



# 13 Nov 2025

No Fort Carson/Army Endorsement Implied

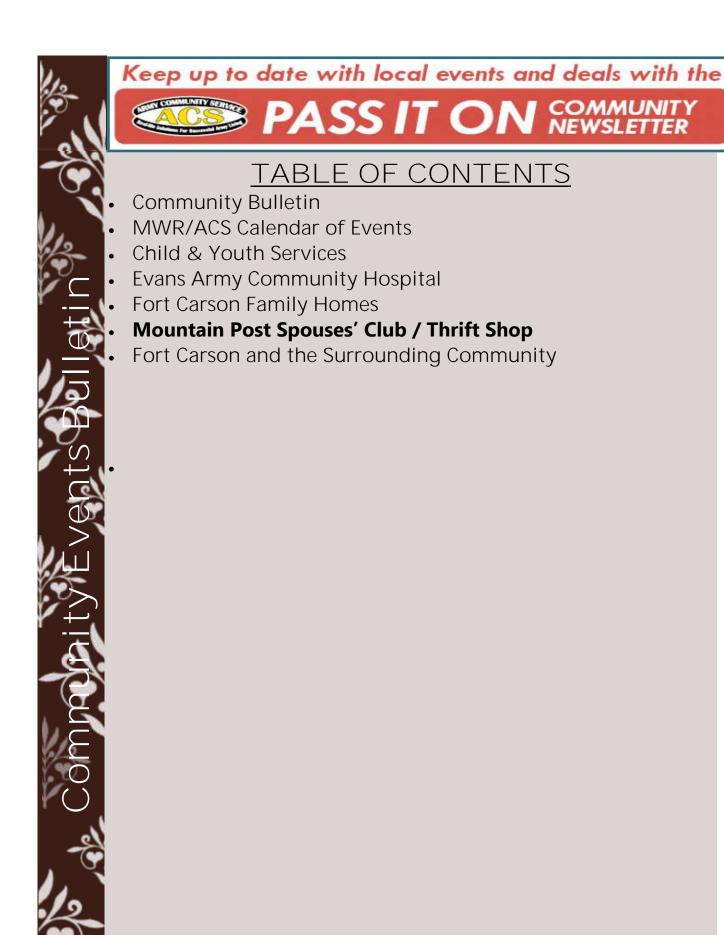
Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.

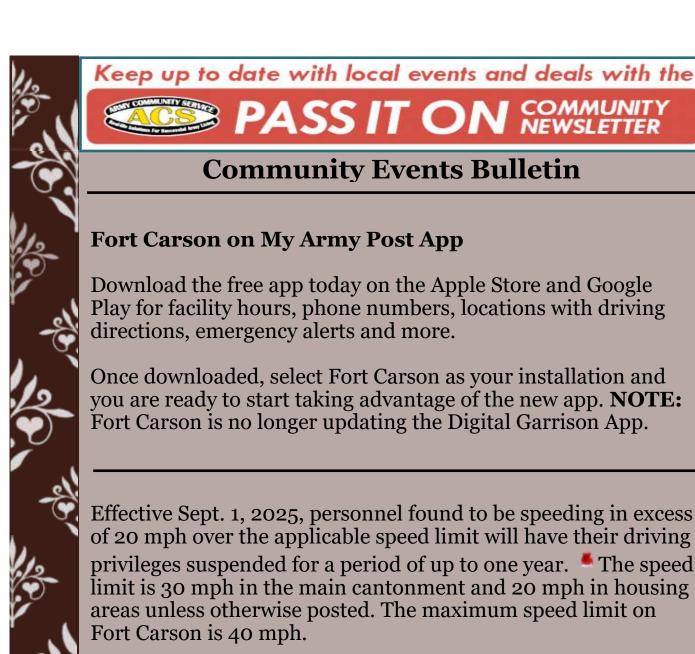






Army Community Services 6303 Wetzel Avenue, Building 1526 Fort Carson CO 80913 719-526-4590 719-243-7907 24/7 DV Hotline





of 20 mph over the applicable speed limit will have their driving privileges suspended for a period of up to one year. \* The speed limit is 30 mph in the main cantonment and 20 mph in housing areas unless otherwise posted. The maximum speed limit on

### New gate, VCC hours in effect

New hours for the Gates 4, 5 and 6 and the Visitor Control Center took effect Nov. 12 in an effort to provide increased access to Fort Carson despite resourcing and staffing reductions.

### The new hours are:

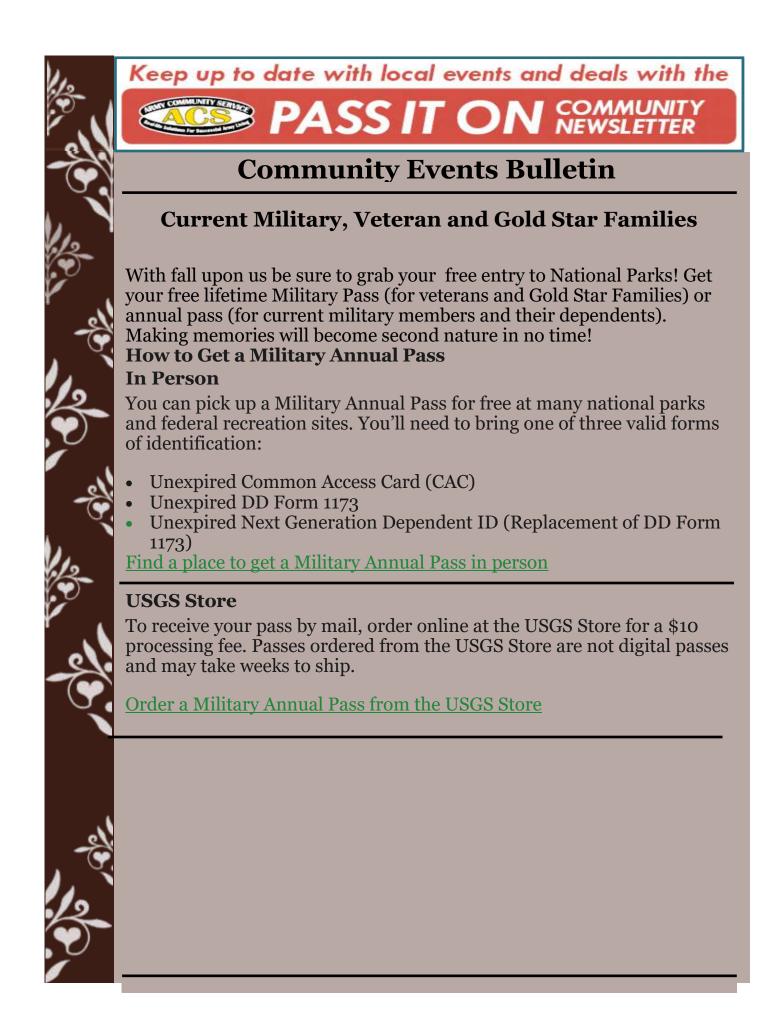
Visitor Control Center (near Gate 1): Daily 5 a.m. to 1 p.m.

