



FORT CARSON • ARMY COMMUNITY SERVICE • PROGRAMS

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

ARMY VOLUNTEER CORPS (AVC)

- Assistance finding volunteer opportunities on and off Fort Carson
- Special Volunteer events including: Make A Difference Day and National Volunteer Week
- Stay for a Day- Short Term Volunteer opportunities
- Volunteer Management Information System (VMIS) Support and Training
- Volunteer Recognition: Volunteer of the Quarter and Annual Volunteer Award Recognition

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
- Education Scholarships Information
- Education & Scholarship Information
- Federal Employment and USAJobs Workshops
- Professional Development Workshops & Career Assessments

FAMILY ADVOCACY PROGRAM

- Parent Classes for parents of children from infants to teens
- Prevention & Relationship Enhancement Program (PREP)
- Relationship Classes
- Resilience Classes

FAMILY ENRICHMENT PROGRAM (FEP)

- Army Family Action Plan (AFAP) Program
- Army Family Team Building (AFTB) Training and Readiness Program
- ACS Volunteer Briefing, 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
- TSP
- 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
- 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
- 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
- Play Groups for infants to 5 years of age

RELOCATION READINESS PROGRAM (RELO)

- Multicultural Support: Everyday English
- Citizenship and Immigration Information
- Cultural Meet-Ups
- Installation Packets
- Nursing Suite at ACS Center
- Sponsorship Training
- Permanent Change of Station Trip Planning
- Waiting Families Program
- Mountain Post Living Welcome for Spouses and Families

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

- Transition assistance to Soldiers and their Families that are assigned to the Soldier Recovery Unit (SRU) and the Integrated Disability Evaluation System (IDES)

SURVIVOR OUTREACH SERVICES (SOS)

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

VICTIM ADVOCACY PROGRAM

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



EDUCATION • OPPORTUNITY • DISCOVERY

ARMY COMMUNITY SERVICE • COURSE CATALOG

ALL PROGRAMS OFFERED AT
NO COST!



ACS 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!
- Relocation Readiness Program
- Community Information & Referral (I&R)
- Computer Lab
- Donations Management
- Fort Carson and surrounding community information
- Multicultural Support



ACS ANNEX

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 (E2I)
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.
Thu: 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 or call (719) 526-0096. Last Updated: Oct 1, 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. 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 SFRG, or the community.



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

Class DELIVERY

for Units & SFRG's on your time at your place.

**To schedule go to
www.carson.army.mil/acs**

ARMY VOLUNTEER CORPS (AVC)

NEW VOLUNTEER, VMIS & OPOC TRAINING
Provides information on registration of new volunteers, duties of the OPOC (Organizational Point of Contact) and how to use the VMIS (Volunteer Management Information System) to enter hours and earned awards.
Last Wednesday of the month • 1:30-3 p.m.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

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.

EFMP RESPIRE CARE
EFMP Respite Care is a temporary rest period for caregivers, providing them the opportunity to rest and rejuvenate with peace of mind, knowing their loved ones will be well cared for. Eligibility criteria apply.

EFMP SCHOOL SUPPORT
If you have a child on an IEP or a 504 Plan, this service is for you! Clearly understanding the basics of the special education process, understanding your rights and responsibilities and those of the education system, and collaborating with educational professionals will help you feel like a true member of your child's IEP team. School support services are tailored to meet your child's individual needs.

SYSTEMS NAVIGATION SERVICES
EFMP Systems Navigation is a Family support component of the EFMP 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.

walk-in or by appointment, call (719) 526-4590

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.GOV
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.
3rd Wednesday

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!
4th Tuesday

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 Q&A with colleges.
1st & 3rd Thursday

FAMILY ADVOCACY PROGRAM
5 LOVE LANGUAGES
This class will discuss your "Love Language" and how to use it to strengthen your communication style.
Call (719) 526-0912 for more information

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 a.m.-noon

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.
Call (719) 526-0912 for more information

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.
Call (719) 526-0912 for more information

FINANCIAL READINESS PROGRAM (FRP)
BANKING MANAGEMENT
Today's banking tools make managing money easier than ever before. Secure your success by understanding the basics of ATMs, Apps, online banking and much more.
1st Tuesday of the month • 9:30-10:30 a.m.

