

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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

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Community Events Bulletin

Fort Carson on My Army Post App

Download the free app today on the Apple Store and Google Play for facility hours, phone numbers, locations with driving directions, emergency alerts and more.

Once downloaded, select Fort Carson as your installation and you are ready to start taking advantage of the new app. **NOTE:** Fort Carson is no longer updating the Digital Garrison App.

Effective Sept. 1, 2025, personnel found to be speeding in excess 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 Fort Carson is 40 mph.

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.

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Community Events Bulletin

Current Military, Veteran and Gold Star Families

With fall upon us be sure to grab your free entry to National Parks! Get your free lifetime Military Pass (for veterans and Gold Star Families) or annual pass (for current military members and their dependents). Making memories will become second nature in no time!

How to Get a Military Annual Pass

In Person

You can pick up a Military Annual Pass for free at many national parks and federal recreation sites. You'll need to bring one of three valid forms of identification:

- Unexpired Common Access Card (CAC)
- Unexpired DD Form 1173
- Unexpired Next Generation Dependent ID (Replacement of DD Form 1173)

[Find a place to get a Military Annual Pass in person](#)

USGS Store

To receive your pass by mail, order online at the USGS Store for a \$10 processing fee. Passes ordered from the USGS Store are not digital passes and may take weeks to ship.

[Order a Military Annual Pass from the USGS Store](#)

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– 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



AUTO SKILLS CENTER

*"Save time and money by winterizing your car right here on post." – Mike Hubbard
Auto Skills Manager*

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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.

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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.

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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.

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NOVEMBER

Nov 1:
– Winter Expo at ODR

Nov 4:
– Budgeting 101

Nov 6:
– Climbing Wall Orientation

Nov 13:
– Oil Change Class

Nov 15:
– Military Family Appreciation Day
– Get on the Bus to Breckenridge

Nov 17:
– Turkey Bowl with Intramural Sports

Nov 18:
– Infant Massage & Baby Nurturing

Nov 19:
– Turkey Bowl with Intramural Sports

Nov 20:
– Lead Climbing Clinic

Nov 20-21:
– Turkey Brawl with INtramural Sports

Nov 22:
– Get on the Bus to Keystone

Nov 23:
– Winter Vehicle Preparation Class

Nov 28:
– Cheyenne Shadows Holiday Sale begins



* ALL EVENTS AND DATES ARE SUBJECT TO CHANGE*

Dec 5:
– Holiday Tree Lighting Ceremony

Dec 11:
– Climbing Wall Orientation

Dec 12-13:
– ODR Holiday Sale

Dec 13:
– Get on the Bus to Monarch

Dec 16:
– Heating System Inspection

Dec 20:
– Get on the Bus to Monarch

Dec 24:
– Trees for Troops
– Get on the Bus to Monarch

Dec 27:
– Get on the Bus to Breckenridge



DECEMBER

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Auto Skills

Hours of Operation:

Wed-Fri: 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 Wetzel Ave.

BLDG 2427, Fort Carson

Website:

<https://carson.armymwr.com/auto>

Class Schedule & Details

Get Your Vehicle Winter-Ready at the Auto Skills Center

According to the Farmer'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:

📅 October 31

📍 Auto Skills Center

🕒 6 - 8 p.m.

💰 Cost: Free

Join the Auto Skills team for a free, hands-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

November 23

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



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Fathering For Life Course

September 3 - December 17

Wednesdays from 1530-1700

ACS Annex; BLDG 7492

15-week class will encourage father-child relationships, cultivate bonding, attachment, communications and build family resiliency

Contact Christian Nunez for more information
719-725-4216 or christian.p.nunez.civ@army.mil



FIND MORE INFORMATION ON OUR WEBSITE

Carson.ArmyMWR.com/ACS



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**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

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Events



TURKEY BRAWL

Nov. 20-21 | 10 a.m. - 2 p.m.

For more information, follow us on social media!

TURKEY BOWL

Nov. 17 & 19 | 6:30 - 10 p.m.

Come join us for our yearly tradition of Flag Football!



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Chatter and Scatter

Open to all MILITARY families who have health needs.

with Exceptional Friends



Enjoy **FREE** arts and crafts activities, sensory toys and photos.

November 17, 2025
10:00-11:30 A.M.

December 8, 2025
10:00-11:30 A.M.

ACS Annex
1481 Titus Blvd, Bldg 7492
Fort Carson, CO 80913

**FOR INFORMATION
CONTACT ACS EFMP**

(719) 526-0400



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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

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**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 [CLICK HERE TO REGISTER!](#)
Walk-Ins Welcome!

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

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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



SCAN TO REGISTER



U.S. ARMY



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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. [If you would like to request a WIC appointment, click here.](#)

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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 parent-infant relationships, common questions about parenting, postpartum issues, and much more.

Cost Free

Registration Information

[CLICK HERE TO REGISTER!](#)

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

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

18 & 25 Nov; 2, 9, 16, 23 & 30 Dec

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 [CLICK HERE TO REGISTER!](#)

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**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.

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**COMMUNITY
NEWSLETTER**

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!](#)

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**COMMUNITY
NEWSLETTER**

Financial Milestone

Disabling Sickness or Condition

This course will focus on the financial implications of dealing with a disabling sickness or condition – and help you manage your finances more efficiently as you work through it. Being informed improves your understanding of the challenges your family might face. It will help you make more knowledgeable health and financial decisions.



SECURING THE
**FINANCIAL
FRONTLINE**



Fort Carson ACS
(719) 526-4590

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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](#)

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Family Readiness Group

SFRG Fund Custodian Training



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.

