



FORT CARSON • ARMY COMMUNITY SERVICE • PROGRAMS

Regardless of what stage of life you and your family are in, Army Community Service has services and programs to make your Army life more successful. If you are new to the Fort Carson, Colorado area, make sure to stop in and pick up a welcome packet, get maps and directions to the local area and meet our professional staff. ACS offers monthly classes on parenting, finances, relationships, volunteerism, exceptional Family members, and much, much more.

ARMY VOLUNTEER CORPS (AVC)

- Assistance finding volunteer opportunities on & off Fort Carson
- Volunteer Recognition
- Special Volunteer events including: Make A Difference Day & National Volunteer Week

COMMUNITY INFORMATION & REFERRAL PROGRAM (I & R)

- Information & Referral & Follow Up - Local, State, National, Worldwide

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

- Community Information, Support & Resources for EFM Families
- EFMP Special Events & Activities
- Individualized Education Program (IEP) Support
- Relocation Assistance for EFM Families - Incoming & Outgoing
- Special Needs Accommodation Process (SNAP)
- Special Needs Stabilization & Compassionate Reassignment
- System Navigation Services appointments

EMPLOYMENT READINESS PROGRAM (ERP)

- Assistance with Resumes, Building a Portfolio & Interviews
- Career Fairs for Spouses & Transitioning Soldiers
- Computer Lab with Printers at the ACS Center
- Education Scholarships Information
- Individualized Counseling to Explore Career Paths
- Self Development Workshop

FAMILY ENRICHMENT PROGRAM (FEP)

- Army Family Action Plan (AFAP) Conference & Program
- Army Family Team Building (AFTB) Self Improvement Courses
- ACS Volunteer Instructor Training
- Educating Surrounding Community about Fort Carson & Military Life
- Supporting Company Commander & 1st Sergeant Spouses

FINANCIAL READINESS PROGRAM (FRP)

- Army Emergency Relief (AER)
- Banking Management & Finance Classes
- Budget, Credit, Debt & Investment Counseling
- Assistance for Soldiers through Community Partners
- Consumer Protection & Mediation
- Command Financial NCO (CFNCO) Program
- Food Assistance Program Screening
- Free Access to CARFAX Reports
- Free Access to Consumer Reports
- LEAP (Low-Income Energy Assistance Program)
- New Blended Retirement System Support

MAYORAL PROGRAM

Mayors serve as advocates for the communities they represent to the Fort Carson Community Partners

- Fort Carson Residents Village Mayors Election
- Yard Sales

MOBILIZATION & DEPLOYMENT READINESS PROGRAM (MOB DEP)

- CARE Team Training
- Emergency Family Assistance Center (EFAC)
- Family Readiness Group (FRG) Support & Training for Members & Liaisons
- OPSEC Training for Military Families
- Pre & Post Deployment Training / Rear Detachment Training
- Reintegration / Reunion Training for Soldiers & Families
- Unit Service Coordinator (USC) Program

RELOCATION READINESS PROGRAM (RELO)

- Foreign Language Learning Tools
- Citizenship & Immigration Services
- Community Connection "Welcome Center for Families & Soldiers"
- Computer Lab (CAC Accessible) with Printers, Fax Services, Scanning & Copier at Community Connection - free of charge
- Cultural Meet-Ups
- Installation Packets
- Loan Closet at Community Connection
- Nursing Suite at ACS Center
- Sponsorship Training
- Toy & Book Program
- Trip Planning
- Waiting Families Program for Spouses & Families separated from their Soldiers

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

- Transition assistance to Soldiers (& their Families) as assigned to the Warrior Transition Battalion (WTB) & Integrated Disability Evaluation System (IDES)

SOLDIER & FAMILY READINESS PROGRAM (SFRP)

- Adoption Fairs for Military Families
- CPR & AED Classes
- Home Visits with New Parent Support Program
- Supporting Leadership Response to Domestic Violence
- Military & Family Life Counselors (MFLC) Program
- Nurturing Parenting Programs for Infants to Teenagers
- Parent Resources & Classes for all Parents, including: Divorced, Single Parents, Step-Parents & New Parents
- Play Groups for infants to 5 years of age
- Prevention & Relationship Enhancement Program (PREP)
- Relationship Classes
- Resilience Classes for Self Improvement
- Support Groups for Domestic Violence
- Victim Advocacy Program & Training

SURVIVOR OUTREACH SERVICES (SOS)

Located at the Fallen Heroes Family Center

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

WARRIOR FAMILY COMMUNITY PARTNERSHIP (WFCP)

Facilitating Community Partner Resources for Soldiers & Families

- Community Partnership Council
- Slick Deals for Soldiers & families
- Weekly Community Newsletter: "Pass-It-On"



EDUCATION • OPPORTUNITY • DISCOVERY

ARMY COMMUNITY SERVICE • COURSE CATALOG

ALL PROGRAMS OFFERED AT NO COST!

