

Keep up to date with local events and deals with the



**PASS IT ON** COMMUNITY NEWSLETTER



7 September 2022

*Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.*

**WE HAVE MOVED!**

**The ACS Center has moved to: 6303 Wetzel Ave., Bldg. 1526.**

- ACS ADMIN AND OPS
- ARMY EMERGENCY RELIEF (AER)
- ARMY VOLUNTEER CORPS
- COMMUNITY INFORMATION & REFERRAL
- EMPLOYMENT READINESS PROGRAM
- FINANCIAL READINESS PROGRAM
- MOBILIZATION & DEPLOYMENT
- RELOCATION READINESS PROGRAM
- SOLDIER & FAMILY ASSISTANCE CENTER

Questions?

Call (719) 526-4590



**WE HAVE MOVED**



*No Fort Carson/ Army Endorsement Implied*

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- [Surrounding Military Installations News](#)

Give us a call at (719) 526-4590  
Visit our webpage at: [carson.army.mil/ACS](http://carson.army.mil/ACS)

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## Community Events Bulletin

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### Professional development event

Mark Averill, administrative assistant to the secretary of the Army and the senior career civilian in the Army, will present a professional development session in McMahon Auditorium from 8:30-10 a.m. Sept. 8. Doors open at 8 a.m. This session is open to all who wish to attend.

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### Pollution prevention newsletter

The Directorate of Public Works (DPW) prepares a quarterly Pollution Prevention (P2) Times newsletter to assist units and activities stay in environmental compliance with U.S. Army regulations, and federal, state and local laws. The September P2 Times includes an article on how to submit routine facility service orders for maintenance and repair through the Army Maintenance Application at <https://www.armymaintenance.com/arma>. For more information about the programs highlighted in the newsletter, email the DPW pollution prevention coordinator at [robert.d.cavanaugh2.civ@army.mil](mailto:robert.d.cavanaugh2.civ@army.mil). To view the newsletter, visit (CAC required) [CLICK HERE](#).

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**Coming October 22, 2022**

Stay tuned to the AVC webpage for more information and upcoming registration by [CLICKING HERE!](#)



2022

**Make a Difference Day**

The Army Volunteer Corps (AVC) offers volunteer opportunities on and off Fort Carson, and in our community. Fort Carson is home to more than 6,000 volunteers, contributing nearly 200,000 hours annually. This selfless service is equivalent to \$4 million in workforce cost & support.

To reach the Army Volunteer Corps program, click [here](#) to email us or call 719-526-1082/8303.

**CHECK OUT THE NEXT COUPLE OF PAGES FOR SOME GREAT VOLUNTEER OPPORTUNITIES!**

**Army Volunteer Corps**

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## Army Community Service (ACS) Computer Lab

When: Monday - Friday 8:00am- 4:30pm  
( Shifts available )

Where: 6303 Wetzel Ave. Bldg 1526, Fort Carson, CO 80913

What: 2 volunteers needed to assist with running the Computer Lab  
at our ACS Office

For full details & to register, contact: Celsa Day  
Army Volunteer Corps (AVC) Office: 719.526.1082 /  
celsa.r.day.civ@army.mil



# volunteers needed



The Army Volunteer Corps (AVC) offers volunteer opportunities on and off Fort Carson, and in our community. Fort Carson is home to more than 6,000 volunteers, contributing nearly 200,000 hours annually. This selfless service is equivalent to \$4 million in workforce cost & support.

To reach the Army Volunteer Corps program, click [here](#) to email us or call 719-526-1082/8303.

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Army Volunteer Corps

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## DFMWR Zombie Dash 5k



When: October 1, 2022 at 9:45- 12:00PM

Where: Iron Horse Park, 6151 Elwell St. Fort Carson , 80913

What: 30 volunteers needed to be Zombies. There will be a prize for the best dressed zombie.

For full details & to register, contact: Rebecca at 719.238.1854

For questions on tracking service hours, contact: Celsie Day  
Army Volunteer Corps (AVC) Office: 719.526.1082 /  
celsa.r.day.civ@army.mil



# volunteers needed



## Silver Key Senior Services (SKSS) Transportation Drivers

When: Ongoing; Morning/Afternoon shifts, 4hr shifts

Where: 1625 S. Murray Blvd, Colorado Springs, CO

What: 2 Volunteer Drivers Needed-- to transport senior clients in SKSS company vehicles. Will need to wear neon safety vest and casual attire

For full details & to register, contact: Jayme Holligan  
719.884.2315; jholligan@silverkey.org

For questions on tracking service hours, contact:  
Army Volunteer Corps (AVC) Office: 719.526.1082 /  
celsa.r.day.civ@army.mil

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# Family Advocacy Program

## Commanders and Military Leadership

IAW AR 608-18, the Troop Education Program is a required prevention program consisting of annual troop education by ACS Family Advocacy Program staff for all Soldiers on the Family dynamics of spouse and child abuse, the availability of prevention and treatment services, and the Army's policies regarding Family violence. The Army Community Service Family Advocacy Program provides this one hour brief to meet training requirements.

Briefings are scheduled on the following dates at McMahon Theatre from 10-11am:

09/16/22	01/12/23	04/20/23
10/07/22	01/20/23	05/04/23
10/20/22	02/10/23	05/19/23
11/04/22	02/16/23	06/09/23
11/17/22	03/03/23	06/29/23
12/15/22	03/16/23	07/06/23
12/16/22	04/14/23	07/28/23



## Annual Troop Training for Domestic Violence Prevention

Seating is on a first come first serve basis.

To schedule a separate briefing for your unit, call (719) 524-0912 or (719) 524-1899.

Call (719) 524-0912 or (719) 524-1899 to schedule a separate briefing for your unit.

# Victim Advocacy Program

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Fort Carson Army Community Service  
**VICTIM ADVOCACY PROGRAM**  
*Supporting Those That Need A Voice*



24/7 Victim Hotline  
(719)243-7907



### WE ARE HERE

Phone calls and text messages are received by a trained Fort Carson Domestic Violence Advocate.

All communication is confidential.

Anonymous calls are welcome.



(719) 243-7907  
24/7 Text or Call



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# UNITED AGAINST DOMESTIC ABUSE

*September 29, 2022 | 9-11am*

**Contextualizing Domestic Violence**

*This session is for Unit/Agency Leadership & Professionals Partners*

October is Domestic Violence Awareness Month.

Join us for 'Contextualizing Domestic Violence' featuring:

Guest speaker Lt. Howard Black CSPD, Ret., 4th Judicial District Attorney's Office, Director of Communication, worked assignments with almost every division of the department to include: Domestic Violence, Metro Vice Narcotics, and Intelligence and Special Victims Units.

Guest speaker: Janet Kerr, MA, LPC. Ms. Kerr has worked for the prevention of Domestic Violence since 1986. She is an adjudicated expert providing testimony in court cases throughout Colorado, nationally, and in the Federal Courts.

Located at Elkhorn Catering & Conference Center, Bldg. 7300, Fort Carson, CO.

For questions, please call (719) 526-0461.

[REGISTER HERE](#)

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# UNITED AGAINST DOMESTIC ABUSE

*September 29, 2022 | 1-3pm*

## Healthy Relationships

*This session is for Soldiers, their Spouses, and the Fort Carson Community*

October is Domestic Violence Awareness Month.

Join us for 'Healthy Relationships' featuring:

Guest speaker: Janet Kerr, MA, LPC. Ms. Kerr has worked for the prevention of Domestic Violence since 1986. She is an adjudicated expert providing testimony in court cases throughout Colorado, nationally, and in the Federal Courts.

Located at Elkhorn Catering & Conference Center, Bldg. 7300, Fort Carson, CO.

For questions, please call (719) 526-0461.

[REGISTER HERE](#)

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Army Community Service Upcoming Classes

DATE	CLASS	TIME
<b>September 13th</b>	<a href="#"><u>Cooperative Parenting and Divorce Class</u></a>	9 am - 1 pm
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>	9:30 am - 11 am
	<a href="#"><u>Baby Orientation</u></a>	10 am - 11:30 am
	<a href="#"><u>SFRG Informal Funds Custodian Training</u></a>	10 am - 11:30 am
	<a href="#"><u>Center on Fathering</u></a>	1 pm - 3 pm
	<a href="#"><u>SFRG Key Contact Training</u></a>	1 pm - 2:30 pm
	<a href="#"><u>Heartbeat</u></a>	6:15 pm - 8 pm
	<b>September 14th</b>	<a href="#"><u>Nurturing Infants to 5 Years (12 Week Classes) FALL</u></a>
<a href="#"><u>Financial Strength Budgeting 101</u></a>		10 am - 11 am
<a href="#"><u>Write a Winning Resume</u></a>		1:30 pm - 2:30 pm
<a href="#"><u>Nurturing 3 to 12 Years (12 Week Classes) FALL</u></a>		5:30 pm - 7:45 pm
<b>September 15th</b>	<a href="#"><u>Toddler Time</u></a>	9:30 am - 11 am
	<a href="#"><u>EFMP 101 Sessions (Exceptional Family Member Program)</u></a>	11 am - 12 pm
	<a href="#"><u>Interview Skills &amp; Techniques</u></a>	1:30 pm - 2:30 pm
	<a href="#"><u>Latino Meet-Up</u></a>	2 pm - 4 pm
<b>September 16th</b>	<a href="#"><u>Financial Milestone: PCSing</u></a>	9:30 am - 10:30 am
	<a href="#"><u>Annual Troop Training for Domestic Violence Prevention</u></a>	10 am - 11 am
	<a href="#"><u>Play Group</u></a>	10 am - 12 pm
	<a href="#"><u>Mountain Post Welcome for Spouses and Families</u></a>	10:30 am - 11:30 am
	<a href="#"><u>Financial Milestone: Divorce</u></a>	1:30 pm - 2:30 pm
<b>September 20th</b>	<a href="#"><u>Boot Camp for New Moms</u></a>	9 am - 12 pm
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>	9:30 am - 11 am

Click [HERE](#) to check out the Fort Carson MWR calendar!

# Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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DATE	CLASS	TIME
<b>September 20th</b>	<u>SFRG Management Course</u>	9:30 am - 2:30 pm
	<u>Center on Fathering</u>	1 pm - 3 pm
<b>September 21st</b>	<u>Nurturing Infants to 5 Years (12 Week Classes) FALL</u>	9:30 am - 11:45 am
	<u>Military Spouse Preference &amp; Federal Employment</u>	1:30 pm - 2:30 pm
	<u>Nurturing 3 to 12 Years (12 Week Classes) FALL</u>	5:30 pm - 7:45 pm
<b>September 22nd</b>	<u>Toddler Time</u>	9:30 am - 11 am
<b>September 23rd</b>	<u>Play Group</u>	10 am - 12 pm
<b>September 27th</b>	<u>Army Community Service (ACS) Instructor Training</u>	9 am - 4 pm
	<u>Infant Massage &amp; Baby Nurturing</u>	9:30 am - 11 am
	<u>Center on Fathering</u>	1 pm - 3 pm
	<u>Federal Resume &amp; USAJOBS</u>	1:30 pm - 4:30 pm
<b>September 28th</b>	<u>Army Community Service (ACS) Instructor Training</u>	9 am - 4 pm
	<u>Nurturing Infants to 5 Years (12 Week Classes) FALL</u>	9:30 am - 11:45 am
	<u>SFAC Transition and Medical Retirement Brief</u>	10 am - 11 am
	<u>Disabling Sickness or Condition: Financial Milestone</u>	11 am - 12 pm
	<u>Homebuyers Workshop</u>	1 pm - 4 pm
	<u>Volunteer, VMIS and OPOC Training</u>	1:30 pm - 3 pm
	<u>Nurturing 3 to 12 Years (12 Week Classes) FALL</u>	5:30 pm - 7:45 pm
<b>September 29th</b>	<u>Army Community Service (ACS) Instructor Training</u>	9 am - 4 pm

Click [HERE](#) to check out the Fort Carson MWR calendar!

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The Exceptional Family Member Program (EFMP) provides comprehensive support to Family Members with Special Needs. EFMP takes an all-inclusive approach to coordinate Military and Civilian Community, Educational, Medical, Housing & Personnel Services to help Soldiers & their Families with Special Needs. An Exceptional Family Member is a Family Member with any Physical, Emotional, Developmental, or Intellectual Disorder that requires Special Treatments, Therapy, Education, Training, and/or Counseling.

Every 1<sup>st</sup> of each Month the EFMP Department at ACS is hosting an EFMP Overview Session regarding all of the Services the program offers to Military Families. We invite you to attend our Facebook Page for Our EFMP 101 Sessions:

<https://www.facebook.com/FortCarsonEFMP>

Army Community Service – Annex  
1481 Titus Blvd., Building 7492  
Fort Carson, CO 80913  
(719) 526-0400

EFMP Resource Department Email Address:

[Usarmy.carson.imcom-fmwrc.list.dfmwr-w-acb-exceptional-fam-mbr@mail.mil](mailto:Usarmy.carson.imcom-fmwrc.list.dfmwr-w-acb-exceptional-fam-mbr@mail.mil)

Visit the EFMP webpage [HERE!](#)

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Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

**Army Community Service**

# Portable Class Delivery



**Classes on *your time*, in a location of *your choice*,  
customized to *your needs*.**

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)

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## Fort Carson **Employment Readiness Coffee Conversations**

Join ERP as we host:

# Colorado Springs Police Department

Speak with their Recruiter about job opportunities, hiring process, benefits and more!

Thursday, September 29th, 1:00pm to 2:30pm  
ACS, 6303 Wetzel Ave, Bldg 1526, Aspen Room

Register at: [carson.armymwr.com/calendar](http://carson.armymwr.com/calendar) (select date to view)  
or call ERP at: 719-526-0452



Interested in employment with the Colorado Springs Police Department (CSPD)? Come out to meet with their Recruiter and learn more about their job opportunities, hiring process, benefits and more! They have many different career options that allow you to serve the Colorado Springs community.

This event will take place at ACS, 6303 Wetzel Ave, Bldg 1526, in the Aspen Room.

Contact the Employment Readiness Program at 719-526-0452 with any questions!

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## Fort Carson Employment Readiness Coffee Conversations

Join ERP as we host:

# Valiant Staffing

Meet with their representative and learn about the industries they serve and the exciting employment opportunities available!

Thursday, September 29th, 11:00am to 12:30pm  
ACS, 6303 Wetzel Ave, Bldg 1526

Register at: [carson.armymwr.com/calendar](http://carson.armymwr.com/calendar) (select the date to view)  
or call ERP at: 719-526-0452



Join the Employment Readiness Program as we host representatives from Valiant Staffing, a staffing agency that prioritizes members of the military community. It is their mission to turn temporary positions into long-term and rewarding careers.

Come out and learn more about the industries they serve and the exciting job opportunities that are available!

Representatives will be available in-person from 11:00 to 12:30pm at ACS - 6303 Wetzel Ave, Bldg 1526, Aspen Room.

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# FINANCIAL MILESTONES



SECURING THE FINANCIAL FRONTLINE  
[financialfrontline.org/soldiers/](http://financialfrontline.org/soldiers/)

Executive Order 140-21. Financial Literacy Training is now Common Military Training, where unit leadership must ensure Soldiers take Financial Literacy Training based on 10 unique milestones. ACS has realigned our group training schedule to meet the mandatory milestone training using the required DODI curriculum. Soldiers can take the required training online at [www.financialfrontline.org](http://www.financialfrontline.org). Soldiers can meet their training requirements through the online training, group training offered by ACS, or by Commanders scheduling a portable class from ACS.

- 1.) Pre-Deployment
- 2.) Post-Deployment
- 3.) PCS
- 4.) Marriage
- 5.) Divorce
- 6.) Vesting in the TSP
- 7.) Promotion
- 8.) First Child
- 9.) Continuation Pay
- 10.) Disabling Sickness or Condition



To learn more about Fort Carson ACS Financial Literacy Training, visit our website at

<https://carson.armymwr.com/programs/financial-readiness>



[carson.armymwr.com/acs](http://carson.armymwr.com/acs)



Fort Carson Army Community Service



(719) 526 - 4590



FortCarsonACS

1517 Ellis St., Building 1201  
Fort Carson, CO 80913



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# Bringing Up Your Baby



Are you an expecting parent?  
**Join us** for 'Bringing Up Your Baby' hosted by the New Parent Support Program!  
Learn about caring for your little one, local parenting resources, and current safety recommendations.

**When:** October 17, 2022  
11:30am - 12:30pm

**Where:** Evans Army Community Hospital  
BK George Hall

**Who:** Expecting Parents, 24 weeks gestation or greater  
*and receive a free baby stork bag!*

Register by emailing  
[crystal.a.nierman.civ@army.mil](mailto:crystal.a.nierman.civ@army.mil) or [annalisa.m.galenski-rimer.civ@army.mil](mailto:annalisa.m.galenski-rimer.civ@army.mil)



[carson.armymwr.com/acs](http://carson.armymwr.com/acs)  
(719) 526-0461

**Visit the New Parent Support webpage [HERE!](#)**

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### MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- » Provides short-term, non-medical counseling services to service members and their families at no cost
- » Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- » Augments existing military support services
- » Offers flexible service delivery
- » Can provide services on or off of military installations
- » Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

### ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- » Masters or Doctorate-level licensed counselors
- » Work with families, individuals, couples and children
- » Work with existing military and family support programs to complement services provided

### NON-MEDICAL COUNSELING SERVICES

#### Life skills

- » Anger management
- » Communication
- » Relationship issues
- » Conflict resolution
- » Parenting
- » Decision-making skills

#### Military lifestyle

- » Deployment stress
- » Coping skills
- » Homesickness
- » Relocation adjustment
- » Reintegration
- » Separation
- » Building resiliency
- » Sadness, grief and loss



Visit the MFLC webpage [HERE!](#)

If you wish to speak to an MFLC other than your identified MFLC, please call 719-526-4590 for assistance.

To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.

# Mountain Post Spouses' Club

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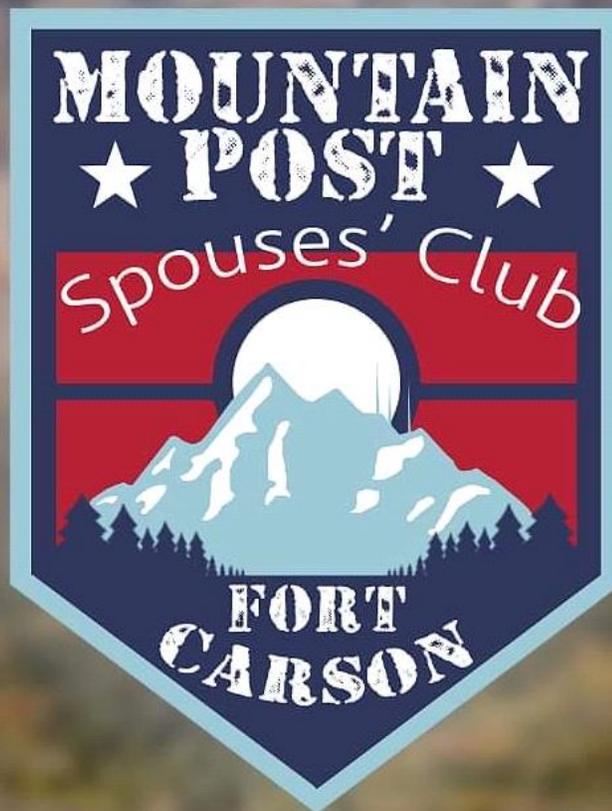


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

Membership is open to all spouses of the Armed Forces, both active and retired.

To learn more, visit: <http://www.mpsc.us/>  
or call (719) 526-5966



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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Social & Dining](#)

[Space Base Delta I \(Peterson SFB, Schriever SFB, Cheyenne Mt. SFS\)](#)

[Specialty Services \(Shooting, Hunting, Fishing, Wildlife and Forestry\)](#)

[Sports & Fitness \(Intramural Sports, Aquatics, Fitness Centers, Climbing Wall, and more!\)](#)

[Tickets \(Leisure Travel Services\)](#)

[U.S. Air Force Academy](#)

[United Service Organizations \(USO\)](#)



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# FOOD DISTRO

**MOBILE FOOD PANTRY**

**MOBILE FOOD PANTRY: Fridays, July 6th & August 12th**

**MOBILE MARKET: Fridays, August 26th & September 23rd**

**OPEN TO ALL AT 11 AM UNTIL SUPPLIES ARE DEPLETED**



**Visit [VeteransCenter.org](http://VeteransCenter.org)**

**719-772-7000**



Food Resources

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Food Resources



**Weekly Food Pantry Pick-ups  
Every Tuesday from 2pm - 6pm  
3219 S. Academy Blvd. Colorado Springs, CO 80916**

Any questions please give us a call at (719) 985-8935

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# We're Glad You're Here!

