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## Survivor Outreach Services

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



**(719) 526-2069**

**3 April 2024**

*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.*

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

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## Community Events Bulletin

### DFW and Civilian Suicide Prevention-

The fiscal 2024 Employee Assistance Program Mandatory DFW and Civilian Suicide Prevention training classes will be offered at the below dates and times. Briefings will be held in-person at McMahon Auditorium Theater, unless noted as Microsoft Teams only below. Email [calvin.n.lidmark.civ@amry.mil](mailto:calvin.n.lidmark.civ@amry.mil) or call 719-526-2196 if you have any questions.

Thursday, April 4, 10-11:30 a.m.

Wednesday, May 1, 10-11:30 a.m. (MS Teams only)\*

Thursday, June 13, 1-2:30 p.m.

Friday, July 19, 10-11:30 a.m.\*

Thursday, Aug. 22, 1-2:30 p.m.

Tuesday, Sept. 10, 10-11:30 a.m.

Thursday, Sept. 19, 10-11:30 a.m.

Tuesday, Sept. 24, 10-11:30 a.m.

\*Subject to change\*

### JPPSO Hours

Joint Personnel Property Shipping Office North Central (JPPSO-NC), building 1525, Fort Carson office hours are 7:30 a.m. to 3:30 p.m. Monday-Thursday.

The office will be closed each Friday morning from 7:30-9 a.m. for training.

Reference Per the DTR (Defense Transportation Regulation – Part IV Personal Property)

Appendix M, Defense Personal Property System (DPS) self-counseling is available as follows:

(1) Except as noted, customers may use the self-counseling module in the DPS to arrange shipment and storage of their personal property. Each of the Military Services has identified exceptions for the use of the DPS Self-Counseling:  
Army Exceptions: All first and last time movers, which includes retirement and separation, must attend in-person counseling brief.

For more information, call 719-526-3755.

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## Community Events Bulletin

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### **Inclement Weather Preparation-**

With inclement weather possible this time of year, Fort Carson community members should prepare by checking tires, lights and other automobile parts that may be affected by snow. Please allow extra time to get to your destination, pay attention to other drivers on the road, and remember that bridges and overpasses may be icy, even if the roads are not.

Please also consider bringing pets inside in the event of inclement weather. Use your best judgment regarding personal safety before starting your commute and discuss your decision with your immediate supervisor. If you encounter weather, please use caution and check for updates at U.S. Army Fort Carson on Facebook, visit [home.army.mil/carson](http://home.army.mil/carson) or call the reporting/weather line at 719-526-0096.

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# Army Community Service Upcoming Classes

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DATE	CLASS
<b>April 4th</b>	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>LinkedIn Fundamentals</u></a>
	<a href="#"><u>Toddler Time</u></a>
	<a href="#"><u>Thrift Savings Plan (TSP) Class</u></a>
	<a href="#"><u>Introduction to the Seven Principles for Making Marriage</u></a>
<b>April 5th</b>	<a href="#"><u>Child Abuse Prevention Month Kick-off</u></a>
	<a href="#"><u>Play Group</u></a>
<b>April 6th</b>	<a href="#"><u>Cosmic Bowling</u></a>
<b>April 8th</b>	<a href="#"><u>WIC Walk-in's</u></a>
<b>April 9th</b>	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>Cooperative Parenting and Divorce Class</u></a>
	<a href="#"><u>Federal Employment Tools</u></a>
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>
	<a href="#"><u>SFRG Informal Funds Custodian Training</u></a>
	<a href="#"><u>Nurturing Families Through Play</u></a>
	<a href="#"><u>Child Support Walk-in's</u></a>
	<a href="#"><u>Heartbeat</u></a>
<b>April 10th</b>	<a href="#"><u>Nurturing Infants to 5 Years</u></a>
	<a href="#"><u>Nurturing 3 to 12 Years</u></a>
<b>April 11th</b>	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>Financial Touchpoints/Milestones</u></a>
	<a href="#"><u>Interview Skills &amp; Techniques</u></a>

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

# Army Community Service Upcoming Classes

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DATE	CLASS
<b>April 11th</b>	<a href="#"><u>Toddler Time</u></a>
	<a href="#"><u>Annual Troop Training for Domestic Violence Prevention</u></a>
	<a href="#"><u>Introduction to the Seven Principles for Making Marriage</u></a>
<b>April 12th</b>	<a href="#"><u>Play Group</u></a>
<b>April 13th</b>	<a href="#"><u>Cosmic Bowling</u></a>
<b>April 15th</b>	<a href="#"><u>Army Community Service (ACS) Instructor Training</u></a>
	<a href="#"><u>WIC Walk-in's</u></a>
<b>April 16th</b>	<a href="#"><u>Army Community Service (ACS) Instructor Training</u></a>
	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>Boot Camp for New Moms</u></a>
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>
	<a href="#"><u>Nurturing Families Through Play</u></a>
	<a href="#"><u>Child Support Walk-in's</u></a>
<b>April 17th</b>	<a href="#"><u>Army Community Service (ACS) Instructor Training</u></a>
	<a href="#"><u>Nurturing Infants to 5 Years</u></a>
	<a href="#"><u>IDES and SRU Soldiers: SFAC Transition and Medical Retire</u></a>
	<a href="#"><u>Blended Family Parenting</u></a>
	<a href="#"><u>Nurturing 3 to 12 Years</u></a>
<b>April 18th</b>	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>SFRG Essentials</u></a>
	<a href="#"><u>Toddler Time</u></a>
	<a href="#"><u>Introduction to the Seven Principles for Making Marriage</u></a>

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

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**FORT CARSON CAPM  
SUPERHERO EDITION**

**JOIN US  
FOR**

**CRAFTS  
SCAVENGER HUNT  
STORY TIME**

**APRIL  
5TH  
10-11:30**

AT THE ACS ANNEX  
1481 TITUS BOULEVARD  
BLDG. 7492  
FORT CARSON, CO 80913

**#MILPARENTSROCK  
#ROCKSOLIDFAMILIESSTARTHERE**

**HOSTED BY**

Click the graphic for more information on  
The Child Abuse Prevention Month Kickoff



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Capt. Smith  
Company Commander

## QUICK ASSIST PROGRAM

The QAP enables company commanders and first sergeants to help their Soldiers address short-term financial hardships.

"It's about taking care of Soldiers and definitely putting their priorities first. We want them to take care of all their needs so they can focus on the mission at hand."

**Capt. Smith**  
**Company Commander**

Go to [aerhq.org/assistance](http://aerhq.org/assistance) or scan the QR code for more information about this program.



## QAP PROGRAM OVERVIEW

### QAP CAN HELP WITH:

- ★ food
- ★ housing
- ★ utilities
- ★ auto expenses
- ★ medical expenses
- ★ PCS expenses when there is a delay in pay

### WHERE TO BEGIN:

Qualifying Soldiers on active duty status and regular Army can go directly to their local AER offices or ask their chains of command for help

### LEVELS OF ASSISTANCE:

#### Requested Amount: Who to Contact:

Quick Assist Program up to \$2,000	Company commander or first sergeant
up to \$4,000	AER Officers
up to \$5,000	Garrison Commander or Command Sgt. Maj.
over \$5,000	AER Headquarters

AERHQ.org ★ 866-878-6378  
2530 Crystal Dr., Suite 13161  
Arlington, VA 22202



**AER**

Click the graphic to connect  
with Army Emergency Relief



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## Donate to the Fort Carson AER Campaign

SCAN ME / SCAN ME / SCAN ME



SCAN ME / SCAN ME / SCAN ME

AER Campaign  
Fort Carson

"Steadfast and Loyal"



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

Click the graphic to donate to the 2024  
Fort Carson Army Emergency Relief Campaign

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### **Understanding Your Credit Score**

1st Tuesday  
9:30am — 11:00am

October 3	April 2
November 7	May 7
December 5	June 4
January 2	July 2
February 6	August 6
March 5	September 3

### **Financial Strength Budgeting 101**

2nd Wednesday  
10:00am — 11:00am

October 11	April 10
November 8	May 8
December 13	June 12
January 10	July 10
February 14	August 14
March 13	September 11

### **Understanding Your Military Retirement Thrift Savings Plan**

1st Thursday  
1:00pm — 2:00pm

October 5	April 4
November 2	May 2
December 7	June 6
January 4	<del>July 4</del>
February 1	August 1
March 7	September 5

### **Financial Milestone/Touchpoint Disabling Sickness or Condition**

Every Wednesday  
11:00am

This class focuses on the financial implications of dealing with a disabling sickness or condition - and helps you manage your finances more efficiently as you work through it.

To schedule a Financial Milestone/Touchpoint class as a portable class to your unit footprint or as a 1-on-1, please call (719) 524-4601.

Click the graphic to connect  
with our Financial Readiness Program



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MILITARY  
ONE SOURCE



## Free tax services made for the MilLife.

When it's time to tackle your taxes, turn to **MilTax** for free e-filing software and personalized consultant support.

### Made for the Military

Tax prep and e-filing software from MilTax is built to address scenarios, like deployments, combat pay, multiple moves and more to help you account for the credits and benefits you've earned.

### Your Taxes on Your Time

Prep and e-file anytime, from anywhere, at your pace. Save your progress and come back when you have time. If you have questions along the way, we're on call to help.

### Expert Help at Hand

Call Military OneSource anytime, 24/7 to schedule an appointment. Our tax consultants are experts in military taxes, so they know what you need to file and how to save you money.

### No Hidden Fees Plus Calculations You Can Count On

MilTax is 100% free from the Defense Department. There are no fees for any service member at any point in the filing process. Plus, software calculations are backed by the provider's 100% accuracy and maximum refund guarantee.

Eligible service members and families can access MilTax anytime.  
Go to [MilitaryOneSource.mil](https://MilitaryOneSource.mil) and search "MilTax" to begin.



MilTax is a benefit provided by the Defense Department exclusively for eligible service members and family members through Military OneSource.

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### **Fort Carson Legal Assistance Free Income Tax Preparation Resources**

**IRS Free File:** Guided tax preparation for Taxpayers with an adjusted gross income (AGI) of \$79,000 or less. **Some state returns are filed for free; others may charge a fee.** All federal income tax filing within the AGI of \$79,000 is 100% free.  
<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

**MilTax (Military OneSource):** Self-service tax preparation, no income limits, unlimited state returns, with tax consultants available 24/7 to answer questions. Available to Servicemembers, their qualifying family members, and retirees within 1-year of retirement.  
<https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>

**VITA Free File: Online Taxes (OLT):** Active duty military with adjusted gross income (AGI) of \$79,000 or less. <https://www.olt.com/main/vita/getstarted.php?affiliate=VITAFREE&linkID=S01021163>

**TaxAct IRS Free File:** Active duty military with an adjusted gross income (AGI) of \$79,000 or less. [https://www.taxact.com/ffa/vita?sc=23050399&promo=TY23FFAVTAFILE&utm\\_source=irs.gov&utm\\_medium=vita&ad=S01021163](https://www.taxact.com/ffa/vita?sc=23050399&promo=TY23FFAVTAFILE&utm_source=irs.gov&utm_medium=vita&ad=S01021163)

**Turbotax:** Active duty and reservist – enlisted only E-1 through E-9 (note – no federal endorsement). <https://turbotax.intuit.com/personal-taxes/online/military-edition.jsp>

#### **In person tax preparation**

**IRS VITA Center Locator:** Looking for a local IRS Volunteer Income Tax Assistance Site for in-person preparation? The IRS has several locations in your community libraries, schools, neighborhood centers and other locations throughout the country. <https://irs.treasury.gov/freetaxprep/>

**AARP Foundation Tax-Aide Site Locator:** Service for Taxpayers 50 and over with a moderate income. [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations/](https://www.aarp.org/money/taxes/aarp_taxaide/locations/)

**IRS Tools – Interactive Tax Assistant (ITA):** The IRS Interactive Tax Assistant (ITA), is available to answer tax questions for Taxpayers wanting to know filing status, if they can claim certain dependents, what income is taxable, and if they are eligible for certain credit/deductions. For more information ITA can be found at this link <https://www.irs.gov/help/ita>



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# WIC IS NOW AT ARMY COMMUNITY SERVICE



**El Paso County Public Health's Women, Infants and Children (WIC) program** is now at Fort Carson ACS on Mondays from 12:30 to 3:30 p.m.! WIC provides supplemental food assistance, information on healthy eating, breastfeeding support and community referrals for qualified caregivers, babies and children. Stop by to learn more!

