



FORT CARSON • ARMY COMMUNITY SERVICE • PROGRAMS

Regardless of what stage of life you and your family are in, Army Community Service has services and programs to make your Army life more successful. If you are new to the Fort Carson, Colorado area, make sure to stop in and pick up a welcome packet, get maps and directions to the local area and meet our professional staff. ACS offers monthly classes on parenting, finances, relationships, volunteerism, Exceptional Family Members, and much, much more.

ARMY VOLUNTEER CORPS (AVC)

- Assistance finding volunteer opportunities on and off Fort Carson
- Volunteer Recognition
- Special Volunteer events including: Make A Difference Day and National Volunteer Week

COMMUNITY INFORMATION & REFERRAL PROGRAM (I & R)

- Information, Referral & Follow Up - Local, State, National, Worldwide

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

- Community Information, Support and Resources for EFM Families
- EFMP Special Events and Activities
- Individualized Education Program (IEP) Support
- Relocation Assistance for EFM Families - Incoming and Outgoing
- Special Needs Accommodation Process (SNAP)
- Special Needs Stabilization and Compassionate Reassignment
- Systems Navigation Services

EMPLOYMENT READINESS PROGRAM (ERP)

- Assistance with Resumes, Building a Portfolio and Interviews
- Career Fairs for Spouses and Transitioning Soldiers
- Computer Lab with Printers at the ACS Center
- Education Scholarships Information
- Individualized Counseling to Explore Career Paths
- Self Development Workshop

FAMILY ADVOCACY PROGRAM

- Adoption Fairs for Military Families
- Prevention & Relationship Enhancement Program (PREP)
- Relationship Classes
- Resilience Classes
- Supervised Visitation Support

FAMILY ENRICHMENT PROGRAM (FEP)

- Army Family Action Plan (AFAP) Program
- Army Family Team Building (AFTB) Self Improvement Courses
- ACS Volunteer Briefer, Facilitator, and Instructor Training
- Educating Surrounding Community about Fort Carson and Military Life

FINANCIAL READINESS PROGRAM (FRP)

- Army Emergency Relief (AER)
- Banking Management and Finance Classes
- Budget, Credit, Debt and Investment Counseling
- Assistance for Soldiers through Community Partners
- Consumer Protection and Mediation
- Command Financial NCO (CFNCO) Program
- Food Assistance Program Screening
- Free Access to CARFAX Reports
- Free Access to Consumer Reports
- Providing information on LEAP (Low-Income Energy Assistance Program)
- Understanding your Military Retirement

MARKETING & OUTREACH

- Facilitating Community Partner Resources for Soldiers and Families
- Community Partnership Council
- Slick Deals for Soldiers and Families
- Weekly Community Newsletter: "Pass-It-On"

MOBILIZATION & DEPLOYMENT READINESS PROGRAM (MOB DEP)

- CARE Team Training
- Emergency Family Assistance Center (EFAC)
- Family Readiness Group (FRG) Support and Training for Members and Liaisons
- OPSEC Training for Military Families
- Pre and Post Deployment Training / Rear Detachment Training
- Reintegration / Reunion Training for Soldiers and Families
- Unit Service Coordinator (USC) Program

NEW PARENT SUPPORT PROGRAM

- Home Visits with New Parent Support Program
- Nurturing Parenting Programs for Infants to Teenagers
- Parent Resources and Classes for all Parents, including: Divorcées, Single Parents, Step-Parents and New Parents
- Play Groups for infants to 5 years of age

RELOCATION READINESS PROGRAM (RELO)

- Foreign Language Learning Tools
- Citizenship and Immigration Services
- Community Connection "Welcome Center for Families & Soldiers"
- Computer Lab (CAC Accessible) with Printers, Fax Services, Scanning and Copier at Community Connection - free of charge
- Cultural Meet-Ups
- Installation Packets
- Nursing Suite at ACS Center
- Sponsorship Training
- Toy & Book Program
- Trip Planning
- Waiting Families Program for Spouses and Families separated from their Soldiers

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

- Transition assistance to Soldiers (and their Families) as assigned to the Warrior Transition Battalion (WTB) and Integrated Disability Evaluation System (IDES)

SURVIVOR OUTREACH SERVICES (SOS)