A Warm Meal Awaits You Inside!



The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year.

All welcome! Daily from 10:30am - 1:00pm.

While you are visiting, check out the many other programs and services they have available, including their Marketplace Pantry, SET Clinic, and Hanifen Employment Center.

To learn more go to [CCharitiesCC.org](http://CCharitiesCC.org)

Food Resources

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PANTRY@CCHARITIESCC.ORG

**NEED FOOD ASSISTANCE?**

# Register for the Marketplace



Catholic  
Charities  
*of Central Colorado*

CLIENTS CAN SCHEDULE AN APPOINTMENT AND SHOP JUST AS THEY WOULD AT A STANDARD GROCERY STORE.

The Marian House Marketplace pantry is currently open Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email [pantry@ccharitiescc.org](mailto:pantry@ccharitiescc.org) to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about our services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

Check out their Facebook page at:  
Catholic Charities of Central Colorado

Food Resources

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# NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

**Fort Carson & 4th Infantry Division**

**Chaplain Hotline  
(719) 387-1574**

**A Chaplain is available to you  
24 hours a day 7 days a week**

**Chaplains have complete confidentiality  
and are here to assist you**



**U.S. ARMY CHAPLAIN CORPS**  
CARING FOR THE SOUL OF THE ARMY



**Facebook.com/4IDCarsonRSO**

Religious News and Services

Keep up to date with local events and deals with the



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## Fort Carson Religious Services

### Saturday

Agape (Contemporary) Soldier Memorial Chapel 1800

### Sunday

Catholic Mass Soldier Memorial Chapel 0900 and 1100

Traditional Protestant Healer Chapel (Evans Hospital) 0900

Traditional Protestant Provider Chapel 1100

Gospel Service Prussman Chapel 1000

Samoan Veterans Chapel 1100

### Tuesday

Jewish Studies Veterans Chapel 1200

### Wednesday

Wednesday Family Night Soldier's Memorial Chapel 1700

### Monday - Friday

Daily Catholic Mass Soldier Memorial Chapel 1145

### Friday

Islamic Prayers Provider Chapel 1315

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**Prussman**  
*Women's* **FELLOWSHIP**  
THE TEMPLE CHURCH WOMEN'S FELLOWSHIP

**When: Second Saturday of each month**  
**Time: 11:00 AM**  
**Where: Prussman Chapel, Building 1850, Fellowship Hall**  
**Potluck Lunch**  
**Getting contacted with Sisters in Christ!**

For more information, email [prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)

**When: Third Saturday of each month**  
**Time: 9:00 AM**  
**Where: Prussman Chapel, Building 1850, Fellowship Hall**  
**Breakfast is served.**  
**Getting contacted with Brothers in Christ!**



Breakfast

**MEN'S**  
**MINISTRY**  
men helping men be men.

For more information, email  
[prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)

Keep up to date with local events and deals with the



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## Prussman Men's Choir Rehearsal

When: Fourth Saturday of  
each month

Time: 10:00 AM

Where: Prussman Chapel,  
Building 1850

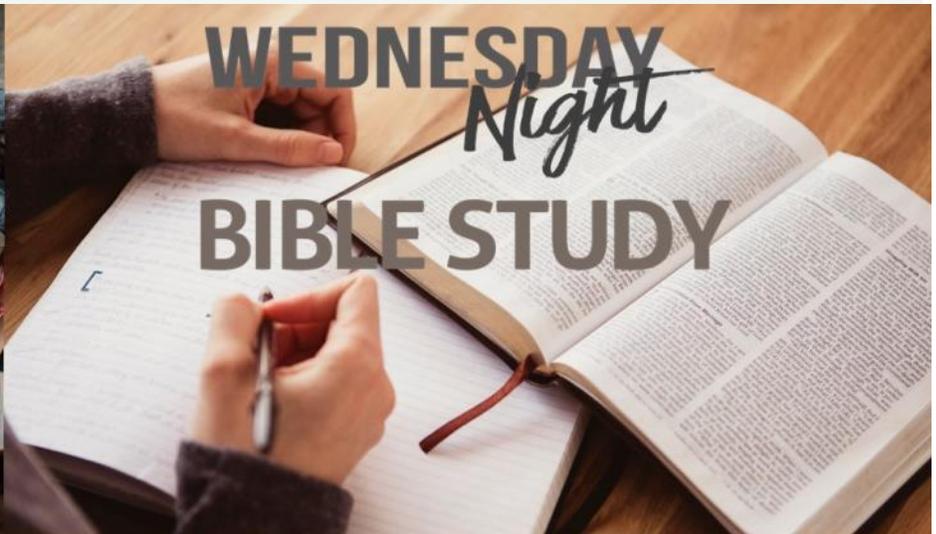
For more information, please  
email

[prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)



### MIEN Choir Rehearsal

Religious News and Services



Begins at 6:00 PM  
Prussman Chapel, building 1850,  
Fellowship Hall

Sunday school is now combined with Wednesday Night Bible Study

Keep up to date with local events and deals with the



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# *P* Intercessory *Prayer*



Every Thursday  
beginning at 11:30 AM.  
Prussman Chapel,  
building 1850

*Pray* WITHOUT  
CEASING

No Lunch will be  
provided.

For more information, please email [prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)

# THURSDAY

— *Night* —

## Prussman Choir Rehearsal

Join us!

Prussman Chapel, Building 1850

Rehearsal begins at 6:00 PM

Keep up to date with local events and deals with the



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Join us Every Sunday Morning at 1000

Welcome to  
Prussman Chapel

“Where everyone is someone  
and Christ is ALL”



*Sunday Service*

Find them on FACEBOOK by searching  
[www.facebook.com/GospelService](http://www.facebook.com/GospelService)

Let them know what you think of chapel  
programs

[By Clicking HERE!](#)

Religious News and Services

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U.S Army  
Fort Carson



Islamic Service

Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: Provider Chapel  
1364 Barkeley Ave, Fort Carson, CO 80902

Facebook: Fort Carson Muslims  
<https://www.facebook.com/profile.php?id=100075677972627>

For any question:  
Chaplain (CPT) Porter  
(304)840-4200

Distinctive Religious Group Leader (DRGL)  
SPC KHODEIR Mohamed (951)497-8727

Joshua.l.porter20@army.mil

Usa.ca@yahoo.com

Religious News and Services

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# Spiritually **READY**

WEDNESDAY FAMILY NIGHT

Nursery for infants

Free meal

Awana Club for kids

Eight adult classes

Find your community...

Every Wednesday



Wednesday Family Night is a Christian-based ministry provided by the chapels of Fort Carson and hosted at Soldiers' Memorial Chapel.

Make sure to check out their new Facebook page as well at Wednesday Family Night, Fort Carson!

Awana Clubs are a fun, engaging way for children to grow in their knowledge of the Bible and their relationship with God.

The Fort Carson Youth Group is led by military chaplains and is open to any students 7-12th grade!

**SIGN UPS ARE OPEN!**

Take a few minutes now if you haven't already by clicking **HERE!**



Keep up to date with local events and deals with the



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**JOIN US**

**2022 Focus: TRANSITION TO TRANSFORMATION**

**10 am**

**SUNDAY MORNING WORSHIP**

**THURSDAY NIGHT BIBLE STUDY**

**6 pm**

**10 am**

**SATURDAY MORNING PRAYER**

(716) 427-1128 Access Code: 997460#

PASTOR VERNELL & ELDER AUDIE MURPHY  
320 MAIN STREET, COLORADO SPRINGS, CO 80911  
(719) 465-3496

VISIT US @

ISSUESOFLIFECM.ORG

FACEBOOK/IOLCM

<https://www.youtube.com/channel/UCcKY1nRSP7uXbOTLWuAf5WQ>

Religious News and Services

Keep up to date with local events and deals with the



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# Scholarships

Click [HERE](#) for 35+ Scholarships for Military Spouses and Military Kids

## Military Family Member Scholarship Opportunities

[Marine Gunnery Sergeant John D. Fry Scholarship](#)

[Nationwide Surviving Spouse and Dependent Children Scholarship Program](#)

[Freedom Alliance](#)

[Fisher House Foundation Scholarship Program](#)



Better Opportunities For Single Soldiers

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**BOSS**

**Better Opportunities  
for Single Soldiers**



The Better Opportunities for Single Soldiers (BOSS) program represents the voice of the single Soldier. If you're a single Soldier, the BOSS triad advocates for you by advancing quality of life issues on the installation and in the barracks to senior leaders on post and throughout the Army.

"Let Your Voice Be Heard"



Meet at  
The Hub  
or call (719)  
524-2677  
to get  
involved.

Keep up to date with local events and deals with the



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Better Opportunities For Single Soldiers

**Board Preparation Class**

Every Thursday at The HUB  
From 4:00 – 5:30 pm  
Reservation and MOI are required

Mock Boards

Study Materials

Best Practices

For more information call 719-526-5347

Keep up to date with local events and deals with the



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**Soldier Message Date: 25 August 2022**

**SUBJECT:** Upgraded ArmyIgnitED Portal is Launching on 29 August!!

The upgraded ArmyIgnitED portal is launching on 29 August! When launched, Soldiers will be able to request tuition assistance for Fiscal Year 2023, courses starting after 1 October 2022 using the upgraded portal. The web address is changing from [www.armyignited.com](http://www.armyignited.com) to [www.armyignited.army.mil](http://www.armyignited.army.mil).

The Army is upgrading ArmyIgnitED to make it a reliable, smoothly functioning system, and a better experience for Soldiers. Our people deserve a reliable system that allows them to continue their education, and the Army is committed to getting this right.

Improvements to ArmyIgnitED will come in three phases, the first of which will help Soldiers to efficiently receive TA.

Phase One of the ArmyIgnitED system upgrade will be launched on Aug. 29, 2022. This initial upgrade will be focused on improving the TA process for Soldiers and includes the following capabilities:

- Soldiers can submit education goals and TA requests
- Educational Centers can create and update counseling notes
- Academic institutions can load courses, degree plans, grades, terms, submit invoices, verify tuition assistance requests, and submit refunds

Phase Two of the ArmyIgnitED system upgrade will be launched before the end of November 2022. Phase Two will provide additional capabilities, including:

- Soldiers can request credentialing assistance
- Soldiers can apply for Army Personnel Testing

Phase Three is expected in the third quarter of FY23 when the system will achieve its full operational capability.