Gate 4: Monday-Friday 5 a.m. to 1 p.m. for inbound and outbound traffic; and 1-9 p.m. for outbound traffic only.

Gate 5: Monday-Friday 5 a.m. to 6 p.m.

Gate 6: Monday-Friday 5 a.m. to 6 p.m.

Gate 19 remains closed.



## Keep up to date with local events and deals with the PASSIT ON COMMUNITY NEWSLETTER - Tips to keep your family, pets, and gear ready for the snowy season Colorado winters carry a unique mix of beauty and challenge. At Fort Carson, the first snowflakes often mark the start of a season filled with frosty mornings, road closures, and powder-perfect weekends in the mountains. Whether you're new to the area or a seasoned Coloradan, preparation is key to navigating the months ahead with confidence. Here's how to make sure your family, pets, and gear are ready when winter sets in. Winterize Your Vehicle The cold takes a toll on even the most reliable cars. Before the first storm hits, give your vehicle a thorough seasonal checkup. Start with the basics: make sure your antifreeze levels are topped off, your battery has been tested for cold-crank strength, your tire tread meets winter safety standards, and your windshield wipers can handle icy buildup. If you haven't switched to winter or all-weather tires, now is the time-snow-packed roads and black ice are common hazards in Colorado.

Beyond the mechanics, think about what you carry inside your car. A scraper and brush are essential, but also consider keeping an emergency kit stocked with a blanket, flashlight, extra gloves, bottled water, and nonperishable snacks. A small shovel and a bag of sand or kitty litter can help if you find yourself stuck in snow.

For those with DoD cards, the Auto Skills Center is a resource worth using. They offer stalls with lifts, tools for do-it-yourself maintenance, and professional assistance if you'd rather leave it to the experts. Whether it's swapping out tires, testing your battery before those single-digit mornings, or replacing wipers, the center provides affordable options to keep your vehicle road-ready all winter long.

### Quick Vehicle Checklist

- Antifreeze filled
- Battery tested
- Tire tread checked
- · New wiper blades installed







### Winterize Your Home

A drafty house can make winter miserable—and costly. Start by walking through your home to check for leaks around doors, windows, and vents. Weather stripping and caulking can go a long way in preventing cold air from sneaking in. Schedule a heater or furnace inspection to ensure your system is operating efficiently before the cold sets in. Replacing filters regularly will also keep your home warm and your energy bills manageable.

It's equally important to prepare for unexpected power outages. Stock your emergency kit with flashlights, extra batteries, bottled water, and nonperishable food. Keep extra blankets or sleeping bags accessible in case the heat goes out.

For Families living on-post, the Energy Office and Housing Office provide resources, inspections, and educational materials to make your home more energy-efficient and safe.

### For Families in off-post housing, the checklist looks a little different:

- Furnace & HVAC Check: Schedule a professional tune-up in the fall to ensure your system is running safely and efficiently.
- Chimney & Fireplace Maintenance: If you use a fireplace or wood stove, get the chimney cleaned annually to prevent dangerous buildup.
- Pipe Protection: Wrap exposed pipes in basements, attics, or garages with insulation to prevent freezing.
   Keep cabinet doors under sinks open on frigid nights to allow warm air to circulate.
- Gutter Cleaning: Clear leaves and debris from gutters to prevent ice dams, which can damage your roof.
- Roof & Attic Inspection: Check for loose shingles and make sure your attic insulation is sufficient to keep heat in and ice out.

These extra steps can help off-post Families avoid costly repairs, improve energy efficiency, and keep homes comfortable all season long.



### Health & Family Readiness

Cold weather doesn't just bring snow—it ushers in flu season, too. Scheduling flu shots for the whole Family at Evans Army Community Hospital is a simple but effective step in staying healthy. Preventive care, such as regular check-ups and immunizations, ensures you're prepared for winter's health challenges.

Even in cold weather, dehydration is common. Cold air is dry, and higher elevations accelerate fluid loss without the obvious sweat cues. Make a habit of carrying water and sipping throughout the day. Dressing in layers is another key strategy—start with moisture-wicking base layers, add insulating mid-layers, and finish with a waterproof outer shell. Limit prolonged exposure to extreme cold, especially for children and older adults, and be alert for early signs of frostbite (numbness, white or grayish-yellow patches of skin) and hypothermia (shivering, confusion, exhaustion).

If frostbite occurs, act quickly but gently—move indoors, remove any wet clothing, and warm the affected area gradually using body heat or warm (not hot) water. Avoid rubbing or applying direct heat, which can worsen tissue damage. Seek medical care if the skin remains numb, hard, or blistered.

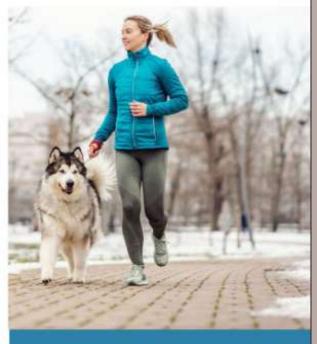
For hypothermia, move the person to a warm, dry place and replace wet clothing with dry layers. Wrap them in blankets, focusing on the chest and head first. Offer warm, non-alcoholic beverages if they're alert, but avoid direct heat sources or massaging their skin. Call emergency services immediately if symptoms include drowsiness, slurred speech, or slowed breathing—hypothermia can become life-threatening without prompt treatment.

