



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

**21 SEP 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](http://www.carson.army.mil/acs)

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**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

**GATE 19 OPEN**

Gate 19 has reopened; there will still be a detour in place while work continues on the next phase of paving. Gate 19 operating hours are 5 am. to 6 p.m. Monday-Friday. It will be closed on federal holidays.



NEW THIS ISSUE

## **BARK AGAINST VIOLENCE (FLYER)**

October is recognized nationally as Domestic Violence Awareness Month. Fort Carson Army Community Service (ACS) and Pikes Peak Community College are honoring the victims and survivors of domestic violence with a Bark Against Violence 5K run/walk at 10 a.m. Oct. 14 at Iron Horse Park. Public-friendly leashed dogs are invited to join you as you shine light on the existence of domestic violence. Often ignored, pets play a significant role in domestic violence. Up to 75 percent of domestic violence victims report that their partners threatened or killed family pets. The Humane Society of the United States estimates that nearly 1 million animals a year are abused or killed in connection with domestic violence. A survey of the 50 largest U.S. shelters for battered women found that 85 percent of women and 63 percent of children entering shelters discussed incidents of pet abuse in their family. Registration is required at <https://carson.armymwr.com/calendar/event/bark-against-violence-5k-walkrun/1242060>. For more information call ACS at 526-1772.

# 4TH ANNUAL DOMESTIC VIOLENCE AWARENESS MONTH 5k RUN/WALK

# BARK AGAINST VIOLENCE

OCT. 14, 2017 • 10 A.M.-2 P.M. • FORT CARSON IRON HORSE PARK

October is the National Domestic Violence Awareness Month. Fort Carson Army Community Service (ACS) and Pikes Peak Community College are honoring the victims and survivors with this 5k Run/Walk.

Bring your leashed public friendly pets to the 2017 DVAM 5k Walk/Run to show your support for the families and pets that have suffered.

Often ignored, pets play a significant role in domestic violence:

- Up to 75% of domestic violence victims report that their partners threatened or killed family pets.
- The Humane Society of the United States (HSUS) estimates that nearly 1,000,000 animals a year are abused or killed in connection with domestic violence.
- A survey of the 50 largest U.S. shelters for battered women found that 85% of women and 63% of children entering shelters discussed incidents of pet abuse in their family.



**REGISTER: [WWW.CARSON.ARMY.MIL/ACS](http://WWW.CARSON.ARMY.MIL/ACS)**



PIKES PEAK  
COMMUNITY COLLEGE

## COMMUNITY VOLUNTEER OPPORTUNITY-- "CREEK WEEK" VOLUNTEERS

The Fountain Creek Watershed Flood Control and Greenway District is sponsoring the 4th Annual "Creek Week" cleanup on September 30 -October 8, 2017. This community-wide effort removes trash and debris that clogs drainages, impacts wildlife, affects water quality, and degrades the aesthetics of our environment.

In 2016, more than 2400 volunteers removed nearly 15 tons of trash from the region's creeks and drainageways. As a "Creek Week" partner, the Air Force Academy is organizing teams of adult and youth volunteers willing to spend a few hours cleaning up areas on base. This is an awesome opportunity for military units, service clubs, scouts, schools, and other organizations to spend time together outdoors while serving the community.

If you are interested in volunteering, individually or as a group, please contact Brian Mihlbachler, USAFA Natural Resources, at (719) 333-3308 for details.

You can also check out the "Creek Week" website at [www.fountain-crk.org/cleanup](http://www.fountain-crk.org/cleanup)

## CRAFTERS WANTED FOR MPSC HOLIDAY BAZAAR (FLYER)

# CRAFTERS WANTED

for the  
Mountain Post Spouses Club

# Holiday Bazaar

**OCTOBER 28 & 29, 2017**

10:00 am to 5:00 pm Saturday  
10:00 am to 4:00 pm Sunday

William "Bill" Reed Special Events Center  
6550 Specker Ave. Fort Carson, CO 80913

**e-mail [holidaybazaarempsc.us](mailto:holidaybazaarempsc.us)  
to reserve your space**

### **FREE CU TICKETS FOR MILITARY APPRECIATION (FLYER)**

CU Buffs Women's Volleyball are saying Thank You to military at their game on Saturday, September 30th. Log onto [www.cubuffs.com/promo](http://www.cubuffs.com/promo) and type in the word THANKYOU to receive four free tickets to their game.

A promotional flyer for a volleyball game. On the left, a female volleyball player with long blonde hair is shown from the chest up, wearing a white jersey with the number 22, holding a gold and white volleyball with the CU logo. The background is a dark field with a faint American flag pattern. At the top, the text 'COLORADO VOLLEYBALL' is written in large, bold, white letters, with the CU logo integrated between the words. Below this, 'MILITARY APPRECIATION' is written in a smaller, white, sans-serif font. In the center-right, the CU logo is followed by 'VS' and a large white letter 'O'. Below that, 'Sept. 30 7PM' is written in large, bold, white letters. At the bottom of the flyer, 'RECEIVE FOUR FREE TICKETS' is written in white, and 'CUBuffs.com/promo - use promo code: THANKYOU' is written in a smaller white font.

### **HUNTER EDUCATION COURSE**

The Fort Carson Conservation Law Enforcement Program will be offering its first of many state of Colorado Hunters Education Courses at the Cheyenne Mountain Shooting Complex Sept. 22 from 5-9 p.m. and Sept. 23 from 7 a.m. to 3 p.m. Participants must attend both days. Registration is limited to Soldiers, Family members and DOD identification card holders through Sept. 19, then it will be opened up to the public. There are a limited number of seats available. For additional information or to register, visit <https://register-ed.com/events/view/108605>.