**1. What should Soldiers do now in preparation for the upgraded ArmyIgnitED?**

**Evaluated Degree Plan:** Soldiers should contact their Academic Institutions and request an Evaluated Degree Plan. An evaluated degree plan shows the school's name, your name, degree pursuing, the total number of hours required to complete the degree, the total number of hours already completed with the school, the total number of transfer hours that were applied towards the degree program and the total number of hours that remain (need to be completed in order to graduate from the degree program).

**2. What do Soldiers need to do once ArmyIgnitED is released?**

**Create an Account:** Visit the ArmyIgnitED website, [www.armyignited.army.mil](http://www.armyignited.army.mil), and click on "Login." This will register your CAC to the upgraded ArmyIgnitED. You will only need the URL and your CAC. (Login.gov will not be used to access the site.)

Keep up to date with local events and deals with the



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**Fort Carson Education Center  
On - Post College Schedule  
FALL 2022**



Subject	Cse #	S.H	Title	Days	Start	End	Room #	Type
<b>COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930</b>						<b>22 AUG - 18 DEC</b>		
AIM	130/L	4	Automotive Suspension & Brake Systems	T&R	1730	2000	205	C
<b>COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930</b>						<b>22 AUG - 16 OCT</b>		
CRIM	415	3	Forensic Criminology	R	1730	2000	209	HY
MATH	156	3	Introduction to Statistics	M&W	1730	2000	205	C
<b>COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930</b>						<b>17 OCT - 18 DEC</b>		
CRIM	425	3	Gangs in Contemporary America	R	1730	2000	209	HY
<b>EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858</b>						<b>08 AUG - 09 OCT</b>		
ACCT	210	3	Financial Accounting	Mon	1800	2120	204	EVC
LGMT	420	3	Management of Production and Operations	Wed	1600	1920	204	EVC
RSCH	202	3	Introduction to Research Methods	Thu	1800	2120	204	EVC
<b>EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858</b>						<b>17 OCT - 18 DEC</b>		
ASCI	202	3	Introduction to Aeronautical Science	Wed	1800	2120	204	EVC
ASCI	404	3	Applications in Aviation & Aerospace Law	Thu	1800	2120	201	EVC
ECON	210	3	Microeconomics	Mon	1800	2120	204	EVC
MATH	106	3	Basic Algebra & Trigonometry	Wed	1800	2120	204	EVC
MKTG	311	3	Marketing	Wed	1800	2120	201	EVC
SFTY	320	3	Human Factors in Aviation Safety	Thu	1800	2120	201	EVC
<b>PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200</b>						<b>29 AUG - 23 OCT</b>		
AAA	1009	3	Advanced Academic Achievement	W	1730	2010	305	HY
ENG	0094	3	Studio 121	T&R	1700	1810	208	HY
ENG	1021	3	English Composition I: CO1	T&R	1815	1930	208	HY
<b>PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200</b>						<b>29 AUG - 09 OCT</b>		
ENG	1022	3	English Composition II: CO2	T&R	1730	1915	300	HY
PSY	1001	3	General Psychology I: SS3	T&R	1730	1915	308	HY
<b>PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200</b>						<b>10 SEP - 12 NOV</b>		
ENG	1022	3	English Composition II: CO2	S	0800	1015	208	HY
MAT	1340	4	College Algebra: MA1	S	0900	1145	209	HY
PSY	2440	3	Human Growth & Development: SS3	S	1030	1235	208	HY
<b>PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200</b>						<b>10 OCT - 20 NOV</b>		
COM	1150	3	Public Speaking	T&R	1730	1915	208	HY
PSY	1002	3	General Psychology II: SS3	T&R	1730	1915	308	HY
<b>PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200</b>						<b>24 OCT - 18 DEC</b>		
AAA	1009	3	Advanced Academic Achievement	W	1730	2010	305	HY
MAT	O300	4	Algebraic Literacy	T&R	1730	1915	300	HY

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule.

Type: C= Classroom, HY=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom, RE=Remote (synchronous online on scheduled days and times), HF= Hyflex course (hybrid with flexibility)

TBD=To Be Determined

*Schedule is subject to change. Please see a College Representative for more information.*

08/01/22

Fort Carson Army Education Center

Keep up to date with local events and deals with the



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**Fort Carson Education Center  
On - Post College Schedule  
FALL 2022**



Subject	Cse #	S.H	Title	Days	Start	End	Room #	Type
<b>UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952</b>						<b>17 AUG - 11 OCT</b>		
STAT	200	3	Introduction to Statistics	T	1800	2100	200	HY
<b>UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952</b>						<b>19 OCT - 13 DEC</b>		
IFSM	300	3	Information Systems in Organizations	T	1800	2100	200	HY
HRMN	302	3	Organizational Communication	W	1800	2100	200	HY
CMIT	351	3	Switching, Routing, and Wireless Essentials	R	1800	2100	200	HY
<b>UNIVERSITY OF COLORADO - COLORADO SPRINGS (UCS) 719-526-8066</b>						<b>22 AUG - DEC 17</b>		
CHEM	1401	4	General Chemistry I	T	1700	2000	304	HY
CHEM	1402	1	General Chemistry Laboratory I	T	1700	2000	304	HY
CHEM	1411	4	General Chemistry II	W	1800	2100	304	HY
CHEM	1412	1	General Chemistry Laboratory II	W	1800	2100	304	HY
CJ	1001	3	Introduction to Criminal Justice	TBD	TBD	TBD	TBD	TBD
COMM	1020	3	Interpersonal Communication	S	0900	1100	304	C
GPS	3010	3	Gateway Program Seminar Transition Seminar	TBD	TBD	TBD	TBD	TBD
PHIL	1020	3	Introduction to Ethics	TBD	TBD	TBD	TBD	TBD
SOC	1110	3	Introduction to Sociology	T	1800	2000	TBD	C
TCID	2080	3	Business and Administrative Writing	TBD	TBD	TBD	TBD	TBD

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule.

Type: C= Classroom, HY=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom, RE=Remote (synchronous online on scheduled days and times), HF= Hyflex course (hybrid with flexibility)

TBD=To Be Determined

*Schedule is subject to change. Please see a College Representative for more information.*

08/01/22

*Keep up to date with local events and deals with the*



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**On Fort Carson, you can reach out to the Substance Use Disorder Clinical Care (SUDCC) team for help.  
719 – 526 – 7663 / 4585**

**Contact ASAP at 719 – 526 – 2727 for Education and Prevention support**



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

Employee Assistance Program

Prevention

Risk Reduction

Suicide Prevention

Drug Testing / Collecting

**Military Personnel, DOD Civilians and Retirees:**

Contact ASAP at (719) 526-2727 or by email at [usarmy.carson.imcom-central.mbx.dhr-asap@mail.mil](mailto:usarmy.carson.imcom-central.mbx.dhr-asap@mail.mil)

# Fort Carson Army Substance Abuse Program

## SUICIDE PREVENTION

If you notice the signs, it is better to ask if the person is considering suicide.

*If you are experiencing any of these signs, tell someone!!*

*Do not be afraid or reluctant to get help.*



Feeling hopeless, desperate, trapped

Changes in sleep

Withdrawal

Depression

Giving away of possessions

Sudden mood changes

Anxiety or agitation

Talk about being a burden on others

Uncontrolled Anger

Talking about wanting to die or suicide

No sense of purpose

Putting affairs in order

Increased alcohol or drug use

Reckless Behavior

Remember ACE, it is important to not leave a suicidal person alone, it is always OK to:

**ASK:** Inquire if the person is suicidal.

**CARE:** Show the individual that you care; compassion will do much more than anger or fear.

**ESCORT:** Insure that you take the individual to a helping agency, with a warm handoff, share what you know about your concern with the helping agency.



Keep up to date with local events and deals with the



# PASS IT ON COMMUNITY NEWSLETTER

National Suicide Prevention Hotline..... **800.273.8255 (TALK)**

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Anyone experiencing a mental health crisis can call or text 988 to reach the National Suicide Prevention Lifeline and speak to a mental health professional trained to respond to these emergencies. The lifeline provides 24/7 free and confidential support to those in mental health distress. 988 connects the caller to a certified crisis center in the local area. The lifeline consists of a network of 200 local crisis centers across the country.

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## Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

### Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.
- The EAP is the point-of-contact for Hospital's Impaired Health-Care Personnel Program and assists with screening, referral to treatment, and return to duty. The EAP provides continuing education and training to health care providers. The program offers CME, CNE, for continuing education.

### Resources

[Drug-Free Workplace Brochure](#)  
[Employee Assistance Program Brochure](#)

[Suicide Prevention and Intervention Protocols Brochure](#)

[Working Remotely](#)

### For more information

Call (719) 526-2727 (*Please leave a voicemail for a return call if necessary*)  
or email [usarmy.carson.imcomcentral.mbx.dhr-asap@mail.mil](mailto:usarmy.carson.imcomcentral.mbx.dhr-asap@mail.mil)

# Safe Exchange Location

Keep up to date with local events and deals with the



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## Safe Exchange Location



Child Custody Exchange  
Online Purchase Exchange

The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police  
7227 Christie Street (BLDG 2700)  
Fort Carson, Co 80913  
Desk Sergeant: (719) 526-6199



Keep up to date with local events and deals with the



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# What's happening In your backyard **Sept 2022**