With preparation, awareness, and quick action, you can enjoy Colorado's winter safely—whether you're hitting the slopes, hiking snow-covered trails, or simply savoring the season with Family and friends.

### Pets in Winter

Our four-legged family members feel the cold just as much as we do. Ice melt salts can sting, dry, or even crack paw pads, so keep a towel by the door to wipe your pet's paws after walks. Pet-safe ice melt is available and is a safer option for driveways and sidewalks. If your dog tolerates them, protective booties can make walks more comfortable and reduce the risk of injury.

In Colorado's extreme cold, even short walks can be tough for pets. Keep outdoor time brief when temperatures dip below freezing, and always provide a warm, dry space for them indoors. Dogs with thinner coats may benefit from a winter jacket. Watch for shivering, lifting paws, or reluctance to go outside—clear signals it's time to head back in.



### QUICK TIP CALLOUT

- Use pet-safe salt on driveways.
- Keep walks short in extreme temps.
  - Watch for signs of shivering.







### Overview: Staying Ahead of Colorado's Weather

Colorado winters are as unpredictable as they are beautiful. A clear morning can turn into a whiteout by afternoon, making it vital to stay updated on conditions that affect both travel and daily life on Fort Carson. The best way to stay informed is by using official Army channels like the My Army Post App, which provides gate status, snow closure updates, and event changes at a glance.

### In-Depth: How to Stay in the Know

My Army Post App – This all-in-one resource keeps Soldiers, Families, and Civilians connected to Fort Carson updates. During winter, the app is your go-to for:

- Gate Closures & Delays: Instantly see if gates are opening late due to snow or icy conditions.
- Snow Day Announcements: Check if there are post-wide late reporting times, closures, or changes to facility schedules.
- Event Updates: Weather often impacts MWR events, fitness classes, and Outdoor Rec trips. The app posts real-time adjustments so you don't miss out or show up to a canceled program.

 Emergency Notifications: Severe storm alerts, road condition warnings, and other time-sensitive updates are pushed straight to your phone.

Other Tools to Use Alongside the App: Local Weather Alerts: Apps like WeatherBug or the National Weather Service can give you hyper-local snowfall totals and hourly forecasts.

Road Conditions: The Colorado Department of Transportation (CDOT) provides live cameras and road updates—a must before heading into the mountains.

Unit/FRG Notifications: Many units post additional guidance through social media or text chains, especially during major weather events.

### Pro Tip:

Colorado weather is famous for sudden shifts. Even if the day starts sunny, always check the My Army Post App and CDOT before you head out. A quick look can save you from sitting in traffic at a closed gate or driving into unsafe mountain conditions.



# PASSIT ON COMMUNITY NEWSLETTER









# PASS IT ON COMMUNITY NEWSLETTER

# Auto Skills

Hours of Operation: Wed-Fn: 10 A.M. - 8 P.M. Sat 8 A.M. 6 P.M. Sun-Tue: CLOSED

Phone: (719) 526 -2147

DSN: 526 - 2147

Address: 7001 Weizel Ave. BLDG 2427, Fort Carson

https://carson.armymwr.com/auto

# Class Schedule & Details

### Get Your Vehicle Winter-Ready at the Auto Skills Center

According to the Former's Almanac, the winter of 2025-2026 is predicted to bring cold temperatures and plenty of snow—summed up perfectly as "Chill, Snow, Repeat." Before the storms roll in, make sure your vehicle is ready to handle Colorado's unpredictable winter roads.

### Winter Vehicle Preparation Class:

Ctober 31
Auto Skills Center

0 6 -8 p.m.

Join the Auto Skills feam for a free, harids-on class covering antifreeze, batteries, tires, and wipers—everything you need to stay safe on icy roads. This event connects with our feature story, "Winter is Coming to the Mountain Post," giving you the tools and knowledge to be ready for the season.

### Oil Change Class

November 13

Instructor: CSM (Ret.) Daly Sponsored by AUSA Insurance

Time: 9 a.m.

Open to: BOSS members

Cost free

### Winter Vehicle Preparation Class

Learn how to prepare your car for Colorado's cold. snowy months. The Auto Skills team will teach you practical steps to keep Old Man Winter's bite at bay. Location: Auto Skills Center

Time: 6 -8 p.m. Cost. Free

### **Heating System Inspection**

December 16

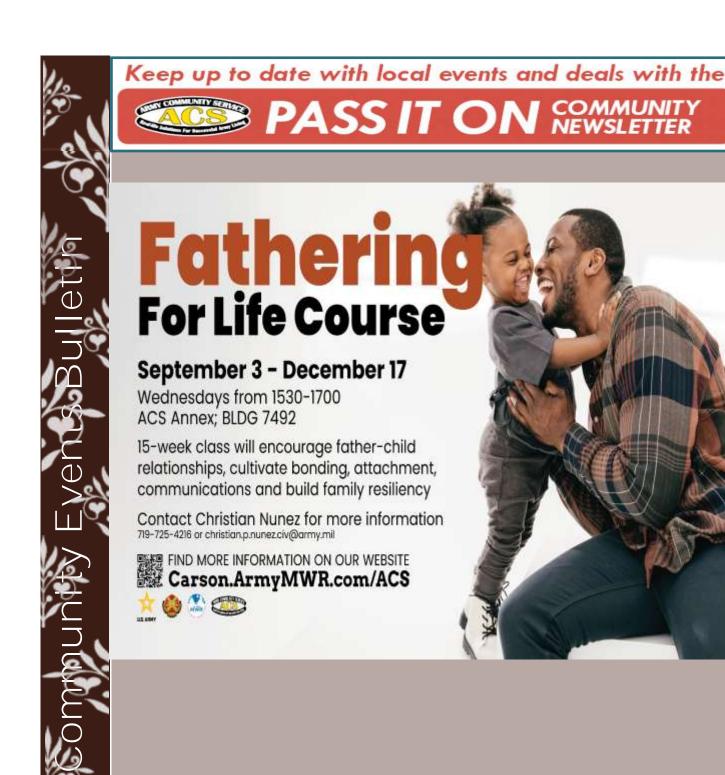
Ensure your vehicle's heating system is ready to keep you comfortable as winter arrives.

