

March 2010 - ACS Class Schedule

Family Advocacy Program (FAP)

Please call FAP to schedule any of the classes listed below.

Marital Conflict:

Get tips on how to develop a marriage with open communication on everything from finances to Child rearing

Anger/Conflict Management: Find out how too much anger can affect every part of your life.

Marital Conflicts:

Get tips on how to develop a marriage with open communication on everything from finances to Child rearing.

Stress Management: Find out what is stressing you and how to avoid your stressors. Learn the difference between good and bad stress and how it all affects you.

Parent and Me Play Group: Mar., 10, 10 a.m.—12 p.m., BFV, Bldg 725

Help your child improve his or her social, cognitive, language, and motor skills through play. This is also an excellent opportunity to meet the new moms in the Mannheim community.

Emergency Placement: Open your home to provide love and shelter to a child in an abusive or neglected situation.

Relocation Readiness Program

Sponsorship Training for Soldiers: Mar. 3, 3-4 p.m.

Leaders and Soldiers can learn about S-Gate and how to be a good sponsor. The training also explains the requirements of AR 600-8-8 and AE Reg 600-8-8. (Sullivan Bks., Bldg. 255 in the basement)

Mannheim Orientation Spouses' Tour (MOST): Mar. 15, 16 & 17, 9a.m.-2 p.m.

The three-day orientation for newcomers to Mannheim is open to spouses of active duty and civilian employees. MOST includes language instruction, information on your new community, and two tours off post. (Located at the USO, Sullivan Bks., Bldg. 254)

Hearts Apart: Mar. 16, 11 a.m.-1 p.m. & Mar. 30, 5:30 -7:30 p.m., (Sullivan Bks., Bldg. 253)

Join the monthly support group for Spouses and Family Members of Deployed Soldier.

Sponsorship Training for Leaders: Mar. 17, 3-4 p.m.

Unit Leaders, Sponsorship Program Managers and Trainers learn their responsibilities in establishing and maintaining an effective Sponsorship Program. (Located at Sullivan Bks., Bldg. 255 in the basement)

Tschuess Teens: Mar. 23, 3:30-4:30 p.m.

This class helps teens (grades 7-12) in adapting to their upcoming move from Mannheim. An open discussion in presence of Military and Family Life Consultants (MFLC) will help teens create a positive outlook on moving. This class also provides teens with valuable information about their new home and community. (Parents should disclose info about their next duty station when registering their children for the class.)

Multicultural Club: Mar. 29, 11:30-1 p.m.

The Multicultural Club is a fun and active group that offers community members from all around the world the opportunity to build close friendships with each other while sharing their cultures. Members can experience various cultures through activities and events that promote awareness and foster appreciation of the multiethnic makeup of our community. (Located at the USO, Sullivan Bks., Bldg. 254)

English as a Second Language: Mon., Wed. & Fri. 9-11 a.m.; Tues & Thurs., 6-7:30 p.m.

English as a Second Language (ESL) is designed for community members whose native language is not English. The courses review speaking and listening skills needed to effectively communicate in everyday life.

Levy & Out-processing Briefing: Every Tues., 1-2:45 p.m.

Learn everything you need about your upcoming PCS. This is a mandatory Levy Brief for Soldiers while spouses are encouraged to attend. (BFV, Bldg. 255, room 8 in the basement)

Mobilization & Deployment Program

Family Readiness Group (FRG) Leader 101: Mar. 9, 9:30 a.m.-11:30 p.m. Leader 101 includes an overview of the key factors essential to leading and managing an effective and successful FRG, guidance on managing volunteers, and information on support networks and community resources available to

FRG Leaders. (Mandatory for FRG Leaders & recommended for anyone holding an FRG position).
Sullivan Bks., Bldg. 253

Family Readiness Group (FRG) Key Caller Training: Mar. 9, 1:30-3:30 p.m., Sullivan Bks., Bldg. 253
This training covers the procedures to use when contacting Soldiers and family members, information on using phone trees, maintaining rosters, and using community resources.

Spouse Battle Mind Training: Mar. 17, 9:30-11:00, Sullivan Bks., Bldg. 253

FRG in a Nutshell: Mar. 18, 6:00 p.m.-7:30 p.m., Sullivan Bks., Bldg. 253

Army Volunteer Corps Program

Installation Volunteer Orientation/Training: Assist with volunteer registration, learn how to maneuver on the www.myarmylifetoo.com website, and become knowledgeable with the new online registration.
(For all installation volunteers)

Organization POC VMIS Training: With the new Volunteer Management Information Tool (VMIS) online, you can manage your volunteers more affectively without further paperwork. This training is for all Organization POC (OPOC) /Volunteer Supervisors. Please Contact ACS for Date and Time.

Family Employment Readiness Program

Intro to Word 2007: Mar. 3, 9 a.m.-12 p.m., Sullivan, Sullivan Bks., Bldg. 253

This class will provide an opportunity to create desktop publishing documents such as flyers, posters, newsletters. Participants will learn how to prepare a booklet, business cards, banners and greeting cards while formatting text, inserting clip art, using word art and other creative features. This is a good course to enhance you publishing skills and improve existing office documents and forms.

Excel 2007-Make a Budget: Mar. 12, 9:00 a.m.-12:00 p.m., (Sullivan Bks., ACS Bldg 253)

In this course, a foundation in spreadsheet creations is explored to organize and present data. Participants will create and edit worksheets using the following features: text & number formatting, workbook & worksheet layout, sorting, charts, and basic formulas. This course can be used to create your personal budget or complex accounting/finance spreadsheets.

Intro to PowerPoint 2007: Mar. 17, 9:00 a.m. - 12:00 p.m., Sullivan, Sullivan Bks., Bldg. 253

In this class, participants will experience presentation graphics by creating electronic presentations. While creating slides, participants will add multimedia features, insert graphics & animation, and print flyers & signs. Participants will present their presentations to the class as a final project. This is a great class for home or office use of PowerPoint.

Exceptional Family Member Program

Exceptional Family Member Program (EFMP) Respite Care: Families with for Exceptional Family Members already enrolled in the Exceptional Family Member Program are eligible for paid Respite Care. Call ACS for more details.

EFMP New Hours: Mon.-Wed. & Fri., 8:30-11 a.m. & 1-3:30 p.m.; Thurs. 1-3:30 p.m.

Sullivan Barracks, Bldg. 251; 385-3101 or 0621-730-3101

FINANCIAL READINESS PROGRAM

Account & Budget Management

Every third Mon of every month, 9:00 -11:00a.m., Sullivan Bks., Bldg 253 Room 100

Basic Financial Management Training for 1st Term Soldiers, Every 3rd Tues, 9:00 a.m. – 11:00, Bldg 253