



# 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.



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



## 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 Fair Preparation
- Computer Lab with Printers at the ACS Center (currently closed)
- Education Scholarships Information
- Individualized Counseling to Explore Career Paths
- Professional Development Workshops & Career Assessments

## 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) Training and Readiness Program
- ACS Volunteer Briefer, Facilitator, and Instructor Training
- Educating our 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)
- Soldier & Family Readiness Group (SFRG) 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: Divorceds, 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
- Permanent Change of Station Trip Planning
- Waiting Families Program for Spouses and Families separated from their Soldiers
- Mountain Post Living Welcome for Spouses and Families

## 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

## 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
- Soldier & Family Readiness Program (SFRP)
- See inside for offerings!

## ACS ANNEX

- 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
- SOLDIER & FAMILY ASSISTANCE CENTER**
- Services for Soldiers and their Families assigned to the SRU or IDES, including:
- Benefits Counseling
  - Education / Employment Assistance
  - Financial Counseling
  - Information & Referral
  - Military Personnel Services (HR)
  - Nutrition Center
  - Partner Agencies located inside:
    - Colorado Department of Labor & Employment (COLE)
    - Initiative to Education and Employment
    - Education and Employment (E21)
    - Operation Warfighter
    - SFL-TAP
    - Veteran Administration Health Liaisons
    - Wounded Warrior Project
- FAMILY NURTURING**
- Parenting classes and meet-ups, including:
- Baby Nurturing
  - Infant Massage
  - Nurturing Classes
  - Play Group
  - Rockin' Grannies
  - Toddler Time

## SURVIVOR OUTREACH SERVICES

- 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



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

\*New Home to Family  
Nurturing Program  
(719) 526-0461 / 960-6435  
Open during class times only

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



ACS Inclement 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](http://www.carson.army.mil) or call (719) 526-0096. Last Updated: July 25, 2020

# 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](http://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 SFRG, 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 & SFRG's on your time at your place.**  
**To schedule go to [www.carson.army.mil/acs](http://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 EFMs are welcome.

### MEDICAID WAIVER INFORMATION WORKSHOP

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

### SYSTEMS NAVIGATION SERVICES

Systems Navigation (SN) is a service specific to ACS EFMP that connects Exceptional Family Member (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)

### EMPLOYMENT READINESS ORIENTATION

Learn firsthand what services (resume reviews, workshops, volunteer opportunities and job board maintenance) and resources ERP offers to include details on MYCAA, the Spouse Preference Program, CPAC, licensure transfer, home based businesses and USAJOBS. (Orientation is strongly encouraged prior to utilizing ERP services)

Every Tuesday

### FEDERAL RESUMES AND USAJOBS.GOV667066

Searching and applying for federal jobs is a vastly different process than the civilian job search process. ERP will give you the tools to make the most of your federal job search and how to write and tailor your resume to a federal job announcement.

4th Tuesday

### PROFESSIONAL DEVELOPMENT SERIES

This series will include workshops with a different focus each month. Topics will include: LinkedIn & Personal Branding, Career Assessments, Business Etiquette and much more!

1st Thursday



### YOU'RE A PRIORITY: FEDERAL EMPLOYMENT TRAINING FOR MILITARY SPOUSE

! Federal Employment for Military Spouses Did You Know? As a Military Spouse you may be eligible for the Priority Placement Program (PPP), educational opportunities through MyCAA, and the Relocated Licensure Reimbursement. Learn the requirements and documentation needed for these and other spouse employment and educational opportunities.

3rd Wednesday

### WRITE A WINNING RESUME

Does your resume tell the whole story? This course detail how to tailor your resume to fit a specific job posting and examine current resume trends.

2nd Wednesday

### PROFESSIONAL DEVELOPMENT AND CAREER EXPLORATION FOR TEENS

ERP invites Mountain Post teens and their parents to join us for workshops guaranteed to launch your teen into a productive future whether they are contemplating college trade school, a gap year, military service or if they are uncertain about what lies ahead. Workshops will cover: Resume Writing & Completing Applications, Volunteering, Interview Preparation, Scholarships, FAFSA and O&A with colleges.

Every Summer and Fall, please visit website for specific dates

## 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

## 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 plan for emergency situations. This class is open to all new Soldiers, their Family Members and on O&D ID card 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

### FINANCIAL STRENGTH BUDGETING

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, Retired 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."

### WRITE A WINNING RESUME

Does your resume tell the whole story? This course detail how to tailor your resume to fit a specific job posting and examine current resume trends.

