

# **FORT CARSON**

## **Soldier and Family Program Directory**



**WORK • PLAY • THRIVE**

**Facilities and Activities for  
Soldiers and Families**

**CARSON.ARMYMWR.COM  
ALL INFORMATION IS SUBJECT TO CHANGE**

# LETTER FROM THE DIRECTOR

## WELCOME TO THE MOUNTAIN POST



Congratulations on your new assignment to Fort Carson, the Mountain Post! On behalf of everyone within Family and Morale, Welfare and Recreation (FMWR), I would like to personally welcome you to the Best Hometown in the Army! There is an incredible range of opportunities and experiences that await you and your family during your time at Fort Carson, we commonly refer to it as Mountain Post Ready!

Mountain Post Ready inspires a life of balance, and defining your personal journey along the way. It brings together mind, body, spirit and community into the adventure of making the most out of your destination. I encourage you to take advantage of all our services and programs. Improve your health and performance, connect with neighbors and explore beyond our gates. Get moving for an active, vibrant life, enhance your skills and knowledge to realize your full potential, and inspire those around you to do the same.

From quality child development to expert financial, relationship, employment and relocation advice, to sports, fitness and aquatics, to auto skills, library, golf, bowling, recreational shooting, and catering and conferencing, to white water rafting, mountain climbing, skiing, and outstanding community events, we have it all!

Let the Fort Carson Family and MWR be your first choice for quality of life services, and let your Mountain Post Ready experience start now!

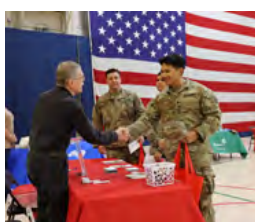
For more information please reach out to any one of our Family and MWR team, visit us at, **[carson.armymwr.com](http://carson.armymwr.com)**, and follow us on social media.

Again, Welcome to the Fort Carson Mountain Post, "The Best Hometown in the Army-Home of America's Best."

**Ryan J. Noble**

Director of Family & Morale,  
Welfare & Recreation

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# Explore Fort Carson

Are you new to the area?  
Explore Fort Carson and all of the wonderful  
things it has to offer!



@CARSONDFMWR @CARSONMWR



## Download the My Army Post App

### Stay in the know at your Garrison

- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- *AND MORE*



WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM





# ARMY COMMUNITY SERVICE (ACS) CENTER

## Real Life Solutions for Successful Army Living

Regardless of what stage of life you and your family are in, Army Community Service (ACS) has services and programs to make your Army life more successful. If you are new to the new Fort Carson area, make sure to stop in and pick up a welcome packet, get maps and directions to the local installation features (hot spots?) and meet our professional teams.

ACS offers monthly classes on parenting, finances, relationships, exceptional Family Members, self-improvement, military ins-and-outs and volunteer opportunities- plus much more!



6303 Wetzel Ave.,  
Bldg. 1526

(719) 526 - 4590

Hours of Operation:

Monday 8:30am - 4:30pm

Tuesday 8:30am - 4:30pm

Wednesday 9:00am - 4:30pm

Thursday 8:30am - 4:30pm

Friday 8:30am - 4:30pm

Saturday closed

Sunday closed



How can ACS benefit your Unit?  
Scan the QR Code for class  
calendar!



[CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM)

# ARMY FAMILY ACTION PLAN (AFAP)

Army Family Action Plan (AFAP) is your platform to voice quality-of-life issues, feedback, ideas, and suggestions. It's the best way to let Army leadership know about what works, what doesn't, and how you think problems can be resolved.

If it's a program or service, **IMPROVE IT!**

If it's a policy or regulation, **CHANGE IT!**

If it's a law, **AMEND IT!**

If there is a low cost, creative solution, **GET INVOLVED!**



Scan the QR Code for the AFAP website

## ARMY FAMILY TEAM BUILDING (AFTB)

# MAXIMIZE

*your knowledge!*

Gain personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation.

## TRAINING COURSES

### Personal Growth (Level G)

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

### 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.

### 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 or the community.

## ARMY VOLUNTEER CORPS (AVC)



### VOLUNTEER, VMIS & OPOC TRAINING

Provides information on registration of new volunteers, duties of Organizational Point of Contact (OPOC) and how to use Volunteer Management Information System (VMIS) to enter volunteer hours and awards that have been earned.

**Ready to start volunteering?**  
**The new Volunteer, VMIS, and OPOC training is your first step to making a difference in the Pikes Peak Region. This class is offered the last Wednesday monthly from 1:30 - 2:30 p.m.**



### VOLUNTEERS MAKE A DIFFERENCE IN THEIR COMMUNITY!

The Fort Carson Army Volunteer Corps (AVC) provides opportunities to make a difference within our military community and the Colorado Springs area. AVC helps volunteers find positions which fit their current skill set, advance their employment goals, and more importantly, enhance life satisfaction. Volunteering is a perfect opportunity to remain on the cutting edge of your career and connect with new people. Stop in, call or receive our information on the website for current volunteer recruitment needs.

### ANNUAL AVC EVENTS

**AVC leads many annual events which honor volunteers and support the community**

- Quarterly & Annual Volunteer Recognition Ceremonies
- National Volunteer Week
- Make A Difference Day

# EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**WE KNOW THE SYSTEM. WE CAN HELP.**



**The EFMP provides comprehensive and coordinated support to enhance mission and Family readiness.**

## **EFMP & ME**

A digital tool to guide military families with special needs that provides personalized assistance based on their specific circumstances. Visit <https://efmpandme.militaryonesource.mil> for more information!

## **EFMP 101**

Join us for EFMP 101, where program myths are busted and accurate information is explained in detail. We'll help you understand the ins and outs of the program, how it affects you, and the services that are offered.

## **SYSTEMS NAVIGATION SERVICES**

EFMP Systems Navigation is a service that connects Families who have special needs with the systems of care they need, both on and off the installation. A standardized planning tool is used to help you identify your family's needs and goals, which will be organized and prioritized in a way that is easy to understand.

## **EFMP SCHOOL SUPPORT**

If you have a child with an IFSP, IEP or a 504 Plan, this service is for you! Clearly understanding the basics of the special education process, understanding rights and responsibilities, collaborating with educational professionals, and understanding/identifying goals provides the tools to become an effective advocate for your child.

## **COMPASSIONATE ACTIONS ASSISTANCE**

We can help you navigate documentation requirements for requests for medically related EFMP Stabilization, Compassionate Reassignment, Deletion, and Deferment.

## **EFMP RESPITE CARE**

EFMP Respite Care provides a temporary break for caregivers, allowing them to focus on activities that promote their well-being. Eligibility criteria apply.

## **E-EFMP**

A secure, cloud-based digital platform to allow military families to navigate the wide and sometimes complex array of benefits, resources and care available.

## **Chatter and Scatter with Exceptional Friends**

An interactive playgroup that provides a safe place and support for Exceptional Families to play, make connections, and have fun.

**For more information, please contact: 719-526-0400.**

# EMPLOYMENT READINESS PROGRAM

*Federal applications, LinkedIn networking, digital portfolios...how do you know what works best?*

The ACS Employment Readiness Program (ERP) offers a variety of services that give patrons (Military Spouses, Active Duty, Veterans, Retirees, Family Members and D.A. Civilians) the resources they need to find their next employment.



## UNLOCK YOUR POTENTIAL

Employment Readiness Specialists provide workshops as well as one-on-one appointments to assist with job search, to assist with job exploration, resumes, interviews, networking, as well as career skills development. ERP maintains partnerships with local and federal employers and agencies, in order to share employment opportunities.

## PROFESSIONAL DEVELOPMENT SERIES

Whether you are beginning your career, making a career change or just looking for professional development opportunities, we can help. Topics include: LinkedIn Fundamentals, Digital Portfolios, Networking, and much more! **Join us the 1st Thursday of the month!**

## FEDERAL RESUMES AND USAJOBS.GOV

Searching and applying for federal jobs is a vastly different process than the civilian job search process, which can be daunting. ERP gives you the tools and resources necessary to make the most of your federal job search, to include writing and tailoring your resume to a federal job announcement.\*As a Military Spouse, you may be eligible to claim Military Spouse Preference (MSP) – enhancing a greater probability in potentially securing a federal job.