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

**Army Community Service**

# Portable Class Delivery



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

Do you need:

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

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



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### FORT CARSON EMPLOYMENT READINESS PROGRAM

#### April-June 2024 Class Schedule

##### Resume Essentials

Apr 3rd - 9:30am-10:30am  
May 1st - 1:30pm-2:30pm  
Jun 5th - 9:30am-10:30am

##### LinkedIn Fundamentals

Apr 4th - 9:30am-10:30am  
May 2nd - 1:30pm-2:30pm  
Jun 6th - 9:30am-10:30am

##### Federal Employment Tools

Apr 9th - 9:30am-11:00am  
May 15th - 1:30pm-3:00pm  
Jun 12th - 9:30am-11:00am

##### Interview Skills & Techniques

Apr 11th - 9:30am-10:30am  
May 16th - 1:30pm-2:30pm  
Jun 13th - 9:30am-10:30am

##### Navigating USAJOBS

Apr 23rd - 9:30am-10:30am  
May 28th - 1:30pm-2:30pm  
Jun 25th - 9:30am-10:30am

##### Federal Resume 101

Apr 25th - 9:30am-10:30am  
May 30th - 1:30pm-2:30pm  
Jun 27th - 9:30am-10:30am

All Federal workshops include Military Spouse Preference information!  
All ERP classes are offered in a blended format. You may attend in-person or virtually through the Teams platform.

Register at [www.carson.armymwr.com/calendar](http://www.carson.armymwr.com/calendar) or call 719-526-0452

'Like us' on FB and 'Join us' on LinkedIn: Fort Carson ACS ERP





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# NEED TO TALK?

## Military & Family Life Counseling

Military & Family Life Counselors are here to provide help with the stress of military life at no cost.

Call an MFLC at  
(719) 526-4590

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



Did you know MFLCs work with families, individuals, couples, and children?

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.



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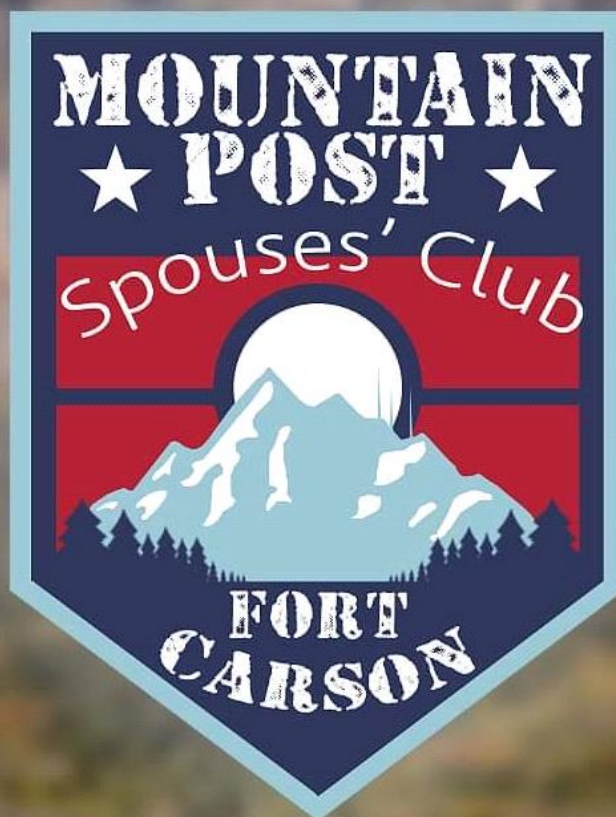


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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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## MPSC Scholarships 2024-2025 Dedicated to Education

### PURPOSE

THE MOUNTAIN POST SPOUSES' CLUB (MPSC) SCHOLARSHIP COMMITTEE FACILITATES AND AWARDS **MERIT-BASED SCHOLARSHIPS** FOR ELIGIBLE APPLICANTS IN THE COLORADO SPRINGS, COLORADO MILITARY COMMUNITY.

### APPLICATIONS ARE NOW OPEN!

- GO TO [WWW.MPSC.US](http://WWW.MPSC.US)
- CLICK ON "SCHOLARSHIPS" TAB
- COMPLETE APPLICATION AND EMAIL\* TO OUR SCHOLARSHIPS CHAIRPERSON
- DEADLINE FOR APPLICATIONS: 30 MARCH 2024

### WHO CAN APPLY?

HIGH SCHOOL SENIOR  
SPOUSE UNDERGRADUATE  
DEPENDENT UNDERGRADUATE  
ADVANCED DEGREE (DEPENDENT OR SPOUSE)  
CERTIFICATIONS (DEPENDENT OR SPOUSE)

### ELIGIBILITY REQUIREMENTS

- THE APPLICANT MUST HAVE **AT LEAST ONE PARENT/SPONSOR ASSIGNED TO A COLORADO SPRINGS MILITARY INSTALLATION** OR, FOR RETIREES, **RESIDE IN THE FORT CARSON COMMUNITY** DURING THE SCHOOL YEAR.
- ENROLLED AS A **FULL-TIME STUDENT (OR PART-TIME, IF SPOUSE APPLICANT)** AS DEFINED BY THE COLLEGE OR UNIVERSITY DURING THE 2024 - 2025 SCHOOL YEAR.
- ACCEPTANCE OR EXPECTED ACCEPTANCE TO AN ACCREDITED INSTITUTION OF HIGHER EDUCATION



VISIT [HTTPS://WWW.MPSC.US/SCHOLARSHIPS](https://www.mpsc.us/scholarships)  
QUESTIONS? EMAIL [SCHOLARSHIP@MPSC.US](mailto:scholarship@mpsc.us)





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MPSC  
**Community & SFRG Grants**  
2024-2025

**DEDICATED TO COMMUNITY**

**PURPOSE**

THE MPSC SUPPORTS OUR LOCAL COMMUNITY BY PROVIDING FINANCIAL ASSISTANCE BY WAY OF WELFARE GRANTS TO **NON-PROFIT ORGANIZATIONS** THAT SUPPORT OUR GREATER FORT CARSON COMMUNITY, AS WELL AS **FORT CARSON SFRGS.**

**APPLICATIONS ARE NOW OPEN!**

- GO TO [WW.MPSC.US](http://WW.MPSC.US)
- CLICK ON THE "COMMUNITY GRANTS" TAB
- COMPLETE APPLICATION AND EMAIL\* IT TO OUR COMMUNITY GRANTS CHAIRPERSON
- ALL APPLICATIONS MUST BE RECEIVED BY 11:59PM ON 30 MARCH 2024

**WELFARE GRANT RECIPIENT REQUIREMENTS**

- GRANT MONIES MUST BE USED FOR REQUESTED PURPOSE
- SFRG GRANT REQUESTS MUST BE FOR MULTIPLE USE ITEMS (CANNOT BE FOR CONSUMABLE/ONE-TIME USE PRODUCTS SUCH AS FOOD OR PAPER GOODS)

VISIT [HTTPS://WWW.MPSC.US/WELFARE](https://www.mpsc.us/welfare) FOR MORE INFORMATION

QUESTIONS? EMAIL [COMMUNITYGRANTS@MPSC.US](mailto:COMMUNITYGRANTS@MPSC.US)

\*ALL APPLICATIONS MUST BE SUBMITTED BY EMAIL

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**Food Pantry • Pregnancy Center • Life Skills • Counseling**

6436 US Hwy 85, Suite U • Fountain • CO • 80817

(behind Wendy's & Hangry Ohana- [click for map](#))

719-387-9919

[Home](#) [Get Food](#) [Event Calendar](#) [What We Do](#) [Partners](#) [Get Involved](#) [Downloads](#) [Donate](#) [About Us](#)

### If you need food, your in the right place.

**We have 3 food distribution programs. You may qualify for one or more.**

**Food Pantry:** Fresh food meat, eggs, breads, pastries, veggies, fruits, milk, etc. \*

- **Schedule:** Every Thursday 2:00pm - 6:30pm
- **Service Area:** Zip codes served: 80817, 80911, 80925, 80902, 80913, 80906 south of 'B' St.
- **Qualifications:** Resident or Homeless residing in the Service Area with a need for food.
- **How to register:** [Click here to register.](#)

**Commodities:** Staples rice, beans, canned/frozen meat, canned food, dried fruit, etc. \*

- **Schedule:** 1st & 3rd Fridays of month from 10:00am - 2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** Low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

**Senior Boxes:** Shelf stable items dried fruit, canned food, canned juices, cheese, etc. \*

- **Schedule:** 1st & 3rd Fridays of month from 10:00am-2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** 60+ and low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

\* Food availability may change from week to week based on our suppliers



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Door Dash has teamed up with Pikes Peak United Way 2-1-1 and [Care and Share Food Bank for Southern Colorado](#) to bring FREE food delivery to Colorado Springs! 🍏 🥤 🥛

Call Pikes Peak United Way 2-1-1 to see if you're within the qualifying area and schedule your free food delivery!

***RIDE UNITED***  
***Last Mile Delivery***



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## FFC8 FOOD PANTRY

Through a combined effort with Care and Share, the district is able to provide families in need with fresh produce, canned goods, and other items. All FFC8 students, staff and families are welcome!

### WHERE AND WHEN

#### Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.



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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.

To learn more go to [CCharitiesCC.org](https://CCharitiesCC.org)



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**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 for appointments Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email [pantry@ccharitiescc.org](mailto:pantry@ccharitiescc.org) to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about their 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**



Keep up to date with local events and deals with the



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### FORT CARSON RELIGIOUS SERVICES

#### SUNDAY

Agape (Contemporary)	Abrams Elementary School	1000
Catholic Mass	Provider Chapel	0900 & 1100
General Protestant	Family Life Center	0900
Gospel	Prussman Chapel	1000
Samoan	Veterans Chapel	1100

#### MONDAY-FRIDAY

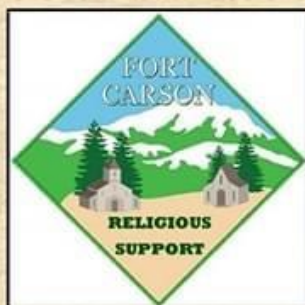
Daily Catholic Mass	Provider Chapel	1145
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#### WEDNESDAY

Non-Denominational	Healer Chapel (inside Evans hospital)	1215
--------------------	---------------------------------------	------

#### FRIDAY

Islamic Prayers	Veterans Chapel	1315
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QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.