## OPERATION SHOWER (FLYER)



# OPERATION SHOWER IS HOSTING A BABY SHOWER IN COLORADO SPRINGS, CO

- WHAT:** Operation Shower will be hosting a baby shower honoring military moms-to-be whose spouses/partners are deployed during their pregnancies.
- FOR WHOM:** New military moms and moms-to-be with due dates on or after July 25, 2017 and who meet one of the following criteria are encouraged to apply:
- Have a spouse or partner who is deployed or deploying (or other official duty separation) at some point during their pregnancies;
  - Are active duty or National Guard with a group that is deploying (E-6 or below)
  - Were injured during deployment or have a spouse or partner who was injured during deployment (to include PTSD/invisible wounds)
- WHERE:** Association of Graduates, USAF Academy, 3116 Academy Drive, Colorado Springs, CO
- WHEN:** Wednesday, October 25, 2017 from 11am-1pm
- ABOUT US:** Operation Shower is a 501(c)(3) non-profit organization dedicated to celebrating and honoring military families by hosting joyful baby showers to ease the stress of deployment. You can find out more about Operation Shower at [www.operationshower.org](http://www.operationshower.org).
- HOW TO APPLY:** Contact Ginger Shockley at [ginger@operationshower.org](mailto:ginger@operationshower.org)

**PLEASE APPLY EARLY AS SPACE IS LIMITED  
ALL NAMES MUST BE RECEIVED BY September 6<sup>TH</sup>**

This event is by invitation only and nominations are not considered official until a mom receives an invitation from Operation Shower.



## PIKES PEAK THERAPEUTIC RIDING CENTER WANTS TO HEAR FROM YOU!

Pikes Peak Therapeutic Riding Center (PPTRC) is proud to be in our 36th year of providing equine assisted activities and therapy in the Pikes Peak Region. Each year over 600 people addressing physical, intellectual, and mental health disabilities and special needs turn to PPTRC for help.

To ensure PPTRC continues to meet the needs of the community, your participation in an upcoming Community Assessment Gathering is requested.

Pikes Peak Therapeutic Riding Center Community Assessment Gathering

Tuesday, October 10, 2017

Client/Parent/Caregiver Group: 1:00pm-2:30pm

Provider/Volunteer/Supporter/Community Member Group: 3:00pm-4:30pm

Tim Gill Center for Public Media - 315 E. Costilla Street, Colorado Springs, CO 80903

The Community Assessment Gathering will examine the current needs of the community, the role of equine assisted activities and therapy, as well as barriers to obtaining these and other services.

We've invited a wide array of community members to ensure multiple perspectives are gathered.

Please RSVP by Tuesday, October 3rd at 719-495-3908 ext 3. or [anthony@pptrc.org](mailto:anthony@pptrc.org). Space is limited, so please RSVP early if possible.

Should you have any questions or if you would like more information, please do not hesitate to contact me at 719-495-3908 or [anthony@pptrc.org](mailto:anthony@pptrc.org).

Thank you for your time and commitment to improving the lives of people with disabilities,

## PRUSSMAN CHAPEL 46<sup>TH</sup> ANNIVERSARY (FLYER)

Celebrating 46 years

Prussman will be celebrating their  
**Chapel 46<sup>th</sup> Anniversary** on Sunday,  
24 September during morning service

**GOD PROVIDES**

A Way Up

Job 5:10-11

Colors: Purple, Black and Gold

Dinner will be served

For more information, please email [prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)

PRUSSMAN CHAPEL CHOIR ANNIVERSARY CONCERT (FLYER)

# Prussman Chapel Choir Anniversary Concert

Prussman Chapel is celebrating 46 years  
on Fort Carson with a Anniversary  
Choir Concert.

Along with our choirs, there will be guest choirs from the surrounding area

When: Saturday, 23 September

Time: 6:00 pm

Where: Bldg 1850

Light Refreshments will be served

Theme: God Provides

Scripture: Job 5:10-11

Come on out and Fellowship with us!

You're be glad you did!

For more information, please email Sister Ursula Pittman @ [prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)



**PRUSSMAN CHAPEL FALL FESTIVAL (FLYER)**

**FREE** Carnival Games!

**FREE** Food!

Popcorn

Cotton Candy

**Prussman**

**FALL**

Fun! Fun! Fun!

**FESTIVAL**

**FREE, FREE, FREE!**

Food Fun Fellowship

**FREE** Candy

**Bouncy Houses**

**Face Painting**

Come Join the Fun!

When: Saturday, 28 October  
Where: Prussman Chapel, Bldg 1850  
Time: 11:00 AM – 3:00 PM

## TELL ME A STORY EVENT (FLYER)



# Tell Me A Story®:

Making Connections and Finding Support through Literature

TMAS Event Guest Reader:

**CSM David Burton**

U.S. Army Garrison Fort Carson  
Command Sergeant Major



The Military Child Education Coalition's *Tell Me A Story: Making Connections and Finding Support through Literature (TMAS)* is an initiative created to empower our military children by using literature and their own stories. *Tell Me A Story* is geared toward children ages 4-12. Each family will receive a copy of the featured book. Hands-on activities, snacks, and a fun learning experience will be provided!

Questions about the MCEC Tell Me A Story Program? Contact Judy Glennon at 254.953.1923 or [Judy.Glennon@MilitaryChild.org](mailto:Judy.Glennon@MilitaryChild.org). To learn more about other MCEC programs and initiatives, visit

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



New, Odd, Different: Velvet is all those things and more. Soon, the children in Velvet's class learn that different isn't always odd.

