



The “Pass It On” is available online at: <http://carson.armymwr.com/us/carson/programs/community-ne>

13 JUL 2017

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

Army Community Service:
719-526-4590

On Facebook: Fort Carson Army
Community Service

On Twitter: FortCarsonACS

On the web:

www.carson.army.mil/acs

IMPORTANT HIGHLIGHT:

[CHILD SUPERVISION POLICY](#)

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ADVISORIES AND NOTICES

FORT CARSON CHILD SUPERVISION POLICY (FLYER)

Youth Supervision Matrix

| Age of Child | Left unsupervised for less than 4 hours | Left unsupervised for up to 8 hours | Left unsupervised for more than 12 hours | Left Alone Overnight | Outside Unattended/ Curfew | Child Sit Siblings | Child Sit Others |
|-----------------------|---|--|--|---|--|--|---|
| Newborn through age 5 | NO | NO | NO | NO | NO | NO | NO |
| Age 6 through Age 8 | NO | NO | NO | NO | NO; may walk to/from school and a youth services program | NO | NO |
| Age 9 through Age 12 | YES; if determined to be mature by parent | NO | NO | NO | YES; with immediate access to adult supervision; must be inside their home or yard between 2100 and 0600 | NO | NO |
| Age 13 through Age 14 | YES | YES; during the hours of 0600 to 2400 with ready access to adult supervision | YES; Only with arrangements for adult friend/relative to check on behavior IN PERSON within an 8-hour period | NO | YES; must be inside their home or yard between 2100 and 0600 | YES; not more than 8 hours per day | YES; having completed Red Cross course as approved by Child Dev. Services |
| Age 15 through Age 17 | YES | YES | YES; Only with arrangements for adult friend/relative to check on behavior IN PERSON within the 12-hour period | YES; Only with arrangements for adult to check IN PERSON every 12-hour period | YES; must be inside their home or yard between 2200 and 0530 (Sunday – Thursday) or between 2400 and 0530 (Friday, Saturday, Holidays) | YES; 15 year olds no more than 8 hours per day; 16+ may baby sit for more than 8 hours | YES; having completed Red Cross course as approved by Child Dev. Services |

MCKIBBEN PFC UPGRADES BEGIN JULY 24

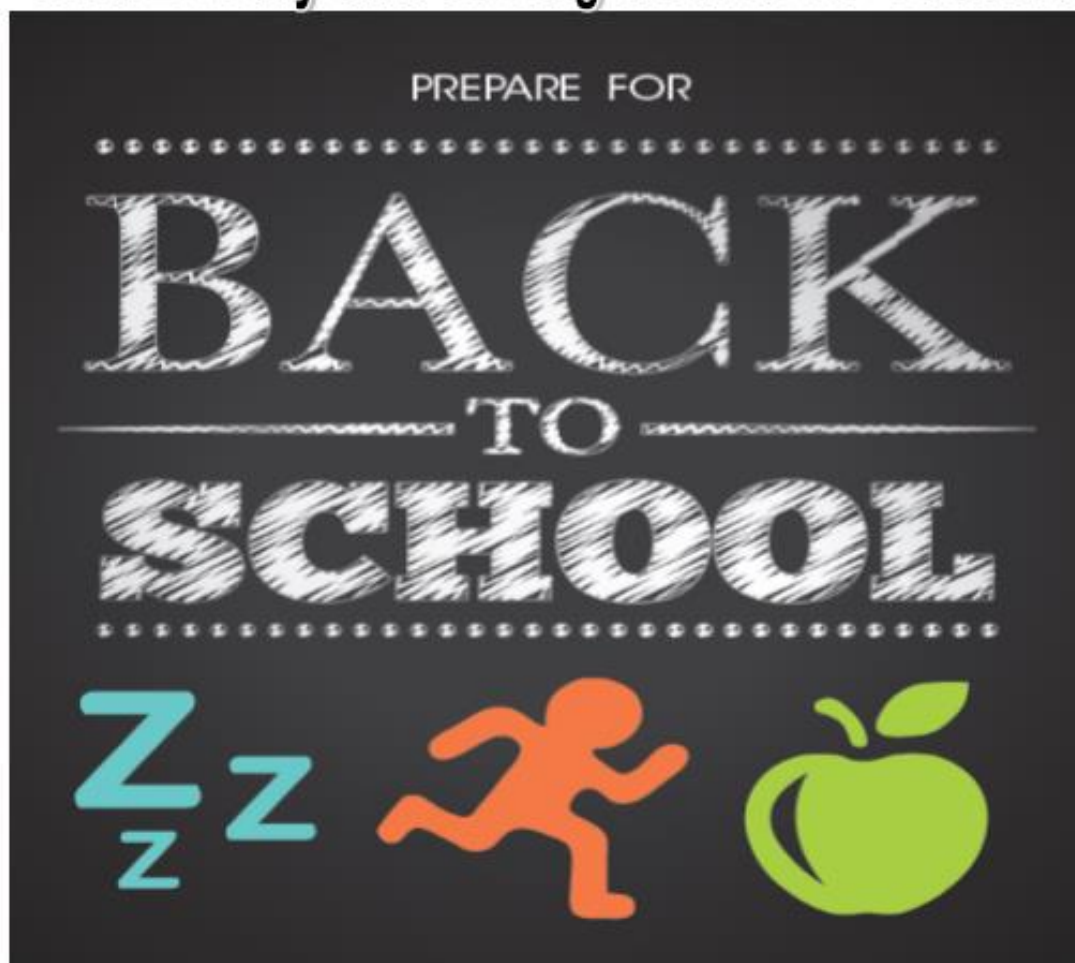
The Fort Carson McKibben Physical Fitness Center (PFC) is upgrading its flooring July 24 to Sept. 17; the work will take approximately eight weeks to complete. During this time the facility will remain open with main weight room and visitor restrooms available for the duration of the project. The Directorate of Family and Morale, Welfare and Recreation staff have made accommodations to relocate fitness classes typically held at McKibben to Waller PFC and Garcia PFC. See schedules at <https://carson.armymwr.com/us/carson>. For more information or questions, call the McKibben (PFC) at 526-2597 or visit <https://carson.armymwr.com>.

