

# Army Community Service




## Army Volunteer Corps

VMIS Orientation | 2, 16 | 1330

OPOC Training | 2, 16 | 1400

## Employment Readiness Program

Resume Writing for the Private Sector | 5 | 1000-1200

Military Spouse Lunch & Learn Series: Navigating USAJOBS | 5 | 1100-1200 

Employment Jumpstart for the Military Spouse | 12 | 1000-1130

Building your Federal Resume in USAJOBS – Military Spouse Edition | 23 | 0900-1130

Ten Steps to a Federal Job | 24 | 0900-1130

## Exceptional Family Member Program

EFMP Pop Up Office | 1, 8, 15, 22, 29 | 1000-1200

EFMP Sensory Funzone | 5, 19 | 0900-1030 | 10, 24 | 1430-1600

ADHD Parent Support Group | 9 | 1000-1100

EFMP Teen Gaming Day | 16 | 1500-1600

EFMP Sensory Friendly Pool Day | 23 | 0900-1100

## Family Advocacy Program

The Five Love Languages for Kids | 3 | 1200-1300

Fundamentals of a Healthy Relationship | 5 | 1200-1300

The Balance of Life | 10 | 1200-1300

Little People, Big Feelings | 17 | 1200-1300

Mind Matters | 24 | 1200-1300

Spouses Social Hive | 12, 26 | 1000-1100

FAP Playgroups 1000-1200 Every Tuesday at Schofield Barracks Library

Wheeler: 18 | HMR: 11, 25 |

\*Additional workshops available by request\*

## Financial Readiness Program

Marriage Milestone | 3 | 1000-1130

Promotion Milestone | 10 | 1000-1130

First Child Milestone | 17 | 1000-1130

PCS Milestone | 24 | 1000-1130

Credit Management Milestone | 31 | 1000-1130

## Mobilization, Deployment, & Stability Support Operations

SFRG Leader/Co-Leader | 3 | 0930-1530

SFRG Command Teams | 9 | 0930-1230

SFRG Informal Fund Custodian | 17 | 1300-1600

SFRG Advisor | 23 | 1300-1500

SFRG Key Contact | 24 | 1400-1600

Command Family Readiness Representative (CFRR) | 31 | 0930-1530

## New Parent Support Program

Discipline | 3 | 0930-1030

Toddlers, Tantrums, and Toilet Training | 3 | 1100-1230

Understanding Breast Feeding Class | 3 | 1300-1530

Infant CPR & Choking | 11 | 1100-1230

Newborn Care Class | 11 | 1300-1530

Mom Life Social | 17 | 1000-1100

Childbirth & Postpartum Care | 18 | 1100-1230

Creating Healthy & Safe Environments | 18 | 1300-1530

Fatherhood Forum | 24 | 1100-1230

Co-Parenting: Working Together for Your Children | 24 | 1300-1530

## Relocation Readiness Program

Sponsorship Training | 10, 24 | 1330-1430

Coffee, Culture and Crafts | 22 | 1000-1130

july 2024

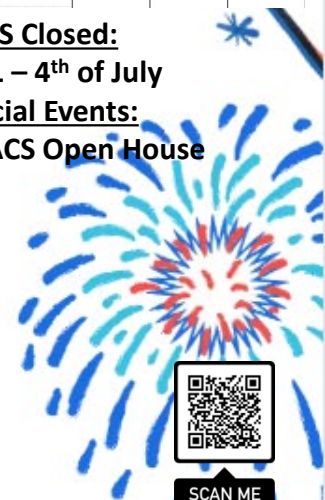
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**ACS Closed:**

**04 JUL – 4<sup>th</sup> of July**

**Special Events:**

**25 JUL– ACS Open House**



SCAN ME



SCAN ME



# 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>Sensory Funzone:</b> EFMP's sensory friendly playroom open to ages 0-6 twice monthly.</li> <li>• <b>Teen Gaming Day:</b> Meet other teens and show off your gaming skills.</li> <li>• <b>Coffee &amp; Chaos:</b> Bring your coffee and come talk story with our staff and other families.</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>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>Childbirth:</b> This covers stages of labor, comfort techniques, infant attachment and so much more</li> <li>• <b>Infant CPR:</b> This American Heart Association Family &amp; Friends CPR course teaches hands on CPR lifesavings skills.</li> <li>• <b>Momlife Social:</b> Share your joy, tips and questions with other Moms, develop friendships &amp; support during this monthly gathering.</li> <li>• <b>Co-Parenting: Working Together for Your Children:</b> Find strategies to help you and your co-parent understand each other better, evaluate your relationship, and work together as a cohesive team to support your child in the best possible way.</li> <li>• <b>Infant Massage:</b> Join us for a 5 week course and learn about the power of touch in bonding with your baby, the benefits of massage in circulation, digestion, and emotional well-being.</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>Coffee, Culture &amp; Craft:</b> While enjoying coffee, learn about the local culture and make a traditional craft.</li> </ul>