



JBM-HH ACS Training Calendar

April 2013



Mon	Tue	Wed	Thu	Fri	Sat/Sun
1	2	3 1030-1130 Pinwheel Parade	4	5 1000-1100 Welcome to Korea	6/7
8	9 1600-1700 Parent & Children Series: Child Safety Awareness	10 1730-1900 Hearts Apart	11 0900-1100 Job Search for Spouses New to the Area 1000-1100 Sponsorship Training	12	13/14
15	16 0900-1100 Resume Class 1600-1700 Parent & Children Series: Anger Management	17 0900-1100 Stress Management	18 1000-1100 Welcome to Germany 1800-1930 Citizenship/Naturalization Information Session	19 1500-1700 Baby Bundles	20/21
22	23 1600-1700 Parent & Children Series: Stress Management	24 0900-1100 Anger Management	25 0900-1100 Job Search for Spouses New to the Area 1300-1500 Smooth Move	26 1700-1900 Pinwheels & Pins	27/28
29	30 1300-1700 Moving Families Through Change				

*Classes listed in Black take place at ACS – Bldg 201 Custer Road, Fort Myer, VA

**Classes listed in Red will take place at location listed on back

ALL classes require pre-registration

Classes, places, and times are subject to change
Class descriptions and contact information are listed on the back

CLASS DESCRIPTIONS AND INFORMATION

3 April (1030-1130)

Pinwheel Parade

Cody Child Development Center

Kickoff Child Abuse Awareness Prevention Month and Month of the Military Child. Parents and their children are invited. Children not already registered in the Cody CYS program must be accompanied by a parent/ guardian with both pre-registering. Questions or to register: 703-696-3512/6511.

5 April (1000-1100)

Welcome to Korea

Army Community Service – Bldg 201 Custer Road

Come to ACS for the 411 on Korea! Learn about topics including sponsorship, household shipments, personal vehicle shipments, driving, pets, passport information, as well as customs, culture, and language.

Questions or to register: 703-696-0153/0156.

9 April (1600-1700)

Parent & Child Series: Child Safety Awareness

Cody Child Development Center, Teen Lounge

For parents of children (all ages). Parents will be given resources to facilitate family discussions regarding potential safety risks their children may encounter and how to create a family safety plan.

Questions or to register: 703-696-3512/6511.

10 April (1730-1900)

Hearts Apart

American Legion Post #139

Arlington, VA 22201

Hearts Apart is a support group for spouses, fiancés, parents or significant others of deployed or geographically separated civilians and military members. This group is designed to be a fun networking opportunity for those experiencing separation from a loved one.

Questions or to register: 703-696-0153/0156.

11 & 25 April (0900-1100)

Job Search for Spouses New to the Area

Army Community Service – Bldg 201 Custer Road

A class for Military Spouses who are new to the area and looking for employment in the Capital Region.

Questions or to register: 703-696-3047.

11 April (1000-1100)

Sponsorship Training

Army Community Service – Bldg 201 Custer Road

Come to ACS to gain information and hands-on training for those wanting to be a sponsor!

Questions or to register: 703-696-0153/0156.

16 April (0900-1100)

Resume Class

Army Community Service – Bldg 201 Custer Road

Learn how to write a resume. Learn the different kinds of resumes, source documents, headings and the format of the resumes.

Questions or to register: 703-696-3047.

16 April (1600-1700)

Parent & Child Series: Anger Management

Cody Child Development Center, Teen Lounge

For parents and children - 8 yrs old and older. Everyone gets angry, even children. Parents will receive a copy of "How to take the Grrr....Out of Anger" to help guide their children through the process of learning to manage their emotions.

Questions or to register: 703-696-3512/6511.

17 April (0900-1100)

Stress Management

Army Community Service – Bldg 201 Custer Road

Individuals attending will be given information on the basics of identifying stressors in their life and how to create their own stress management plan.

Questions or to register: 703-696-3512.

18 April (1000-1100)

Welcome to Germany

Army Community Service – Bldg 201 Custer Road

Come to ACS for the 411 on Germany! Learn about topics including sponsorship, household shipments, personal vehicle shipments, driving, pets, passport information, as well as customs, culture and language.

Questions or to register: 703-696-0153/0156.

18 April (1800-1930)

Citizenship/Naturalization Information Session

Army Community Service – Bldg 201 Custer Road

Come to ACS for an informational session on the U.S. Naturalization and Citizenship Process.

Questions or to register: 703-696-0153/0156

19 April (1500-1700)

Baby Bundles

Army Community Service – Bldg 201 Custer Road

Expectant parents will receive information on preparing for labor and delivery, mother and newborn care, baby proofing their home, and strengthening their marriage.

Questions or to register: 703-696-3512/6511.

23 April (1600-1700)

Parent & Child Series: Stress Management

Cody Child Development Center, Teen Lounge

This presentation is for parents and their children (12 yrs old and older). Spring can be a stressful time for students managing end of year testing and after school activities. Parents and children will learn how to recognize sources of stress and create a family plan to help manage those stressors. Participants will receive a copy of 'Fighting Invisible Tigers'.

Questions or to register: 703-696-3512/6511.

24 April (0900-1100)

Anger Management

Army Community Service – Bldg 201 Custer Road

Individuals attending will be given information on the basics of identifying what occurs in their personal life when they make the choice to react to situations with anger.

Questions or to register: 703-696-3512/6511.

25 April (1300-1500)

Smooth Move

JBM-HH Marine & Family Services – Bldg 12

Smooth Move is an informal joint service brief for service members planning to PCS. Learn about your new duty station, moving with TRICARE, arranging household goods shipment with the Transportation Office, Sponsorship, housing and more.

Questions or to register: 703-696-0153/0156.

26 April (1700-1900)

Pinwheels & Pins

JBM-HH Community Center Ballroom

Child Abuse Awareness Prevention Month closing ceremony and a celebration in honor of our Military Children. Enjoy family oriented entertainment and free bowling. Pre-registration for bowling is required as space is limited.

Questions or to register: 703-696-3512/6511.

30 April (1300-1700)

Moving Families Through Change

Army Community Service – Bldg 201 Custer Road

The seminar is designed to provide parents with tools to create an effective co-parenting relationship through the separation & divorce process.

Questions or to register: 703-696-3512/6511.