilians  
Location: Hainerberg Housing Complex, Bldg 7790  
DSN 335-5254  
CIV: 0611 408-5254  
Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Child, Youth, and School Services (CYS)  
Services: Parent and Outreach Services  
Description: Provide access to a wide range of resources and support services to families and their children.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for Schedule

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location

DSN: 337-7928 / 335-5272

CIV: 0611-705-7928 / 0611-4080-272

Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

Div/Dept: Educational Development Intervention Services (EDIS)

Service(s): EDIS Related Services

Description: Provides evaluations of children up to 3 years old, being assessed for special education eligibility, and evaluations and treatment services for children already eligible for special education. This component is a multidisciplinary team consisting of developmental pediatricians, clinical psychologists, social workers, audiologists, physical therapists and occupational therapists.

Target Audience: Children 0-3 years of age of Active Duty, Family Members, Civilians, Retirees

Schedule: Call for schedule

Location: Clay Kaserne, Bldg 1526

DSN: 337-6662 / 6192

CIV: 0611-705-6662 / 6192

Website: <http://www.wiesbaden.army.mil/sites/services/edis.asp>

Website: <https://www.edis.army.mil/>

## Cholesterol

Div/Dept: Army Health Clinic (AHC)

Service(s): Multiple Health Concerns, Screenings and Counseling

Description: The Army Health Clinic employ a professional staff of health care workers. The primary mission of the Health Center is to provide premier health, fitness, and wellness services that meet the needs of the community.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Nutrition Care Division (NCD)

Service(s): Nutrition Counseling

Description: Registered Dietitians provide one on one counseling to patients and significant others as well as group counseling on a variety of medical conditions influenced by diet to include, but not limited to diabetes, hypertension, heart disease, weight management, prenatal nutrition, child and adolescent nutrition and sports nutrition.

Target Audience: Active Duty, DM, Civilians, Local Nationals, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 486-8229

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Community Safety

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Action Plan, Family Advocacy program, Master Resiliency Training

Description: Education to keep families safe.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Better Opportunities For Single Soldiers (BOSS)

Services: Volunteer Activities for single service members

Description: BOSS program supports the overall community by providing volunteer opportunities such as Big Brother/Big Sister.

Target Audience: Single Service members

Schedule: Call for schedule of activities

Location: Clay Kaserne, Warrior Zone, Bldg 1214

DSN: 337-5042

CIV: 0611 705 5042

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/better-opportunities-single-soldiers/#.UxgwNiBmqP8>

Facebook: <https://www.facebook.com/pages/Wiesbaden-BOSS/415418858517765?ref=hl>

Div/Dept: Safety (ISO)

Service(s): Recreational Safety

Service(s): Education on the safe usage of barbecues, swimming pools, bicycles, fireworks, etc. to reduce injury and promote a safe and healthy environment.

Target Audience: Active Duty, Family Members, Civilians, Local Nationals, Retirees

Location: Clay Kaserne Bldg 1038

DSN: 337-7417

CIV: 0611-705-7417

Website: <http://www.wiesbaden.army.mil/sites/installation/safety.asp>

## Conflict Resolution

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Team Building, Family Advocacy program, Master Resiliency Training, Mobilization & Deployment Readiness

Description: Training on how to recognize and resolve conflict situations.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Behavioral Health

Service(s): Mental Health Consultation Services

Description: This service provides individual, group and command consultation on resolving conflict.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)

Service(s): Conflict Resolution

Description: Definition of conflict, identifies improper techniques for conflict resolution and trains communication skills

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location

DSN: 335-5248 or 335-5172

CIV: 0611-408-0248 or 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

## Consumer Affairs/Fraud

Div/Dept: Army Community Services (ACS)

Service(s): Financial Readiness, Army Emergency Relief

Description: Assistance with Consumer Affairs or Fraud issues.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Couples Counseling

Div/Dept: Army Community Services (ACS)

Service(s): Couple's Communication

Description: This class offers support and education to spouses and couples, and provides a healthy approach to communicating without anger, threats or power struggles. Participants learn new problem solving skills as well as the importance of recognizing effective communication techniques

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): Military & Family Life Consultants

Description: Education and support to couples in communication and problem solving skills.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Behavioral Health  
Service(s): Couples Counseling  
Description: An Intensive Couples and Relationship Workshop  
Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians  
Schedule: 0730 - 1630 Monday - Friday  
Location: Clay Kaserne, Bldg 1041  
DSN: 590-1320  
CIV: 06371-9464-1320  
Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)  
Service(s): Couple's Counseling  
Description: Services provided are interfaith, pastoral care counseling. Services include one on one counseling, group, pastoral care education skills building classes  
Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals  
Schedule: Call for appointment  
Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location  
DSN: 335-5248 or 335-5172  
CIV: 0611-408-0248 or 0611-408-0172  
Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

Div/Dept: Social Work Services (SWS)  
Service(s): Marital Counseling for Family  
Description: Reduce marital discord and improve relationships.  
Target Audience: Couples  
Schedule: Call for appointment  
Location: Clay Kaserne, Bldg 1526  
DSN: 337-5297  
CIV: 0611-705-5297  
Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

## Crisis Management

Div/Dept: Army Community Services (ACS)

Service(s): Family Advocacy Program, Master Resiliency, Military & Family Life Consultants, Mobilization & Deployment Readiness

Description: Education and training to improve personal and family readiness and preparedness.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: American Red Cross (ARC)

Service(s): Emergency Planning and Preparation

Description: Tips and checklists on what to do before, during and after an emergency.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

Div/Dept: Behavioral Health

Service(s): Mental Health Consultation Services

Description: This service provides individual, group and command consultation.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Social Work Services (SWS)

Service(s): Family and/or Individual counseling

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions. Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a week through SWS.

Target Audience: Men, women & Children

Schedule: 24 hrs a day, 7 days a week (Contact SWS during normal duty hours, or MP Station in case of emergency).