ANNUAL SPORTS AND SCHOOL PHYSICALS (FLYER)

Annual Sports-School Physical Event

Held in Warrior Family Medicine Clinic

SAT: 22 July and 05 Aug from 0730 -1600hrs



Call the Access to Care Line (719) 524-2273 (CARE) or (719) 526-2273

Ages: 4—21, CYS, School and Sports Physicals. Bring filled out forms!

Bring ID cards for sponsor & children age 10 or older, any immunization records and come 20 minutes before appt. **We look forward to caring for your family!**



DOMESTIC VIOLENCE SUPPORT GROUP

**Are you a man or woman who
is a victim or survivor of
domestic violence?**

Let's talk...

- Personal Safety
- Healing from Anger
- Healthy Relationships
- Setting Boundaries
- Coping Skills
- And Other Topics



"You are
stronger
than you
know
braver
than you
believe,
and
smarter
than you
think
you are."

When: Fridays from 7:00 – 8:30pm

Where: 4198 Center Park Drive (on the southwest
corner of Murray Blvd. and Fountain Blvd.)

**If interested, please call *719-464-6676*
for more information.**



"Life has many chapters. One bad
chapter doesn't mean it's the end of the
book." ~ Anonymous

Kingdom Builder's Family Life Center



Project Right Direction

Fall session starts on August 18, 2017 at our new location 2520 Arlington Dr.

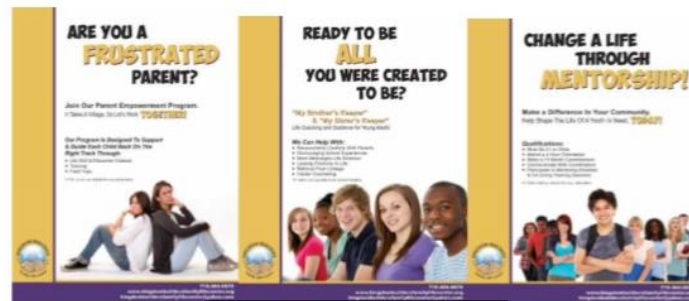
If you are a parent of a child 11-17 and you are looking for a program for your child to attend on a Friday night that is safe, fun and educational, then contact us today. Our program aims to enroll young men and women between the ages 11-17 year old who at risk and need extra support.

If you are 18-24 and need assistance to get back on the right track our Empowerment Program is designed for you. Assistance is offered to help achieve academic and employment success.

We are in the process of implementing a New Diversion program which will support youth who are 16-24 who are in the early stages of involvement in the juvenile justice system or corrections. This program is designed to address delinquent behavior informally in an effort to prevent subsequent offending.

We are currently recruiting for volunteer mentors, life coaches, youth advocates and more to assist us with our programs. We meet on Fridays from 5:30-8:30 pm starting on August 18, 2017 and will end on June 1, 2018 for the summer. We are looking for passionate and dedicated adults to provide mentorship, support and minister to at-risk youth.

Help us make a difference in the lives of our youth. It Takes A Village to Raise a child, so be a part of our Village. For more information, please contact us! 719-464-6676





Volunteer Opportunities

Kingdom Builder Family Life Center is a 501(c)(3) non-profit organization committed to helping those in need in El Paso and Teller counties by providing physical, spiritual, and emotional support through a variety of educational, counseling, and outreach services. Help strengthen our non-profit organization by volunteering!

KBFLC welcomes the assistance of volunteers, and is actively seeking assistance in in several key areas:

- **Data entry/General office help:** Create a participant and volunteer database and keep it up to date, enter survey data and more. Working knowledge of a database program (preferably Microsoft Access) needed. Assistance with document creations, mailings, filing, copying/collating of materials, and the like. Use your online and social media skills to share important messages on behalf of the organization. Some of this work can be done off-site. Time commitment is flexible.
- **Community Outreach/Special assignments:** Lend your particular expertise to a variety of specialized initiatives including adding enhanced features and functionality to the organizations website; assisting with in-depth database design and improvement; Engage in varying outreach activities and community education. Possibilities include: tabling at events, neighborhood awareness campaigns, school based programs, create promotional material, assist with special events including Annual Events and other task needed; helping us research and analyze new programs to provide benefits to our programs; and much more!
- **Communication/Marketing Specialist:** Creation and management of print materials to include newsletters, brochures, annual reports, Media relations with television, radio and print advertising. Communications management as it relates to public relations, events communications and marketing, manages community and corporate relationships.
- **Fundraising/Grant Writing Assistant:** Identifying and developing fundraising opportunities (including requests for donations, special events, etc.), Identifying and researching potential grant opportunities, Writing, editing, and reviewing current or recent grants.
- **Tutor/Mentors:** will be positive role-models in an after-school tutoring/mentoring program for urban youth 11-17. Tutor/Mentors: will take an active role in improving the academic progress of urban students by working directly with youth (in small groups) and assisting staff in the facilitation of standards-based activities focused on reading, writing, math, physical education.
- **Board members:** The Board will support the work of organization and provide mission-based leadership and strategic governance. While day-to-day operations are led by organization's executive director (ED), the Board-ED relationship is a partnership, and the appropriate involvement of the Board is both critical and expected.

Have an interest or expertise that you don't see here? Let us know what YOU can do! Volunteering is a great way to learn more about non-profits while helping a great cause! Volunteers must provide contact information and references.

For more information, contact Lisa Jenkins at the at 719-464-6676 or email lej@kingdombuildersfamilylifecenter.org.



SERVICES, PROGRAMS AND EVENTS

BACK-TO-SCHOOL BRIGADE SCHOOL SUPPLY EVENT (FLYER)

Back-to-School BRIGADE



Join Operation Homefront for a **school supply distribution event!**

August 8, 2017
10 am – 3 pm
Colorado Springs, CO

Register at events.OperationHomefront.org

Questions? Contact: Christine.White@OperationHomefront.org or

Kathleen.Coleman@OperationHomefront.org

CAREER SKILLS PROGRAM UPCOMING EVENTS (FLYERS)

The Fort Carson Career Skills Program (CSP) offers opportunities for eligible transitioning service members to gain the knowledge, skills and abilities needed for successful careers after they transition from active duty. To be eligible for any CSP, transitioning service members must be on active duty and within 180 days of transitioning from service as of the class start date, anticipate fully honorable or under honorable conditions discharge and have approval of the first field grade commander in their chain to participate. Each program also has additional eligibility criteria. Interested transitioning service members are encouraged to attend the appropriate information session as indicated below. They can also visit the Career Skills Program Office (building 6236, rooms 101-104) Monday-Friday, 7 a.m. to 4 p.m.