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The Fort Carson Samoan service will be on hiatus while the leaders travel to Samoa. Please note the schedule:

October 15: regular worship

October 22–November 12: no service

November 19: return to regular service schedule





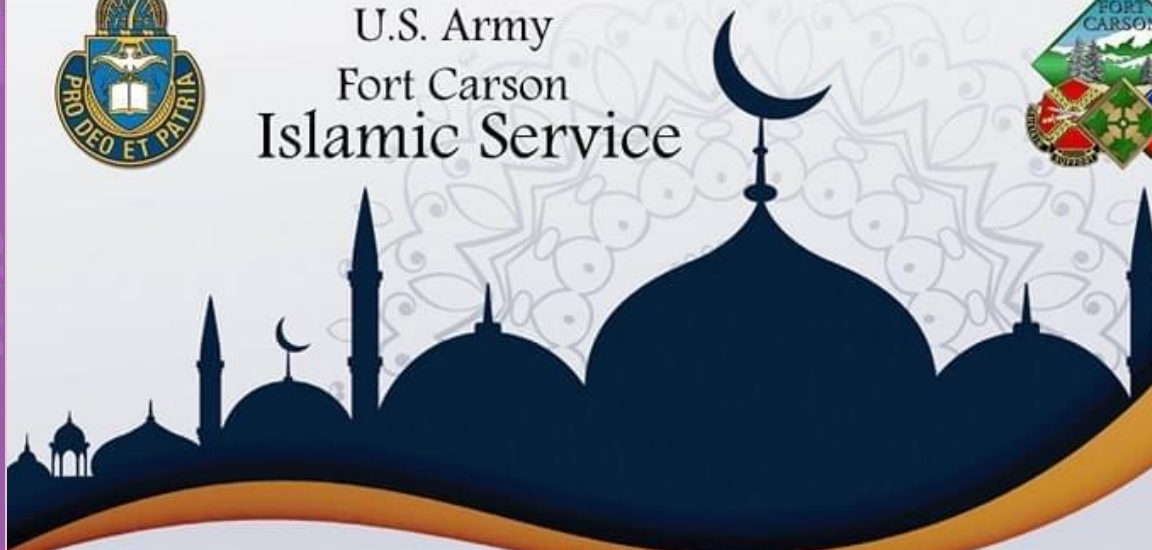
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U.S. Army  
Fort Carson  
Islamic Service



Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: **Veterans Chapel**

6917 Titus Blvd, Fort Carson, CO 80913 (Building 2359)

Facebook: Fort Carson Muslims

For any question:

**Chaplain (CPT) Porter**

(304)840-4200

joshua.l.porter20.mil@army.mil

Distinctive Religious Group Leader (DRGL)

**SPC Khodeir Mohamed**

(951)497-8727

mohamed.h.khodeir.mil@army.mil

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# scholarships

[Mrs. Patty Shinseki Spouse Scholarship Program \(AER\)](#)

[MG James Ursano Scholarship Program \(AER-For military kids\)](#)

[My Career Advancement Account Scholarship \(MyCAA\)](#)

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

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

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

[\*\*CLICK HERE FOR MORE!\*\*](#)





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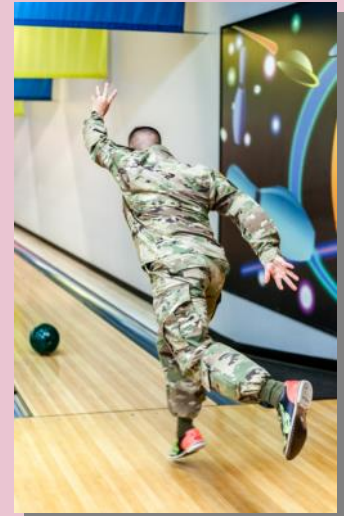


**PASS IT ON**

**COMMUNITY  
NEWSLETTER**

**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.**

# Better Opportunities For Single Soldiers

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# Better Opportunities For Single Soldiers

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**BASIC WILDERNESS**  
TRAINING

**APRIL 20 | 8 A.M. - 12 P.M.**  
Location: Austin Bluffs Open Space  
Open to 15 Single Soldiers  
Sign up at the BOSS Lounge by April 17



**THE GATHERING**  
WITH **BOSS**  
BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

UNLEASH THE MAGIC: THE GATHERING WITHIN YOU!  
Join BOSS on April 18, at 6:00 p.m. for an exclusive gaming experience.  
Open to 8 single Soldiers, secure your spot at the BOSS Lounge by April 17th.  
MAY THE BEST MAGE WIN!



**BOSS**  
BETTER OPPORTUNITIES FOR SINGLE SERVICE MEMBERS

**WELDING CLASS**

**25 April | 5 P.M. - 7 P.M.**  
Fort Carson Auto Craft Center  
Open to 10 single Soldiers  
Sign up at the BOSS Lounge by April 23rd.



**BOSS**  
VOLUNTEER At The  
**MARIAN HOUSE**

**April 14 | 9:15 a.m.-1:30 p.m. |**

Sign up at BOSS  
By April 12

**Open to 6 Volunteers!**

# Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



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## POTTERY CLASS WITH BOSS

NETHERLANDS COMMUNITARIAN  
THE DOWNEY STREET, DOWNEY, IL

**April 27 12 P.M. – 3 P.M.**

**Location: 22nd Street Clay**

**Open to 8 single Soldiers**

**Sign up at the BOSS Lounge by April 25th.**

**For more information call 719-524-5202**



# Better Opportunities For Single Soldiers

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*BOSS*

BETTER OPPORTUNITIES  
FOR SINGLE SOLDIERS

## *Board Preparation Class*

Every Thursday at the  
BOSS Lounge  
6391 Chiles Ave, Bldg. 1511  
From 4:00 – 5:30 pm

Reservation is required by COB  
Wednesday prior to the class.

Best Practices

Study Materials

Mock Boards



More Events and Info at  
[www.armycommunity.com](http://www.armycommunity.com)



Find us on Social Media  
@armycommunity



armycommunity



For more information  
call 719-524-5202

Keep up to date with local events and deals with the



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Throughout April, the Army & Air Force Exchange Service is saluting America's youngest heroes at Colorado Springs Exchange with free events, activities, and an exclusive sweepstakes during the Month of the Military Child.

The Exchange salutes America's youngest heroes during the #MonthOfTheMilitaryChild! From March 30 through May 4, military kids can participate in free events, enter to win prizes, celebrate Purple Up Day and more. An exclusive sweepstakes giving away more than \$23,000 in top trending toys and Exchange gift cards to military kids. Authorized shoppers 18 and older can enter on their favorite military child's behalf at [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes) through May 2.



APRIL IS THE  
**MONTH**  
OF THE  
**MILITARY**  
**CHILD**

**X**  
EXCHANGE



**SPECIAL ACTIVITIES, SWEEPSTAKES AND EVENTS ALL MONTH LONG.**



Keep up to date with local events and deals with the



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Start your weekends right with Free Fridays at the Carson, Peterson, USAFA Exchange! All authorized shoppers can comment on the Exchange's Free Fridays post every week at [Facebook.com/ShopMyExchange](https://www.facebook.com/ShopMyExchange) to be automatically entered for a chance to win exciting prizes.

The Exchange has given away over \$4,000 in prizes so far in 2024. In 2023, shoppers won nearly \$23,000 in prizes including bedding, kitchenware, grills, furniture sets and more. Free Friday winners from military communities have taken home more than \$100,000 in prizes since 2017.

Exchange

# FREE FRIDAY GIVEAWAY

**COMMENT TO ENTER!**



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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@army.mil](mailto:usarmy.carson.imcom-central.mbx.dhr-asap@army.mil)



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**ASAP**  
ARMY SUBSTANCE  
ABUSE PROGRAM

ASAP Location - New Building  
Bldg. 1218 (Second Floor)  
1625 Ellis Street  
Fort Carson, CO 80913

**These ASAP Specialists are assigned to work with your unit:**

1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil
2SBCT NORTHCOM SMDC	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil
3 <sup>rd</sup> ABCT 4 CAB	POC:	Albert Bush 719-526-9191	Albert.j.bush4.civ@army.mil
627 HC MEDDAC/DENTAC/VETCOM 71 ORD 759 MP 4 EN Battalion 4SB	POC:	Susanne Watts 719-526-9283	Susanne.m.watts2.civ@army.mil
10 SFG CID WCAP USAG All others	POC:	Anthony McCollin (Prevention Branch Chief) 719-526-5108	Anthony.j.mccollin.civ@army.mil
Suicide Prevention Program		Cheril Paxton 719-526-0401	Cheril.paxton.civ@army.mil
Program Manager		William Lana 719-526-2501	William.w.lana.civ@army.mil

**1. ASAP and SUDCC (Substance Use Disorder Clinical Care.) What is the difference?**

On 1 OCT 2016, the Army's substance abuse counselors were reassigned from IMCOM to MEDCOM.

All substance use clinical counseling and treatment now belong to the Substance Use Disorder Clinical Care which falls under the Division of Behavioral Health. In many cases, these SUDCC counselors are collocated with their Embedded Behavioral Health teams. They are located in Bldg. 1830. Reach them by phone at (719) 526-7155.

**2. What does the ASAP have to assist units on Fort Carson?**

- Unit Risk Inventories (URI) – an assessment of high-risk behaviors.
- Training/Education (General prevention education, targeted training, Colorado laws, etc.)
- DUI Simulator goggles.
- Breathalyzers for check out and unit use.
- Consultations with command teams.
- Alcohol and Drug Abuse Prevention Training (ADAPT). A 4.5 hour version is available for higher risk populations.
- National Campaigns.
- Drug paraphernalia identification – great idea for an LPD.
- Invite us to your Safety Stand downs, Family Days and Organization Days.

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## ASAP Location – New Building

**Location: Bldg. 1218**, second floor. Street Address is 1625 Ellis Street, Fort Carson CO, 80913. Building 1218 is located at the Southeast corner of Wetzel Ave and Ellis St, just South of the Garrison Headquarters.

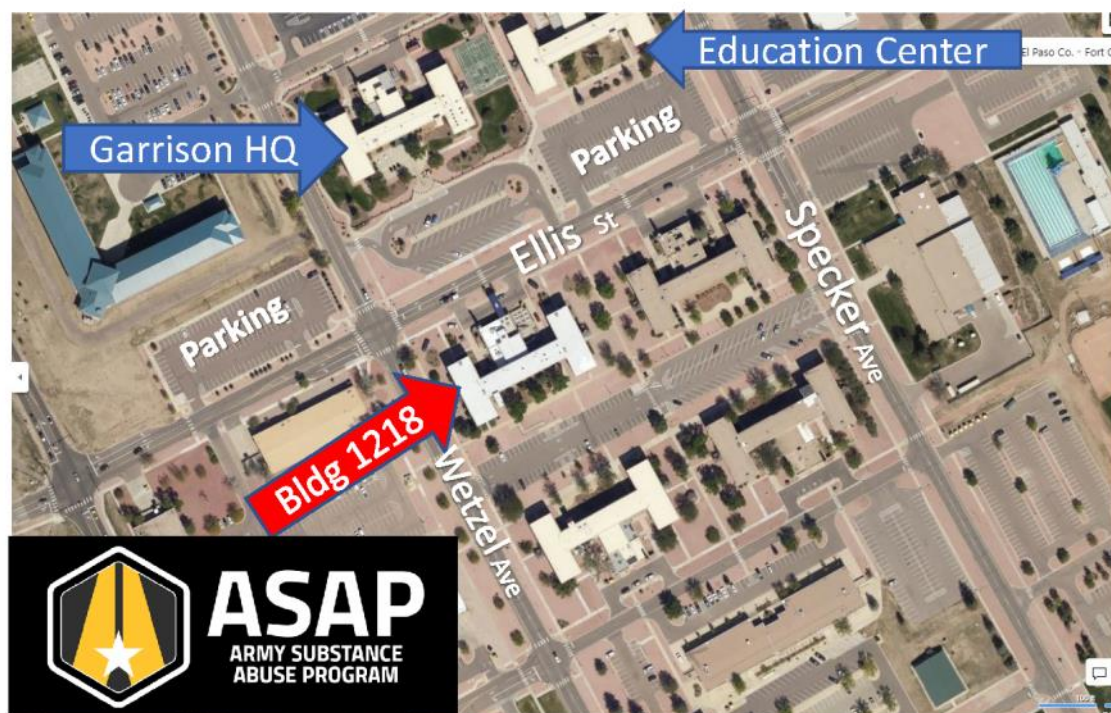
PARKING may be a challenge – plan ahead.