Fort Carson Mountaineer

- 1** Toddler time: 9:30-11 a.m.  
EFMP 101 Sessions:  
11 a.m.- noon  
Thrift Savings Plan Class:  
1-2 p.m.  
LinkedIn Fundamentals:  
1:30-2:30 p.m.  
Latino Meet-up: 2-4 p.m.  
\*Study board: 4-5:30 p.m.  
\*\*\*Indoor climbing: 6-8 p.m.  
(\$35)
- 2** Financial milestone-marriage: 9:30-10:30 a.m.  
Play group: 10 a.m.-noon  
Financial milestone-birth of first child: 1:30-2:30 p.m.  
Cosmic bowling:  
9:30-11:45 p.m.  
\*Denver Aquarium and Museum of Nature and Science (open to 14 single Soldiers)
- 3** Cosmic bowling:  
6-9:30 p.m.  
\*\*Mountain Biking:  
8 a.m.-1 p.m. (\$25)  
\*\*\*Stand up paddleboard with your pup: 8 a.m.-3 p.m. (\$50)
- 5** **Labor Day**
- 6** Boot camp for new dads: 9 a.m.-noon  
Infant massage & baby nurturing:  
9:30-11 a.m.  
Understanding your credit score:  
9:30-11 a.m.  
Center on fathering:  
1-3 p.m.
- 7** Care team training:  
9 a.m.-noon  
Nurturing infants to 5 years:  
9:30-11:45 a.m.  
Nurturing 3 to 12 years:  
5:30-7:45 p.m.  
\*\*Chocolate milkshake day:  
2:30-4 p.m.
- 8** Care team training:  
9 a.m.-noon  
Financial milestone: 1-2 p.m.  
\*Study board: 4-5:30 p.m.  
\*\*\*Indoor climbing and climbing wall orientation:  
6-8 p.m. (\$25)
- 9** Play group:  
10 a.m.-noon  
Cosmic bowling:  
9:30-11:45 p.m.
- 10** Annie get your gun  
Cosmic bowling: 6-9:30 p.m.  
\*\*Adult Craft wreaths:  
1-3 p.m.  
\*Ziplining with Adventures Out West (open to 15 single Soldiers)  
\*\*\*Outdoor climbing:  
8 a.m.-1 p.m. (\$55)  
\*\*\*Day at the lake:  
7 a.m.-5 p.m. (\$65)
- 11** Toddler time: 9:30-11 a.m.  
Financial milestones:  
1-2 p.m.  
SFRG resource overview:  
1-2 p.m.  
\*Study board: 4-5:30 p.m.  
\*\*\*Crack climbing clinic:  
6-8 p.m. (\$35)
- 12** Play group: 10 a.m.-noon  
Cosmic bowling:  
9:30- 11:45 p.m.
- 13** Cooperative parenting and divorce class: 9 a.m.-1 p.m.  
Infant massage and baby nurturing: 9:30-11 a.m.  
Baby orientation:  
10-11:30 a.m.  
SFRG informal fund custodian training:  
10-11:30 a.m.  
Center on fathering:  
1-3 p.m.  
SFRG key contact training:  
1-2:30 p.m.  
Heartbeat: 6:15-8 p.m.  
\*Conflict resolution class (Open to 100 single Soldiers)
- 14** Nurturing infants to 5 years:  
9:30-11:45 a.m.  
Financial strength budgeting  
10:1-10-11 a.m.  
Write a winning resume:  
1:30-2:30 p.m.  
Nurturing 3 to 12 years:  
5:30-7:45 p.m.
- 15** EFMP 101 sessions:  
11 a.m.-noon  
Toddler time: 9:30-11 a.m.  
Interview skills & techniques:  
1:30-2:30 p.m.  
Latino meet-up: 2-4 p.m.
- \*Study board: 4-5:30 p.m.  
\*\*\*Lead climbing clinic:  
6-8 p.m. (\$35)
- 16** Financial milestone:  
9:30-10:30 a.m.  
Annual troop training for domestic violence prevention: 10-11 a.m.  
Play group: 10 a.m.-noon  
Mountain Post welcome for spouses and Families:  
10:30-11:30 a.m.  
Financial milestone:  
1:30-2:30 p.m.  
Cosmic bowling:  
9:30-11:45 p.m.  
\*\*Rootbeer floats:  
2:30-4 p.m.
- 17** Cosmic bowling: 6-9:30 p.m.  
\*Concealed carry permit class (open to 20 single Soldiers)  
\*\*\*Overnight via Ferrata in Ouray: 17-18 (\$200)
- 20** Boot camp for new moms:  
9 a.m.-noon  
Infant massage and baby nurturing: 9:30-11 a.m.  
SFRG management course:  
9:30 a.m.-2:30 p.m.  
Center on fathering: 1-3 p.m.  
\*\*Popcorn: 2:30-4 p.m.
- 21** Nurturing infants to 5 years:  
9:30-11:45 a.m.  
Military spouse preference and federal employment:  
1:30-2:30 p.m.
- Nurturing 3 to 12 years:  
5:30-7:45 p.m.
- 22** Toddler time: 9:30-11 a.m.  
\*\*Happy fall y'all snack bags:  
2:30-4 p.m.  
\*Study board: 4-5:30 p.m.  
\*\*\*Crack climbing clinic:  
6-8 p.m. (\$35)
- 23** Play group: 10 a.m.-noon  
Cosmic bowling:  
9:30-11:45 p.m.  
\*\*\*Yappy hour with your dog:  
4-6 p.m. (free)
- 24** Cosmic bowling: 6-9:30 p.m.  
\*Community service event with Horticulture Art Society Gardens (open to 10 single Soldiers)  
\*\*\*Fall stand up paddle board with your dog: 7 a.m.-5 p.m. (\$75)  
\*\*\*Mountain biking:  
8 a.m.-1 p.m. (\$25)
- 26** \*\*Mini muffin Monday
- 27** Army Community Service instructor training:  
9 a.m.-4 p.m.  
Infant massage and baby nurturing: 9:30-11 a.m.  
Center on fathering: 1-3 p.m.  
Federal resume and USAJOBS: 1:30-4:30 p.m.
- 28** Army Community Service instructor training:  
9 a.m.-4 p.m.  
Nurturing infants to 5 years:  
9:30-11:45 a.m.  
SFAC transition and medical retirement brief: 10-11 a.m.  
Disabling sickness or condition financial milestone: 11 a.m.-noon  
Homebuyers workshop:  
1-4 p.m.  
Volunteer, VMIS and OPOC training: 1:30-3 p.m.  
Nurturing 3 to 12 years:  
5:30-7:45 p.m.  
\*\*Bingo: 5-7 p.m.  
\*Auto skills class (open to 12 single Soldiers)
- 29** Army Community Service instructor training:  
9 a.m.-4 p.m.  
Contextualizing domestic violence: 9-11 a.m.  
Toddler time: 9:30-11 a.m.  
Coffee conversation with valiant staffing:  
11 a.m.-12:30 p.m.  
Coffee conversations with Colorado Springs police department: 1-2:30 p.m.  
Healthy relationships:  
1-3 p.m.  
\*\*\*Climbing wall orientation:  
6-8 p.m. (\$25)
- 30** Play group: 10 a.m.-noon  
Cosmic bowling:  
9:30-11:45 p.m.

**For more information on events:**

MWR/ACS events/classes visit:  
<https://carson.armymwr.com>

For \*BOSS events visit:  
<https://carson.armymwr.com/BOSS>

For \*\*Fort Carson Family Homes events visit: <https://www.facebook.com/FortCarsonFamilyHousing>

For \*\*\*Mountain Post Outdoor Recreation events information call 719-526-5176



Published in the interest of the Fort Carson Community. Visit the Fort Carson website at <http://www.carson.army.mil>.

Keep up to date with local events and deals with the



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# 2022 DOG SPLASH

**September 10**  
10 a.m. - 2 p.m.

**\$3**

Per dog

All registrations will be done in person day of the event.  
Each entry will be granted a ticket with a chance to win prizes throughout the event.

All dogs must have proof of current rabies vaccine at time of entry. Dogs must be on a leash when not in the facility

Entry into the water is highly discouraged.

Open to all DoD cardholders



Fort Carson MWR



More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



Find us On Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Ellis Outdoor Pool  
5954 Ellis St., Building 1231  
Fort Carson, CO 80913

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Fort Carson MWR

# STRONG SOLDIER COMPETITION



**SATURDAY  
OCTOBER 15  
9 a.m. • \$20**

- ATLAS STONE
- AXLE BAR DEADLIFT
- CARRY MEDLEY
- LOG PRESS

Events subject to change

## GARCIA FC

6360 Porter St., Bld. 1856  
Fort. Carson 80913  
(719) 526-3944



VISIT [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM) FOR MORE INFORMATION



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us in Social Media  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



Keep up to date with local events and deals with the



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Fort Carson MWR

Fort Carson's Fall Festival

# Art in the Park

Iron Horse Park



**Oct. 1**

10 a.m.-2 p.m.



**Zombie Dash 5K**

Price: **FREE**

Begins: **10:30 a.m.**

Registration Opens: **Sep. 1**



- \* Music \*
- \* Entertainment \*
- \* Vendors \*
- \* Family Activities \*



**Food & Beverages**  
for Purchase

Submit  
Vendor Applications  
**Aug. 15 - Sep. 16**

Art Vendors      Craft Vendors



[Carson.ArmyMWR.com](http://Carson.ArmyMWR.com)



More Events and info at  
[carson.armyMWR.com](http://carson.armyMWR.com)



CarsonMWREvents  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



Iron Horse Park  
6151 Elwell St.  
Fort Carson, CO 80913

Keep up to date with local events and deals with the



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# Grant Library SEPTEMBER EVENTS

## Lapsit Story Time

Tuesdays | 1030 - 1130

Stories, music, play; maybe make a friend today! Babies 0-18 months and their caregivers can enjoy stories, rhymes, and movement.

## Lego Club

Wednesdays | 1500 - 1630

Strengthen creativity and engineering skills while having fun! Build whatever you can imagine, the library will provide the Lego blocks.

All ages are welcome.



## Adult Book Club

Saturday, September 10 | 1500 - 1600

Grant Library Book Club is meeting up to snack, pick out our first book, and chat! Come and meet some new friends! This event is for adults.

## Crafts & Cappuccinos

Friday, September 16 | 1030

"Bring whatever craft you're working on, meet other crafter, and enjoy some light refreshments! This event is for adults. Registration is required, please call 719-526-2350 or stop by the circulation desk."



## Home school Hangout

Tuesday, September 20 | 1400 - 1600

Homeschooling families - come out and connect with other home school families, play games, and enjoy Activities! This month make A Lava Lamp!

## Preschool Story Time

Thursdays | 1030 - 1130

Story time for children and their parents, featuring stories and crafts.

## Anime Club

Saturday, September 10  
| 1030 - 1230

Hang out, watch anime, talk about your favorites, and have snacks! Cosplay is always welcome.  
Open to all ages.



## Maker Space Meetup

Saturday, September 24 | 1030

Calling all tinkers, makers, designers, and engineers! Take part in a STEM zipline challenge, or build with LEGO and explore our STEM educational kits like Snap Circuits, Kibo Robotics, K'Nex, LEGO, Keva Structures, and more.