Location: Clay Kaserne, Bldg 1526

DSN: 337-5297

CIV: 0611-705-5297

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

## Deployment Readiness

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Team Building, Master Resiliency, Military & Family Life Consultants, Mobilization & Deployment Readiness

Description: What family members need to know before the Soldier or civilian deploys. Areas of concern discussed are care of family members, financial, legal and medical. Education to identify symptoms of separation stress, strategies for coping with separation, communication strategies, and to recognize children's needs.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: American Red Cross (ARC)

Service(s): Deployment Preparedness and Support

Description: Coping with deployment, Pre- and Post-deployment tools and resources.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206 Bldg 7790, Hainerberg Complex

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

Div/Dept: Behavioral Health

Service(s): Psychology Service

Description: Provides intelligence, personality and psychological assessment testing in order to help meet the needs of patients, commanders and other health care professionals.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041  
DSN: 590-1320  
CIV: 06371-9464-1320  
Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Better Opportunities For Single Soldiers (BOSS)  
Services: Activities for single service members  
Description: BOSS program supports the overall quality of life for single service members .  
Target Audience: Single Service members  
Schedule: Call for schedule of activities  
Location: Clay Kaserne, Warrior Zone, Bldg 1214  
DSN: 337-5042  
CIV: 0611 705 5042  
Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/better-opportunities-single-soldiers/#.UxgwNiBmqP8>  
Facebook: <https://www.facebook.com/pages/Wiesbaden-BOSS/415418858517765?ref=hl>

Div/Dept: Dental Clinic (DENT)  
Service(s): Dental Services  
Description: Dental care needed to maintain good oral health including: preventative, basic restorative and specialty care.  
Target Audience: Active Duty, Family Members, Retirees, Civilians  
Schedule: Monday - Friday 0730-1630; Call for appointment  
Location: Clay Kaserne, Bldg 1040  
DSN: 337-5109/5804  
CIV: 0611-705-1720/5804  
Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_dental.asp](http://www.wiesbaden.army.mil/sites/services/medical_dental.asp)

Div/Dept: Occupational Health (OH)  
Service(s): Worksite Safety, Health Promotion and Health Education  
Description: Education and consultations for the prevention of work related injuries to maintain readiness.  
Target Audience: Active Duty, Civilians, Local Nationals  
Location: Clay Kaserne, Bldg 1038  
DSN: 337-6994  
CIV: 0611-705-6994  
Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/sites/ohd/ohd.aspx>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)

Service(s): Spiritual Fitness

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs.

Target Audience: Active Duty, Family Members

Schedule: Call for appointment

Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location

DSN: 335-5248 or 335-5172

CIV: 0611-408-0248 or 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

## Depression

Div/Dept: Behavioral Health

Service(s): Group Therapy

Description: Group therapies to identify causes and coping mechanisms of depression are offered on a regular basis.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: Call for schedule

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Domestic Violence

Div/Dept: Army Community Services (ACS)

Service(s): Victim Advocacy Services

Description: Victim Advocacy is a voluntary service where advocates provide comprehensive assistance to survivors of domestic violence. The program works cooperatively with military and civilian resources to adequately meet the needs of survivors of domestic violence. Victim Advocates are on call 24/7 to assist Soldiers and Family members who are in need of assistance due to domestic violence and can be reached during duty hours at 0611-4080-234/254 or on the 24 hours/7 days a week Domestic Violence hotline at 0162-297-5625. The focus is to support Soldiers and Family members who have been impacted by child abuse or neglect and/or spouse abuse.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Social Work Services (SWS)

Service(s): Family, Parent and/or Individual counseling

Description: Family Focused counseling services are available to families with or without children. Children who need individual counseling or medication services are referred to CAPS program. Evaluation and treatment for at-risk families or families who have a substantiated case of abuse.

Target Audience: Families

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1526

DSN: 337-5297

CIV: 0611-705-5297

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

Div/Dept: Social Work Services (SWS)

Service(s): Men's Group/Women's Group

Description: Therapy groups dealing with family violence and relationship issues. The goal is to break or prevent abusive and violent relationships.

Target Audience: Men, women & Children

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1526

DSN: 337-5297

CIV: 0611-705-5297

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

## Drug Related Issues

Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)

Service(s): Identification and Referral

Description: Provides adolescent substance abuse related PREVENTION and EDUCATION materials, workshops, and programs to all members of the community.

Target Audience: 12-18 year old family member students (under age 15 requires parental consent)

Schedule: Call for information

Location: Hainerberg Housing Complex, Wiesbaden High School

CIV: 0611-360-0511

Website: <http://www.dodea.edu/Europe/Kaiserslautern/Wiesbaden/WiesbadenHS/index.cfm>

Div/Dept: Army Substance Abuse Program/Employee Assistance (ASAP)

Service(s): Unit Awareness Prevention Training, Employee Assistance Training, Prime for Life

Description: Substance abuse prevention training, screening, referral and counseling.

Target Audience: Active Duty, Civilians, Family Members

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-6968

CIV: 0611-705-6968

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

## Employment

Div/Dept: Army Community Services (ACS)

Service(s): Employment Readiness Program, Army Volunteer Corps

Description: Training on resume preparation, interview preparation, career enhancement classes, etc

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Substance Abuse Program/Employee Assistance (ASAP)

Service(s): Employment Assistance

Description: Assistance to employees and management with identifying and resolving problems affecting job performance.

Target Audience: Active Duty, Civilians, Family Members

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-6968

CIV: 0611-705-6968

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

Div/Dept: Equal Employment Opportunity (EEO)

Service(s): Employment Assistance

Description: Assistance to employees regarding: discriminatory work environment, disabilities and diversity. Assistance with complaints and conflict resolution.

Target Audience: Civilians

Location: Clay Kaserne, Bldg 1023N, 1st Floor

DSN: 337-5610

CIV: 0611-705-5610

Website: <http://www.wiesbaden.army.mil/sites/installation/eo.asp>

Div/Dept: Equal Opportunity Office

Service(s): Employment Assistance

Description: Assist commanders in the fair treatment of soldiers. Assistance with complaint filing.