ACS is located across five different buildings on Fort Carson. Each location houses different programs that offer resources for Soldiers & their Families.



ACS CENTER

INSIDE ACS CENTER

- Army Volunteer Corps (AVC)
- Community Information & Referral (I&R)
- Exceptional Family Member Program (EFMP)
- Employment Readiness Program
- Family Enrichment Program
- Financial Readiness Program
- Mayoral Program
- Mobilization & Deployment Readiness Program
- Relocation Readiness Program: Leaving Fort Carson
- Soldier & Family Readiness Program (SFRP)
- See inside for offerings!

6303 Wetzel Ave. Building 1526

(719) 526-4590

Mon-Fri: 8 a.m.-5 p.m.
Wed: 9 a.m.-5 p.m.
Federal Holidays: Closed



SOLDIER & FAMILY ASSISTANCE CENTER

INSIDE THE SFAC

- Services for Soldiers & their Families assigned to WTB or IDES, including:
 - Benefits Counseling
 - Education / Employment Assistance
 - Financial Counseling
 - Information & Referral
 - Military Personnel Services (HR)
 - Nutrition Center
 - VA Healthcare
- Partner Agencies located inside:
 - Army Wounded Warrior (AW2)
 - Colorado Department of Labor & Employment
 - Education to Employment (E21)
 - Operation Warfighter
 - Veteran Administration Health Liaisons

1481 Titus Blvd. Building 7492

(719) 526-5807 / 524-7301

Mon, Thur, Fri: 8 a.m.-4:30 p.m.
Tue, Wed: 9 a.m.-4:30 p.m.
Federal Holidays: Closed



FALLEN HEROES FAMILY CENTER

INSIDE THE FHFC

- Services for Families of the Fallen, including:
 - Benefits Counseling
 - Bereavement Referral & Support
 - Education / Employment Assistance
 - Financial Counseling
 - Information & Referral
 - Post Access Support
 - Peer-to-Peer Support
 - Survivor Support Groups

6990 Mekong St. Building 6215

(719) 526-2069

Mon, Tue: 8 a.m.-5 p.m.
Wed: 9 a.m.-5 p.m.
Thur: 8 a.m.-1 p.m.
Fri: 8 a.m.-4 p.m.
Federal Holidays: Closed



FAMILY NURTURING CENTER

INSIDE THE NURTURING CENTER

- Parenting classes & meet-ups, including:
 - Baby Nurturing
 - Infant Massage
 - Nurturing Classes
 - Play Group
 - Rockin' Grannies
 - Toddler Time

6070 Berkeley Ave. Building 1354

(719) 526-0461

Open during class times only



COMMUNITY CONNECTION

INSIDE COMMUNITY CONNECTION

- Donations Management
- Fort Carson & surrounding community information
- Immigration services
- Loan Closet: check out household necessities
- Relocation Readiness Program: Arriving at Fort Carson

6391 Wetzel Ave. Building 1524

(719) 526-8747 / 1070

Mon-Fri: 8 a.m.-4 p.m.
Wed: 9 a.m.-4 p.m.
Federal Holidays: Closed



ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit www.carson.army.mil or call (719) 526-0096.



WWW.CARSON.ARMY.MIL/ACS • (719) 526-4590



COURSES, EVENTS & SERVICES

ACS programs offer a wide variety of classes, events and services. Each program is represented online. Find class times and further details of ACS classes and events at www.carson.army.mil/acs. To speak with a program specialist call (719) 526-4590.

ARMY FAMILY TEAM BUILDING

AFTB: MILITARY KNOWLEDGE (LEVEL K)

Level K provides the basic information and skills needed by all military Family members. These include military terms, acronyms, customs and expectations, impact of the mission on family life, and much more.

AFTB: LEADERSHIP DEVELOPMENT (LEVEL L)

Level L will enhance an individual's professional growth and leadership skills. This training is for those who are or wish to be leaders, whether it is in the unit, the FRG, or the community.

BRIEFER, FACILITATOR & INSTRUCTOR TRAINING COURSES

This 3-class series improves public speaking, briefing, facilitating, and instruction skills. ACS volunteer instructors are chosen from the Instructor Training Course.

AFTB: PERSONAL GROWTH (LEVEL G)

Level G focuses on personal growth through communication, exploring personality traits, creative problem solving and many aspects of self improvement.