**Beginning Monday, 27 March, ALL UA Specimen turn in will happen in Bldg. 1218.**

Phone numbers will remain the same:

DTCP: 719-526-8407

ASAP Phone tree: 719-526-2727 (ASAP)



This does NOT affect SUDCC (*where Soldiers go for screening and treatment*).  
SUDCC will remain in Bldg. 1830, Mountain Post Behavioral Health Clinic.



# Fort Carson Army Substance Abuse Program

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**ASAP Training opportunities – Contact the ASAP Specialist for your unit listed below to schedule**

<b>Unit Prevention Leader (UPL) Course</b> This class will prepare SGTs and up to perform UPL duties.	3 Day course
<b>Alcohol and Drug Abuse Prevention Training (ADAPT)</b> This mandatory class is for Soldiers identified with a positive UA or alcohol related incident	12 hour course
<b>Commander's Risk Reduction Toolkit (CRRT) training</b> An overview of the features of this web-based high risk behavior reporting tool	30 minute course
<b>Unit Risk Inventories (URI)</b> A 52 question, anonymous survey. Gives leaders a snapshot of Soldier perceptions	30 minute survey
<b>Applied Suicide Intervention Skills Training (ASIST)</b> Class for gatekeepers in identifying and reacting to suicidal thoughts and behaviors in others	2 day class
<b>DUI Prevention training</b> Standard briefing about the consequences and ways to avoid a DUI charge	Flexible
<b>Responsible alcohol use training</b> Basic knowledge of drinking behaviors	Flexible
<b>Substance specific training</b> Can be tailored to address a specific substance issue	Flexible
<b>Mock Barracks Drug ID room</b> Class for leaders to identify drug paraphernalia and overview of rules of evidence	Flexible

Anthony McCollin Prev. Branch Chief 719-526-5108	Vacant Call Mr. McCollin until we hire someone	Norma Rivera 719-526-2710	Albert Bush 719-526-2422	Susanne Watts 719-526-9283
10 SFG(A)	1SBCT	2SBCT	3ABCT	4DSB
CID	4SFAB	NORTHCOM	4CAB	743 MI Bn
USAG	HHBn	SMDC		759 MP Bn
WCAP	DIVARTY			71 EOD
				4 EN
				PHC
				627 FH
				EACH/SRU/DENTA C

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## HOW TO HELP SOMEONE IN SUICIDAL CRISIS

- ✓ Be direct. Talk openly and matter-of-factly about suicide.
  - ✓ Be willing to listen. Allow expression of feelings. Accept the feelings.
  - ✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.
  - ✓ Get involved. Become available. Show interest and support.
  - ✓ Offer hope that alternatives are available, but do not offer general reassurance such as "It will get better," or "It could be worse."
  - ✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- 
- ⊗ Don't dare him/her to do it.
  - ⊗ Don't act shocked. This will put distance between the two of you.
  - ⊗ Don't be sworn to secrecy. Seek help.

**Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).**



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### 8 Positive Coping Strategies to Combat Tough Situations

When we are stressed, it may feel like nothing helps. Having effective coping, problem-solving, and communications skills can make a big difference.



1. Seek support from a health care provider, counselor or chaplain.



2. Stay connected. Support from friends and family can improve well-being when facing stress.



3. Practice relaxation methods: Muscle relaxation, breathing exercises, meditation, stretching, yoga, prayer, listening to quiet music, or time in nature.



4. Get good sleep. Poor or insufficient sleep has a significant negative impact on your health.



5. Exercise regularly. Cardio and strength training can reduce stress levels and keep you mission ready.



6. Get involved in passions, hobbies, or activities that you enjoy—for example art can be a positive, creative way to express feelings.



7. Avoid drinking too much or mixing alcohol and medications. It may seem like an easy way to decrease stress, but may create additional problems and actually increase stress.



8. Take a break from the news or social media if those activities cause you stress.

Learn how to **#BeThere** for yourself and others at [www.dsps.mil](http://www.dsps.mil).



**#BeThere**

For everyday life challenges  
**MILITARY**  
**ONE SOURCE**  
800-342-9647  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)

**Veterans Crisis Line** | **Military Crisis Line**  
1-800-273-8255 **PRESS 1**

Version: 2019\_v1

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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.

### Resources

[Drug-Free Workplace Brochure](#)  
[Employee Assistance Program Brochure](#)  
[Suicide Prevention and Intervention Protocols Brochure](#)  
[Working Remotely](#)

### For more information

Call (719) 526-2196 (*Please leave a voicemail for a return call if necessary*)  
or email [usarmy.carson.imcomcentral.mbx.dhr-asap@army.mil](mailto:usarmy.carson.imcomcentral.mbx.dhr-asap@army.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



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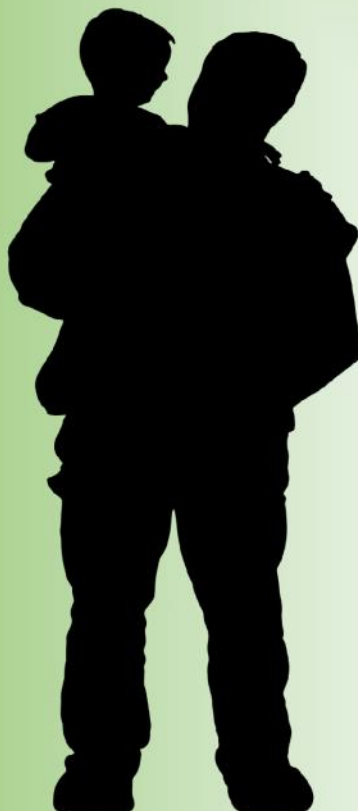
## Child Neglect Child Endangerment

### What to do if you see or suspect Child Abuse or Neglect:

- ❖ Immediate danger, call 9-1-1.
- ❖ Fort Carson Police Department (non emergent) 719.526.2333.
- ❖ If you know or suspect a child is being abused, please call:  
Colorado's Department of Human Services 24/7 HOTLINE at 844-264-5437  
Family Advocacy Program – Behavioral Health at 719-526-5050

### Feeling a bit overwhelmed or need more information?

Visit New Parent Support at [armymwr.com](http://armymwr.com) for assistance and information on Workshops, Nurturing Center, and classes such as Strong Bonds, and Purple Crying.



### Fort Carson Garrison Policy 8 Home Alone Policy

- **5 yo or younger** – Must be supervised at all times and places.
- **1-3 grade** – Supervised at all times and places. Can walk to and from home and school. Can be alone in front or back yard with a parent present in the home.
- **4-6 grade** – Can not be unsupervised for longer than 4 hrs. which includes to and from school. Can only be left home alone if the parent deems the child mature and responsible.
- **7-8 grade** – Can not be unsupervised for longer than 8 hrs. unless arranged with an adult friend who can continuously check on the child within the 8 hrs. period except between 2400-0600.
- **9-12 grade** – Unsupervised for no longer than 12 hrs. unless arranged with an adult friend who can continuously check on the child within the 12 hrs. period.



In case of an emergency contact 911 or 719-526-2333  
social media: <https://www.facebook.com/FTCPD>  
2700 Christy Street, Fort Carson, CO 80913



Keep up to date with local events and deals with the



# PASS IT ON COMMUNITY NEWSLETTER

## Child Neglect Child Endangerment



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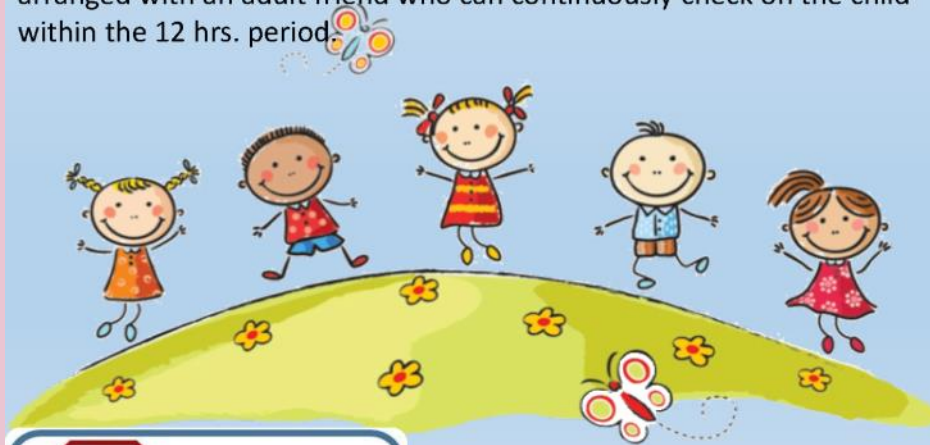
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NOTE: If you wish to submit an anonymous tip, please contact the Pikes Peak Area Crime Stoppers.

In case of an emergency contact 911 or 719-526-2333  
social media: <https://www.facebook.com/FTCPD>  
2700 Christy Street, Fort Carson, CO 80913

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## Chain of Command Child Neglect Indicators & Assistance



### Indicators for Soldier and House Checks

<u>Child</u>	<u>Outside of House</u>	<u>Inside of House</u>
<b>Clothing</b> <ul style="list-style-type: none"> <li>• Dirty, Tattered, Lack of.</li> <li>• Unchanged Diaper.</li> </ul> <b>Body</b> <ul style="list-style-type: none"> <li>• Excessively Dirty.</li> <li>• Overly bruised, cuts.</li> <li>• Lethargic.</li> </ul>	<b>Yard</b> <ul style="list-style-type: none"> <li>• Excessive overgrowth.</li> <li>• Filled with animal feces.</li> <li>• Bags or overflowing trash.</li> </ul> <b>Front Door</b> <ul style="list-style-type: none"> <li>• Sudden smell of trash, rotten food, feces, and urine.</li> <li>• More than normal clutter and trash.</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive trash.</li> <li>• Rotten food on the ground.</li> <li>• Feces and urine on the ground and walls.</li> <li>• Rotten food on counters.</li> <li>• No food in cupboards or refrigerator.</li> <li>• Broken toilets.</li> <li>• Backed up sinks with mold and rotten food.</li> <li>• Backed up toilets with additional feces or urine.</li> </ul>

### Garrison Policy Letter #8 (Child Supervision)

#### Newborn – 5 years old:

Can not be left alone for any period.

#### 1<sup>st</sup> to 3<sup>rd</sup> grade:

Does not have to be supervised while walking back and forth to school.  
Child can be in the front or back yard with a parent or guardian home.

#### 4<sup>th</sup> – 6<sup>th</sup> grade

Child can not be left alone for more than 4 hours.  
The child must be deemed mature by the parent.

#### 7<sup>th</sup> – 8<sup>th</sup> grade:

Child can not be alone for longer than eight hours.  
There must be an identifiable adult that checks on the child during the time alone.  
The child can be left alone between 2400-0600.

#### 9<sup>th</sup> – 12<sup>th</sup> grade:

Child can not be left alone for longer than twelve hours.  
There must be an identifiable adult that checks on the child during the time alone.

#### Babysitter

Person who has attained the age of 13 and successfully completed the Red Cross Baby Sitting or similar course whose curriculum has been approved by CYS. May be a sibling at least 13 yo, who resides in the household of the child. Sibling are not required to get specialized training. Babysitters under the age of 16 yo are limited to 8 hrs.

#### Child

Unmarried child, whether biological, adopted, foster, step-child, or ward of an adult for whom treatment is authorized in a medical facility.