## MILITARY SPOUSE PREFERENCE & FEDERAL EMPLOYMENT

As a Military Spouse you may be eligible for advanced educational opportunities through the My Career Advancement Account (better known as MyCAA) and other scholarship opportunities. Additionally, the ERP aids with Relocation Licensure Reimbursement. If interested, learn the requirements and documentation needed for these and other spouse employment and educational opportunities. **Join us the 3rd Wednesday of the month!**

## PROFESSIONAL DEVELOPMENT AND CAREER EXPLORATION FOR TEENS AND YOUNG ADULTS

ERP invites Mountain Post teens (parents welcomed) and young adults to join us for workshops guaranteed to launch you into a productive future. Whether you are contemplating college trade school, military service or if you are uncertain about what lies ahead, we encourage you to participate in the workshops. Workshops cover: Resume Writing & Completing Applications, Interview Preparation, and much more. **\*\*Every Summer and Fall, please visit website for specific dates\*\***

*Write a Winning  
Resume*



Starting new and want to learn the best practices when writing a resume? This class details how to tailor your resume to fit a specific job posting and examine current resume trends.  
**2nd Wednesday of the month**

**Scan the QR code for more information on ERP.**



# FAMILY ADVOCACY PROGRAM (FAP)

The Family Advocacy Program (FAP) promotes individual, couple and Family wellness by offering a comprehensive program that includes awareness, education and support to prevent Family violence.

Our services include workshops to help strengthen relationships of Army Families.

The classes and workshops below are offered to commanders, military units/troops, professionals and families. Prevention and support services include: New Parent Support Program (home visitation);

Nurturing Parenting Programs, and the Victim Advocacy Program.



## SOLE PARENTING GROUP

This class is a “brown bag” lunch-n-learn, resource group for single parents. Connect with fellow Soldiers and community partners to help you on your journey to survive and thrive as a single parent. Sessions are once a month Wednesdays 12-1:00pm.

## COOPERATIVE PARENTING & DIVORCE

Understand your new roles and how to best support your kids during this transition. This class meets the State of Colorado requirement for divorcing couples. This class is scheduled the 2nd Tuesday of every month.

## PREP 8.0 CURRICULUM

The “Prevention and Relationship Education Program” will help you as a couple by building on your current strengths and learning new skills. All couples are welcome.

## SCREAM FREE CIRRICLUM- LAUNCHING HOPE

This class teaches individuals how we internalize and process our interactions with others and how we can recognize our own warning signs of frustration and communicate and needs in a safe way. Curriculum is available for couples, parents and parents of teenagers.

## 5 LOVE LANGUAGES

This class will discuss your “Love Language” and how to use it to strengthen your communication style. The workshop is based on the best-selling book “The 5 Love Languages.”

## MARRIAGE WORKSHOP

In this 3-week class you’ll relate with your partner in a calm, cool and connected way.

## TEN GREAT DATES

One to Ten Seminar course designed to help couples focus on the positive experiences in their relationship and how to maintain healthy communication about their emotions, needs, intimacy and how to enhance those areas of their relationship.

## 7 PRINCIPLES FOR MAKING MARRIAGE WORK

This workshop is open to couples and singles who want to improve their relationship skills and enhance their marriage. The course includes: The truth about Happy Marriages, enhance your love map, nurture fondness and admiration, solve your solvable problems and turn toward each other instead of away. Call (719) 526-0461 for more information.

## RESILIENCE CLASSES

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

## ANNUAL TROOP TRAINING FOR DOMESTIC VIOLENCE (UPON REQUEST)

Class includes definition of domestic violence, types of domestic violence, reporting procedures and prevention.

For more information call (719) 526-0461

ACS Annex, 1481 Titus  
Boulevard, Building 7492

# FINANCIAL READINESS PROGRAM (FRP)

Financial Readiness Program (FRP) provides financial education, budget assistance, personalized budget counseling, credit counseling and debt management along with a host of other financial support programs.



## Classes ACS offers:

- BUDGETING 101
- ONE-ON-ONE SUPPORT
- FINANCIAL COUNSELING
- UNDERSTANDING YOUR MILITARY RETIREMENT



## ARMY EMERGENCY RELIEF

Soldiers Helping Soldiers

Army Emergency Relief provides interest-free loans, grants and scholarships for soldiers, retired soldiers and their families. Find out how AER can help you!



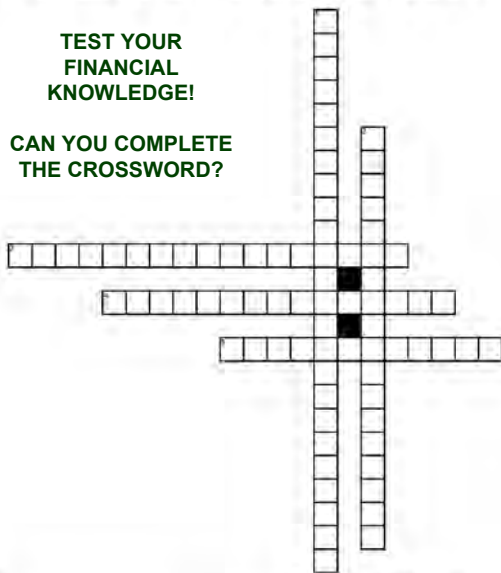
Get Your Online Financial Literacy Training Classes and Certifications at:  
[www.FinancialFrontline.org](http://www.FinancialFrontline.org)



## Financial Class Crossword

TEST YOUR FINANCIAL KNOWLEDGE!

CAN YOU COMPLETE THE CROSSWORD?



### Across

3. A class designed for you to obtain information on Thrift Savings Plan, Managing Your Debt, Blended Retirement System and Used Car Buying.
4. Designed for Soldiers and Family Members wanting to improve their financial status and plan for the future.

5. Learn how to manage your money, meet your financial goals and save for emergencies.

### Down

1. This is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members.
2. Learn about your retirement plan and the importance of planning for retirement.

# FINANCIAL READINESS PROGRAM

## *FINANCIAL READINESS PROGRAM EDUCATION*

### *FOR A SUCCESSFUL FINANCIAL FUTURE*

Financial Readiness Program (FRP) provides financial education, budget assistance, personalized budget counseling, credit counseling and debt management along with a host of other financial support programs.

#### **FINANCIAL STRENGTH BUDGETING 101**

Learn how to manage your money, meet your financial goals and save for emergencies. Join us every 2nd Wednesday!

#### **UNDERSTANDING YOUR CREDIT SCORE**

Learn how to maintain and build your credit score. Understand the credit score system and the importance of obtaining a credit report annually at <https://www.annualreport.com> Join us every 1st Tuesday!

#### **UNDERSTANDING YOUR MILITARY RETIREMENT THRIFT SAVINGS PLAN**

Learn about your retirement plan and the importance of planning for retirement. Join us every 1st Thursday!

#### **FINANCIAL MILESTONE/TOUCHPOINT DISABLING SICKNESS OR CONDITION**

This class focuses on the financial implications of dealing with a disabling sickness or condition – and helps you manage your finances more efficiently as you work through it. Join us every Wednesday!

#### **FINANCIAL LITERACY TOUCHPOINTS**

These classes are based on 10 unique milestones Soldiers may experience during their military career. Classes can be taken on-line or attend a group training offered by ACS or Command may request a class in the unit's footprint.

Classes are offered at

[www.financiafrontline.org](http://www.financiafrontline.org) or visit the Fort Carson ACS website at <https://carson.armymwr.com/programs/financial-readiness>





# **MOBILIZATION & DEPLOYMENT**

## **SUPPORTING SOLDIERS & THEIR FAMILIES IN MILITARY READINESS**

The Mobilization, Deployment & Stability Support Operations Program (MD&SSO) supports unit commanders in preparing Service Members, civilian employees, and their Families for military operations.



### **SFRG TRAINING**

armyfamilywebportal.com is a secure website for command to share unit, SFRG, and deployment information to Soldiers and Family members.

### **SFRG TRAINING: KEY CONTACT**

This training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.

### **SFRG ESSENTIALS**

Provides training on how to set-up, maintain, and handle the challenges within the SFRG arena in accordance with Army regulations and policies.

### **REAR DETACHMENT LEADERS COURSE**

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

### **PORTABLE CLASS DELIVERY**

Schedule an Army Community Service class at a time that works best for your unit or Soldier and Family Readiness Group, in a location of your choice and customized to meet your needs. Simply log onto [www.carson.armymwr.com/acs](http://www.carson.armymwr.com/acs) and complete the request a class form. The complete list of portable classes is Online. Classes on your time at your location, now that's delivery service that you can get excited about.



### **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.

### **COMMAND FAMILY READINESS REPRESENTATIVE (CFRR) ACADEMY**

This course trains Soldiers selected to be unit CFRRs on how best to assist unit commanders and SFRG leadership

### **SFRG FUND CUSTODIAN**

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing Soldier Family Readiness Group (SFRG) Informal Fund accounts and fundraising.



