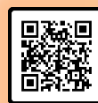


# Army Community Service



### ACS CLOSED

- ❖ 10 November
- ❖ 23 November



SCAN ME

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## Army Volunteer Corps

VMIS Orientation | 7, 21 | 1330-1430

OPOC Training | 1, 15 | 1000-1130

## Exceptional Family Member Program

Sensory Funday Monday | 6, 13, 20, 27 | 0900

EFMP Sensory Fun Zone Group | 8, 22 | 1430-1600 **NEW!**

ADHD Parent Support Group | 14 | 1230-1330

EFMP Teen Gaming Day | 15 | 1500-1640 **NEW!**

## Financial Readiness Program

Initial Financial Milestone | 1 | 1000-1130

Planning for Your Financial Future Milestone | 8 | 1000-1130

Credit Management Milestone | 15 | 1000-1130

Savings and Investing Milestone | 22 | 1000-1130

Milestone Topic: Budget for the Holidays | 29 | 1000-1130

## Relocation Readiness Program

Sponsorship Training | 8, 22 | 1330-1430

Coffee, Culture and Crafts | 27 | 1000-1130

***\*Spouse to Spouse Training by request ONLY\*\*!***

## New Parent Support Program

Postpartum Care | 2 | 1100-1230

Understanding Breastfeeding Class | 2 | 1300-1430

Newborn Care Class | 9 | 1300-1430

Childbirth 101 | 9, 16 | 1100-1230

Creating Healthy & Safe Environments | 16 | 1300-1430

Fatherhood Forum | 30 | 1300-1430

1,2, 3 Magic for Calm & Happy Parenting | 30 | 1100-1230

## Mobilization, Deployment & SSO

SFRG Leader/Co-Leader | 1 | 0930-1530

SFRG Informal Fund Custodian | 7 | 1430-1600

SFRG Key Contact | 15 | 1430-1630

Command Family Readiness Representative (CFRR) | 22 | 0930-1530

SFRG Family Readiness Advisor | 21 | 1300-1500

SFRG Command Teams | 22 | 0930-1130

***\*Registration Required\****

## Family Advocacy Program

The Five Love Languages for Kids | 1 | 1200-1300

Fundamentals of a Healthy Relationship | 3 | 1200-1300

The Balance of Life | 8 | 1200-1300

Little People, Big Feelings | 15 | 1200-1300

Mind Matters | 22 | 1200-1300

FAP Playgroups | 1000-1200 | Every Tuesday at Schofield Barracks Library

Wheeler: 2, 16 | HMR: 9

***\*Registration Required!\****

## Employment Readiness Program

Military Spouse Lunch & Learn: Navigating Military Spouse Preference | 3 | 1100-1200

Resume Writing for the Private Sector | 14 | 1000-1200

Employment Jumpstart for the Military Spouse | 17 | 1000-1130

Building Your Federal Resume in USAJOBS- Military Spouse Edition | 21 | 0900-1130

