

ACS Class Descriptions

First Termer's Financial Readiness - Recognize the positive effects of handling your personal finances correctly and recognize the effects of poor financial management.
Successful Money Management - explains the importance of effective financial management, setting short and long range financial goals and learning how to stick to a budget to reach those goals.
Checkbook Management - This course illustrates the choices in banks and banking services. It provides guidance in choosing the right account and identifying the skills necessary to maintain a balanced account.
Banking and Checking Accounts - explains how to choose financial services and institutions that best meet your needs. Basic information on banking and checking accounts and other financial services
Consumer Rights and Obligation - This class focuses on consumer rights, obligations, and scams perpetrated to defraud consumers. This class also discusses warranties for products purchased and how to go about filing a
Credit & Debt Management - This class teaches how to establish a credit record, protect your credit history and how to correct credit report mistakes. We will discuss options available to manage and reduce debt.
AER Program Manager Training - Unit Coordinators & POCs learn their roles in the AER campaign.
Resume and Cover Letter Class - A well written resume is a one page profile of an individual's skills, experience and education which must be able to grab an employer's interest and pave the way for an interview.
Employment Orientation and Resumix Class - Learn about the employment systems available to ID card holders and how to start/perfect a Resumix for federal employment.
Interview Techniques - Become prepared to answer standard interview questions as well as responses for the unexpected and challenging ones. Also covered are the dynamics of presentation and proper follow-up.
Dress for Success - Discuss the appropriate dress for interviews and in the workplace: everything from accessorizing, to perfume to what you eat before the big event.
Mommy and Daddy 101 - learn how to balance your life with a newborn.
Play Group - parents can informally meet and network with each other while learning about child development appropriate practices, parenting skills and age appropriate activities for their children.
Newborn Network - A support system for parents that have children up to twelve months old.
Positive Guidance - This class will give you guidance on how you deal child prevention, setting limits, offering choices, asking questions, time out, natural/logical consequences, and other essential ingredients for effective discipline.
Stress/Anger Management Class - This class offers guidance in developing an individual personal stress reduction and anger management program.
De-Stress with ACS - Free Zumba, Yoga, or massage class available to the community. Childcare is free for E-4 and below. COME RELAX, MEET FRIENDS, AND RE-ENERGIZE ON US!!
Couples Communication - allows couples to explore & maintain a happy and functional relationship.
AFTB LEVEL I - focuses on the basic skills and knowledge needed to live successfully in the military lifestyle.
AFTB LEVEL II - allows the participants to grow into community leaders with personal development and training.
AFTB Level III - gets into inspiring and mentoring others into leadership positions along with professional development.
AFAP Conference - Recruiting community members (Soldiers, Family members, retirees, & civilians) to participate as delegates who review community issues and recommend solutions to the garrison commander.
Missing Link - provides young adults ages 16-21 with a way to meet and socialize with people their own age. Participants can also sponsor new young adults in the area as well.
VMIS Management Information System (VMIS) - provides many tools to manage you volunteer activities.
German Class - You will learn the basics and other phrases of the German language and cultural differences, which will help you while you travel in and around Germany during your tour.
Hearts Apart - This program is designed as a discussion and activity program for spouses of deployed, extended TDY or geographically separated Soldiers.
Newcomer's Week - Acquaint participants on the resources, opportunities and local attractions on and around the USAG Wiesbaden Military community.
Foreign Born Spouses - Learn about different types of lifestyles and cultures and meet and discuss different stressors unique to foreign born spouses.
Smooth Move Class - Plan for a smooth PCS
Wine Shipping Class - Find out about rules and regulations to ship wine from Germany to the States. Includes what your entitlements are and what documents are needed.
Care Team Training - provides information and guidance on the role of the FRG during a crisis or emergency and how to set up an FRG Care Team.
FRG Treasurer - includes detailed information in regarding FRG funds mgmt, uses of FRG funds, fundraising, acceptance of gifts and duties of the treasurer.