Target Audience: Military Personnel

Location: Clay Kaserne, Bldg 1061, Rm 202

DSN: 337-5897

CIV: 0611-705-5897

Website: <http://www.wiesbaden.army.mil/sites/installation/eo.asp>

## Exceptional Family Members Program (EFMP)

Div/Dept: Army Community Services (ACS)

Service(s): EFMP - provides support to Families with special needs

Description: Enroll in the program when there is a family member, with a physical, emotional, developmental, or educational disability requiring specialized services related to medical treatment, therapy, counseling and/or education. Enrollment ensures that the needs of the family member will be considered in the military assignment process. EFMP offers the following services: advocacy, support groups and education, social & recreational opportunities for children and teens with disabilities. EFMP coordinates community resources to include: educational, medical, personnel and housing.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Family Support Services

Div/Dept: Army Community Services (ACS)

Service(s): All ACS Programs/Classes

Description: ACS is tasked with providing support to Army Families by utilizing a wide variety of programs and classes to address a multitude of issues.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): Play Groups

Description: This is a fun-filled program featuring games and activities for children under the age of four. It provides opportunities for children to experience a wide range of activities to include story time, play time and children songs.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s):FAP Services

Description: The Family Advocacy Program provides education, intervention and assistance to prevent Family violence and to support strong, self-reliant Families and communities. Services include advocacy for victims of abuse, new parent home visitors for parents with children under age four, temporary emergency placement care for children, respite care, awareness events, and a variety of classes available to all community members that are designed to enhance coping skills and strengthen Families. Parenting, couple's communication, stress & anger management, troop training, and other educational and informational opportunities are available.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: American Red Cross (ARC)

Service(s): Babysitter Training

Description: Develops skills in leadership, safety, safe play, basic care, first aid and professionalism

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

Div/Dept: American Red Cross (ARC)

Service(s): Emergency Messaging

Description: Emergency Notification from CONUS to OCONUS and via deployment theatre

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

Div/Dept: Behavioral Health

Service(s): Family Support Services

Description: This service provides diagnosis, appropriate treatment to include medication, psychological testing, individual and family therapy and consultation to other clinical services to address issues within the family.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Child and Youth School Services (CYS) and Child Development Centers (CDC)

Service(s): Daycare

Description: Provides full-day, part-day and hourly child care.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for Schedule

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location  
DSN: 337-7928 / 335-5272  
CIV: 0611-705-7928 / 0611-4080-272  
Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)  
Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

Div/Dept: Child, Youth and Services (CYS)  
Service(s): Sports and Fitness Programs  
Description: Provides Team Sports, Individual Sports, Fitness and Health Programs.  
Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
Schedule: Call for Schedule  
Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location  
DSN: 337-7928 / 335-5272  
CIV: 0611-705-7928 / 0611-4080-272  
Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)  
Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

Div/Dept: Child and Youth Services (CYS)  
Service(s): SKIESUnlimited & EDGE  
Description: Extracurricular instructional classes & out-of-school time learning opportunities.  
Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
Schedule: Call for Schedule  
Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location  
DSN: 337-7928 / 335-5272  
CIV: 0611-705-7928 / 0611-4080-272  
Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)  
Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

Div/Dept: Child and Youth Services (CYS)  
Service(s): Youth Centers  
Description: Provides activities for school-age children, include spring, summer and winter recreational camps, after-school child care and school-out day trips.  
Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.  
Schedule: Call for Schedule

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location  
DSN: 337-7928 / 335-5272  
CIV: 0611-705-7928 / 0611-4080-272  
Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)  
Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

Div/Dept: Dental Clinic (DENT)  
Service(s): Pediatric Dental Services  
Description: Information on oral health care for children.  
Target Audience: Family Members  
Schedule: Call for appointment  
Location: Clay Kaserne, Bldg 1040  
DSN: 337-7401  
CIV: 0611-705-7401  
Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_dental.asp](http://www.wiesbaden.army.mil/sites/services/medical_dental.asp)

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)  
Club Beyond "Club"  
Service(s): Chapel Outreach & Bible Studies to All Teens  
Description: Weekly large group meeting where teens can hear about God's love in a non-threatening, fun environment.  
Target Audience: 6th-12th Grade  
Schedule: Call for times/hours  
Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location  
DSN: 335-5248 or 335-5172  
CIV: 0611-408-0248 or 0611-408-0172  
Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)  
Cadence International  
Service(s): Youth Small Group Bible Studies  
Description: Same sex "small groups" are led by staff and volunteers throughout the week all year. Students discuss topics they deal with and learn what the Bible has to say about their lives.  
Target Audience: 6th-12th Grade

Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location  
DSN: 335-5248 or 335-5172  
CIV: 0611-408-0248 or 0611-408-0172  
Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)  
Service(s): Building Strong & Ready Families  
Description: A program created for the resilient Army family. Unit programs available  
Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals  
Schedule: Call for appointment  
Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location  
DSN: 335-5248 or 335-5172  
CIV: 0611-408-0248 or 0611-408-0172  
Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)  
Chapel Sponsored Cadence International  
Service(s): Youth Retreats & Trips, Age specific problem solving counseling  
Description: Periodic Retreats and activities. High School Leadership Retreats, Middle School Retreats, High School Service Project, Spring Break Retreat, and more.  
Target Audience: 6th-12th Grade  
Schedule: Call for dates  
Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location  
DSN: 335-5248 or 335-5172  
CIV: 0611-408-0248 or 0611-408-0172  
Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

Div/Dept: Women-Infants-Children-Overseas (WIC-O)  
Service(s): Supplemental Foods and Nutritional Counseling  
Description: Supplemental food provided to qualified families. Nutrition education, breast feeding support, referrals to health care agencies.  
Target Audience: Pregnant and post partum women; children under 5 years old; Must meet guidelines to qualify, please call for guidelines  
Location: Crestview Housing Bldg 7705, Marsweg 3