Location: Auto Skills Center

Time: 6 -8 p.m. Cost: Free













# 19 September 1:pm—2:30pm

Connecting Families Play Group. Deployed or Unaccompanied? Give Your Child (and you too) the Gift of Community!

Being a military family means sacrifice, and sometimes that means separation. But your child doesn't have to feel it alone.

Join our FREE Playgroup for children of all ages! We offer a supportive and fun environment where kids and parents can:

Build Friendships: Connect with other military Families who understand what it's like to have a parent serving.

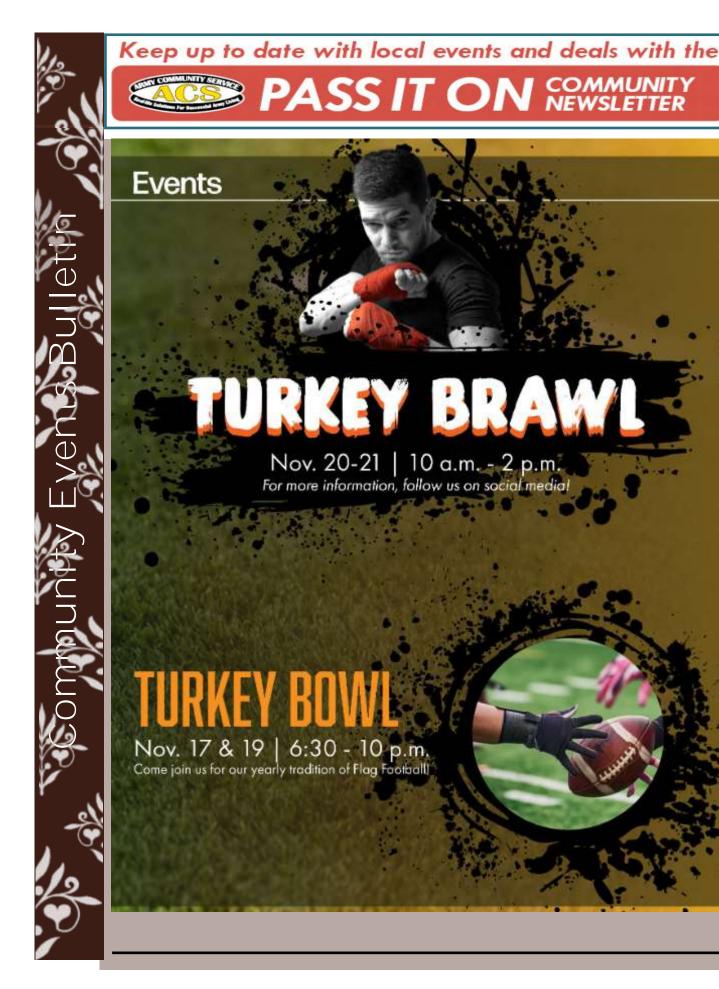
- Develop Social Skills: Encourage positive interaction and learning through play.
- Reduce Stress & Isolation: Provide a sense of belonging and normalcy during challenging times.
- Gain a Support Network: For both kids and parents connect with others who share similar experiences.

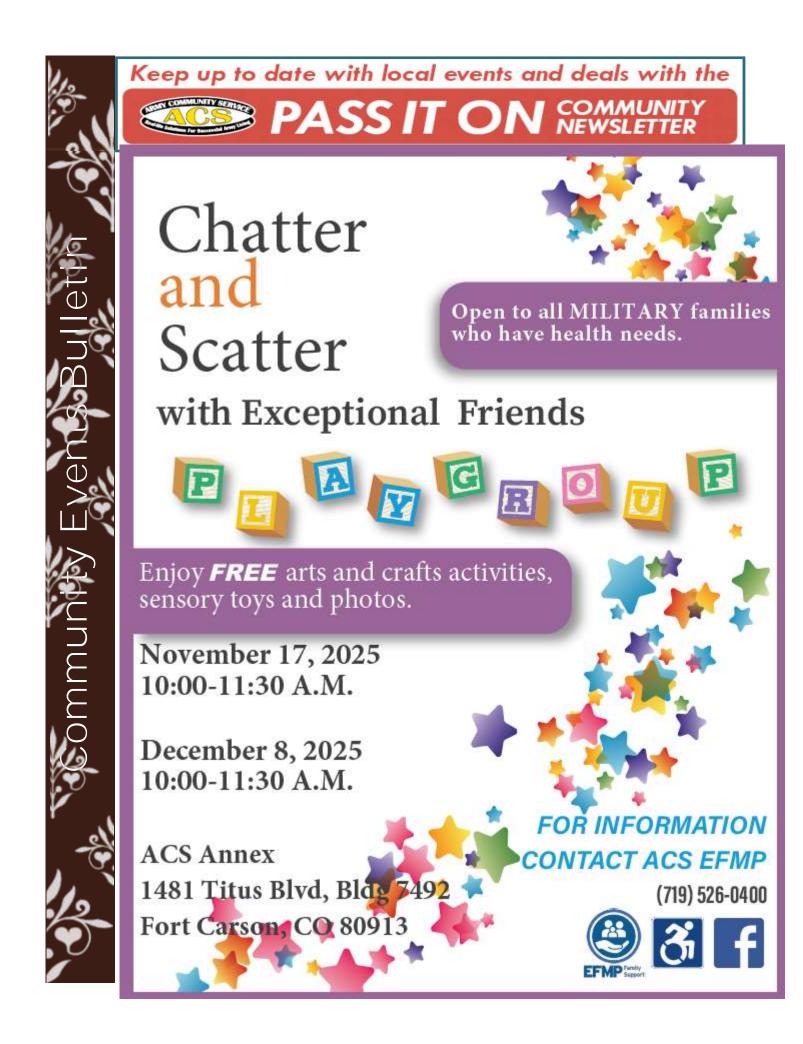
When: Third Friday of each month (SEPT - FEB Only)

**Cost: FREE!** 

**Location: ACS Annex, Family Nurturing Center** 

1481 Titus Blvd, BLDG 7492











13 Nov 20 Nov 04 Dec 11 Dec 0930—11am

Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above.