FRG Forum - a support network for all FRG Leaders, volunteers and FRsAs to meet, exchange ideas, and updates on FRG related matters.
FRG Key Caller - instruction on using phone trees, maintaining rosters, using community resources, effective communication techniques, and procedures to use when contacting Soldiers and Family members.
FRG Leader Training - shows the key factors and operational guidance essential to leading and managing an effective and successful FRG.
SFAC - WTU Town Hall meeting
EFMP Overview - Some of the topics are Respite Care, enrollment procedures, myths, EFMP spectrum, and program policies
EFMP Respite Care Brief - Presentation of the revised Respite Care program
EFMP Installation Advisory Council Meeting
EFMP Baby Signs
EFMP Support Group
SOS Support Group - Embraces Survivors and gives them reassurance that they are connected to the Army Family for as long as they desire.
POWER Training - This workshop is designed to teach YOU how to explore ways to restore yourself through self care. This one day POWER course explores ways to renew and rejuvenate from a whole-person perspective.
7 Habits of Highly Effective Military Families - Learn how to get the tools you need to communicate about problems and resolve them successfully! Being a member of an Army family poses a unique set of challenges.
Resiliency Skills Training - Learn life skills through the Comprehensive Soldier Fitness Program produced by the Department of the Army and University of Pennsylvania.



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Newborn Network 1000-1100 57 Texas Str, Apt 2 Baby Wearing 11:15-12:00 57 Texas Str, Apt 2 ID Theft 1400 - 1530 Room 22, ACS	2 Play Morning 1000-1130 57 Texas Str, Apt 2 ESL 1315-1430 57 TX Apt 3 ESL 1800-1930 57 TX Apt 3 German Language 1800-1930 Rm 22, ACS	3 Positive Guidance 1000-1100 Rm 22, ACS		
5	6 Culture College 0900-1700 Day 1 Hainerberg Chapel FRG Leader Training 0830-1400 ACS Rm 22	7 Culture College 0900-1700 Day 2 Walking Tour FRG Leader Training 0830-1130 ACS Rm 22 Mommy Daddy 101 900-1600 Room 22, ACS ESL 1315-1430 57 TX Apt 3 German Language 1130-1300 57 Tx Str, Apt 3	8 Welcome to Wiesbaden 0900-1700 Entertain Center FRG Forum 1000-1200 ACS Rm 22 Successful \$\$ Mgt 1400 - 1530 Rm 22, ACS	9 Culture College 0900-1700 Day 1 Hainerberg Chapel Play Morning 1000-1130 57 Texas Str, Apt 2 ESL 1315-1430 57 TX Apt 3 USAJOBS Federal Resume 1300-1430 Rm 22, ACS Resume & Cover Letter 1500-1600 Rm 22, ACS ESL 1800-1930 57 TX Apt 3 German Language 1800-1930 Rm 22, ACS	10 Culture College 0900-1700 Day 2 Walking Tour	11	
	12 German Language 1800-1930 Rm 22, ACS	13 ESL 1800-1930 57 TX Apt 3	14 VALENTINES DAY	15 Newborn Network 1000-1100 57 Texas Str, Apt 2 Saving and Investing 1400 - 1530 Rm 22, ACS	16 Play Morning 1000-1130 57 Texas Str, Apt 2 ESL 1315-1430 57 TX Apt 3 ESL 1800-1930 57 TX Apt 3 German Language 1800-1930 Rm 22, ACS	17 TRAINING HOLIDAY Hearts Apart 0900-1000 57 Tx Apt 4	18
