



# FAMILY ADVOCACY PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

The Soldier and Family Readiness Program/Family Advocacy Program promotes individual, couple, and family wellness by offering a comprehensive prevention program that includes awareness, education and support. Our services include workshops to help strengthen relationships of Army Families. Classes and workshops are offered to commanders, military units/troops, professionals and families. Prevention and support services include: New Parent Support Program (home visitation); Nurturing Parenting Programs, and the Victim Advocacy Program.

The Family Advocacy Program team recognizes the importance of practicing emotional first aid in taking care of ourselves and our families. Please view the content below for helpful tips, reminders, classes, and more!

Call (719) 524-1899 for details	Sole Parenting Group	The Sole Parenting group is a “brown bag” lunch -n-learn and resource group for single parents. Connect with fellow Soldiers and community partners to help you on your journey to survive and thrive as a single parent. Sessions are once a month from 1200-1300. Call (719) 526-0461 for more information.
Monthly	PREP 8.0 Prevention Relationship Education Program	Three Keys to Success, Personality, Danger Signs/time out; Anger & Stress; Speaker/Listener; Events, Issues; Fun & Friendship; Commitment; Expectations; Problem solving; Love Styles; Road Mapping.
Call (719) 524-0912 for details	Scream Free Curriculum ScreamFree Marriage ScreamFree Parenting ScreamFree Launching ScreamFree Hope	Teaches individuals how we internalize and process our interactions with others, and how we can recognize our own warning signs of frustration (Our own “Screaming”) and communicate our emotions and needs in a safe way. Curriculum is available for Couples, Parents and Parents of Teenagers.
Upon Request	Five Love Languages	Helps people learn to understand their primary “Love Languages” as well as their partner’s and how to communicate and express their love in a meaningful way. This Communication class helps participants focus on the positive emotions and behaviors in their relationships.
Upon Request	Saving Your Marriage before it Starts	Ideally suited for Single individuals contemplating marriage as well as Couples that have been married up to five+ years. Developed by Couples for Couples, teaches participants how to safely address seven questions to ask about your relationship that commonly cause stress and conflict in marriages.
Upon Request	Ten Great Dates	One to Ten Seminar course designed to help Couples focus on the positive experiences in their relationship and how to maintain healthy communication about their emotions, needs and intimacy and how to enhance those areas of their relationship.



[WWW.CARSON.ARMYMWR.COM/ACS](http://WWW.CARSON.ARMYMWR.COM/ACS)  
 Search: Family Advocacy Program  
 Call: (719) 526-0461

Updated: May 2022



## ACS-ANNEX

1481 Titus Blvd.  
 Building 7492  
 (719) 526-0461

Mon.-Fri.: 8 a.m.-4:30 p.m.  
 Wed.: 9 a.m.-4:30 p.m.  
 Federal Holidays: Closed

Upon Request	Leadership Response to Domestic Violence		This training covers the material in the standard DV training, but has a focus on the regulatory requirements of leadership, the dynamics of domestic violence that include current state of Fort Carson, early warning signs that the chain of command may observe and how they can implement prevention programs before the actual incident. Call (719) 526-0461 fore more information.
Upon Request	Annual Troop Training for Domestic Violence Prevention		Class includes definition of domestic violence, types of domestic violence, reporting procedures and prevention. Call (719) 526-0461 for more information.
Upon Request	Mentor in Violence Prevention		MVP is a series of three 90 minute training sessions that provides education to leaders on how to change their unit culture regarding violence towards women in particular and how to empower men to take the lead. The training begins by identifying "leadership" for the individual culture, and through a series of interactive exercises that demonstrate how to lead discussions with subordinates and peers. The exercises challenge beliefs, identifies individual prejudices and brings to the forefront of the discussion and the impact of mentoring. The training is an evidenced based program that has been conducted throughout the Military. Call (719) 526-0461 for more information.
Monthly	Women's Domestic Violence Support Group	2nd and 4th Tuesday 1 p.m.- 2 p.m.	It has been shown that it is important for survivors to be able to help each other and that participating in a group can help turn negative experiences into something positive. The Domestic Violence Survivors Group focuses on several modules to learn the wheel of power, safety and building community, how to rebuild relationships with children, family and friends, self-advocacy and the power of self-talk, stages of healing, and learning positive affirmations.  Call (719) 526-0461 for more information
	Victim Advocacy Program	Victim Hotline 24/7 (719)243-7907	Victim Advocates help empower victims to make decisions that will aid in improving their quality of life. They provide victims with information on their rights, help locate shelters, establish safety plans, and accompany victims to court proceedings and/or meetings with lawyers, police and command. They also make referrals to local resources. Call (719) 526-0461 or the 24/7 number (719) 243-7907 to reach an advocate.



**ACS is located across three different buildings on Fort Carson. Each location houses different programs that offer resources for Soldiers & their Families.**

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