BUDGETING 101
Learn how to manage your money, meet your financial goals and save for emergencies.
2nd & 4th Wednesday • 10-11 a.m.

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.
call (719) 524-4601 for an appointment

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."
4th Wednesday • 1-4 p.m.

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.
Available upon request RSPV (719)526-4572

NEED TO TALK? MILITARY FAMILY LIFE COUNSELORS ARE AVAILABLE. CALL TO SCHEDULE.
(719) 526-4590

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 Operations 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
BOY ORIENTATION
The NPSP will provide parents who have recently delivered, information on safety and the services offered for new parents.
2nd Tuesday of the month • 10-11:30 a.m.

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 NPSP staff.
call (719) 526-4601 for more information

NURTURING
These two 12-week classes teach parents how to be nurturing to their children as well as to themselves. Touches on communication, building your child's self-esteem, behavior management techniques and much more. Classes are divided by child age: infant to 5 years of age and 5 to 12 years of age.
Call (719) 960-6435 for times and dates

TOUGH TOPICS
A group to help assist parents and caregivers with navigating difficult conversations.
Offered Quarterly

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.

SPONSORSHIP TRAINING
Required training for all Fort Carson sponsors. Soldiers learn about sponsorship and resources available on Fort Carson.

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.
Available upon request RSPV (719)526-4572

MOBILIZATION & DEPLOYMENT
YVRG TRAINING
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.

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. Cultural group leaders needed.
German Meet-Up: Alternating Wednesdays

EVERYDAY ENGLISH
Program for foreign born Spouses and Soldiers. Participants develop basic English skills through conversation and activities.
Tuesdays • 9:30 - 11:30 a.m.

IMMIGRATION & NATURALIZATION CLASSES

If you are unsure where to start the process, attend our classes to get your questions answered, get contact information and referral assistance.
Immigration 101: Tue. • 2 p.m.-4 p.m.
Citizenship: 1st & 3rd Mon. • 1-4 p.m.

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

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

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

TRANSITION AND MEDICAL RETIREMENT BRIEF
This briefing is for SRU and IDDES 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/IDDES Soldiers and their Families.
available during SFAC hours

ONE-ON-ONE SUPPORT
Schedule your one-on-one support with the SFAC to support your transitions needs: financial counseling, education benefits, leave calculations, resume assistance, and recreation opportunities.
call (719) 526-5807 for an appointment

SURVIVOR OUTREACH SERVICES (SOS)

HEARTBEAT
Heartbeat Peer to Peer Support for Survivors of Military Suicide Loss. The Fort Carson Heartbeat group meets virtually and is open to anyone affected by a Military Suicide Loss. The group is facilitated by Survivors of Military Suicide Loss, and offers time to address suicide bereavement by offering comfort, encouragement and direction to those left to mourn.
Virtually, 2nd & 4th Tuesday • 6:15pm.

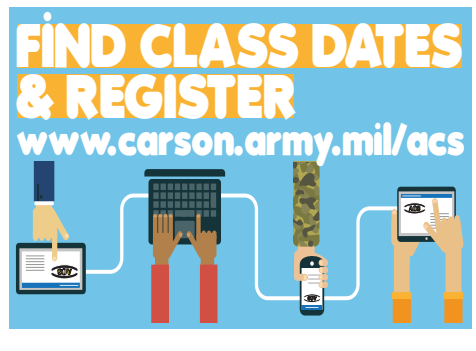
VICTIM ADVOCACY PROGRAM

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

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 (819) 524-1899

LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE CONTACT VICTIM ADVOCACY TO TRAIN YOUR UNIT LEADERS
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 (819) 524-1899

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



FIND CLASS DATES & REGISTER

www.carson.army.mil/acs

Tuesdays • 9:30 - 11:30 a.m.