For more information call: 719-526-2350

Fort Carson MWR

Keep up to date with local events and deals with the



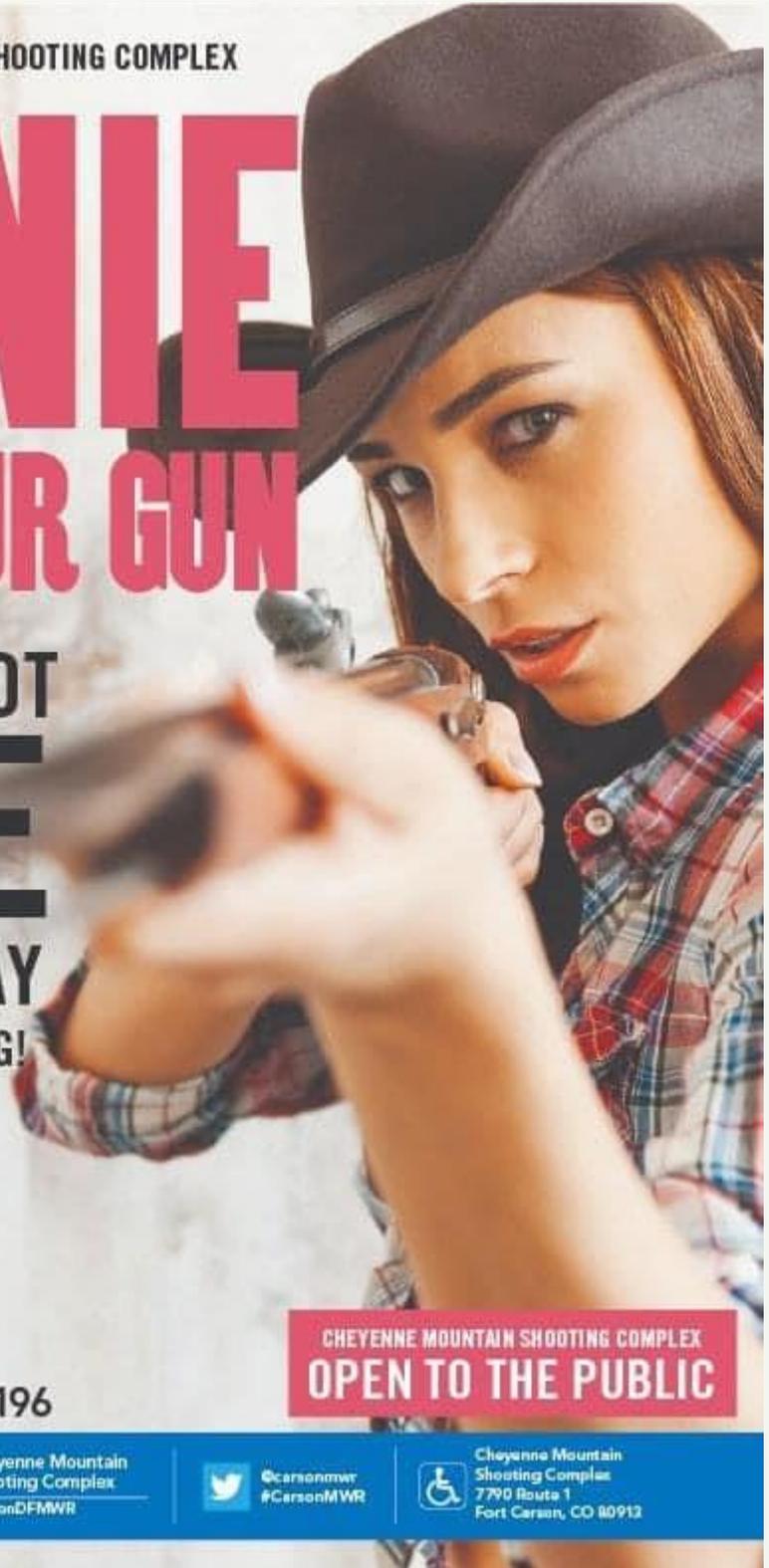
**PASS IT ON** COMMUNITY NEWSLETTER

CHEYENNE MOUNTAIN SHOOTING COMPLEX

# ANNIE GET YOUR GUN

## LADIES SHOOT FREE

2ND SATURDAY  
ALL YEAR, ALL DAY LONG!



Questions? Call 896-6196

CHEYENNE MOUNTAIN SHOOTING COMPLEX  
**OPEN TO THE PUBLIC**



More Events and Info at  
[carson.armyMWR.com](http://carson.armyMWR.com)



Cheyenne Mountain  
Shooting Complex  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



Cheyenne Mountain  
Shooting Complex  
7790 Route 1  
Fort Carson, CO 80913

Fort Carson MWR

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CHEYENNE MOUNTAIN SHOOTING COMPLEX

# YOUTH MARKSMANSHIP CAMP

**OPEN TO THE PUBLIC**

SPORTSMANSHIP · FRIENDSHIP · SAFETY

**FIRST SATURDAY, APRIL–SEPTEMBER**

TARGET AND SNACK INCLUDED

CHILDREN 6–12

\$10/PARTICIPANT

SPONSORED BY



Questions? Call 896-6196



More Events and Info at [carson.armyMWR.com](http://carson.armyMWR.com)



Cheyenne Mountain Shooting Complex  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



Cheyenne Mountain Shooting Complex  
7790 Route 1  
Fort Carson, CO 80913

Fort Carson MWR

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*"A DIFFERENT WAY TO SERVE"  
AT FORT CARSON*

Fort Carson MWR

**NOW OFFERING  
FOR CYS DIRECT CARE EMPLOYEES**

**50%**

**DISCOUNT ON YOUR CHILDCARE  
FOR UP TWO CHILDREN**

+ Priority One Care (GUARANTEED CHILDCARE, NO WAIT LIST)  
Offer available to new & existing CYS Direct Care Employees.  
Save over \$6,000 per year!

An average family on Fort Carson pays \$547 per child, per month, for full-day care; with two kids, that's \$1,094 per month. The CYS Discount program for Direct Care employees reduces this cost by 50% - which equates to an annual savings of \$6,564 per year!

\*Savings will vary by category income classification. The CAT 6 example above is an average based on a combined household income of \$75,000 per year.

**CURRENTLY HIRING**

**At \$16.70/hr to start**

With new discount saving, earn an average of \$20.12 /hr\* with 2 kids in childcare!

**\$17.70/hr after 6 months**

**\$18.91/hr after 1 year**

\*Averages based on a 40 hr work week

**To get start  
Scan Here**



Keep up to date with local events and deals with the

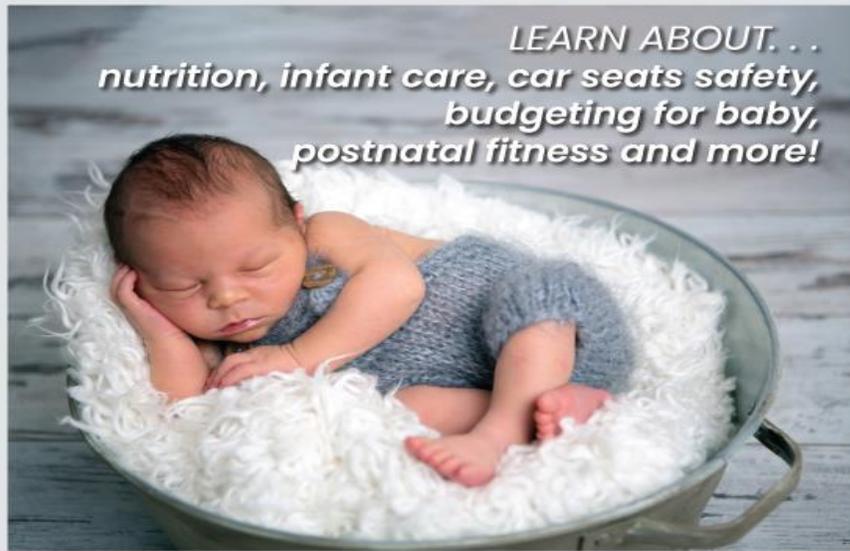


**PASS IT ON** COMMUNITY NEWSLETTER



Your USAFA Airman & Family Readiness Center invites  
New and Expectant Parents to attend this FREE Workshop

# BUNDLES <sup>4</sup> BABIES



LEARN ABOUT...  
*nutrition, infant care, car seats safety,  
budgeting for baby,  
postnatal fitness and more!*

~~March 8~~ | ~~June 14~~ | Sep 13 | Nov 29  
8 am – 12:30 pm  
Airman & Family Readiness Center

Open to all expectant and new parents of all ranks, NOT limited to first pregnancy. Fathers are encouraged to attend.

Eligible participants will receive a \$50 Exchange gift card courtesy of the Air Force Aid Society upon completion of workshop.

To register, scan this QR code or call A&FRC 719-333-3444



[USAFASUPPORT.COM](http://USAFASUPPORT.COM)



Keep up to date with local events and deals with the



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## Operation Shower is hosting an in-person baby shower on *\* October 11, 2022 \**

**WHAT:** Operation Shower will be hosting a baby shower honoring military moms-to-be.

**WHO:** Colorado moms-to-be with due dates on or after **July 11, 2022** and who meet one of the following criteria are encouraged to apply:

- *1<sup>st</sup> priority:* Have a spouse or partner who is deployed or deploying (or other official duty separation) at some point during their pregnancies
- *2<sup>nd</sup> priority:* Were injured during deployment or have a spouse or partner who was injured during deployment (to include PTSD/invisible wounds)
- *3<sup>rd</sup> priority:* Are currently state side duty (E-6 or below)

**When & Where:** Weidner Field – Colorado Springs, Colorado  
Tuesday, October 11<sup>th</sup>  
<time TBD>

**ABOUT US:** Operation Shower is a 501(c)(3) non-profit organization dedicated to celebrating and honoring military families by hosting joyful baby showers to ease the stress of deployment. You can find out more about Operation Shower at [www.operationshower.org](http://www.operationshower.org).

**HOW TO APPLY:** Contact Ginger Shockley, Director of Program Outreach at [ginger@operationshower.org](mailto:ginger@operationshower.org) by September 2, 2022

**SPACE IS LIMITED**

This event is by invitation only and nominations are not considered official until a mom receives an invitation from Operation Shower.



