

07 April 2021

Keep up to date with local events and deals with the



## PASS IT ON COMMUNITY NEWSLETTER

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



Give us a call at (719) 526-4590

Visit our webpage at: [www.carson.army.mil/ACS](http://www.carson.army.mil/ACS)

The "Pass It On" is available online at:

<https://carson.armymwr.com/programs/community-information-newsletter-pass-it>

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**PASS IT ON**

**COMMUNITY  
NEWSLETTER**

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# Army Emergency Relief

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**ARMY**  
**EMERGENCY RELIEF**  
SOLDIERS HELPING SOLDIERS SINCE 1942

**A HAND-UP  
FOR SOLDIERS**

**1 March to 15 May**

AER is your tool in times of need.  
Talk to your chain of command or  
local AER Officer if you need help.

Stand with your squad and make  
a small monthly gift to the Army's  
own charity.

**Donate today**

<https://give.armyemergencyrelief.org/FTCARSON>

[www.carson.army.mil/acs](http://www.carson.army.mil/acs)

Search: Army Emergency Relief

For more information, call (719)526-4783



The Army's 79th  
Annual AER  
Campaign is March  
1st – May 15th and  
AER can triple your  
donation!  
A \$5 donation  
equals \$15 in  
Soldier support!



**To donate now,  
[CLICK HERE!](#)**

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## **Tax Center Appointments**

Although the Fort Carson Tax Center appointments are all booked through the April 15 final closure date, the center's staff is offering a process for people to still schedule appointments. Any people eligible for the free tax center services can arrive at the center before 7 a.m. to try to get an appointment at either 10 a.m., noon, 2 p.m. or 4 p.m. Monday-Thursday and 10 a.m., noon or 2 p.m. on Fridays for the remainder of the season. There will be two-available "walk-in" appointments each day for each time slot due to COVID-19 safety guidelines and to continue to provide efficient service.

## **Golf Tournament**

The Pikes Peak Sergeants Major Association golf tournament takes place May 21 at Cheyenne Shadows Golf Club. Check in is at 6:30 a.m. and the shotgun start is at 8 a.m. Cost is \$65 for active duty and retirees and \$75 for civilians. For more information and to coordinate registration, email [PikesPeakSMA@gmail.com](mailto:PikesPeakSMA@gmail.com).

## **War Dog Memorial Postponed**

The War Dog Memorial Run previously set for March 13 has been rescheduled for April 17. Registration has been reopened and is available until the maximum capacity of 300 participants has been reached. Visit <https://www.eventbrite.com/e/war-dog-memorial-5k-fun-runwalk-tickets-136620641015> for more information and registration.

## **Intramural Softball**

Registration is underway for intramural softball. The season runs May 3 to June 28 and is open to DOD ID card holders 18 years old and up. For more information, call 526-7585 or visit [carson.armymwr.com](http://carson.armymwr.com). To register, email [arcelia.j.escobar.naf@mail.mil](mailto:arcelia.j.escobar.naf@mail.mil)



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## Automatic Shuttle Suspended

The Mountain Express Automatic Shuttle is temporarily suspending service for technology testing/upgrades. Once this is completed, resumption of the shuttle service will be announced.

## New Starbucks Hours

The Starbucks in the Fort Carson Main Exchange food court has new hours beginning March 19. New hours are Monday-Friday from 6 a.m. to 3 p.m. and Saturday-Sunday from 9 a.m. to 3 p.m.

## Trail Run Club

Run or walk a new trail each week and share your experience by signing up for the Trail Run Club. Club members get access to weekly tips, articles and photos to help improve performance and ensure safety on the trails. Registration for the second cycle of the Trail Run Club is open until April 5. There are a limited amount of spots available. Registration and more information can be found at: <https://www.eventbrite.com/e/2021-fort-carson-trail-run-club-tickets-140304726213>

## COVID-19 Information

To see the latest information on Fort Carson's measures to prevent the spread of COVID-19 and for frequently asked questions and other information on the pandemic, visit <https://www.carson.army.mil>. To ensure the most current page is viewed, refresh the internet browser by pressing the "Control" and "F5" keys.

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### Sign up for the next 'Thrift Savings Plan' Class

Topics include: A general overview of the Thrift Savings Plan, the difference between the traditional and Roth TSP, investment funds and options and much more.

APRIL 9TH or APRIL 23RD

### Sign up for the next 'Developing a Spending Plan' Class

We will discuss the important budgeting concepts that will help you create a workable spending plan so that you can get a jump start on your money management skills as soon as today.

APRIL 16TH or MAY 7TH



### Sign up for the next 'Saving and Investing' Class

We are going to cover key terms and discuss the difference between saving and investing, the different types of savings accounts, the basics of investing and various investment options, such as 401(k)s, IRAs and the Thrift Savings Plan (TSP).

APRIL 16TH or MAY 7TH



### Sign up for the next 'Stretching Your Money' Class

Let's talk money management challenges that will help you find and fix the leaks in your spending habits. We will discuss cash-saving strategies for making wise buys and tips on how to minimize your tax burden.

APRIL 9TH or APRIL 23RD





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## DOMESTIC VIOLENCE SUPPORT GROUP



**APRIL 13TH or APRIL 27TH**

### Sign up for the next 'Domestic Violence Support Group'

Meet with other women that have a history with domestic violence in a safe place where all ideas and experiences can be expressed in a judgement free environment. Open to all female ID card holders with any domestic violence history and/or current issues.