### **SOLDIER AND FAMILY READINESS TRAINING**

Our team is here to provide all of your Soldier and Family readiness essentials! From pre-deployment through Reintegration, we have the solutions you need. Please call us today and let us help develop a personalized training plan for your unit!



# INFORMATION & REFERRAL PROGRAM

The Community Information, Referral and Follow-Up Program provides Fort Carson Commanders, Soldiers, and Families with information regarding community resources. Also known as I&R, it is the initial point of contact at the Army Community Service (ACS) Center. Staff links customers with on-post or off-post agencies and services.

## **Client Intake and Assessment at ACS or at the Unit Footprint**

If you are new to ACS, Fort Carson, or you would like to get information about different resources to meet your needs, we will have you fill out a client intake form and sit down with one of our ACS Specialists for an assessment to go over more specific types of services and programs that will meet your needs and help improve your quality of life.

## **Community Partner Referrals**

We have partnerships with several community partners on and off post. We do a direct referral or educate you on community partners such as Women, Infants & Children (in-house on Monday afternoons), El Paso County Child Support Services (in-house on Tuesday afternoons), Catholic Charities, Home Front Military Network, Warriors Warehouse, and many more.

*Scan the QR Code for more info on the Information, Referral & Follow-Up Program!*



## **First Time Visitor and Enrollment into ACS Services**

Our staff provide information on the various ACS programs. Let our team, set-up an appointment to go over a 1-on-1 ACS overview of services and programs, enroll you into our client tracking system for a thorough service delivery, and discuss with you the ACS Customer's Rights and Responsibilities.

## **Come see us for:**

Client Service Advocacy

Class Registration and Memo of Enrollment

Community Partner Referrals

Community Outreach

Refer a Soldier or a Family

Client Intakes and Assessments Client

Intake at the Unit Footprint



# NEW PARENT SUPPORT PROGRAM (NPSP)

## SUPPORTING MILITARY PARENTS & YOUNG CHILDREN

A professional team of social workers and nurses that provide supportive and caring services to military Families. We will help you learn to cope with everyday stress, isolation, and post-deployment reunions.

### BOOT CAMP FOR NEW MOMS

A chance for moms to share motherhood fears, challenges and practical activities. Offered for moms only. Every 3rd Tuesday of the month 9 a.m.-12 p.m.

### BOOT CAMP FOR NEW DADS

An interactive and engaging class that focuses on what it means to become a father. Offered for dads only. Join us the 1st Tuesday of the month 9 a.m.-12 p.m.

### CENTER ON FATHERING

A 15-week group discussion on what it means to be a father. The weekly discussions focus on a specific topic to include attachment, discipline, child development, communication, conflict resolution, and building self-esteem in our children. Offered on Tuesdays and Thursdays from 1 p.m.-3 p.m. Call (719) 351-2997 to get registered!

### NURTURING

(Infant-5 years old & 3-12 years old) These two 12-week classes teach parents how to be nurturing to their children as well as to themselves. Call (719) 960-6435 for more information.

### NURTURING FAMILIES THROUGH PLAY

This 10-week class teaches parents of children 3 to 10 years old how to use child play therapy skills to reduce behavioral problems. Offered quarterly. Call (719) 960-6435 for more information.

### HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age. Call 719-526-0461 for more information.

### TOUGH TOPICS

A group to help assist parents and caregivers with navigating difficult conversations. This group is offered quarterly.

### SOLE PARENTING GROUP

An opportunity for Soldiers to network with fellow single parents, attain resources and ask questions in a supportive environment. Find a community with this group. Call (719) 526-0461 for more information.

### BABY SIGN LANGUAGE BASICS

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. 4th Tuesday every other month.

### PARENTING WORKSHOPS

In this 4-week class learn to relate with your children by taking hold of your own emotional responses. Helps parents to focus on their own behaviors rather than just responding to their children. Call (719) 526-0461 for more information!

### PLAY GROUP

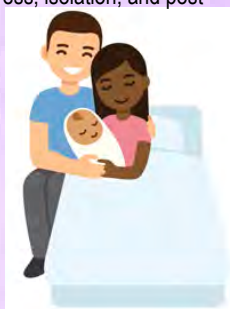
Fun filled meet-up for parents and children. Your child will improve their social, cognitive and motor skills. For infants to 5 years of age. School age kids are welcome in the summer. Every Friday 10a.m.-12p.m.

### 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. 18 months old and older. Every Thursday 9:30-11 a.m.

### INFANT MASSAGE & BABY NURTURING

Increase the bond between you and your baby through various infant massage techniques. Every Tuesday 9:30-11 a.m.



# RELOCATION READINESS PROGRAM

## HELPING SOLDIERS AND THEIR FAMILIES MAKE A HOME

The ACS Relocation Readiness Program can help you find your way around Fort Carson, build connections with other Soldiers & Families on post, and create a successful plan for your next destination.

### WAITING FAMILIES PROGRAM

For Families who are geographically separated from their Soldier due to mission requirements, to include TDY's and unaccompanied assignments. Find new friends and stay up-to-date on what is going on at Fort Carson and in the local community. Call for more details (719) 526-0466

### MOUNTAIN POST WELCOME FOR SPOUSES AND FAMILIES

Welcome to Fort Carson! You are invited to our Mountain Post Living Welcome for Spouses and Families. Meet other spouses, get "insider tips" from spouses familiar with the area and have an opportunity to ask questions about Fort Carson. 3rd Friday of the month • 10:30 a.m. RSVP at (719) 526-0457

### IMMIGRATION & NATURALIZATION REFERRALS

Free service open to all Soldiers, Spouses, and DA Civilians; Active Duty and retired. Call (719) 526-0466



Scan the QR Code for the Newcomers Guide!



### PCS 101

Provides PCSing Soldiers with information on planning and executing a successful move. 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) 526-1053

### HOMEBUYER'S WORKSHOP

Learn about Real Estate agents, selecting the right house, obtaining the right mortgage, VA Loans, and more.

### CULTURAL MEET-UPS

Get acquainted with ACS offerings and find new friends in a community at Fort Carson that includes people with similar backgrounds and experiences. Children are welcome.



### EVERYDAY ENGLISH

Participants develop basic English skills in grammar, conversation, language and composition. Registration required, contact for more information. Call for more details (719) 526-0466



# SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

The SFAC is a “one stop shop” providing support and resources to Soldiers and their Families assigned to either the Soldier Recovery Unit (SRU) or in the Integrated Disability Evaluation System (IDES).

Scan the  
QR Code  
to learn more  
about SFAC!



At the Soldier & Family Assistance Center (SFAC) Our staff and partner agencies offer customized, one-on-one support for wounded, ill and injured Soldiers and their Families to promote resilience, wellness and peace of mind while transitioning from the Army or recuperating to return to duty. The SFAC supports the needs of wounded, ill and injured Soldiers and their Families.

## WHAT IS OFFERED AT THE SFAC?

### ONE-ON-ONE SUPPORT

Schedule your one-on-one meeting with an SFAC ACS Specialist to support your transition needs: financial counseling, leave calculations, outreach opportunities and employment assistance.

Call (719) 526-5807 to schedule an appointment.



### MEDICAL TRANSITION SEPARATION & RETIREMENT BRIEF

This briefing is for SRU and IDES Soldiers who have received their Army Disability Rating and are transitioning out of the military. Learn more about the SFAC Program and the community resources that are offered. The brief covers all of the military benefits and services transitioning Soldiers can utilize. Open to all SRU, Integrated Disability Evaluation System (IDES) Soldiers and their Family Members.

Call 719-526-5807 for times and dates.



# SURVIVOR OUTREACH SERVICES (SOS)



Located at: 6990  
Mekong St.,  
Bldg. 6215  
(719) 526-2069



## SERVING THE FAMILIES OF THE FALLEN

If you are a surviving Family Member, Survivor Outreach Services offers you access to support, information, and services, closest to where you live, when you need it and for as long as you need. SOS is part of the Army Casualty Continuum of Care. It's designed to provide long-term support to surviving Families of Fallen Soldiers.



## SOS Support Coordinator

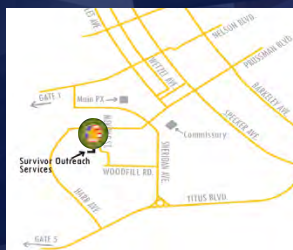
Your SOS Support Coordinator is your link to finding the resources and answers that will work best for you. Your local Support Coordinator is available to meet with you as you journey through this difficult transition by providing direct services as well as information, referrals, and recommendations. The Support Coordinator can also connect you with support groups, spiritual resources, and bereavement counselors. Your SOS Coordinator helps you request and obtain copies of documents, navigate local, state, federal agencies, and directs you to additional Survivor resources.

