

2024

Family Advocacy Program

June

<p>JUN. 4 2 - 3 P.M.</p> <p>Commander & 1SG Brief</p> <p>This brief will assist new commanders and their SNCO's E-7 and above in learning about resources and activities that FAP can provide to promote a healthy life choice and how to support soldiers during an investigation.</p> <p>ACS Rm. 226, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 7 10:30 A.M. - 12 P.M.</p> <p>Little's & Lattes</p> <p>Bring your coffee and your kiddo and connect with our New Parent Support Team! Families are welcome to stop by anytime to socialize, ask questions of other parents or our team, or just hang out while the little's play.</p> <p>ACS Family Room, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 10 6 - 8 P.M.</p> <p>Labor & Delivery Class</p> <p>This class is hosted by NPSP and a local English-speaking midwife. Learn about what to expect at each stage of the labor and birthing experience, including what to expect at a German Hospital during the birthing process.</p> <p>Boeblingen Hospital</p>	<p>JUN. 11 10:30 A.M. - 12 P.M.</p> <p>Tummy Time Playgroup</p> <p>Parents, help your new baby engage in play, get stronger, and connect with other families. Learn how to use music to promote visual, motor, and sensory skills for babies ages newborn to 1 year.</p> <p>ACS Family Room, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 11 5 - 6 P.M.</p> <p>Active Parenting of Teens</p> <p>This class includes the importance of mutual respect between people, and an emphasis on cognitive-behavioral approaches to change, personal choice, and responsibility. Parents will also leave with real parenting techniques.</p> <p>ACS Family Room, Bldg. 2915, Panzer Kaserne</p>
<p>JUN. 12 11:30 A.M. - 12:30 P.M.</p> <p>Baby Bumps Pregnancy Support Group</p> <p>Join NPSP and peers for a discussion on topics related to Returning to Work After Baby. Find out ways for caregivers to prepare to transition back to work. General pregnancy questions will also be addressed. Walk-ins welcome!</p> <p>ACS Family Room, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 12 9:30 - 10:30 A.M.</p> <p>Baby and Me Yoga</p> <p>All caregivers welcome; In partnership with EDIS, this class will focus on postpartum recovery and include relaxation and bonding techniques. Recommended for infants 8 weeks to crawling age.</p> <p>ACS Family Room, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 17 5 - 6 P.M.</p> <p>Understanding & Reducing Anger</p> <p>Participants will define anger and learn facts about anger, including what triggers anger and how to handle their anger in various situations.</p> <p>ACS Rm. 226, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 18 9 - 10:30 A.M.</p> <p>Pregnancy & Infant Loss Support Group</p> <p>Informal, peer-led support group for anyone who has endured a pregnancy or infant loss of any kind, whether you are experiencing a new loss or have been grieving longer.</p> <p>ACS Annex, Patch Barracks</p>	<p>JUN. 21 9 A.M. - 4 P.M.</p> <p>Baby Boot Camp</p> <p>Learn breastfeeding basics, labor and birthing comfort measures, what to expect giving birth in Germany, and baby care basics - all in one class. Learn useful relaxation and breathing techniques for labor.</p> <p>ACS Rm. 222, Bldg. 2915, Panzer Kaserne</p>
<p>JUN. 24 10 A.M. - 12 P.M.</p> <p>Baby Bonding & Body Work</p> <p>A class for caregivers and babies to learn bonding and connecting with your child through bodywork and massage. Provided in collaboration with EDIS therapists.</p> <p>ACS Family Room, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 26 9 - 10:30 A.M.</p> <p>Toddler Fun Zone</p> <p>An interactive playgroup for parents and toddlers aged 2-4.</p> <p>ACS Family Room, Bldg. 2915, Panzer Kaserne</p>	<p>JUN. 26 9:30 - 10:30 A.M.</p> <p>ADD Support Group</p> <p>Skill Building for Parents: Learn skills to help your child identify and overcome "Thought Distortions".</p> <p>ACS Rm. 222-A, Bldg. 2915, Panzer Kaserne</p>		

*Registration Required



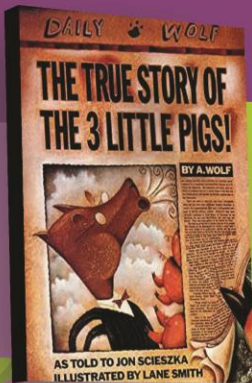
Army Community Service (ACS)
Bldg. 2915, Panzer Kaserne
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SUPER Readers BOOK CLUB

Wednesday, July 24, 2024

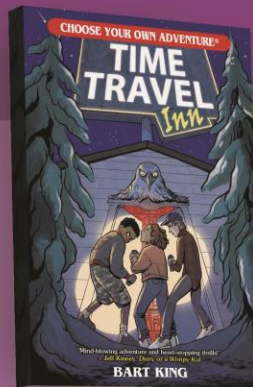
📍 ACS Building 2915 Room 222



The True Story of
the 3 Little Pigs

by Jon Scieszka
(SCHOOL-AGE)

11 a.m. - 12 p.m.
(School-Age)



Time Travel Inn:
A Choose Your Own
Adventure Book

by Bart King
(TEENS)

12 - 1 p.m.
(Teens)

If your elementary school-aged child or teen loves to read, we invite them to join the Family Advocacy Program for our summer Super Readers Book Club!

Pick up a free copy beginning July 10

Then join us for a book club meeting discussion, games, and giveaways!



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