CIV: 0611-505-5348

Website <http://www.wiesbaden.army.mil/sites/services/WIC-Overseas.asp>

## Financial Services

Div/Dept: Army Community Services (ACS)

Service(s): Financial Readiness

Description: Budget counseling, debt liquidation, Checkbook management, Consumer assistance, Army Emergency Relief.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## First Aid Class

Div/Dept: American Red Cross (ARC)

Service(s): First Aid/CPR

Description: Covers adult, infant & child CPR and training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule and fees

Location: Clay Kaserne, Bldg 1206

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

## Fitness

Div/Dept: Clay Kaserne Fitness Center (MWR)

Service(s): Fitness and Sports

Description: Strength Training, Cardio Equipment, Basketball, Volleyball, Racquetball, Cycle Room, Massage Therapy, Personal Training, Saunas, Variety of Classes

Target Audience: Active Duty, Civilians, Family Members, Local Nationals, Retirees

Schedule: Mon-Fri, 0500-2200; Sat-Sun & Training Holidays, 0800-1900; Closed on US holidays

Classes: Call for list/description and schedule

Location: Clay Kaserne, Bldg 1631

DSN: 337-5541

CIV: 0611 705 5541

Website: <http://wiesbaden.armymwr.com/index.php/europe/wiesbaden/programs/clay-kaserne-fitness-center/>

Div/Dept: Army Wellness Center (AWC)

Service(s): Fitness testing and exercise prescription

Description: Measure your current fitness levels (VO2, back strength, grip strength, and flexibility) and receive an exercise prescription based on your scores. This test may require a medical clearance. By appointment only.

Target Audience: Active duty military, dependants, retirees, and DOD civilians

Schedule: M-F 0730-1600, closed from 1200-1300 and federal holidays

Location: Clay Kaserne, Bldg 1201, 2nd Floor

DSN: 590-1478

CIV: 06371-9464-1478

Website: [www.wiesbaden.army.mil/sites/services/wellness.asp](http://www.wiesbaden.army.mil/sites/services/wellness.asp)

Facebook: [www.facebook.com/AWCwiesbaden](http://www.facebook.com/AWCwiesbaden)

## Grief Counseling

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Team Building, Military & Family Life Consultants, Mobilization & Deployment Readiness, Survivor Outreach Services

Description: Programs designed to provide support to community members going through the stages of grief.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)

Service(s): Spiritual Fitness

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location

DSN: 335-5248 or 335-5172

CIV: 0611-408-0248 or 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

## Heart Care

Div/Dept: American Red Cross (ARC)

Service(s): Your Heart Matters

Description: Shows ways to recognize the signals of a heart attack and identifies the risk factors of coronary heart disease as well as developing a personal plan to reduce the risks of heart disease through diet and exercise.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206 Bldg 7790, Hainerberg Complex

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

## HIV / AIDS

Div/Dept: Health Clinic (AHC)

Service(s): HIV/Aids Training & Counseling

Description: HIV/AIDS awareness, understanding and prevention training offered

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Hypertension

Div/Dept: Army Health Clinic (AHC)

Service(s): Multiple Health Concerns, Screenings and Counseling

Description: The Army Health Clinic employs a professional staff of health care workers. The primary mission of the Clinic is to provide premier health, fitness, and wellness services that meet the needs of the community.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040  
DSN: 590-5762  
CIV: (06371) 9464-5762  
Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Nutrition Care Division (NCD)

Service(s): Nutrition Counseling

Description: Registered Dietitians provide one on one counseling to patients and significant others as well as group counseling on a variety of medical conditions influenced by diet to include, but not limited to diabetes, hypertension, heart disease, weight management, prenatal nutrition, child and adolescent nutrition and sports nutrition.

Target Audience: Active Duty, DM, Civilians, Local Nationals, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Industrial Hygiene

Div/Dept: Industrial Hygiene (IH)

Service(s): Occupational health hazard assessments

Description: Provide direct installation support to assist military leaders, facility managers, and occupational health and safety personnel in anticipation, recognition, evaluation, and control of occupational health hazards to ensure a safe work environment for the US Army's War fighters and their families, civilian and local national employees and support soldier readiness, injury prevention, and population protection for the US Army.

Target Audience: Active Duty, DA Civilians, Local Nationals, Family Members

Schedule: Call or email at [paul.g.sweeney3.civ@mail.mil](mailto:paul.g.sweeney3.civ@mail.mil) for appointment

Location: Clay Kaserne, Bldg 1038, Room 119

DSN: 337-7620

CIV: 0611-705 -7620

Website: <http://phc.amedd.army.mil/topics/workplacehealth/ih/Pages/default.aspx>

## Injury Prevention

Div/Dept: Occupational Health (OH) USAPHC-PHRE

Service(s): Worksite Visits, Medical Surveillance, Technical Consultations, Health Education

Description: Education and consultations for the prevention of work related injuries.  
Target Audience: Active Duty, Civilians, Local Nationals  
Location: Clay Kaserne, Bldg 1038  
DSN: 337-6994  
CIV: 0611-705-6994  
Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/sites/ohd/ohd.aspx>

Div/Dept: Safety Office (ISO)  
Service(s): Safety Education and Prevention  
Description: Conducts industrial safety training courses (i.e. lockout/tag out, confined spaces, etc.) and traffic safety course (i.e. motorcycle safety, supervisor safety, etc.).  
Target Audience: Active Duty, Family Members, Civilians, Local Nationals, Retirees  
Location: Clay Kaserne Bldg 1038  
DSN: 337-7417  
CIV: 0611-705-7417  
Website: <http://www.wiesbaden.army.mil/sites/installation/safety.asp>

## Leadership, Morale

Div/Dept: Army Community Services (ACS)  
Service(s): Army Family Team Building, Master Resiliency Training, Mobilization & Deployment Readiness  
Description: Programs designed to improve leadership skills and improve the overall quality of life.  
Target Audience: Active Duty, Family Members, Retirees, Civilians  
Location: Hainerberg Housing Complex, Bldg 7790  
DSN 335-5254  
CIV: 0611 408-5254  
Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)  
Service(s): Moral Leadership  
Description: Train soldiers in moral virtues and Army values to live and lead by good character and good conduct.  
Target Audience: Soldiers and leaders  
Length: 1-3 classes (1 hr each)  
Schedule: As requested by unit commander  
Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location

DSN: 335-5248 or 335-5172

CIV: 0611-408-0248 or 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

## Legal Issues

Div/Dept: Legal Issues/Support (JAG)

Service(s): Legal support for Soldiers and Families

Description: A legal support program created for the resilient Army family.