No Registration Required: Walk-Ins Welcome!

Located at the ACS Annex | Family Nurturing Center 1481 Titus Blvd., Bldg. 7492 Questions? Call us at: (719) 526-0461





14 & 21 Nov 5, 12 & 19 DEC 10 am—12 pm

A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills.

Registration Information <u>CLICK HERE TO REGISTER!</u> Walk-Ins Welcome!

Located at the ACS Annex | Family Nurturing Center 1481 Titus Blvd., Bldg. 7492 Questions? Call us at: (719) 526-0461





FORT CARSON EDUCATION CENTER & ACS EMPLOYMENT READINESS



# CAREER MOBILITY & MARKETABILITY EVENT

Develop career pathways during American Education Week!

NOV 20, 2025 10:00AM- 2:00PM

Army Community Service 6303 Wetzel Ave, Building 1526

719-526-2124 & 1-866-804-8763

Lunch is provided



















17 Nov 24 Nov 01 Dec 08 Dec 15 Dec 1pm—3pm

Empowering Families with Food, Nutrition, Education and More WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and community support to income-eligible pregnant women, moms of infants, and children up to 5 years old.

Did you know? Colorado WIC offers:

- HEALTHY FOOD + NUTRITION TIPS
- A COMMUNITY OF SUPPORT
- REFERRALS

Cost Free service provided by your ACS Community Information, Referral and Follow-up Program and the El Paso County Public Health.

Registration Information Walk-in basis; first come first serve. Check in on the lobby iPad, ACS Center, Bldg. 1526. <u>If you would like to request a WIC</u> appointment, click here.







18 Nov 9 am - 12 pm

Class is offered every 3rd Tuesday of the month.

Are you expecting mom that has questions about parenting infants and local resources?

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

**Cost Free** 

**Registration Information CLICK HERE TO REGISTER!** 



PASSIT ON COMMUNITY NEWSLETTER

This class is located at the ACS Annex Family Nurturing Center located at

> 1481 Titus Blvd Bldg. 7492 Fort Carson 719-526-0461

**Infant Massage 9:30-10:15 a.m.** 

Baby Nurturing 10:15-11:00 a.m.

Pregnant moms and parents with babies are encouraged to attend.

Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed.

For more information about our lactation specialist, please contact (719) 960-6435.

Cost FREE!

Registration Information <u>CLICK HERE TO REGISTER!</u>







# Tuesday's 1 pm—4 pm

Helping Parents and Caretakers Provide for their Families Child support services include:

- Locating parents
- Initiating legal paperwork
- Establishing parentage
- Establishing child support order
- Enforcing child support order
- Modifying a child support order

# Helping parents overcome barriers that prevent order compliance Cost

Free service provided by your ACS Community Information, Referral and Follow-up Program and El Paso County Child Support Services.

### **Registration Information**

Walk-in basis, first come first serve. Check in on the lobby iPad, ACS Center, Bldg. 1526.





# COOPERATIVE Parenting & Divorce



09 Dec: 9am-1pm

### Learn how to:

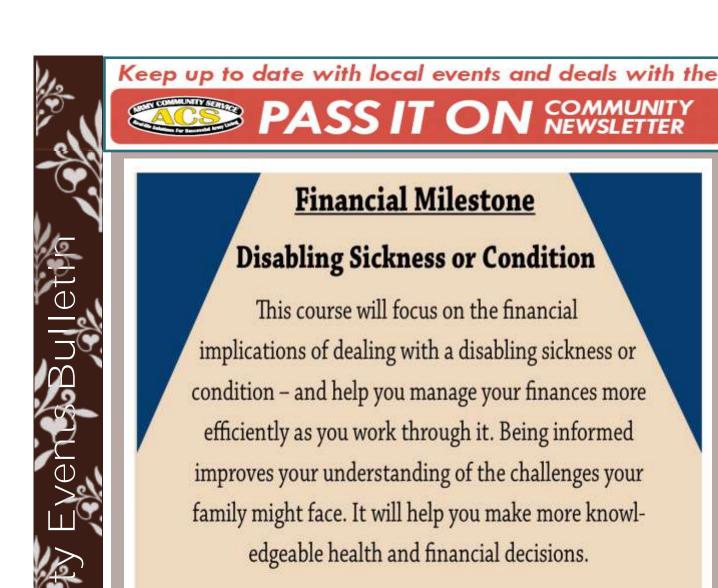
- Create a positive parenting partnership
- Redefine your relationship with your former spouse
- Create a positive parenting partnership on behalf of the kids
- Manage your anger & take control of conflict
- Negotiate child friendly agreements

Take the time understand your new roles in this important relationship and how best to support your kids during this big transition in their lives.

This class meets the State of Colorado requirements for divorcing couples with children.

**Cost FREE!** 

**Registration Information CLICK HERE TO REGISTER!** 









Fort Carson ACS (719) 526-4590





# **Mountain Post**

# WELCOME FOR SPOUSES & FAMILIES

NEWCOMERS ORIENTATION

Every Wednesday 1 pm—2 pm

Join us at the ACS Center, Bldg. 1526. Our orientation offers you an opportunity to meet other new arrivals, get "insider tips" to become familiar with the area and get any questions you may have answered. It's also a great way to learn about resources on and off Fort Carson.

**Registration Information Click here to register** 





SFRGFund Custodian

20 November 10am—11:30am Registration Click Here

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

This class is being provided as a blended learning opportunity. At registration, attendees will have the choice to identify whether they will be participating either "in-person" or "virtually".

In case of inclement weather: If the installation is on a delay, class will start as scheduled, at 0930. In case of post closure you will receive notification of make-up date.

### **IN-PERSON ATTENDANCE:**

In-person attendees will need to arrive at the ACS Center, 6303 Wetzel Ave., Bldg. 1526, Fort Carson, CO 80913 on the day of the class. Please check-in at the main lobby and staff will direct you to the classroom location. Installation COVID guidelines will be followed.

