



JBM-HH ACS Training Calendar



February 2013

Mon	Tue	Wed	Thu	Fri	Sat/Sun
				1 1000-1100 Welcome to Korea	2/3
4	5	6	7	8 0900-1100 Employment Readiness Orientation 1500-1700 Baby Bundles	9/10
11 1030-1200 Parents Helping Parents The Five Love Languages of Children	12 0900-1100 Resume Writing Class 1630-1730 Teen Dating Safety	13 1730-1900 Hearts Apart	14 0900-1200 FRG Basic	15	16/17
18 CLOSED Washington's Birthday	19	20 0900-1100 Stress Management	21 0830-1530 AFTB Level II 0900-1100 Employment Readiness Orientation 1000-1100 Welcome to Germany	22 0830-1530 AFTB Level II	23/24
25	26 1000 Military Saves & AER Campaign Kickoff	27 0900-1100 Anger Management	28 1300-1500 Smooth Move		

*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

1 February (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.

8 February (1500-1700)

Baby Bundles

Army Community Service – Bldg 201 Custer Road

Prepare your home and relationship for changes! This class is for expectant parents and participants will receive a "Baby Bundle" upon completion.

Questions or to register: 703-696-3512 or email

Karen.a.stpierre.ctr@mail.mil.

8 February (0900-1100)

Employment Readiness Orientation

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 February (1030-1200)

Parents Helping Parents: The Five Love Languages of Children

Army Community Service – Bldg 201 Custer Road

Join other parents and their children (infant through 5 years old) for a time of play, crafts and stories. Parents will be given an overview of the concept of a Love Language, and be given a copy of the book "The Five Love Languages of Children". The book includes instructions for the 'Love Languages Mystery Game' for Families to play at home.

Questions or to register: 703-696-3512 or email

Karen.a.stpierre.ctr@mail.mil.

12 February (0900-1100)

Resume Writing 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.

12 February (1630-1730)

Teen Dating Safety

Cody Child Development Center, Bldg. 483

Join with parents and teens for a discussion about the characteristics of healthy relationships. We will also discuss the steps to take if a teen or someone they know finds themselves in an unhealthy relationship. Teens and their parents will be given resources to continue the discussion within their own families at home. For teens not currently enrolled in the Cody Center SAS, preregistration is required and they must attend with a parent or guardian.

Questions or to register: 703-696-3512 or email

Karen.a.stpierre.ctr@mail.mil.

13 February (1730-1900)

Hearts Apart

Army Community Service – Bldg 201 Custer Road

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 or email

rene.s.fizer.civ@mail.mil.

14 February (0900-1200)

FRG Basic

Army Community Service – Bldg 201 Custer Road

Come learn the basics of running and participating in an effective Family Readiness Group.

Questions or to register: 703-805-3510.

20 February (0900-1100)

Stress Management

Army Community Service – Bldg 201 Custer Road

Learn to identify personal sources of stress, strategies to take control of stress symptoms, and ways of dealing with stressful people.

Questions or to register: 703-696-3512 or email

Karen.a.stpierre.ctr@mail.mil.

21 February (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.

21-22 February (0830-1530)

AFTB Level II

Army Community Service – Bldg 201 Custer Road

Level II courses provide personal development and encourage emerging leadership from within the Army community, as well as learning how to cope with challenging situations.

Questions or to register: 703-696-1229.

21 February (0900-1100)

Employment Readiness Orientation

Army Community Service – Bldg 201 Custer Road

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.

26 February (1000)

Military Saves Week Kickoff

Community Center, Fort Myer

Kickoff event for Military Saves Week – an opportunity to join with community resources to focus on financial readiness by reducing debt and saving for the future. LTG(R) Foley will be the guest speaker for the start of this year's AER Campaign.

Questions: 703-696-0163/8435.

27 February (0900-1100)

Anger Management

Army Community Service – Bldg 201 Custer Road

Learn what it really means when you say, "I am so angry" and what you are achieving when you act out in anger. Participants will receive the "Anger Workbook", a 13 step interactive study guide by Dr. Les Carter.

Questions or to register: 703-696-3512 or email

Karen.a.stpierre.ctr@mail.mil.

28 February (1300-1500)

Smooth Move

Marine Corps Family Services, Bldg 12, Henderson Hall

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.