



## Community Services

### **Survival Skills for the Military Couple**

This workshop will provide couples knowledge and skills in working together as a team, communicate effectively, and problem solving. Dinner will be provided. Please contact the Airman & Family Readiness Center at 480-5100 to RSVP or for additional information.

### **Extreme Couponing “Military Style”**

Who wants to throw away money? I’m sure a lot of you have heard about the extreme couponing show where people buy \$200 worth of food for little or no cost. While we do not have the selection of stores in Germany as in the States, our class will teach you how to use coupons and not give up the products you love! We will also offer tips to better organize your coupons and shopping lists.

### **Bundles for Babies**

Through a series of presentations by area experts, expectant parents can learn how to prepare for their new addition. The Air Force Aid Society provides a “bundle” of gifts for the new baby of all active duty families.

## **Heart Link Air Force Spouse Orientation**

A fun filled, interactive program for Air Force spouses. Program is held at the Airman & Family Readiness Center. Attendees learn about the base mission, acronyms, pay/entitlements and base resources while networking with fellow spouses.