

JOIN US!

YOU ARE CORDIALLY INVITED TO THE

GRAND *Re-Opening*

Ribbon Cutting and Open House of Army Community Service

Monday, November 7, 2022 9:30 a.m.

6303 Wetzel Ave., Bldg. 1526

(Tour & Light Refreshments)



03 November 2022

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.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY
NEWSLETTER

No Fort Carson/ Army Endorsement Implied

Give us a call at (719) 526-4590
Visit our webpage at: carson.armymwr.com/ACS

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Community Events Bulletin

CFC Kickoff and Turkey Trot

The 2023 Combined Federal Campaign (CFC) is underway and this year's Kickoff Event will be combined with the Timeless Turkey Trot 5K on Nov. 5 beginning at 9 a.m. Multiple CFC charities will be represented, and information booths will be present at the event. It's an opportunity for the Fort Carson community to help kick off the 2023 CFC Campaign in a fun and family-friendly atmosphere. The Directorate of Family and Morale, Welfare and Recreation (DFMWR) hosts the Timeless Turkey Trot 5k Nov. 5 from 9 a.m. to noon at Iron Horse Park. Run starts at 9:30 a.m. Predict your 5k time during registration. Closest 10 participants to their predicted time will win a prize. The event will include family-friendly entertainment, local vendors and food and beverages for purchase. Run registration is free at <https://www.eventbrite.com/e/timeless-turkey-trot-prediction-run-tickets-429959569647>.

Upcoming gate closures

--Gates 4, 6 and 19 will be closed Nov. 11 and 14 for the Veterans Day holiday weekend. Additionally, Gate 2 is indefinitely closed.

--Gates 6 and 19 will be closed Dec. 17 to Jan. 2 for the holiday schedule. Community members should plan to use alternate routes during this period.

Facility manager refresher training

The Directorate of Public Works (DPW) is hosting a Facility Manager Refresher Training event for military facility managers Nov. 17 from 9:30 to 11 a.m. at The Hub, building 1532, near the intersection of Specker Avenue and Prussman Boulevard. The refresher training is for certified military facility managers who have attended the two-day DPW Facility Management Class.

The training will provide updates on service order processing; work requests; energy and water conservation; recycling; and fire prevention safety (Fire Warden) responsibilities. Those who have taken DPW Facility Management Class within the last 12 months do not need to take the refresher training until the next year.

For more information about the refresher training or the facility manager data call, email susan.c.galentine.civ@army.mil.

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Community Events Bulletin

America Recycles Day Contest

The Directorate of Public Works is hosting an America Recycles Day Contest Nov. 1-15 at the recycle collection center located at the southeast corner of the Exchange off Sheridan Avenue. The contest format is a drawing for an Exchange gift card from contest entry forms collected Nov. 1-15. The winning entry form will be drawn the week of Nov. 15 and the winner will be notified.

Fort Carson community members (Soldiers, Family members, contractors, civilian employees and retirees – DOD ID card holders) can bring recyclables from home to compete in the drawing. Recyclables accepted include cardboard, mixed paper (white paper, newspaper, magazines, shredded paper, junk mail, etc.), aluminum, tin, plastic and glass. The Exchange recycle location is open Monday-Sunday from 8 a.m. to 4 p.m. and is closed on federal holidays. Customers can leave their contest entry form with the attendant working on site. For more information, email susan.c.galentine.civ@army.mil.

Tenant satisfaction survey

An Army Housing Tenant Satisfaction Survey period runs through Dec. 16. The surveys were emailed by ArmyHousingSurvey@celassociates.com for anyone who has an email address on file with Fort Carson Family Homes. Fort Carson Family Homes residents who do not have an email on file or who did not receive the survey should contact Fort Carson Family Homes at 719-579-1606.

Energy Action Month

Each temperature degree adjustment (a degree warmer during cooling season and a degree colder during heating season) saves up to 3 percent in utility costs. (Source U.S. Army) If Fort Carson buildings occupants encounter routine energy and water-related issues, such as too hot or cold temperatures, leaking faucets, etc., they can submit a service order for repair through the Army Maintenance Application (ArMA), at <https://www.armymaintenance.com/arma>. (Training slides on how to register, submit service orders and request service status reports in ArMA are available at <https://home.army.mil/carson/index.php/Directorate/directorate-public-works>.) Priority 1/ emergency service orders must be called in to the DPW operations and maintenance contractor at 719-526-5345, which is staffed 24/7, to ensure issues are addressed promptly.

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Community Events Bulletin

Green to Gold briefings

Green to Gold briefings will be presented at the Education Center in room 304 on the following dates from 12-1:15 p.m.: Oct. 25, Nov 1, Nov. 15, Dec. 6 and Dec. 20. Don Caughey will be present at the education center in room 136 from 9:30 a.m. to noon Tuesdays, except Oct. 18, Nov. 22 and Dec. 27. To make an appointment, contact Caughey at 719-255-3475 or email armyrotc@uccs.edu or Donald.C.Caughey.civ@army.mil.

The Mountain Post online

The Fort Carson Mountaineer began printing in 1942, shortly after then Camp Carson was established. The newspaper kept the community informed during every U.S. conflict since World War II. It has evolved over the past several years to include an online publication, but often the timeliness of content was not ideal. In November, the Mountaineer will cease publication in both print and online formats and make way for a more timely online news site, The Mountain Post. The Mountain Post online will be located on the Fort Carson website and will feature posts of same-day content on events, topics and services that affect the Mountain Post Community.

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Army Volunteer Corps - Did You Know?!

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

VMIS is for volunteers & Organizational Points of Contact (OPOCs) / Volunteer Coordinators to register, track, verify, and log service hours. An in-person training for volunteers and OPOCs is held every month. To learn how to get started, how to select a position, and how to enter volunteer hours, visit our website and check out the Quick VMIS How to Resource Guide or contact AVC.

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS NO COST!

Visit the AVC webpage [HERE!](https://www.armymwr.com/ACS)

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Family Advocacy Program - Did You Know?!

Commanders and Military Leadership

IAW AR 608-18, the Troop Education Program is a required prevention program consisting of annual troop education by ACS Family Advocacy Program staff for all Soldiers on the Family dynamics of spouse and child abuse, the availability of prevention and treatment services, and the Army's policies regarding Family violence. The Army Community Service Family Advocacy Program provides this one hour brief to meet training requirements.

Briefings are scheduled on the following dates at McMahon Theatre from 10-11am:

| | | |
|---------------------|----------|----------|
| 09/16/22 | 01/12/23 | 04/20/23 |
| 10/07/22 | 01/20/23 | 05/04/23 |
| 10/20/22 | 02/10/23 | 05/19/23 |
| 11/04/22 | 02/16/23 | 06/09/23 |
| 11/17/22 | 03/03/23 | 06/29/23 |
| 12/15/22 | 03/16/23 | 07/06/23 |
| 12/16/22 | 04/14/23 | 07/28/23 |



Annual Troop Training for Domestic Violence Prevention

Seating is on a first come first serve basis.

To schedule a separate briefing for your unit, call (719) 524-0912 or (719) 524-1899.

Call (719) 524-0912 or (719) 524-1899 to schedule a separate briefing for your unit.

Visit the FAP webpage [HERE!](#)

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Exceptional Family Member Program - Did You Know?!

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.

(719) 526-0461

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the EFMP webpage [HERE!](#)

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Employment Readiness Program - Did You Know?!

JOB SPOTLIGHT



NEW JOBS SENT DIRECTLY FROM EMPLOYERS SEEKING TO HIRE NOW ARE UPDATED WEEKLY ON THE ERP WEBPAGE UNDER THE "JOB SPOTLIGHT" TAB. SEVERAL OF THESE EMPLOYERS ARE MILITARY SPOUSE EMPLOYMENT PARTNERSHIP PARTNERS COMMITTED TO RECRUIT, HIRE, PROMOTE AND RETAIN MILITARY SPOUSES. VIEW THE MOST RECENTLY POSTED JOBS AND BE THE FIRST TO APPLY!

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

[Visit the ERP webpage HERE!](#)

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Financial Readiness Program - Did You Know?!

GARRISON NEWCOMER'S BRIEF

Build upon your financial knowledge and learn how to invest, get out of debt, build a savings and good credit, and the value of Army Emergency Relief.

Make an
appointment today!



(719) 526-4590

carson.armymwr.com/acs

Visit the FRP webpage [HERE!](#)

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Information, Referral, and Follow-Up Program - Did You Know?!

REFER A SOLDIER AND/OR THEIR FAMILY

Do you have a Soldier and/or Family who would benefit from a needs-based assessment? Refer to us and we can be the connecting point to different service resources and agencies. Refer to us and we can identify the assistance needed and connect the Soldier/Family Member to the appropriate resource.



(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the I&R webpage [HERE!](#)

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Mobilization & Deployment Program - Did You Know?!



ARMY 101

AS A CIVILIAN ORGANIZATION, UNDERSTAND MORE ABOUT HOW THE ARMY WORKS AT FORT CARSON AND LEARN THE BASICS OF WORKING WITH SOLDIERS AND FAMILIES. A TOUR OF THE INSTALLATION AND LUNCH IN A MILITARY DINING FACILITY ARE INCLUDED.



