

Heart to Heart



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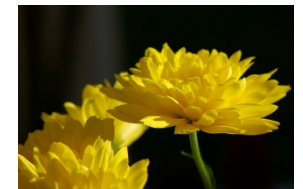
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Spangdahlem AB
February 2015

**A resource directory for families,
couples and children**

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enable features in Acrobat

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enable features in Acrobat





Service Project Czech Republic

Serving through work projects, VBS, sports and more.

June 21 - 27, 2015



Middle School Adventure Camp, Austria

Rock Climbing, High Ropes, Nerf Wars, Geocaching... loads of endless fun!

April 6 - 11, 2015



Weekly Club

Tuesdays at The Well (Bldg 139)

Middle School 6th - 8th grade

Tuesdays: 1500-1630 Free Snacks!

High School 9th - 12th grade

Tuesdays: 1900-2030 Free Dinner!

*All students in grades 6-12 are welcome!
Club Beyond is a contracted youth of the chapel program.*

To register, please click the email link or call. To print the directory or a page, right click.



Spangdahlem AB Chapel Presents:
2015 Holy Week Events

Catholic Services:

- 2 April: Holy Thursday Mass (1800 hrs)**
- 3 April: Stations of the Cross (1200 hrs)**
- 3 April: Good Friday Service (1800 hrs)**
- 5 April: Easter Mass (0900 hrs)**

Protestant Services:

- 2 April: Maundy Thursday Service (1900 hrs)**
- 3 April: Good Friday Service (1900 hrs)**
- 5 April: Easter Sunrise Service, Base Pavilion (0615)**
- 5 April: Easter Services (0900 Traditional, 1200 Gospel, 1600 Contemporary Services)**

Jewish Passover Service:

- 3 April: Passover, Ramstein AB (480-6148), S. Chapel (1800)**

To register, please click the email link or call. To print the directory or a page, right click.

Contact the Chapel Information (452-6711)

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**E-4 and
Below!**



Hours of Operation

Thursdays:

7:30PM -10PM

Fridays and Saturdays:

7PM-11PM

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Volunteer Barista Training

Volunteer & Learn How To Make Espresso Drinks!

When: Friday, 13 March, 6-8PM

Where: Coffee Mill (Bldg 139, 3rd Floor)

POC: Ch Kelly Stahl (X-6711)



Protestant Liturgical Service Interest Meeting

The chapel is hosting a meeting to determine the interest of starting a Liturgical Service.

5 March 2015 at 1200

Chapel Annex

Liturgical refers to public worship done in accordance with a liturgy.

For questions please contact Chaplain Thorne

aaron.thorne.6@us.af.mil



Couples Resources

Healthy Relationships: Principals for Healthy Relationships and Marriages

An interactive and fun learning experience in the principals of healthy relationships

March 11th, 11am to 12pm

A&FRC building 307

Please call 452-6422/06565616422 to RSVP

To register for a class, please click the email link. To print the directory or a page, right click.



Parenting Resources

New Parent Support Program

The experienced Registered Nurses of the NPSP assist families through the transitions of pregnancy, childbirth, and parenting children through the age of three years. Program participation is completely voluntary and confidential. Program benefits are free of charge.

[Contact NPSP](#) DSN: 452-8279.

Dads: The Basics

Dads teaching dads the basics. Expecting fathers or Dads with a child up to six months.

Two session course
March 2 & 16 from 0900-1200
Education Center – Building 129,
2nd Floor

[Contact FAP](#) DSN: 452-8279



Parenting Resources: WIC Overseas



The Women, Infants and Children (WIC) Overseas Program is a Department of Defense benefit available to those who qualify. This program provides several important benefits: nutritious food that will contribute to a healthier diet, education on nutrition and proper diet, tips on how to prepare a balanced meal, nutrition and health screening, and access to other resources to lead a healthy life.