Keep up to date with local events and deals with the



**PASS IT ON** COMMUNITY NEWSLETTER

REGISTER NOW TO CONNECT WITH MILITARY-READY EMPLOYERS

## HIRING OUR HEROES

U.S. CHAMBER OF COMMERCE FOUNDATION

Sept. 21 | Networking Reception | 5PM - 7 PM MT  
Sept. 22 | Career Summit | 8 AM - 4 PM MT

SPECIAL GUEST



**CSM JOHN WAYNE TROXELL**  
*3<sup>rd</sup> Senior Enlisted Advisor to the Chairman (Ret.) | U.S. Army*

### Ft. Carson CAREER SUMMIT

Powered by **TOYOTA**

#### What to Expect

- ✓ Free hiring fair & networking opportunities
- ✓ Meet with military-ready companies actively hiring for open positions across various industries locally & nationwide
- ✓ Get insider tips from hiring managers and recruiters
- ✓ Discover interview best practices and learn salary negotiation tips

#### You'll Learn About

- ✓ Careers in industries like Law Enforcement, Transportation, Operations, & Cyber/IT
- ✓ SkillBridge Programs
- ✓ Fellowships & Internships
- ✓ Upskilling & Reskilling Programs
- ✓ Military Spouse Professional Development & Hiring Programs
- ✓ LinkedIn Premium Tools

#### BY THE NUMBERS

**400+**  
candidates expected

**85+**  
employers expected

**40%**  
expected offer rate

**60,000+**  
open positions expected



Scan to register

#### MORE ABOUT HIRING OUR HEROES

For more than a decade, Hiring Our Heroes has helped hundreds of thousands of transitioning service members, veterans, and military spouses find meaningful employment through our comprehensive training and hiring events, fellowship programs, and online tools.

[HiringOurHeroes.org/carson](https://HiringOurHeroes.org/carson)

@HiringOurHeroes

Keep up to date with local events and deals with the



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 Waterford | **UPSTART**

### Amazing At-Home Learning Opportunity!

Waterford Upstart is an online PreK learning program that teaches preschool-aged children basic skills they need in reading, math, and science.

Be confident that your child is **ready for kindergarten** with Waterford Upstart!



**97%**

of parents would recommend **Waterford Upstart!**

#### What Do You Get?



**Award-winning** software your child uses at home less than **30 minutes each day**



**Independent** online activities and **resources** for off-line practice



**Family-focused guidance** and tools to help you support your child's learning

#### Why Should You Sign Up?



**Waterford Upstart works!**

On average, graduates enter kindergarten reading at almost a first-grade level



**Your child will learn!**

The program builds academic skills and routines so your child is ready to be confident and successful at school



**It costs you nothing!**

Thanks to generous support from our partners, we provide everything you need to complete the program  
\*Computer and Internet provided to qualifying families



**Get started today!**

Visit [waterford.org/upstart](http://waterford.org/upstart)  
Or scan this QR code

888-982-9898

Keep up to date with local events and deals with the



**PASS IT ON** COMMUNITY NEWSLETTER

 Waterford | **UPSTART**

**¡Una increíble oportunidad de aprendizaje hecho en casa!**

Waterford Upstart es un programa en línea de aprendizaje de Pre K que les enseña a los niños en edad preescolar las habilidades básicas que necesitan en lectura, matemáticas y ciencias.

¡Esté confiado en que su hijo estará preparado para el **Kínder** con Waterford Upstart!



**¡El 97%** de los padres recomendarían **Waterford Upstart!**

**¿Qué obtiene usted?**



Un **software galardonado** que su hijo usa en casa menos de **30 minutos al día**



Actividades **independientes** en línea y **recursos** para prácticas fuera de línea



**Guía y herramientas** para ayudar a apoyar el aprendizaje de su hijo

**¿Por qué debe inscribirse?**



**¡Waterford Upstart funciona!**

En promedio, los graduados entran al **Kínder** leyendo a casi al nivel de primer año



**¡Su hijo aprenderá!**

El programa desarrolla las habilidades y rutinas académicas para que su hijo esté listo para sentir confianza en sí mismo y ser exitoso en la escuela



**¡A usted no le cuesta nada!**

Gracias al apoyo generoso de nuestros socios, nosotros le proveemos todo lo que necesita para completar el programa

\*Computadora e Internet se les proporciona a las familias elegibles



**Empiece hoy mismo:**

Visite [waterford.org/upstart](http://waterford.org/upstart)

Escanee el código QR

888-982-9898

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Fort Carson and the Surrounding Community



# HOMEFRONT PROGRAM

FOR LOVED ONES OF MILITARY SERVICE MEMBERS AND VETERANS WITH MENTAL HEALTH OR SUBSTANCE USE CONCERNS

Tuesdays starting September 27th, 6-8:30 p.m.  
Southeast Colorado Springs\*

\*Exact location provided upon registration

**NAMI Homefront** is a free, 6-session educational program taught by trained family members of service members/veterans with mental health conditions.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community



Learn to care for yourself and support your family member with compassion



Understand current research, treatments and evidence-based therapies



Navigate challenges that impact and affect the entire family



Manage a crisis, solve problems and communicate effectively

## REGISTRATION REQUIRED

To register or find out more information:

[namicoloradosprings.org](http://namicoloradosprings.org) • 719-473-8477 • [AnaOtten@namicos.org](mailto:AnaOtten@namicos.org)



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email Ana Otten at [AnaOtten@namicos.org](mailto:AnaOtten@namicos.org).

Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community



**OPEN CALL FOR ARTISTS**

*2<sup>nd</sup> Annual*  
**VETERAN ART EXHIBITION**

**ACCEPTING ARTWORK**

*PAINTING, SCULPTURE, POTTERY, PHOTOGRAPHY,  
DRAWING, MIXED-MEDIA ETC.*

FROM VETERANS, SERVICE MEMBERS  
AND THEIR FAMILIES

**REGISTER BY OCTOBER 21, 2022**

[Veteranartist.givesmart.com](http://Veteranartist.givesmart.com)

**SUBMISSION DROP OFF**

NOVEMBER 8 & 9, 2022

**OPENING RECEPTION**

NOVEMBER 11, 2022 | 5PM-8PM

WAREHOUSE RESTAURANT & GALLERY  
25 W. CIMARRON STREET, COLORADO SPRINGS, CO 80903

**ART DISPLAY ENDS**

NOVEMBER 30, 2022

**ARTS IN SOCIETY AWARD & \$100 PEOPLE'S CHOICE AWARD**

Artist can choose to donate their art, split auction proceeds or exhibit only.  
This is a fundraiser benefiting military, veterans and their families.



*Presented by*  
MT. CARMEL VETERANS SERVICE CENTER  
ARTS IN SOCIETY  
ERC, INC

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# To the Battlefield and Back Again

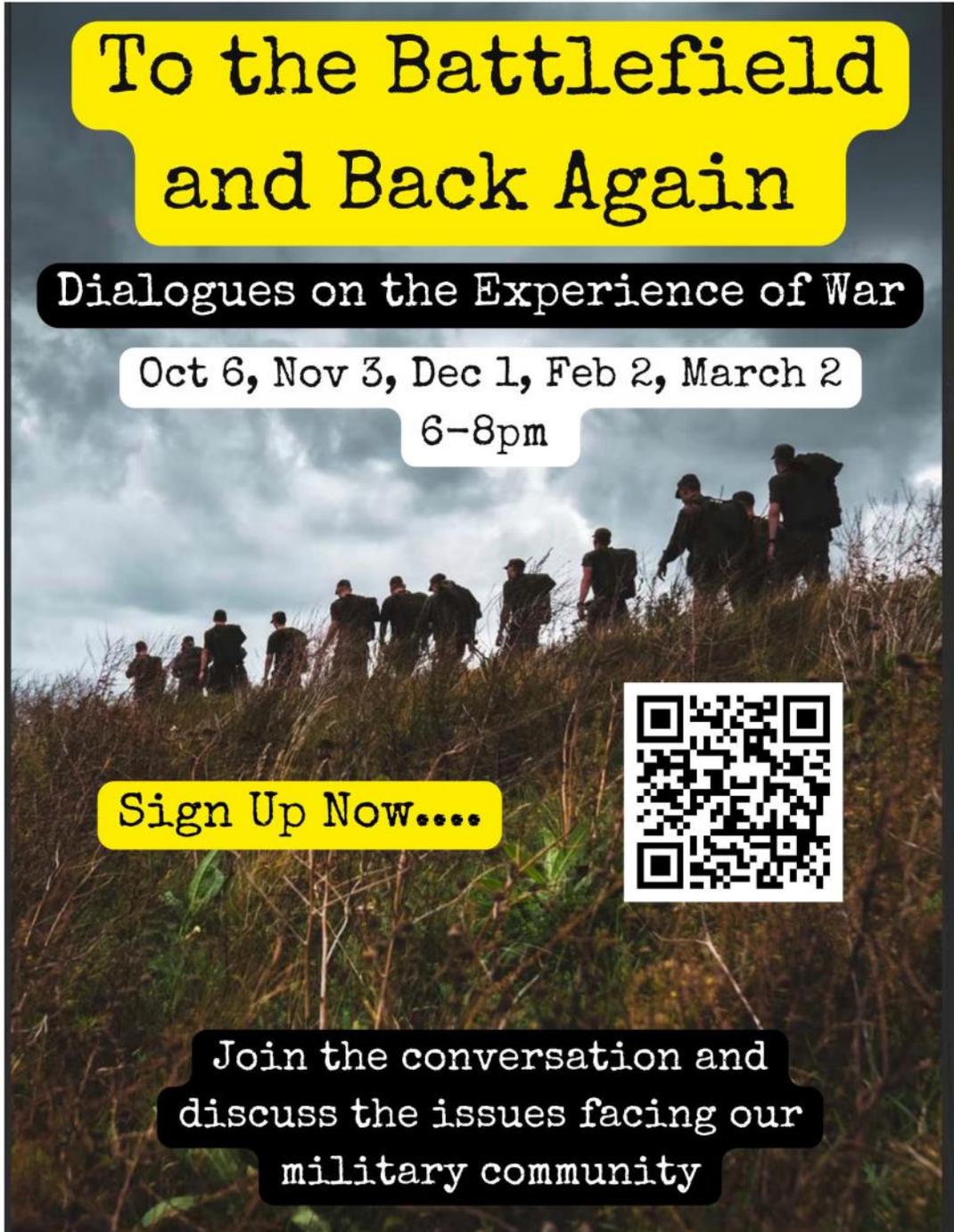
Dialogues on the Experience of War

Oct 6, Nov 3, Dec 1, Feb 2, March 2  
6-8pm

Sign Up Now....



Join the conversation and  
discuss the issues facing our  
military community



Keep up to date with local events and deals with the



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## Colorado School Mental Health Community of Practice

2022-2023 School Year

Facilitated by:  
Sarah Younggren, LCSW

Sponsored by  centura

3rd Wednesday of Each Month  
September-May | 10:00am - 11:30am

We know that student mental health is one of the greatest priorities for communities across Colorado. Students are experiencing more stress, depression, and thoughts of self-harm at increasing rates. Schools can be an optimal place where students can be supported through preventative strategies and more intensive services and referrals. The Community of Practice aims to enhance best practices and shared learning to meet student and staff mental health needs across our state.