(719) 526-4590
CARSON.ARMYMWR.COM/ACS

ALWAYS AT NO COST!

Visit the MOB/DEP webpage [HERE!](#)

Relocation Readiness Program

Keep up to date with local events and deals with the



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Relocation Readiness Program - Did You Know?!

DESTINATION



Overseas



Learn about what is needed in order to have a successful overseas move. This includes OCONUS locations like Alaska, Germany, Hawaii, Italy, Japan, and Korea. Gain specific knowledge about your destination & receive an overview of all the required paperwork. Single or married, this class will give you a leg-up for your next adventure.

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the RELO webpage [HERE!](#)

New Parent Support Program

Keep up to date with local events and deals with the



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New Parent Support Program - Did You Know?!

HOME VISITS

A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.



ALWAYS AT NO COST!

(719) 526-0461

CARSON.ARMYMWR.COM/ACS

Visit the New Parent Support webpage [HERE!](#)

Keep up to date with local events and deals with the



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Victim Advocacy Program - Did You Know?!

Fort Carson Army Community Service
VICTIM ADVOCACY PROGRAM
Supporting Those That Need A Voice



24/7 Victim Hotline
(719)243-7907



WE ARE HERE

Phone calls and text messages are received by a trained Fort Carson Domestic Violence Advocate.

All communication is confidential.

Anonymous calls are welcome.

Visit the VAP webpage [HERE!](#)

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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| DATE | CLASS | TIME |
|---------------|--|--------------------|
| November 7th | ACS Grand Re-Opening | 9:30 am - 11 am |
| November 8th | Cooperative Parenting and Divorce Class | 9 am - 1 pm |
| | Infant Massage & Baby Nurturing | 9:30 am - 11 am |
| | SFRG Informal Funds Custodian Training | 10 am - 11:30 am |
| | Center on Fathering | 1 pm - 3 pm |
| | SFRG Key Contact Training | 1 pm - 2:30 pm |
| | Navigating USAJOBS | 1:30 pm - 2:30 pm |
| | Heartbeat | 6:15 pm - 8 pm |
| November 9th | Financial Strength Budgeting 101 | 10 am - 11 am |
| | Resume Essentials | 1:30 pm - 2:30 pm |
| November 10th | Toddler Time | 9:30 am - 11 am |
| | Financial Milestones | 1 pm - 2 pm |
| | SFRG Resource Overview | 1 pm - 2 pm |
| November 15th | Infant Massage & Baby Nurturing | 9:30 am - 11 am |
| | EFMP 101 Sessions (Exceptional Family Member Program) | 11 am - 12 pm |
| | Center on Fathering | 1 pm - 3 pm |
| | Federal Resume 101 | 1:30 pm - 2:30 pm |
| November 16th | Military Spouse Preference & Federal Employment | 1:30 pm - 2:30 pm |
| November 17th | Toddler Time | 9:30 am - 11 am |
| | Annual Troop Training for Domestic Violence Prevention | 10 am - 11 am |
| | Interview Skills & Techniques | 1:30 pm - 2:30 pm |
| November 18th | Financial Milestone: PCSing | 9:30 am - 10:30 am |
| | Play Group | 10 am - 12 pm |

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

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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| DATE | CLASS | TIME |
|---------------|---|---------------------|
| November 18th | Mountain Post Welcome for Spouses and Families | 10:30 am - 11:30 am |
| | Financial Milestone: Divorce | 1:30 pm - 2:30 pm |
| November 22nd | Command Family Readiness Representative (CFRR) Academy | 9:30 am - 4:30 pm |
| | Infant Massage & Baby Nurturing | 9:30 am - 11 am |
| | Center on Fathering | 1 pm - 3 pm |
| November 23rd | Command Family Readiness Representative (CFRR) Academy | 9:30 am - 4:30 pm |
| | SFAC Transition and Medical Retirement Brief | 10 am - 11 am |
| | Disabling Sickness or Condition: Financial Milestone Training | 11 am - 12 pm |
| | Homebuyers Workshop | 1 pm - 4 pm |
| November 25th | Play Group | 10 am - 12 pm |
| | Mountain Post Welcome for Spouses and Families | 10:30 am - 11:30 am |
| November 29th | Infant Massage & Baby Nurturing | 9:30 am - 11 am |
| | Center on Fathering | 1 pm - 3 pm |
| November 30th | Volunteer, VMIS and OPOC Training | 1:30 pm - 3 pm |
| December 1st | Auditing SFRG Informal Funds | 9:30 am - 11:30 am |
| | LinkedIn Fundamentals | 9:30 am - 10:30 am |
| | Toddler Time | 9:30 am - 11 am |
| | EFMP 101 Sessions (Exceptional Family Member Program) | 11 am - 12 pm |
| | Thrift Savings Plan (TSP) Class | 1 pm - 2 pm |
| December 2nd | Financial Milestone: Marriage | 9:30 am - 10:30 am |
| | Play Group | 10 am - 12 pm |
| | Mountain Post Welcome for Spouses and Families | 10:30 am - 11:30 am |

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

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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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MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- » Provides short-term, non-medical counseling services to service members and their families at no cost
- » Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- » Augments existing military support services
- » Offers flexible service delivery
- » Can provide services on or off of military installations
- » Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- » Masters or Doctorate-level licensed counselors
- » Work with families, individuals, couples and children
- » Work with existing military and family support programs to complement services provided

NON-MEDICAL COUNSELING SERVICES

Life skills

- » Anger management
- » Communication
- » Relationship issues
- » Conflict resolution
- » Parenting
- » Decision-making skills

Military lifestyle

- » Deployment stress
- » Coping skills
- » Homesickness
- » Relocation adjustment
- » Reintegration
- » Separation
- » Building resiliency
- » Sadness, grief and loss



Visit the MFLC webpage [HERE!](#)

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.

Mountain Post Spouses' Club

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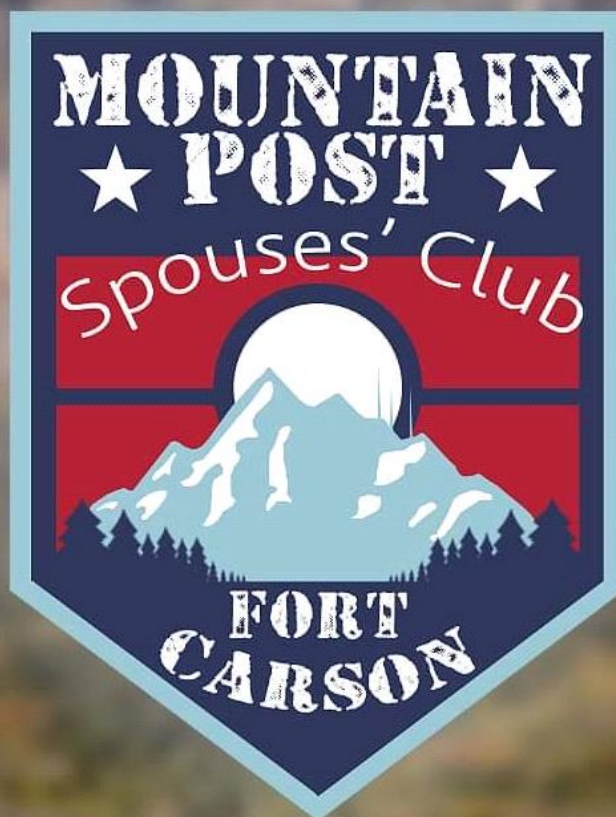


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

To learn more, visit: <http://www.mpssc.us/>
or call (719) 526-5966



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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Social & Dining](#)

[Space Base Delta I \(Peterson SFB, Schriever SFB, Cheyenne Mt. SFS\)](#)

[Specialty Services \(Shooting, Hunting, Fishing, Wildlife and Forestry\)](#)

[Sports & Fitness \(Intramural Sports, Aquatics, Fitness Centers, Climbing Wall, and more!\)](#)

[U.S. Air Force Academy](#)

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



Published in the interest of the Fort Carson Community. Visit the Fort Carson website at <http://www.carson.army.mil>.



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Weekly Food Pantry Pick-ups

Every Tuesday from 2pm - 6pm

3219 S. Academy Blvd. Colorado Springs, CO 80916

Any questions please give us a call at (719) 985-8935

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year.

All welcome! Daily from 10:30am - 1:00pm.

While you are visiting, check out the many other programs and services they have available, including their Marketplace Pantry, SET Clinic, and Hanifen Employment Center.

To learn more go to CCharitiesCC.org

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PANTRY@CCHARITIESCC.ORG

**NEED FOOD
ASSISTANCE?**

Register for the Marketplace



Catholic
Charities
of Central Colorado

CLIENTS CAN SCHEDULE AN
APPOINTMENT AND SHOP JUST AS
THEY WOULD AT A STANDARD
GROCERY STORE.