Target Audience: Active Duty, Family Members, Retirees, Civilian

Schedule: Mon-Wed & Fri 0900-1200 & 1300-1600; Thur 1300-1600; Closed: First Friday of month, US and Training Holidays

Location: Clay Kaserne, Bldg 1023W, Room 223

DSN: 337-4725

CIV: 0611-705-4725

Website: <http://www.wiesbaden.army.mil/sites/services/legal.asp>

## Marital Counseling

Div/Dept: Behavioral Health

Service(s): Marital Counseling

Description: An Intensive Couples and Relationship Workshop

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)

Service(s): Couple's Counseling

Description: Services provided are interfaith, pastoral care counseling. Services include one on one counseling, group, pastoral care education skills building classes

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location

DSN: 335-5248 or 335-5172

CIV: 0611-408-0248 or 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

Div/Dept: Social Work Services (SWS)

Service(s): Marital Counseling

Description: Reduce marital discord and improve relationships.

Target Audience: Couples

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1526

DSN: 337-5297

CIV: 0611-705-5297

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

## Men's Issues

Div/Dept: Army Health Clinic (AHC)

Service(s): Men's Health Concerns, Screenings and Counseling

Description: The Army Health Clinic employs a professional staff of health care workers. The primary mission of the Clinic is to provide premier health, fitness, and wellness services that meet the needs of the community.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## New Parenthood

Div/Dept: Army Community Services (ACS)

Service(s): Newborn Network

Description: A group where parents with newborn to 12 months informally meet and network with each other while learning about child development appropriate practices, parenting skills and age appropriate activities for their children.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): New Parent Support Program

Description: New Parent Support Program provides Home Visits on a voluntary basis to families with children through age three. Parenting support is individually tailored to each family's needs. Each visit is designed to increase the parents' ability to identify and plan for the challenges and difficulties involved in caring for infants and young children. Parents learn to recognize appropriate parental expectations of infants and children based upon a better understanding of developmental stages. Parents are also taught the use of appropriate coping techniques for dealing with the stresses of parenting. Issues such as family dynamics (blended families, single parent families, dual military Families), communication, and behavior are also discussed. Parent education is provided as a means to strengthen the bond between parents and children.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Women-Infants-Children-Overseas (WIC-O)

Service(s): Nutritional Counseling & Supplemental Foods

Description: Nutrition education, tips on making balanced meals, nutrition/health screenings, breast feeding support, supplements foods.

Target Audience: Pregnant and post partum women; children under 5 years old; Must meet guidelines to qualify, please call for guidelines

Location: Crestview Housing Bldg 7705, Marsweg 3

CIV: 0611-505-5348

Website <http://www.wiesbaden.army.mil/sites/services/WIC-Overseas.asp>

## **Newcomer Orientation**

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Team Building, Relocation Readiness Program

Description: A cultural adaptation program tailored towards the needs of Family members, DoD Civilians and DoD sponsored contractors. Explains unique German customs and practices. Provides important local information. Teaches how to ride the street cars & transportation system.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Child, Youth and School Services (CYS)

Service(s): Youth Services Centers

Description: A cultural adaptation program tailored towards the needs of families new to the area. Provides important local information and introduction to the German customs, language and culture.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Call for Schedule

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location

DSN: 337-7928 / 335-5272

CIV: 0611-705-7928 / 0611-4080-272

Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

## Nutrition

Div/Dept: Army Health Clinic (AHC)

Service(s): Nutrition Counseling

Description: Registered Dietitians provide one on one counseling to patients and significant others as well as group counseling on a variety of medical conditions influenced by diet to include, but not limited to diabetes, hypertension, heart disease, weight management, prenatal nutrition, child and adolescent nutrition and sports nutrition.

Target Audience: Active Duty, DM, Civilians, Local Nationals, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-7144

CIV: (06371) 9464-7144

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Better Opportunities For Single Soldiers (BOSS)

Services: Commissary Shuttle and Food Events

Description: BOSS program supports the overall quality of life for single service members.

Target Audience: Single Service members

Schedule: Shuttle: 1st & 3rd week of each month departing from Warrior Zone at 6 PM. Call for schedule of food events.

Location: Clay Kaserne, Warrior Zone, Bldg 1214

DSN: 337-5042

CIV: 0611 705 5042

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/better-opportunities-single-soldiers/#.UxgwNiBmqP8>

Facebook: <https://www.facebook.com/pages/Wiesbaden-BOSS/415418858517765?ref=hl>

Div/Dept: Child, Youth and School Services (CYS)

Service(s): Youth Services Centers

Description: Counseling on nutrition as it relates to health, medical conditions and sports.

Target Audience: Family members in school

Schedule: Call for Schedule

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location

DSN: 337-7928 / 335-5272

CIV: 0611-705-7928 / 0611-4080-272

Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

Div/Dept: Women-Infants-Children-Overseas (WIC-O)

Service(s): Nutritional Counseling & Supplemental Foods

Description: Increase nutritional wellness and awareness through education and free healthful foods.