CO. COMMANDER & 1SG SPOUSE COURSE

You'll learn about the structure of the Army and Fort Carson, the deployment cycle, customs and courtesies, coping through crisis, character strengths and resilience, recruiting and recognizing volunteers, and more.

ARMY 101

A 5-hour class designed to help civilian organizations understand more about how the Army works at Fort Carson and is an opportunity to learn the basics of working with Soldiers and Families. Offered 4 times a year.



ARMY VOLUNTEER CORPS (AVC)

VOLUNTEER, VMIS & OPOC TRAINING

Provides information on registration of new volunteers, duties of the OPOC (Organizational Point of Contact) and how to use the VMIS (Volunteer Management Information System) to enter hours and earned awards.

Last Wednesday of the month • 1-2 p.m.

YARD SALE

Twice a month the Mayoral Program supports yard sales on Fort Carson for DoD ID holders (nonresidents and barracks residents set up at bldg. 4355 on Funk Ave). If bad weather, yard sales will be rescheduled to the Saturday following a regularly scheduled date.

April-Dec.: 1st & 3rd Saturdays • 8 a.m.-3 p.m.

MAYORS' MEETING

Mayors meeting with the Garrison Commander, GCSM and the Community Partners to discuss any issues and concerns regarding quality of life within the Carson Family Housing.

VOLUNTEER OF THE QUARTER

4 times a year AVC organizes award ceremonies recognizing Fort Carson Volunteers.

ANNUAL AVC EVENTS

AVC leads many annual events that honor volunteers and support the community. These include: Annual Volunteer Recognition Ceremony, Mayoral Elections and Inauguration, National Volunteer Week, National Night Out, Volunteer Holiday Social, and Make A Difference Day.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP BOWLING NIGHT

What could be more fun than a bowling experience for you and your special needs child? Join the fun and network with other EFMP Families! No cost for EFMP Families; includes 2 games and shoe rental. Registration required.

IEP BASICS CLASS

If you have a child with an Individualized Education Program (IEP) and feel like a lost fish swimming in an ocean of special education jargon, this class is for you! Reduce your confusion and the feeling of being overwhelmed.

EFMP SENSORY MOVIE NIGHT

At the EFMP Sensory Movie Night the lights are left on, the sound is turned down and audience members are invited to get up and move about as needed. All EFMs are welcome.

MEDICAID WAIVER INFORMATION WORKSHOP

For help in knowing how to see if your child might qualify for Medicaid or any of the waivers, start with this informational workshop led by an expert in the field.

EFMP PARENTS' NIGHT OUT

EFMP has partnered with Tumbleweeds at the Mountain Post to offer complimentary guided craft nights. This event is for adults only. Registration required.

SYSTEM NAVIGATION SERVICES

Systems Navigation (SN) is a service specific to ACS EFMP that connects Exceptional Family Members (EFMs) Families and individuals to the systems of care they need, both on and off the installation.

walk-in or by appointment, call (719) 526-4590

DEVELOPMENTAL SCREENINGS

The Resource Exchange is the local agency responsible for evaluation and eligibility determination for early intervention services for El Paso County. They work with EFMP to provide free developmental screening for children of Army Families ages newborn to 3 years old.

MUSIC THERAPY WORKSHOP

Join us for an informational and interactive workshop about music therapy and its benefits. Space is limited; registration is required.

EMPLOYMENT READINESS PROGRAM (ERP)

JOB SEARCH ORIENTATION

Receive answers to the most common questions about your job search at and around Fort Carson. Once a month a CPAC briefier will address the Military Spouse Preference Program.

*Wednesdays • 9:30-11:30 a.m.
with CPAC Brief on 4th Weds. of the month*

Have your resume critiqued by an expert. Includes follow up appointment as well. Completion of Resume Writing Workshop required.

by appointment only, call (719) 526-0452

FAMILY ADVOCACY PROGRAM

5 LOVE LANGUAGES

This class will discuss your "Love Language" and how to use it to strengthen your communication style. The workshop is based on the best-selling book "The 5 Love Languages".

DISCOVER A BETTER YOU

Based on the 'Got Your Back' Series, this class helps Single Soliders improve on their self actualization and relationship skills.

last Thurs. of the month • 1:30-2:30 p.m.

HEARTSAVER CPR TRAINING

Learn the basic techniques of adult & child CPR and use of an AED (Automated External Defibrillator). For anyone who does not work in a healthcare environment. Classes fill quickly.

PARENTING TEENAGERS

This 5-week class lays out a clear path to a more productive future and create a better relationship along the way. Single parents and couples are welcome to participate.