- Benefits Counseling
- Families of the Fallen Social Activities
- Financial Counseling
- Job Search and Education Assistance
- Support and Outreach
- Information & Referral
- Survivor Support Groups
- Post Access Sponsorship
- Bereavement Referral and Support
- Peer-to-Peer Support

VICTIM ADVOCACY PROGRAM

- Supporting Leadership Response to Domestic Violence
- Support Groups for Domestic Violence
- Victim Advocacy Program and Training



EDUCATION • OPPORTUNITY • DISCOVERY

ARMY COMMUNITY SERVICE • COURSE CATALOG

ALL PROGRAMS OFFERED AT NO COST!

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



ACS CENTER

INSIDE ACS CENTER

- Army Volunteer Corps (AVC)
- Community Information & Referral (I&R)
- Exceptional Family Member Program (EFMP)
- Employment Readiness Program
- Family Enrichment Program
- Financial Readiness Program
- Mobilization & Deployment Readiness Program
- Relocation Readiness Program: Leaving Fort Carson
- Soldier & Family Readiness Program (SFRP)
- See inside for offerings!



SOLDIER & FAMILY ASSISTANCE CENTER

INSIDE THE SFAC

- Services for Soldiers and their Families assigned to WTB or IDES, including:
 - Benefits Counseling
 - Education / Employment Assistance
 - Financial Counseling
 - Information & Referral
 - Military Personnel Services (HR)
 - Nutrition Center
 - VA Healthcare
- Partner Agencies located inside:
 - Army Wounded Warrior (AW2)
 - Colorado Department of Labor & Employment
 - Education and Employment (E21)
 - Operation Warfighter
 - Veteran Administration Health Liaisons

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SURVIVOR OUTREACH SERVICES

INSIDE THE SOS

- Services for Families of the Fallen, including:
 - Benefits Counseling
 - Bereavement Referral and Support
 - Education / Employment Assistance
 - Financial Counseling
 - Information & Referral
 - Post Access Support
 - Peer-to-Peer Support

- Community Groups meeting at FHFC:
 - Gold Star Moms
 - Gold Star Wives
 - Suicide Bereavement
 - Kid and Teen Support Groups

6990 Mekong St.
Building 6215
(719) 526-2069
Mon, Tue: 8 a.m.-5 p.m.
Wed: 9 a.m.-5 p.m.
Thur: 8 a.m.-1 p.m.
Fri: 8 a.m.-4 p.m.
Federal Holidays: Closed



FAMILY NURTURING CENTER

INSIDE THE NURTURING CENTER

- Parenting classes and meet-ups, including:
 - Baby Nurturing
 - Infant Massage
 - Nurturing Classes
 - Play Group
 - Rockin' Grannies
 - Toddler Time

- Community Groups meeting at FHFC:
 - Gold Star Moms
 - Gold Star Wives
 - Suicide Bereavement
 - Kid and Teen Support Groups

6070 Barkeley Ave.
Building 1354
(719) 526-0461
Open during class times only



COMMUNITY CONNECTION

INSIDE COMMUNITY CONNECTION

- Arriving at Fort Carson (Relocation Readiness Program)
- Community Information & Referral (I&R)
- Computer Lab
- Donations Management
- Fort Carson and surrounding community information
- Immigration services
- Multicultural Services



6303 Wetzel Ave.
Building 1526
(719) 526-4590
Mon-Fri: 8 a.m.-4:30 p.m.
Wed: 9 a.m.-4:30 p.m.
Federal Holidays: Closed

1481 Titus Blvd.
Building 7492
(719) 526-5807
Mon-Fri: 8 a.m.-4 p.m.
Wed: 9 a.m.-4 p.m.
Federal Holidays: Closed

6990 Mekong St.
Building 6215
(719) 526-2069
Mon, Tue: 8 a.m.-5 p.m.
Wed: 9 a.m.-5 p.m.
Thur: 8 a.m.-1 p.m.
Fri: 8 a.m.-4 p.m.
Federal Holidays: Closed

6070 Barkeley Ave.
Building 1354
(719) 526-0461
Open during class times only

6391 Wetzel Ave.
Building 1524
(719) 526-1070
Mon-Fri: 8 a.m.-4 p.m.
Wed: 9 a.m.-4 p.m.
Federal Holidays: Closed

ACS Inlement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit www.carson.army.mil or call (719) 526-0096. Last Updated: January 16, 2019



WWW.CARSON.ARMY.MIL/ACS • (719) 526-4590

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: PERSONAL GROWTH (LEVEL G)

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

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.

