

ACS programs offer a wide variety of classes, events and services. Each program is represented online. Find class times and further details of ACS classes and events at www.carson.army.mil/acs to speak with a program specialist call (719) 526-4590.

ARMY FAMILY TEAM BUILDING

AFTB: MILITARY KNOWLEDGE (LEVEL K)

Level K provides the basic information and skills needed by all military Family members. These include military terms, acronyms, customs and expectations, impact of the mission on family life, and much more.

AFTB: LEADERSHIP DEVELOPMENT (LEVEL L)

Level L will enhance an individual's professional growth and leadership skills. This training is for those who are or wish to be leaders, whether it is in the unit, the FRG, or the community.

BRIEFER, FACILITATOR AND INSTRUCTOR TRAINING COURSES

This 3-class series improves public speaking, briefing, facilitating, and instruction skills. ACS volunteer instructors are chosen from the Instructor Training Course.

AFTB: PERSONAL GROWTH (LEVEL G)

Level G focuses on personal growth through communication, exploring personality traits, creative problem solving and many aspects of self improvement.

CO. COMMANDER & 1SG SPOUSE COURSE

You'll learn about the structure of the Army and Fort Carson, the deployment cycle, customs and courtesies, coping through crisis, character strengths and resilience, recruiting and recognizing volunteers, and more.

ARMY 101

A 5-hour class designed to help civilian organizations understand more about how the Army works at Fort Carson and is an opportunity to learn the basics of working with Soldiers and Families. Offered 4 times a year.

Find new friends
Make a better future

ARMY VOLUNTEER CORPS (AVC)

VOLUNTEER, VMIS & OPOC TRAINING

Provides information on registration of new volunteers, duties of the OPOC (Organizational Point of Contact) and how to use the VMIS (Volunteer Management Information System) to enter hours and earned awards.

Last Wednesday of the month • 1-2 p.m.

YARD SALE

Twice a month the Mayoral Program supports yard sales on Fort Carson for DoD ID holders (nonresidents and barracks residents set up at bldg. 4355 on Funk Ave). If bad weather, yard sales will be rescheduled to the Saturday following a regularly scheduled date.

April-Dec.: 1st & 3rd Saturdays • 8 a.m.-3 p.m.

MAYORAL MEETING

Mayors meeting with the Garrison Commander, GCSM and the Community Partners to discuss any issues and concerns regarding quality of life within the Carson Family Housing area.

VOLUNTEER OF THE QUARTER

4 times a year AVC organizes award ceremonies recognizing Fort Carson Volunteers.

ANNUAL AVC EVENTS

AVC leads many annual events that honor volunteers and support the community. These include: Annual Volunteer Recognition Ceremony, Mayoral Elections and Inauguration, National Volunteer Week, National Night Out, Volunteer Holiday Social, and Make A Difference Day.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP BOWLING NIGHT

What could be more fun than a bowling experience for you and your special needs child? Join the fun and network with other EFMP Families! No cost for EFMP Families; includes 2 games and shoe rental. Registration required.

IEP BASICS CLASS

If you have a child with an Individualized Education Program (IEP) and feel like a lost fish swimming in an ocean of special education jargon, this class is for you! Reduce your confusion and the feeling of being overwhelmed.

SEASONAL EVENTS

Throughout the year ACS EFMP wants to make sure your whole family can celebrate all the holiday traditions. Check our website for listings of our special events around the holidays.

EFMP SENSORY MOVIE NIGHT

At the EFMP Sensory Movie Night the lights are left on, the sound is turned down and audience members are invited to get up and move about as needed. All EFMs are welcome.

MEDICAID WAIVER INFORMATION WORKSHOP

For help in knowing how to see if your child might qualify for Medicaid or any of the waivers, start with this informational workshop led by an expert in the field.

SYSTEMS NAVIGATION SERVICES

Systems Navigation (SN) is a service specific to ACS EFMP that connects Exceptional Family Member (EFMs) Families and individuals to the systems of care they need, both on and off the installation.

walk-in or by appointment, call (719) 526-4590

EMPLOYMENT READINESS PROGRAM (ERP)

JOB SEARCH ORIENTATION

Receive answers to the most common questions about your job search at and around Fort Carson. Once a month a CPAC briefer will address the Military Spouse Preference Program.