TMAS Event Book:

***Odd Velvet***

By Mary E. Whitcomb



Sunday

October 1<sup>st</sup>, 2017

2:00 PM

**Mount Carmel Veterans Service Center**

530 Communication Circle  
Colorado Springs, CO 80905

**ADMISSION IS FREE**

but space is limited!

Please RSVP at the link below and use code COS:

<http://tmassignin.questionpro.com/>

Questions?

Call Louise Webb at 808-258-5961

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509 Mountain Lion Circle • Harbor Heights, Texas 76548 • tel 254.953.1923 • CFC #10261

## TRAVEL MEDICINE CLINIC (FLYER)

### **TRAVEL MEDICINE CLINIC**

- The Travel Medicine clinic is available to all beneficiaries traveling outside of the United States for leisure travel and family members PCSing with their sponsor.
- The Travel Medicine clinic provides concise, updated summaries of health and safety concerns for the specified locations of travel. The visit will include:
  - preventive measures such as travel immunizations
  - medications for malaria prophylaxis and travelers diarrhea if indicated.
- Please schedule the appointment 2 to 3 months prior to leaving Colorado. Some immunizations require a 2<sup>nd</sup> or 3<sup>rd</sup> dose for maximum protection prior to travel.
- Please call 719-526-2939, to schedule an appointment with the clinic. You will be asked to provide the names of the countries that you are traveling to.
- **POC for this information is Shirley Tyler, PA-C and can be reached at 719-526-5174.**

<https://www.facebook.com/EvansArmyCommunityHospital>



# TOL PATIENT PORTAL MOBILE ACCESS IS HERE!



- ✓ Make New Appointments
- ✓ Manage Current Appointments
- ✓ View Past and Future Appointments
- ✓ Act on Behalf of Yourself and Your Family Members

**All on Your Mobile Device**

### HOW DO I ACCESS

- 1 Defense Finance and Accounting Services (DFAS) myPay
- 2 DoD Self-Service Logon (DS Logon) Premium
- 3 Scan the code to the right and bookmark the mobile site today!



## TROOPS TO TEACHERS LUNCHEON







A Troops to Teachers information luncheon takes place Oct. 12 from 11:30 a.m. to 1 p.m. at the Soldier for Life Transition Assistance Program (SFL-TAP), building 6237, room 204. The guest speaker is retired Sgt. 1st Class Brett Smith, Special Forces, who is now a special education teacher and principal at Timberview Middle School. RSVP for the event at [www.signupgenius.com/go/508084fa9a928a7fb6-teaching](http://www.signupgenius.com/go/508084fa9a928a7fb6-teaching).



# SERVICES, PROGRAMS AND EVENTS

## 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.

  <p><b>MSSA</b></p> <ul style="list-style-type: none"> <li>◆ 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 &amp; cloud administrators, and database intelligence administrators.</li> <li>◆ 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.</li> </ul>  <ul style="list-style-type: none"> <li>◆ 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.</li> <li>◆ Classes are held Mon-Fri, 0800 - 1600. Graduates will earn industry certifications and interview with multiple partners in the Cybersecurity Industry.</li> </ul>	<p><b>CAREER SKILLS PROGRAM</b></p> <p><b>Basic Eligibility</b></p> <ul style="list-style-type: none"> <li>◆ Active Duty and Within 180 days of Transitioning from Service</li> <li>◆ Anticipate Fully Honorable or Under Honorable Conditions Discharge</li> <li>◆ Battalion CDR Approval to Participate</li> <li>◆ Additional Criteria Based on Specific Program</li> <li>◆ Honorably discharged Veterans may apply for Service to Sales, MSSA and SecureSet Cybersecurity on a space-available basis.</li> </ul>  <p>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</p>	 <p>With The Army Career Skills Program (CSP)</p> 
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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.



**HIRING  
OUR  
HEROES.**  
U.S. CHAMBER OF COMMERCE FOUNDATION

## 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.

## COMMUNITY FLU VACCINES (FLYER)

MEDDAC Commander

# Community FLU Drive 10, 13-14, and 17-20 October



19

- Evans ACH will be conducting their annual Flu Drive aimed at vaccinating all of our Active Duty Soldiers, beneficiaries, MEDDAC personnel, and students.
- Location:
  - 10-20 October: Tuesday- Friday from 0900-1700 ( Army Wellness Center)- All beneficiaries
  - 14 October - Retiree Appreciation Day : 0800-1200 (Mountain Post Soldier Center)
  - 21 October: 0900-1500 (SFCC)-All beneficiaries
  - 23-27 October: Monday- Friday 0600-1600 (SFCC)- For MEDDAC personnel and students only
- For more information/questions, please contact MAJ Sharon Douglas, Army Public Health Nurse, (719)526-3206

<https://www.facebook.com/EvansArmyCommunityHospital>



EFMP DEVELOPMENTAL SCREENINGS (FLYER)



# DEVELOPMENTAL SCREENINGS

SEPT. 29, 3:30-5:30P.M.

WEST CHILD DEVELOPMENT CENTER, BLDG. 6060  
FOR MILITARY CHILDREN NEWBORN TO 3 YRS. OLD

 [WWW.CARSON.ARMY.MIL/ACS](http://WWW.CARSON.ARMY.MIL/ACS) (719) 526-4590



# DEVELOPMENTAL SCREENINGS

OCT. 6, 3:30-5:30P.M.

