

## ***Playgroups and resources for families with young children Kaiserslautern area ~ August 2019***

<i>Name</i>	<i>Description (when/where do they meet, what they do, etc.)</i>	<i>Contact (phone/email/Facebook)</i>
<b><i>MOMS Club KMC</i></b>	MOMS Club KMC is a social and networking group for “at-home” mothers. E-mail for information	<a href="mailto:KMC_momsclub@yahoo.com">KMC_momsclub@yahoo.com</a> Facebook Page: MOMS Club of Kaiserslautern Germany
<b><i>MOPS (Mothers of Preschoolers)</i></b>	Military MOPS meetings include time for developing relationships through teaching, discussion groups, creative activities and fellowship time over a shared meal or snack. Meet up on Wednesdays twice a month. Meeting location for September-May: Calvary Chapel Industriestrasse 50 66862 Kindsbach	<a href="mailto:ramsteinmops@gmail.com">ramsteinmops@gmail.com</a> <a href="mailto:vogelwehmops@yahoo.com">vogelwehmops@yahoo.com</a> <a href="http://www.mops.org/about/about-us/">http://www.mops.org/about/about-us/</a>
<b><i>Mom2Mom</i></b>	Provides new breastfeeding mothers with a mentor who has breastfed or is breastfeeding. Organizes monthly meetings and playgroups for active duty working and stay-at-home moms.	<a href="mailto:M2MofKMC@gmail.com">M2MofKMC@gmail.com</a>
<b><i>Playgroup Social at Ramstein Community Ctr.</i></b>	Drop in, no registration needed. For parents and children ages birth to 3 Most Wednesdays from 10:00 a.m. - 12:00 p.m. - Community Center Ramstein, Jefferson Ave, Building 412 , check website to confirm	<a href="http://www.86fss.com">www.86fss.com</a>
<b><i>Educational Support Group</i></b>	Parents with children (under age 5) are invited to come and play together and meet new people.  Mondays at 1:00 p.m. and Wednesdays at 9 a.m. at Baumholder	Air Force EFMP: 06371-47-5100 Army EFMP: 0631-411-9000 <a href="https://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs">https://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/army-community-service-acs</a>
<b><i>Wiggles and Giggles Playgroup</i></b>	<b>Landstuhl</b> – Thursdays 10-11:30, Landstuhl Youth Center - Bldg. 93812. Free and open to parents and children under the age of 5. On hold right now – call back in September	Sponsored by ACS and FAP. Tel: +49 (0)611-143-541-9000 or 49 (0)611-143-531-2872
<b><i>Wiggles and Giggles Playgroup</i></b>	<b>Baumholder</b> – For parents and their children (under age 5) –Mondays, 13-15:00, Wednesdays, 10-11:30, ACS building, Clinic Kaserne, Bldg 8747. Activities may include: organized arts and crafts, reading, games, and music.	No registration needed, just show up. Army Community Service (ACS) – 49 (0)611-143-531-2872 Sponsored by ACS and FAP.