2nd Wednesday

### PROFESSIONAL DEVELOPMENT AND CAREER EXPLORATION FOR TEENS

ERP invites Mountain Post teens and their parents to join us for workshops guaranteed to launch your teen into a productive future whether they are contemplating college trade school, a gap year, military service or if they are uncertain about what lies ahead. Workshops will cover: Resume Writing & Completing Applications, Volunteering, Interview Preparation, Scholarships, FAFSA and O&A with colleges.

Every Summer and Fall, please visit website for specific dates

### 5 LOVE 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

### SOLE PARENTING GROUP

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

4th Tuesday of the month • Noon-1 p.m.

## 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.

### SFRG TRAINING: FUND CUSTODIAN

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

### COMMAND FAMILY READINESS REPRESENTATIVE (CFRR) TRAINING

This course trains Soldiers selected to be unit Command Family Readiness Representative (CFRR) on how best to assist unit commanders and SFRG leadership.

### FAMILY OPSEC

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

### SOLDIER FAMILY READINESS GROUP: SFRG LEADER

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

## NEW PARENT SUPPORT PROGRAM

### BOOT CAMP 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 a.m.-Noon

### 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) 960-6435 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 NPSF 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) 960-6435 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 Wednesday • 1-4 p.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.

### WINDSHIELD TOUR

Join us for a 60 minute guided bus tour. Get to know your new home and become more familiar with all Fort Carson has to offer. Kids are welcome to attend.

4th Wednesday • 10-11 a.m.

or Every Tuesday directly after Mountain Post Welcome Meet and Greet

### 10 YEAR GREEN CARD

This class is for permanent residents whose ten-year conditional permanent resident status is expiring within the next six months.

4th Monday • 1-4 p.m.

### VERG TRAINING

[www.armyftg.org](http://www.armyftg.org) is a secure website for command to share unit, SFRG, and deployment information to soldiers and Family Members.

### SFRG TRAINING: FOUNDATIONS

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

### SFRG TRAINING: KEY CONTACT

Soldier Family Readiness Group (SFRG) 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.

### SOLDIER FAMILY READINESS GROUP: SFRG LEADER

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

## NEW PARENT SUPPORT PROGRAM

### BOOT CAMP FOR NEW DADS

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

1st Tues. of the month • 9 a.m.-Noon

### INFANT MASSAGE & BABY NURTURING

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

Tuesdays • 9:30-11:00 a.m.

### PLAY GROUP

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

Fridays • 10-Noon

### TODDLER TIME

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

Thursdays • 9:30-11 a.m.

### IMMIGRATION & NATURALIZATION CLASSES

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

Immigration 101: Tue. • 2 p.m.-4 p.m.  
 Green Card: 1st & 3rd Wed. • 9 a.m.-3 p.m.  
 Citizenship: 1st & 3rd Mon. • 1-4 p.m.

### SI IMMIGRATION TRAINING

Required for BN and BDE'S1 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.

by appointment/portable class,  
 call (719)526-1070 or (719)526-1053

### 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](http://www.carson.army.mil/acs) - Search Levy Brief

## SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

### TRANSITION AND MEDICAL RETIREMENT BRIEF

This briefing is for SRU and IDES Soldiers who have received their Army Disability Rating and are transitioning out of the military. The brief covers all of the military benefits and services transitioning Soldiers can utilize.

Call 719-526-5807 for times and dates.

### NUTRITION CENTER

Getting adequate nutrition is an important part of wellness. The SFAC Nutrition Center is open daily with snacks and beverages for SRU/IDES Soldiers and their Families.

available during SFAC hours

### MEDICAL SEPARATION ORIENTATION BRIEF

Get oriented to the SFAC Program. Includes a facility tour and information on what services are provided through the SFAC. Open to all SRU, Integrated Disability Evaluation System (IDES) Soldiers and their Family Members.

Call 719-526-5807 for times and dates.

### ONE-ON-ONE SUPPORT

Schedule your one-on-one support with the SFAC to support your transition needs: financial counseling, education benefits, leave calculations, resume assistance, and recreation opportunities.

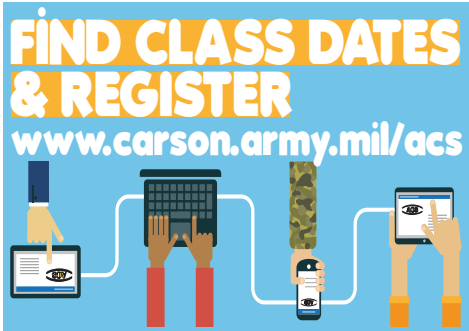
call (719) 526-5807 for an appointment

## 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.