MONARCH CHILD DEVELOPMENT CENTER, BLDG. 2764  
FOR MILITARY CHILDREN NEWBORN TO 3 YRS. OLD

 [WWW.CARSON.ARMY.MIL/ACS](http://WWW.CARSON.ARMY.MIL/ACS) (719) 526-4590



## FIRST VISITOR CAR SEAT PROGRAM (FLYER)



First Visitor has a limited number of car seat vouchers available!

FV has a limited number of car seat vouchers available. These seats are made possible by a mini grant and are no longer free. A donation of \$15- \$25 will be collected for each voucher given and car seat installation will be taught by a CPS technician. For further information, age and weight eligibility please contact the **First Visitor car seat line at: 344-6892**. This line is monitored daily and all complete messages (name, return phone number) will be returned by a member of the First Visitor team.

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**FIRST VISITOR FREE HOME SUPPORT PROGRAM (FLYER)**



**FIRST VISITOR**

*"To Provide Exceptional Health Care to People Facing Access Barriers."*

**peakvista.org**  
**(719) 344-6639**

(English)

**(719) 344-7147**

(Spanish)



**Program A**  
**Prenatal - 12 mos.**

Discover your newborn's amazing abilities.



**Program B**  
**12 mos. - 24 mos.**

Encourage language development.  
Proper nutrition and portion size.



**Program C**  
**24 mos. - 36 mos.**

Master positive discipline and guidance.  
Teaching tips on toilet training.

*Want to make a difference in your child's life? First Visitor is a FREE home support program designed to celebrate the birth and growth of every child. We provide new parents with emotional support, a network of community-based resources; as well as, basic information on child health, nutrition, safety and early development during the critical first three years!*

# FORT CARSON YOUTH CENTER FALL PROGRAM GUIDE (FLYER)

Now serving FREE Dinner  
3:30PM-4:30PM!  
Late Snack at 6:30PM

## Fort Carson Youth Center Fall Program Guide

August – December 2017



### Art Club: M W F 4:30-5:30PM

Join Art Club and have an opportunity to be recognized for your creativity. Open Art, Cultural Art, Quilting, Acrylics, and more. There will be monthly competitions and art galleries to look out for too.

Art Room

### Jammin' Out: M, W, F 5:30-6:30PM

This program is designed to mentor and empower youth with the universal language of music. We provide instruments and knowledge in a structured, collaborative environment. Youth can explore guitar, Piano, bass, drums, and vocals and have the opportunity to form bands with like-minded peers. Try it, you might like it!

Music Room

### SMART Girls: Thursdays 4-5PM

The SMART Girls program gives Young women a chance to get to know one another and teaches ideals about respect, trust, confidence and effective communication. Girl Power!

Conference Room

### Torch Club: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 4:30-5PM

\*Middle School ONLY\*

Torch club is Boys & Girls Club of America's small-group leadership and service club for youth ages 11-13.

Life Skills Room

### In the Kitchen: Fridays 4:30-6PM

Cooking stars in the making! We will take on cooking projects, learn about table setting, reading and making recipes and other fun kitchen projects.

Life Skills Room

### Keystone Club: Thursdays 6-7PM \*High School ONLY\*

Keystone is Boys and Girls Club of America's service learning program for teens. This unique leadership development experience provides opportunities for young people ages 14-18. Youth participate both in and out of the club, in activities in three focus areas: Academic Success, Career Preparation and Community Service

Conference Room

### College Bound: Tuesdays 6-7PM

College Bound is offered to our High School Members that want to be prepared for going to college. Learn about applying for college, surviving college, and finding the right field for you.

Homework Lab

### Power Hour! M-F 3:30-4:30PM

A comprehensive homework help/tutoring program designed to raise the academic proficiency of middle schoolers and high school teens. As youth complete homework assignments and bonus educational activities, they accumulate "Power Points" which may be used to obtain incentives and rewards. Power Hour is designed to help youth achieve maximum academic success! "Making Minutes Count!"

Homework Lab

### Smart Bucks: T & Th 5-6PM

Members are invited to learn about financial literacy. Saving, investing, budgeting in the real world, shopping smart and more. Incentives include field trips, awards, and recognition for completion of the course.

Homework Lab

### Indoor Gardening Club: T & Th 4-5PM

Do you enjoy growing your own food? Join the gardening club and learn all the steps for starting your own garden for beauty and for nutrition.

Life Skills Room

### The Voice: M & W 4-5PM

High School Members are invited to a program that gives them a voice. Plan parties, field trips and more.

Conference Room

### HOT – Hands On Technology: Thurs 5-6PM

Join the Tech Club and do some hands on STEM activity. Building Bridges, walking on water, making rockets and more.

Weight Room/Small Gym

Fort Carson Youth Center  
6181 Ware St Bldg. 5950  
Fort Carson, CO  
Ph. (719) 526-2680



**Strength & Conditioning:** M & F 4-5PM, W 5-6PM

Want to get fit? Want to stay fit? Join our Strength & Conditioning Club and have an opportunity to work out.  
Weight Room/Small Gym

**Fun Zone:** M - F 4-5PM

Come to the Fun Zone and enjoy different activities every day. Riddles, scavenger hunts, video game competitions, free play, Minute to Win it!, Board game tournaments, prizes, and more.  
Game Room/Open Rec

**Basketball Workshop:** M - F 4:30-5PM

Want to improve some of your basketball skill? Then stop by the Youth Center for some pointers and drills to help you improve. Mr. Abdul and Mr. Derrick are here to provide guidance on how you can improve your game.  
Gym

**Hour of Code/ Computer Science Unplugged:**

M, W, F 5-6PM

Improve your STEM Skills by joining Hour of Code and Computer Science Unplugged. Learn to engineer your own games and learn all about the 1's and 0's of the computer world. Parties and incentives for consistent participants.  
Computer Lab

**Passport to Manhood:** Thursdays 4-5PM

This program consists of sessions that concentrate on specific character aspects of manhood through interactive activities and conversation. Passport to Manhood promotes positive ideals and concepts to help shape boys into responsible young men.  
Conference Room

**My Future:** T - TH 4:30-5PM

Ready to explore the vast world of technology? My Future provides opportunities to develop strong, grounded digital literacy competency.  
Tech Lab

**Upcoming Special Events:**

**Back to School Party Aug. 18<sup>th</sup> 7:30-9:30PM** – Join us for a great time. Free party with refreshments and drawings.