19	20 Wiesbaden Fasching Parade ReLo Tours	21 Resiliency Lunch & Learn 1130-1300 Rm 22, ACS AFTB Level II 57 Texas Str, Apt 3 ESL 1315-1430 57 TX Apt 3 German Language 1130-1300 57 Tx Str, Apt 3 Stress & Anger Mgmt 1000-1100 Rm 22, ACS	22 Military Savers Week Thrift Saving Plan 1400 - 1530 Rm 22, ACS	23 AER Training 1000-1130 ACS Rm 22 Play Morning 1000-1130 57 Texas Str, Apt 2 ESL 1315-1430 57 TX Apt 3 USAJOBS Federal Resume 1300-1430 Rm 22, ACS Resume & Cover Letter 1500-1600 Rm 22, ACS ESL 1800-1930 57 TX Apt 3 German Language 1800-1930 Rm 22, ACS	24 AER Training 1000-1130 ACS Rm 23	25	
26	27 1st Term Financial 0900-1600 Rm 22, ACS German Language 1800-1930 Rm 22, ACS	28 German Language 1130-1300 57 Tx Str, Apt 3	29 Foreign Born Spouses 1000-1200 Rm 22, ACS				

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Sun	Tue	Wed	Thu	Fri	Sat
			1 Play Morning 1000-1130 57 Texas Str, Apt 2	2 Positive Guidance 1000-1100 Rm 22, ACS	3
			German Language 1800-1930 Rm 22, ACS		
4	5	6	7	8	9
	AFTB Level I 57 Texas Str, Apt 3	Mommy Daddy 101 900-1600 Room 22, ACS	FRG Forum 1000-1200 ACS Rm 22	Play Morning 1000-1130 57 Texas Str, Apt 2	TRAINING HOLIDAY
		ESL 1315-1430 57 TX Apt 3	Newborn Network 1000-1100 57 Texas Str, Apt 2	ESL 1315-1430 57 TX Apt 3	
		German Language 1130-1300 57 Tx Str, Apt 3	Baby Wearing 11:15-12:00 57 Texas Str, Apt 2	USAJOBS Federal Resume 1300-1430 Rm 22, ACS	ACS Baby Fair ,10:30-13:30, Wiesbaden Entertainment Center,
			Successful \$\$ Mgt 1400 - 1530 Rm 22, ACS	Resume & Cover Letter 1500-1600 Rm 22, ACS	
				ESL 1800-1930 57 TX Apt 3	
	German Language 1800-1930 Rm 22, ACS	ESL 1800-1930 57 TX Apt 3		German Language 1800-1930 Rm 22, ACS	
11	12	13	14	15	16
	Culture College 0900-1700 Day 1 Hainerberg Chapel	Culture College 0900-1700 Day 2 Walking Tour	Welcome to Wiesbaden 0900-1700 Entertain Center	Play Morning 1000-1130 57 Texas Str, Apt 2	
	FRG Key Caller Training 0900-1100 ACS Rm 22	FRG Treasurer Training 0900-1100 ACS Rm 22	Budgeting for Baby 1400 - 1530 Room 22, ACS	AER Campaign Kick off	ST PATRICKS DAY
		ESL 1315-1430 57 TX Apt 3		ESL 1315-1430 57 TX Apt 3	
		German Language 1130-1300 57 Tx Str, Apt 3			
				ESL 1800-1930 57 TX Apt 3	
	German Language 1800-1930 Rm 22, ACS	ESL 1800-1930 57 TX Apt 3		German Language 1800-1930 Rm 22, ACS	
18	19	20	21	22	23
	AFTB Level III 57 Texas Str, Apt 3		0830-1400	Play Morning 1000-1130 57 Texas Str, Apt 2	
		Resiliency Lunch & Learn 1130-1300 Rm 22, ACS	Women & Finances 1400-1530 Room 22, ACS	ESL 1315-1430 57 TX Apt 3	
		ESL 1315-1430 57 TX Apt 3		USAJOBS Federal Resume 1300-1430 Rm 22, ACS	
		German Language 1130-1300 57 Tx Str, Apt 3			
		ESL 1800-1930 57 TX Apt 3	Newborn Network 1000-1100 57 Texas Str, Apt 2	Resume & Cover Letter 1500-1600 Rm 22, ACS	