#### Parent

Mother or Father of a child related by blood, marriage (step-parent), adoption, or legal guardian, or and person charged with parental rights, duties, and responsibilities

### Assistance

#### ACS Family Advocacy (armymwr.com)

Schedule of Family Advocacy Programs covers classes such as; Safe Parenting, Relationship programs, Scream Free, Five Love Languages, Saving Your Marriages before it starts, Ten Greet Dates.

#### Parental

New Parent Support, 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.0461. New Parent Support (armymwr.com)

#### Financial

Financial Readiness 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.4590. ACS - Financial Readiness (armymwr.com)

In case of an emergency contact 911 or 719-526-2333  
social media: <https://www.facebook.com/FTCPD>  
2700 Christy Street, Fort Carson, CO 80913





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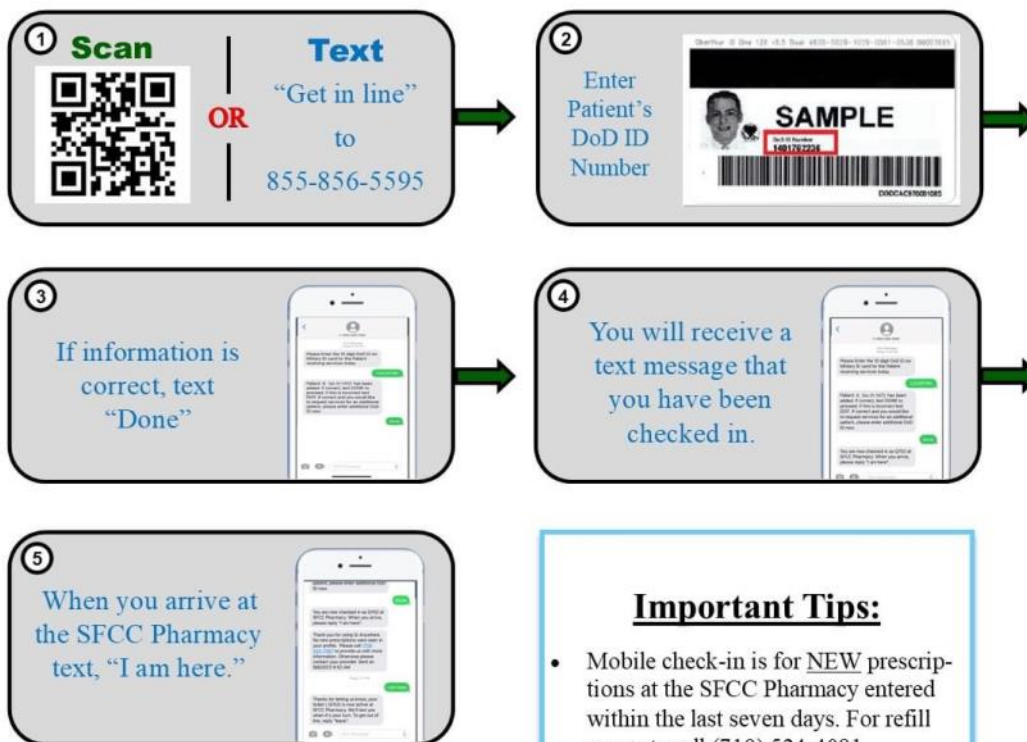


## Soldier Family Care Center Pharmacy

1650 Cochrane Circ, BLDG 7503, First Floor (by Starbucks)  
Fort Carson, Colorado 80913  
Pharmacy Phone: (719) 503-7067

**No Line, No wait Prescriptions!**

**Q-Anywhere Mobile Rx Check-In: 855-856-5595**



### Q-Anywhere Mobile Check-in

- For NEW prescriptions picked up at the SFCC pharmacy on first floor (by Starbucks).
- Mobile Check-In Hours: 8 a.m.—4:30 p.m.
- Tickets are valid only for the same day.
- For refills call (719) 524-4081

### Important Tips:

- Mobile check-in is for NEW prescriptions at the SFCC Pharmacy entered within the last seven days. For refill requests call (719) 524-4081.
- Mobile check-in for same day pick up is available from 8 a.m. to 4:30 p.m. MDT. If you come in on a different day, please pull a ticket at the kiosk.
- You may receive a status notification under certain conditions (e.g., prescription is too soon, prior authorization required, provider clarification needed, prescription not found).

# Fort Carson Family Homes

Find us on  
&  
Instagram

APRIL SHOWERS  
Bring  
MAY FLOWERS

April

Fort Carson  
FAMILY HOMES

PURPLE  
UP!

SUN MON TUE WED THU FRI SAT

<p>1 Village Spotlight Pawnee Village</p> <p>7 THANK YOU FOR YOUR FEEDBACK!</p>	<p>2 APRIL FOOL'S DAY!</p> <p>8 AT Pawnee Village. Park at 3pm.</p> <p>15 Maintenance Monday</p> <p>22 Maintenance Monday</p> <p>28 Happy Birthday!</p>	<p>3 The Fairing Trip Signup Is Open!</p> <p>10 At Navajo Village North Park at 3pm.</p> <p>17 TSS/CEL Don't Forget QUICK SURVEY</p> <p>24 After School Snack at Harr and McCoy SL at 2:30pm.</p>	<p>4 Garden 5 Signup Open COME OUT TO THE 4800 PRAUSMAN BLVD COMMUNITY CENTER TO CHOOSE YOUR SPOT.</p> <p>11</p> <p>18</p> <p>25 After School Snack Harr and Olinawa at 4pm for CMS.</p>	<p>6 Month Of The Military Child!</p> <p>12 BUNNER RUN 3pm to 5pm</p> <p>19</p> <p>26 Arbor Day FROM THE FORT CARSON FAMILY HOMES</p> <p>27 YARD- SALE POST WIDE</p>	<p>13</p> <p>20</p>	<p>13</p> <p>20</p>	<p>13</p> <p>20</p>
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For questions or concerns regarding all FCFH Happenings please contact The  
Events Manager at (719) 499-0707 or jharmon@fbcgrps.com!





Keep up to date with local events and deals with the



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**COMMUNITY  
NEWSLETTER**

**100% Childcare Discount  
for the first child for all CYS Staff**

**PLUS**

**25% Discount for  
each additional child after  
15% multi-child discount**



U.S. Army Child, Youth  
or School Services

**Commissary Privileges to ALL CYS staff**

**CURRENTLY HIRING**

**At \$16.70/hr to start**

**\$17.70/hr after 6 months**

**\$18.91/hr after 1 year**

**Scan Here**



**Questions? Call 719-526-1101**



Keep up to date with local events and deals with the



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# Babysitter's Course

- Youth will learn the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.
- Youth will also be Red Cross certified in CPR and First Aid.

**Who:** 13-18 year olds (12 & in Middle School is ok)

**When:** 1st Saturday every month (0830-1700)

**Where:** Fort Carson Youth Center

**TO REGISTER:**

**Parent Central Services — 719-526-1101**

**Youth Center — 719-526-2680**

(class size limited to 15)





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# CHILD, YOUTH & SCHOOL SERVICES

SPRING  
SPORTS  
2024



**REGISTRATION OPEN**  
**FEBRUARY 5–MARCH 8**

**SEASON RUNS**  
**MARCH 25–MAY 18**

**TO REGISTER, VISIT:**

Parent Central Services at  
5939 Ellis St. or Call 719-526-1101 or visit  
[webtrac.mwr.army.mil/webtrac/carsonCYS.html](http://webtrac.mwr.army.mil/webtrac/carsonCYS.html)

**CHEERLEADING**  
Ages 3–18

**FLAG FOOTBALL** Ages 5–15

**SOCCER**  
Ages 3–18

Ages 3–4 \$30  
Ages 5–18 \$65

**TENNIS**  
Ages 5–15 \$75

All sports offered are subject to enrollment numbers and availability of competition.



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Carson CYSS  
CarsonDFMWR



@CarsonMWR  
#CarsonMWR



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

Keep up to date with local events and deals with the



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## 2024 Youth Sports Calendar



Sport	Registration Dates	Ages & Costs	First Practices	Last Games
Winter Basketball Developmental	November 6-December 8	3-4 yrs. \$30.00	8-Jan	2-Mar
Winter Basketball	November 6-December 8	5-18 yrs. \$65.00	8-Jan	2-Mar
Winter Cheerleading Developmental	November 6-December 8	3-4 yrs. \$30.00	8-Jan	2-Mar
Winter Cheerleading	November 6-December 8	5-18 yrs. \$65.00	8-Jan	2-Mar
Winter Wrestling	November 6-December 8	6-15 yrs. \$65.00	8-Jan	2-Mar
Spring Cheerleading Developmental	February 5-March 8	3-4 yrs. \$30.00	25-Mar	18-May
Spring Cheerleading	February 5-March 8	5-18 yrs. \$65.00	25-Mar	18-May
Spring Soccer Developmental	February 5-March 8	3-4 yrs. \$30.00	25-Mar	18-May
Spring Soccer/Flag Football	February 5-March 8	5-18 yrs. \$65.00	25-Mar	18-May
Tennis	February 5-March 8	5-15 yrs. \$75.00	25-Mar	18-May
Softball	April 8-May 10	7-15 yrs. \$65.00	6-Jun	6-Aug
Track	April 8-May 10	6-15 yrs. \$65.00	6-Jun	6-Aug
Summer T-Ball Developmental	April 8-May 10	3-4 yrs. \$30.00	6-Jun	6-Aug
Summer T-Ball (5-6) & Baseball	April 8-May 10	5-18 yrs. \$65.00	6-Jun	6-Aug
Volleyball	July 1-August 2	7-15 yrs. \$65.00	26-Aug	19-Oct
Fall Soccer Developmental	July 1-August 2	3-4 yrs. \$30.00	26-Aug	19-Oct
Fall Soccer	July 1-August 2	5-18 yrs. \$65.00	26-Aug	19-Oct
Fall Cheerleading Developmental	July 1-August 2	3-4 yrs. \$30.00	26-Aug	19-Oct
Fall Cheerleading	July 1-August 2	5-18 yrs. \$65.00	26-Aug	19-Oct
Fall Flag Football	July 1-August 2	5-18 yrs. \$65.00	26-Aug	19-Oct
Indoor Soccer	September 23-October 25	5-12 yrs. \$65.00	4-Nov	14-Dec
Fall Wrestling	September 23-October 25	6-15 yrs. \$65.00	4-Nov	14-Dec

**Fort Carson Youth Sports has been designated a Better Sports for Kids Quality Program Provider 2018-2024**



THE ABOVE INFORMATION IS SUBJECT TO CHANGE BASED ON VOLUNTEER COACHES, ENROLLMENT, AVAILABLE PARTNERS, AND FACILITY/PRACTICE SPACE

TO REGISTER FOR SPORTS, PLEASE VISIT PARENT CENTRAL REGISTRATION IN BUILDING 5935. APPOINTMENTS CAN BE MADE BY CALLING (719) 526-1101 A SPORTS PHYSICAL IS REQUIRED TO PARTICIPATE IN ALL YOUTH SPORTS ACTIVITIES

FOR QUESTIONS REGARDING PROGRAM, PLEASE CALL THE SPORTS STAFF AT (719) 526-4425



Keep up to date with local events and deals with the



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### Tennis Ages 5-15

- Practices will be either M/W or T/TH. Coaches will contact you.
- All practices will begin at 5:30pm and end at 6:30pm.
- Practices will be held at the tennis courts located at Ivy Fitness Gym (6415 Specker Ave.).
- Equipment needed: athletic attire, athletic shoes, and water bottle.