### Sign up for the next 'You're a Priority: Federal Employment for Military Spouses'

Did you know, as a Military Spouse, you may be eligible for the Priority Placement Program (PPP)

Learn the requirements and documentation needed for these and other spouse employment and educational opportunities.

FORT CARSON ACS EMPLOYMENT READINESS PRESENTS

**YOU'RE A PRIORITY:  
FEDERAL EMPLOYMENT  
FOR MILITARY SPOUSES**

**APRIL 21ST or MAY 19TH**

## BOOT CAMP for New Moms



**APRIL 20TH or MAY 18TH**

### Sign up for the next 'Boot Camp for New Moms'

This class is an opportunity to interact with other expecting moms and develop confidence as a parent. We will discuss parent and infant relationships, common questions about parenting, postpartum issues, and much more.

# Army Community Service Upcoming Classes

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DATE	CLASS	TIME
April 8th	<u>Toddler Time</u>	9:30 am - 11 am
April 9th	<u>Foundational Readiness Classes for Your Personal Finances: Thrift Savings Plan</u>	9:30 am - 10:30 am
	<u>Play Group</u>	10 am - 12 pm
	<u>Foundational Readiness Classes for Your Personal Finances: Stretching Your Money</u>	11 am - 12 pm
April 12th	<u>Nourish and Nurture</u>	10:30 am - 11:30 am
April 13th	<u>Cooperative Parenting and Divorce Class</u>	9 am - 1 pm
	<u>Infant Massage &amp; Baby Nurturing</u>	9:30 am - 11 am
	<u>Baby Orientation</u>	10 am - 11:30 am
	<u>Domestic Violence Support Group</u>	10 am - 11 am
	<u>SFRG Fund Custodian Training</u>	10 am - 11:30 am
	<u>Nurturing Families Through Play</u>	10:30 am - 12:30 pm
	<u>Center on Fathering</u>	1 pm - 3 pm
	<u>Launching Hope</u>	1 pm - 3 pm
	<u>Soldier &amp; Family Readiness Group (SFRG) Key Contact Training</u>	1 pm - 2:30 pm
	<u>Heartbeat</u>	6:15 pm - 8 pm
April 14th	<u>Nurturing Ages 0-5</u>	9:30 am - 11:45 am
	<u>Write a Winning Resume</u>	9:30 am - 10:30 am
	<u>Financial Strength Budgeting 101</u>	10 am - 11 am
	<u>ScreamFree Parenting</u>	1 pm - 3 pm
	<u>Nurturing Ages 3-12</u>	5:30 pm - 7:45 pm
April 15th	<u>Professional Development Series--Career Exploration &amp; Assessments</u>	9:30 am - 10:30 am
	<u>SFRG Management Course</u>	9:30 am - 2:30 pm
	<u>Toddler Time</u>	9:30 am - 11 am
	<u>TSP Class</u>	1 pm - 2 pm



# Army Community Service Upcoming Classes

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DATE	CLASS	TIME
April 15th	<a href="#"><u>Latino Meet-Up</u></a>	2 pm - 4 pm
April 16th	<a href="#"><u>Foundational Readiness Classes for Your Personal Finances: Developing a Spending Plan</u></a>	9:30 am - 10:30 am
	<a href="#"><u>Play Group</u></a>	10 am - 12 pm
	<a href="#"><u>Mountain Post Living Welcome for Spouses and Families</u></a>	10:30 am - 11:30 am
	<a href="#"><u>Foundational Readiness Classes for Your Personal Finances: Saving and Investing</u></a>	11 am - 12 pm
	<a href="#"><u>How to Help a Friend</u></a>	1 pm - 2 pm
April 20th	<a href="#"><u>Boot Camp for New Moms</u></a>	9 am - 12 pm
	<a href="#"><u>Employment Readiness Orientation</u></a>	9:30 am - 10:30 am
	<a href="#"><u>Everyday English for Foreign Born Spouses</u></a>	9:30 am - 11:30 am
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>	9:30 am - 11 am
	<a href="#"><u>Nurturing Families Through Play</u></a>	10:30 am - 12:30 pm
	<a href="#"><u>Center on Fathering</u></a>	1 pm - 3 pm
	<a href="#"><u>Launching Hope</u></a>	1 pm - 3 pm
April 21st	<a href="#"><u>Nurturing Ages 0-5</u></a>	9:30 am - 11:45 am
	<a href="#"><u>You're a Priority: Federal Employment for Military Spouses</u></a>	9:30 am - 10:30 am
	<a href="#"><u>German Meet-Up</u></a>	10 am - 12 pm
	<a href="#"><u>ScreamFree Parenting</u></a>	1 pm - 3 pm
	<a href="#"><u>Nurturing Ages 3-12</u></a>	5:30 pm - 7:45 pm
April 22nd	<a href="#"><u>Toddler Time</u></a>	9:30 am - 11 am
April 23rd	<a href="#"><u>Foundational Readiness Classes for Your Personal Finances: Thrift Savings Plan</u></a>	9:30 am - 10:30 am
	<a href="#"><u>Play Group</u></a>	10 am - 12 pm
	<a href="#"><u>Foundational Readiness Classes for Your Personal Finances: Stretching Your Money</u></a>	11 am - 12 pm

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

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**EFMP** Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) provides comprehensive support to family members with special needs. EFMP takes an all-inclusive approach to coordinate military and civilian community, educational, medical, housing, and personnel services to help Soldiers and their Families with special needs.