## SOS Financial Counselor

In times of emotional distress, figuring out what to do about finances can create a heavy burden. The SOS Financial Counselor provides professional financial information and services in areas such as investing, estate planning, tax issues, and basic budgeting. The SOS Financial Counselor is committed to helping you create financial security. Schedule an appointment to ensure you get the information you need to make sound financial decisions by calling (719) 526-4173.



**HEARTBEAT** is a non-profit organization support group offering empathy, encouragement, and direction following the suicide of a loved one. Check out the video!



Scan the QR Code to follow SOS on Facebook!



@ Fort Carson ACS SOS

carson.armymwr.com

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# VICTIM ADVOCACY PROGRAM (VAP)

## SUPPORTING THOSE THAT NEED A VOICE

We provide emergency and follow-up support services to adult victims of domestic abuse. Advocacy services are available to Service Members, their current or former spouses, and those who can be seen by a military medical facility. Victim Advocacy services are available 24/7 through the Victim Hot-line:  
(719) 243-7907.

YOU ARE NOT ALONE.  
WE ARE HERE **24/7.**



**24/7 VICTIM  
HOTLINE:  
CALL or TEXT  
(719) 243-7907**

## LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE (UPON REQUEST)

Contact Victim Advocacy to train  
your unit leaders.  
Call for more information (719) 524-1899



### WOMEN'S DOMESTIC VIOLENCE SUPPORT GROUP

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.  
Call for more information (719) 524-1899

## MILITARY & FAMILY LIFE COUNSELING PROGRAM (MFLC)

The Military and Family Life Counseling Program supports Service Members, their Families and survivors with non-medical counseling worldwide. Trained to work with the Military community, Military and Family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the Military community both on and off the installation.



MFLCs are also embedded in Fort Carson units. Scan the QR code to schedule with your unit MFLC.



# FAMILY MORALE, WELFARE, & RECREATION



*KNOWN AS ARMY MWR, WE MANAGE PROGRAMS AND SERVICES  
THAT SUPPORT READINESS AND RESILIENCE FOR SOLDIERS AND FAMILIES.*

## CARSON.ARMYMWR.COM



# CHILD & YOUTH SERVICES (CYS)

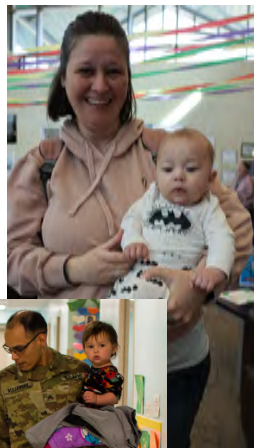
Programs include full-day childcare, part-day preschool, hourly care services, school-age services, online tutoring programs, teen programs, in-home childcare (FCC), youth sports, and instructional classes (formerly SKIES) through MWR.

## REQUEST FOR CARE

Through [militarychildcare.com](http://militarychildcare.com), eligible families can search and request care for full-day and part-day options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.

## REGISTRATION REQUIREMENTS

- Up-to-date immunization records
- Current health assessment (must be filed within 30 days)
- Copy of current sports physical (less than a year old) required to participate in sports
- Proof of income, LES (sponsor and spouse)
- Two emergency contacts other than parents (must be local)



Additional paperwork/screenings may be required. If you answer 'yes' to any health screening tool questions, a review may be needed by our Public Health Nurse and it will determine if a Special Needs Accommodations Process (SNAP) is needed.

## For School Support Services:

[carson.armymwr.com/programs/school-support-services](http://carson.armymwr.com/programs/school-support-services)

Service is provided for public, charter, private and parochial schools in addition to on-post schools.



# CHILDCARE AND ACTIVITIES



## CHILD DEVELOPMENT CENTERS

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

Child Development Centers (CDC) offer full-day child care for children 6 weeks to 5 years of age with a before and after school program for Kindergarten. The Army provides care in a multi-age group setting. The concept of the multi-age classroom is to provide a family-style environment where the children can learn from and nurture each other.

## FAMILY CHILDCARE

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

Provided by Military Family Members working as independent contractors in individual housing units located on post.

## SCHOOL AGE CENTERS

[carson.armymwr.com/programs/CYS](http://carson.armymwr.com/programs/CYS)

School Age Centers (SAC) offer before school and after school programs for students in 1st–5th grade. Services are also available during the schools' off days. Fall, winter, spring and summer camps operate according to the Fountain-Fort Carson (D-8) calendar.

## PARENT CENTRAL SERVICES

1352 Ellis St., Bldg. 526-1101  
5939 (719) 526 - 1101



## YOUTH SERVICES

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



The Fort Carson Youth Center offers a wide variety of recreational, educational, and social programs for middle and high school age teens. Army youth program standards as well as affiliation with the Boys & Girls Clubs of America and National 4-H ensures a variety of wholesome, fun, and interesting program choices for pre-teens and teens to participate in. Fort Carson Youth Center programs provide a broad framework for developing lifelong skills designed to enhance a child's future.

*Do you know the names of  
Fort Carson schools?*

*All answers will have two words!*

EkileeWatyrmnee

meAnamrsabEltry

dleroaCiMdsn

MteeoariinuEensdImntay

**Check your answers on page 49!**

# YOUTH SPORTS & FITNESS

The Youth Sports and Fitness Program encourages children between the ages of 3–18 to foster a healthy and active lifestyle through sports and athletic activities.



## YOUTH SPORTS

1352 Ellis St.,  
Bldg. 5939  
(719) 526-4425



To register, visit Parent Central Services or visit  
[webtrac.mwr.army.mil/webtrac/carsoncymys.html](http://webtrac.mwr.army.mil/webtrac/carsoncymys.html)

Take advantage of Start Smart programs for preschool-aged children or sign your child up for team sports, athletic activities and participate in after-school programs. CYS registration and annual sports physicals are required for participation.

Sports subject to change based on enrollment numbers, volunteer coaches, available partners, facility/practice space and availability of competition.

Shirt included in registration cost; additional equipment not supplied. CYS registration and annual sports physicals required for participation.

## Fall Through Summer Season

Registration and season run dates available at: [carson.armymwr.com/CYS](http://carson.armymwr.com/CYS)

- Soccer: ages 5-15
- Basketball: ages 3-18
- Wrestling: ages 5-15
- Cheerleading: ages 3-18
- Track: ages 3-18
- Tennis: ages 3-18
- Flag Football: ages 5-15
- Girls Softball: ages 3-18
- Summer T-Ball: ages 3-18



## PRICES

Prices vary by age group.

For complete details visit: [carson.armymwr.com/CYS](http://carson.armymwr.com/CYS)



# INTRAMURAL SPORTS

## LEAGUES & EVENTS

**\*All leagues are FREE to join unless otherwise noted.**

## REGISTRATION

Registration for league play is done through email:  
[Lorraine.Thorson.naf@army.mil](mailto:Lorraine.Thorson.naf@army.mil)

When submitting your roster for a league, please leave your contact information for your team. League play is open to all DoD ID Card holders over 18 years old.

## FREE AGENTS

Interested individuals who are new to Fort Carson may contact the Intramural Sports Office and sign up as a free agent. Call (719) 526-7585 for more information.

## BECOME A CERTIFIED SPORTS OFFICIAL OR SCORE/TIME KEEPER

The Fort Carson Athletic Official's Association (FCAOA) is looking for sports officials & official scorekeepers! Training is available.



**INTRAMURAL SPORTS**  
Building 2031  
(719) 526-7585

# FORT CARSON WORD SEARCH

Find some features of Fort Carson!

## Fort Carson Features



Steadfast

ACS

Loyal

Infantry

Camp Hale

Iron horse

USO

Mountain Post

BOSS

Garrison

Check your answers on page 49!



# BOSS CENTER

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.



**The BOSS program is based on four program pillars**

- Quality of Life
- Recreation and Leisure
- Community Service
- Life Skills



## BOSS Single Soldiers:

- Coordinate and participate in community service projects
- Organize recreation and leisure activities
- Actively support the quality of life needs of single Service members

As a member of BOSS, you have a voice in how you live, how you spend your leisure time and how you support the community around you.



For more information  
about our facilities visit,  
**CARSON.ARMYMWR.COM**

Meet us at The Hub or call  
(719) 526-5347 to get involved.

 **FQRTCARSONBOSS**  
 **@BOSSFORTCARSON**

# BOSS CENTER (cont.)

## Quality of Life

Includes issues that Soldiers can directly or indirectly influence to enhance their morale, living environment or personal growth.



## Community Service

BOSS makes a difference by volunteering in community projects and events. This builds rapport with the community.

## Recreation & Leisure

Includes entertaining activities that are planned by BOSS Council and are geared towards the desires of the single soldier population.