### **VIRTUAL ATTENDANCE:**

To attend this class virtually, you will receive email guidance from the instructor prior to the class with login instructions to the email address provided during registration.

The class will work on your computer, tablet or phone and downloading an app is not required. You will need speakers or sound.







23 December 9 am—10:30 am

Babies are happiest when they can communicate with the people who love them the most, their families. Signing is a tool that can be the key into your baby's thoughts and the springboard for future language development.

**Registration Information CLICK HERE TO REGISTER!** 







Sole Parenting Information & Support Group 10 Dec 12pm—1:30pm

Sole Parenting Information & Support Group provides single parents with parenting resources as well as peer support from other single parents.







10 Dec 10 am - 11 am

This class ensures Soldiers understand the importance of credit and why credit should be a part of their financial knowledge. If your credit score is less than 700, take this class to increase your financial knowledge and increase your purchasing power.

Cost

Free

**Click Here to Register** 



# PASSIT ON COMMUNITY NEWSLETTER



# **EFMP 101**

EFMP (Exceptional Family Member Program) provides tools and resources to help your military family with special needs thrive in military life.

### 2025 CLASS DATES:

- NOV 21
- DEC 19
- 10 11 A.M

### Why attend EFMP 101?

- · Learn the ins-and-outs of EFMP
- · How to enroll into EFMP
- How EFMP can be beneficial to you and your family

### Service animals are welcome



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TO ENROLL IN THE NEXT CLASS: CARSON.ARMYMWR.COM/ACS SEARCH: EFMP 101 (719)526-0400



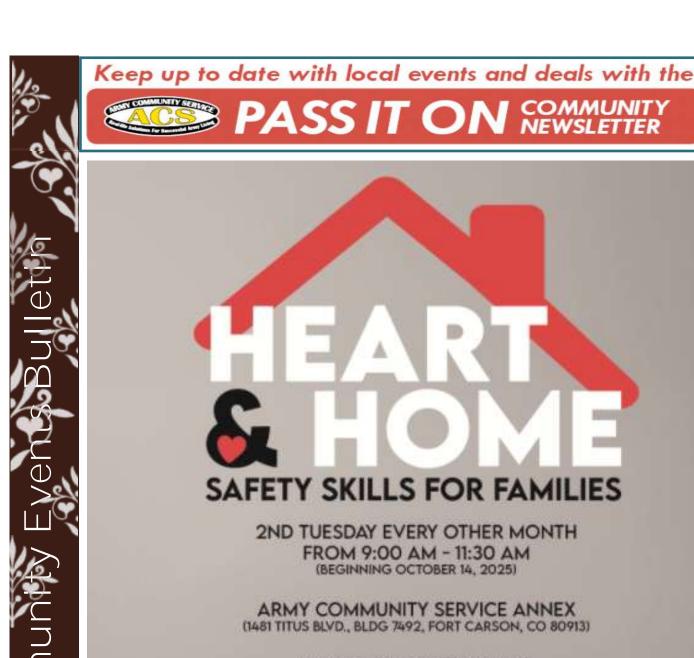
ACS ANNEX 1481 TITUS BLVD., BLDG. 7492

Free and open to all DoD ID card holders









HANDS-ON CPR TRAINING **ESSENTIAL HOME SAFETY TIPS** 'CPR CARDS WILL NOT BE ISSUED

















Angelika McShan

202-441-8580 719-338-1796

gsdfriend2@gmail.com pavlmcshan@gmail.com

### **HEARTBEAT Survivors After Suicide, Inc.**

www.heartbeatsurvivorsaftersuicide.org is a international non-profit organization affiliated with

Suicide Prevention Partnership / Pikes Peak Region American Association of Suicidology American Foundation for Suicide Prevention Suicide Prevention Coalition of Colorado www.pikespeaksuicideprevention.org www.suicidology.org www.afsp.org www.suicidepreventioncolorado.org







Every Thursday 10:30—11am

### **Grant Library**

Stories, music, play - maybe make a friend today! Babies 0-36 months and their caregivers can enjoy stories, rhymes, and movement **every Tuesday.** Registration required; please stop by Grant Library or call (719) 526-2350 or (719) 526-2842.

All information is subject to change.





### **Youth Coaches**

Youth coaches are eligible for a discount on youth sports registration fees

### **Active - Duty**

Active -duty youth coaches can earn promotion points.

### **Time Spent**

Time spent as a youth coach counts as volunteer hours and can be added to your resume



### Make the difference

A youth coach makes a difference in the lives of children in the community.

### Rewards

Being a youth coach is rewarding and something to be proud of.





Find us on Soc @CarsonDFMWR



@carsonmwr #CarsonMWR



Youth Sports © Youth Center 6181 Ware St., Bldg. 5950 Fort Carson, CO 80913

(719) 526-4425

Lead in Modernizing and Innovating to be the Army's premier installation to work. Ive train, and fish at







EVANS PEDIATRICS CLINIC CONFERENCE ROOM

# PEDIATRIC SLEEP CLASSES

New class offerings!

## **Our Class Options:**

## Newborn Sleep

 For parents of children newborn to 6 months

## Sleep Training

 For parents of children 7 months to 4 years

## Teen Sleep

 For teenagers 12 to 18 years old

### SIGN UP NOW



<u>commun</u>

719-526-1896



Message your child's PCM on Genesis to sign up!











# Evans Army Community Hospital

Pregnancy, Infant & Pediatric Loss Support Group

EACH is hosting a support group for parents affected by miscarriage, stillbirth, infant, and child loss.

What: Pregnancy, Infant and Pediatric Loss Support Group

Who: Parents Experiencing Loss or Grief

When: First Thursday of the month 0900-1100

Where: Bldg 1012 on Fort Carson, Long Street between

Specker Ave and Wetzel Ave

Light refreshments will be provided.