WIC Overseas is designed to provide additional nutritional food items to supplement other foods purchased by eligible beneficiaries. Participants receive redeemable food coupons called "drafts" for specified foods and quantities. Drafts can only be redeemed for specific food items at overseas commissaries and NEXMARTs.

Location: Building 319. 1st Floor

Contact: 452-9093 or 0656561-9093



Making Baby Food Sponsored By WIC



Date: March 19th, 1100-1200

Location: Building 319, 1st Floor

Contact: WIC, 452-9093 or 0656561-9093

***Registration Required**



**Making your own
baby food is easier
than you may think**
EVEN IF YOU'RE BUSY





Exceptional Family Member Program SPRING FLING



Date: March 20, 2015

Location: AAFES BX Food Court

Details: There will be sensory activities for kids, bouncy castle, rock climbing and EFMP Information

POC: A&FRC, April Lucas, 452-6422



MILITARY SAVES

Date: March 2-20, 2015

Location: A&FRC (building 307)



Details: A&FRC currently has two Professional Financial Counselors available until 20 Mar 2015 to do one-on-one confidential financial consultation. Topics include saving and investing, TSP, military benefits such as SGLI, Home Buying, Credit and Debt Management.

Contact: A&FRC at 452-6422 or **POC** Anthony Mckinney, 452-7504

**Please call to schedule appointments*



Cancer Support Group

Cancer Support Group

March 30 – 1800

Building 136


(last Monday of each month)

To register, please [click here](#) for email link or call. To print the directory or a page, right click.



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Tobacco Cessation

A close-up photograph of two hands holding a white cigarette that has been broken in half. The hands are positioned on either side of the cigarette, with the fingers gripping the ends. The cigarette is held horizontally, and the break is in the middle. The background is plain white.

**Would you like to quit smoking?
Then come see us, and we can help!**

One-on-one or small group appointments

Call for appointment

Location: Health Promotions Office

Emily Posadas, 452-7385,

emily.posadas.2@us.af.mil



FOODIE Fridays

Health Promotions Kitchen (new gym, Bldg 580). The third Friday of each month is "Foodie Friday!" A guest chef from Saber Nation will be demoing a colorful and nutrient-packed dish, followed by a tasting! If you have a healthy appetite, please join us! As always, it is a FREE event and open to anyone at Spangdahlem!

March 20 from 1130-1230

Health Promotions Flight at DSN 452-7385

To register for a class, please click the email link. To print the directory or a page, right click.



Spouse Resources

Key Spouse Program

The primary purpose of this position is to work with unit leadership to plan, coordinate, and execute the unit's KEY SPOUSE program. This program impacts mission readiness and retention by ensuring families have appropriate information and resources to meet their needs. Mandatory monthly and quarterly trainings.