This virtual School Mental Health Community of Practice brings together professionals from all regions of Colorado to support our work in advancing school mental health. Sessions start with a brief presentation by a school district and/or community partner that has had success implementing a school mental health strategy. The remainder of the time is dedicated to shared learning and networking through large group and breakout room discussions. The audience includes school mental health professionals, school leaders, community partners, and school mental health champions.

Session topics could include:

- Universal social emotional screening
- Staff wellness strategies
- Positive school climate and culture that embraces mental health as a priority
- Universal mental health literacy for students, staff, and families as a Tier 1 approach
- Staff coaching to support daily implementation of mental health and social emotional strategies
- Suicide intervention and postvention protocols and procedures
- Multidisciplinary teaming to design and implement mental health strategies

Please forward this message to others that may be interested in participating.

We hope you will join us this school year!

Questions? Contact Sarah Younggren at [syounggren@gmail.com](mailto:syounggren@gmail.com)

[Click Here to Register](#)

Please register no later than Friday, September 2nd



COLORADO Behavioral Health Administration



COLORADO School Safety Resource Center Department of Public Safety



Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community



**Evans Army  
Community Hospital**

# **BABY EXPO**

**17 SEPTEMBER 2022**  
0900 - 1300

**VENDORS - FOOD TRUCKS - CLASSES  
FREE RAFFLES**

## **FORT CARSON**

**EVANS ARMY COMMUNITY HOSPITAL  
1650 COCHRANE CIRCLE  
WEST ENTRANCE**



Keep up to date with local events and deals with the



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Free Dinner & Child Care!



Circle of Fathers

## Sharing ideas. Sharing support.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

**WHAT:** Join other fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for fathers and led by fathers.



Colorado Chapter  
**CIRCLE of PARENTS**  
CIRCLE of FATHERS

**WHEN:** 2nd & 4th Thursday of Every Month  
Dinner at 5pm; Meeting at 5:30pm

**WHERE:** Helen Hunt School  
909 E Moreno Ave, Colorado Springs, CO 80903

**OR** Online via Zoom!  
Zoom link: <https://us02web.zoom.us/j/93350305448>



Catholic  
Charities  
of Central Colorado

**LEARN MORE:**  
Contact Adam at [adamnscombs@gmail.com](mailto:adamnscombs@gmail.com)  
or Adrian Nuñez at [anunez6293@my.pmi.edu](mailto:anunez6293@my.pmi.edu)

Join us on Facebook: <https://www.facebook.com/groups/CircleOfFathers/>

Join Us!  
Visit [CircleOfParentsCO.org](http://CircleOfParentsCO.org)



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. [www.illuminatecolorado.org](http://www.illuminatecolorado.org)

Keep up to date with local events and deals with the



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Free Dinner & Child Care!

# FATHERS OF FREEDOM

**You are not alone. We're here for you.**

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

**WHAT:** Join other military fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for military fathers and led by military fathers.

**WHEN:** 1st & 3rd Tuesday of Every Month  
Dinner at 5pm; Meeting at 5:30pm

**WHERE:** Helen Hunt School  
909 E Moreno Ave, Colorado Springs, CO 80903

**OR** Online via Zoom!  
Zoom link: <https://us02web.zoom.us/j/85139958491>

**LEARN MORE:**  
Contact Adam at [adamnscombs@gmail.com](mailto:adamnscombs@gmail.com)  
or Adrian Nuñez at [anunez6293@my.pmi.edu](mailto:anunez6293@my.pmi.edu)

Join us on Facebook: <https://www.facebook.com/groups/FathersOfFreedom/>



Join Us!  
Visit [CircleOfParentsCO.org](http://CircleOfParentsCO.org)



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. [www.illuminatecolorado.org](http://www.illuminatecolorado.org)

Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community



# **CHILDREN'S GRIEF GROUP**

Tuesdays 5:30PM-6:30PM

Ages 6-13

Pizza Provided

Register by Calling PPSPP or going online to our website

**Contact Us:**

**719-573-7447**

**704 N Tejon St Colorado Springs CO 80903**

**info@pikespeaksuicideprevention.org**

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# NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

NAMI Colorado Springs is offering both **virtual support groups on Zoom** and **in-person groups at First United Methodist Church**, 420 N. Nevada Ave., in downtown Colorado Springs. All are led by trained peers — people who either manage a mental illness or love someone who does.

### BASICS SUPPORT GROUP

For parents and caregivers of children and teens showing signs of mental illness  
**2nd Mondays, 7-8:30 p.m., virtual**

### CONNECTION SUPPORT GROUP

For adults experiencing mental illness  
**Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person**

### FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness  
**1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person**

**In-person group participants must pre-register:** Call 719.473.8477 or email [office@namicos.org](mailto:office@namicos.org) by noon on the day of the group.

In-person groups will follow social distancing protocols.

**Virtual group participants** can find call-in info at [namicoloradosprings.org](http://namicoloradosprings.org).



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

719.473.8477 | [office@namicos.org](mailto:office@namicos.org) | [namicoloradosprings.org](http://namicoloradosprings.org)



The NAMI office at 1615 S. Murray Blvd., is open weekdays, 9 to 5.

Keep up to date with local events and deals with the



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# JOIN US AT NAMI

## TAKE THE NEXT STEPS IN YOUR RECOVERY

NAMI Colorado Springs classes and groups are offered at no cost, and are led by mentors who are managing their own mental health conditions. **We'd love to have you at one or both of the following:**

### CONNECTION SUPPORT GROUP

Weekly gatherings, offered both virtually and in person, open to any adult living with a mental health condition. **Connection participants:**

- » relate to others who have lived experience;
- » learn and refine coping skills and strategies;
- » find strength in sharing experiences;
- » embrace humor and celebrate victories.

**VIRTUAL:** Tuesdays, 7 - 8:30 p.m.

**IN-PERSON:** Thursdays, 7 - 8:30 p.m.

### PEER-TO-PEER

A class that examines mental health conditions and how to live better with them, meeting once a week for eight weeks. **Peer-to-Peer students:**

- » create personalized relapse prevention plans;
- » learn to advocate for better care from providers;
- » develop confidence for making decisions and reducing stress;
- » and pick up resources to help in recovery.

Classes typically scheduled twice annually.

### IF YOU'RE READY TO HELP OTHERS...

When at stable places in their recovery, peers at NAMI find rewarding volunteer opportunities as Connection Support Group facilitators and/or Peer-to-Peer teachers. They also can train to be part of NAMI's In Our Own Voice program, in which they share their lived experiences and demystify mental health conditions for local people and groups. All training, and ongoing support, is provided.

### TO FIND OUT MORE INFORMATION OR TO REGISTER:

**NAMIColoradoSprings.org | 719.473.8477 | peersupport@namicos.org**



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Call us at **719.473.8477** | Visit **NAMIColoradoSprings.org**

**1615 S. Murray Blvd.** on the Silver Key campus (office hours M-F, 9-5)

Keep up to date with local events and deals with the



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## VA mobile check-in for appointments check-in with your phone

### Mobile check-in: Fast, easy, anywhere

Check in for your appointment right from your smartphone. Scan the QR code or text "check in" to the phone number provided on the mobile check-in poster in the check-in area.

No internet connection? Our staff are honored to check you in for your appointment and to answer any questions.

Check-in is the same whether you complete the process with mobile check-in or a staff member. Use mobile check-in on the day of your appointment to avoid potential lines at the check-in desk.

### Pre-check-in from anywhere

After confirming your text appointment reminder, you may receive a link for pre-check-in. Pre-check-in allows you to review your contact information, emergency contact and next-of-kin up to seven days before your appointment. Use pre-check-in for more privacy and to save time at the medical center.

### Go to your provider's waiting area

After you've finished mobile check-in, you're all set. Have a seat and a VA staff member will come get you.



### Need to update your insurance coverage, contact, or other information?

Check in with a staff member instead.

### How to use mobile check-in



**Scan the QR code or text "check in"** to the phone number provided on the mobile check-in poster located in the check-in area.



#### Select the link sent to you.

Enter your last name and the last 4 digits of social security number.



#### Check in to your appointment.

You may be asked to review your contact information, emergency contact, and next-of-kin. If correct, press yes to confirm.

If you answer no to any of the above questions, you must check in with a staff member.

Check in for your appointment with the blue **"Check in now"** button.



U.S. Department of Veterans Affairs

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Fort Carson and the Surrounding Community



## Veteran's Legal Assistance Clinic

**Fourth Tuesday of the month | 12:30 to 3 p.m.**

**PFC Floyd K. Lindstrom VA Outpatient Clinic**

3141 Centennial Blvd., | Colorado Springs, CO 80907 | Mt. Yale Conference Room

Meet with an attorney for legal assistance. This service is free of charge. Get information on topics including veteran's resources, benefits, taxes, housing, criminal, and family law.

### 2021/2022 Dates

<del>Oct. 26</del>	<del>Nov. 23</del>	Dec. - None	<del>Jan. 25</del>	<del>Feb. 22</del>
<del>Mar. 22</del>	<del>Apr. 26</del>	<del>May 24</del>	<del>June 28</del>	<del>July 26</del>
<del>Aug. 23</del>	Sept. 27	Oct. 25	Nov. 22	Dec. - None

**For more information visit [cobar.org/clcv](http://cobar.org/clcv).**

*A service provided by the CBA Military & Veterans' Affairs Section.*

**CBA**

**Military and  
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Section**

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# We Need You

## We Need Patients on our "Patient and Family Partnership Council" (PFPC)



We work hard at Evans Army Community Hospital (EACH) to improve quality and safety. At your last visit, did you think of things we could have done differently? Do you have ideas that would promote better care experiences?

As a soldier, patient or family member, you know how it feels when things work well. You also know how it feels when things don't work so well.

Partner with healthcare by joining the PFPC! Your valuable knowledge and your one-on-one interactions with our staff make you a valuable candidate! Our Command Group is interested in hearing your voice at these meetings! If you would like to become a member of the PFPC and can give us 1½ to 2 hours per quarter, please contact:



**Patient Advocacy Office**  
**Phone: (719) 526-7225**  
**Patient Services Center**  
**Building 7500; Room 1011**  
**Fort Carson, Colorado**

*Taking the time  
to show we care!*



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