Season Begins March 25th for M/W teams  
Season Begins March 26th for T/TH teams

### Cheerleading

- Practices will be either M/W or T/TH. Coaches will contact you. Practices will be held on Pershing Field (located by the outdoor pool).
- Equipment needed: athletic attire, athletic shoes, and water bottle.
- **3-6 year olds**
  - ⇒ All practices will begin at 5:30pm and end at 6:15pm.
  - ⇒ Girls will cheer at games on Wednesday or Thursday at 5:30pm and will end at 6:15pm on Pershing Field.
- **7+ year olds**
  - ⇒ All practices will begin at 5:30pm and end at 6:30
  - ⇒ Girls will cheer at games on Saturday at Pershing Field, Peterson AFB, or USAFA.

Due to weather cancellations, only games will be rescheduled, not practices for all sports.

Spring 2024

## FORT CARSON YOUTH SPORTS

Soccer, Flag Football, Cheer, and Tennis



### Contact Information

5939 Ellis St.  
(719) 526-4425  
Facebook Page: Carson CYS

### 3-6 Year Old Soccer

- Practices will be either M/W or T/TH. Coaches will contact you.
- All practices will begin at 5:30pm and end at 6:15pm.
- Practices and games will be held on Pershing Field (located by the outdoor pool). Games will be played either Wednesday or Thursday at 5:30pm and will end at 6:15pm.
- Equipment needed: shin guards, athletic bottoms, and athletic shoes. Cleats are not required for this age group.

Season Begins March 25th for M/W teams  
Season Begins March 26th for T/TH teams

### 5-6 Year Old Flag Football

- Practices will be either M/W or T/TH. Coaches will contact you.
- All practices will begin at 5:30pm and end at 6:15pm.
- Practices and games will be held on Pershing Field (located by the outdoor pool). Games will be played either Wednesday or Thursday at 5:30pm and will end at 6:15pm.
- Equipment needed: Mouth guard, athletic attire, and athletic shoes. Cleats are not required for this age group.

Season Begins March 25th for M/W teams  
Season Begins March 26th for T/TH teams

### 7+ Year Old Soccer

- Practices will be either M/W or T/TH. Coaches will contact you.
- All practices will begin at 5:30pm and end at 6:30pm.
- Practices will be held on Pershing Field (located by the outdoor pool).
- Games will be held on Saturday's at Pershing Field, Peterson AFB, or USAFA.
- Equipment needed: shin guards, athletic bottoms, cleats, and a water bottle.

### 7+ Year Old Flag Football

- Practices will be either M/W or T/TH. Coaches will contact you.
- All practices will begin at 5:30pm and end at 6:30pm.
- Practices will be held on Pershing Field (located by the outdoor pool).
- Games will be held on Saturday's at Pershing Field, Peterson AFB, or USAFA.
- Equipment needed: Mouth guard, athletic attire, cleats, and water bottle.

Keep up to date with local events and deals with the



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SAT. MAY 4TH | 9 A.M. - 12 P.M.  
LOCATED AT IRON HORSE PARK

visit [carson.armymwr.com](http://carson.armymwr.com)



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# GRANT LIBRARY APRIL LIBRARY EVENTS

April 27, Library Closed - Join us at the Spring Flea Market  
**WEEKLY EVENTS**

## LAPSI



Tuesdays | 10:30 a.m.  
Babies 0-36 months

## LEGO CLUB



Wednesdays | 3:00 p.m.  
The library provides the Legos,  
you provide the creativity!  
All ages

## STORY TIME



Thursdays | 10:30 a.m.  
0-5

## RTAP



Saturdays | 2 p.m.  
Express yourself through art.

## Special Events Reservations Requested

- April 9-13 National Library Week. Refreshments served daily
- April 10 Special Storytime with GEN Doyle 10:30 a.m.
- April 11 Spanish Story time 10:30 a.m. Special Guest
- April 12 Special Storytime with BG Montague 10:30 a.m.
- April 13 Escape Room 3 p.m.
- April 20 Earth Day Event 11 a.m.



For more information and registration call: (719) 526-2350



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
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Grant Library  
1637 Flint St., Bldg. 1528  
Fort Carson, CO 80913

"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"



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# GRANT LIBRARY EVENTOS EN ABRIL

Abril 27, Biblioteca Cerrada - Ven con nosotros al Mercado de las Pulgas en Primavera

## EVENTOS SEMANALES

### LAPSIT



Martes | 10:30 a.m.  
Bebés 0-36 mes

### CLUB LEGO



Miércoles | 3:00 p.m.  
La Biblioteca te proveerá los legos,  
y tú darás tu creatividad  
Todas las edades

### HORA DE CUENTOS



Jueves | 10:30 a.m.  
0-5

### RTAP



Sábados | 2 p.m.  
Expresate a través del arte

## Eventos Especiales Reservación es Requerida

- Abril 9-13 Semana Nacional de la Biblioteca. Refrescos se sirven a diario.
- Abril 10 Hora De Cuentos Especial con GEN Doyle 10:30 a.m.
- Abril 11 Hora de Cuentos en Español 10:30 a.m. Invitado Especial
- Abril 12 Hora De Cuentos Especial con BG Montague 10:30 a.m.
- Abril 13 Habitación Escape 3 p.m.
- Abril 20 Evento en el Día De La Tierra 11 a.m.



Para más información y registración llama: (719) 526-2350



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
@CarsonDFMWR



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Grant Library  
1637 Flint St., Bldg. 1528  
Fort Carson, CO 80913

"Líder en Modernización e Innovación para ser la principal instalación del Ejército para trabajar, vivir, entrenarse, y prosperar!"



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Spring Flea Market & Festival

April 27

10 a.m. - 2 p.m.

Iron Horse Park

For more information: <https://carson.armymwr.com/FleaMarket>

Fort Carson MWR



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# Fort Carson FITNESS CLASS SCHEDULE

## 2024 APRIL

### IVY

Ivy Fitness Center  
BLDG 1925 | (719) 526-2706

### WAL

Waller Fitness Center  
BLDG 2357 | (719) 526-2742

#### SCHEDULE KEY

GREEN: \$3 CLASS

BLUE: COMPLIMENTARY CLASS

RED: ACTIVE DUTY ONLY CLASS

#### MONDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	P3T	IVY
6:30 a.m.	PT CYCLE	WAL
8:00 a.m.	SRU	IVY
9:00 a.m.	YOGA	WAL
4:15 p.m.	TRX INTRO	IVY
6:30 p.m.	ZUMBA	IVY

#### TUESDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	P3T	IVY
8:00 a.m.	SRU	IVY
9:00 a.m.	ZUMBA	IVY
9:30 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	WAL
6:00 p.m.	FITNESS FURY	WAL
4:15 p.m.	TRX INTRO	IVY

#### WEDNESDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	P3T	IVY
6:30 a.m.	PT CYCLE	WAL
8:00 a.m.	SRU	IVY
6:30 p.m.	ZUMBA	IVY

#### THURSDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	P3T	IVY
8:00 a.m.	SRU	IVY
9:00 a.m.	ZUMBA	IVY
9:30 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	WAL
6:00 p.m.	FITNESS FURY	WAL
6:30 p.m.	MIXXEDFIT	IVY

#### FRIDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	TRX	IVY
6:30 a.m.	PT CYCLE	WAL
6:30 a.m.	P3T	IVY
8:00 a.m.	SRU	IVY
9:00 a.m.	YOGA	WAL
10:00 a.m.	TRX	IVY

#### SATURDAY

TIME	CLASS	LOCATION
6:30 a.m.	TRX	IVY
10:00 a.m.	INTRO TRX	IVY

SCHEDULE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY & FACILITY CLOSURES.



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



CarsonDFMWR



@carsonmwr  
#CarsonMWR





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# INTRAMURAL SOFTBALL LEAGUE



Registration:

**March 4- May 8**

Season Starts:

**May 14**

Games played:

**Tuesdays & Thursdays**

**6:30 p.m. | 7:30 p.m. | 8:30 p.m.**

To Register contact: [lorraine.thorson.naf@army.mil](mailto:lorraine.thorson.naf@army.mil)

For more information call Intramural sports Office: (719) 526-7585

visit [carson.armymwr.com](http://carson.armymwr.com)

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**Fort Carson**

# Early Bird Softball Tournament



**Registration**  
**March 4-April 24**  
**Tournament days**  
**April 27 & 28**

**Register for FREE:**  
[lorraine.thorson.naf@army.mil](mailto:lorraine.thorson.naf@army.mil)

**Bldg. 2030 Mountain Sports Complex**  
**For more information call**  
**(719) 526-7585**

visit [carson.armymwr.com](http://carson.armymwr.com)



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# Movement & Mobility Group Exercise Class

**Ivy Fitness Center  
Room 203**

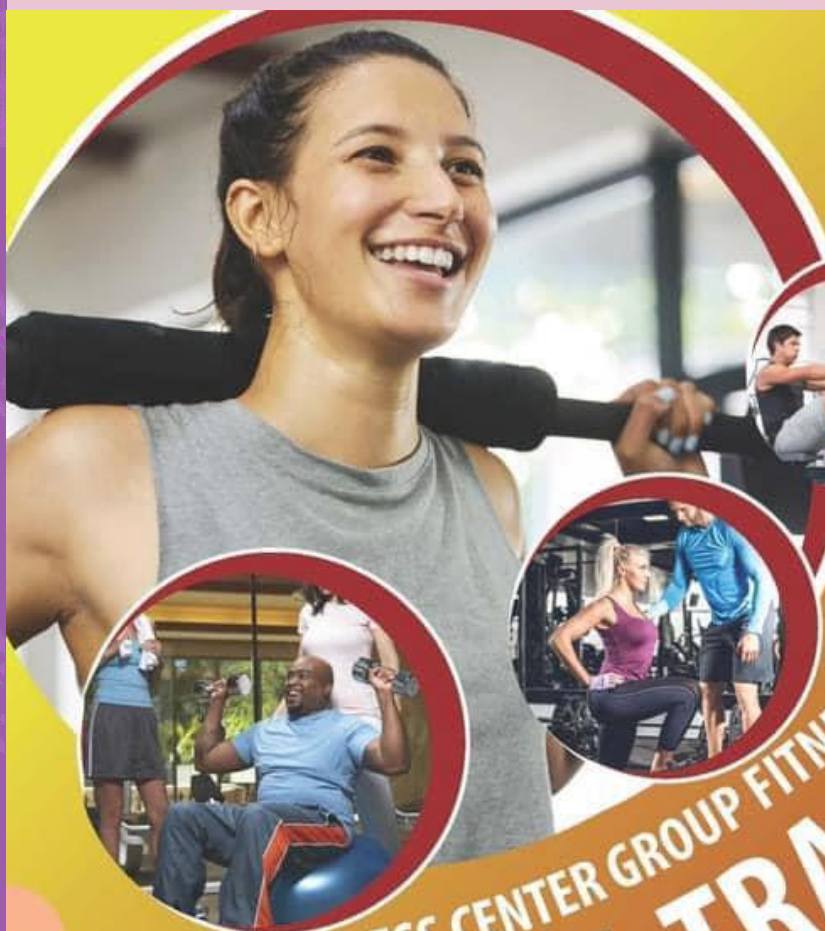
**Mondays  
9 - 10 a.m.**



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# WALLER FITNESS CENTER GROUP FITNESS CLASS SCHEDULE & PERSONAL TRAINING



One-On-One Training	
Sessions	Packages
1	\$40
5	\$175
10	\$300

Buddy Training	
Sessions	Packages
1	\$70
5	\$230
10	\$320



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
@wallerfitnesscenter



@carsonmwr  
#CarsonMWR



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

(719) 526-2742

"Lead in Modernizing and Innovating to be the Army's  
premier installation to work, live, train, and thrive!"



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**First Saturday  
Of the Month**  
8:30-9:30 a.m.