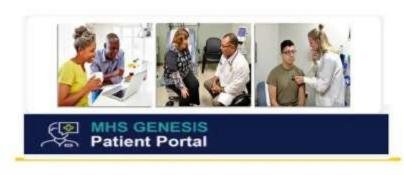


For any questions, please contact the Evans Bereavement team at dha.carson.Evans-ACH.mbx.evans-bereavement-team@health.mil

Program Coordinator: Jen Houser, BSN, RN, 719-526-7489









### MHS GENESIS PATIENT PORTAL TABLE

### Purpose of Booth:

- How to activate or register for DSL
- Learn the web site for MHSG Patient Portal
- · Demo on navigating MHSG Patient Portal
- Illustration of key benefits i.e. sending secure messages, scheduling appointments, renewing and refilling medication
- Answer any other questions or concerns about MHSG Patient Portal

DATE: SEPTEMBER 23 and 24

TIME: 0900-Noon

LOCATION:

table is in the hallway in front of Healer Chapel Evans Army Community Hospital









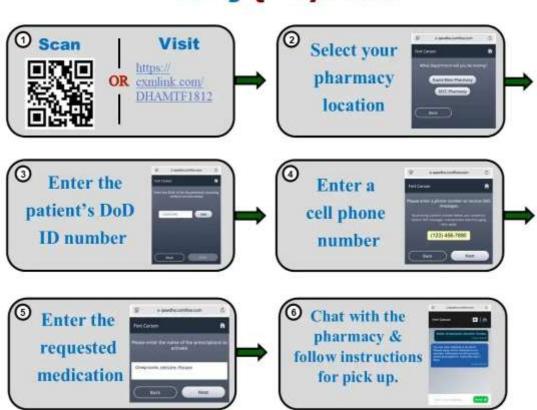
#### DON'T HAVE TIME TO WAIT?

Maximize your time and activate

NEW prescriptions

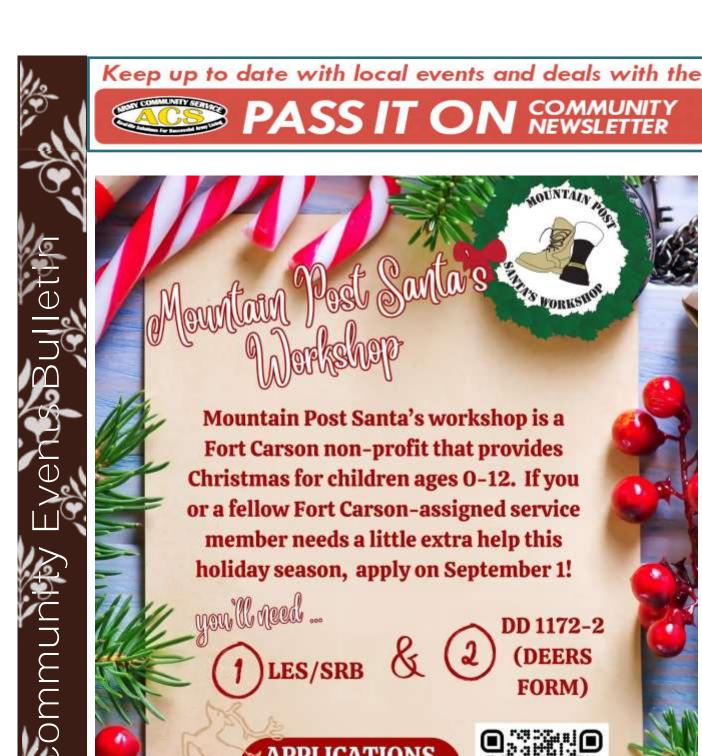
from your smart phone OR computer

using Q-Anywhere!



- ⇒ ONLY for NEW prescription pick up at the Main or SFCC pharmacies.
- ⇒ Mobile Check-In Hours: 8:00 a.m 4:30 p.m.
- ⇒ Tickets are valid ONLY for the same day.
- For refills, call (719) 430-7306, or visit the MHSG Patient Portal.

SFCC Pharmacy First floor of SFCC Building 1650 Cochrane Circle, Fort Carson, Colorado 80913 SFCC Pharmacy Phone: (719) 503-7067 Evans Main Pharmacy Ground Floor of Main Hospital Building 1650 Cochrane Circle, Fort Carson, Colorado 80913 Main Pharmacy Phone: (719) 526-7410



Mountain Post Santa's workshop is a Fort Carson non-profit that provides Christmas for children ages 0-12. If you or a fellow Fort Carson-assigned service member needs a little extra help this holiday season, apply on September 1! DD 1172-2 LES/SRB & Q (DEERS FORM) APPLICATIONS **OPEN** SEPT 1-NOV 14 Applications close on November 14 at

11:59PM M7





# Mountain Post Spouses Club

**BECOME A MEMBER TODAY!** 

## #FindYourPeople

Fort Carson

MPSC is an all ranks- based, non-profit, charitable and social organization. MPSC desires to support improving the quality of life for military families by promoting social, recreational, cultural, and educational activities.

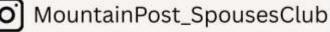
Philanthropy. Friendship. Fun!

SUB CLUBS • GRANTS/SCHOLARSHIPS • MONTHLY SOCIALS



### www.mpsc.us

MountainPostSpouses'Club





#### Keep up to date with local events and deals with the SSIT ON COMMUNITY NEWSLETTER CENTER Resilient Capabilities Corner Interactive mental performance enhancement Why reach out to the Ft Carson R2PC? We tailor all of our trainings to meet **Build your** Individual, unit's, and/or entire organizations' cognitive skills and develop organization's needs and challenges. We are completely FREE to all active a healthy culture duty, national guard, reserve, DoD employees, & their dependents! We train when & where you train! Trainings & Capabilities Click on the title to learn more! Performance Training Individual Mastery Deployment Cycle Resilience **Academic Performance Training** Squad Leader Development

## Gaining Resilience in Training Counseling Enhancement Workshop Executive Resilience & Performance **Great Teams Workshop** Contact Us & Schedule Training Today! ENGAGE Team Building & More 1891 Prususan 1 184g 1843 SABCT: IL Fort Carson, CO 809t3 Want to learn more from our PM7 Brian.K. Williams 276.mil@army.mil

