

Ramstein Air Base - Classes, Trainings, and Groups (CAO 5 May 2026)

AGENCY	TRAINING/ CLASS	DESCRIPTION	SCHEDULING	DURATION	CONTACT INFORMATION
Mental Health Clinic	Thrive Under Pressure <i>(AD only)</i>	Feeling overwhelmed, tense or constantly “on edge”? You’re not alone. This class offers practical tools to help you manage stress, calm your mind, and feel more in control of your day-to-day life.	Weekly basis	1 hour	06371-46-2390 / DSN: 314-479-2390
Mental Health Clinic	Habits for Health <i>(AD only)</i>	This class is designed to help develop practical, sustainable habits that support healthy weight and overall well-being. You will learn tools to improve nutrition habits, increase activity, and manage common barriers to change.	Weekly basis	1 hour	06371-46-2390 / DSN: 314-479-2390
Mental Health Clinic	Mind Reset <i>(AD only)</i>	Learn practical skills to change unhelpful thinking patterns and build healthier behaviors. This class uses Cognitive Behavioral Therapy (CBT) strategies you can use every day to feel more in control.	Weekly basis	1 hour	06371-46-2390 / DSN: 314-479-2390
Mental Health Clinic	Tools for Life <i>(AD only)</i>	Looking to build confidence, improve daily routines, and strengthen practical skills for every day life? This class focuses on learning and practicing tools that help you manage responsibilities, relationships, and personal goals.	Weekly basis	1 hour	06371-46-2390 / DSN: 314-479-2390
Ramstein Chapel	Grief Journey	Grief support group for the Kaiserslautern Military Community.	Last Thursday of the month at Ramstein North Chapel Conference Room; 1200-1300.	1 hour	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	Relationships Workshops	A time to learn skills to strengthen intimate relationships with partners.	The Chapel will host once a quarter	2-3 hours	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	Applied Suicide Intervention Skills Training (ASIST)	A two-day workshop to learn and practice suicide intervention skills.	Coordinated through the chapel as request. Usually a month advance is required as well as a minimum of 15 participants.	Two full days	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	Conflict Management	Learn your conflict style and skills to better handle conflict	Coordinated through chapel as requested.	This is a group class scheduled in one, two-hour session.	Email 435abw.hcspiritualfitness.us.af.mil

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Ramstein Chapel	Financial Peace University	A 9-week course that teaches you how to build wealth and beat debt.	Coordinated through chapel as requested.	Course is 9, 1.5 hour, sessions	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	The Five Love Languages	This course covers five general ways that romantic partners express and experience love. Learning about the love languages can help us better connect with our loved ones.	Coordinated through the chapel as requested.	1 hour sessions are available but can be extended depending on needs.	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	Ready and Resilient Spiritual Fitness Training	Bolster your spiritual fitness and resilience.	Coordinated through the Chapel as requested.	This course is 4, 4-hour sessions.	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	Emotional Intelligence for Individuals & Teams	Learn to recognize, understand, and manage one's own emotions, as well as the emotions of others.	Coordinated through the chapel as requested.	3 hours	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	7 Habits of Highly Effective People	The 7 Habits emphasize proactive behavior, goal setting, prioritization, mutual benefit, communication, collaborative synergy, and continuous self-improvement.	Coordinated through the chapel as requested.	Multiple one-hour sessions, or a single, 4-hour session.	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	Lasting Intimacy through Nurturing, Knowledge & Skills (LINK) for married couples	Learn a plan for maintaining a close and fulfilling relationship with the Relationship Attachment Model (RAM).	Coordinated through the Chapel as requested.	2-day program	Email 435abw.hcspiritualfitness.us.af.mil

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Ramstein Chapel	PICK (aka How to Avoid Falling for a Jerk or Jerkette)	Learn the skills needed to personally develop and discern in partners five key sources of character virtues and relationship potential.	Coordinated through the Chapel as requested.	2-day program	Email 435abw.hcspiritualfitness.us.af.mil
Ramstein Chapel	Spiritual Intelligence 101	Learn how to discover your personal purpose and ability to decode meaning in our lives.	Coordinated through the Chapel as requested.	1-2 hour customized training	Email 435abw.hcspiritualfitness.us.af.mil
Family Advocacy Program	First Step for Baby Prep OB Orientation Class	Do you have a baby on the way or adopting? Come join us and feel free to bring along a friend, spouse, or partner, as a "Plus One". You will learn the important first steps to ensure your pregnancy is off to a great start! Children are welcome! You may attend at any point during your pregnancy. Agency briefers will be presenting on various on and off-base resources that can assist you on your parenting journey. A gift is provided to each family attending. Congratulations and happy parenting!	Offered the third Thursday of each month at the Ramstein Community Center on Ramstein AB	1.5 hours	Attendees can use the SignUpGenius link https://www.signupgenius.com/go/10C094AAEAA2EA1FFCF8-53708140-first#/ to enroll or they can call +49-06371-479-2098 to enroll. Class size is limited.
M&FRC	ELEVATE	It is a marriage enrichment workshop that encourages couples to focus on their partners strengths, continuously working on relationship and emotional regulation.	Workshops are planned on a quarterly basis and scheduled through M&FRC calendars/systems.	12-16 hours	E-mail M&FRC 86fss.mfrc@us.af.mil
M&FRC	Four Lenses	Personality temperament inventory is used to improve communication, teamwork, and understanding of individual strengths and preferences within a group.	Coordinated through the Military and Family Readiness Center. A two-week or more time frame is required to schedule.	1.5-2 hours	E-mail M&FRC 86fss.mfrc@us.af.mil