MSSA

- ❖ MSSA is an intense 18-week accelerated program designed to prepare transitioning Service Members to meet the IT industry's high demand for cloud developers, server & cloud administrators, and database intelligence administrators.
- ❖ Classes are held Mon-Fri, 0730-1630 with built in time for group projects and career transition assistance with MSSA mentors. MSSA graduates earn 18 credit hours, have the opportunity to earn Microsoft IT certifications and will interview for positions with Microsoft or other participating industry partners.



- ❖ 21-week program designed to educate, train, certify and mentor transitioning Service Members, leading them to rewarding mid-range civilian Cybersecurity careers. A balanced training program with 50% theory and 50% skills with significant hands-on lab work.
- ❖ Classes are held Mon-Fri, 0800 – 1600. Graduates will earn industry certifications and interview with multiple partners in the Cybersecurity Industry.



CAREER SKILLS PROGRAM

Basic Eligibility

- ❖ Active Duty and Within 180 days of Transitioning from Service
- ❖ Anticipate Fully Honorable or Under Honorable Conditions Discharge
- ❖ Battalion CDR Approval to Participate
- ❖ Additional Criteria Based on Specific Program
- ❖ Honorably discharged Veterans may apply for Service to Sales, MSSA and SecureSet Cybersecurity on a space-available basis.



For more information about
Fort Carson's
Career Skills Programs:
Visit the
Career Skills Program Office
Building 6236, Room 102
719-526-1195/8549/1197



With
The Army
Career Skills
Program (CSP)





U.S. Department
of Veterans Affairs

WARTAC

- ❖ WARTAC is a program sponsored by the Department of Veterans Affairs (VA), Veterans Benefits Administration (VBA) to train transitioning Service Members to process VA disability compensation claims. This 12-week program provides participants with an opportunity to learn the skillset of a Veteran Service Rep.
- ❖ Training takes place on post and is led by VBA training instructors using live compensation claims. Successful participants will receive interviews with VA Regional Offices at 56 desired locations throughout the U.S.



Service to Sales

- ❖ Sponsored by Phil Long Auto Group and Mt. Carmel Center of Excellence, this is a free 12 week training and internship program in Automotive Sales. This program is open to Veterans and Family Members on a Space Available basis.
- ❖ Successful participants interview for open positions within the Phil Long Auto Group.



UA Veterans in Piping

- ❖ The United Association (UA) of Journeymen and Apprentices of the Plumbing and Pipe Fitting Industry sponsored training program is in the field of pipe welding. This is an 18-week accelerated full-time program.
- ❖ Training takes place at the UA Local 58 and is led by highly skilled instructors. Graduates are placed in a 5-year UA apprenticeship program.



CDL-A Training

- ❖ Teamsters and ABF Freight sponsored intensive commercial truck driving training. This 6-week training, to include on-the-road testing, pre-trip vehicle inspection, basic vehicle control, loading and unloading procedures, manifest and logbook procedures, will prepare you for a career in the trucking industry.
- ❖ Training takes place on post and is taught by ABF Freight instructors. Successful participants will be placed with ABF Freight at locations across the country.



Corporate Fellowship

- ❖ The U.S. Chamber of Commerce Foundation Hiring Our Heroes sponsors this 12-week management-focused program.
- ❖ Participants will be placed with a corporate partner in a management or professional position Mon – Thurs of each week. Fridays are spent in a classroom gaining valuable corporate skills and management certification. Graduates engage in employment interviews



Local Government Fellowship

- ❖ The Veterans Local Government Fellowship Program (VLGMF) is a 16-week program that will provide participants with management training and hands-on experience in the local government environment with the goal of preparing them for smooth transitions into local government careers.
- ❖ VLGMF sponsors will provide participants with professional development, networking, coaching and free professional memberships.



SOLDIERFOR**LIFE**

Transition Assistance Program

Fort Carson, Colorado

"Once a Soldier, Always a Soldier
... Soldier for Life"



COLORADO SPRINGS FIRE DEPARTMENT RECRUITMENT AND JOB FAIR

Monday, July 17, 2017

10 AM to 1 PM

1626 Mekong St.

Bldg. 6237/Fort Carson



Commission on
Fire Accreditation
International



The CSFD is an all-hazards life safety agency that provides firefighting, emergency medical care, technical rescue, hazardous materials mitigation, wildfire suppression and community risk reduction services.

EFMP SCREENINGS

Evans Army Community Hospital is holding weekly Exceptional Family Member Program (EFMP) briefings. EFMP staff will discuss the Family member travel screening process for overseas assignments and assist with any questions regarding the EFMP program. The briefings take place Monday mornings (excluding federal holidays) at 8:30 a.m. in the Woods Soldier Family Care Center, room 1004 (next to Starbucks).

FORT CARSON EDUCATION FAIR (FLYER)



The flyer is a colorful collage. At the top left, a green sticky note with a red pushpin says "Back to School!". Below it, the text "Spouse Deployed?" is in blue, "Kids in School?" is in orange, and "Go Back to College!" is in large yellow letters. A yellow oval says "Refreshments Served". On the right, a blue stamp-like graphic says "Free to All EVERYONE Invited". A green rounded rectangle contains the date and time "July 20, 2017 0900 -1500", followed by "Universities", "USO", "MWR", and a list of activities: "Financial Aid", "Scholarships", "Games", "Prizes", "Displays of all kinds", and "Mascots". The bottom left features a large blue scroll with the text "Did you know? You can come to the Fort Carson Education Fair 'CHRISTMAS IN JULY' Block Party! Corner of Specker and Ellis". The bottom right shows a girl sitting on a stack of books, surrounded by various educational icons like a globe, alphabet letters, a clock, and a bar graph.

Back to School!

Spouse Deployed?
Kids in School?
Go Back to College!