Target Audience: Pregnant and post partum women; children under 5 years old; Must meet guidelines to qualify, please call for guidelines

Location: Crestview Housing Bldg 7705, Marsweg 3

CIV: 0611-505-5348

Website <http://www.wiesbaden.army.mil/sites/services/WIC-Overseas.asp>

## Oral & Dental Health

Div/Dept: Dental Clinic (DENT)

Service(s): Dental Services

Description: Dental care needed to maintain good oral health including: preventative, basic restorative and specialty care.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Schedule: Monday - Friday 0730-1630; Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 337-5109/5804

CIV: 0611-705-1720/5804

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_dental.asp](http://www.wiesbaden.army.mil/sites/services/medical_dental.asp)

Find a Dentist: <https://employeedental.metlife.com/dental/public/SearchDentist.do>

## Parental Skills

Div/Dept: Army Community Services (ACS)

Service(s): New Parent Support Program, Master Resiliency Training, Military & Family Life Consultants

Description: Programs designed to provide training and education to parents in dealing with their children.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): Positive Guidance

Description: : This class gives parenting guidance on setting limits, offering choices, asking questions, time out, natural/logical consequences, and other essential ingredients for effective discipline for your children.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): Mommy and Daddy 101

Description: : This class is designed to increase parent's ability and understanding of labor & delivery, breast feeding, post partum care, newborn care, and relaxation techniques.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Educational Development Intervention Services (EDIS)

Service(s): Defiant Child Classes

Description: Workshop for parents with children with challenging behavior.

Target Audience: Children 0-3 years of age of Active Duty, Family Members, Civilians, Retirees

Schedule: Call for schedule

Location: Clay Kaserne, Bldg 1526

DSN: 337-6662 / 6192

CIV: 0611-705-6662 / 6192

Website: <http://www.wiesbaden.army.mil/sites/services/edis.asp>

Website: <https://www.edis.army.mil/>

Div/Dept: Women-Infants-Children-Overseas (WIC-O)

Service(s): Nutrition Education

Description: Tips on making a balanced meal.

Target Audience: Pregnant and post partum women; children under 5 years old; Must meet guidelines to qualify, please call for guidelines

Location: Crestview Housing Bldg 7705, Marsweg 3

CIV: 0611-505-5348

Website <http://www.wiesbaden.army.mil/sites/services/WIC-Overseas.asp>

## Pet Services

Div/Dept: Veterinary Services (VET)

Service(s): Pet care and more.

Description: Pet care and more.

Schedule: Monday - Friday, 0800-1600, Training Holidays, 0800-1145 & 1300-1600

Location: Clay Kaserne, Bldg 1038

DSN: 337-6283

CIV: 0611-705-6283

Website: [http://www.wiesbaden.army.mil/sites/services/veterinary\\_services.asp](http://www.wiesbaden.army.mil/sites/services/veterinary_services.asp)

## Physical Therapy

Div/Dept: Health Clinic (AHC)

Service(s): Training & Counseling & Referral

Description: Physical Therapy training, counseling and referrals offered

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Post Traumatic Stress Disorder (PTSD)

Div/Dept: Health Clinic (AHC)

Service(s): Training & Counseling

Description: PTSD awareness, understanding and help offered

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Pregnancy

Div/Dept: Army Community Services (ACS)

Service(s): New Parent Support Program, Family Advocacy Program

Description: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: American Red Cross (ARC)

Service(s): Healthy Pregnancy, Healthy Baby

Description: Describes each trimester of pregnancy, different birthing methods, nutrition and care of a newborn.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206 Bldg 7790, Hainerberg Complex

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

Div/Dept: Social Work Services (SWS)

Service(s): Individual counseling (unplanned pregnancy)

Description: Supportive counseling including pregnancy options and referral.

Target Audience: Women & Couples

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1526

DSN: 337-5297

CIV: 0611-705-5297

Website: [http://www.wiesbaden.army.mil/sites/services/medical\\_clinic.asp](http://www.wiesbaden.army.mil/sites/services/medical_clinic.asp)

Div/Dept: Women-Infants-Children-Overseas (WIC-O)

Service(s): Breast Feeding Support, Nutrition Counseling and Supplemental Foods

Description: Nutrition Education and support in preparation for a new baby. Supplemental foods.

Target Audience: Pregnant and post partum women; children under 5 years old; Must meet guidelines to qualify, please call for guidelines

Location: Crestview Housing Bldg 7705, Marsweg 3

CIV: 0611-505-5348

Website <http://www.wiesbaden.army.mil/sites/services/WIC-Overseas.asp>

## Relocation Assistance

Div/Dept: Army Community Services (ACS)

Service(s): Relocation Readiness Program, Financial Readiness Program

Description: Programs designed to provide assistance with adjusting to a change in location. Service provides important information about the local community.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Resiliency Training

Div/Dept: Army Community Services (ACS)

Service(s): Master Resiliency Training, Army Family Team Building, Military & Family Life Consultants

Description: Programs designed to improve mental toughness, relationships, communication skills, and overall health.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Retiree Issues

Div/Dept: Behavioral Health

Service(s): Mental Health Consultation Services

Description: This service provides individual, group and command consultation.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Risk Management

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): Unit Awareness Prevention Training

Description: Alcohol and Substance abuse prevention and intervention training.

Target Audience: Active Duty, Civilians, Family Members

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-7708

CIV: 0611-705-708

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

Div/Dept: Safety Office (ISO)

Service(s): Safety Assessments and Inspections

Description: Performs safety program management assessments. Inspect workplaces for safety hazards. Conducts investigation of Army accidents and provides safety consultation services.

Target Audience: Active Duty, Family Members, Civilians, Local Nationals, Retirees

Location: Clay Kaserne Bldg 1038

DSN: 337-7417

CIV: 0611-705-7417

Website: <http://www.wiesbaden.army.mil/sites/installation/safety.asp>

## Self Esteem

Div/Dept: Army Community Services (ACS)

Service(s): Master Resiliency Training, Army Family Team Building, Military & Family Life Consultants

Description: Program teaches life-coping skills, conflict resolution and techniques for dealing with peer pressure. It lends support and preventive education to families where issues interfere with the physical, emotional, and social health.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Behavioral Health

Service(s): Mental Health Consultation Services

Description: This service provides individual, group and command consultation.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Sexual Assault

Div/Dept: Army Community Services (ACS)

Service(s): Sexual Harassment/Assault Response Program, Family Advocacy Program

Description: Teaches about the cycle of violence, focuses on controlling behavior, and how to replace inappropriate with appropriate behavior. Increases skills of preventing domestic violence by recognizing better ways of communication, coping with stress and anger, and understanding the consequences of domestic violence on families and children.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Sleep Issues

Div/Dept: Health Clinic (AHC)

Service(s): Sleep Issues

Description: Identify and address issues prohibiting good sleep habits.

