



# UPCOMING TRAINING, CLASSES & WORKSHOPS



**July 2009**

For the latest information  
please call 684-2800

Open Monday - Friday 7:30 a.m. to 4:30 p.m. and by appointment

### Employment Readiness...

**Resume Class** *Please register at ACS*  
July 8, 9:30 a.m., ACS

**Portfolio Class** *Please register at ACS*  
July 21 9:30 a.m., ACS

**Resumix Class** *Please register at ACS*  
July 16, 9:30 a.m., Ed Center

### Financial Readiness Program...

*Please register at ACS*

**1ST TERMER'S FINANCIAL  
READINESS COURSE**  
March 18, 8:30 a.m., ACS

**RECONCILING CHECK REGISTER**  
3rd Tuesday, 9 a.m., ACS

**BUDGETING MADE SIMPLE**  
Second Tuesday of the month,  
9 a.m., ACS

**BEWARE OF SCAMS AND RIP OFFS**  
July 28 @ 11:30 a.m., ACS

### Mobilization & Deployment....

**WALK OFF THE WAIT**  
Meet at ACS every  
Thursday at 5:30 p.m.  
and join us for a walk  
and comradery.

**EFMP RECREATIONAL  
BOWLING**  
July 25, 9 a.m., Strike Zone

*Please register at ACS 684-2800*

### Life Skills Classes...

**ANGER CONTROL MANAGEMENT**  
July 1 @ 7:30 a.m., 1 p.m., 3 p.m., ACS

**PERSONAL STRESS MANAGEMENT**  
July 13 @ 7:30 a.m., 11 a.m., 3 p.m., ACS

**MARRIAGE CONFLICT MANAGEMENT**  
July 14 , 7:30 a.m., 11 a.m., 3 p.m., ACS

**COOPERATIVE PARENTING AND DIVORCE**  
July 1, 8, @ 3 p.m., ACS

**SEXUAL ASSAULT CIVILIAN TRAINING**  
March 25 @ 1 p.m., Post Theater

**COUPLES WORKSHOP**  
July 20 @ 5 p.m., ACS

**STRESS MANAGEMENT FOR SOLDIERS AND FAMILIES  
RETURNING FROM OVERSEAS**  
July 16 @ 7:30 a.m., 11 a.m., 3 p.m., ACS

The following workshops cover various topics including anger management, conflict resolution and communication.

**ENLISTED SPOUSE WORKSHOP**  
July 6, 5 p.m., ACS

**PARENTS OF TEENS**  
July 27 , 4 p.m., ACS

**SPONSORSHIP TRAINING**  
July 22, 9 a.m., ACS

*Be the best Army Strong Sponsor  
you can be!*

*Please  
register  
at ACS*

**SMOOTH MOVE CLASS**  
July 22, 3 p.m., ACS

*Informational class for personnel  
and their families who will be relocating  
stateside or overseas.*

**Please register for all classes at Army Community Service (ACS), 615 McClellan Ave. or call 684-2800**