The Marian House Marketplace pantry is currently open Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email pantry@ccharitiescc.org to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about our services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

Check out their Facebook page at:
Catholic Charities of Central Colorado

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NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

Chaplain Hotline

(719) 291-9619

**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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Fort Carson Religious Services

Saturday

| | | |
|----------------------|-------------------------|------|
| Agape (Contemporary) | Soldier Memorial Chapel | 1800 |
|----------------------|-------------------------|------|

Sunday

| | | |
|---------------|-------------------------|---------------|
| Catholic Mass | Soldier Memorial Chapel | 0900 and 1100 |
|---------------|-------------------------|---------------|

| | | |
|------------------------|--------------------------------|------|
| Traditional Protestant | Healer Chapel (Evans Hospital) | 0900 |
|------------------------|--------------------------------|------|

| | | |
|------------------------|-----------------|------|
| Traditional Protestant | Provider Chapel | 1100 |
|------------------------|-----------------|------|

| | | |
|----------------|-----------------|------|
| Gospel Service | Prussman Chapel | 1000 |
|----------------|-----------------|------|

| | | |
|--------|-----------------|------|
| Samoan | Veterans Chapel | 1100 |
|--------|-----------------|------|

Tuesday

| | | |
|----------------|-----------------|------|
| Jewish Studies | Veterans Chapel | 1200 |
|----------------|-----------------|------|

Wednesday

| | | |
|------------------------|---------------------------|------|
| Wednesday Family Night | Soldier's Memorial Chapel | 1700 |
|------------------------|---------------------------|------|

Monday - Friday

| | | |
|---------------------|-------------------------|------|
| Daily Catholic Mass | Soldier Memorial Chapel | 1145 |
|---------------------|-------------------------|------|

Friday

| | | |
|-----------------|-----------------|------|
| Islamic Prayers | Provider Chapel | 1315 |
|-----------------|-----------------|------|

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Prussman

Women's FELLOWSHIP

THE TEMPLE CHURCH WOMEN'S FELLOWSHIP

When: Second Saturday of each month

Time: 11:00 AM

Where: Prussman Chapel, Building 1850, Fellowship Hall

Potluck Lunch

Getting contacted with Sisters in Christ!

For more information, email prussmanchapel@gmail.com

When: Third Saturday of each month

Time: 9:00 AM

Where: Prussman Chapel, Building 1850, Fellowship Hall

Breakfast is served.

Getting contacted with Brothers in Christ!



MEN'S MINISTRY
men helping men be men.

For more information, email
prussmanchapel@gmail.com

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Prussman Men's Choir Rehearsal

When: Fourth Saturday of
each month

Time: 10:00 AM

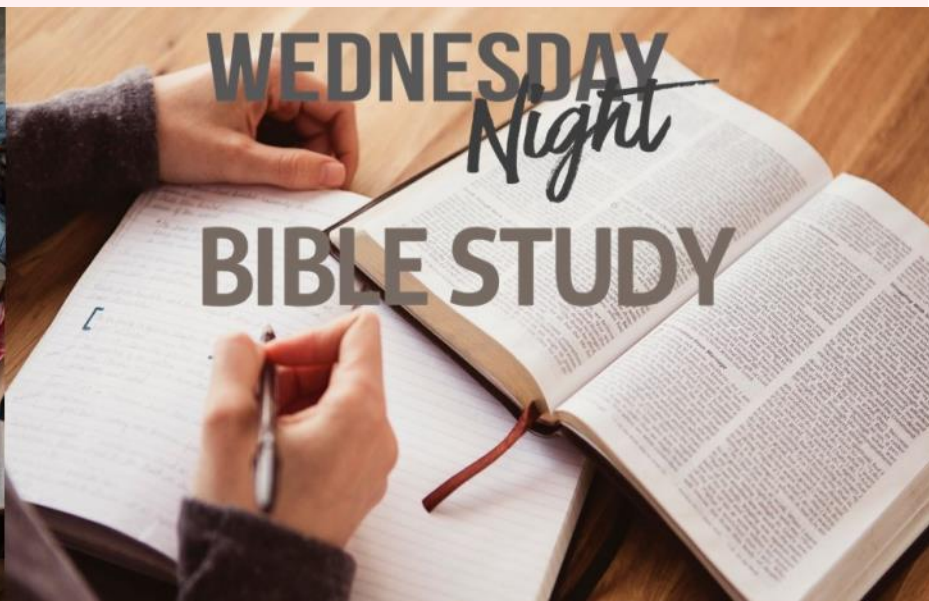
Where: Prussman Chapel,
Building 1850

For more information, please
email

prussmanchapel@gmail.com



MIEN Choir Rehearsal



Begins at 6:00 PM
Prussman Chapel, building 1850,
Fellowship Hall

Sunday school is now combined with Wednesday Night Bible Study

Keep up to date with local events and deals with the



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P Intercessory *ayer*



Every Thursday
beginning at 11:30 AM.
Prussman Chapel,
building 1850

Pray WITHOUT
CEASING

No Lunch will be
provided.

For more information, please email prussmanchapel@gmail.com

THURSDAY — Night —

Prussman Choir Rehearsal

Join us!

Prussman Chapel, Building 1850

Rehearsal begins at 6:00 PM

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Join us Every Sunday Morning at 1000

Welcome to
Prussman Chapel

“Where everyone is someone
and Christ is ALL”



Sunday Service

Find them on FACEBOOK by searching
www.facebook.com/GospelService

Let them know what you think of chapel
programs

[By Clicking HERE!](#)

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**U.S Army
Fort Carson**



Islamic Service

Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

**Location: Provider Chapel
1364 Barkeley Ave, Fort Carson, CO 80902**

Facebook: Fort Carson Muslims
<https://www.facebook.com/profile.php?id=100075677972627>

**For any question:
Chaplain (CPT) Porter
(304)840-4200**

**Distinctive Religious Group Leader (DRGL)
SPC KHODEIR Mohamed (951)497-8727**

Joshua.l.porter20@army.mil

Usa.ca@yahoo.com

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Spiritually **READY** WEDNESDAY FAMILY NIGHT

Nursery for infants

Free meal

Awana Club for kids

Eight adult classes

Find your community...

Every Wednesday



Wednesday Family Night is a Christian-based ministry provided by the chapels of Fort Carson and hosted at Soldiers' Memorial Chapel.

Make sure to check out their new Facebook page as well at Wednesday Family Night, Fort Carson!

Awana Clubs are a fun, engaging way for children to grow in their knowledge of the Bible and their relationship with God.

The Fort Carson Youth Group is led by military chaplains and is open to any students 7-12th grade!

SIGN UPS ARE OPEN!

Take a few minutes now if you haven't already by clicking [**HERE!**](#)

CONTINUE
A Biblical Journey in Personal Discipleship

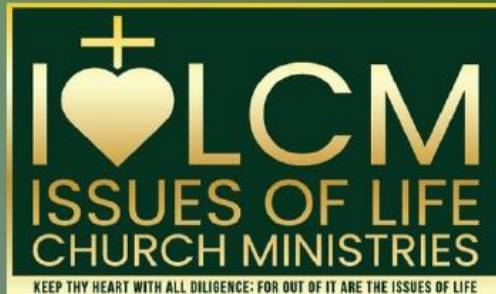


FINANCIAL *Peace*
UNIVERSITY

Keep up to date with local events and deals with the



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JOIN US

2022 Focus: TRANSITION TO TRANSFORMATION

10 am

SUNDAY MORNING WORSHIP

THURSDAY NIGHT BIBLE STUDY

6 pm

10 am

SATURDAY MORNING PRAYER

(716) 427-1128 Access Code: 997460#

PASTOR VERNELL & ELDER AUDIE MURPHY
320 MAIN STREET, COLORADO SPRINGS, CO 80911
(719) 465-3496

VISIT US @

ISSUESOFLIFECM.ORG

FACEBOOK/IOLCM

<https://www.youtube.com/channel/UCcKY1nRSP7uXbOTLWuAf5WQ>

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scholarships

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

Military Family Member Scholarship Opportunities

[Marine Gunnery Sergeant
John D. Fry Scholarship](#)

[Nationwide Surviving Spouse and
Dependent Children Scholarship Program](#)

[Freedom Alliance](#)

[Fisher House Foundation
Scholarship Program](#)



Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



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BOSS

**Better Opportunities
for Single Soldiers**



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.