## Where can I find EFMP Services?

### EFMP - For Enrollment/ Updates/ Disenrollment/FMTS

Evans Army Community Hospital (EACH)

1650 Cochrane Circle, Bldg. 7500

(719) 526-7805 or (719) 503-7442

### EFMP – For Family Support Services

Army Community Service – ACS Annex

1481 Titus Blvd., Bldg. 7492

(719) 526-0400

An Exceptional Family Member is a Family member with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling, and meets the eligibility criteria.

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

Visit our webpage [HERE!](#)



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

**Army Community Service**

# Portable Class Delivery



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

Do you need:

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

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

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## FORT CARSON EMPLOYMENT READINESS

*2021 April - September Workshop Schedule*

### Professional Development Series

Apr 1st	LinkedIn Fundamentals--9:30 to 10:30 am
Apr 15th	Career Exploration & Assessments--9:30 to 10:30 am
May 6th	LinkedIn Fundamentals--1:30 to 2:30 pm
May 20th	Make Your Mark--1:30 to 2:30 pm
June 3rd	LinkedIn Fundamentals--9:30 to 10:30 am
June 24th	Career Exploration & Assessments--9:30 to 10:30 am
July 1st	LinkedIn Fundamentals--1:30 to 2:30 pm
July 15th	Make Your Mark--1:30 to 2:30 pm
Aug 5th	LinkedIn Fundamentals--9:30 to 10:30 am
Aug 18th	Career Exploration & Assessments--9:30 to 10:30 am
Sept 2nd	LinkedIn Fundamentals--1:30 to 2:30 pm
Sept 16th	Make Your Mark--1:30 to 2:30 pm

**LinkedIn Fundamentals:** Learn how to build your professional identity & brand on this platform by understanding its functions and capabilities. Understand how to make connections and develop professional relationships to help your job search. Class participants may schedule an appointment for a FREE head shot.

**Career Exploration & Assessments:** Discover your interests, likes & dislikes before setting out on your job search. ERP experts can help you to determine which career may be a good fit for you.

**Make Your Mark:** Learn how to keep up and stand out in today's fast-paced, ever-changing workplace. Grow professionally and experience success by learning how to navigate today's competitive workforce.

ERP will offer hybrid classes beginning in April. Upon registration you have the option to select whether you prefer to attend in person or virtually. All class information subject to change.

Register@[www.carson.armymwr.com/calendar](http://www.carson.armymwr.com/calendar) or call: 719.526.0452

'Like us' on FB and 'Join Us' on LinkedIn@Fort Carson ACS Employment Readiness

Visit our webpage [\*\*HERE!\*\*](#)



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## FORT CARSON EMPLOYMENT READINESS Job Spotlight

Employment Opportunities for Veterans and Spouses  
For Week of March 29 to April, 2021

**US Army Medical Command**  
Fort Carson

**Contract Specialist, NH 3**  
[www.USAJobs.gov](http://www.USAJobs.gov) Job#: 596956800

**USfalcon, Inc.**  
Colorado Springs

**Software Developer**  
<https://careers.icims.com>

**Blais & Associates**  
Remote

**Government Grant Writer--Entry Level**  
[www.blaisassoc.com](http://www.blaisassoc.com)

**Yes Career Coaching & Resume Writing**  
Remote/Worldwide

**Resume Writer/Editor**  
[Katherine@yeswriting.com](mailto:Katherine@yeswriting.com)

**Army Installation Management Cmd.**  
Fort Carson

**Civil Engineer, GS 12**  
[www.USAJobs.gov](http://www.USAJobs.gov) Job#596977100

For more details and additional job listings, visit:  
[www.carson.armymwr.com/programs/employment-readiness](http://www.carson.armymwr.com/programs/employment-readiness)



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### 2021 VIRTUAL MILITARY SPOUSE SYMPOSIUM



# REFLECT. EXPLORE. ACT.

**NEW! DAY THREE: RELATIONSHIP SUMMIT**

## SAVE THE DATE April 27-29, 2021

Join us for three days of online sessions and get resources and tools to meet your career, education and relationship goals.

- Build knowledge on self-care, entrepreneurship and federal job searching while networking with other military spouses.
- Learn personal branding, finding your passion, storytelling with your resume, interview skills and more.
- Participate in breakout sessions for Army, Marine Corps, Navy and Department of the Air Force military spouses.
-  **New Day Three Relationship Summit:** Explore relationship skill-building with proven tips from experts.

**Save the date and register starting Thursday, April 1.**

Want more info? Call a SECO career coach or Military OneSource consultant at 800-342-9647.



SPOUSE EDUCATION &  
CAREER OPPORTUNITIES





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FOR MORE INFORMATION  
CALL: 719-772-7000

[www.veteranscenter.org](http://www.veteranscenter.org)



## MT. CARMEL VETERANS SERVICE CENTER **BACK TO WORK CAMPAIGN**

The global COVID19 pandemic has disrupted and derailed the working lives of so many, to include those within our Colorado Springs military community. Thanks to generous grants provided by USAA, the Daniels Fund and El Paso County, help is here for our veterans, military spouses and service members.

**Mt. Carmel VSC is proud to announce the Back to Work Campaign designed to remove barriers to employment by providing:**

- Emergency assistance & supportive services to job seekers (i.e. housing, transportation, utilities and food).
- Career enhancing educational and professional certification scholarship opportunities through the Military Community Career Development and the Level Up Scholarship Programs at Mt. Carmel VSC. Open to Transition and Employment (T&E) clients, with racial minorities encouraged to apply per grant objectives.
- Funds to offset job coaching services for active duty service members and military spouses.