Refreshments Served

**Free to All
EVERYONE
Invited**

July 20, 2017
0900 -1500

Universities
USO
MWR
Financial Aid
Scholarships
Games
Prizes
Displays of all kinds
Mascots

Did you know?
You can come to
the
Fort Carson
Education Fair
"CHRISTMAS IN
JULY"
Block Party!
Corner of
Specker and Ellis

FOUNTAIN COMMUNITY CELEBRATION

WHEN

July 29, 2017
9am-Noon

WHERE

Main Street Fountain
In front of Aragon Elementary

JOIN US FOR

**A fair with fun, food, games,
school supplies, and community
resources**



***Child must be present to receive school
supplies. School supplies are limited.**



ALL AGES

FREE

**OPEN TO THE
PUBLIC**

**CELEBRATE
WITH US**



SUPPORTING PARTNERS:

**Fountain-Fort Carson
School District 8**

Fountain YMCA

**Pikes Peak Library District
-Fountain Library**

**Peak Vista Community
Health Center**



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

For more information, contact Promis Bruno, pbruno@ffc8.org

FREE FILM SHOWING (FLYER)

rocky mountain women's film institute presents

FILM **IN THE COMMUNITY**

JULY 15 | 3:00PM
FOUNTAIN LIBRARY



CRISIS HOTLINE: VETERANS PRESS 1

CRISIS HOTLINE: Veterans Press 1

Directed by: Ellen Gooseberg Kent

Winner of the 2015 Academy Award® for Documentary Short Subject, the HBO Documentary film CRISIS HOTLINE: VETERANS PRESS 1 spotlights the work of responders at the only National Veterans Crisis Line.

Date: Saturday, July 15, 2017

Venue: Fountain Library
230 S. Main St
Fountain, CO 80817

Time: 3:00 PM

Cost: Free

FREE HEALTH AND WELLNESS FAIR (FLYER)



**Mt. Carmel Center of Excellence
Presents**

Free Health and Wellness Fair

RUNNING FORM
ANALYSIS
RUNNING SHOE
FITTING

SERVICE DOG
DEMONSTRATION

HEALTHY
COOKING
DEMONSTRATION

THE LOCAL FOOD
TRUCK
NOURISH
SMOOTHIE BAR

WAIVED YMCA
APPLICATION FEE

YOGA DEMONSTRATION

July 29, 2017 10am-2pm

*Former Bronco Randy Gradishar to sign
autographs*

Please call for information or stop by to visit!

719-309-4714

530 Communication Circle Colorado Springs, Colorado 80905

www.mtcarmelveterans.org

LEVERAGE THE POWER OF YOUR PERSONAL BRAND (FLYER)

*The USAF Academy Airman & Family Readiness Center
Presents:*

LEVERAGE THE POWER OF YOUR PERSONAL BRAND

27 July, 8:00 am – 12:30 pm

***Open to all DoD ID Card Holders --- Active Duty,
Retirees, Spouses, Guard/Reserve & Federal Civilians***

Please call (719) 333-3444 to register



The Military to Civilian Transition Leverage the Power of Your Personal Brand

As you transition from a military to civilian career, or move with your military spouse you will soon realize the importance of reputation, personal brand and the ability to speak in a new language to potential employers. Today's global business market place needs the talents, skills, training and integrity of veterans and their spouses, but many are not trained on how to communicate their value to potential employers.

In the civilian sector, the way other people see us *directly* influences their willingness to recognize our value and offer us opportunities. Other people's perceptions of us affect our ability to secure desired career choices. Your personal brand is how you are known and the value others assign you. Right or wrong, their perception is your reality!

In her programs, Lida Citroën, an international expert on reputation management and personal branding, shares the keys to success, deployed by successful business leaders, entrepreneurs and professionals. She outlines the ways others perceive you and how your actions, image, relationships and positioning determines whether someone will hire you.



Participants will discover how to become relevant and compelling to specific audiences.

- *What makes YOU unique and compelling?*
- *Translating your military experience into business terms*
- *Standing apart from others in a competitive work environment*
- *How do you market yourself to a civilian hiring manager?*
- *Understanding and responding to feedback*
- *Learning what your target employer needs from you.*
- *Intentionally promote your personal brand through -*
 - *Social media and social networking*
 - *A powerful style and image*
 - *Networking strategies to build relationships*
 - *Powerful body language tips*

About Lida Citroën

Lida Citroën empowers audiences with her workshops teaching how to intentionally manage your personal brand and reputation. For more than 25 years, Citroën has delivered her programs to clients around the world, earning her acclaim as an expert in reputation management and personal branding.

Since 2009, Citroën has worked with returning veterans across various channels, teaching them personal branding tips, marketing resources and social media skills to better aid their relevancy in a competitive job search. Citroën is a monthly writer and contributor for Military.com. She is also a volunteer member of ESGR (Employer Support of the Guard and Reserve), a personal brand workshop trainer with Wall Street Warfighters Foundation (Philadelphia), an effort founded by General Peter Pace, and she presents her information through numerous other veteran-related channels.

Citroën presents programs for companies such as Ball Aerospace, Western Union, Qwest, Charles Schwab, Molson Coors, and for non-profit organizations including Wall Street Warfighters Foundation, Wounded Warrior Project, Colorado Women Veterans Association, Boots-To-Suits and Association for Corporate Growth (ACG).

**LIDA
360**

BRANDING | MARKETING | COMMUNICATIONS

MOVING WITH CHILDREN (FLYER)



Military Community and Family Policy Fact Sheet

Easing school transitions

In collaboration with the Council of State Governments, national education and military family organizations, and state policy leaders, the Department of Defense created the Interstate Compact on Educational Opportunity for Military Children, which minimizes school disruption for military children when they move to a new school district.

Additional information

Military Youth on the Move

<http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move>

Plan My Move

<http://planmymove.militaryonesource.mil>

Military OneSource

<http://www.militaryonesource.mil/family-and-relationships/child-care-and-youth-programs>

Moving with Children

Background

Moving every few years is a normal part of military life, whether in response to a new duty assignment or to accommodate a family's needs during a deployment. Most military children will move six to nine times from kindergarten to 12th grade. For children, moving means facing the challenges of making new friends, adjusting to new installations and cities, and changing schools.