"Let Your Voice Be Heard"



**Meet at
The Hub
or call (719)
524-2677
to get
involved.**

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Board Preparation Class

Every Thursday at The HUB
From 4:00 – 5:30 pm
Reservation and MOI are required

Mock Boards

Study Materials

Best Practices

For more information call 719-526-5347

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| <div>  <div> Fort Carson Education Center On - Post College Schedule SPRING 2023 </div>  </div> | | | | | | | | |
|--|-------|-----|---|------|--------------------------|------|--------|------|
| Subject | Cse # | S.H | Title | Days | Start | End | Room # | Type |
| COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930 | | | | | 17 JAN - 12 MARCH | | | |
| MATH | 101 | 3 | Introduction to College Mathematics | M&W | 1730 | 2000 | 205 | HY |
| CRIM | 413 | 3 | Patterns of Homicide | R | 1730 | 2000 | 205 | HY |
| COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930 | | | | | 17 JAN - 14 MAY | | | |
| AIM | 130 | 1 | Automotive Brake Systems | T | 1730 | 2000 | 205 | HY |
| AIM | 130L | 2 | Automotive Brake Systems Lab | R | 1730 | 2000 | MWR | HY |
| COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930 | | | | | 13 MARCH - 14 MAY | | | |
| CRIM | 353 | 3 | Penology | R | 1730 | 2000 | 205 | HY |
| EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858 | | | | | 9 JAN - 12 MAR | | | |
| ASCI | 254 | 3 | Aviation Legislation | W | 1800 | 2120 | 204 | EVC |
| ECON | 211 | 3 | Macroeconomics | T | 1800 | 2120 | 204 | EVC |
| LGMT | 420 | 3 | Management of Productions and Operations | T | 1800 | 2120 | 201 | EVC |
| MATH | 111 | 3 | Pre-calculus for Aviation | M | 1800 | 2120 | 204 | EVC |
| OBLD | 317 | 3 | Organizational Behavior | R | 1800 | 2120 | 204 | EVC |
| SFTY | 330 | 3 | Aircraft Accident Investigation | R | 1800 | 2120 | 201 | EVC |
| EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858 | | | | | 20 MAR - 21 MAY | | | |
| FINE | 332 | 3 | Corporate Finance I | TBD | TBD | TBD | TBD | EVC |
| MATH | 112 | 3 | Applied Calculus for Aviation | TBD | TBD | TBD | TBD | EVC |
| MGMT | 201 | 3 | Principles of Management | TBD | TBD | TBD | TBD | EVC |
| PHYS | 102 | 3 | Explorations in Physics | TBD | TBD | TBD | TBD | EVC |
| SFTY | 335 | 3 | Mechanical and Structural Factors in Av. Safety | TBD | TBD | TBD | TBD | EVC |
| SFTY | 409 | 3 | Aviation Safety | TBD | TBD | TBD | TBD | EVC |
| PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200 | | | | | 23 JAN - 19 MAR | | | |
| AAA | 1009 | 3 | Advanced Academic Achievement | W | 1730 | 2010 | 305 | HY |
| PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200 | | | | | 23 JAN - 5 MAR | | | |
| ENG | 0094 | 3 | Studio 1021 | T | 1730 | 2100 | 208 | HY |
| ENG | 1021 | 3 | English Composition I:CO1 | R | 1730 | 2100 | 208 | HY |
| PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200 | | | | | 4 FEB - 15 APR | | | |
| PSY | 1001 | 3 | General Psychology I: SS3 | S | 0900 | 1105 | 208 | HY |
| ECO | 2002 | 3 | Prin of Microeconomics: SS1 | S | 0900 | 1105 | 209 | HY |
| SOC | 1001 | 3 | Intro to Sociology I: SS3 | S | 0900 | 1105 | 308 | HY |
| PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200 | | | | | 6 MAR - 23 APR | | | |
| ENG | 1022 | 3 | English Composition II:CO2 | W | 1730 | 2100 | 208 | HY |
| PSY | 2440 | 3 | Human Growth & Developmnt: SS3 | T | 1730 | 2100 | 209 | HY |
| PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200 | | | | | 20 Mar - 21 May | | | |
| AAA | 1009 | 3 | Advanced Academic Achievement | W | 1730 | 2010 | 305 | HY |
| ENG | 0094 | 3 | Studio 1021 | T | 1730 | 2010 | 208 | HY |
| ENG | 1021 | 3 | English Composition I:CO1 | R | 1730 | 2010 | 208 | HY |
| UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952 | | | | | 11 JAN - 07 MAR | | | |
| CMIT | 321 | 3 | ETHICAL HACKING | T | 1800 | 2100 | 200 | HY |
| BIOL | 103 | 3 | CONCEPTS OF BIOLOGY | W | 1800 | 2100 | 200 | HY |
| IFSM | 201 | 3 | CONCEPTS AND APPLICATIONS OF IT | R | 1800 | 2100 | 200 | HY |
| UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952 | | | | | 15 MAR - 09 MAY | | | |
| WRTG | 393 | 3 | ADVANCED TECHNICAL WRITING | T | 1800 | 2100 | 200 | HY |
| CMST | 301 | 3 | DIGITAL MEDIA AND SOCIETY | W | 1800 | 2100 | 200 | HY |
| UNIVERSITY OF COLORADO - COLORADO SPRINGS (UCCS) 719-526-8066 | | | | | 17 JAN - 13 MAY | | | |
| FCS | 1010 | 3 | Basic Spanish I | M&W | 1645 | 1920 | 304 | HY |
| FCS | 1010 | 3 | Basic Spanish I | T&R | 1645 | 1920 | 304 | HY |
| GPS | 3010 | 3 | Gateway Program Seminar Transition Seminar | M | 1730 | 2010 | 304 | HY |
| LEAD | 1600 | 3 | Leading Teams and Organizations | TBD | TBD | TBD | TBD | HY |
| CHEM | 1401 | 4 | General Chemistry I | TBD | TBD | TBD | TBD | HY |
| CHEM | 1402 | 1 | General Chemistry Laboratory I | TBD | TBD | TBD | TBD | HY |
| CHEM | 1411 | 4 | General Chemistry II | TBD | TBD | TBD | TBD | HY |
| CHEM | 1412 | 1 | General Chemistry Laboratory II | TBD | TBD | TBD | TBD | HY |

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule.
 Type: C= Classroom, HY=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom, RE=Remote (synchronous online on scheduled days and times), HF= Hyflex course (hybrid with flexibility)
 TBD=To Be Determined

Schedule is subject to change. Please see a College Representative for more information.

Keep up to date with local events and deals with the



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**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**



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

[Employee Assistance Program](#)

[Prevention](#)

[Risk Reduction](#)

[Suicide Prevention](#)

[Drug Testing / Collecting](#)

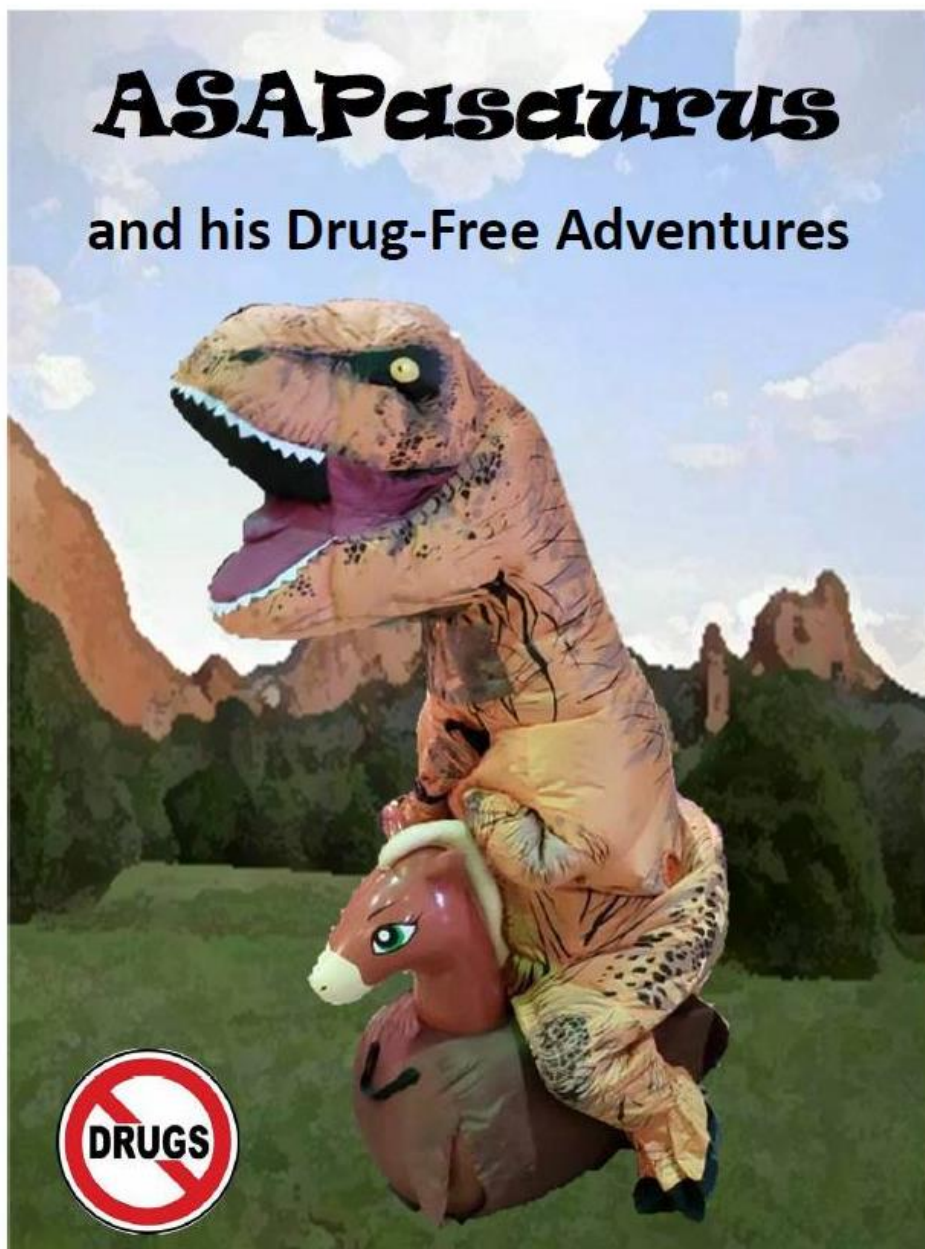
Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at
usarmy.carson.imcom-central.mbx.dhr-asap@mail.mil

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This book was created by the Fort Carson ASAP staff to help educate children about the effects that illegal drugs have on a growing body and mind. Interested in receiving a free copy of 'ASAPasaurus and his Drug-Free Adventures' story book?