## Life Skills

Designed specifically to train soldiers in a wide variety of abilities for adaptive and positive behavior.



# OUTDOOR RECREATION

## WATER ADVENTURES

Stand Up Paddle Board  
White Water Rafting



## MOUNTAIN BIKE ADVENTURES

AM & PM Mountain Biking  
Fat Tire Bike Trips



## CLIMBING ADVENTURES

Climbing Wall Orientation  
Lead Climbing  
Crack Climbing Clinics  
Morning & Evening in the Garden  
Ice Climbing  
11 Mile Canyon Climbing  
Shelf Road Climbing  
Turkey Rocks Crack Climbing  
Via Ferrata in Ouray & Telluride

Scan to sign up for  
any of our programs!



## WINTER ADVENTURES

Ski & Snowboard Trips  
Cross Country Ski Trips  
Snowshoe Trips  
Overnight Ski & Snowboard Trips  
Ski Tuning Basics Clinic Sledding



## ADVENTURES

- Hatchet Throwing
- Women in the Wilderness
- Backpacking Trips



## PT Options

- Rock Climbing
- Mountain Biking



For more details, including  
dates and pricing information: **CARSON.A.COM**

## ADVENTURE PROGRAMS

7093 Specker Ave., Bldg. 2429 (719) 526-5176



# WARRIOR ADVENTURE QUEST

Warrior Adventure Quest (WAQ) is a reintegration program to help Soldiers respond to stress and excitement following a major training or deployment. Use adventure-based activities to help promote positive adrenaline responses, improve morale and communication, and develop trust and teamwork.

- Conducted at a platoon level; available only for soldiers and their platoons
- Must be executed within the first 120 days of returning from a major training or deployment
- Must be conducted during a duty day
- No drinking prior or during the activity
- Mandatory completion of post activity survey

New eligibility to WAQ:

if a unit has not been on a WAQ trip within two years

Each platoon is allowed one WAQ Program per RESET cycle



To schedule your trip, call (719) 526-2186

## STAGE 1: SCHEDULE A WAQ TRIP

## STAGE 2: LEADER TRAINING

Platoon leaders will learn the importance and goals of the WAQ program and how to facilitate a Leader-Led After Action Debrief (L-LAAD).

## STAGE 3: SOLIDER BRIEF

Platoon leaders describe the details of the WAQ program to all participating soldiers, explaining the trip they are scheduled for as well as the goals of WAQ.

## STAGE 4: YOUR HIGH ADVENTURE WAQ PROGRAM

Ski and snowboard trips, rock climbing, paintball, trap & skeet shooting, go-karting, whitewater rafting, ziplining, and inflatable kayaking trips are offered seasonally.

## STAGE 5: THE L-LAAD

A basic debrief the day's high adventure program, held immediately after the activity and facilitated by the L-LAAD trained leaders.



## WARRIOR ADVENTURE QUEST

7093 Specker Ave., Bldg. 2429  
(719) 526-2186



# CAMP HALE



**Just outside of Fort Carson's Gate 6, campers of all types can enjoy the newly renovated Camp Hale!**

**On the east side of Colorado 115 outside of Fort Carson's Gate 6, camp trailers are set up in the newly renovated and renamed Camp Hale.**

**With eight cabins and 50 pull-through sites for recreational vehicles, Camp Hale is ready for those outdoor lovers!**

## **Campground Amenities**

- Cabins (8, including 1 ADA cabin) — \$125
- Pull-through RV Pads (50), with full hook ups — \$45
- Tent sites to come
- Laundry facility
- Bathroom facility
- Necessities for purchase
- Assistance with local attraction



**Customers must provide their own linen (sheets, pillows, etc).**

**Reservation Center - please call  
719-526-6590**

## RV STORAGE FACILITIES

A safe and secure location for privately owned vehicles, recreational vehicles, travel trailers, and utility trailers of all kinds. Spaces are available at a nominal fee to authorized patrons. Monthly storage rates are based on the size of the space.



# CHEYENNE MOUNTAIN SHOOTING COMPLEX

## SAFETY IS OUR PRIMARY CONCERN

Trained staff ensures strict safety policies and rules are adhered to, **no exceptions.**



## THE COMPLEX FEATURES:

- 7 independent ranges with over 110 individual covered firing points
- Over 50 pistol positions with targets between 5-50 yards
- Archery range
- Trap & Skeet Ranges
- FFL Transfer Services

## FIREARM RENTALS AVAILABLE

- Must be 21+ to rent handguns
- Must be 18+ to rent rifles
- Valid ID required; see [carson.armymwr.com](http://carson.armymwr.com) for prices
- Must purchase ammunition at range if using rental firearms
- Basic Introduction to Firearms
- Hand Gun Instruction
- Concealed Carry
- Private Lessons
- Personal Protection
- Instructor Level Courses
- Contact the range office for a full list of classes provided at the Cheyenne Mountain Shooting Complex (CMSC)



## SPECIAL PROGRAMS

### KID'S MARKSMANSHIP CAMP

Kids can participate with a \$10 registration fee. This event includes marksmanship and safety classes, small competition, snacks and drinks. Prizes given away for each category winner.

### "ANNIE GET YOUR GUN" DAYS

Ladies shoot for FREE every 2nd Saturday of each month!

### CONCEALED CARRY SHOOT DAYS

Concealed card holders shoot for \$8 every 3rd Saturday of the month all year round!

### YOUTH RANGE DAYS

50% OFF range fees for kids ages 6-17 every 4th Saturday of each month!

### TRAP AND SKEET SHOOTING

\$9 for one round (27 clay pigeons)  
Youth Discount: \$7 for one round (ages 6-17)



*Join our gun club!*

## FAQ'S

- Weapons do not need to be registered on Fort Carson to utilize the range.
- Shotguns are allowed and can be used to shoot static targets.
- ECI's (Empty Chamber Indicators) are required & will be provided by CMSC if necessary.
- Purchase a target stand on site for a reasonable price or bring your own. (Must be built to dimensions listed on website)
- Shooting distances are limited for certain rifles. Please speak to the manager on duty for more information.
- Volunteer opportunities available! Speak with the Lead Volunteer Coordinator for more info.

## CHEYENNE SHADOWS GOLF CLUB



**Cheyenne Shadows offers golf instruction for individuals, juniors, and families!**

### ***A PLACE FOR FRIENDS, FAMILY & FUN***

#### **Home to the Army's best golf experience.**

Cheyenne Shadows is not just home to great course conditions and beautiful views, we pride ourselves on great service and the best public golf experience in Southern Colorado.

#### **FULLY STOCKED GOLF SHOP**

The golf shop is your destination for all of your equipment and apparel needs. With a complete indoor/outdoor fitting center and Trackman technology our PGA Professionals



**Scan the  
QR Code  
to check  
out the  
course!**



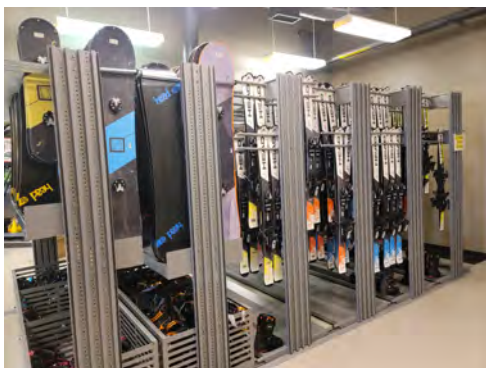
**CHEYENNE SHADOWS GOLF  
CLUB 1050 Titus Blvd., Bldg.  
7800 (719) 526-4102**



# OUTDOOR RECREATION COMPLEX

## EQUIPMENT CHECKOUT CENTER

- Ski & Snowboards (Adults & Juniors)
- Snowshoes & Cross Country Skis
- Specialty Inflatables
- Fishing & other outdoor equipment
- Party Rentals
- Travel Trailers
- Tables & Chairs
- Sports Equipment
- Visit Our Website For More Rental Items!



## MOUNTAIN POST OUTFITTERS

- Winter apparel for Men, Women, & Children
- Helmets, hats, goggles
- Gloves, mittens, scarves, socks
- Colorado branded apparel and gear
- Pool floats & inflatable coolers
- Brand new snowboards & bindings
- Brand new snowboard boots

**BRAND NEW NAME-BRAND  
GEAR FOR OUTDOOR  
ADVENTURE ACTIVITIES!**



Full list of rental items and  
prices available at  
**CARSON.ARMYMWR.COM**

Merchandise offered tax-free and below MSRP for all eligible MWR patrons with military ID (Active Duty, military dependents, retired military, reservists, DOD civilian personnel & contractors).