Ten Steps to a Federal Job | 28 | 0900-1130

# ACS Class Descriptions

Army Family Team Building	<ul style="list-style-type: none"> <li>▪ <b>AFTB Power Hour:</b> Limited on time? Power Hour is the hyper-focused version of AFTB Concept Blocks that focus on military knowledge, personal and professional development, leadership and resiliency.</li> </ul>
Army Volunteer Corps	<ul style="list-style-type: none"> <li>▪ <b>VMIS:</b> Volunteer Management Information System - Learn how to use the program to track your volunteer service record.</li> <li>▪ <b>OPOC Training:</b> Organization Point of Contact - Learn how to use the new volunteer tracking program to manage your volunteers!</li> </ul>
Employment Readiness Program	<ul style="list-style-type: none"> <li>• <b>Building Your Federal Resume in USAJOBS/Military Spouse Edition:</b> Walk through USAJOBS' Resume Builder tool and learn valuable tips for applying for a federal position.</li> <li>• <b>Resume Writing for the Private Sector:</b> 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.</li> <li>• <b>Employment Jumpstart for the Military Spouse:</b> Learn about important information, resources, and services to assist you with your job search.</li> <li>• <b>Ten Steps to a Federal Resume:</b> Learn the key steps involved in the federal job search process from deciding which jobs to apply for and finding vacancy announcements to targeting your federal resume with the required specialized experience in order to be rated "Best Qualified" for the position.</li> <li>• <b>Military Spouse Lunch and Learn Series:</b> Pack a lunch and join us the first Friday of each month as we discuss different employment topics.</li> </ul>
Exceptional Family Member Program	<ul style="list-style-type: none"> <li>• <b>ADHD Parent Support Group:</b> Join other parents of kids with ADHD to share challenges in a safe and supportive space every 2nd Tuesday of the month.</li> <li>• <b>Sensory Funday Mondays:</b> Each Monday, parents and caregivers can log onto the ACS Facebook page for a new sensory related activity they can do with their child at home.</li> <li>• <b>Diabetes Support Group for Parents with kids that have Type 1 Diabetes:</b> Join other parents to discuss the day to day trials, tribulations and successes in managing Type 1 Diabetes.</li> <li>• <b>EFMP Pool Days:</b> Sensory friendly, fun in the sun!</li> </ul>
Family Advocacy Program	<ul style="list-style-type: none"> <li>• <b>Fundamentals of a Healthy Relationship:</b> Learn and identify ways to strengthen your daily relationships rather you're married or single</li> <li>• <b>Mind Matters:</b> Learn and identify ways to strengthen your mental state while creating a healthier mindset and learning ways to relieve stress and anger.</li> <li>• <b>Little People, Big Feelings:</b> Learn and identify ways to strengthen your parenting skills and help your kiddos navigate through their emotions.</li> <li>• <b>Balance of Life:</b> Come join us to learn the importance of balance in our daily lives.</li> <li>• <b>The 5 Love Languages for Kids:</b> As a parent, our top priority is to love our children well. Let us help you not only learn but understand your child's love language.</li> <li>• <b>Play Groups:</b> Fun, games and activities held at every Tuesday at Schofield Barracks Library, Every 3<sup>rd</sup> Thursday on HMR and 4<sup>th</sup> Thursday on Ft. Shafter 1000-1200</li> </ul>
Financial Readiness Program	<ul style="list-style-type: none"> <li>• <b>Initial Financial Milestone:</b> Focuses on core concepts of personal finances – budgeting, credit, investing, and your overall financial plan.</li> <li>• <b>Planning for your Financial Future Milestone:</b> Learn about money saving approaches and tips to help minimize costs, and increase financial resilience.</li> <li>• <b>Credit Management Milestone:</b> Increase your credit score and understand how lenders see you. Know where you stand before making big purchases.</li> <li>• <b>Savings and Investing Milestone:</b> Learn the basics of the Thrift Savings Plan, the Blended Retirement System, and other investment options.</li> </ul>
Mobilization, Deployment, & Stability Support Operations	<ul style="list-style-type: none"> <li>• <b>Command Family Readiness Representative (CFRR)</b> identify and define support to the SFRG membership.</li> <li>• <b>SFRG Command Teams:</b> Learn about responsibilities and roles, the Family Readiness Plan, and Appropriated and SFRG informal funds.</li> <li>• <b>SFRG Family Readiness Advisor:</b> Designed to identify, define, and understand components of successful SFRG operations.</li> <li>• <b>SFRG Leader/Co-Leader:</b> Identify SFRG's role in the Family Readiness Team, understand &amp; identify mission-essential activities.</li> <li>• <b>SFRG Key Contact:</b> Provide training in roles and responsibilities when communicating with Family Members.</li> <li>• <b>SFRG Informal Fund Custodian:</b> Learn authorized uses of SFRG informal funds, define roles, responsibilities, processes, and requirements.</li> </ul>
New Parent Support Program	<ul style="list-style-type: none"> <li>• <b>Newborn Care Class:</b> Learn the basics of caring for your newborn: diaper changes, feeding, adjusting to parenthood, safety, &amp; more.</li> <li>• <b>Understanding Breastfeeding Class:</b> Learn essential information on the benefits and basics of breastfeeding for mom and the baby.</li> <li>• <b>Fatherhood Forum:</b> A place to connect &amp; share ideas, successes and challenges of being a dad</li> <li>• <b>Infant Massage:</b> This is a 6-week course for new parents to learn the basics and benefits of infant massage, read infant's behavioral states, cues, and understanding crying.</li> <li>• <b>Postpartum Care:</b> This covers physical, mental, &amp; emotional health recovery after birth</li> <li>• <b>Creating Healthy &amp; Safe Environments:</b> Children and families thrive when they have access to safe and healthy home environments.</li> <li>• <b>1, 2, 3 Magic for Calm &amp; Happy Parenting:</b> This class breaks down the task of parenting young children by stopping behavior</li> <li>• <b>Understanding Birth:</b> This covers stages of labor, comfort techniques, infant attachment and so much more</li> </ul>
Relocation Readiness Program	<ul style="list-style-type: none"> <li>• <b>Sponsorship Training:</b> Learn how to meet sponsorship requirements and connect the Newcomer with local and community resources.</li> <li>• <b>Spouse 2 Spouse Sponsorship:</b> Learn how to be a Spouse sponsor and connect the Spouse/Family with local and community resources. <i>"By Request Only"</i></li> <li>• <b>Coffee, Culture &amp; Craft:</b> While enjoying coffee, learn about the local culture and make a traditional craft.</li> </ul>