Reach out to the ASAP team at (719) 526-2727!

Keep up to date with local events and deals with the



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Anyone experiencing a mental health crisis can call or text 988 to reach the National Suicide Prevention Lifeline and speak to a mental health professional trained to respond to these emergencies. The lifeline provides 24/7 free and confidential support to those in mental health distress. 988 connects the caller to a certified crisis center in the local area. The lifeline consists of a network of 200 local crisis centers across the country.

Keep up to date with local events and deals with the



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Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.
- The EAP is the point-of-contact for Hospital's Impaired Health-Care Personnel Program and assists with screening, referral to treatment, and return to duty. The EAP provides continuing education and training to health care providers. The program offers CME, CNE, for continuing education.

Resources

[Drug-Free Workplace Brochure](#)
[Employee Assistance Program Brochure](#)

[Suicide Prevention and Intervention Protocols Brochure](#)

[Working Remotely](#)

For more information

Call (719) 526-2727 (Please leave a voicemail for a return call if necessary)
or email usarmy.carson.imcomcentral.mbx.dhr-asap@mail.mil

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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



Keep up to date with local events and deals with the



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What's happening In your backyard Nov. 2022

- 1** Boot camp for new dads: 9 a.m.-noon
Infant massage and baby nurturing: 9:30-11 a.m.
Understanding your credit score: 9:30-11 a.m.
Coffee conversations: 11 a.m.-noon
EFMP 101 session: 11 a.m.-noon
Coffee conversations: 12:30-1:30 p.m.
Center on fathering: 1-3 p.m.
- 2** CARE team training: 9 a.m.-noon
Nurturing infants to 5 years: 9:30-11:45 a.m.
**After school snack: 2:45 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 3** Toddler time: 9:30-11 a.m.
Thrift savings plan: 1-2 p.m.
LinkedIn Fundamentals: 1:30-2:30 p.m.
*Board study: 4-5:30 p.m.
***Climbing wall orientation: 6-8 p.m. (\$25)
***Crack climbing clinic: 6-8 p.m. (\$35)
- 4** Financial Milestone Marriage: 9:30-10:30 a.m.
Annual troop training for Domestic Violence Prevention: 10-11 a.m.
- Play group: 10 a.m.-noon
Mountain Post welcome: 10:30-11:30 a.m.
Financial Milestone first child: 1:30-2:30 p.m.
***VIP night: 5:30-8 p.m. (\$10)
- 5** Timeless turkey trot prediction run: 9 a.m.-noon
***Ski and snowboard expo: 10 a.m.-2 p.m.
**Bowling: 1 p.m.
*Anime club: 1 p.m.
Cosmic bowling: 6-9:30 p.m.
- 7** ACS grand re-opening: 9:30-11 a.m.
- 8** Cooperative parenting and divorce class: 9 a.m.-1 p.m.
Infant massage and baby nurturing: 9:30-11 a.m.
SFRG informal funds custodian training: 10-11:30 a.m.
Center on fathering: 1-3 p.m.
SFRG key contact training: 1-2:30 p.m.
Navigating USAJOBS: 1:30-2:30 p.m.
Heartbeat: 6:15-8 p.m.
- 9** Command Family Readiness Representative: 9:30 a.m.-4:30 p.m.
Nurturing infants to 5 years: 9:30-11:45 a.m.
- Financial strength budgeting: 10-11 a.m.
Resume essentials: 1:30-2:30 p.m.
**After school snack: 2:45 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 10** *Volunteer at Norris Penrose Center: 9 a.m.-noon
CFRR Academy: 9:30 a.m.-4:30 p.m.
Toddler time: 9:30-11 a.m.
Financial milestones: 1-2 p.m.
SFRG resources overview: 1-2 p.m.
***Climbing wall orientation: 6-8 p.m. (\$25)
- 12** Annie Get Your Gun Cosmic Bowling: 6-9:30 p.m.
- 15** Infant massage and baby nurturing: 9:30-11 a.m.
EFMP 101: 11 a.m.-noon
Center on fathering: 1-3 p.m.
Federal resume 101: 1:30-2:30 p.m.
- 16** Nurturing infants to 5 years: 9:30-11:45 a.m.
Military spouse preference and federal employment: 1:30-2:30 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 17** Toddler time: 9:30-11 a.m.
Annual troop training for domestic violence prevention: 10-11 a.m.
Interview skills: 1:30-2:30 p.m.
*Board study: 4-5:30 p.m.
***Climbing wall orientation: 6-8 p.m. (\$25)
***Lead climbing clinic: 6-8 p.m. (\$35)
- 18** Financial milestone: 9:30-10:30 a.m.
Play group: 10 a.m.-noon
Mountain Post welcome: 10:30-11:30 a.m.
Financial milestone: 1:30-2:30 p.m.
**Pop in for some popcorn: 2:45 p.m.
- 19** **Bingo: 1 p.m.
Cosmic Bowling: 6-9:30 p.m.
*Trip to Eagle's Nest Ranch
***Loveland ski area: 6 a.m.-6 p.m. (\$115)
- 22** Infant massage and baby nurturing: 9:30-11 a.m.
Center on fathering: 1-3 p.m.
**Warm cider: 2 p.m.
- 23** Nurturing infant to 5 years: 9:30-11:45 a.m.
- SFAC transition and medical retirement brief: 10-11 a.m.
Financial milestone: 11 a.m.-noon
Homebuyers workshop: 1-4 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 24** Happy Thanksgiving
Toddler time: 9:30-11 a.m.
Play group: 10 a.m.-noon
Mountain Post welcome: 10:30-11:30 a.m.
*Thanksgiving event by BOSS
- 26** Cosmic bowling: 6-9:30 p.m.
- 29** **BOG: 7:15 a.m.
Infant massage and baby nurturing: 9:30-11 a.m.
Center on fathering: 1-3 p.m.
- 30** Nurturing infants to 5 years: 9:30-11:45 a.m.
Volunteer, VMIS and OPOC training: 1:30-3 p.m.
**Hot cocoa at the leasing office
*Auto skills class: 5-6 p.m.

For more information on events:

MWR/ACS events/classes visit: <https://carson.armymwr.com>.

For *BOSS events visit: <https://carson.armymwr.com/BOSS>.

For **Fort Carson Family Homes events visit: <https://www.facebook.com/FortCarsonFamilyHousing>.

For ***Mountain Post Outdoor Recreation events information call 719-526-5176



Published in the interest of the Fort Carson Community. Visit the Fort Carson website at <http://www.carson.army.mil>.

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FORT CARSON

PRO DEO ET HUMANITATE

CARE

COMMITMENT

HEALTH AGENCY

DEPARTMENT OF DEFENSE

**VIRTUAL APPOINTMENTS
NOW AVAILABLE**

CALL 719-526-CARE (2273)

Must be enrolled to Evans ACH in Ivy or Internal Medicine Clinics

Are you enrolled to Evans Ivy Clinic or Internal Medicine? Would you like to see a provider virtually? Evans is booking next-day appointments through their virtual primary care health clinic now until January 15.

To book, call the central appointment line at 719-526-CARE (2273) and request a virtual appointment.

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APPLICATIONS ARE OPEN!

Scan the QR code or visit us at:
[https://www.mountainpostsantasworkshop
opco.com](https://www.mountainpostsantasworkshopco.com)



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HELLO November

Another month of success

November Events

Tenant Satisfaction Surver From Tuesday Oct 25th-Friday Dec 16th!

- 11/2-After School Snack At 2:45pm
- 11/5-Bowling For Residents That Signed Up
- 11/7- 1st Birthday Club Winner Announcement
- 11/9-After School Snack At 2:45pm
- 11/14- 2nd Birthday Club Winner Announcement
- 11/14-11/18 YOM Week
- 11/18- Pop In For Popcorn At 2:45pm
- 11/19- Bingo For Those That Signed Up
- 11/22- Warm Cider At The Leasing Office At 2:45pm
- 11/24- Happy Thanksgiving FCFH Offices Closed
- 11/29- BOG at 7:15am
- 11/30- Hot Cocoa At The Main Leasing Office At 2:45pm

For Questions Or Concerns Regarding Upcoming Events Please Contact The Events Manager Jennylee Hanlon at jhanlon@bbcgrp.com or (719)499-0707

Keep up to date with local events and deals with the



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CHILD, YOUTH & SCHOOL SERVICES

WINTER SPORTS

SPORTS
2023



REGISTRATION OPEN

NOVEMBER 7–DECEMBER 9

SEASON RUNS

JANUARY 9–MARCH 4

TO REGISTER, VISIT:

Parent Central Services at
5939 Ellis St. or

webtrac.mwr.army.mil/webtrac/carsonCYS.html

ALL SPORTS OFFERED SUBJECT TO ENROLLMENT NUMBERS
AND AVAILABILITY OF COMPETITION.