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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!](#)

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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.

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Understanding Your Credit Score



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](#)

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EFMP Family Support

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



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*



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HEART & HOME

SAFETY SKILLS FOR FAMILIES

2ND TUESDAY EVERY OTHER MONTH
FROM 9:00 AM - 11:30 AM
(BEGINNING OCTOBER 14, 2025)

ARMY COMMUNITY SERVICE ANNEX
(1481 TITUS BLVD., BLDG 7492, FORT CARSON, CO 80913)

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



FIND MORE INFORMATION ON OUR WEBSITE
Carson.ArmyMWR.com/ACS



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Fort Carson HEARTBEAT

Peer Support for Survivors of Suicide Loss

6:15pm the 2nd Tuesday of each month

Heartbeat Care and Share, a time for Heartbeat families and friends affected by suicide to connect.

Virtual ZOOM Meeting or In-person

6990 Mekong Bldg. 6215 Fort Carson

Contact for more information:

Angelika McShan

719-338-1796

gsdfriend2@gmail.com

Paul McShan

202-441-8580

paulmcshan@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

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*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.

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COACHES NEEDED! YOUTH SPORTS

**FITNESS COACHES,
CHILD, YOUTH AND SCHOOL SERVICES**



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



UNITED STATES ARMY
CHILD & YOUTH SERVICES

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.



More Events and Info at
carson.armymwr.com



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, live, train, and thrive!"

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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



719-526-1896



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



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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

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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



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PASS IT ON COMMUNITY NEWSLETTER



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

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PASS IT ON COMMUNITY NEWSLETTER

Mountain Post Santa's Workshop

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!

you'll need ...

①

LES/SRB

&

②

DD 1172-2
(DEERS
FORM)

**APPLICATIONS
OPEN
SEPT 1-NOV 14**



*Applications close on November 14 at
11:59PM MT

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**COMMUNITY
NEWSLETTER**

Mountain Post Spouses' Club

BECOME A MEMBER TODAY!

#FindYourPeople

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



MountainPostSpouses'Club



MountainPost_SpousesClub

www.mpsc.us



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PERFORMANCE
R2CENTER
Ready & Resilient Capabilities Corner

Interactive
mental
performance
enhancement

Why reach out to the Ft Carson R2PC?

Build your organizations' cognitive skills and develop a healthy culture

We tailor all of our trainings to meet individual, unit's, and/or entire organization's needs and challenges.

We are completely FREE to all active 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

Contributes to personal readiness by supporting optimal human performance when it matters most - in combat, healing after injury, or managing work and home life

Resilience Training

The ability to face and cope with adversity, adapt to change, recover, learn, and grow from setbacks

Individual Mastery

Deployment Cycle Resilience

Academic Performance Training

Squad Leader Development

Gaining Resilience in Training

Counseling Enhancement Workshop

Executive Resilience & Performance

Great Teams Workshop

ENGAGE

Team Building & More

Contact Us & Schedule Training Today!



719.525.0628



Stacydelo@fci-hq.com



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Thorne@jstcmlc.com

3ABCT:

Kend@jstcmlc.com

4CAB:

Forst@jstcmlc.com

Tenant Units:

Printed@jstcmlc.com
O'BrienKA@jstcmlc.com
Hewthorne@jstcmlc.com
OwenC@jstcmlc.com



Want to learn more from our PM?

Brian.K.Williams276.mil@army.mil

Want more Resilience?
See DPRR's
Resilience In Focus!



@CarsonR2PC



Fort Carson R2
Performance Center

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GET ON THE BUS TO
Breckenridge
WITH OUTDOOR RECREATION

November 15 & 29
6 a.m. - 6 p.m.



visit carson.armymwr.com

Keep up to date with local events and deals with the



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TURKEY SHOOT

NOVEMBER 22 | 9 a.m. - 4 p.m.

Regular fees apply!

Questions? Call (719) 896 - 6196.

BEST THREE SCORES WINS A TURKEY!



visit carson.armymwr.com

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PASS IT ON COMMUNITY NEWSLETTER

🌲 Attention Fort Carson Units! Join the festivities by participating in our exciting WhoFest Holiday Event!

🌟🌲 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!

USAG FORT CARSON

Holiday Tree Lane

U.S. ARMY MWR

Show your holiday spirit by decorating a unit tree for a chance to win MWR funds and have your tree on display at WhoFest Holiday Event!

Registration: First come, first served – contact Michelle King at michelle.a.king37.naf@army.mil by Nov. 14.

Setup: Install trees no later than 5 p.m., Dec. 4 at Iron Horse Park.

Prizes: 1st – \$300, 2nd – \$200, 3rd – \$100 toward your Unit Fund.

✦ Creativity, innovation, and tinsel encouraged!

visit carson.armymwr.com

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Cross Fellowship

YOU'RE INVITED

Because Motherhood Isn't
Meant to Be Done Alone

REGISTER
TODAY!



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!

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STRATEGIC SELF-CARE FOR MILITARY SPOUSES



Establish a Self-Care Routine

Recharge with daily rituals like meditation, a walk, or a relaxing bath.

01

02

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.

03

04

Prioritize Self-Compassion

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



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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 [Sesame Street for Military Families](https://sesamestreetformilitaryfamilies.org/) help your little ones find calm, strength and connection through every stage of your military life.



The new ss4mf.org is here! 🎉

Check it out: <https://sesamestreetformilitaryfamilies.org/>

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The Steven A. Cohen
Military Family Clinic
at Red Rock

EmpowerHER Therapy Group

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

bit.ly/3T5F1Nk



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