Target Audience: Active Duty, Family Members, Civilians, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-1378

CIV: (06371) 9464-1378

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Spiritual Fitness

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)

Service(s): Spiritual Fitness

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs

Target Audience: All soldiers and family members and DoD civilians

Schedule: On-going and special programs

Location: Clay Kaserne and Hainerberg Housing Complex: Call for building location

DSN: 335-5248 or 335-5172

CIV: 0611-408-0248 or 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

## STD Counseling

Div/Dept: Army Health Clinic (AHC)

Service(s): STD Counseling

Description: Registered professionals provide one on one counseling to patients and significant others as well as group counseling on a variety of medical conditions.

Target Audience: Active Duty, DM, Civilians, Local Nationals, Retirees

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Stress Management

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Team Building, Master Resiliency Training, Military & Family Life Consultants, Mobilization and Deployment Readiness

Description: Multiple programs geared towards identifying causes of stress and teaching tools for stress reduction.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Community Services (ACS)

Service(s): Stress Management Class

Description: : This class provides training for individuals to recognize signs and symptoms of stress, and tools and strategies for developing individual personal stress reduction and management skills.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: American Red Cross (ARC)

Service(s): Managing Stress

Description: Shows ways to recognize the causes and signals of stress, identifies ways to manage stress and shows ways to develop personal strategies for managing stress.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206 Bldg 7790, Hainerberg Complex

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

Div/Dept: Army Wellness Center (AWC)

Service(s): Biofeedback and massage chair

Description: Learn to control your stressors by using biofeedback. This self-guided system will teach you how to become more aware of your body's physiological response to stress. A massage chair is also available for daily use.

Target Audience: Active duty military, dependants, retirees, and DOD civilians

Schedule: M-F 0730-1600, closed from 1200-1300 and federal holidays

Location: Clay Kaserne, Bldg 1201, 2nd Floor

DSN:590-1478

CIV: 06371-9464-1478

Website: [www.wiesbaden.army.mil/sites/services/wellness.asp](http://www.wiesbaden.army.mil/sites/services/wellness.asp)

Facebook: [www.facebook.com/AWCwiesbaden](http://www.facebook.com/AWCwiesbaden)

Div/Dept: Behavioral Health

Service(s): Group Therapy

Description: Group therapies to identify causes and coping mechanisms of stress are offered on a regular basis.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Suicide Prevention

Div/Dept: Army Community Services (ACS)

Service(s): Master Resiliency Training

Description: Education on identifying signs of suicidal behavior and strategies to intervene.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Substance Abuse Program/Employee Assistance (ASAP)

Service(s): Suicide Prevention

Description: Training and assistance with identifying and preventing suicidal behavior.

Target Audience: Active Duty, Civilians, Family members

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-6968

CIV: 0611-705-6968

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>

Div/Dept: Behavioral Health

Service(s): Suicide Prevention

Description: This service provides diagnosis, appropriate treatment to include medication, psychological testing, individual and family therapy and consultation to other clinical services and Department of Defense Schools.

Target Audience: Active Duty, Family Member, TriCare members, DOD Civilians

Schedule: 0730 - 1630 Monday - Friday

Location: Clay Kaserne, Bldg 1041

DSN: 590-1320

CIV: 06371-9464-1320

Website: <https://ermc.amedd.army.mil/wiesbaden/index.cfm>

Div/Dept: Religious Support Office/Family Life Chaplains (RSO)

Service(s): Suicide Prevention

Description: Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others

Target Audience: Soldiers, families, DoD civilians

Length: One class (1-2 hrs)

Schedule: As requested by unit commander

DSN: 335-5248 or 335-5172

CIV: 0611-408-0248 or 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

## Teen Issues

Div/Dept: Child, Youth and School Services (CYS)

Service(s): Youth Services Centers

Description: Counseling on a variety of programs targeted to teenagers.

Target Audience: Family members in school

Schedule: Call for Schedule

Location: Clay Kaserne & Hainerberg Housing Complex; Call for Location

DSN: 337-7928 / 335-5272

CIV: 0611-705-7928 / 0611-4080-272

Website: [http://www.wiesbaden.army.mil/sites/newcomers/child\\_care.asp](http://www.wiesbaden.army.mil/sites/newcomers/child_care.asp)

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/>

## Time Management

Div/Dept: Army Community Services (ACS)

Service(s): Army Family Team Building, Master Resiliency Training, Mobilization & Deployment Readiness

Description: Training program designed to provide assistance with coordinating schedules, multi-tasking and to improve overall readiness

Target Audience: Active Duty, Family Members, Retirees, Civilians

Location: Hainerberg Housing Complex, Bldg 7790

DSN 335-5254

CIV: 0611 408-5254

Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

## Tobacco Cessation (Adult/Teen)

Div/Dept: Army Health Clinic (AHC)

Service(s): Tobacco Cessation

Description: Registered professionals provide one on one counseling to patients and significant others as well as group counseling on a variety of methods to help stop tobacco use.