BASKETBALL

AGES 3–4/5–18 \$25/45

CHEERLEADING

AGES 3–4/5–18 \$25/45

WRESTLING

AGES 6–15 \$45



More Events and Info at
carson.armymwr.com



Carson CYSS
CarsonDFMWR



@CarsonMWR
#CarsonMWR



Youth Sports at the Youth Center
6181 Ware St., Bldg. 5950

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*"A DIFFERENT WAY TO SERVE"
AT FORT CARSON*

**NOW OFFERING
FOR CYS DIRECT CARE EMPLOYEES**

50%

**DISCOUNT ON YOUR CHILDCARE
FOR UP TWO CHILDREN**

+ Priority One Care (GUARANTEED CHILDCARE, NO WAIT LIST)
Offer available to new & existing CYS Direct Care Employees.
Save over \$6,000 per year!

An average family on Fort Carson pays \$547 per child, per month, for full-day care; with two kids, that's \$1,094 per month. The CYS Discount program for Direct Care employees reduces this cost by 50% - which equates to an annual savings of \$6,564 per year!

*Savings will vary by category income classification. The CAT 6 example above is an average based on a combined household income of \$75,000 per year.

CURRENTLY HIRING

At \$16.70/hr to start

With new discount saving, earn
an average of \$20.12 /hr* with 2
kids in childcare!



**\$17.70/hr after 6 months
\$18.91/hr after 1 year**

*Averages based on a 40 hr work week

**To get start
Scan Here**



Keep up to date with local events and deals with the



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NOVEMBER EVENTS

Tuesday - Thursday 0900 – 1830

Friday - Saturday 0900 – 1700

LAPSIT STORY TIME

Tuesdays | 1030

Stories, music, play, maybe make a friend today!
Babies 0-24 months and their caregivers can
enjoy stories, rhymes, and movement.

FOR MORE INFORMATION, PLEASE CALL:

719-526-2350/2842

BOSS ANIME CLUB

Saturday November 5 | 1400

Calling all Single Soldiers.
Hang out, watch anime, talk about your favorites, and enjoy snacks!
Please call 719-526-2350 to register.

LEGO CLUB

Wednesdays | 1530-1630

Strengthen creativity and engineering skills while having fun!
Build whatever you can imagine.
the library will provide the Lego blocks. All ages welcome.

ANIME CLUB

Saturday November 12 | 1400

Calling all otaku! Hang out, watch anime,
read & draw manga, talk about your favorites,
and have snacks. Cosplay is always welcome. Open to all ages.

PRESCHOOL STORY TIME

Thursdays | 1030

Story time for children and their parents, featuring stories and crafts,
followed by unstructured play time with the Tinker Trolley!

HOMESCHOOL HANGOUT

Tuesday November 15 | 1400

Homeschool families - connect with other families,
play games, and take part in activities!

RTAP - Resiliency Through Art Program

Saturday November 5, 12, 19 | 1030 – 1230

This program focuses on the process of personal expression through art,
come in and create! Art is a wonderful outlet for expression and can
provide great relief for anyone dealing with separation, sadness,
anxiety, stress or anger. Grant Library offers the
Resiliency Through Art program Saturdays 1030 – 1230.
No prior art experience is needed and all MWR patrons are welcome.

SPECIAL STORY TIME

Thursday November 17 | 1030

Please join us for a special Month of the Military Family
story time with our special guest reader, COL Brown,
and featuring a visit from Daniel Tiger!

SENSORY PLAYTIME

Friday November 18 | 1030

Join us for a special sensory playtime!
Squeeze, shake, squish, scoop,
and squelch during this sensory play time for ages 0 – 5.

SPICY READS BOOK CLUB

Thursday November 17 | 1730

Need some spice in your life?
Join us for Spicy Reads Book Club!
We'll talk about A Court of Thorns and Roses, snack, talk books,
and hand out copies of our next book, A Court of Mist and Fury
by Sarah Maas, book 2 of the ACOTAR series.

NO EVENTS NOVEMBER 22-26

Keep up to date with local events and deals with the



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SEASONAL SKI & SNOWBOARD RENTALS

OPENING DAY
NOVEMBER 3RD
7AM-7PM

ADULT PACKAGES \$230.00
INCLUDES BOOTS, POLES & HELMETS

JUNIOR PACKAGES \$190.00
12YRS & UNDER
INCLUDES BOOTS, POLES & HELMETS

SEASONAL RENTALS ARE AVAILABLE
NOV 3RD, 2022 THROUGH MAY 1ST, 2023 WHILE INVENTORY LAST INSURANCE ON
EQUIPMENT AVAILABLE
FREE BUFF WAX & EDGE SERVICES INCLUDED



CALL 719-526-1993 FOR DETAILS

Keep up to date with local events and deals with the



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Waller Fitness Center

THE BASTE BEAST

Come, burn the calories
before the feast!

NOVEMBER 23rd
5:30-6:30 p.m.

H.I.I.T CLASS
\$3.00



Questions? Call 526-2742



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Waller Physical Fitness Center
6946 Magrath Ave., Building 2357
Fort Carson, CO 80913

Fort Carson MWR

Keep up to date with local events and deals with the



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ANIME CLUB

BOSS



SATURDAY NOV 5 | 1400
@Grant Library

Please call: 719-526-2350 to register.

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This is a Clue **TRIVIA**

WEDNESDAYS 6:30PM

Starting October 12

Free. Fun. Prizes.

 **thisisacluetrvia**  **thisisacue**

Keep up to date with local events and deals with the



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Fort Carson FITNESS CLASS DESCRIPTIONS

BARRE- A whole-body workout that delivers a fusion of ballet, Pilates, yoga, and strength training. (45 Min)

BH YOGA – Active Duty Only

BOOTCAMP-Strength and cardio full body workout utilizing weights, bands, and/or body weight to maximize results. (45 Min)

BOXING-Train like a pro in this traditional style boxing class consisting of cardio calisthenics, boxing with intervals of bodyweight exercise and core work. Gloves necessary, can be purchased on site. (90 min)

BOXING-A traditional style boxing class consisting of cardio calisthenics, interval training and bag work.

CARDIO DANCE-This high energy cardio workout is perfect for any fitness level. You will be singing along to great music while getting a great workout.(45 Min)

CORE BLAST-A strong core is the foundation of a strong body. In this class you will work your entire core from all sides. For a strong midsection to build around. (60 Min)

EXPRESS CYCLE-Get your cardio in quick with this high energy, low impact cycling workout while still having time to lift and get lunch! Buy one get on for this express class! (35 Min)

FITNESS FURY-Increase your stamina, strength and burn calories in this high intensity circuit class. This functional fitness class utilizes a variety of equipment to guarantee a full body workout. It will take you to the next level! Beginners to advance fitness levels are welcome! (60 Min)

H.I.I.T. - Workout that consists of short periods of intense exercises that increases heart rate quickly, followed by intervals of less intense exercises to allow for recovery time. (45 Min)

P3T- Active Duty only (90 Min)

POWER MOBILITY-Don't let strength gains hinder your joint mobility and athleticism. Gain flexibility and increase range of motion while sweating in this low impact twist on traditional yoga (35 Min).

PT CYCLE-Strengthen your cardiovascular and muscular endurance with this high energy, low impact cycling workout! This class is for ACTIVE DUTY ONLY at no charge. (60 Min)

SRU PT-Active Duty Only (60 Min)

STRETCH AND CORE-Fitness class that allows individuals to get a full body stretch using movements that increase flexibility, decrease muscle tension, build core strength, and help improve muscular balance. (40 Min)\

TOTAL STRENGTH-Take advantage of your lunch hour with this total body strength training workout utilizing dumbbells, resistant bands and kettlebells.

TRX-Perform an efficient and challenging body weight exercises that develop strength, balance, flexibility and core stability simultaneously using the TRX Suspension training system.(60 Min)

TRX INTRO-This class will teach you the basics of using the TRX suspension training system including upper, lower and core stability exercises. (30 Min)

ZUMBA- An energizing dance class featuring high energy music and dance moves. You will burn lots of calories and have a great time doing it! (60 Min).

Keep up to date with local events and deals with the



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CHEYENNE MOUNTAIN SHOOTING COMPLEX

ANNIE GET YOUR GUN

LADIES SHOOT
FREE

2ND SATURDAY
ALL YEAR, ALL DAY LONG!



Questions? Call 896-6196

CHEYENNE MOUNTAIN SHOOTING COMPLEX
OPEN TO THE PUBLIC



More Events and Info at
carson.armymwr.com



Cheyenne Mountain
Shooting Complex
CarsonDFMWR



@carsonmwr
#CarsonMWR



Cheyenne Mountain
Shooting Complex
7790 Route 1
Fort Carson, CO 80913

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Your USAFA Airman & Family Readiness Center invites
New and Expectant Parents to attend this FREE Workshop

BUNDLES *4* BABIES



~~March 8~~ | ~~June 14~~ | ~~Sep 13~~ | Nov 29
8 am – 12:30 pm
Airman & Family Readiness Center

Open to all expectant and new parents of all ranks, NOT
limited to first pregnancy. Fathers are encouraged to attend.