		Stress & Anger Mgmt 1000-1100 Yellow ribbon room		ESL 1800-1930 57 TX Apt 3	
	German Language 1800-1930 Rm 22, ACS	German Language 1800-1930 Rm 22, ACS		German Language 1800-1930 Rm 22, ACS	
25	26	27	28	29	30
	1st Term Financial 0900-1600 Rm 22, ACS	ESL 1315-1430 57 TX Apt 3	Hearts Apart 0900-1000 57 Tx Apt 4	Play Morning 1000-1130 57 Texas Str, Apt 2	Frankfurt by train Relo Tours
		German Language 1130-1300 57 Tx Str, Apt 3		ESL 1315-1430 57 TX Apt 3	
		ESL 1800-1930 57 TX Apt 3		ESL 1800-1930 57 TX Apt 3	
	German Language 1800-1930 Rm 22, ACS	German Language 1800-1930 Rm 22, ACS		German Language 1800-1930 Rm 22, ACS	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 AFTB Level 1 57 Texas Str, Apt 3	4 0830-1400	5 Play Morning 1000-1130 57 Texas Str, Apt 2	6 Positive Guidance 1000-1100 Rm 22, ACS	7
		Mommy Daddy 101 900-1400 Room 22, ACS	FRG Forum 1000-1200 22 ACS Rm	ESL 1315-1430 57 TX Apt 3	NO SCHOOL	
		ESL 1315-1430 57 TX Apt 3	Newborn Network 1000-1100 57 Texas Str, Apt 2			
		German Language 1130-1300 57 Tx Str, Apt 3	Baby Wearing 11:15-12:00 57 Texas Str, Apt 2	ESL 1800-1930 57 TX Apt 3		
	German Language 1800-1930 Rm 22, ACS	German Language 1800-1930 Rm 22, ACS		German Language 1800-1930 Rm 22, ACS		
8	9	10	11	12	13	14
EASTER	SPRING BREAK					
		ESL 1315-1430 57 TX Apt 3		Play Morning 1000-1130 57 Texas Str, Apt 2		
		German Language 1130-1300 57 Tx Str, Apt 3		ESL 1315-1430 57 TX Apt 3		
				USAJOBS Federal Resume 1300-1430 Rm 22, ACS		
				Resume & Cover Letter 1500-1600 Rm 22, ACS		
		ESL 1800-1930 57 TX Apt 3		ESL 1800-1930 57 TX Apt 3		
	German Language 1800-1930 Rm 22, ACS	German Language 1800-1930 Rm 22, ACS		German Language 1800-1930 Rm 22, ACS		
15	16	17	18	19	20	21
	Culture College 0900-1700 Day 1 Hainerberg Chapel	Culture College 0900-1700 Day 2 Walking Tour	Welcome to Wiesbaden 0900-1700 Entertain Center	Culture College 0900-1700 Day 1 Hainerberg Chapel	Culture College 0900-1700 Day 2 Walking Tour	
	Volunteer Appreciation Week					
		Stress & Anger Mgmt 1000-1100 Rm 22, ACS	Newborn Network 1000-1100 57 Texas Str, Apt 2	Play Morning 1000-1130 57 Texas Str, Apt 2		
		German Language 1130-1300 57 Tx Str, Apt 3				
	German Language 1800-1930 Rm 22, ACS	German Language 1800-1930 Rm 22, ACS		German Language 1800-1930 Rm 22, ACS		
22	23	24	25	26	27	28
		Resiliency Lunch & Learn 1130-1300 Rm 22, ACS	Hearts Apart 0900-1000 57 Tx Apt 4	Play Morning 1000-1130 57 Texas Str, Apt 2	Volunteer Recognition Ceremony	
		German Language 1130-1300 57 Tx Str, Apt 3		USAJOBS Federal Resume 1300-1430 Rm 22, ACS	Limburg by train Relo Tours	
				Resume & Cover Letter 1500-1600 Rm 22, ACS		
	German Language 1800-1930 Rm 22, ACS			German Language 1800-1930 Rm 22, ACS		
29	30					
	German Language 1800-1930 Rm 22, ACS			German Language 1800-1930 Rm 22, ACS		

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