

Monday, March 1

Toddler Play 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895
Hearts Apart 1300-1500 @ ACS, 531-6952

Tuesday, March 2

Play Mornings 0900-1100 @ ACS, 531-7065
English as a Second Language (ESL) 0900-1100 & 1300-1500 @ FRC, 531-1895
Developing Your Spending Plan 0900-1100 @ ACS, 531-1957
Survivor Outreach Services Support (SOS) Group 1100-1300 @ ACS, 531-1965
EFMP Support Group: Autism 1800-2000 @ ACS, 531-7456
Youth Sewing 1630-1830 @ ACS, 531-1895



Wednesday, March 3

Saving and Investing 0900-1100 @ ACS, 531-1957

Thursday, March 4

ESL 0900-1100 & 1300-1500 @ FRC, 531-1895
Newcomers Orientation & Spouse Windshield Tour 0900 @ ACS, 531-6952
Practical Application Intimate Relationship Skills (PAIRS) 1730-1930 @ FRC, 531-1938
123 Magic 1730-1930 @ ACS, 531-7065
Infant Massage 0900-1100 @ PTNC, 531-7065

Friday, March 5

Toddler Play 0900-1000 @ FRC, 531-1895
AFTB Team Meeting 0900-1100 @ FRC, 531-9421

Monday, March 8

Toddler Play 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895
VAP Monthly Mtg 1800-2000 @ ACS, 531-1938

Tuesday, March 9

Play Mornings 0900-1100 @ ACS, 531-7065
ESL 0900-1100 & 1300-1500 @ FRC, 531-1895
Stress Management 1100-1230 @ ACS, 531-1938
Using Credit Wisely 1400-1530 @ ACS, 531-1957
Single Parent Support 1800-1930 @ ACS, 531-7040



Wednesday, March 10

Toddler Play 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895
OCONUS Briefing 0830/Korea, 1000/Germany, 1100/Hawaii @ ACS, 531-6952
CONUS Briefing 1330 – 1500 @ ACS, 531-6952
Job Search 0900-1200 @ ACS, 531-6922

Thursday, March 11

Newcomers Orientation & Spouse Windshield Tour 0900 @ ACS, 531-6952
ESL 0900-1100 & 1300-1500 @ FRC, 531-1895
Practical Application Intimate Relationship Skills (PAIRS) 1730-1930 @ FRC, 531-1938
123 Magic 1730-1930 @ ACS, 531-7065
Infant Massage 0900-1100 @ PTNC, 531-7065

Friday, March 12

Toddler Play Time 0900-1000 @ FRC, 531-1895

Monday, March 15

Hearts Apart 1800-2000 @ ACS, 531-6952
Toddler Play Time 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895

Think ACS First!

Tuesday, March 16

Play Mornings 0900-1100 @ ACS, 531-7065
Checking Account Management and Budgeting 0900-1100 @ ACS, 531-1957
Youth Sewing 1630-1830 @ ACS, 531-1895
Survivor Outreach Services Support Group 1800-2000 @ FRC, 531-1965
Army Family Team Building (AFTB) Level III 0830-1430 @ FRC, 531-9421
Sponsorship Training 0930-1100 @ ACS, 531-6952
ESL 0900-1100 & 1300-1500 @ FRC, 531-1895

Wednesday, March 17

AER CMD Referral 0900-1000 @ ACS, 531-1957
Toddler Play 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895
Army Family Team Building (AFTB) Level III 0830-1430 @ FRC, 531-9421
Boot Camp for New Dads 1300-1500 @ BJACH, 531-1938

Thursday, March 18

ESL 0900-1100 & 1300-1500 @ FRC, 531-1895
Army Family Team Building (AFTB) Level III 0830-1430 @ FRC, 531-9421
Newcomers Orientation & Spouse Windshield Tour 0900 @ ACS, 531-6952
123 Magic 1730-1930 @ ACS, 531-7065
Infant Massage 0900-1100 @ PTNC, 531-7065



Friday, March 19

Toddler Play 0900-1000 @ FRC, 531-1895

DATE NIGHT! @ ACS, 531-1938

Monday, March 22

Toddler Play 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895
Rear Detachment Cdr Training @ ACS, 531-9492

Tuesday, March 23

Play Mornings 0900-1100 @ ACS, 531-7065
ESL 0900-1100 & 1300-1500 @ FRC, 531-1895
Anger Management 1100-1230 @ ACS, 531-1938