## FORT CARSON OUTDOOR RECREATION COMPLEX

7093 Specker Ave., Bldg. 2429 (719) 526-1993

# FORT CARSON FEATURES & COS EVENTS

Fort Carson offers a wide range of events and activities. Whether you like to bowl, fish, rock climb, camping, play sports or shoot, this installation- and city- has it all!

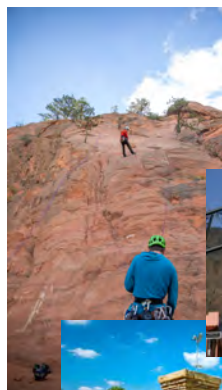


## Did you know?

Active-duty military members and their dependents get a **free annual Military Pass!**

The free Military Pass is a way to thank current US military members and their dependents, Gold Star Families, and US military veterans for their support of our country and to encourage them to explore recreational opportunities on their public lands and waters.

Scan the QR Code to learn more about hunting and fishing on Fort Carson!



## FREE Activities around COS

Bear Creek Park

Fountain Nature Center

Garden of Gods

11 Mile Canyon

Cripple Creek

Skate park at Memorial Park

Rocky Mountain National Park & Museum

Manitou Incline & cliff dwellings

Scan the QR Code to learn about the **FREE National Park Pass!**



# FUN ON FORT CARSON

Each year, Fort Carson hosts a variety of events for single soldiers, families and friends! Check out the calendar!

## March

### War Dog Memorial Run

Celebrate working military working dogs and our K9 Veterans at this annual event. Family friendly activities, demos and more!

## April

### Spring Flea Market & Festival

Sell, buy or both at this event! Family friendly activities, vendors and more!

## May

### Taco Trot

Celebrate Cinco De Mayo with this fun run/walk & festival. Featuring a 5k run/walk, family friendly activities and TACOS!

## June

### Spartan Race

Join in this challenging obstacle course race!

## June

### Freedom Fest

Fort Carson's Independence day celebration! Concerts, vendors, family friendly activities and a fireworks show!

## August

### Color Fest

Fort Carson's most colorful event of the year including local vendors, a color run, entertainment and activities.

## October

### Art in the Park

This Fall festival includes art vendors, crafts, music, entertainment and more!

## October

### Pumpkin Spice Fun Run/Walk

A Fall themed 5K or 1 mile run/walk for the entire family. Enjoy the Fall season with activities, food and more!

## December

### Holiday Tree Lighting Ceremony

Fort Carson's Winter Festival includes the official lighting of the tree, Santa photos, local vendors and a variety of food and beverages.





# IVY FITNESS CENTER

## IVY FITNESS CENTER

6415 Specker Ave., Bldg. 1925 (719)  
526-2706

- Men's & Women's Locker Rooms
- Men & Women Dry Sauna
- Indoor/Outdoor Basketball Courts
- 1 Regulation Size Racquetball Court
- 1/9 Mile Indoor Track
- Large Group Exercise Rooms
- Group Fitness Classes
- Strength Equipment
- HD Elite Power Racks, platforms with bumper plates
- Cardio Equipment
- Men's & Women's Hot Tub
- Personal Training Available



## CLIMBING WALL

All climbers required to go through a brief climbing wall safety orientation before they begin. Call 526-2706 to schedule an orientation, but walk-ins are welcome if an instructor is available. Parental supervision is required at all times for anyone under the age of 18.

- Climbing Gear Available to Rent
- Active Duty only during PT Hours

# MCKIBBEN FITNESS CENTER

## MCKIBBEN FITNESS CENTER

5785 Barkeley Ave., Bldg. 1160  
(719) 526-2597

- Strength-Training Room with Plate Loaded Machines and Free Weights, Selectorized Machines
- Multi-Purpose Room with Olympic Platforms/Half-Racks, Bumper Plates, Functional Fitness Rig.
- Climbing Ropes
- Boxing Equipment
- Spartan Training Equipment
- Cardiovascular Equipment
- Co-ed Dry Sauna
- Pull-Up Rig & Rings
- Tractor Tires, Sleds
- Men's & Women's Locker Rooms
- Outdoor Running Track
- Personal Training Available



# GARCIA FITNESS CENTER

**GARCIA FITNESS  
CENTER** 6360 Porter St.,  
Bldg. 1856 (719)  
526-3944



## FEATURES

- Co-ed Sauna & Hot Tub
- Men's & Women's Locker Rooms
- Multi-Purpose Room with Power Racks, Platforms, and Bumper Plates, and Turf Lane
- Cardiovascular Equipment
- Converted Racquetball Court with Functional Fitness Rig.
- TRX Training Equipment
- Free Weight, Plate Loaded, and Selectorized Machines
- Strongman Equipment

# WALLER FITNESS CENTER

## FEATURES

- Men's and Women's Locker Rooms
- Co-ed Sauna & Hot Tub
- 3 Weight Rooms
- 1 Boxing Room
- Multi-Purpose Room
- Cardiovascular Equipment
- Free Group P.T. Classes Upon Request
- Group Fitness Classes
- Personal Training Available Large Functional Fitness Area with Functional Fitness Rig, Platforms with Bumper Plates, Squat Racks with Full Lifting Platforms, Turf, and more.

## WALLER FITNESS CENTER

6946 Magrath Ave., Bldg.  
2357 (719) 526-2742



For a full list of events and classes offered at the fitness centers visit, [carson.armymwr.com](http://carson.armymwr.com)

# ELLIS OUTDOOR POOL

Open seasonally from Memorial Day weekend through Labor Day weekend

5954 Ellis St., Bldg. 1231  
(719) 526-4456

- 50-yard lap pool
- Water slide
- 1 meter diving board



# IVY INDOOR POOL

6415 Specker Ave., Bldg. 1925 (719) 526-4093

## PRICES AND PASSES

- Active Duty Military: Free
- Daily rates apply
- Individual and Family passes available for purchase
- Zero depth kid pool
- 1 & 3 meter diving board
- Family changing room
- 25-yard lap pool
- Water slides
- Mushroom fountain



# NELSON INDOOR POOL

1770 Nelson St., Bldg. 1446 (719) 526-3107

All prices and policies are subject to change.  
Full details available at  
[CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM)





# AUTO SKILLS CENTER



A do-it yourself, low cost facility with professional guidance providing complete coverage of all Automotive needs, including special instruction for safe use of a vast array of equipment.

## EQUIPMENT AND SERVICES

- Tool Boxes Available for Every Bay
- Hydraulic Press
- Chop Saw / Band Saw / Drill Press
- Steam Cleaner
- Engine Block Cleaner
- Sand Blast Cabinet
- Hand Held Diagnostic Testing
- Tire Mounting / Tire Balancing
- Conexes available for Motorcycle Storage
- Four Wheel Alignment
- Brake Drums / Brake Rotors Machined
- Exhaust Bending
- AC EVAC/Recharge (R134A and R1234YF)
- Welding (MIG, TIG, ARC, Plasma)
- Vehicle Door Unlock
- FREE Automotive Classes
- Winter & Summer Checks
- Conexes Available for Automotive Parts Storage



## FEATURES

- Central Tool Issuing Room
- Parts Cleaning Bays
- 9 Drive on Bays
- 9 General Repair Bays
- 10 Two Post Bays
- 1 Vehicle Alignment Bay
- 5 Engine Overhaul Bays
- 4 Auto Body Repair Bays
- Paint Booths
- 1 Muffler Bays
- 2 Motorcycle Lifts



***Did you know?***

*The Fort Carson Auto Center is rated the #1 auto service center across ALL Army installations.*

## OTHER SERVICES

### SPRAY-ON BED LINER

Professional bed liner services for all applications! Owner must prep vehicle.

### DEPLOYED SPOUSES SERVICE

Free oil change service every Wednesday with the purchase of oil and filter.

**VEHICLE RESALE LOT** • Open 24 hours  
• Permit required

## LOCATION

**FORT CARSON AUTO SKILLS CENTER 7001**

Wetzel Ave., Bldg. 2427

(719) 526-2147

**Hours of Operation** Wednesday - Friday  
10am - 8pm Saturday - 8am - 6pm

# MOUNTAIN POST PARTNERS



Where can you go for food, pool, video games, computers and more?

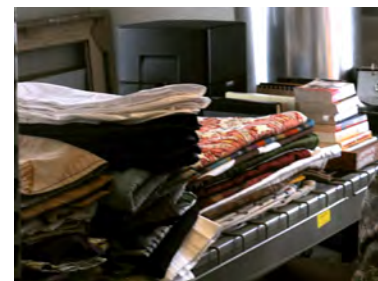
**The USO!**

**6391 Wetzel Ave  
Bldg 1524**



## Warriors Warehouse

Warriors Warehouse provides Active duty military, Veterans and their families with food and new household items. Soldiers have a wide variety of goods to choose from, to include: dishes, utensils, towels, bedding, furniture, electronics and baby items.