**Glow Dance Sept. 8<sup>th</sup> 7:30-9:30PM**- Members are invited a fun night of good music and glow lights. Wear clothing you are okay with getting messy.

**Pumpkin Walk Oct. 19<sup>th</sup>** – Join us for a pumpkin decoration contest. Event open to the community.

**Strong Family Awareness Dinner Nov. 14<sup>th</sup> 6-8PM** – Join the Youth Center for a nice family dinner. Also meet with guest speakers on ways to stay family strong.

**Monthly Events**

**Midnight Basketball**- First Friday of every month. Middle school 8-9:30PM, High school 10-12AM, pizza at 9PM for participants!

**Skate Night**- Third Friday of the month 6PM-9PM

**Movie Nights \$5** –Aug. 25<sup>th</sup>, Sept. 22<sup>nd</sup>, Oct. 13<sup>th</sup>, Nov. 17<sup>th</sup>, and Dec. 18<sup>th</sup> Families are invited for a nice movie and diner for only \$5 per person. 6:30PM-9PM

**Fort Carson Record Books** – Saturdays - Come in and break a record. Different activities every Saturday.

**Family Game Night**- Last Saturday of the month 7-9PM. Bring your family, win prizes, and enjoy snacks!

**Fall Camp** – 20 – 24 November

**Winter Camp** – 18 – December to 4 January

**Building Closures**

**Labor Day** – Center Closed September 4<sup>th</sup>

**Columbus Day** – Center Closed 9 October

**October 21<sup>st</sup>** - Center Closed

**Veterans Day** – Center Closed 10 November

**Thanksgiving Day** – Center Closed 23 November

**Christmas Day** – Center Closed 25 December

-----Youth Led Clubs-----

**Book Club:**

For all book lovers, readers and literature connoisseurs! We engage in book discussions, fan fics, and film adaptations of some books we read or have read.

Middle School: Tuesdays 4pm-5pm

High School: Thursdays 5pm-6pm

Club Mentor: Ms. Hannah

Homework Lab

**MAGE Academy:** M, W, F, 6-7PM, Sa. 7-9PM

Join our anime club, which involves a lot of cooking, gaming, learning new anime characters, crafting, and pop culture.

Movies Anime Games Enthusiasts

Club Mentor: Mr. Todd

Life Skills

**Dungeons and Dragons:** Fridays 6-7PM

Enjoy fun times with friends while making D&D characters, stories, and playing fields.

Club Mentor: Mr. Brandon

Tech Lab

Fort Carson Youth Center

6181 Ware St Bldg. 5950

Fort Carson, CO

Ph. (719) 526-2680



# GET EDUCATED: YOUTH MENTAL HEALTH AND WELLNESS (FLYER)

## Get Educated: Youth Mental Health and Wellness



Sponsored by:



When: Tuesday, September 26, 2017 5:30-9 pm

Where: Harrison D2, Harrison High School

Zalman Center

2755 Janitell Road

Colorado Springs, CO 80906

Free registration at:

[www.healingouryouth.org/calendar/](http://www.healingouryouth.org/calendar/)



### SCHEDULE:

5:30: Visit our resource fair & talk one-on-one with professionals from the field of mental health

6:30: Listen to the Healing Our Youth presentation (see presenters/topics below)

8:00: Visit our resource fair & talk one-on-one with our panel speakers and professionals from the field of mental health

9:00: Close

- Listen to a parent's perspective on raising a child with a mental disorder
- Learn important facts/statistics about mental disorders and the basic biology of mental disorders
- Learn about the adolescent brain and teen substance use
- Learn to identify unhealthy adolescent behavior
- Learn what treatments are available for mental disorders and the steps to take to access treatment
- Connect with experts and resources in mental health
- Talk one-on-one with mental health professionals
- 2.0 CEUs offered
- Light refreshments included

## AN INSPIRING PRESENTATION, PLUS A MENTAL HEALTH RESOURCE FAIR



A Parent's Personal Story by Gina Moore, JD – Community Outreach Coordinator and Past President of the National Alliance on Mental Illness Arapahoe/Douglas Counties.



Mental Disorders: Facts, Statistics & Biology by Amy Gensler, MD – Board certified pediatrician with Parker Pediatrics & Adolescents; Associate Clinical Professor at the University of Colorado, Dept. of Pediatrics, Children's Hospital Colorado.



Youth Substance Use by Kevin Petersen, MA, MFT-C – Executive Director and Counselor at Petersen Family Counseling in Denver where he specializes in substance abuse, co-dependency, anger, behavioral issues, and severe mental health issues.



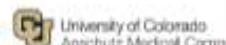
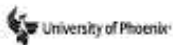
Identifying Unhealthy Adolescent Behavior by Sharon Hastings, EdD, LPC, LSC, NCC, ACS Clinical Director and Supervisor of Clinical Counseling at the University of Phoenix, Lone Tree.



A Youth's Personal Story by Edward Mastronardi: a local youth shares his journey with a mental disorder and inspires hope.



