

# *Do You Want to Feel Happier?*



*Learn how to create positive emotion, and develop skills to become more productive, more successful, and maintain more balance in your life.*

*Attend Resilience Training!*



*2<sup>nd</sup> Wednesday Monthly 1100-1300*

*4<sup>th</sup> Wednesday Monthly 1600-1800*

*ACS Building 2915 Panzer Kaserne*

*Register Early!*

*Army Community Service*

*DSN 431-3362 CIV 07031-15-3362*



# NEGOTIATING CONFLICT

Learn to resolve conflict Rationally & Effectively

2nd & 4th  
Wednesdays  
Monthly  
1200-1400

ACS Building 2915  
2nd Floor  
Panzer Kaserne



For more information and to register call  
DSN 431-3362 CIV 07031-15-3362



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# Guide to Supervise Your Child

from USAREUR

Home Alone?



Babysitting?



Unattended in Vehicle?



Unattended Outside?



Child supervision policy in Europe is located on the USAG Stuttgart Website at <http://www.stuttgart.army.mil> under Hot Topics.

# ***PREGNANT?***

**We're here to  
HELP you!**

## ***Baby Bumps Pregnancy Group***

Meeting every other Wednesday  
12:30—1:30  
ACS Building 2915, Panzer Kaserne  
For information contact:  
New Parent Support Program  
CIV 07031-15-3353/3340  
DSN 431-3353/3340



*Anticipation!*

**Bizarre cravings**

**Body metamorphosis**

*Excitement!*

**Unending fatigue**

**Emotions** *JOY!*