Learn and refine form with  
this total body weight-room  
workout utilizing  
dumbbells, barbells, cables  
and machines.

**\$3 per class  
First Class Free**

WALLER FITNESS CENTER

# LADIES LIFT



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
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@carsonmwr  
#CarsonMWR



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

Questions? Call 526-2742



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Do you need more time to complete your project?

# AUTO SKILLS SUPER SATURDAYS!



This event will coincide with the Federal Holiday if that month has one or we choose a day for this event to occur.



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# PICK UP INDOOR SOCCER

Every Wed. evening  
Special Event Center  
Bldg. 1829



Soccer players can  
come together  
and play indoor soccer.  
Once checked into the courts,  
teams will be  
organized and games  
will be held  
6:30, 7:30 and 8:30 p.m.

For more information contact Intramural Sports at (719) 526-7585



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find Us on Social Media  
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Intramural Sports  
6550 Specker Ave. Bldg. 1829  
Fort Carson CO. 80913

"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"



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# *Come Consign Your Crafts* on Fort Carson at **TUMBLEWEEDS AT THE MOUNTAIN POST**

If you are Active Duty, a Military Spouse  
or Dependent, Retiree or a Retiree Spouse,  
we'd love to hear more about your craft!

**JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!**



**Please call, stop by or send us a Facebook message to learn more about consigning.**

Our crafty consigners retain 80% of their sales profit while  
20% helps Tumbleweeds give back to the Fort Carson Community  
and maintain our everyday operations.

Consigners can opt to volunteer a couple of times  
a month or pay \$30 a month for a consigner fee.



**TUMBLEWEEDS**  
AT THE MOUNTAIN POST



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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### TUMBLEWEEDS AT THE MOUNTAIN POST

#### CONSIGN YOUR ART

We showcase dozens of local artists works from military affiliated members in our community



#### VOLUNTEER OPPORTUNITIES

Our shop offers lots of volunteer opportunities, from running the store to teaching classes



#### AFFORDABLE CLASSES

We strive to offer affordable classes to give back to our community in the best way we know how (through art!)



Our shop offers lots of volunteer opportunities, from running the store to teaching classes

#### AFFORDABLE CLASSES

We strive to offer affordable classes to give back to our community in the best way we know how (through art!)



#### SUPPORT YOUR MILITARY COMMUNITY

Our mission is completely military run, from our artists to volunteers, we give our whole hearts into making our shop a welcoming space



#### ONE STOP SHOP

Since we showcase so many artists in our shop, we have the unique opportunity to offer everything from metal work and jewelry to soaps and fiber art



# USO Colorado

Keep up to date with local events and deals with the



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**Date Night**  
Fri 4/5

**Unicorn Day**  
Tues 4/9

**Book Club**  
4/16-5/14

**Kids in Kitchen**

Thurs 4/18

**Kids Day**

Sat 4/27

**Trivia Night**  
4/30



**Fueling The  
Forces Lunch**

**Wednesdays 1130**

**Texas Roadhouse**

**Mon 4/29**

# APRIL 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	LUNCH TIME	4	5	6
7	8	Unicorn	LUNCH TIME	11	12	13
14	15	16	LUNCH TIME	18	19	20
21	22	23	LUNCH TIME	25	26	27
28	LUNCH TIME	30	We Salute our #USOMilKids for Month of the Military Child!			



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# PAINT DATE NITE

FRIDAY APRIL 5TH  
6:30-8:30 PM

FORT CARSON  
BLDG 1524

RSVP: [bit.ly/4a0m4lB](https://bit.ly/4a0m4lB)



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# USO VIRTUAL BOOK CLUB

Join USO Colorado for our next book club  
Tuesdays at 7:30pm MDT on Zoom



Starting April 16th- May 14th

RSVP: [bit.ly/43ChWX2](https://bit.ly/43ChWX2)



REGISTER HERE!





Keep up to date with local events and deals with the



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## COOKING MATTERS<sup>®</sup> AT HOME

Cooking Matters at Home has **eight sessions** that can be offered in either 30 or 60 minute lengths.

Cooking Matters at the Store is also available online as a 60-minute session. All sessions can be offered on their own or as part of a series.



### Kids Say Yes to Fruits & Veggies

This session will discuss pros and cons of using different forms of fruits and vegetables, how to prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping kids enjoy more fruits and vegetables.



### Making Recipes Work For You

This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks, and share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.



### No More Mealtime Madness

This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve kids in the meal planning to create more buy-in at mealtime.



### Hack Your Snack

This session will share tips for saving time when buying and preparing healthy snacks, practice making healthy, homemade snacks, reading food labels, and identifying healthier choices when choosing prepackaged snacks, and practice comparing unit prices to save money.



### The Family Kitchen

This session will prepare caregivers to work together with kids in their care to discuss safe, age-appropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly steps, and make healthy meals and snacks that everyone will enjoy.



### Money-Saver Alert

This session will discuss how to use everything that you have (or have access to), practice using 'hard to utilize' ingredients in a variety of recipes, and discuss how to save foods that you can't use right away and how to limit food waste with children while still introducing new foods.



### Drink To Your Health

This session will discuss how sugary drinks impact health and describe how to make and taste a variety of healthy beverages at home.



### Feeding in the First Year

This session will discuss infant feeding options including the safe introduction of solid foods, different food preparation methods that can be adapted for infants at different developmental stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.



### Cooking Matters at the Store: Shopping on a Budget

This session will discuss how to buy fruits and vegetables on a budget, and practice comparing unit prices, reading food labels, and reading ingredient labels to find whole grains.

Keep up to date with local events and deals with the



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The  
Center for  
Relationship  
Education

Have you been looking for a marriage retreat that's no cost to attend? The Center for Relationship Education has scheduled Couple's Workshop and Retreat's for the next year with spaces for military couples to attend free of cost! Slots are limited, register today to attend [HERE!](#)

## Responding to Relationships

Relationship retreats designed to serve those bravely serving others. Retreat series are customized for all emergency response fields and military personnel (Active duty Military, Veterans, Guard, and Reserves welcome).



Keep up to date with local events and deals with the



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## NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Catholic  
Charities  
*of Central Colorado*



Catholic  
Charities  
*of Central Colorado*

Family Connections



Family Connections at the Helen Hunt Campus offers many services to families within our community. From tangibles like diapers and formula to life coaching and parenting/early education classes, we are here to support you.



Catholic  
Charities  
*of Central Colorado*

719.578.1222

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## TAP COMBINED MINI HIRING EVENTS & RESOURCE FAIRS

**MEET OVER 50 EMPLOYERS,  
RESOURCES & CSP PARTNERS!**

October 12th, 2023

January 18th, 2024

April 25th, 2024

June 20th, 2024

August 29th, 2024

Elkhorn Conference Center (ECC)  
1725 Woodfill Road, Building 7300  
Fort Carson, CO  
0900-1200

EMPLOYERS , RESOURCES AND CSP PARTNERS MUST REGISTER WITH THE TAP CENTER.

NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.





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Fort Carson Department of Public Health Supports YOU!



### HIV PrEP and STI Services in Your Community



The Fort Carson Department of Public Health has a confidential clinic that offers STI & HIV testing and HIV PrEP medical management. We make it easy for you to get the supported care for your LGBTQ needs! Please call to schedule an appointment—719-526-9929



**NEW *walk-in* hours:**  
Monday—Friday  
0730-1100 @ Fort  
Carson Dept. of  
Public Health

#### Resources/Recursos for LGBTQ needs:

**Mental Health**— Military One Source 800-342-9647, in CRISIS text 838255, FREE resource 866-615-6464

**Advocacy**— Salud Family Health Centers 303-444-6121

**STI/HIV Testing Centers**— El Paso County, CO Health Department 719-575-8500

**Support Centers**— Colorado Health Network, 719-578-9092

**Fort Carson Public Health**— 719-526-9929, 719-524-4156

**La Gente Program at Servicios de la Raza**— 303-953-5902

**Veteran Affairs (VA) Mental Health Resource**— 800-799-4889

**Youth or Pediatric HIV/STI resources**— visit Children's Hospital Colorado, Parent support program at [www.childrenscolorado.org/aboutHIV-prevention.org](http://www.childrenscolorado.org/aboutHIV-prevention.org) or call 800-624-6553

*Servicios de PREP y ITS para el VIH en su comunidad*



Fort Carson, CO

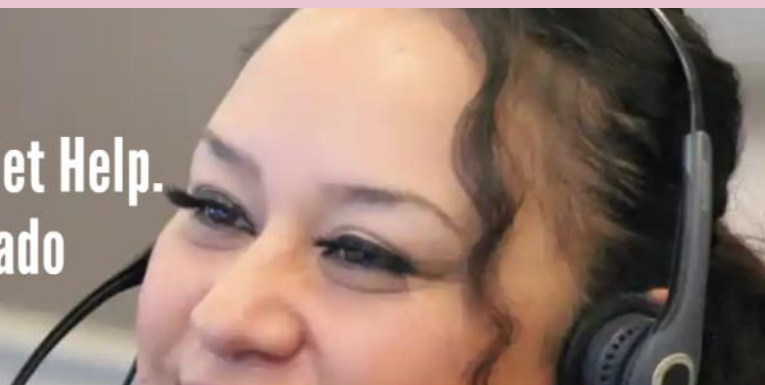


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**2-1-1 Colorado**  
**Get Connected. Get Help.**  
**Serving all Colorado**  
**communities.**



**CONNECT TO HELP WITH**

**MENTAL HEALTH,  
EMPLOYMENT,  
COUNSELING,  
RENT ASSISTANCE,  
TRANSPORTATION,  
ADDICTION,  
CHILD CARE,  
PARENTING...**

**THOUSANDS OF RESOURCES.**  
**ONE CALL.**

**2-1-1**

**Get Connected. Get Help.™**



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# Be Herd Wellness Group

Open to the public at NO-COST for people to find connection and community among StableStrides' herd of therapy horses.



Colorado  
Springs





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## Suicide Loss Grief Group

### *"Understanding your Suicide Grief"*

Tuesdays 6pm-730pm  
(starting August 29th, 2023)

This is a 12 week, closed group, for ages 18+. Pre-registration is required. Please call (719) 573-7447 or email [cass@pikespeaksuicideprevention.org](mailto:cass@pikespeaksuicideprevention.org).





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The Steven A. Cohen  
Military Family Clinic  
at Red Rock



# RESOURCES AND REFRESHMENTS

**3RD TUESDAY OF THE MONTH**

**5:00 PM – 6:00 PM**

**Military connected and free to attend!**

Join us on the 3rd Tuesday of the month in our community room for socializing and snacks while connecting with others and learning about resources available in the community for veterans and individuals transitioning out of service.



THE STEVEN A MILITARY FAMILY CLINIC AT RED ROCK  
1915 AEROTECH DR STE 114 COLORADO SPRINGS, CO 80916



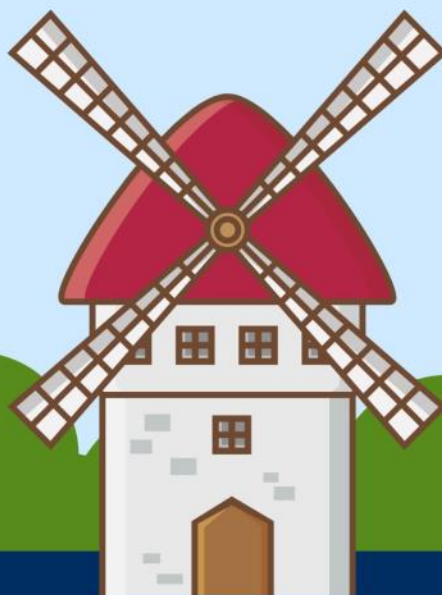
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The Steven A. Cohen  
Military Family Clinic  
at Red Rock



MILITARY CONNECTED PLAY FREE

# MINI GOLF TUESDAYS

1ST TUESDAY OF EACH MONTH

**Location:** Lost Island Mini Golf 1825  
Dominion Way, Colorado Springs, CO 80918

**Time:** 5:00pm-6:30pm

Questions/RSVP: [Abanovz@red-rock.com](mailto:Abanovz@red-rock.com)

*Registration is highly encouraged*

<http://bit.ly/CohenClinicCOGolf>





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NEWSLETTER**

4th Tuesday of the Month

🕒 9am - 11am

# Equestrian Tuesdays



**Military connected and free to attend!**

Join us on the 4th Tuesday of the month at the USAFA Equestrian Center to enjoy a beautiful mountain setting and spend quality time with horses while connecting with other veterans and individuals transitioning out of service.

