





Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	1000 Money Management	1000 Resume Writing	1200 1-2-3 Magic	
	1100 Story Time	1000 OPOC Training		
	1200 Keeping Your Cool	1535 Teen Talk Story		
	1330 VMIS 1700 Key Contacts			
8	9	10	11	12
1200 Keys to Take Ease	0930 SFRG Leaders	10	1200 1-2-3 Magic	12
1200 Reys to Take Lase	1000 Basics of Budgeting	1300 Sponsorship	1200 12 0 Magio	
	1100 New Parent Support	1730 Fatherhood Forum		
15	16	17	18	19
	1000 Credit Report/Score	1000 OPOC Training	1200 1-2-3 Magic	1130 It Takes Two
	1000 Story Time	1000 Federal Resume		
	1100 Toddler Craft Group	1400 Newborn Care		
	1200 Keeping Your Cool 1330 VMIS	1430 Informal Funds 1500 Spouse Sponsor		
22	23	24	25	26
1200 Keys to Take Ease	0930 Command Teams	1300 Sponsorship	23	20
1200 Reys to Take Lase	1000 Investing & TSP	1400 Parenting 101		
	1100 New Parent Support	1730 Fatherhood Forum		
29	30	31	1	2
		1500 Employment Info		

ACS CLASS DESCRIPTIONS

Army Volunteer Corps

VMIS: Volunteer Management Information System - Learn how to use the program to track your volunteer service record.

OPOC Training: Organization Point of Contact - Learn how to use the new volunteer tracking program to manage your volunteers!

Employment Readiness Program

Building Your Federal Resume: Walk through USAJOBS' Resume Builder tool and learn valuable tips for applying for a federal position.

Resume Writing for the Private Sector: Create or update your resume for a private sector job, choose the best format, target your resume to the position, and write effective accomplishment bullets.

Employment Info: Spouse Employment Information Session via Facebook Live – www.facebook.com/HawaiiACS

Exceptional Family Member Program

<u>EFMP Support Group</u>: Coffee Time Virtual Support Group – Parents and caregivers of exceptional family members can come together for support and ideas to get through this challenging time.

Family Advocacy Program

1-2-3 Magic: With humor, insight, and proven success, this 3-week series breaks down the task of parenting children ages 2-12.

<u>It Takes Two</u>: Couples Enrichment Workshop – Learn skills to improve communication. Learn about expectations, problem solving techniques, forgiveness, & importance of fun & friendship!

Keeping Your Cool: Designed to provide you with tools to assist you in understanding conflict and overcoming anger.

Keys to Take Ease: Designed to provide you tools to understand, identify, and manage your stress.

Parenting 101: Highlight stages of development & provide parents of children ages 1-6 tips & tools to reach their parenting goals.

<u>Scream-Free Parenting</u>: 4-week program designed for parents of children ages 5-15 to look at current parenting practices & identify ways to strengthen their skills & create healthier relationships.

Financial Readiness Program

Money Management: Focuses on core concepts of personal finances – budgeting, credit, investing, and your overall financial plan.

Basics of Budgeting: Develop a budget, track expenses, and create a system to save and pay your bills on time.

Your Credit Report & Score: Increase your credit score and understand how lenders see you. Know where you stand before a making big purchase.

Basic Investing & TSP: Learn the basics of the Thrift Savings Plan, the Blended Retirement System, and other investment options.

Mobilization, Deployment, & Stability Support Operations

CFRR: Command Family Readiness Representative – formerly known as Soldier & Family Readiness Liaison (SFRL)

Command Teams: Learn about responsibilities and roles, the Family Readiness Plan, and Appropriated and SFRG informal funds.

Soldier & Family Readiness Liaison: Designed to identify, define, and understand components of successful SFRG operations.

SFRG Leader: Identify SFRG's role in the Family Readiness Team, understand & identify mission-essential activities.

Key Contact: Provide training in roles and responsibilities when communicating with Family Members.

Informal Fund Custodian: Learn authorized uses of SFRG informal funds, define roles, responsibilities, processes, and requirements.

New Parent Support Program

Fatherhood Forum: A place to connect & share ideas, successes, and challenges of being a modern dad.

New Parent Support Group: Virtual meeting to provide support and cover topics related to pregnancy, infants, and toddlers.

Newborn Care Class: Learn the basics of caring for your newborn: diaper changes, feeding, adjusting to parenthood, safety, & more.

Story Time: Virtual and interactive story time for children ages 0-3 years old.

<u>Toddler Time Crafting Group</u>: Virtual meeting to engage toddlers in a fun craft.

Relocation Readiness Program

Sponsorship Training: Learn how to meet sponsorship requirements and connect the Newcomer with local and community resources.

Spouse Sponsorship Training: Learn how to be a Spouse sponsor and connect the Spouse/Family with local and community resources.