310 Brannon Rd. Bldg. 690 | Schofield Barracks, HI 96856 PH: 808-787-4227 | Open: M-F 0730-1630 Army Community Service **Relocation Readiness Program** Special Events: DVAM Activiti Sponsorship Training I 11 I 1330-1430 Run/Walk I 4 I 0630 Coffee, Culture and Crafts I 23 I 1000-1130 Proclamation I 5 I 0900 Self-Defense Class I 20 I 0900-10 *Spouse to Spouse Training by Request ONLY! **Army Volunteer Corps** Couples Communication Class I 27 I 11 VMIS Orientation I 3, 17 I 1330-1430 OPOC Training I 4, 18 I 1000-1130 October 2023 **Army Family Team Building** AFTB Power Hour | 13 | 1145-1300 **Exceptional Family Member Program** Sensory Funday Monday I 2, 9, 16, 23, 30, I 0900 ADHD Parent Support Group | 10 | 1230-1330 EFMP Sensory Funzone I 11 I 1430-1600 EFMP Teen Gaming Day I 17 I 1500-1600 *NEW* EFMP Pool Day I 31 I 0900-1000 **New Parent Support Program** Infant Massage I 5, 12, 19, 26 I 0930-1030 Postpartum Care | 5 | 1100-1230 Understanding Breast Feeding Class | 5 | 1300-1530 Newborn Care Class I 12 I 1300-153 09 OCT: ACS Closed Childbirth 101 | 12, 19 | 1100-1230 25 OCT: ACS Open House Creating Healthy & Safe Environments | 19 | 1300-1530 Early Opening EFMP Families: 1230 Fatherhood Forum I 26 I 1300-1430 **General Opening: 1330** 1,2,3 Magic for Calm & Happy Parenting I 26 I 1100-1230 **Employment Readiness Program** Resume Writing for the Private Sector | 3 | 1000-1200 Military Spouse Lunch & Learn Series: How to Work a Job Fair | 6 | 1100-1200 Employment Jumpstart for the Military Spouse | 13, 27 | 1000-1130

Building your Federal Resume in USAJOBS – Military Spouse Edition I 24 I 0900-1130

Ten Steps to a Federal Job I 31 I 0900-1130

Financial Readiness Program

Initial Financial Milestone I 4 I 1000-1130

Planning for Your Financial Future Milestone | 11 | 1000-1130

Credit Management Milestone | 18 | 1000-1130

Savings and Investing Milestone | 25 | 1000-1130

Family Advocacy Program

The Five Love Languages for Kids | 4 | 1200-1300

Fundamentals of a Healthy Relationship I 6 I 1200-1300

Mind Matters | 6 | 1200-1300

The Balance of Life | 11 | 1200-1300

Little People, Big Feelings | 18 | 1200-1300

FAP Playgroups 1000-1200 Every Tuesday at Schofield Barracks Library

Wheeler: 5, 19 I HMR: 12 I Shafter: 26

Registration Required

Mobilization, Deployment, & Stability Support Operations

SFRG Leader/Co-Leader | 17 | 0930-1530

SFRG Informal Fund Custodian I 10 I 1700-1830

SFRG Key Contact | 18 | 1430-1630

Command Family Readiness Representative (CFRR) | 10 | 0930-1530

Registration Required

ACS Class Descriptions

Army Family Team Building	Anny Family Team AFTB Power Hour: 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.
Army Volunteer Corps	 VMRS: 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!

- Building Your Federal Resume in USAJOBS/Military Spouse Edition: 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 Employment Jumpstart for the Military Spouse: Learn about important information, resources, and services to assist you with your job search. accomplishment bullets Readiness Program
 - Ten Steps to a Federal Resume: 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
 - Military Spouse Lunch and Learn Series: Pack a lunch and join us the first Friday of each month as we discuss different employment topics. ederal resume with the required specialized experience in order to be rated "Best Qualified" for the position.
- ADHD Parent Support Group: Join other parents of kids with ADHD to share challenges in a safe and supportive space every 2nd Tuesday of the month
- Sensory Funday Mondays: 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.
 - Sensory Funzone: EFMP's sensory friendly playroom open to ages 0-6 twice monthly Teen Gaming Day: Meet other teens and show off your gaming skills. Exceptional Family Member Program
 - EFMP Pool Days: Sensory friendly, fun in the sun!
- Mind Matters: Learn and identify ways to strengthen your mental state while creating a healthier mindset and learning ways to relieve stress and anger. Little People. Big Feelings: Learn and identify ways to strengthen your parenting skills and help your kiddos navigate through their emotions Fundamentals of a Healthy Relationship: Learn and identify ways to strengthen your daily relationships rather you're married or single Family Advocacy
- The 5 Love Languages for Kids: 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. Balance of Life: Come join us to learn the importance of balance in our daily lives.
 - Play Groups: Fun, games and activities held at every Tuesday at Schofield Barracks Library, Every 3rd Thursday on HMR and 4th Thursday on Ft. Shafter 1000-1200
- - Initial Financial Milestone: Focuses on core concepts of personal finances budgeting, credit, investing, and your overall financial plan.
 - Planning for your Financial Future Milestone: Learn about money saving approaches and tips to help minimize costs, and increase financial resilience. Financial Readiness
 - Credit Management Milestone: Increase your credit score and understand how lenders see you. Know where you stand before making big purchases.

 - Savings and Investing Milestone: Learn the basics of the Thrift Savings Plan, the Blended Retirement System, and other investment options.
- SFRG Command Teams: Learn about responsibilities and roles, the Family Readiness Plan, and Appropriated and SFRG informal funds. Command Family Readiness Representative (CFFR) identify and define support to the SFRG membership.
- SFRG Leader/Co-<u>Leader: Identify SFRG's role in the Family Readiness Team, understand & identify mission-essential activities</u> SFRG Family Readiness Advisor: Designed to identify, define, and understand components of successful SFRG operations.
- SFRG Key Contact: Provide training in roles and responsibilities when communicating with Family Members.
- SFRG Informal Fund Custodian: Learn authorized uses of SFRG informal funds, define roles, responsibilities, processes, and requirements.

- Newborn Care Class: Learn the basics of caring for your newborn: diaper changes, feeding, adjusting to parenthood, safety, & more
- Infant Massage: This is a 5-week course for new parents to learn the basics and benefits of infant massage, read infant's behavioral states, cues, and understanding crying. Fatherhood Forum: A place to connect & share ideas, successes and challenges of being a dad
 - Understanding Breastfeeding Class: Learn essential information on the benefits and basics of breastfeeding for mom and the baby
- Postpartum Care: This covers physical, mental, & emotional health recovery after birth New Parent Support
- Creating Healthy& Safe Environments: Children and families thrive when they have access to safe and healthy home environments. 1.2.3 Magic for Calm & Happy Parenting This class breaks down the task of parenting young children by stopping behavior
- Understanding Birth: This covers stages of labor, comfort techniques, infant attachment and so much more
- Spouse 2 Spouse Sponsorship: Learn how to be a Spouse sponsor and connect the Spouse/Family with local and community resources. *By Request Only* Sponsorship Training: Learn how to meet sponsorship requirements and connect the Newcomer with local and community resources.

Coffee, Culture & Craft: While enjoying coffee, learn about the local culture and make a traditional craft.

Readiness Program