## Red Cross

The Red Cross said its volunteers continue to help members of the military, veterans and their families.



## Tumbleweeds

A nonprofit artisan consignment shop on Fort Carson, providing financial support and art classes to the community.



A 501(c)(3) org. which helps AD Military families The Mountain Post by providing support during the holiday season.



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

# GATHERINGS & SPECIAL EVENTS

## ELKHORN CATERING AND CONFERENCE CENTER

- 24,000 square foot facility with a view of the Cheyenne Mountain and space for up to 450 guests
- A variety of creative menu options available for your special event
- On and off site catering/bar
- All-inclusive custom packages available for weddings, birthdays and special events
- Private parties available through advanced reservations

**1725 WOODFILL RD., BLDG. 7300  
(719) 526-4071**



Having a Change of Command or other ceremony?

Call us at (719) 526-4071 or send us a message on Facebook. We will take care of everything from set-up to clean-up, and related to the reception so you can focus on the more important tasks.

## THE HUB



**6371 SPECKER AVE., BLDG. 1531  
(719) 526-4071**

- Rooms for groups ranging from 10-250 guests.
- Call for reservations



## GATHERINGS & SPECIAL EVENTS (CONT)

### WILLIAM REED CENTER

The William "Bill" Reed Special Events Center is available to all military units and government organizations by reservation. This 54-year old facility hosts a wide variety of events such as change of command ceremonies, retirements, deployments, redeployment, trainings, meetings, civilian events and more!

8,000 square feet  
State-of-the-art  
sound system

#### WILLIAM REED SPECIAL EVENTS CENTER

6550 Specker Ave.,  
Bldg. 1829  
(719) 524-1163



or visit [carson.armymwr.com](http://carson.armymwr.com)

### MULLIGAN'S

1050 Titus Blvd.  
BLDG 7800  
Fort Carson, Colorado  
80913  
United States

Interested in hosting an  
event?

Call (719) 526-4122

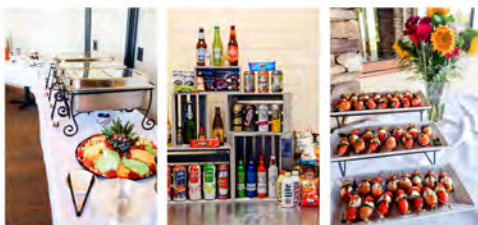


### EVENTS



COFFEES, HAIL & FAREWELLS  
WELCOMES  
CHANGE OF COMMAND RECEPTION  
HOLIDAY PARTIES, BIRTHDAY PARTIES  
BABY SHOWERS, & SO MUCH MORE

EMAIL [CHEYENNESHADOWS@GMAIL.COM](mailto:CHEYENNESHADOWS@GMAIL.COM) FOR PRICING



# THUNDER ALLEY BOWLING CENTER



## EVENTS AND PACKAGES

### **FAMILY DAY**

Sunday, 1 p.m. - close

### **COSMIC BOWLING**

Saturday, 6 p.m. - 9 p.m.

### **PIZZA BOWL**

Sunday, 1 p.m. - close



## **FEATURES**

- 36 fully-upgraded lanes
- "Bumper rails" for youth
- 4 multimedia screens for viewing your favorite sports team
- Strike Zone Snack Bar (featured on page 15)
- T & M's Pro Shop [www.t-msproshop.com](http://www.t-msproshop.com)
- Special Event rooms available (call for pricing & details)

## **BIRTHDAY PARTY PACKAGES**

**Package 1:** 90 minutes of bowling and shoe rentals.

**Package 2:** 90 minutes of bowling, shoe rentals, 1 corn dog, drink, 45 minute rental of the party room, and birthday pin.

**Package 3:** 90 minutes of bowling, shoe rentals, 2 slices of pizza, drink, 45 minute rental of the party room, and birthday pin.



### **BINGO**

Over \$200k in cash every year! Play paper & electronic Bingo to get your share!



**RENT-A-LANE** available, Wednesdays, Thursdays, Fridays. See **CARSON.ARMYMWR.COM** for prices & details.

### **JOIN ONE OF OUR BOWLING LEAGUES!**

Visit or call the bowling alley for league details.

**Wednesday is Ladies Day!**  
**Sunday is Family Day!**

**THUNDER ALLEY BOWLING CENTER** 6391 Chiles Ave., Bldg. 1511  
(719) 526-5542

# DINING OPTIONS

## Coffee Perks

**GREEN  
BEANS**  
COFFEE CO

**6520  
Specker Ave**

## FOOD & DRINK

### Warrior Restaurants

*James R. Wolf Ivy Warrior Restaurant*, located in building 1444, near Specker Avenue and Nelson Street.

*Robert C. Stack Ivy Warrior Restaurant*, located in building 2330, near Titus Boulevard and Specker Avenue.

*Warfighter Ivy Warrior Restaurant*, located in building 9439, near Wilderness and Warfighter roads.

### Did you know?

Strike Zone, inside Thunder Alley, has great food! Pizza, burgers, nachos and more!



### Need more food options?

Scan this QR Code for the full list!



Join us for lunch or a post round drink! Mulligans has a full menu of great food options and beautiful views of Cheyenne Mountain!



# TRAVEL SERVICES

**The Fort Carson Travel Office (SATO)**  
**has opportunities for you to explore**  
**the world!**



Within Colorado

- Travel, cruises, airline & train tickets
- Local Colorado attractions
- Local entertainment and sporting events
- Colorado ski resort lift tickets and season passes

Out-of-state attractions

- Disneyland
- Disneyworld
- Universal Orlando (FL)
- Universal Hollywood (CA)
- NASCAR
- and many more!