Highlights

By staying organized and reaching out for support, parents can make moves smoother for the entire family:

- Parents play an important role in helping children adjust well to a move. An enthusiastic, organized approach to the move can help the family positively manage the transition together. Tools like customized moving calendars and to-do lists available through Plan My Move can help parents stay on top of all their moving-related tasks.
- The Military Youth on the Move web page on Military OneSource was created specifically for military children and features dynamic content to help children and teens adjust to a move. The web page includes information on making friends, getting to know their new community and many other topics.
- The Family Readiness System, a network of agencies, programs, services and individuals, and the collaboration among them, provides a wealth of information and resources for military families and children, including relocation assistance professionals to help through every phase of a move.



NO DUI RESPONSE TEAM (FLYERS)

NO DUI RESPONSE TEAM

Fort Carson
Designated
Program

WE NEED YOUR HELP!!!

Fort Carson
Designated
Program

ARE YOU INTERESTED IN HELPING OTHERS?

ARE YOU INTERESTED IN SAVING LIVES?

WOULD YOU LIKE TO EARN THE MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL?

ARE YOU A CIVILIAN THAT WOULD LIKE TO DO VOLUNTEER WORK?

If you answered yes to any of these questions, we have a program for you. We are looking for drivers and phone operators for the NO DUI RESPONSE TEAM program. Volunteers are needed every Friday and Saturday. If you are interested on volunteering or have any questions, call 524-2677 (BOSS), 526-9191 (during duty hours)
Email. james.w.butler158.mil@mail.mil. Edgardo.a.menjivar.civ@mail.mil.

IF YOU NEED A RIDE CALL (719) 526-5347!!!!

Fort Carson
Designated
Program

Fort Carson
Designated
Program

NO DUI RESPONSE TEAM

If you have a DoD ID Card we have

a **FREE** ride home for **YOU!**

(719) 524-2677 OR (719) 526-9191

Friday night 2200 hrs – 0300 hrs (Sat)
Saturday night 2200 hrs – 0300 hrs (Sun)

No Car
No
Ride

HAD ONE
TOO MANY
DRINKS?

BEEN OUT
DRINKING?

For questions about the program please call 524-2677 or 526-9191 during duty hours

PPLD SUMMER ADVENTURE SOUTH PARTY (FLYER)

Join the Pikes Peak Library District at their summer reading South Party on Friday, July 21st from 10-Noon at Metcalfe Park in Fountain for crafts, games, activities and more!



PRUSSMAN CHAPEL OPERATION BACKPACK (FLYER)

Prussman Chapel: Operation Backpack

We are doing our Annual Operation Backpack to help 250 Children Grades Kindergarten to High School this upcoming School Year.

*Mark
Your
Calendar!*

Children **MUST** be present to receive backpacks.

NO backpacks will be held.

First come, First serve.

When: Saturday, 5 August

Where: Prussman Chapel, Bldg 1850

Time: 11:00 AM until all supplies are gone

RELIGIOUS SUPPORT OFFICE CAMPS (FLYER)

Anyone who volunteers for vacation bible school can register now for either VBS or Eagle Lake camp! Contact Ms. Pat Treacy at 719-524-2458 for more information on volunteering and early registration.

Sponsored by Fort Carson
Religious Support Office



24-28 July, 2017
OR
31 July-4 August, 2017
0830-1600
Fort Carson, CO

Ages 7-12

heidi.a.mcallister.civ@mail.mil
719-526-5744

Registration Opens May 1, 2017 Space limited!



Worship & Fellowship



Bible Study

Games



SCHOOL BASICS (FLYER)



Parent to Parent – Colorado Springs

Presents

School Basics



*All Parent to Parent workshops are **absolutely free** thanks to funding provided by The Wounded Warrior Project



@Parent to Parent – Colorado Springs



Make this your best school year ever! We will share tips on how to help improve your student's school performance. We will provide common sense tips and research based approaches explaining how children learn and ways to best prepare them to learn.

Join us **Wednesday, July 26th**

Soldier and Family Assistance Center

1481 Titus Blvd, Ft Carson

10:00 AM-11:00 AM

Lunch provided after workshop

RSVP 719-526-5807

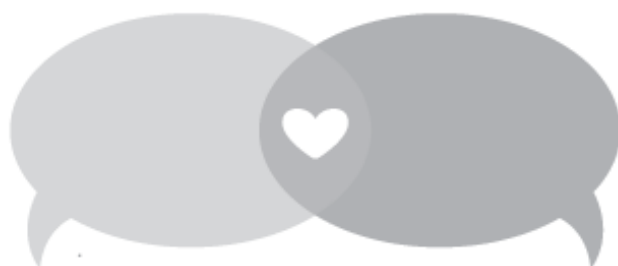


ARMY COMMUNITY SERVICE PROGRAMS

5 LOVE LANGUAGES CLASS (FLYER)



Family Advocacy Program presents



the **5** Love Languages

Learn how to better communicate with
your partner at this fun workshop.

9 a.m. to Noon
ACS Center, bldg. 1526

Offered on:
May 11, July 13, Sept. 14 or Nov. 9

What if you could say or do just the
right thing guaranteed to make that
special someone feel loved? The secret
is learning the right love language!

- *Discover your own Love Language*
- *Learn about your partner's Love Language*
- *Receive free books & resources to aid in deepening your relationship*
- *Have a better understanding of how love, marriage & finances relate*

Register: www.carson.army.mil/acs
(719) 526-4590



DISCOVER A BETTER YOU (FLYER)



Family Advocacy Program

Supporting Healthy Soldier & Family Relationships

DISCOVER A BETTER YOU

FROM THE
'GOT YOUR BACK'
SERIES



Learn skills for a successful future.

9:30-11:30 a.m. • ACS Center, bldg. 1526

There are 8 components that set up an individual for success. "Got Your Back" builds self-awareness, promotes mindful choices, emphasizes relationship skills, and encourages participants to value themselves.

The focus of this class is on single, young services members, but all DOD ID holders are welcome to attend. It's preferable that all classes are attended, but each does stand on it's own. Register today.

- June 28 • Keys to Success & Personality
- July 5 • Anger/Stress & Communicating Well
- Aug. 9 • Expectations & Frustrating Situations
- Sept. 20 • Relationships & Your Future

www.carson.army.mil/acs • (719) 526-4590



EFMP SENSORY MOVIE NIGHT (FLYER)



The flyer features a red curtain background with a row of red theater seats at the bottom. On the left, Moana and Maui from the Disney movie 'Moana' are shown next to a large bucket of popcorn. The text is in a mix of white and yellow fonts, with the title 'Sensory Movie Night' in a large, cursive script. The date and time are 'Friday July 21st, 6-8pm'. The location is 'Freedom Performing Arts Center, Bldg. 1129'. A note specifies that the event is for families registered in the Exceptional Family Member Program. A disclaimer at the bottom right states that lights remain on, volume is low, and kids can move around.