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<p><b><i>PWOC – Protestant Women of the Chapel</i></b></p>	<p>At KMC and Ramstein – PWOC unites women in the military community to come together for bible study. Meeting time &amp; location for Bible study (may check Facebook or email to confirm times) <i>Vogelweh chapel:</i> 1830 Mondays, 0900 Thursdays <i>South chapel:</i> 1800 Tuesdays      <i>North chapel:</i> 0900 Tuesdays</p>	<p>Email: <a href="mailto:ramsteinkmcpwoc@gmail.com">ramsteinkmcpwoc@gmail.com</a></p> <p>Or like our Facebook page: PWOCKMC &amp; Ramstein</p>
<p><b><i>New Parent Support Air Force</i></b></p>	<p>Provide support &amp; education during pregnancy up to three years through home visiting and prenatal classes at Ramstein, Bldg. 2121 3<sup>rd</sup> floor</p>	<p>CIV: 06371 46 2098 DSN: 314-479-2098 <a href="https://installations.militaryonesource.mil/search/ramstein-ab/33">https://installations.militaryonesource.mil/search/ramstein-ab/33</a></p>
<p><b><i>New Parent Support Army</i></b></p>	<p>Provide support &amp; education during pregnancy up to three years through home visiting, prenatal classes &amp; referral info. Kleber Kaserne Bldg. 3210, 2<sup>nd</sup> floor Baumholder: Bldg.8746</p>	<p>Kleber CIV: 0611 143 541 9000/9019/9020  Baumholder CIV: 0611 143 531 2850</p>
<p><b><i>Comfort Measures</i></b></p>	<p>This interactive class covers topics of massage and acupressure, positions for labor, use of tools such as the birth ball, medication and focusing techniques, aromatherapy, and hot and cold therapies. Bring a partner or a friend, wear comfortable clothes and bring an exercise ball if you have one. Call to reserve spot as space is limited. Contact ACS. Class located at Landstuhl Regional Medical Center.</p>	<p>+49 (0)611-143-541-9000 DSN: (314)541-9000</p>
<p>EDIS</p>	<p>Specialized support to help parents enhance the development of their infant or toddler when they have a question or concern about their child’s development. Parents can self-refer. Call for information.</p>	<p>0631-3406-4076, 06371 9464 1925 <a href="https://www.edis.army.mil/">https://www.edis.army.mil/</a></p>
<p><b><i>Give Parents a Break</i></b></p>	<p>Designed for parents going through a stressful time such as spousal deployment. The program offers 4 hours of child care on a Friday evening at either the Ramstein or Vogelweh Child Development Center (one GPAB event is held at each location one evening per month). Please note that a referral certificate is needed prior to making GPAB reservations. Needs are assessed</p>	<p>DSN: 480 5100 CIV: 0637 147 5100 (A&amp;FRC) <a href="http://www.myairforcelife.com/child/ChildDevelopmentCenters.aspx">http://www.myairforcelife.com/child/ChildDevelopmentCenters.aspx</a></p>

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	prior to the issuance of a certificate. Referrals made through chaplains, EDIS, medical providers and the Airman & Family Readiness Center.	
<b><i>WIC Overseas Woman, infant &amp; children</i></b>	An educational & supplemental nutrition program for families with children from 0-5.	Ramstein: 06371-47-4466, Bldg 2118 Kleber: 0631-411-7545 Bldg. 3209, Rm 18 Baumholder: 06783-6-8001 Bldg. 8746, Room 201 Info: <a href="http://www.tricare.mil/wic">http://www.tricare.mil/wic</a>
<b><i>Parents' Night Out, Parents' Day Out</i></b>	Army CYS offers parents a Friday or Saturday night/day out on the town for children ages 6 weeks through 5th grade. We provide a snack and developmentally appropriate activities for your child.	Contact Parent & Outreach Services for more information. See website: <a href="https://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/childcare">https://kaiserslautern.armymwr.com/europe/kaiserslautern/programs/childcare</a>
<b><i>Skies Unlimited</i></b>	Paid instructional classes (i.e. music, gymnastics, dance, etc.) in Kaiserslautern and Baumholder. See website or call for latest schedule and registration info.	CIV: +49 (0)6371-86-5412 DSN: (314)486-5412 Located on Landstuhl Bldg. 3819
<b><i>Ramstein Library Story Time</i></b>	Every Thursday at 1030 – best suited for ages 3-5	Ramstein Library – Bldg. 409 CIV: 06371-47-6667 <a href="https://86fss.com/fun/kmc-libraries/ramstein-library/">https://86fss.com/fun/kmc-libraries/ramstein-library/</a>
<b><i>Vogelweh Library Story Time</i></b>	Every Wednesday at 1030 – best suited for ages 3-5	Vogelweh Library - Bldg. 2059 CIV: 0631-536-7665 <a href="https://86fss.com/fun/kmc-libraries/vogelweh-library/">https://86fss.com/fun/kmc-libraries/vogelweh-library/</a>