PARENTING WORKSHOP

Learn to relate with your children by taking hold of your own emotional responses in this 6-week class. Helps parents to focus on their own behaviors more than their kids.

FINANCIAL READINESS PROGRAM (FRP)

ARMY EMERGENCY RELIEF (AER)

AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members, Retirees, Retiree Family Members, and Family of the Fallen needing financial assistance in an unforeseen emergency situation. AER is dedicated to "Helping the Army Take Care Its Own."

Contact your unit's Command Financial NCO or ACS for an appointment, call (719) 526-4590

1ST TERMERS TRAINING

Learn how to save and invest your money, establish savings goals, debt elimination strategies, and create a savings for emergency situations.

Mondays • 9-11:30 a.m.

BROWN BAG LUNCH SERIES

Take your lunch break with FRP and learn how to better manage your money. Topics include:

- Thrift Savings Plan - 1st Thurs.
- Managing Your Debt - 2nd Thurs.
- New Blended Retirement System - 3rd Thurs.
- Used Car Buying - 4th Thurs.

Thursdays • Noon-1 p.m.

IRON HORSE BUDGET

Learn how to create your budget. Designed to ensure that each Soldier has a plan to better manage their money and create a sound financial plan.

Tuesdays • 9-11:30 a.m.

TRANSITIONING SOLDIER ASSISTANCE

Attend and receive valuable information about starting your job search as you transition from the Army. Resume writing tips, as well as handouts will be provided.

4th Thursday • 9:30 a.m.-12:30 p.m.

Receive important resume writing tips for today's job market, interview techniques, how to dress for success, and handouts to assist in creating a finished resume.

*1st & 3rd Tuesdays • 9:30 a.m.-12:30 p.m.
1st & 3rd Thursdays • 9:30 a.m.-12:30 p.m.*

COOPERATIVE PARENTING & DIVORCE

Understand your new roles in this important relationship and how to best support your kids during this transition. Meets the State of Colorado requirement for divorcing couples.

2nd Tues. of the month • 9 a.m.-12:30 p.m.

RESILIENCE CLASSES

Learn self-awareness, self-regulation, optimism, mental agility, strength of character, and connection. Each class covers a different subject matter. Attendance of all classes encouraged.

3rd Thurs. of the month • 9 a.m.-Noon

MARRIAGE WORKSHOP

In this 2-day class relate with your partner in a calm, cool and connected way. Work on communication, intimacy and much more.

PREP

The "Prevention and Relationship Education Program" will help you achieve your goals as a couple by building on your current strengths and learning new skills. All couples welcome.

SMART STEPS

This is a research-based marriage and family life education program that recognizes the complexities and the interdependent nature of relationships with step-families.

MOBILIZATION & DEPLOYMENT

CARE TEAM TRAINING

The Casualty Response (CARE) Team fills the gap between the notification team and personal support arriving. Training prepares volunteers to help during a time of tragedy or loss.

FRG TRAINING: FUND CUSTODIAN

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing FRG Informal Fund accounts and fundraising.

FAMILY READINESS LIAISON ACADEMY

This course trains Soldiers selected to be unit Family Readiness Liaisons (FRLs) on how best to assist unit commanders and FRG leadership.

FAMILY OPSEC

Protect your Soldier by protecting the information that you know. This is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security guidelines.

NEW PARENT SUPPORT PROGRAM

BASIC TRAINING FOR NEW MOMS

An education and discussion group for moms to share motherhood fears and challenges, practical activities, supporting dad and becoming a great mom. Offered for moms only.

3rd Thurs. of the month • 9-11 a.m.

HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age. Services are provided free of charge by NPSF staff. Appointments are available Monday through Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis. Call (719) 526-4601 for more information.

NURTURING

These 20 12-week classes teach parents how to be nurturing to their children as well as to themselves. Touches on communication, building your child's self-esteem, behavior management techniques and much more. There are 2 sessions: Infant to 5 years of age and 5 to 12 years of age.

Registration deadline: April 5



RELOCATION READINESS PROGRAM (RELO)

HOMEBUYER'S WORKSHOP

Topics include: choosing a real estate agent, selecting the right house, obtaining the right mortgage, VA Loans, understanding the closing process and much more.

4th Weds. of the month • 1 p.m.-4 p.m.

T3 SPONSORSHIP TRAINING

T3 is a master trainer course for unit sponsors. Soldiers will learn how to train Sponsors for the Fort Carson Sponsorship Program. Soldiers must attend both days of training and have orders to do so.

EVERYDAY ENGLISH

Ten week program for foreign born individuals. Participants develop basic English skills in grammar, conversation, language and composition. Preregistration required with assessment test.