Moderated by Jean Miller, PhD, LPC-Administrator and faculty member in the College of Social Sciences at the University of Phoenix, Lone Tree.



## MOUNTAIN POST SANTA'S WORKSHOP (FLYER)



### **What We Are:**

**Non-profit run by volunteers**

**Help children of Service Members of Fort Carson by providing holiday toys**

**We help, on average, 1200 children each year**

**Need based, not rank based**

**Detailed application process will open in September and close in October**

### **KEY DATES:**

**5 September - Applications Open**

**27 OCT : Applications for 2017 Due**

**17 NOV: Annual Ribbon Cutting**

**4-8 DEC: Shopping at MPSW**

**Contact MPSW  
Bldg.1045**

<http://www.mountainpostsantasworkshop.co.com/>

**Follow us on Facebook**

<https://www.facebook.com/mpsws/>



**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](mailto:james.w.butler158.mil@mail.mil). [Edgardo.a.menjivar.civ@mail.mil](mailto:Edgardo.a.menjivar.civ@mail.mil).

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

Fort Carson  
Designated  
Program

**NO DUI RESPONSE TEAM**

Fort Carson  
Designated  
Program

If you have a DoD ID Card we have

No Car  
No  
Ride

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

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

HAD ONE  
TOO MANY  
DRINKS?

Friday night 2200 hrs – 0300 hrs (Sat)

Saturday night 2200 hrs – 0300 hrs (Sun)

BEEN OUT  
DRINKING?

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

**Fort Carson ▪ Peterson ▪ USAFA ▪ Schriever**

**2017 ALL SERVICES  
MILITARY RETIREE/SPOUSE  
INFORMATION DAY**

**SATURDAY  
OCT 14  
8 A.M.-NOON**

**Mountain Post Soldier Center  
Building 1525  
6351 Wetzel Ave.  
Fort Carson, Co 80913**

**Medical/Military Services:  
Flu Vaccines/Dental Screening  
ID Cards/DEERS**

**Information Booths:  
Army Community Service (ACS), Exchange, Soldier For  
Life-Transition Assistance Program (SFL-TAP), DFMWR,  
Casualty Assistance Center, Evans Army Community  
Hospital, Retirement Services (SBP),  
Adult Care Services, Veteran Services**

**Light Refreshments  
Door Prizes**



## RONALD MCDONALD HOUSE OF SOUTHERN COLORADO VOLUNTEER OPPORTUNITIES

When families with seriously ill children in area hospitals have no place to rest... they are welcome at the Ronald McDonald House. It's a home away from home. Our volunteers do so much more than cook and clean. They make this house a home.

Opportunities to help 7 days a week/ 365 days a year! We only require a friendly smile and helpful attitude!

### House Volunteers

Assist the staff in keeping a warm & friendly environment for the families staying at the House. This includes, but is not limited to cleaning, organizing, baking working in the yard and any special projects. Flexible 2-4 hour shifts between the hours of 9am-8pm. Groups and pairs are welcome!

### Office Volunteers

Manage the front office of the Ronald McDonald House. This includes, but is not limited to answering phones/doors, filing, accepting donations, checking in families/visitors, and working on special office projects.

After RMHC volunteer application and background check, House and Office volunteers can usually begin immediately depending on availability. Children under 18 must volunteer with an adult.

### Ronald McDonald Family Rooms

#### Memorial Family Room

Located in the NICU of Memorial Hospital

#### St. Francis Family Room

Locate in the NICU of St. Francis Medical Center

Families can step away momentarily to grab a snack or just a nap... our Family rooms provide a place for self-care while staying close to their children. Our volunteers give them everything they need to do just that. Volunteers staff 100% of our Family Rooms - 7 days per week/365 days per year. People like you are essential to keeping these places accessible to families whenever they are in need! Act as host/hostess to all families in ensuring all guests are met with a warm, smiling face Provide tours to new guests Monitor the guest sign-in process Make coffee as needed Put snacks out as needed Ensure that all rules are followed Answer phone as needed Contact hospital staff regarding restocking as needed Family Room volunteer minimum is one shift per month. Six-month minimum. Volunteer shift times are 9am-1pm, 1pm-5pm, 5pm-7/9pm. Must be at least 14 years of age to volunteer at our Family rooms. Individuals and pairs are welcome!

### How to apply:

Visit: [www.rmhcs.org/volunteer](http://www.rmhcs.org/volunteer); Contact: Nicole Noll, Volunteer Manager at [nicole@rmhcsoutherncolorado.org](mailto:nicole@rmhcsoutherncolorado.org) or 719-471-1814; or stop by our House:

Ronald McDonald House

311 N Logan Ave.

Colorado Springs, CO 80909

\*Additional applications and processes required to volunteer at Family Rooms

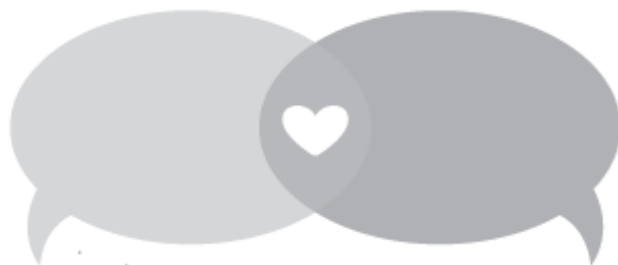


# ARMY COMMUNITY SERVICE PROGRAMS

## 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](http://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](http://www.carson.army.mil/acs) • (719) 526-4590



**FORT CARSON YARD SALES (FLYER)**

**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.ARMYAHL.MCS](http://WWW.CARSON.ARMYAHL.MCS) · (719) 526-1082



## 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 (NPS) 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 NPS 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 NPS staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.	