*Wednesdays • 9:30-11:30 a.m.
with CPAC Brief on 4th Weds. of the month*

PROFESSIONAL PREPAREDNESS

Schedule an appointment with ERP and we will help you give your best interview with improved interview techniques and how to dress for success.

by appointment, call (719) 526-0452

RESUME WRITING WORKSHOP

Receive important resume writing tips for today's job market, interview techniques, how to dress for success, and handouts to assist in creating a finished resume.

Thursdays • 9:30 a.m.-11:30 p.m.

RESUME REVIEW

Have your resume critiqued by an expert. Includes follow up appointment as well. Completion of *Resume Writing Workshop* required.

by appointment, call (719) 526-0452

FAMILY ADVOCACY PROGRAM

5 LOVE LANGUAGES

This class will discuss your "Love Language" and how to use it to strengthen your communication style. The workshop is based on the best-selling book "The 5 Love Languages".

GOT YOUR BACK

Part of the PREP Series, this class helps single Soldiers improve on their self actualization and relationship skills.

HEARTSAVER CPR TRAINING

Learn the basic techniques of adult and child CPR and use of an AED (Automated External Defibrillator). For anyone who does not work in a healthcare environment. Classes fill quickly.

PARENTING TEENAGERS

This 5-week class lays out a clear path to a more productive future and creating a better relationship along the way. Single parents and couples are welcome to participate.

PARENTING WORKSHOP

Learn to relate with your children by taking hold of your own emotional responses in this 4 week class. Helps parents to focus on their own behaviors.

SMART STEPS

This is a research-based marriage and family life education program that recognizes the complexities and the interdependent nature of relationships with step-Families.

FINANCIAL READINESS PROGRAM (FRP)

1ST TERMERS TRAINING

As a new Soldier, learn how to save and invest your valuable earnings, establish savings goals, debt elimination strategies, and create a savings for emergency situations. This class is open to all new Soldiers, their Family members and DoD ID holders.

Mondays • 9:30 a.m.-5 p.m.

BLENDED RETIREMENT

Understanding your money and how it fits in with the Army's new Blended Retirement System. Featuring a Q&A with financial experts.

quarterly on Saturdays • 10 a.m.-Noon

IRON HORSE BUDGET

Learn how to create your budget. Designed to ensure that each Soldier has a plan to better manage their money to create a sound financial plan for themselves and their Family.

2nd & 4th Thurs. of month • 9:30-11:30 a.m.

ARMY EMERGENCY RELIEF (AER)

AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members, Retirees, Retiree Family Members, and Medically Retired Wounded Warriors needing financial assistance in an unforeseen emergency situation. AER is dedicated to "Helping the Army Take Care Its Own."

FINANCIAL COUNSELING

Meet with one of our Financial Counselors and get a handle on your specific financial situation. This is one-to-one counseling for budgets, debt management, or retirement plans.

Contact your unit's Command Financial NCO or ACS FRP for an appointment, call (719) 526-4590

COOPERATIVE PARENTING & DIVORCE

Understand your new roles in this important relationship and how to best support your kids during this transition. Meets the State of Colorado requirement for divorcing couples.

2nd Tues. of the month • 9 a.m.-12:30 p.m.

RESILIENCE CLASSES

Learn self-awareness, self-regulation, optimism, mental agility, strength of character, and connection. Each class covers a different subject matter. Attendance of all classes encouraged.

3rd Thurs. of the month • 9 a.m.-Noon

MARRIAGE WORKSHOP

In this 3 week class you'll relate with your partner in a calm, cool and connected way. Work on communication, intimacy and much more.

PREP

The "Prevention and Relationship Education Program" will help you achieve your goals as a couple by building on your current strengths and learning new skills. All couples welcome.