Sensory Movie Night
Friday July 21st, 6-8pm
**Freedom Performing Arts Center,
Bldg. 1129**

For Families registered in the
Exceptional Family Member Program.

Featuring "Moana"

Lights remain on during the screening,
volume is kept low, and kids are welcome to move around as needed.

Logos at the top include: Exceptional Families (EFMP), Army Community Service (ACS), Facebook, Twitter, a person icon, and MWR.

FORT CARSON YARD SALES (FLYER)



The flyer has a green background with a row of various household items at the bottom, including a mixer, a cup, a tennis racket, roller skates, a basketball, a scale, a cuckoo clock, and a cowboy boot. The text is in bold, white and yellow fonts. It specifies the event is for Fort Carson residents and DOD ID holders, occurring on the 1st and 3rd Saturdays from 8 A.M. to 3 P.M. in all on-post housing areas and the North Community Center. A note mentions that participants living in barracks and off-post are also eligible.

FORT CARSON RESIDENTS & DOD ID HOLDERS
APRIL TO DEC. YARD SALE
1ST & 3RD SATURDAYS • 8 A.M. – 3 P.M.
**HELD IN ALL ON-POST HOUSING AREAS &
NORTH COMMUNITY CENTER, 4355 FUNK AVE.**
(FOR PARTICIPANTS THAT LIVE IN THE BARRACKS & OFF-POST)

FOR MORE INFORMATION:
WWW.CARSON.ARMYMIL/ACS • (719) 526-1082

Logos at the bottom include: Fort Carson, Army Community Service (ACS), Facebook, Twitter, a person icon, and MWR.

NEW PARENT SUPPORT PROGRAMS (FLYER)



NEW PARENT SUPPORT PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

The Army Community Service New Parent Support Program (NPSP) is a professional team of social workers and nurses that provide supportive and caring services to military Families. Our trained and supervised home visitors have extensive knowledge of the issues confronting military parents and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. A variety of classes are offered to meet the schedule and needs of our Fort Carson Families.

| | | | | |
|----------------|---------------------------------|--|--|--------------------------------|
| Weekly | Infant Massage & Baby Nurturing | Tuesdays 10 a.m.-Noon | Pregnant moms and parents with babies are encouraged to attend. Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed. The first Tuesday of each month will feature a nurse and lactation specialist to discuss nutrition, growth and development of babies. No registration required, walk-ins welcomed. | Nurturing Center Bldg. 1354 |
| Weekly | Playgroup | Fridays 10 a.m.-Noon | A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills. No registration required, walk-ins welcomed. | Nurturing Center Bldg. 1354 |
| Weekly | Toddler Time | Thursdays 9:30-11 a.m. | Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, walk-ins welcomed. | Nurturing Center Bldg. 1354 |
| Monthly | Basic Training for New Moms | 3rd Tuesday of the month 9 a.m.-11 a.m. | Topics include becoming a new mom, caring for your baby and caring for yourself. | ACS Center Bldg. 1526 |
| Monthly | Boot Camp for New Dads | 1st Tuesday of the month 9 a.m.-Noon | Topics include becoming a new dad, caring for your baby and caring for mom. | ACS Center Bldg. 1526 |
| Quarterly | Nurturing (Infant to 5 years) | Check our website for next session | This 12-week class teaches parents how to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more. | Nurturing Center Bldg. 1354 |
| Quarterly | Nurturing (5 to 12 years) | Check our website for next session | This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more. | Nurturing Center Bldg. 1354 |
| By Appointment | Home Visits | Call (719) 526-0461 | A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis. | |



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 with the exception of the Family Enrichment events (i.e., AFTB, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled & rescheduled. For installation weather notifications, visit www.carson.army.mil or call (719) 526-0096.



Find us on Facebook:
"Fort Carson ACS Family Nurturing"

NEWCOMER'S ORIENTATION (FLYER)

New to Fort Carson? Been here a week, a month or a year...let's get acquainted! Army Community Service hosts a Newcomer Orientation the second Monday of every month.



Relocation Readiness Program presents

Newcomers Orientation

2nd Monday & Tuesday of every month (2 day class)
9 a.m. to 1 p.m. Community Connection, Bldg. 1524
*For those NEW to Fort Carson & for
those who want to know more.*

www.carson.army.mil/acs (719) 526-4590

ARMY COMMUNITY SERVICE
ACS
Available Solutions for Successful Army Life

MWR

3i

PREP PROGRAM (FLYER)



Family Advocacy Program

Supporting Healthy Soldier & Family Relationships



PREP

Prevention & Relationship Education Program

Last Thursday of the month • 9-11:30 a.m.
ACS Center, bldg. 1526

Learn the 12 components that will set you up for a successful relationship. Achieve your goals as a couple by building on your current strengths and learning new skills.

All types of couples are welcome. It's preferable that all classes are attended, but each does stand on it's own. Register today!

www.carson.army.mil/acs • (719) 526-4590





COMMUNITY PARTNER PROGRAMS

"BE THERE" PEER SUPPORT (FLYER)

BeThere



Peer Support Call and Outreach Center

Active Duty, National Guard, Reserves and family members are eligible to use the BeThere Peer Support Call and Outreach Center's services.

Call and speak to a Veteran or military spouse when you need to:

- Talk to someone who shares your military experience
- Connect to resources
- Get support in any area of life

Peer specialists support you after your call with follow up for as long as you want it.

For unlimited access to confidential peer support, available 24/7/365 worldwide, connect with us today.





Chat: <https://www.BeTherePeerSupport.org>



Text: 480-360-6188



Call: 844-357-PEER (7337)

Follow Us:  @BeTherePeerSupport
 @DoDPeerSupport



FAMILY CAMP AT TRAIL WEST (FLYER)

Military Family Camp at Young Life's Trail West



What: a week long **Military Family Camp** - offering horseback riding, ropes course, pool, water slide, hot tub, trout pond, tennis & basketball courts, sand volleyball, Frisbee golf course, playground, 4x4 jeep tours & white water rafting. Childcare is available on site during scheduled Family activities.