**Location:**

USAF Academy Equestrian Center 7067  
Cottonwood Drive USAFA, Colorado 80840

Reach out to Alex with questions

[Abanovz@red-rock.com](mailto:Abanovz@red-rock.com)

*Registration is highly recommended*



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**Help your kid  
be exactly  
who they are.**

No-cost, judgment-free  
workshops for parents,  
guardians, teachers,  
social workers, and others!

To learn more, visit  
[envision-you.org/q-is-for-questioning](http://envision-you.org/q-is-for-questioning)

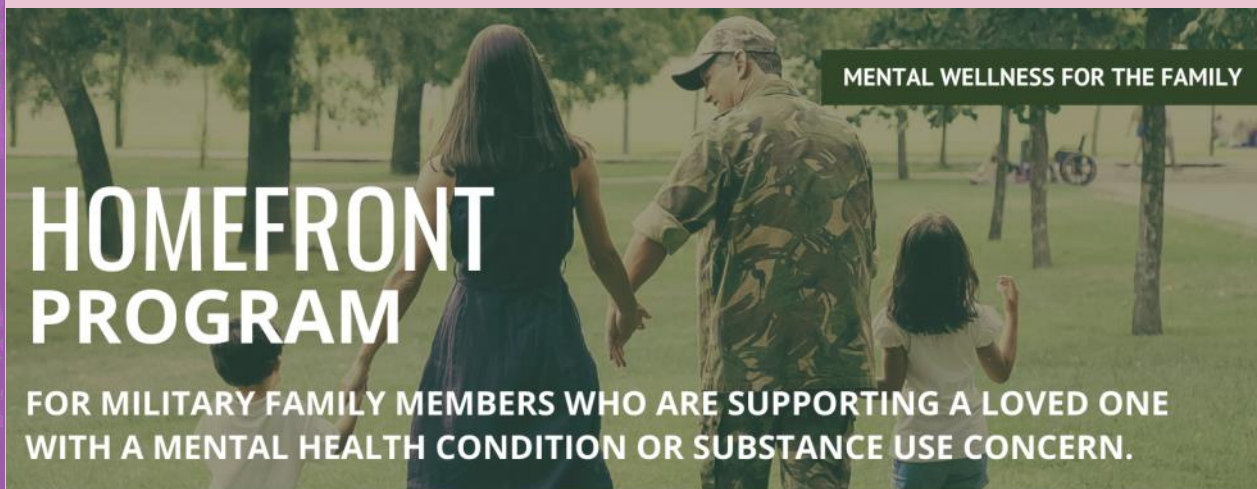




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FOR MILITARY FAMILY MEMBERS WHO ARE SUPPORTING A LOVED ONE WITH A MENTAL HEALTH CONDITION OR SUBSTANCE USE CONCERN.

Tuesdays starting January 30, 6-8:30 p.m.  
HYBRID class in Southeast Colorado Springs\*

\*Exact location/Zoom link provided upon registration

**NAMI Homefront** is a **free**, 6-session educational program taught by family members who support loved ones with mental health conditions within a military family.

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



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](http://namicoloradosprings.org) • 719-473-8477 • [AngelaSweeten@namicos.org](mailto: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](mailto:AngelaSweeten@namicos.org).



# Fort Carson and the Surrounding Community



## Summer Camp 2024

"HERE AT KIDS CLUB 360, WE BUILD MEANINGFUL RELATIONSHIPS WITH OUR KIDS AND FAMILIES, BECAUSE, AT THE END OF THE DAY, IT COMES DOWN TO FOCUSING ON WHAT'S MOST IMPORTANT - YOU AND YOUR KIDS!"

**AGES**  
5-12

**Price: \$259**  
(That's \$4.50/hr)

**FULL DAY CAMP**  
6:30AM-6:00PM

MON-FRI \$259/CHILD/ WEEK

**D8 SUMMER SCHOOL**  
12:30-6:00PM

MON-TH \$149/CHILD/ WEEK

**D8 SUMMER SCHOOL PLUS**  
M-TH 12:30-6:00PM + FULL DAY CAMP ON FRIDAYS  
\$189/CHILD/ WEEK

**10% MILITARY**  
**10% 2ND CHILD**  
**20% 3RD CHILD PLUS**

**REGISTER NOW**

[www.kidsclub360.com/enroll-now](http://www.kidsclub360.com/enroll-now)

## Weekly Themes

**UNITY GAMES- EMBRACING THE WORLD**  
JUNE 3RD-JUNE 7TH

Members will have the opportunities to learn new skills, develop teamwork, and create friendly competition through sports and games.

**MISSION TO MARS**  
JUNE 10TH-JUNE 14TH

Embark on this out of the world adventure with our Mission to Mars week. Members will learn about the red planet through engaging activities such as design your own space suit and rocket launchers.

**SUMMER SAFARI ADVENTURE**  
JUNE 17TH-JUNE 21ST

Explore the wonders of the animal kingdom through discovering animal habitats, wildlife, and the native animal species of Colorado.

**CURRENTS OF COURAGE**  
JUNE 24TH-JUNE 28TH

Face your fears learning about what lies underneath the waters surface. Study marine life, ocean conservation, and water sports.

**MASTER CHEF**  
JULY 1ST-JULY 3RD

Become a Chef for a week. Members will unleash their culinary creativity with activities such as taste testing, solar ovens, and essential cooking skills.

**EUREKA! INVENTORS LAB**  
JULY 8TH-JULY 12TH

Dream, Design, and Create- Members will become inventors for the week, creating mini inventions while exploring the world of STEM.

**WESTERN HERITAGE**  
JULY 15TH-19TH

Experience the Western Frontier through activities such as square dancing, survival skills, and learn the cowboy way.

**WALK OF FAME**  
JULY 22ND-JULY 26TH

Lights, Camera, Action! Get ready for a week filled with performing arts such as musical theater, dance classes, and a family night talent show.



**FOLLOW US**

[WWW.FACEBOOK.COM/KIDSClub360](http://WWW.FACEBOOK.COM/KIDSClub360)

**CAMP HOURS:**

M-F 6:30 A.M. - 6:00 P.M.

**DAILY SCHEDULE:**

DROP OFF/ OPEN REC TIME 6:30 - 8:00 A.M.

CAMP KICKOFF/ AM SNACK 8:00 - 9:00 A.M.

CORE ACTIVITIES 9:00 A.M. - 12:00 P.M.

LUNCH 12:00 - 1:00 P.M.

CORE ACTIVITIES 1:00 - 3:30 P.M.

PM SNACK 3:30 - 4:00 P.M.

CORE ACTIVITIES 4:00 - 5:00 P.M.

PICK UP/ OPEN REC TIME 5:00 - 6:00 P.M.

**CONTACT US**

**CENTRAL OFFICE**

719-570-7077

Email: [registration@bgcpr.org](mailto:registration@bgcpr.org)

[www.kidsclub360.com/enroll-now](http://www.kidsclub360.com/enroll-now)

Keep up to date with local events and deals with the



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## Healthy Transitions Group

A group for Active Duty Service Members who may be in the transition process, questioning their gender identity, or seeking support and resources.

**WHO:** This group is appropriate for ADSM's in all phases of social or medical transition. This is an open group with ongoing admission.

**WHERE:** Mountain Post Behavioral Health Clinic, BLDG 1830, 6541 Specker Ave, Fort Carson, CO 80913

**WHEN:** 1<sup>st</sup> and 3rd Thursdays of every month, 1500-1630

**Clinic Phone Number:** 719-526-7155

For more information please contact Dr. Healey at (719)-524-5664 / [Kellylynne.e.healey.civ@health.mil](mailto:Kellylynne.e.healey.civ@health.mil) or Dr. Bergeron at (719)-524-3508 / [Derek.p.bergeron4.civ@health.mil](mailto:Derek.p.bergeron4.civ@health.mil)

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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



**CPCD**

giving children a head start

**SUCCESS STARTS EARLY**  
**EL ÉXITO COMIENZA TEMPRANO**



**FREE  
TUITION  
PRESCHOOL**  
**PREESCOLAR GRATUITO**



**FOR AGES  
BIRTH TO 5**

**PARA EDADES  
DE NACIMIENTO  
A 5 AÑOS**



**CPCDHEADSTART.ORG**  
**719.635.1536**



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## SURVIVING THE STORM

### SUICIDE LOSS GRIEF SUPPORT GROUPS

#### GROUP BY AGE

.....➔ **ADULT GRIEF GROUP**

Tuesdays 6-7:30pm

\*This is a **closed** group that  
requires PRE-registration

.....➔ **TEEN GRIEF GROUP**

Wednesdays 6-7:30pm

.....➔ **KIDS GRIEF GROUP**

Fridays 6-7pm

.....➔ **HEARTBEAT SUICIDE LOSS SURVIVOR GROUP**

Fridays 6-7pm

\*This is an adult suicide loss grief group

All groups  
are  
**FREE**

Snacks  
and drinks  
provided

Registration  
required



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

[info@pikespeaksuicideprevention.org](mailto:info@pikespeaksuicideprevention.org)



#### CONTACT US

719-573-7447

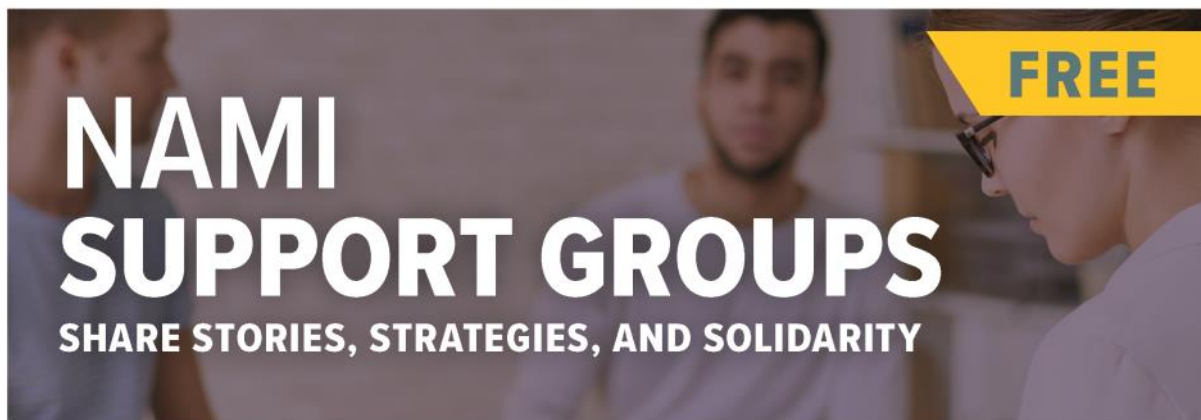
704 N Tejon St

Colorado Springs, CO, 80903

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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](mailto: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](http://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](mailto:office@namicos.org) | [namicoloradosprings.org](http://namicoloradosprings.org)**



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