SOLE PARENTING GROUP

An opportunity for Soldiers to meet fellow single parents, attain resources and ask questions in a supportive environment. Group meets multiple times a month. Call for details (719) 526-0461

MOBILIZATION & DEPLOYMENT

CARE TEAM TRAINING

The Casualty Response (CARE) Team fills the gap between the notification team and personal support arriving. Training prepares volunteers to help during a time of tragedy or loss.

FRG TRAINING: FUND CUSTODIAN

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing FRG Informal Fund accounts and fundraising.

FAMILY READINESS LIAISON ACADEMY

This course trains Soldiers selected to be unit Family Readiness Liaisons (FRLs) on how best to assist unit commanders and FRG leadership.

FAMILY OPSEC

Protect your Soldier by protecting the information that you know. This is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security guidelines.

NEW PARENT SUPPORT PROGRAM

BASIC TRAINING FOR NEW MOMS

An education and discussion group for moms to share motherhood fears and challenges, practical activities, supporting dad and becoming a great mom. Offered for moms only.

3rd Thurs. of the month • 9-11:30 a.m.

CHILD-PARENT-RELATIONSHIP

This 10-week class teaches parents how to use child play therapy skills to reduce behavioral problems and enhance parent-child relationships.

Call (719) 534-3105 for more information

HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age. Services are provided free of charge by NPSP staff.

call (719) 526-4601 for more information

NURTURING

These two 12-week classes teach parents how to be nurturing to their children as well as to themselves. Touches on communication, building your child's self-esteem, behavior management techniques and much more. Classes are divided by child age: Infant to 5 years of age and 5 to 12 years of age.

Thursdays • 9:30-11 a.m.

Build your community

RELOCATION READINESS PROGRAM (RELO)

HOMEBUYER'S WORKSHOP

Topics include: choosing a real estate agent, selecting the right house, obtaining the right mortgage, VA Loans, understanding the closing process and much more.

4th Weds. of the month • 1 p.m.-4p.m.

T3 SPONSORSHIP TRAINING

T3 is a master trainer course for unit sponsors. Soldiers will learn how to train Sponsors for the Fort Carson Sponsorship Program. Soldiers must attend both days of training and have orders to do so.

EVERYDAY ENGLISH

10-week program for foreign born individuals. Participants develop basic English skills in grammar, conversation, language and composition. Great way to meet new friends and improve your Army experience. Preregistration required with assessment test.

FRG TRAINING: vFRG ADMINISTRATOR

www.armyfrg.org is a secure website for command to share unit, FRG, and deployment information to soldiers and Family members.

FRG TRAINING: FOUNDATIONS

This class will serve as an introduction to the Family Readiness Group (FRG). Students will review the FRG mission and determine how leaders can advocate mission readiness.

FRG TRAINING: KEY CONTACT

Family Readiness Group (FRG) Key Contact training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.

REAR DETACHMENT LEADERS COURSE

Gain a better understanding of the Rear Detachment Leaders role and the many resources available for crisis intervention.

BOOT CAMP FOR NEW DADS

An interactive and engaging class that focuses on what it means to become a father, how to care for baby, and how to care for mom. Offered for dads only.

1st Tues. of the month • 9 a.m.-Noon

INFANT MASSAGE & BABY NURTURING

Increase the bond between you and your baby through various infant massage techniques. This class includes strokes to alleviate colic, creating strong bonds and increasing communication between parent and baby.

Tuesdays • 10-11:30 a.m.

PLAY GROUP

Fun filled, interactive meet-up for parents and children. Your child will improve their social, cognitive and motor skills. For infants to 5 years of age. School age kids welcome in the summer.

Fridays • 10-11 a.m.

TODDLER TIME

Focuses on gross motor enhancement through song and dance; sensory enrichment through arts and crafts; as well as nurturing the child and the parent. For ages 18 months old and up.

Thursdays • 9:30-11 a.m.

IMMIGRATION & NATURALIZATION CLASSES

Interactive class walking participants through all paperwork required for either Green Card application or Naturalization. The process (forms and fees) are explained in depth. Our 101 class will answer all your questions if you don't know where to start, schedule an appointment for 101 today.