ACS supports Commander's readiness goals with our new portable class schedule.



**for Units & FRG's on your time at your place.
 To schedule go to www.carson.army.mil/acs**

ARMY VOLUNTEER CORPS (AVC)

NEW 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 • 1:30-3 p.m.

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, National Volunteer Week, National Night Out, and Make A Difference Day.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP 101

Find out how enrollment in the EFMP will impact your duty assignment, what the program can do for your Family.

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!

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 EFM's 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 (EFM) 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

NEED TO TALK?

**MILITARY FAMILY LIFE COUNSELORS
 ARE AVAILABLE. CALL TO SCHEDULE.**

(719) 338-7816 • (719) 338-0144 • (719)440-5341

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.

1st & 3rd Tues. of the month • 9:30-11:30 a.m.

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.

1st & 3rd Thursdays • 9:30 - 11:30 a.m.

SPARK YOUR NEXT CAREER MOVE

Learn about ways to finance additional training and education opportunities to enhance your resume and spark your next career move.

4th Thursday • 9:30-10:30 a.m.

FAMILY ADVOCACY PROGRAM

5 LOVE LANGUAGES

This class will discuss your "Love Language" and how to use it to strengthen your communication style.

every other month

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 Tuesday of the month • 9-11:00 a.m.

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.

by request

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.

by request for unit FRG's

SOLE PARENTING GROUP

An opportunity for Soldiers to meet fellow single parents, attain resources and ask questions in a supportive environment.

2nd & 4th Thursdays of the month • Noon-1 p.m.

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.

2nd & 4th Wednesday • 9:30 a.m.- 12:30 p.m.

UNDERSTANDING YOUR MILITARY RETIREMENT

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

Available Upon Request

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.

Available Upon Request

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."

*Learn new skills
 Make a better future*

FEDERAL EMPLOYMENT FOR MILITARY SPOUSE

Learn how Military Spouse Preference works. The Civilian Personnel Advisory Center (CPAC) will be on hand with the requirements and details.

4th Tuesdays • 9:30-10:30 a.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

INTERVIEW PREP

Learn techniques and skills on how to make a lasting impression on your next interview. Includes information on 'Dress for Success' resources.

BABY SIGN LANGUAGES

Did you know that babies can actually understand spoken language before they are physically able to speak? You and your child can learn together. Available to parents of infants, toddlers and non-verbal children.

offered every-other-month

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.

by request

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.

by request

MOBILIZATION & DEPLOYMENT

CARE TEAM TRAINING

The CARE Team offers short-term assistance to support Families in the gap between notification team and personal support arriving. Training prepares volunteers to help during this 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 (FRL) 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 you know. This is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security guidelines.

FAMILY READINESS GROUP: FRG LEADER

Leaders training on how to set up, maintain & handle challenges within the FRG arena. Learn about FRG structure and requirements in accordance with AR 608-1

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 Tues. of the month • 9-11:30 a.m.

FAMILY NURTURING THROUGH PLAY

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 times and dates

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.

Call (719) 534-3105 for times and dates



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, and language.

Pre-registration 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.

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.-2:30 p.m.
 Citizenship: 1st & 3rd Mon. • 1-4 p.m.*

S1 IMMIGRATION TRAINING

Required for BN and BDE S1's to properly assist their Soldiers with the Immigration and Naturalization process. Open to all Soldiers, DA Civilians, and Contractors. Scheduled at request of units.

DESTINATION OVERSEAS

Learn about planning and executing a successful OCONUS PCS. Soldiers and Family Members can go online for this information or schedule a one-on-one appointment to cover all your questions.

Online Class - Search: Destination Overseas

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 (719) 526-5807 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

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 • 12:45 - 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.

Tuesday or Thursday • 9:45 - 11 a.m.

VICTIM ADVOCACY PROGRAM

Non-clinical advocacy services and support to Soldiers and Family Members who are experiencing domestic violence.

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