

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

ARMY FAMILY TEAM BUILDING

AFTB: MILITARY KNOWLEDGE (LEVEL K)

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

AFTB: LEADERSHIP DEVELOPMENT (LEVEL L)

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

BRIEFER, FACILITATOR AND INSTRUCTOR TRAINING COURSES

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

AFTB: PERSONAL GROWTH (LEVEL G)

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

CO. COMMANDER & 1SG SPOUSE COURSE

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

ARMY 101

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

Learn new skills
Make a better future

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.

YARD SALE

Twice a month the Mayoral Program supports yard sales on Fort Carson for DoD ID holders (nonresidents and barracks residents set up at bldg. 4355 on Funk Ave).

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

MAYORAL MEETING

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

VOLUNTEER OF THE QUARTER

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

ANNUAL AVC EVENTS

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

EMPLOYMENT READINESS PROGRAM (ERP)

JOB SEARCH ORIENTATION

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

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

RESUME WRITING WORKSHOP

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

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

SPARK YOUR NEXT CAREER MOVE

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

4th Thursday • 9:30-10:30 a.m.

FAMILY ADVOCACY PROGRAM

5 LOVE LANGUAGES

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

every other month

COOPERATIVE PARENTING & DIVORCE

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

2nd Tuesday of the month • 9-11:00 a.m.

MARRIAGE WORKSHOP

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

by request

RESILIENCE CLASSES

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

3rd Thursday of the month • 9-11:00 a.m.

SOLE PARENTING GROUP

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

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

FINANCIAL READINESS PROGRAM (FRP)

1ST TERMERS TRAINING

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

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

BLENDED RETIREMENT

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

Available Upon Request

IRON HORSE BUDGET

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

Available Upon Request

ARMY EMERGENCY RELIEF (AER)

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

FINANCIAL COUNSELING

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

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

FEDERAL EMPLOYMENT FOR MILITARY SPOUSE

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

4th Tuesdays • 9:30-10:30 a.m.

RESUME REVIEW

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

by appointment, call (719) 526-0452

INTERVIEW PREP

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

MOBILIZATION & DEPLOYMENT

CARE TEAM TRAINING

The CARE Team offers short-term assistance to support Families in the gap between notification team and personal support arriving. Training prepares volunteers to help during this time of tragedy or loss.

FRG TRAINING: FUND CUSTODIAN

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

FAMILY READINESS LIAISON (FRL) ACADEMY

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

FAMILY OPSEC

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

FAMILY READINESS GROUP: FRG LEADER

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

NEW PARENT SUPPORT PROGRAM

BASIC TRAINING FOR NEW MOMS

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

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

FAMILY NURTURING THROUGH PLAY

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

Call (719) 534-3105 for times and dates

HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age. Services are provided free of charge by 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) 534-3105 for times and dates



RELOCATION READINESS PROGRAM (RELO)

HOMEBUYER'S WORKSHOP

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

4th Weds. of the month • 1 p.m.-4p.m.

T3 SPONSORSHIP TRAINING

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

EVERYDAY ENGLISH

10-week program for foreign born individuals. Participants develop basic English skills in grammar, conversation, and language.

Pre-registration required with assessment test.

FRG TRAINING: vFRG ADMINISTRATOR

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

FRG TRAINING: FOUNDATIONS

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

FRG TRAINING: KEY CONTACT

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

REAR DETACHMENT LEADERS COURSE

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

IMMIGRATION & NATURALIZATION CLASSES

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

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

S1 IMMIGRATION TRAINING

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

DESTINATION OVERSEAS

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

2nd Friday of the month • 9:30-11:30 a.m.

PCS ONLINE LEVY BRIEFING

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

www.carson.army.mil/acs

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

FAMILY SOCIAL

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

call (719) 526-5807 for details

NUTRITION CENTER

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

available during SFAC hours

TRANSITION BRIEF

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

Tuesday or Thursday • 1-2:00 p.m. - NOTE: new schedule change effective Oct. 1, 2018

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.

ACS Course Catalog updated: April 2018