Eligible participants will receive a \$50 Exchange gift card
courtesy of the Air Force Aid Society upon completion
of workshop.

To register, scan this QR code or call A&FRC 719-333-3444



USAFASUPPORT.COM



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PASS IT ON COMMUNITY NEWSLETTER



November CRAFT & PAINT CLASSES



Tumbleweeds at the Mountain Post has been offering paint & craft classes since 2012!
ALL CLASSES CAN BE OFFERED AS PARTIES TO FIT YOUR SCHEDULE!



PAINT ON POST

FRIDAY, NOV 4
6-8 PM

\$15 per person for ages 18 & up



TINY DOLL MAKING

SATURDAY, NOV 5 1-3 PM

Cost: \$5 All ages welcome!



KIDS CAN CRAFT

EVERY FRIDAY THIS MONTH!
NOW ONLY \$5 per hour for any age
Loads of supplies and ideas!



BEADED BRACELETS

EVERY MONDAY & SATURDAY!

\$7 per bracelet Walk-ins welcome!

Mondays 10-2 & Saturdays 10-12



SEWING CLASS

SEWING MACHINES
AVAILABLE FOR RENTAL!

TUESDAY, NOV 15 at 10 AM

also offered in evenings by request

\$10 if supplying own materials

\$20 for a class sewing kit

Must pre-register!



FREE KIDS CLASS

FRIDAY, NOV 18
10 AM – 2 PM
Must pre-register!



ANYONE CAN PAINT

SATURDAY, NOV 19 at 1-3 PM

\$15 per person for tweens on up!

Please call, stop by
or send us a
Facebook message
to register for any of
our classes.

TUMBLEWEEDS
AT THE MOUNTAIN POST

FREE KIDS CLASS



TUESDAY, NOV 22
10-2 PM
Must pre-register!

CALL US AT 719.393.3734 OR VISIT US ON FACEBOOK AND INSTAGRAM!

1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

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Come out and meet the
AUSA National Family
Readiness Team

**FREE DRESSES FOR
ALL MILITARY AND
DEPENDENT ID
CARD HOLDERS**



**FREE LANCOME
MAKEUP KITS**

First 50 attendees will get a
makeup kit valued at over
\$150

**THURSDAY,
NOV 3RD
5-7PM**

LOCATED AT THE SALVATION
ARMY OF THE FOUNTAIN VALLEY
CORPS

208 Cunningham Dr.
Colorado Springs, Co

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FOR LOVED ONES OF MILITARY SERVICE MEMBERS AND VETERANS
WITH MENTAL HEALTH OR SUBSTANCE USE CONCERNS

Wednesdays starting February 1st, 6-8:30 p.m.
Southeast Colorado Springs*

*Exact location provided upon registration

NAMI Homefront is a free, 6-session educational program taught by trained family members of service members/veterans with mental health conditions.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community



Learn to care for yourself
and support your family
member with compassion



Understand current
research, treatments and
evidence-based therapies



Navigate challenges that
impact and affect the
entire family



Manage a crisis, solve
problems and
communicate effectively

REGISTRATION REQUIRED

To register or find out more information:
namicoloradosprings.org • 719-473-8477 • AngelaSweeten@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email AngelaSweeten@namicos.org.

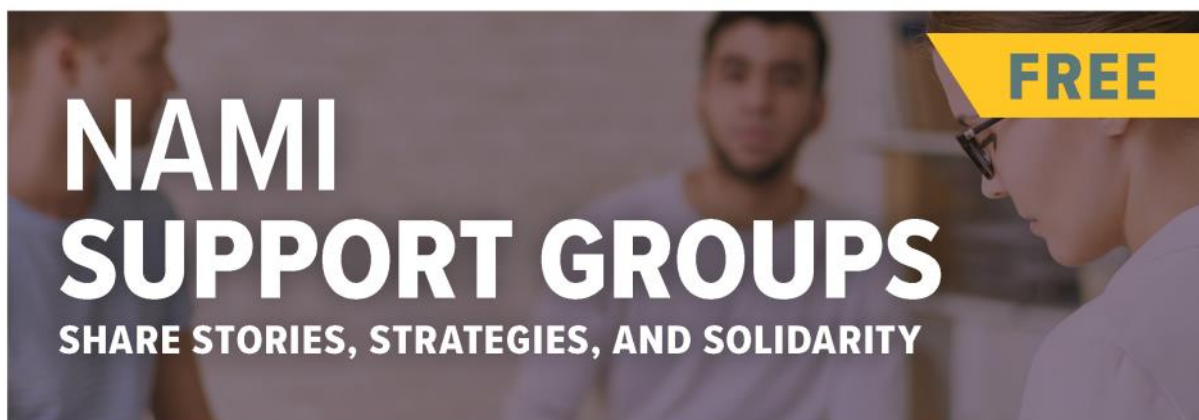


Scan the QR code to learn more

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NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

NAMI Colorado Springs is offering both **virtual support groups on Zoom** and **in-person groups at First United Methodist Church**, 420 N. Nevada Ave., in downtown Colorado Springs. All are led by trained peers — people who either manage a mental illness or love someone who does.

BASICS SUPPORT GROUP

For parents and caregivers of children and teens showing signs of mental illness
2nd Mondays, 7-8:30 p.m., virtual

CONNECTION SUPPORT GROUP

For adults experiencing mental illness
Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness
1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

In-person group participants must pre-register: Call 719.473.8477 or email office@namicos.org by noon on the day of the group.

In-person groups will follow social distancing protocols.

Virtual group participants can find call-in info at namicoloradosprings.org.



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

719.473.8477 | office@namicos.org | namicoloradosprings.org



The NAMI office at 1615 S. Murray Blvd., is open weekdays, 9 to 5.

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Responding to Relationships

FREE

Military & Responder MARRIAGE SERIES & RETREAT

Dec. 9, 2022 & Jan. 13-15, 2023

respondingtorelationships.org

REGISTRATION OPENS OCT. 31ST

Your Relationship Deserves This.



Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: #90ZB0029. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

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MENTOR PROGRAM

a 501 (c)(3) Nonprofit dedicated to serving our veterans by addressing Mental Health, Addiction, and Suicide Prevention by providing alternative therapies, mentors, and education.

It is time to step up and help our brothers and sisters.

Veterans are fighting an unseen war that overtakes too many, every day. WarriorNow works tirelessly to help identify and address the underlying issues plaguing Veterans in order to prevent suicide and other extreme actions.

Our Veterans are fighting an unseen war that overtakes too many, every day. WarriorNow works tirelessly to help identify and address the underlying issues plaguing Veterans in order to prevent suicide and other extreme actions.

BECOME A MENTOR

Are you a Veteran and have 30 minutes to dedicate to a Veteran? Become a mentor and help our Veterans fighting the unseen war of mental illness.



GET INVOLVED

One out of every **FIVE** Veterans is actively dealing with Mental Health. It is time we band together and serve the Veteran Community.

WARRIORNOW.ORG
WE DO NOT FIGHT ALONE

720-408-8623
info@warriornow.org

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NIGHTLY BUDDY CHECK ON ZOOM

ALL VETERANS
BUDDY CHECK ROOM
AVAILABLE EVERY NIGHT
7PM MOUNTAIN

VIETNAM ERA
BUDDY CHECK ROOM
NIGHTS VARY PLEASE
CHECK THE WEBSITE



WE ARE NOT ALONE

www.JOINBUDDYCHECK.com
IN HONOR OF DANIEL (USMC)



SCAN ME

Fort Carson and the Surrounding Community

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EAGLE'S NEST
RANCH



Healing Horses for the Armed Forces



Active duty and veteran service members as well as their family members are invited to come to the ranch and spend time with a horse free of charge.

Experience a safe place to adjust, reconnect, and be reminded that there is always hope ... no matter what you have faced.

Contact us to schedule a session.

Suzy MacKenzie
Founder and Executive Director
www.eaglesnestranch.org
eaglesnestranch501@gmail.com

303.596.2784 • P.O. Box 1677, Parker, CO 80134



Fort Carson and the Surrounding Community

MILITARY ARTS CONNECTION

CONNECT ★ LEARN ★ CREATE
www.MilitaryArtsConnection.org

Are you interested in trying out a new **creative** skill?
Looking for a **fun experience** for yourself? Your family?

MILITARY ARTS CONNECTION IS HERE!

MAC links you (service members, veterans, and their families) with community arts engagement experiences at NO CHARGE to you. Simply work with one of our participating service organizations to request a referral. MAC offers experiences from across the creative spectrum: music, pottery, painting, poetry...and the list is growing every day!

Explore Experiences and learn more at:

www.MilitaryArtsConnection.org

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 **Waterford | UPSTART**

Amazing At-Home Learning Opportunity!

Waterford Upstart is an online PreK learning program that teaches preschool-aged children basic skills they need in reading, math, and science.

Be confident that your child is **ready for kindergarten** with Waterford Upstart!