This is a perfect setting to relax and connect with as a Family. Young Life is a Christian organization but that is not a requirement to attend. There will be a nightly program with a short message and sing-a-long songs, as well as numerous recreational activities.

Who: Approx. 105 Active Duty Soldiers & their Families. Single parent Families and Families with a deployed spouse are invited to participate as well.

When: 28 May-3 June, 4-10 June and 6-12 August 2017 (**Online applications available beginning 1 March 2017**)

Where: Buena Vista, CO at Young Life's Trail West Camp. (Transportation to/ from the camp is a Family responsibility)

Why: To allow Soldiers and their Families to spend quality time together, laugh a lot, and be restored.

How Much: In order to thank our Service members and their Families, a discounted military fee (delineated below) is available. This fee covers all meals, activities and lodging for the Family for the week. The registration fee is based on rank: E1-E5 \$50.00, E6-E9 \$75.00, CW1-O3 \$100.00, O4 & above \$150.00.



To apply go to: www.militaryfamilycamp.younglife.org
For more information, e-mail dnancarrow@clubbeyond.org 719-381-1865

The information that appears in this flyer is intended to inform Soldiers of special offers provided to them and their families and is not intended to constitute an endorsement by Ft. Carson, the United States Army or the Department of Defense. It is strictly intended to be used for informational purposes only.



FOUNTAIN-FORT CARSON SCHOOL DIST 8 SUMMER SPORTS CAMPS (FLYER)



**CALLING ALL CURRENT 3RD
THROUGH 6TH GRADERS TO COME
SHARE THE SUMMER WITH US.**

JUNE 19 - JUNE 30 AND JULY 10 - 21

**\$50 PER WEEK FOR SUMMER SPORTS CAMP
(IN ADDITION TO SUMMER SCHOOL TUITION)**

Students do not have to attend summer school to participate in the Sports Camps.

If your student is attending Summer Learning Institute at Aragon, we will provide lunch and transportation for your student to FFCHS.

If your student is not attending Summer Learning Institute but would like to participate in a Summer Sports Camp, you can drop your student off at FFCHS or drop them off at Aragon for lunch and we will transport them to FFCHS after lunch.



There is a minimum and maximum number of slots. Please sign up ASAP to secure your place!



Run by FFCHS Coaches and the YMCA



**Summer School
8:00am to 12:00pm**

**Free Lunch at Aragon
12:00pm – 12:30pm**

**Busing to FFCHS
12:30pm**

**Sports Camp
1:00pm to 4:15pm**

Schedule

1:00 - 3:00 Sport
3:00 – 3:30 Snack
(provided)
3:30 – 4:15 Open Swim


4:30 Pick up Time

JUNE 19 -23
Football and Cheer

JUNE 26 – 30
Basketball Girls/Boys and
YMCA-Fun Club

JULY 10 - 14
Volleyball, Soccer and
YMCA Swim Camp

JULY 17 - 21
Baseball, Softball and
Tennis



Most of a
child's brain
growth occurs
before age 5.
**Is your child
school-ready?**

CPCD's Ft. Carson center provides **free preschool** and complete early childhood services to qualifying children (0 to 5) and families.

Call us today to learn more.



(719) 635-1536 | cpcdheadstart.org

FREE YOGA (FLYER)



Free Classes to Learn: Breathing Techniques and Stretching to Reduce Stress

Do you experience any of these symptoms on a consistent basis?

Lack of Focus
Fatigue
Chronic Pain
Depression
Addictive Behaviors
Feeling Isolated
Loss of Concentration
Loss of Interest in Hobbies
Loss of Affection
Flashbacks
Nightmares
Insomnia

Free classes open to all Veterans, Service Members and their Families. Learn to experience stress with less psychological cost, and gain some peace of mind.

Please call to register or stop by to visit and
see what we are all about!

719-309-4714

MtCarmelVeterans.org

530 Communication Circle
Colorado Springs, CO 80905

HEALING HORSES FOR THE ARMED FORCES (FLYER)



Healing Horses for the Armed Forces

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

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

Contact us to schedule a session.

Suzy MacKenzie

Founder and Executive Director

www.eaglesnestranch.org

eaglesnestranch501@gmail.com

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





(NON-APPROPRIATED FUNDS)

NAF EMPLOYMENT

The Army offers **more civilian career opportunities** than any other federal agency. We employ people in a variety of occupations and have numerous positions.

All Army civilian jobs offer a degree of **challenge and excitement!**

Please stop by or call for information regarding the application process or additional information about spouse, veteran or former/current NAF employee preferences.

For more information and recent job postings, visit our Facebook page:

www.facebook.com/CARSONNAFHRO

Potential candidates can apply at: www.usajobs.gov

Questions? Call (719) 526-4445



More Events and Info at
www.carson.armymwr.com



CarsonDFMWR



@carsonmwr
#CarsonMWR



NAF Human Resources
1626 Ellis St., Building 1118
Fort Carson, CO 80913

OPERATION PURPLE® CAMPS

A PROGRAM OF THE NATIONAL MILITARY
FAMILY ASSOCIATION



Operation Purple® Camp offers military kids a FREE WEEK of camp where they connect with other kids, just like them. And purple happens to be the perfect mix of Army green, Coast Guard blue, Air Force blue, Marine Corps red, and Navy blue. In the military world, purple symbolizes all who serve, because we know families serve, too!



Announcing our three-day,
two-night Mini-Camp!

YMCA Camp Shady Brook, CO

August 6-8 & August 9-11, 2017

APPLY TODAY
www.MilitaryFamily.org

OPERATION PURPLE HEALING ADVENTURES (FLYER)

There are several openings at the Operation Purple Healing Adventures Camp in Estes Park, CO the week of August 11th-14th. This is a free camp for the entire military family. The family must have a service member that has been wounded, injured, or is ill. The service member can be from any uniformed military branch, Active Duty, Guard, Reserve, Medically Discharged or Medically Retired.

More information and application form on the website at: <http://www.militaryfamily.org/kids-operation-purple/healing-adventures/>. For questions, call 703-931-6632 and ask for Alex or email him at Ainsel@MilitaryFamily.org.