Target Audience: Active Duty, DM, Civilians, Local Nationals, Retirees

Schedule: Call for appointment  
Location: Clay Kaserne, Bldg 1040  
DSN: 590-5762  
CIV: (06371) 9464-5762  
Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Wellness

Div/Dept: Army Community Service (ACS)  
Service(s): Army Family Team Building, Mobilization and Deployment Readiness, Military Family Life Consults, Financial Readiness, Employment Readiness, etc  
Description: Offering a wide range for programs to maintain community readiness and resiliency  
Target Audience: Active Duty, Civilians, Family Members, Retirees  
Schedule: Call for Schedule  
Location: Hainerberg Housing, Bldg 7790  
DSN 335-5254  
CIV: 0611 408-5254  
Website <http://www.wiesbaden.army.mil/sites/mwr/acs.asp>

Div/Dept: Army Wellness Center (AWC)  
Service(s): Metabolic testing, Fitness testing, Biofeedback, Sleep classes  
Description: Obtain your resting metabolic rate (RMR) and caloric recommendations. Measure your current fitness levels and receive an exercise prescription. Learn to control your stressors with biofeedback. Learn about healthy sleep hygiene. All services are by appointment only. Some clients may require a medical clearance before participating.  
Target Audience: Active duty military, dependants, retirees, and DOD civilians  
Schedule: M-F 0730-1600, closed from 1200-1300 and federal holidays  
Location: Clay Kaserne, Bldg 1201, 2nd Floor  
DSN: 590-1478  
CIV: 06371-9464-1478  
Website: [www.wiesbaden.army.mil/sites/services/wellness.asp](http://www.wiesbaden.army.mil/sites/services/wellness.asp)  
Facebook: [www.facebook.com/AWCwiesbaden](http://www.facebook.com/AWCwiesbaden)

Div/Dept: Better Opportunities For Single Soldiers (BOSS)  
Services: Activities for single service members

Description: BOSS program supports the community, the leisure/recreation and overall quality of life for single service members . BOSS provides volunteer opportunities and recreational activities through partnerships with USO, MWR and Outdoor Rec.

Target Audience: Single Service members

Schedule: Meetings 1st & 3rd week of each month

Location: Clay Kaserne, Warrior Zone, Bldg 1214

DSN: 337-5042

CIV: 0611 705 5042

Website: <http://wiesbaden.armymwr.com/europe/wiesbaden/programs/better-opportunities-single-soldiers/#.UxgwNiBmqP8>

Facebook: <https://www.facebook.com/pages/Wiesbaden-BOSS/415418858517765?ref=hl>

Div/Dept: Family and Morale, Welfare and Recreation (FMWR)

Services: Structured group fitness classes, personal trainer and massage services

Description: Up to 10 different styles of fitness classes to choose from. One on one tailored weight and cardio training. Individual massage sessions upon appointment.

Target Audience: Active Duty, Civilians, Family Members, Retirees

Schedule: 7 Days a Week

Location: Clay Kaserne, Bldg 1631

DSN: 337-5541

CIV: 0611-705-5541

Website: <http://www.wiesbaden.armymwr.com/index.php/europe/wiesbaden/>

Website: <http://www.wiesbaden.army.mil/sites/mwr/default.asp>

Div/Dept: Religious Support Operations (RSO)

Service(s): Strong Bonds

Description: Building resiliency by strengthening the Army Family and increasing readiness through relationship education and skills training.

Target Audience: Active Duty, Civilians, Family Members, Retirees

Schedule: Call for hours

Contact Info: Hainerberg Chapel, Bldg 7779

DSN: 335-5172

CIV: 0611-408-0172

Website: <http://www.wiesbaden.army.mil/sites/installation/religious.asp>

Div/Dept: Wiesbaden Locals Spas and Public Baths

Service(s): Multiple Indoor/Outdoor Swimming Pool Complex

Description: Variety of Health and Wellness services at the multiple complexes including swimming, diving, sunbathing, massage, sauna, steam baths, etc

Target Audience: Active Duty, Civilians, Family Members, Retirees

Schedule: Call for schedule

Locations: Various locations around Wiesbaden, check website for map

CIV: 0611-318-078 (Mattiaqua)

Website: <http://www.wiesbaden.de/en/sports/baths/index.php>

## Women's Issues

Div/Dept: Army Health Clinic (AHC)

Service(s): Multiple Health Concerns, Screenings and Counseling

Description: The Army Wellness Center employs a professional staff of health care workers. The primary mission of the Wellness Center is to provide premier health, fitness, and wellness services that meet the needs of the community. Through the Wellness Center individuals learn current health promotion techniques necessary for a healthy lifestyle.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1040

DSN: 590-5762

CIV: (06371) 9464-5762

Website: <http://ermc.amedd.army.mil/wiesbaden/index.cfm>

## Worksite Ergonomics & Safety

Div/Dept: Occupational Health (OH)

Service(s): Worksite Safety

Description: Site visits to assess the physical and psychological stresses on soldiers and civilians. Promote workplace safety, hearing/vision conservation, respiratory protection and ergonomics.

Target Audience: Active Duty, Civilians, Local Nationals

Location: Clay Kaserne, Bldg 1038

DSN: 337-6994

CIV: 0611-705-6994

Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/sites/ohd/ohd.aspx>

## Worksite Violence

Div/Dept: American Red Cross (ARC)

Service(s): Workplace Violence Awareness

Description: Defines categories of Workplace Violence, identifies warning signs of potential violence and demonstrates how to reduce risk of becoming a victim of workplace violence.

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Contact Agency for schedule

Location: Clay Kaserne, Bldg 1206 Bldg 7790, Hainerberg Complex

DSN: 337-1760/5173

CIV: 0611-705-1760/5173

Website: [http://www.wiesbaden.army.mil/sites/services/american\\_red\\_cross.asp](http://www.wiesbaden.army.mil/sites/services/american_red_cross.asp)

Div/Dept: Army Substance Abuse Program/Employee Assistance (ASAP)

Service(s): Unit Awareness Prevention Training

Description: Workplace violence information and education available.

Target Audience: Active Duty, Civilians, Family members

Schedule: Call for appointment

Location: Clay Kaserne, Bldg 1023E

DSN: 337-6968

CIV: 0611-705-6968

Website: <http://www.wiesbaden.army.mil/sites/directorates/human.asp>