Full list of offerings,  
destinations,  
and prices at

**CARSON.ARMYMWR.COM**

## OFFICE HOURS

**Monday–Friday**  
**10 a.m. – 4 p.m.**

**Closed Federal**  
**Holidays and**  
**Training Days**

## LEISURE TRAVEL SERVICES OFFICE

Inside the Hub; 6371 Specker Ave., Bldg. 1532  
(719) 526-5366



*The LTS Office does not  
provide WIFI*

# GRANT LIBRARY



*If you can't travel far, the Grant Library can take you places!*

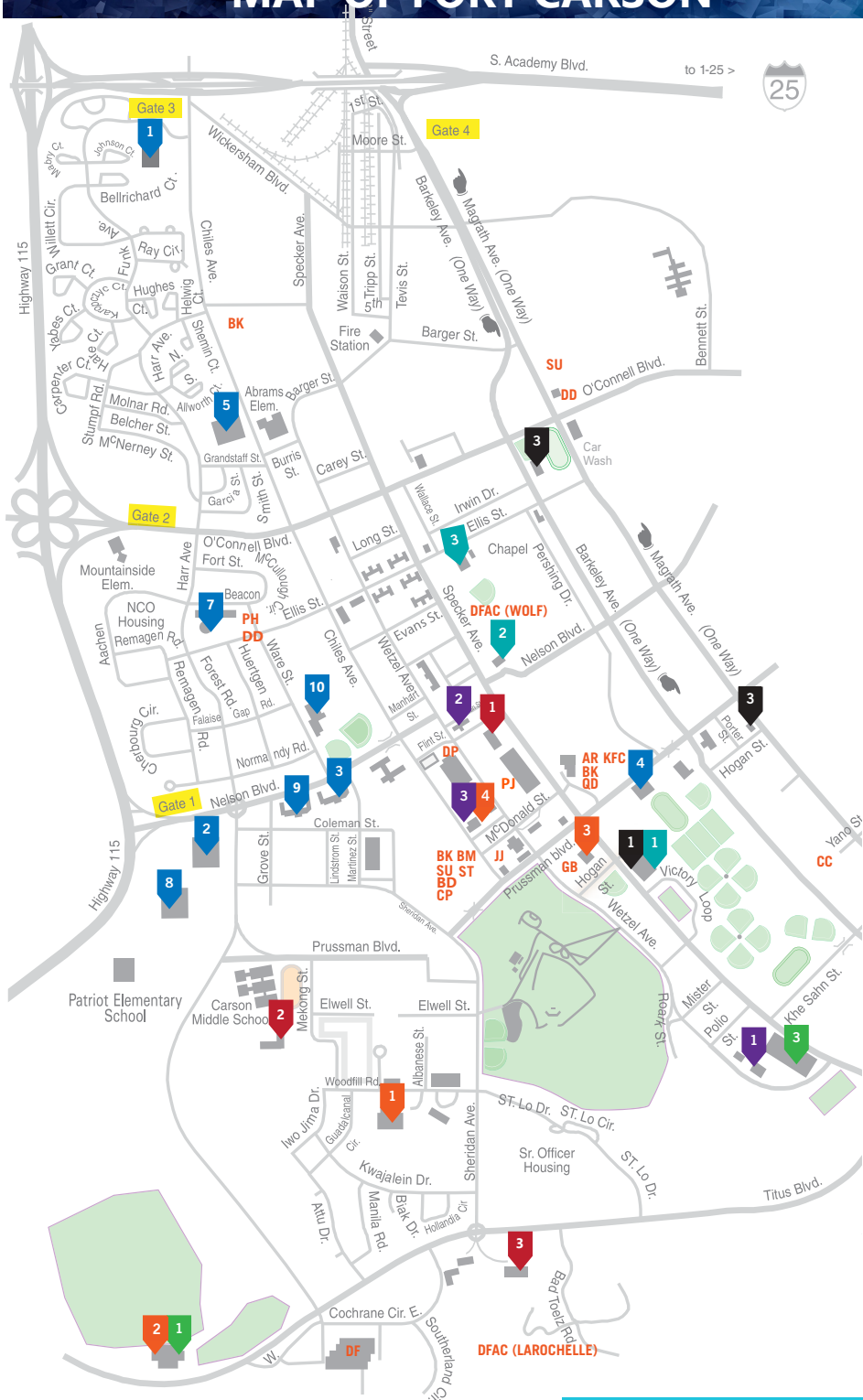


- Free Wi-fi
- Quiet Study rooms
- Fax machine
- Dedicated MIL NETWORK Computers
- Reference/Research assistance available
- Test-prep and Army Reading List collections
- Grant Library Teen Center & Children's Room
- Books, audio books, DVDs, video games, board games, graphic novels, newspapers & magazines
- 24/7 access to extensive list of online resources, including Mango Languages, Tutor.com, and Overdrive and Libby
- FREE weekly & monthly programs for all ages, including LEGO club, story time, book clubs, and MakerSpace Meetups
- Computer lab with commercial network computers (e-mail, Internet, and Microsoft Office Suite) with Color or B/W printing capability
- Meeting/conference room available for reservation

**GRANT LIBRARY**  
1637 Flint. St., Bldg. 1528

(719) 526-2350 / 526-2842

# MAP OF FORT CARSON





# FACILITIES

## AQUATIC CENTERS

1. Ivy Indoor Pool	526-4093
2. Nelson Indoor Pool	526-3107
3. Outdoor Pool	526-4456

Phone #	Bldg #
526-4093	1925
526-3107	1446
526-4456	1231

## INDOOR LEISURE

1. Auto Skills Center	526-2147	2427
2. Grant Library	526-2350	1528
3. Thunder Alley Bowling	526-5542	1511

Strike Zone Snack Bar & Grill  
T&M's Pro Shop

## CHILD & YOUTH SERVICES

1. Aspen CDC	503-7725	4356
2. Cheyenne Mountain CDC	526-5845	6203
3. East CDC	526-5977	6058
4. Ivy CDC	503-8202	1840
5. Mesa School Age Services	524-2985	4790
6. Monarch CDC	503-5020	2764
7. Parent Central	526-1101	5939
8. Patriot School Age Services	526-5424	6204
9. West CDC	524-0151	6060
10. Youth Center	526-2680	5950

## TRAVEL & OUTDOOR LEISURE

1. Cheyenne Shadows Golf Course	526-4102	7800
Mulligan's Snack Bar & Grill	526-4122	
2. Cheyenne Mountain Shooting Complex	896-6196	
3. Outdoor Recreation	526-3907	2429

Adventure Programs 526-3907  
Equipment Checkout 526-1993  
Center and RV Storage  
ITR, Leisure Travel Services 526-5366

Mountain Post Outfitters 526-9723

## DINING AND ENTERTAINMENT

1. Elkhorn Catering & Conference Center The Ivy Irish Pub	576-6646	7300
2. Mulligan's Snack Bar & Grill	526-4122	7800
3. Special Events Center	524-1163	1829
4. Strike Zone Snack Bar & Grill	526-5542	1511

## FITNESS CENTERS

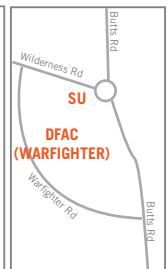
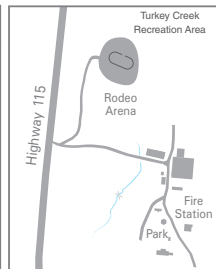
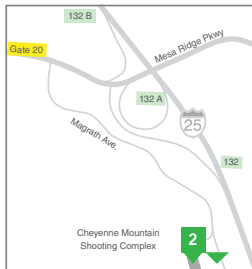
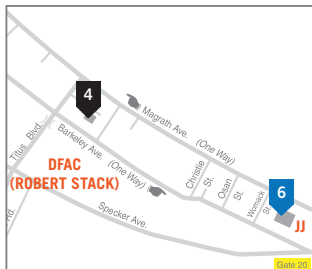
1. Ivy Fitness Ctr. Indoor Pool Intramural Sports	526-2706 526-4093 526-3972	1925
2. McKibben Fitness Ctr.	526-2597	1160
3. Garcia Fitness Ctr.	526-3944	1856
4. Waller Fitness Ctr.	526-2742	2357

## ARMY COMMUNITY SERVICE

1. ACS Center	526-4590	1526
2. Survivor Outreach Services	526-2069	6215
3. ACS Annex	526-0461	7492

## ADDITIONAL DINING

<b>BD</b> Bun D	<b>CC</b> Carson Café	<b>GB</b> Green Beans Coffee	<b>ST</b> Starbucks
<b>AR</b> Arby's	<b>CP</b> Charleys Philly's	<b>JJ</b> Jimmy Johns	<b>SU</b> Subway
<b>BK</b> Burger King	<b>DFAC</b> Dining Facility	<b>KFC</b> Kentucky Fried Chicken	<b>QD</b> QDOBA
<b>BM</b> Boston Market	<b>DD</b> Dunkin' Donuts	<b>PH</b> Pizza Hut	
<b>PJ</b> Perfect Java	<b>DP</b> Domino's Pizza		



**BE INSPIRED**



## **We challenge you to be inspired.**

Fort Carson inspires a life of balance;  
a way of defining your personal journey along the  
way by bringing together mind, body, and community into  
your personal destination experience.

We encourage you to take advantage of installation services  
and programs. Improve your health and  
performance, connect with the community  
and explore beyond our gates.

# ANSWER KEY

## Word Scramble pg. 20

EkileeWatyrnmee

meAnamrsabEltry

dleroaCiMdsn

MteeoariinuEensdlmnty

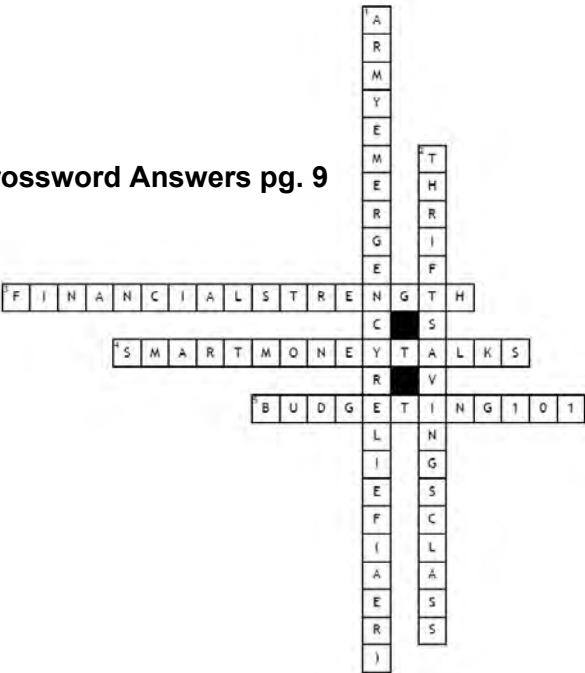
Weikel Elementary

Abrams Elementary

Carson Middle

Mountainside Elementary

## Crossword Answers pg. 9



## Fort Carson Features Answer Key

## Word Search Answers pg. 23



Steadfast  
ACS

Loyal  
Infantry

Camp Hale  
Iron horse  
USO  
Mountain Post  
BOSS  
Garrison



## NOTES

[illegible]

## NOTES

[illegible]



**WORK • PLAY • THRIVE**

**FORT CARSON**

FAMILY, MORALE, WELFARE & RECREATION

**CARSON.ARMYMWR.COM**