[Contact A&FRC](#) DSN:452-6422/COMM:
06565616422

Spring Into Action

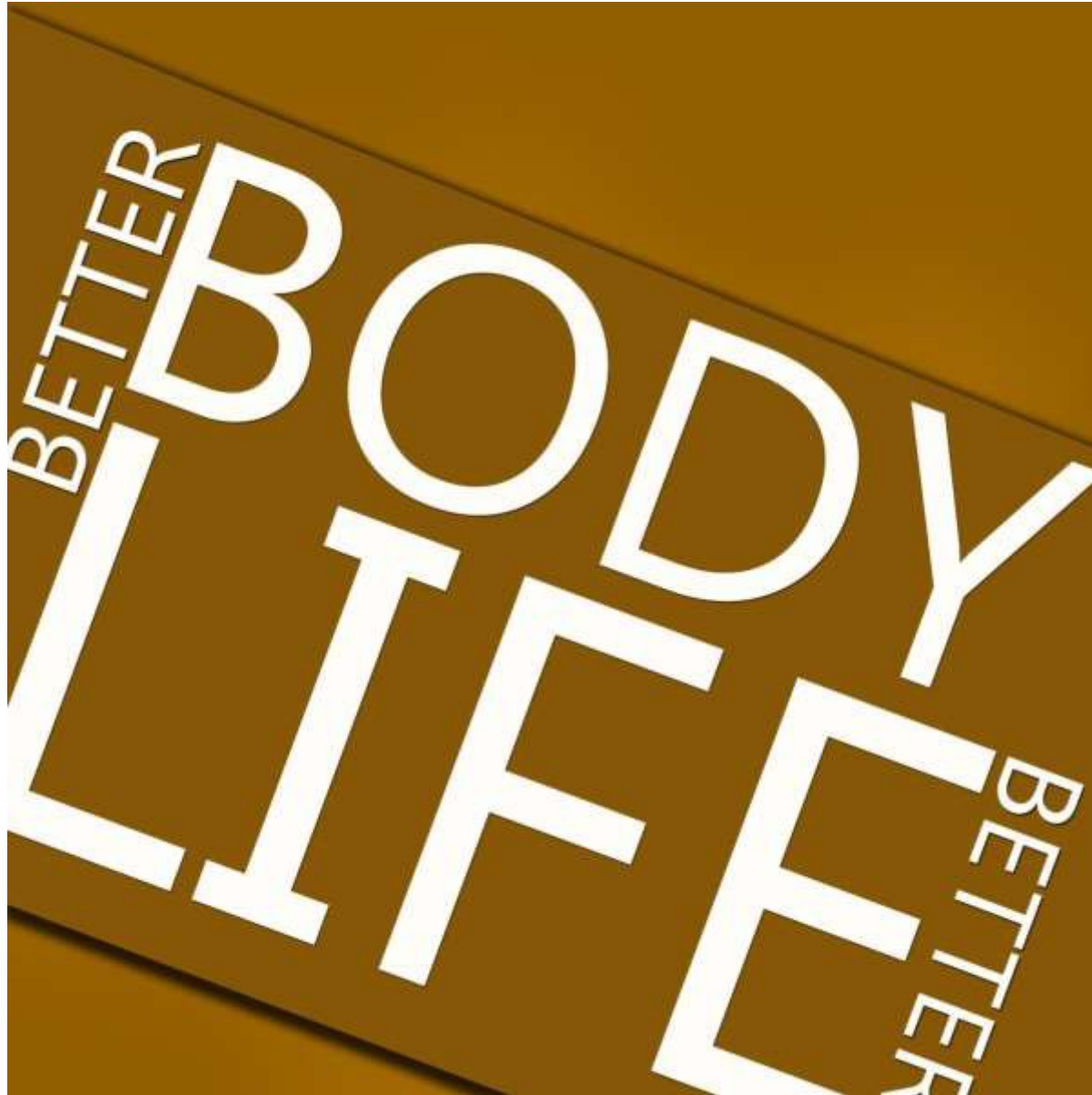
Spring is finally here, which means today is the day to give your finances some fresh air! This Lunch and Learn Open Forum will allow the Financial Experts to answer all of your questions to become savvy with your finances.

Date: February 18th - 11am to 1pm
[Contact A&FRC](#) DSN:452-
6422/COMM: 06565616422



To register, please click the email link or call. To print the directory or a page, right click.





Better Body, Better Life Class Series

Please join the Health Promotions and BHOP staff for our 4-part class series on feeling better, living healthier, and sustaining positive wellness habits. Pre-registration is required.

Health Promotions and BHOP

Wednesdays starting 4 February, 0800-0900
Health Promotions Kitchen, Eifel Powerhaus,
Bldg 580

Call DSN 452-7385 to register

More information: Capt Denise Campbell,
DSN 452-7385, denise.campbell.1@us.af.mil

To register for a class, please click the email link. To print the directory or a page, right click.



Community Coffee Break

European Flea Markets & Spring Festivals

Discussion on upcoming European flea markets & festivals. Participants will be given a list of markets & festivals to take home.