FRG TRAINING: FOUNDATIONS

This class will serve as an introduction to the Family Readiness Group (FRG). Students will review the FRG mission and determine how leaders can advocate mission readiness.

FRG TRAINING: KEY CONTACT

Family Readiness Group (FRG) Key Contact training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.

REAR DETACHMENT LEADERS COURSE

Gain a better understanding of the Rear Detachment Leaders role & the many resources available for crisis intervention.

BOOT CAMP FOR NEW DADS

An interactive and engaging class that focuses on what it means to become a father, how to care for baby, and how to care for mom. Offered for dads only.

1st Tues. of the month • 9 a.m.-Noon

INFANT MASSAGE & BABY NURTURING

Increase the bond between you and your baby through various infant massage techniques. This class includes strokes to alleviate colic, creating strong bonds and increasing communication between parent and baby.

Tuesdays • 10-11:30 a.m.

PLAY GROUP

Fun filled, interactive meet-up for parents and children. Your child will improve their social, cognitive and motor skills. For infants to 5 years of age. School age kids welcome in the summer.

Fridays • 10-11 a.m.

TODDLER TIME

Focuses on gross motor enhancement through song and dance; sensory enrichment through arts and crafts; as well as nurturing the child and the parent. For ages 18 months old and up.

Thursdays • 9:30-11 a.m.

IMMIGRATION & NATURALIZATION CLASSES

Interactive class walking participants through all paperwork required for either Green Card application or Naturalization. The process (forms and fees) are explained in depth. Our 101 class will answer all your questions if you don't know where to start, schedule an appointment for 101 today.

*Immigration 101: Tues. • 2 p.m.-4 p.m.
Green Card: 2nd & 4th Thurs. • 8 am.m-Noon
Citizenship: 2nd & 4th Thurs. • 1-4 p.m.*

ST IMMIGRATION TRAINING

This required training ensures BN and BDE ST's are able to properly assist their Soldiers with the Immigration and Naturalization process. Training is open to all Soldiers, DA Civilians, and Contractors. Participants will work through scenario based exercises.

DESTINATION OVERSEAS

Learn about planning and executing a successful OCONUS PCS. Soldiers within 30 days prior to clearing can pre-clear ACS, Army Emergency Relief (AER), Loan Closet and the Exceptional Family Member Program (EFMP) by attending this class.

2nd Wednesdays • 1-2:30 p.m.

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

FAMILY SOCIAL

Soldiers and their Families assigned to the WTB or in the IDES can learn more about the process and resources available. Dinner is provided. All Family members welcome.

NUTRITION CENTER

Getting the right nutrition is an important part of your treatment. The SFAC Nutrition Center is open daily with snacks and beverages for WTB/IDES Soldiers and their Families.

UNDERSTANDING YOUR EDUCATION BENEFIT

Participants will get a clear understanding of the education benefits including: Montgomery GI Bill, Post 9/11, Transfer of Benefits, Yellow Ribbon Programs, Vocational Rehabilitation, and Veteran Upward Bound.

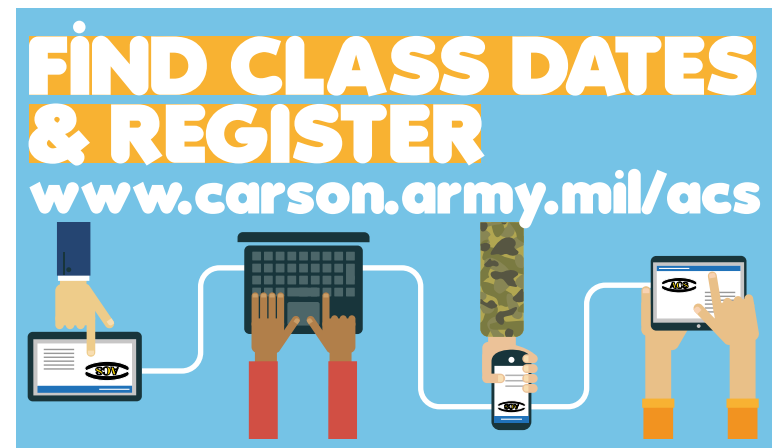
Wednesdays • 1 p.m.

VICTIM ADVOCACY PROGRAM

DOMESTIC VIOLENCE SUPPORT GROUPS

An inviting and safe place where individuals can meet with others who have a history with domestic violence. All ideas and experiences can be expressed in a judgment free environment.

*Women's Group - Tuesdays • 1-2 p.m.
Men's Group - Wednesdays • 2:30-3:30 p.m.*



Find up to date class listings & program details on our website.