**If you are or know of an service member, veteran or military spouse who could potentially benefit from the Mt. Carmel Back to Work Campaign, please contact Mt. Carmel Veterans Service Center at (719) 772-7000 or email us at [FrontDeskMtCarmelCenter.org](mailto:FrontDeskMtCarmelCenter.org).**



*Making a difference....  
one client at a time.*



# Military and Family Life Counseling (MFLC)

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**MILITARY & FAMILY  
LIFE COUNSELING**

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

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

**Military  
& Family  
Life  
Counseling**

Need to talk?  
Military & Family Life  
Counselors are here to  
provide help with the  
stress of military life at  
no cost.  
Call an MFLC at  
(719) 526-4590

[www.carson.army.mil/acs](http://www.carson.army.mil/acs)



Visit our webpage [HERE!](#)

# Mountain Post Spouses' Club

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[www.mpsc.us](http://www.mpsc.us)

## Mountain Post Spouses' Club

Supporting Soldiers,  
Spouses and Dependents

— Since 1960 —

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

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

Visit  
[www.MPSC.us](http://www.MPSC.us)  
to learn more!

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[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

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[Fort Carson MWR Events](#)

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





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## GET HELP BUYING FOOD FOR YOUR FAMILY

Did you know benefits could be available to you? The Supplemental Nutrition Assistance Program (SNAP) is an on-going monthly food benefit that helps Colorado families to afford healthy food when budgets are tight. SNAP gives you options--you can choose where to shop and what to buy. These benefits are for you!

### SNAP is For You

SNAP is available for all eligible families. You can receive SNAP benefits if you have limited income or high living expenses. If you are an immigrant, receiving SNAP for eligible children (such as US Citizen kids) does not impact public charge. Visit [KeepYourBenefits.org](http://KeepYourBenefits.org) for more information about immigration and benefits.

Many Coloradoans use SNAP. There is enough for all who are eligible--it's just waiting for you to use it!



### Fill out a SNAP application

You can apply online for SNAP benefits using the Colorado PEAK website [colorado.gov/PEAK](http://colorado.gov/PEAK) or on your smartphone using the MyCOBenefits app. You can download the app from the Apple or Android app store.

If your family qualifies for SNAP, you might also qualify for Pandemic EBT (additional funds for groceries to support children) this year! Learn more at [cdhs.colorado.gov/p-ebt](http://cdhs.colorado.gov/p-ebt)

### Additional Pandemic Resources

Food pantries and other programs (like WIC) offer free food, meals, nutrition support, and more. Visit Hunger Free Colorado's [COFoodFinder.org](http://COFoodFinder.org) to learn more!

**Right now, a family of 3 can be eligible to receive up to \$616 per month!**

This institution is an equal opportunity provider. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



**COLORADO**  
Department of Human Services

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### *About CommUNITY Pantry*

*Solid Rock Community Development Corp's Food Pantry's goal is to assist in alleviating hunger in SE Colorado Springs by collecting food for distribution through a network of service agencies (Care and Share, Colorado Food Rescue, COSILove YOU and Harrison School District 2) that will support our efforts. The location of SRCDC food pantry will be at Mission Trace Shopping Center.*



Weekly Food Pantry Pickups  
EVERY TUESDAY, 2PM - 4PM  
Mission Trace Shopping Center  
3219 South Academy Boulevard Colorado Springs, CO 80916

Monthly Drive Thru / Walk Up  
2ND FRIDAYS, 3:30PM - 6PM  
Mission Trace Shopping Center  
3219 South Academy Boulevard Colorado Springs, CO 80916

**Learn More [HERE!](#)**



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## MOBILE FOOD PANTRY LIST

AGENCY	DISTRIBUTION TIME
<b>BLANCA/FORT GARLAND COMMUNITY CENTER</b> 17591 Hwy 160, Blanca, CO, 81123	1 <sup>st</sup> Monday 9:00 a.m.
<b>CRESTONE FOOD BANK</b> 108 W. Galena Ave., Crestone, CO, 81131	1 <sup>st</sup> Tuesday 9:00 a.m.
<b>DEERFIELD HILLS COMMUNITY CENTER</b> 7290 Deerfield Hills Rd., Colorado Springs, CO, 80916	4 <sup>th</sup> Friday 11 a.m.
<b>EASTSIDE ACTION SUPPORT TEAM</b> 1315 E 7 <sup>th</sup> St., Pueblo, CO, 81001	3 <sup>rd</sup> Friday 2:00 p.m.
<b>PEAK VISTA</b> 350 Lyckman Dr., Fountain, CO, 80817	2 <sup>nd</sup> Friday 9:00 a.m.
<b>PRAISE COMMUNITY CHURCH</b> E. 3 <sup>rd</sup> & E. 4 <sup>th</sup> , Florence, CO, 81226	1 <sup>st</sup> Friday 12:00 p.m.
<b>UTE MOUNTAIN UTE TRIBE</b> 311 S. Sunset Blvd., Towaoc, CO, 91334	3 <sup>rd</sup> Tuesday 11:00 a.m.