ACS Incentive 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., AFTR, 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](http://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 of every month • 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](http://www.carson.army.mil/acs) (719) 526-4590**



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](http://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





**CIVVIES (FLYER)**



In collaboration with Discover Goodwill,  
Mt. Carmel presents  
"CIVVIES", a men's and women's clothing  
boutique to assist with professional and  
business casual attire.  
A monetary donation is suggested.


*Open daily from 8 am – 5 pm  
Donations can be dropped off and processed through  
any Goodwill donation center.*

*Mt. Carmel can not accept clothing donations*

*719-309-4714*

*530 Communication Circle*

**FREE PRESCHOOL AT FORT CARSON CPCD (FLYER)**

A young child with dark hair, wearing a red shirt and a green patterned cardigan, is looking upwards and reaching out towards a computer keyboard. The background is a plain, light-colored wall.

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](http://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](http://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](http://www.eaglesnestranch.org)

[eaglesnestranch501@gmail.com](mailto:eaglesnestranch501@gmail.com)

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



**HELP WANTED - DIRECTORATES, FAMILIES & GROUPS AT TRUNK OR TREAT  
(FLYER)**

**Trunk  
or  
Treat**



**FREE**  
Hot Dogs/Candy/and More!!!  
**VOLUNTEER  
TODAY!!!**

**October 22, 2017**

**Soldiers' Memorial Chapel**

**2:00-3:30 (or until candy runs out.)**

**WANTED : Directorates & Families to host Trunks.  
Candy donations.**

**Prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place given to the best decorated trunk.**

**POC: Pat Treacy 719-524-2458 for more information.**

**Email: [patricia.a.treacy2.civ@mail.mil](mailto:patricia.a.treacy2.civ@mail.mil)**



## HOME-AWAY-FROM-HOME HOLIDAY (FLYER)

You can sign up  
with a friend!  
See our website  
for details!!



YOU ARE INVITED TO ENJOY A

# HOME-AWAY-FROM-HOME *Holiday!*



*This Thanksgiving, spend time  
with your Friends in the Community*

The local community appreciates your service. To thank you and your families for the sacrifices you make, local citizens are opening their homes to you. The holidays can be a difficult time when you are stationed far from family and friends. The local community would like to make this holiday much easier.

**Spend Thanksgiving with a local family**  
**THURSDAY, NOVEMBER 24, 2016**

For more information and to register please go to our website:

<http://CitizenSoldierConnection.org> OR  
email [Elizabeth@citizensoldierconnection.org](mailto:Elizabeth@citizensoldierconnection.org)

<http://CitizenSoldierConnection.org>



## 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

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**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](mailto:lej@kingdombuildersfamilylifecenter.org).

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## NAMI BASICS EDUCATION PROGRAM (FLYER)



### What is the NAMI Basics Education Program?

NAMI Basics is a **free, six-session program** designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

NAMI Colorado Springs, the local organization of the National Alliance on Mental Illness, offers two classes of its **NAMI Basics Education Program** this fall. **Class #1 begins on Mon., Sept. 11, 2017, 11:30 am – 2pm. Class #2 begins on Wed., Oct. 11, 6-8:30 pm.**



### Participant Perspectives

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

**Contact us to register for this NAMI Basics class!**



To register, contact:  
**Lynn Shull**  
NAMI Colorado Springs  
510 E Willamette  
Colorado Springs, CO 80903  
719-743-8477  
[info@namicos.org](mailto:info@namicos.org)  
[www.namicoloradosprings.org](http://www.namicoloradosprings.org)

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Colorado Springs is an affiliate of NAMI CO. NAMI Colorado Springs and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

## **OLYMPIC TRAINING CENTER SEEKING VOLUNTEERS**

National Team Events is hosting a 12-team international volleyball tournament at the Olympic Training Center September 26 - Oct 1. They are looking for many volunteers (age 12 & older) as they will have two competition courts running simultaneously for a total of 6 matches a day.

To complete a volunteer interest form: <http://www.teamusa.org/usa-volleyball/events/international/norceca-mens-continental-championship/volunteer-info>.

For more information, and to submit your volunteer interest forms; Angela Lattimer [angela.lattimer@usav.org](mailto:angela.lattimer@usav.org); Office: +1 (719) 228-6800