Wednesday, March 24

Toddler Play 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895
OCONUS Briefing 0830/Korea, 1000/Germany, 1100/Hawaii @ ACS, 531-6952
CONUS Briefing 1330 – 1500 @ ACS, 531-6952

Thursday, March 25

ESL 0900-1100 & 1300-1500 @ FRC, 531-1895
Newcomers Orientation & Spouse Windshield Tour 0900 @ ACS, 531-6952
123 Magic 1730-1930 @ ACS, 531-7065
Infant Massage 0900-1100 @ PTNC, 531-7065

Friday, March 26

Toddler Play 0900-1000 @ FRC, 531-1895

Monday, March 29

Toddler Play 0900-1000 @ FRC, 531-1895
Child Crafts 1000-1100 @ FRC, 531-1895

Tuesday, March 30

Play Mornings 0900-1100 @ ACS, 531-7065
English as a Second Language (ESL) 0900-1100 & 1300-1500 @ FRC, 531-1895

Wednesday, March 31

Toddler Play & Child Crafts Easter Party! 0900-1100 @ FRC, 531-1895
Youth Job Fair 0900-1400 @ FRC, 531-6922

THE SECRETS OF INFANT MASSAGE

It is never too late to begin **infant massage**. Whether your baby is a newborn, toddler, or several years old, massage can bring immediate and lasting results. Massaging your baby is a beautiful and loving way to begin a lifelong relationship. **Infant Massage** is a preventative program that provides a loving touch right from the start. Understanding the benefits and beginning touch early in life can improve the quality of parenting and promote the well being of the infant. **Infant Massage** contains such critical elements of bonding as eye-to-eye contact, smiling, soothing vocal sounds, loving touch, caressing, smell, and mutual interaction. Studies show that bonding increases a parent's feeling of attachment as well as the desire to nurture and care for their infants.

Infant Massage classes are taught to mothers, fathers, grandparents and primary caregivers. The average infant massage class is about 60 minutes and covers:

- Easy to follow massage instructions
- Theory and practice of infant massage
- Bonding and attachment
- Learning how to read your infants cues
- Benefits and behavioral states
- Relaxation techniques

INFANT MASSAGE

4 Mar- 1 Apr, 0900-1100 @ PTNC
CALL 531-7065 to register!

Helpful ACS Numbers

ACS Information	531-1941
Army Emergency Relief	531-1957
Army Family Action Plan	531-9421
Army Family Team Building (AFTB)	531-9421
Army Volunteer Corps	531-1897
Deployment, Mobilization & Readiness Program	531-9743
Employment Readiness	531-6922
Exceptional Family Member	531-2840
Family Advocacy Program	531-1938
Family Readiness Center	531-9426
Financial Readiness Program	531-1957
Information and Referral	531-0772
New Parent Support Program	531-7065
Outreach Services	531-1895
Relocation Readiness Program	531-6941
Sexual Assault Prevention & Response Program	531-0587
Soldier & Family Assistance Center	531-2362
Survivor Outreach Services	531-1965
Victim Advocacy Program	531-6333
Report Suspected Child or Spouse Abuse	531-HOPE (4679)

*Check us out on the web at
www.jrtc-polk.army.mil/ACS/index.htm*

Army Community Service Calendar of Events

MARCH



WHO'S IN CHARGE AT YOUR HOUSE?

It's not easy being a parent. You want kids who listen and children you can enjoy. You want to raise happy and competent youngsters, but you do not have a lot of free time to read discipline and parenting books. You also do not need advice that requires you to be a saint, genius or professional psychologist.

1-2-3 Magic Discipline addresses the difficult task of child discipline with humor, keen insight and proven experience.

Step 1: Controlling Obnoxious Behavior: Learn an amazingly simple technique to get the kids to STOP doing what you do not want them to do (whining, arguing, tantrums, sibling rivalry, etc.)

Step 2: Encouraging Good Behavior: Learn several effective methods to get your kids to START doing what you want them to do (cleaning rooms, picking up, going to bed, homework, etc.)

Step 3: Strengthening Your Relationship: Learn powerful techniques that reinforce the bond between you and your children.

1-2-3 Magic

4 Mar - 1 Apr (each Thursday evening)
@ ACS @ (1730 5:30 pm)
CLASSES ARE FREE! 531-7065
FREE CHILD CARE if registered @ CYS.