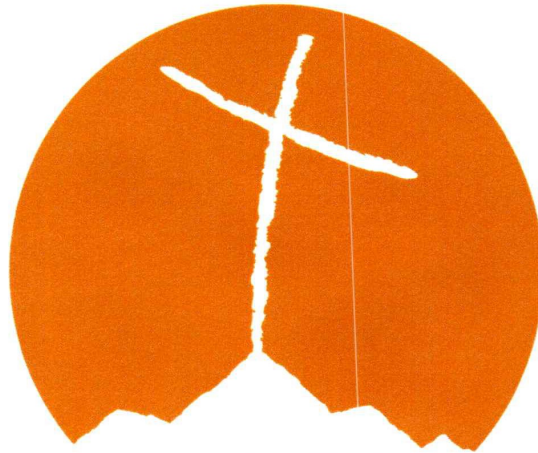
► For additional food pantry referrals dial 2-1-1 or visit the FindFood link on [www.careandshare.org](http://www.careandshare.org)



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# CARE CENTER

at Pikes Peak Christian Church

*Food Pantry hours*

*Mon – Wed 10-12pm / 1-4pm*

*Fri 9-12pm*

*We have Rent & Utilities Assistance for the next*

*Zip Codes 80817, 80911, 80916, 80925 & 80926 by appointment only.*

*Employment Coaching By Appointment only Wed 5:30 & 6:30 and Thurs 5:30 & 6:30Pm*

4955 Bradley Rd

Colorado Springs CO 80911

CareCenter@yes2God.org

(719) 392-8855

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## Marian House Marketplace

14 W. Bijou, Colorado Springs, CO 80903



**Catholic Charities of Central Colorado  
Opens Food Pantry at the Marian House Campus!**

### Donate

#### FOOD DONATIONS

can be dropped at 14 W. Bijou St., 8 a.m. - 2 p.m., Monday through Saturday. For large food donations, please call 719-866-6288

#### CASH

- ONLINE at CCharitiesCC.org
- BY MAIL to 228 N. Cascade Ave., Colorado Springs, CO 80903
- CALL 719.866.6422

### Volunteer

Call Doug Rouse at 719-866-6286

### Questions

Call Rob Stinson at 719-866-6288

Catholic Charities is expanding services to offer fresh and shelf-stable, healthy foods for families and individuals in crisis in downtown Colorado Springs. Now, people can not only engage in job search and improve employment skills, access healthcare, receive case management, and enjoy a hot, nutritious meal, they can "shop" at the new *Marketplace* for a variety of healthy food to cook at home. These combined services, all located at the Marian House Campus, help families move toward a higher level of stability.

### Participants Must Enroll Prior To Shopping

Call 719-866-6288 or Email [Pantry@CCharitiesCC.org](mailto:Pantry@CCharitiesCC.org)  
Hours of operation: M, W, F 1:30 pm—3:00 pm

#### What's Available?

- Fresh fruit and vegetables
- Dairy and meat
- Cereal and grains

#### How Often Can I Shop?

Food allotments are once per month per family

Participants must have their own transportation and refrigeration, and must have an income under \$4,367 per month for a family of four.

### One Stop Service at the Marian House Campus



Groceries



Hot Meals



Employment



Case Management



Medical

*Note: Families receive case management / life coaching at Family Connections at the Helen Hunt Campus*



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

**Fort Carson & 4th Infantry Division**

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

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

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



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



**Facebook.com/4IDCarsonRSO**



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### **Heroes' Legacy Scholarship**

College scholarships for children of service members who've died or become seriously injured in the line of duty since 9/11.

Click [HERE](#) For More Information



### **Military Spouses**

Scholarship funds can be used towards degrees, certifications, licensure, clinical supervision for mental health licensure, CEUs, business expenses and more!

Click [HERE](#) For More Information



### **Search for Scholarships**

Find even more scholarships available for children and spouses of military (active, reserve, retired) and veterans.

Click [HERE](#) For More Information

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# MILITARY *families* MAGAZINE

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

## Military Family Member Scholarship Opportunities

Click below to learn more!

Nationwide Surviving Spouse and  
Dependent Children Scholarship Program

Marine Gunnery Sergeant  
John D. Fry Scholarship

Fisher House Foundation  
Scholarship Program

No Angel Left Behind

Freedom Alliance

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## IVY FITNESS CENTER



### Tactical Athlete Performance

Unit Reservations Required  
Limited 10 participants

Days/Times  
Tuesday—0630  
Thursday—0630

To make reservations please call Ivy Fitness Center  
719-526-2706

#### T.A.P Can Help Improve

- Fitness Test
- Optimum Job Performance
- Fitness Training
- Reduce Injuries
- Improve Mission—Related Task

Tim Agan  
NSCA—TSAC-F  
NASM—Personal Trainer  
Corrective Exercise Specialist  
Fitness Nutrition Specialist  
Sports Conditioning Specialist



Email: [timothy.j.agan3.naf@mail.mil](mailto:timothy.j.agan3.naf@mail.mil)

Phone: 719-526-3972

*Tactical Athlete Performance: Is performance-based, focused on building foundational physical skills and capacity to execute mission-related tasks well.*



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UNIVERSITY OF MARYLAND  
GLOBAL CAMPUS

### NEW STUDENT OPEN HOUSE AT Fort Carson

You want an education from a university that gets you. We will work with you as you reach your goals. Join us for a special no-cost event to help you get there.

You're invited to learn about earning a degree or certificate. Stop by UMGC at the Fort Carson Education Center for information:

- // Meet with a UMGC Advisor and get hands-on assistance with your application for admission
- // Explore our 90+ degrees, specializations, and certificates, many in today's most in-demand fields
- // Find out about military TA, Veteran's benefits, financial aid and other options to make your education affordable
- // Learn how you can fast-track your degree with transfer credits for your prior college coursework and professional, military, and volunteer experience

*Apply for admission to UMGC and have the \$50 application fee waived.*

#### New Student Open House

Every Friday  
9:00 am - 4:00 pm

#### Contact Us

UMGC Fort Carson  
BLDG 1117 Rm. 105 & 106  
Fort Carson, CO 80913  
Phone: (719) 313-6411 or  
Phone: (719) 246-3952  
[baseadvisor@umgc.edu](mailto:baseadvisor@umgc.edu)

MADE FOR YOU

/ University of Maryland Global Campus

/ [umgc.edu](http://umgc.edu)

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## Concerned about your Alcohol use?