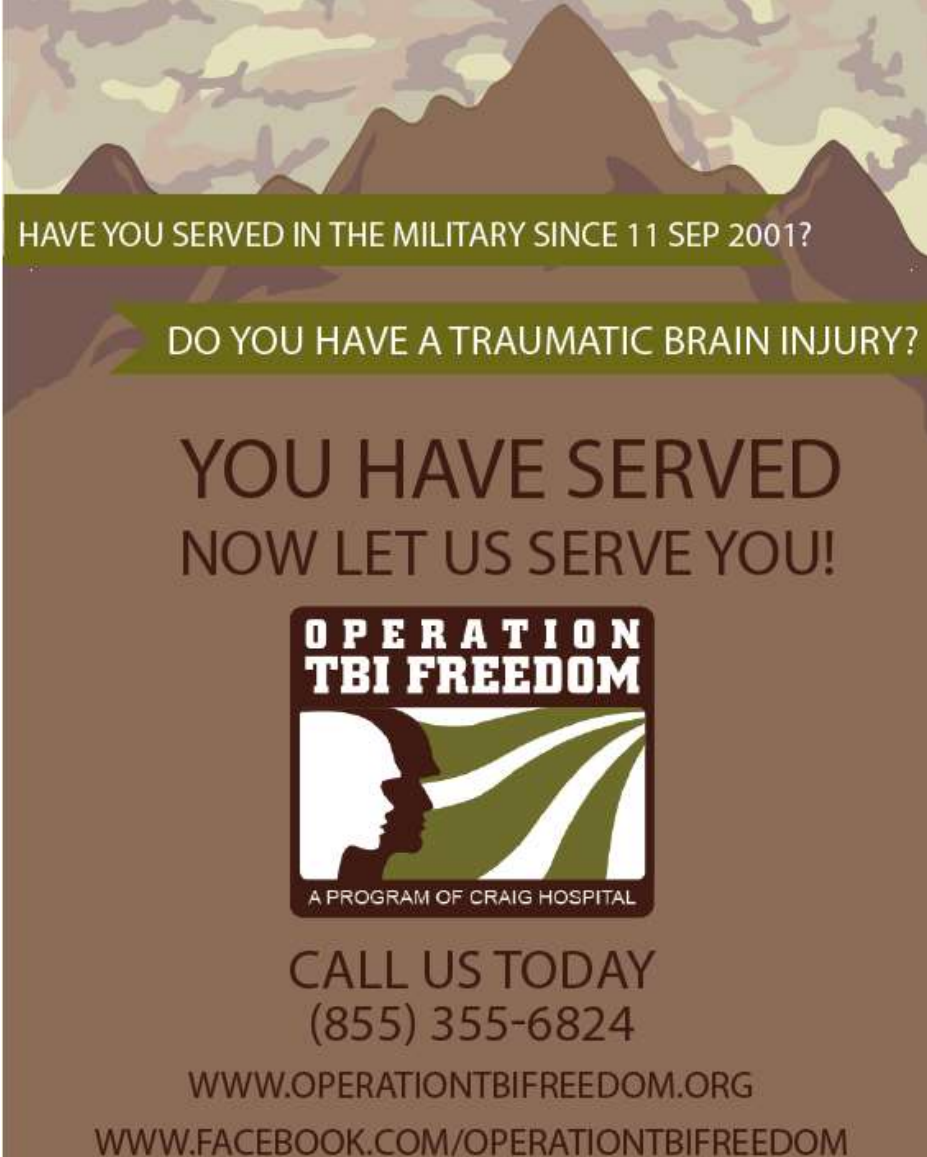
## **OPERATION TBI FREEDOM (FLYERS)**

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](mailto:OTF@craighospital.org)

Facebook: [www.Facebook.com/operationtbifreedom](http://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!

**OPERATION  
TBI FREEDOM**



A PROGRAM OF CRAIG HOSPITAL

CALL US TODAY  
(855) 355-6824

[WWW.OPERATIONTBIFREEDOM.ORG](http://WWW.OPERATIONTBIFREEDOM.ORG)

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

## OPERATION TBI FREEDOM



## 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](http://craighospital.org/OTF)

**TRY HOCKEY FOR FREE (FLYER)**

# Try Hockey for Free

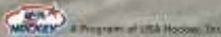
**HERE'S YOUR  
CHANCE TO WITNESS THEIR  
SECOND FIRST STEP.**

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



**Every  
Saturday  
9:15am  
Monument Ice Rinks**

Presented by:



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](http://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!**

**VETERAN "X" GROUP (FLYER)**

# Introducing "Veteran X" a group for Vets by Vets to Empower Vets

Where: Mt. Carmel Center of Excellence

530 Communication Circle  
Colorado Springs, CO 80905



*Presented by the  
Floyd K. Lindstrom VA  
Clinic*

*in Partnership with*

*Mt. Carmel Center of  
Excellence*

When: **Starting July 11th, 2017** from 1630 to 1830 (with a fifteen minute break)

All Veterans are welcome.

Come Join the Veteran X group where Veterans empower Veterans through shared knowledge and experiences.

Group Members become the treatment team for "Veteran X", a fictitious Veteran, in helping Veteran X we will help each other and ourselves to navigate life's issues on life's terms.

For more information contact David Conley, CPSS at 719-227-4050

## VOLUNTEER VETERAN MENTORS NEEDED (FLYER)



# Calling All Volunteers We Want You!



We are looking for motivated Veterans (all eras/campaigns) who would like to volunteer with the Operation TBI Freedom **Volunteer Veteran Mentor Program** for the 4<sup>th</sup> Judicial District's Veteran Trauma Court (VTC), Colorado Springs.

What: Volunteer Veteran Mentor Orientation

Where: OTF Offices, 24 S. Weber Street, Suite 200, Colorado Springs

When: Dates listed below for the remainder of the year.

30 AUG, 0900-1000

13 SEP, 1100-1200

25 SEP, 1600-1700

11 OCT, 1200-1300

23 OCT, 1400-1500

6 NOV, 0900-1000

28 NOV, 1100-1200

11 DEC, 0900-1000

We tried to offer multiple options throughout the day to attend. If you have a Veteran that is very interested in being a Volunteer Veteran Mentor, but they can't attend any of these Orientations, please have them email me at: [sholmes@craighospital.org](mailto:sholmes@craighospital.org).

*Note: To volunteer with this program, you **MUST** complete an Orientation prior to being able to begin volunteering. During the Orientation, you will receive detailed information about the new volunteer program. At the conclusion of the Orientation, you can complete an application to be a Volunteer Veteran Mentor. (Please note: If you have been a Volunteer with the program in the past, you must attend an Orientation to continue to volunteer with the program. We want to encourage all former Volunteers to come to one of the Orientation dates listed above, so we can continue the great work that has already been done over the last years!)*

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**\*\*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.**