### **ACS CLASS DESCRIPTIONS**

#### Employment Readiness Program

#### **Employment Orientation**

Learn about local area job opportunities, job search strategies, Military Spouse and Veteran preferences to jump start your job search. Session includes resume guidance, Military Spouse Preference (PPP-S) and career planning. Must attend this class to be eligible for career counseling, resume review, job referrals and all individualized assistance.

#### ABCs of Federal Employment

Learn how federal hiring process works and how to prepare your federal resume for success in each stage of review.

#### Corporate Resume Preparation

This class provides guidance on how to target your resume to local area private industry opportunities.

#### Kelly Services Recruiting/Express Pros Recruiting

This is an opportunity to have your job qualifications evaluated for direct placement in long term temporary or temporary to permanent positions. Meet with these employers by appointment through the Employment Readiness Program. For an appointment, email Laureen.t.dupree.civ@mail.mil

#### **Family Advocacy Program**

#### Baby Bundles

Designed to give new and expecting parents information about postpoartum expectations, infant care, as well as information on how to manage a family budget when a new baby arrives.

#### Cloth Diapering & Baby Wraps

Come and join other parents while learning about the benefits of cloth diapering. This class will review the different types of diapers and how the launder cloth diapers. Participatnes will also develop skills and techniques on baby wraps, safety, positioning and different styles of carrying a wrapped baby.

#### Parenting with Love & Logic

This program uses humor, hope, and empathy to build-up the adult-child relationship, and emphasizes respect and dignity for both you and your children. You will learn to provide real limits in a loving way.

#### **Play Morning**

A parent and child play group that provides socialization for parents and children ages 5 and under. Play mornings allow children the opportunity to interact with each other through crafts, story time, play, and music, while parents can build networks and find support.

#### **Rules of Engagement**

This class will help you to identify your own needs and behaviors, learn effective and active listening skills,understand different communication styles in your relationship, explore barriers to effective communication and discover how to best handle conflict resolution in your own relationships.

# I-Life Solutions for Successful Army Living

## **MARCH 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				Play Morning 10 a.m 12 p.m @ Specker Field House
4	5 IDES Brief* 9 a.m 12 p.m.	6 Dads 101 9 a.m 12 p.m. @Sosa Center Newcomers' Orientation* 9 a.m 12 p.m. ACS CLOSED FOR STAFF TRAINING 12 - 4 p.m. CAUSE Massages*	7 ESL Class 9 - 11 a.m. ABCs of Federal Employment & Resume Preparation 9 a.m 12 p.m. @ Sosa Center Family Fun Night* 6 - 8 p.m.	ESL Clas: 9 - 11 a.m
<b>11</b> Single Parent Support Group 6 - 7:30 p.m.	Newcomers' Orientation	5:30 - 8:30 p.m. <b>13</b> Kelly Services Recruiting 9 a.m 12 pm. Parenting with Love & Logic 6 - 9 p.m.	<b>14</b> Welcome to Germany 9:30 - 10:30 a.m. @ Sosa Center	1 Play Mornin 10 a.m 12 p.m @ Specker Field Hous ICE Resumix Class 10 a.m 3 p.m
18	19 IDES Brief* 9 a.m 12 p.m. Peer2Peer Caregivers* 1 - 2:30 p.m.	20 Newcomers' Orientation* 9 a.m 12 p.m. Welcome to Korea 9:30 - 10:30 a.m. @ Sosa Center CAUSE Massages* 5:30 - 8:30 p.m.	21 Express Pros Recruiting 9 a.m 12 p.m. @Sosa Cloth Diapering & Baby Wraps 9 a.m 12 p.m. @Sosa Personal Income Tax Update 10 a.m 12 p.m. Parenting with Love & Logic 6 - 9 p.m.	<b>2:</b> ESL Clas: 9 - 11 a.m
25	26 Spouses' Orientation 9 a.m 12 p.m. Employment Orientation 12:45 - 2:30 p.m. @ Sosa Center	27 Welcome to Hawaii 9:30 - 10:30 a.m. @ Sosa Center Music Workshop 9:30 a.m. 12 p.m.	28 VA Benefits I & II* 8 a.m 3 p.m. Corporate Resume Preparation 10 a.m 12 p.m. @Sosa	29 ESL Clas 9 - 11 a.m Play Mornin 10 a.m 12 p.m @ Specker Field Hous



belvoir.armymwr.com/programs/acs

#### Single Parent Support Group

This *non-clinical* support group is a great wat to meet other single parents who may be experiencing similar stressors. This groups can help you connect, vent and find solutions to issues you may be working through.

#### **Relocation Assistance Program**

Contact the Relocation Assistance Team at (571) 231-7027/7026 /7018 to register for any of the classes below.

#### Newcomers' Orientation

The briefing will provide an overview of programs and services on the installation, as well as introduce to the many directorates and agencies here on post. It provides valuable information to both our military and civilian workforce, and is separate and different from the CPAC Orientation Brief for new DA Civilians.

#### ESL Classes

This comprehensive ESL program will develop your ability to enhance your understanding, speaking, writing and reading of the English language. Open to anyone who needs basic English language for improved communication and comprehension.

#### Welcome to Hawaii/Korea/Germany

The overseas orientations are designed to inform Soldiers (and family members) about their overseas assignment so they may be better prepared before departing for their new destination.

#### \*Soldier and Family Assistance Program

Unless specified, these classes serve Warrior Transition Battallion personnel only.

#### Alternate class locations:

Community Center: 10300 Taylor Rd., Bldg. 1200. Sosa Center: 9800 Belvoir Rd., Bldg. 200. Specker Field House: 12th St., Bldg. 1182. Wells Field House: Goethals Rd., Bldg. 1810.