Speaking up and asking for help with alcohol use concerns is a sign of strength.



### AVOID DAMAGING YOUR CAREER

Discuss alcohol use concerns before you get an alcohol-related incident or DUI charge.



### KEEP YOUR RELATIONSHIPS STRONG

If alcohol is impacting you, speak up early.



### MAINTAIN READINESS

The DoD and your Service branch have resources to keep you on-duty and mission ready.

Learn more about responsible drinking and how to get help.

[ownyourlimits.org/get-help](http://ownyourlimits.org/get-help)

**OWN YOUR LIMITS**

SERVE HONORABLY. DRINK RESPONSIBLY.

Contact Us: [dha.ncr.comm.mbx.drink-responsibly@mail.mil](mailto:dha.ncr.comm.mbx.drink-responsibly@mail.mil)



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

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



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## Safe Exchange Location



Child Custody Exchange  
Online Purchase Exchange

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

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

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





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## **Military Family Camp at Young Life's Trail West**

**All camping opportunities are  
subject to COVID protocols/  
restrictions at time of camp.**



**What:** **Military Family Camp.** Does your Family like adventure, laughter and fun – or just need a break from the daily stresses of life? **Then join us this summer at Military Family Camp at Young Life's Trail West** Offering horseback riding, pony rides, ropes course, swimming pool, water slide, hot tub, trout pond, tennis courts (rackets and balls available), basketball, sand volleyball, Frisbee golf course, playground, 4x4 jeep tours & White Water Rafting, this is **a perfect setting to relax and connect with your Family.**

Childcare is available on site during scheduled Family activities.

**Who:** Approx. 105 Active Duty Service Members & their Families. Please note: Single parent Families and Families with a deployed spouse are invited to participate as well.

**When:** 30 May-5 June, 6-12 June, and 13-19 June, 2021 (**Online applications available beginning 15 February, 2021**)

**Where:** Buena Vista, CO (Transportation to/ from the camp is a Family responsibility)

**Why:** To allow Service Members and their Families to spend quality time together, laugh a lot, and be restored.

**How Much:** In order to thank our Service members and their Families, the discounted fee below will be available to the Families selected to attend. This fee covers all meals, activities and lodging for the Family for the week. The registration fee is based on rank:

Note: Young Life is a Christian organization, but that is not a requirement to attend. There will be a nightly program with a short message and sing-a-long songs, as well as all the numerous recreational activities.

To apply go to:

[www.militaryfamilycamp.younglife.org](http://www.militaryfamilycamp.younglife.org)

For more information, e-mail

[mfc@clubbeyond.org](mailto:mfc@clubbeyond.org)

The information that appears in this flyer is intended to inform Soldiers of special offers provided to them and their families and is not intended to constitute an endorsement by Ft. Carson, the United States Army or the Department of Defense. It is strictly intended to be used for informational purposes only.



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**TAPS**  
Tragedy Assistance Program for Survivors

TAPS invites those currently serving in the military, veterans, and military survivors to volunteer as a mentor for the Mountain Regional Military Survivor Seminar and Good Grief Camp. The world changes for a grieving child when someone is there for them — and that's where you come in.

In the Good Grief Camp, children and teens grieving the loss of a loved one who served in the military come together from all over the region to create lasting friendships, learn coping skills, build resiliency, and honor their fallen service member.

Children learn through active play, and the curriculum is designed to meet each child where they are in their grief journey. The one-on-one attention give each child the companionship and support needed to feel comfortable connecting with others and engaging in activities. You'll definitely create lasting memories and feel pride in yourself for the work you've done.

For more information and to register, please visit [www.taps.org/militarymentor](http://www.taps.org/militarymentor) or email [youthprograms@taps.org](mailto:youthprograms@taps.org) with any questions or concerns.





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## FREE TUITION PRESCHOOL

FOR  
AGES 0-5



VARIETY  
OF CLASS  
TIMES



SAFE  
QUALITY  
PROGRAMS



65  
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

**SUCCESS STARTS EARLY**  
**CALL TODAY**  
**ENROLLING YEAR-ROUND**

719-635-1536 | [cpcdheadstart.org](http://cpcdheadstart.org)



If you'd like to  
learn more about  
Colorado  
Preschool  
Program | Head  
Start | Early Head  
Start

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON  
INSTAGRAM**

Follow us @cpcdhs



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Proudly Sponsored By:



# Aspen Teen Club

## Location:

Widefield Parks & Rec - AP Room  
705 Aspen Drive, 80911

## Dates:

Mondays - Thursdays, February 1 - May 14  
(NO club on February 15 & March 22 - 25)

## Times:

Daily from 2 - 3:30pm

▶▶▶



**FREE!**

Snacks & Drinks

Games & Books

Chromebooks & Wi-Fi

Crafts & Coloring

Sports Equipment

Sign up for the days you want to come at:

<https://signup.com/go/xJwdUUK>



Security Public Library

[securitypubliclibrary.org](http://securitypubliclibrary.org) | 719-391-3196

Widefield Parks & Recreation

[ParksAndRec.wsd3.org](http://ParksAndRec.wsd3.org) | 719-391-3515



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**12:00 PM (noon)**

1st Tuesday of each month  
(Zoom call)

for Teller, Fremont & Park County Veterans

The Veteran Support Group is designed to allow veterans the opportunity to share ideas and thoughts in common goal barriers in collaboration and support of each other. Topics can range from PTSD to everyday living in a civilian community. Our peer support group will focus on helping veterans and their families manage the stresses they share. Group interaction encourages vets of all ages and eras to learn to access policies they may find useful in easing transitions.