*Immigration 101: Tues. • 2 p.m.-4p.m.
Green Card: 2nd & 4th Thurs. • 8 a.m.-Noon
Citizenship: 2nd & 4th Thurs. • 1-4 p.m.*

S1 IMMIGRATION TRAINING

This required training ensures BN and BDE S1's are able to properly assist their Soldiers with the Immigration and Naturalization process. Training is open to all Soldiers, DA Civilians, and Contractors. Participants will work through scenario based exercises.

DESTINATION OVERSEAS

Learn about planning and executing a successful OCONUS PCS. Soldiers within 30 days prior to clearing can pre-clear ACS, Army Emergency Relief (AER), Loan Closest and the Exceptional Family Member Program (EFMP) by attending this class.

2nd Fridays • 9:30-11:30 a.m.

PCS ONLINE LEVY BRIEFING

Links to online briefings for Permanent Change of Station (PCS), Expiration of Term of Service (ETS) or Retirement can be found on the ACS website:

www.carson.army.mil/acs

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

FAMILY SOCIAL

Soldiers and their Families assigned to the WTB or in the IDES can learn more about the process and resources available. Dinner is provided. All Family members welcome.

call for details

NUTRITION CENTER

Getting the right nutrition is an important part of your treatment. The SFAC Nutrition Center is open daily with snacks and beverages for WTB/IDES Soldiers and their Families.

available during SFAC hours

UNDERSTANDING YOUR GI BILL BENEFITS

Participants will get a clear understanding of the education benefits including: Montgomery GI Bill, Post 9/11, Transfer of Benefits, Yellow Ribbon Programs, Vocational Rehabilitation, and Veteran Upward Bound.

call (719) 526-5807 for an appointment

VICTIM ADVOCACY PROGRAM

DOMESTIC VIOLENCE SUPPORT GROUPS

An inviting and safe place where individuals can meet with others who have a history with domestic violence. All ideas and experiences can be expressed in a judgment free environment.

FIND CLASS DATES & REGISTER
www.carson.army.mil/acs

Find up to date class listings and program details on our website.

IMMIGRATION ASSISTANCE

Free service open to all Soldiers, Spouses, and DA Civilians; Active Duty and retired. Representative works with the USCIS Denver Office representatives.

by appointment only, call (719) 526-1070

MONTHLY NATURALIZATION CEREMONY

Join us in welcoming our new citizens. Participants are Soldiers, spouses, and DA civilians; Active Duty and retired. Ceremony is open to everyone.

3rd Thurs. of the month • 2-2:30 p.m.

PCS 101

Provides PCSing Soldiers with information on planning and executing a successful move. Soldiers within 30 days prior to clearing can pre-clear ACS, Army Emergency Relief (AER), Loan Closest and the Exceptional Family Member Program (EFMP) by attending this class.

2nd Monday of the month • 9 a.m.-1 p.m.

WAITING FAMILIES PROGRAM

For Family Members who are separated from their Soldier due to mission requirements, to include TDY's and unaccompanied assignments. Find new friends and stay up-to-date on what is going on at Fort Carson and in the local community.

WELCOME TO CIVILIAN LIFE

Provides Military Spouses and their Soldiers with information on the transition process from active duty into ETS (includes MED Board and Chapters).

MEDICAL SEPARATION ORIENTATION BRIEF

Get orientated to the SFAC Program. Includes a building tour and information on what services are provided through the SFAC. Open to all WTB, Integrated Disability Evaluation System (IDES) Soldiers and their Family members.

Tuesdays & Thursdays • 1-2 p.m.

ONE-ON-ONE SUPPORT

Schedule your one-on-one support with the SFAC to support your transitions needs: financial counseling, education benefits, leave calculations, ID card renewals, outreach opportunities and resume assistance.

call (719) 526-5807 for an appointment

TRANSITION BRIEF

Class for WTB and IDES Soldiers that are transitioning out of the military. Covers all of the military benefits and services that transitioning soldiers can utilize through the SFAC and other programs.

Tuesdays & Thursdays • 1-2 p.m.