March 6 from 1000-1100

A&FRC Bldg 307 (across from the bowling alley)

Contact A&FRC DSN: 452-6422/COMM: 06565616422



To register for a class, please click the email link. To print the directory or a page, right click.



Give Parents A Break

The Air Force Aid Society (AFAS) recognizes that Air Force families are subject to unique stresses due to the nature of military life -- deployments, remote tours of duty, frequent moves, extended working hours, etc. Families are separated from the military member as well as from extended family who might otherwise offer support.

In an effort to help, AFAS funds a monthly "Give Parents a Break" program at Spangdahlem AB.

Families may be referred to this program by Commanders, 1st Sergeants, chaplains, Family Advocacy, as well as Airman and Family Readiness Center staff.

Children must have current Immunization Record including a current flu vaccination before they can be enrolled. Call Immunizations DSN: 452-8382

To register: **Spangdahlem Child Development Center (6 wks-5yrs) DSN: 452-5320**
Spangdahlem School-Age Program (5-12yrs) DSN: 452-7545
[A&FRC](#) DSN: 452-6422 for eligibility/certificate questions

To register, please click the email link or call. To print the directory or a page, right click.



March 14, 1:00pm to 5:00pm

April 18, 1:00pm to 5:00pm

New Parent Resources

Bundles for Babies/OB Orientation

Participants who are expecting or have recently had a baby can network and gain important information and tips. From financial to developmental as well as logistical: Learn about what it's like to have a baby overseas.

A&FRC Bldg 307

March 5, 1300-1600

[Contact A&FRC](#) DSN: 452-6422

COMM: 0 6565 616422

To register, please click the email link or call. To print the directory or a page, right click.



Playgroups

Creative Critters

Unique educational crafts for children 18 months to 4 years old. Siblings welcome.

March 4 & 18 1000-1100

School-aged program - Building 427

Registration not required

Contact FAP DSN: 452-8279

Pre-School Story Time

Read a fun story and create a craft afterwards

**Every Monday & Thursday
from 1030-1130**

Base Library, Building 148

Phone: DSN 452-6203

Family Advocacy

FAP has a playroom available to the Spangdahlem community for children 0-5 years old. This playroom provides an opportunity for parents to network and support each other while their children play and socialize. If you would like to schedule a playdate for your organization/group please call to reserve the room.

Monday through Friday, 0730-1630

Building 175, Rm 207

No registration required but must sign in

Contact FAP DSN: 452-8279

To register, please click the email link or call. To print the directory or a page, right click.



Behavioral Health Optimization Program – BHOP

The Behavioral Health Consultant will work with you to develop action plans to promote healthy coping strategies and behavior change for issues such as stress management, sleep problems, depression, weight loss, chronic pain, smoking cessation, life transition challenges. They are part of the Family Health Clinic in Bldg. 550. Call the appointment line, **452-8333**

Chaplains Couples' Counseling

Marital, family and life counseling to active duty members and their dependents. Dependents do not have to attend sessions with spouses. Privileged communication.

[Contact the Chapel](#) or call **452-6711**

Educational & Developmental Intervention Services (EDIS)

EDIS is an overseas program that works with and provides support for children from birth to 21 years, who experience developmental delays that restrict their ability to learn. Space available counseling.

[Contact EDIS](#) or call **452-8238**

Family Advocacy - FAST

Services to individuals, couples and families to increase communication skills and emotional intelligence.

[Contact FAP](#) DSN **452-8279**

Mental Health Clinic

Counseling from a licensed civilian or active duty providers.

Call **452-8285**

Military Family Life Program

Provides short-term, non-medical counseling services to service members and their families at no cost. With the exception of child abuse, domestic abuse and duty to warn situations, services are private and confidential.

Adult MFLC – 01522-421-7332

Children's MFLC – 01520-265-8733

To register, please click the email link or call. To print the directory or a page, right click.