**Please contact Brock Ernst for more information, to RSVP for Zoom and/or to request accessibility accommodations at 719-660-0528 or [bernst@the-ic.org](mailto:bernst@the-ic.org).**

Main Office: 729 South Tejon St. Colorado Springs, CO 80903 | [theindependencecenter.org](http://theindependencecenter.org)  
719-471-8181 | Video Phone for the Deaf 719-358-2513



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**SPACE IS LIMITED**

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

## Operation Shower is hosting a **VIRTUAL** baby shower *\* May 7, 2021 \**

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

**WHO:** Colorado moms-to-be with due dates on or after **February 7, 2021** and who meet one of the following criteria are encouraged to apply:

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

**When & Where:** **Zoom call (by invite only) – Friday, May 7th**

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

**HOW TO APPLY:** Contact Ginger Shockley, Director of Program Outreach at [ginger@operationshower.org](mailto:ginger@operationshower.org) by April 16, 2021





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# connecting with your children during rough times with trevor romain



Thursday

Apr 08

7:30pm

-

8:30pm

Join us for an inspiring and free webcast with author and international speaker Trevor Romain. **Trevor has spoken to tens of thousands of children and parents on military bases all over the world in the past 11 years**, and he is going to share the most important secrets that parents need in order to reconnect with their kids during these challenging times.

**An award-winning children's book author and co-founder of Comfort Crew for Military Kids**, Trevor Romain has performed on multiple USO tours, helping military kids deal with the problems they face on a daily basis, including the deployment of a parent, wounded parents and coping with the loss of a loved one.

Register now for this fun and empowering webcast with Trevor where you will:

- Learn about the impact (re-)connecting has on kids
- Understand frequent communication hurdles
- Learn do's and don'ts on good communication
- Be empowered with new ideas and ways to connect

## Questions?

Contact Ciara Sanchez  
at 210-593-2160 or email  
events@claritycgc.org

Register for FREE at:

**<https://bit.ly/30VK47R>**



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## TECHNOLOGY GIVEAWAY

The Independence Center is excited to offer free technology to our Independent Living consumers and Home Health clients in El Paso, Park, and Teller counties. The purpose of the giveaway is to help reduce social isolation during the COVID-19 pandemic.

This technology is available on a first come-first served basis and includes:

- Laptops
- Tablets
- Hot Spots
- Internet
- And more!



For more information,  
call your IL Specialist  
at 719-471-8181 or  
Michele Chamberlain at  
719-510-2547.

THE INDEPENDENCE CENTER IS  
A FRAGRANCE-FREE FACILITY.



FUNDED IN PART BY  
PIKES PEAK  
AREA AGENCY ON AGING  
Answers • Assistance • Advocacy

729 South Tejon St.  
Colorado Springs, CO 80903  
**719-471-8181**  
VP: 719-358-2513

A NONPROFIT  
ORGANIZATION  
[the-ic.org](http://the-ic.org)

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## Open Bible Medical Clinic & Pharmacy

"Open Bible Medical Clinic and Pharmacy is a Christian based non-profit run by volunteer Medical providers, Pharmacists, and administrative professionals. We exist to show & share the love of Jesus by providing free access to medical care and life saving medications to the uninsured, low income adults in the Pikes Peak Region."

We provide free medical  
care and prescriptions for  
the uninsured.

We can help!

We provide:

- † Primary Care Visits/Lab and X-ray Services
- † Referral to other community resources
- † Free Pharmacy
- † Specialty Referral Services
- † Spiritual Health Services

Call for an **appointment** or stop by to see if you qualify and get registered as a patient.

We serve residents of the Pikes Peak Region who earn up to 200% of government poverty level guidelines and are uninsured. We also dispense medications in our pharmacy with a valid prescription from an accredited physician.

Patients can receive these services for up to one year. There is an annual registration fee of \$15 for individuals and \$25 per family.

Please feel free to share with friends or family members,  
we love referrals!



CLINIC & PHARMACY

*A Ministry of  
Healing  
and  
Hope.*

Located at:

555 E. Costilla Street  
Colorado Springs, CO 80903

Clinic & Pharmacy Hours:

Tuesday: 5:00 pm - 9:00 pm

Thursday: 10:00 am - 2:00 pm

Saturday: 9:00 am - 1:00 pm\*

\*Pharmacy Only

Contact us to get registered at:

Free Medical Clinic

**Phone: 719-475-0972**

**Fax: 719-574-6686**

Community Pharmacy

**Phone: 719-596-4449**

Visit our website:

[www.openbiblemedical.org](http://www.openbiblemedical.org)

*"And when the men of that place recognized Jesus, they sent word to all surrounding country. People brought all their sick to him to let the sick just touch the edge of his cloak, and all who touched him were healed"*  
Matthew 14:35-36



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2021 SCHEDULE

# FREE LEGAL SELF-HELP CLINIC

FOR PARTIES WITHOUT AN ATTORNEY  
Generously hosted by your FOUNTAIN LIBRARY and  
your PIKES PEAK LIBRARY DISTRICT

**FIRST MONDAY OF EVERY MONTH**

**3:30 PM – 5:00 PM**

Fountain Library, Pikes Peak library District  
230 S Main St, Fountain, CO 80817

FREE CLINIC IS OPEN  
TO ALL AREA RESIDENTS!!