OPERATION PURPLE HEALING ADVENTURES®

A PROGRAM OF THE NATIONAL MILITARY
FAMILY ASSOCIATION



**Operation Purple
Healing Adventures®**
combines family-focused
activities and outdoor
exploration to help
families rediscover fun
and togetherness after an
injury. Open to active duty,
medically retired, National
Guard, and Reserve families
from all ranks and Services.



YMCA OF THE ROCKIES

ESTES PARK, CO | AUGUST 11-14, 2017

Strengthen family ties, become part of a
community of military families and make
memories that last a lifetime at YMCA of
the Rockies.

APPLY TODAY

www.MilitaryFamily.org

OPERATION TBI FREEDOM (FLYERS)

Operation TBI Freedom a Colorado non-profit that is located in Colorado Springs and offers case management services throughout Colorado. Services provided include (but are not limited to): crisis management, employment/education training, psychosocial educational programming, assistance navigating complex benefits system, etc. For more information or apply for our assistance please call or email us.

Toll Free: (855) 355-6824

Email: OTF@craighospital.org

Facebook: www.Facebook.com/operationtbifreedom



HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?

DO YOU HAVE A TRAUMATIC BRAIN INJURY?

YOU HAVE SERVED
NOW LET US SERVE YOU!



CALL US TODAY
(855) 355-6824

WWW.OPERATIONTBIFREEDOM.ORG

WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM



A PROGRAM OF CRAIG HOSPITAL

Operation TBI Freedom (OTF) is a privately funded program of Craig Hospital, that assists Veterans and active duty military personnel living or stationed in Colorado with traumatic brain injuries (TBI) who have served since September 11, 2001. More than 7,200 military personnel with a TBI will return to Colorado in the next three years. Our program tailors a unique plan for each client that promotes optimum independence, productivity and successful reintegration into civilian life.

Each Veteran is assigned a Military Support Specialist (MSS) who is a Veteran and Certified Brain Injury Specialist. The MSS begins with a comprehensive analysis of the Veteran's needs and concerns. It is the responsibility of the MSS to use all resources—the Veterans Administration, local governmental and non-governmental entities—as efficiently as possible, ensuring no duplication of effort. OTF analyzes complex VA benefits, identifies potential benefit enhancements and assists the Veteran in maximizing his or her access to healthcare and other benefits. OTF has leveraged more than \$5.5 million in services and therapies through our partnerships with military and community organizations.

Services provided or coordinated by OTF include the following:

- Crisis management and counseling
- Employment training and support
- Peer and Family support groups
- Assistive technology devices
- Emergency financial assistance for food and housing needs
- Mentoring
- Medical care
- Parenting classes
- Mental health referrals
- Assistance navigating complicated benefit processes



Learn more at craighospital.org/OTF

Tierra Vista at Peterson AFB



COMMUNITY YARD SALE

Sort through your
closets and garages.
Turn your clutter
into cash!

**1st & 3rd Saturday
of the Month**
8AM - 2PM

Community Yard Sales will
take place on the 1st and
3rd Saturday of the month
through October.



ROCKY MNTN ADVENTURE CAMP FOR MILITARY YOUTH (FLYER)



2017 Rocky Mountain Adventure Camp for Military Youth

Week #1 June 19-22

Week #2 July 26-29

Week #3 July 10-13

Week #4 July 17-20



Are you a military teen who is 14 – 18 years old and ready for high adventure? Join us at Rocky Mountain Adventure Camp at Colorado State University's Mountain Campus – Pingree Park, nestled in the Rocky Mountains at 9,000 feet. We offer world class hiking to surrounding peaks including a B-17 Air Force crash site from 1946, ropes course and white water rafting. Combine this with our Strength-based Leadership Training and you will have the best camp ever for Military Teens! The counselors are fabulous, facilities incredible, and the food is great. Meet other military teens from across the nation.

The cost is only \$25 for registration and transportation is provided from Ft. Collins, Buckley AFB and USAFA! Registration is on a first come first served basis – each camp is limited to 50 youth. Request to join our closed Facebook page to see what others say about camp: https://extension.purdue.edu/adventure_camps/index.html You can also check the website at <https://ag.purdue.edu/extension/adventurecamps/Pages/default.aspx>

Registration opens April 8th at:

<https://campself.active.com/RockyMountainAdventureCampColoradoStateUniversityMilitaryYouth> Space is limited, so register now! rockymountainadventurecamp@gmail.com

Military Teen Adventure Camps are the result of a partnership funded by the Department of Defense between the Office of Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Purdue University.

TEXT YOUR WAY TO A BETTER RELATIONSHIP: FREE "LOVE EVERY DAY" APP (FLYER)

**MILITARY
ONE SOURCE**



TEXT YOUR WAY TO A BETTER RELATIONSHIP.



Discover Love Every Day, and text your way to becoming a better couple.

Love Every Day is a free mobile solution that uses simple, fun text message reminders to improve your relationship in just three weeks.

Too good to be true? Love Every Day is a scientifically validated program proven to get results. With simple questions, it can improve your relationship and rekindle the feelings that brought you together.

You and your partner will work as a team, sharing daily answers to 21 entertaining and thought-provoking questions about yourself and each other. After you both answer, you'll get a bonus activity to help spur even more fun when you're together.

Thousands of couples have tried Love Every Day and come away as happier, stronger couples. Join them and text your way to a better relationship.



To sign up and get started, search "Love Every Day" at MilitaryOneSource.mil

TRY HOCKEY FOR FREE (FLYER)

Try Hockey for Free

**HERE'S YOUR
CHANCE TO WITNESS THEIR
SECOND FIRST STEP.**

Come play youth hockey and experience more great moments in your child's life.



**Every
Saturday
9:15am**

Monument Ice Rinks

Presented by:



A Program of USA Hockey, Inc.

Join NHLer and Rampage
Coach Al Pedersen and many
first time hockey players!

719.439.3243

(Arrive 45 min early to get equipment
and get dressed)

**Try Hockey For Free
Every Saturday**

For more information go to
www.MonumentIceRinks.com



Loaner equipment will be
available. Coaches will be
on hand to help get players
dressed and on the ice.

Come join in on the fun!

****This e-mail is for informational purposes only. Distribution of this information does not express nor imply endorsement by Fort Carson or the US Army. Private Organizations are not affiliated with Fort Carson or the US Army.**