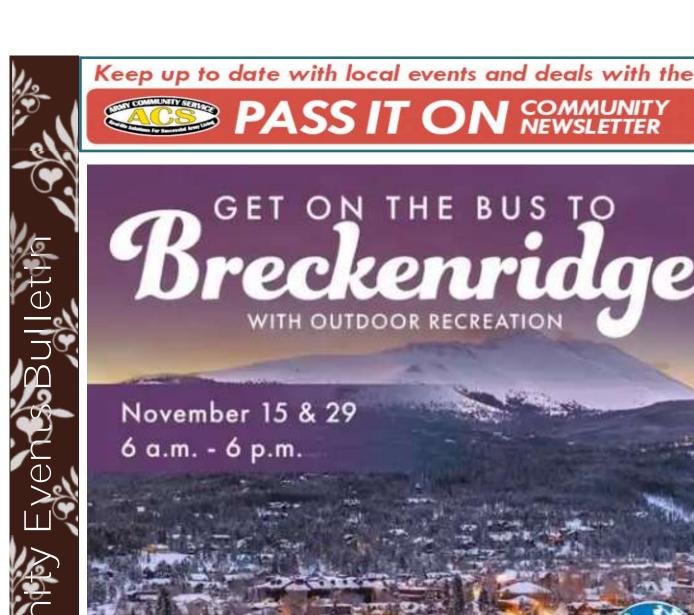


Want more Resilience? Resilience in Focus!



#CarsonR2PC

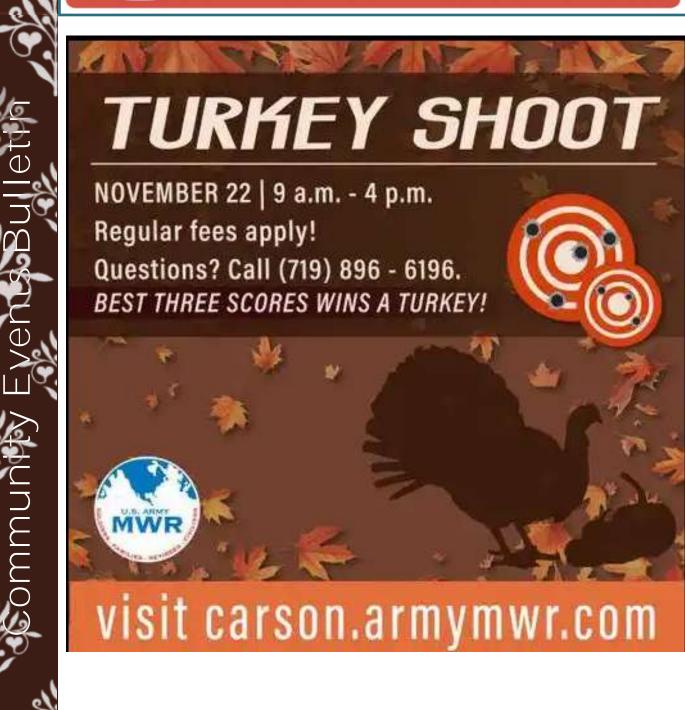




visit carson.armymwr.com











- Attention Fort Carson Units! Join the festivities by participating in our exciting WhoFest Holiday Event!
- \*\* A We'll provide the tree, so all you need to do is let your creativity shine! Compete for a chance to win unit funds and spread holiday cheer!
- Registration: michelle.a.king37.naf@army.mil
- Registration Deadline: November 14
- ▲ Tree must be decorated no later than December 4 at 5 p.m.

WhoFest Holiday Event is Friday, December 5 at 5 p.m. at Iron Horse Park.

Let's make this holiday season unforgettable. Get ready to decorate and compete!









Because Motherhood Isn't Meant to Be Done Alone

REGISTER

ommur



This year's theme: Make It Awkward

Meetups on Weds 9:30-11:30 am Cross Fellowship Church Black Forest

Childcare provided & breakfast is a community effort provided by our amazing mamas each meeting

### 2025

September - 3 & 17 October - 1 & 15 November - 5 & 19 December - 3

### 2026

January - 7 & 21 February - 4 & 18 March - 4 & 18 April - 1 & 15 May - 6

Join us for fun, food, fellowship, and building our faith and friendships!



ommui

#### Set Boundaries

Protect your time by limiting commitments, work hours, and screen time.





#### Seek Support

Lean on friends, family, and networks for advice and encouragement.

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#### **Prioritize Self-Compassion**

Embrace setbacks, silence selfcriticism, and practice self-compassion.



ACTNOWEDUCATION.ORG

## PASS IT ON COMMUNITY NEWSLETTER

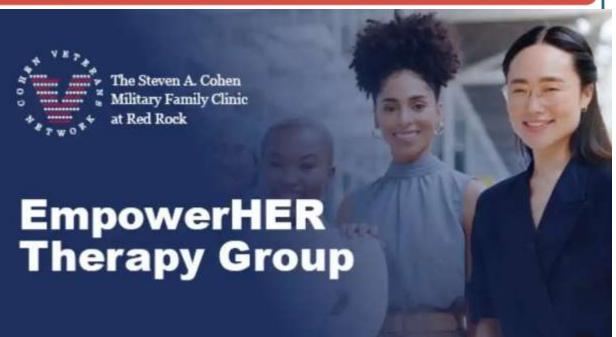
As a military family, life can mean navigating constant change — new routines, relocations or deployments. It's normal to feel overwhelmed at times. Let our friends at <a href="Sesame Street for Military Families">Sesame Street for Military Families</a> help your little ones find calm, strength and connection through every stage of your military life.



The new <u>ss4mf.org</u> is here! 
Check it out: https://sesamestreetformilitaryfamilies.org/







Are you a woman who has served — or the loved one of someone who has?

Join Empower HER, a supportive therapy group for female service members, veterans, and spouses/family members. Connect with others who understand your journey as you build resilience, improve mental well-being, and navigate life's challenges together.

- Open group, held on Tuesdays - Join anytime!
- Intake and BPSA required before attending (please call to complete)

#### Contact for more info:



(719) 370-5141



cvncs@red-rock.com

bit.ly/CSCohenClinic

#### DATE & TIME

Every Tuesday 4:30-5:30PM MDT

#### LOCATION

The Cohen Clinic 1915 Aerotech Dr. Suite 114 Colorado Springs, CO

#### REGISTER NOW

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