97%

of parents would recommend **Waterford Upstart!**

What Do You Get?



Award-winning software your child uses at home less than **30 minutes each day**



Independent online activities and **resources** for off-line practice



Family-focused guidance and tools to help you support your child's learning

Why Should You Sign Up?



Waterford Upstart works!

On average, graduates enter kindergarten reading at almost a first-grade level



Your child will learn!

The program builds academic skills and routines so your child is ready to be confident and successful at school



It costs you nothing!

Thanks to generous support from our partners, we provide everything you need to complete the program
*Computer and Internet provided to qualifying families



Get started today!

Visit waterford.org/upstart

Or scan this QR code

888-982-9898

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 **Waterford | UPSTART**

¡Una increíble oportunidad de aprendizaje hecho en casa!

Waterford Upstart es un programa en línea de aprendizaje de Pre K que les enseña a los niños en edad preescolar las habilidades básicas que necesitan en lectura, matemáticas y ciencias.

¡Esté confiado en que su hijo estará preparado para el Kinder con Waterford Upstart!



¡El **97%**

de los padres recomendarían Waterford Upstart!

¿Qué obtiene usted?



Un **software galardonado** que su hijo usa en casa menos de **30 minutos al día**



Actividades **independientes** en línea y **recursos** para prácticas fuera de línea



Guía y herramientas para ayudar a apoyar el aprendizaje de su hijo

¿Por qué debe inscribirse?



¡Waterford Upstart funciona!

En promedio, los graduados entran al Kinder leyendo a casi al nivel de primer año



¡Su hijo aprenderá!

El programa desarrolla las habilidades y rutinas académicas para que su hijo esté listo para sentir confianza en sí mismo y ser exitoso en la escuela



¡A usted no le cuesta nada!

Gracias al apoyo generoso de nuestros socios, nosotros le proveemos todo lo que necesita para completar el programa

*Computadora e Internet se les proporciona a las familias elegibles



Empiece hoy mismo:

Visite waterford.org/upstart

Escanee el código QR

888-982-9898

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VETERAN
Art
EXHIBITION

2022

OPEN CALL FOR ARTISTS

2nd Annual
VETERAN ART EXHIBITION

ACCEPTING ARTWORK

*PAINTING, SCULPTURE, POTTERY, PHOTOGRAPHY,
DRAWING, MIXED-MEDIA ETC.*

FROM VETERANS, SERVICE MEMBERS
AND THEIR FAMILIES

~~REGISTER BY OCTOBER 21, 2022~~

Veteranartist.givesmart.com

SUBMISSION DROP OFF

NOVEMBER 8 & 9, 2022

OPENING RECEPTION

NOVEMBER 11, 2022 | 5PM-8PM

WAREHOUSE RESTAURANT & GALLERY
25 W. CIMARRON STREET, COLORADO SPRINGS, CO 80903

ART DISPLAY ENDS

NOVEMBER 30, 2022

ARTS IN SOCIETY AWARD & \$100 PEOPLE'S CHOICE AWARD

Artist can choose to donate their art, split auction proceeds or exhibit only.
This is a fundraiser benefiting military, veterans and their families.



Presented by
MT. CARMEL VETERANS SERVICE CENTER
ARTS IN SOCIETY
ERC, INC

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To the Battlefield and Back Again

Dialogues on the Experience of War

~~Oct 6~~, Nov 3, Dec 1, Feb 2, March 2
6-8pm

Sign Up Now....



Join the conversation and
discuss the issues facing our
military community

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Free Dinner & Child Care!



Circle of Fathers

Sharing ideas. Sharing support.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

WHAT: Join other fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for fathers and led by fathers.



Colorado Chapter
CIRCLE of PARENTS®
CIRCLE of FATHERS

WHEN: 2nd & 4th Thursday of Every Month
Dinner at 5pm; Meeting at 5:30pm

WHERE: Helen Hunt School
909 E Moreno Ave, Colorado Springs, CO 80903

OR Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/93350305448>



Catholic
Charities
of Central Colorado

LEARN MORE:
Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

Join us on Facebook: <https://www.facebook.com/groups/CircleOfFathers/>

Join Us!
Visit CircleOfParentsCO.org



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. www.illuminatecolorado.org

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Free Dinner & Child Care!

FATHERS OF FREEDOM

You are not alone. We're here for you.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

WHAT: Join other military fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for military fathers and led by military fathers.



WHEN: 1st & 3rd Tuesday of Every Month
Dinner at 5pm; Meeting at 5:30pm

WHERE: Helen Hunt School
909 E Moreno Ave, Colorado Springs, CO 80903

OR Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/85139958491>



LEARN MORE:
Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

Join us on Facebook: <https://www.facebook.com/groups/FathersOfFreedom/>

Join Us!
Visit CircleOfParentsCO.org



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. www.illuminatecolorado.org

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CHILDREN'S GRIEF GROUP

Tuesdays 5:30PM-6:30PM

Ages 6-13

Pizza Provided

Register by Calling PPSP or going online to
our website

Contact Us:

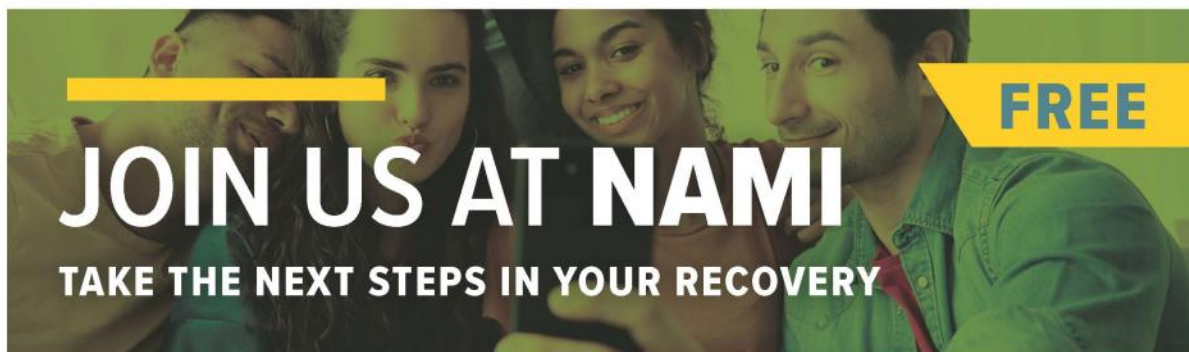
719-573-7447

704 N Tejon St Colorado Springs CO 80903
info@pikespeaksuicideprevention.org

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JOIN US AT NAMI

TAKE THE NEXT STEPS IN YOUR RECOVERY

NAMI Colorado Springs classes and groups are offered at no cost, and are led by mentors who are managing their own mental health conditions. **We'd love to have you at one or both of the following:**

CONNECTION SUPPORT GROUP

Weekly gatherings, offered both virtually and in person, open to any adult living with a mental health condition. Connection participants:

- » relate to others who have lived experience;
- » learn and refine coping skills and strategies;
- » find strength in sharing experiences;
- » embrace humor and celebrate victories.

VIRTUAL: Tuesdays, 7 - 8:30 p.m.

IN-PERSON: Thursdays, 7 - 8:30 p.m.

PEER-TO-PEER

A class that examines mental health conditions and how to live better with them, meeting once a week for eight weeks. Peer-to-Peer students:

- » create personalized relapse prevention plans;
- » learn to advocate for better care from providers;
- » develop confidence for making decisions and reducing stress;
- » and pick up resources to help in recovery.

Classes typically scheduled twice annually.

IF YOU'RE READY TO HELP OTHERS...

When at stable places in their recovery, peers at NAMI find rewarding volunteer opportunities as Connection Support Group facilitators and/or Peer-to-Peer teachers. They also can train to be part of NAMI's In Our Own Voice program, in which they share their lived experiences and demystify mental health conditions for local people and groups. All training, and ongoing support, is provided.

TO FIND OUT MORE INFORMATION OR TO REGISTER:

NAMIColoradoSprings.org | 719.473.8477 | peersupport@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Call us at **719.473.8477** | Visit **NAMIColoradoSprings.org**

1615 S. Murray Blvd. on the Silver Key campus (office hours M-F, 9-5)

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Veteran's Legal Assistance Clinic

Fourth Tuesday of the month | 12:30 to 3 p.m.

PFC Floyd K. Lindstrom VA Outpatient Clinic

3141 Centennial Blvd., | Colorado Springs, CO 80907 | Mt. Yale Conference Room

Meet with an attorney for legal assistance. This service is free of charge. Get information on topics including veteran's resources, benefits, taxes, housing, criminal, and family law.

2021/2022 Dates

| | | | | |
|--------------------|---------------------|--------------------|--------------------|--------------------|
| Oct. 26 | Nov. 23 | Dec. – None | Jan. 25 | Feb. 22 |
| Mar. 22 | Apr. 26 | May 24 | June 28 | July 26 |
| Aug. 23 | Sept. 27 | Oct. 25 | Nov. 22 | Dec. – None |

For more information visit cobar.org/clcv.

A service provided by the CBA Military & Veterans' Affairs Section.

CBA

**Military and
Veterans' Affairs
Section**

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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



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