**January 4, 2021**

**February 1, 2021**

**March 1, 2021**

**April 5, 2021**

**May 3, 2021**

**June 7, 2021**

*No July Clinic (July 4<sup>th</sup> Holiday)*

**August 2, 2021**

*No September Clinic (Labor Day)*

**October 4, 2021**

**November 1, 2021**

**December 6, 2021**

**Volunteer attorneys will assist each clinic patron individually**

To be added to the sign-up sheet,  
please call (719) 531- 6333 ext 6058

A **FREE** legal clinic for parties who have no attorney. As a COVID work-around, instead of clinic patrons coming in-person to your local public library (*which has limited access*), the volunteer attorney will call the clinic patron's telephone directly, using the phone number provided to your library staff. Volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for civil legal issues, including family law, civil litigation, property law, probate law, collections, appeals, landlord-tenant law, veteran's benefits, and civil protection orders.

The volunteer attorneys do not represent you just because they help you at this clinic. This clinic is information only, and is no substitute for legal representation. You have the right to retain an attorney of your choice at any time, and are advised to do so.

If possible, patrons are encouraged to have their desktop, laptop, or tablet available during the call.

[www.checkerboard.co](http://www.checkerboard.co) for one-click access to all forms, statutes, videos, instructions & flowcharts

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## CLUB BEYOND AT FORT CARSON

**"Where Military Teens Belong"**



Club Beyond is an authorized program for middle school students at Fort Carson to experience community and grow in faith. Club combines **FUN, FRIENDS, GAMES, COMPETITIONS, PRIZES, VIDEOS, MUSIC, FOOD .....**  
**AND DID WE MENTION FUN?!!**

In addition to regular Club meetings on post, we have occasional other events like bowling, putt putt golf, camps and more.

Any and every middle school student is welcome to come!

Club Beyond follows all current COVID guidelines and restrictions.

For information on the schedule of meetings and events, contact Will Sanborn at [wsanborn@clubbeyond.org](mailto:wsanborn@clubbeyond.org) or 402-910-1826.

CLUB BEYOND IS A RECOGNIZED NON-FEDERAL ENTITY AND IT IS NOT PART OF THE DEPARTMENT OF DEFENSE AND HAS NO GOVERNMENTAL STATUS.

**APPROVED BY THE GARRISON CHAPLAIN**



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Since 1994

COLORADO SPRINGS  
**CONSERVATORY**  
CULTIVATING YOUNG PERFORMING ARTISTS

## CITIZEN SOLDIER CONNECTION



**CITIZEN SOLDIER CONNECTION IS PARTNERING WITH THE COLORADO SPRINGS CONSERVATORY TO OFFER FREE MUSIC CLASSES FOR THE MILITARY!**

THANKS TO OUR FRIENDS AT CITIZEN SOLDIER CONNECTION, COLORADO SPRINGS CONSERVATORY IS VERY PLEASED TO OFFER A PACKAGE OF FOUR PRIVATE/SEMI PRIVATE HALF HOUR MUSIC LESSONS TO SOLDIERS AND THEIR FAMILIES. LESSONS ARE AVAILABLE IN VOICE, PIANO, GUITAR, DRUMS, VIOLIN, RECORDING ARTS AND OTHER INSTRUMENTS.

THE SPRING SEMESTER BEGINS JANUARY 18 AND RUNS THROUGH MAY 1 AND CLASSES MAY BE IN PERSON AT THE CONSERVATORY OR ON-LINE (EXCEPT FOR RECORDING ARTS). CONTACT COLORADO SPRINGS CONSERVATORY TODAY AND BEGIN THE NEW YEAR WITH A GIFT OF MUSIC FROM CITIZEN SOLDIER CONNECTION.

**THIS PROGRAM IS AVAILABLE FOR ACTIVE DUTY MILITARY, VETERANS, THEIR SPOUSES AND CHILDREN OVER 12.**

**FOR FURTHER INFORMATION AND REGISTRATION PLEASE CONTACT EMILY NELSON: [ENELSON@CSCONSERVATORY.ORG](mailto:ENELSON@CSCONSERVATORY.ORG)**

**COLORADO SPRINGS CONSERVATORY  
415 SOUTH SAHWATCH ST. COLORADO SPRINGS CO 80903**

**719-577-4556 | [CSCONSERVATORY.ORG](http://CSCONSERVATORY.ORG)**



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# PARENTING RESOURCES



## LENA START

FREE LENA Start classes can help you make a difference in your baby's life just through early talk and interaction! Join the ten week program to help your child build language skills. Participants will receive free books and incentives. **To learn more contact** [mfellers@ppld.org](mailto:mfellers@ppld.org) or visit us at [ppld.org/LENASStart](http://ppld.org/LENASStart).



## PRENATAL SESSIONS

Join Pikes Peak Library District, Nurse Family Partnership, and local organizations to help guide you through your pregnancy. This six-week series will be repeated quarterly. **To learn more contact** [mfellers@ppld.org](mailto:mfellers@ppld.org) or visit us at [ppld.org/whats-new/prenatal-series](http://ppld.org/whats-new/prenatal-series).



## PARENTING LITTLE ONES

Have questions about parenting little ones? Join PPLD's Family Place Libraries and community professionals in the field of child development, nutrition, speech/language, and more to have all your questions answered. **Learn about these resources at** [ppld.org/ParentingQandA](http://ppld.org/ParentingQandA).

Looking for additional resources? Check out our LibGuide!  
[tinyurl.com/PPLDParentingResources](http://tinyurl.com/PPLDParentingResources)

