

Keep up to date with local events and deals with the



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11 June 2025

*No Fort Carson/ Army Endorsement Implied*

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



Army Community Services  
6303 Wetzel Avenue, Building 1526  
Fort Carson CO 80913  
719-526-4590  
719-243-7907 224/7 DV Hotline

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## Community Events Bulletin

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### Fort Carson on My Army Post App

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

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

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The Fort Carson Freedom Fest 2025 will take place on  
June 28, 2025, from 4:00 PM to 10:00 PM at  
Iron Horse Park, and it is free and open to the public.

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DATE	CLASS
16 June 23 June	<a href="#">Navigating the USIS Website; 12pm—12:30 pm</a>
16 June 23 June	<a href="#">WIC Walk Ins, 1pm—3:30 pm</a>
17 June	<a href="#">Introduction to Entrepreneurship: Building Your Business from the Ground Up, 8am to 4pm</a>
17 June	<a href="#">Boot Camp for New Moms, 9am—1200</a>
17 June	<a href="#">Federal Resume 101, 9:30 am—10:30 am</a>
17 June 24 June	<a href="#">Infant Massage &amp; Baby Nurturing, 9:30 to 11am</a>
17 June 24 June	<a href="#">Sponsorship Training, 9:30—10:30 am</a>
17 June 24 June	<a href="#">Child Support Walk Ins, 1pm—4pm</a>
18 June	<a href="#">Navigating USAJOBS, 9:30 am—10:30 am</a>
18 June 25 June	<a href="#">IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief, 10am—12:30 pm</a>
18 June	<a href="#">SFRG Informal Funds Custodian Training, 10am—11:30am</a>
18 June 25 June	<a href="#">Disabling Sickness or Condition: Financial Touchpoint/Milestone Training, 11am—12pm</a>
18 June 25 June	<a href="#">Mountain Post Welcome for Spouses and Families, 1pm—2pm</a>
20 June 27 June	<a href="#">Play Group, 10am—12pm</a>
24 June	<a href="#">Baby Sign Language, 9am—10:30am</a>
24-25 June	<a href="#">Command Family Readiness Representative Academy (CFFR) 9am—4:30 pm</a>

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DATE	CLASS
25 June	<a href="#">Blended Family Parenting, 12pm—1:30pm</a>
25 June	<a href="#">Homebuyers Workshop Online (Virtual), 1pm—4pm</a>
25 June	<a href="#">Relationship Preventative Maintenance for Couples &amp; Singles, 1pm—3pm</a>
25 June	<a href="#">New Volunteer Orientation, VMIS and OPOC Training, 1:30pm—3pm</a>
26 June	<a href="#">Toddler Time, 9:30am—11am</a>

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# Navigating the USCIS Website

Learn to utilize online tools to assist with immigration & naturalization

16 & 23 June

12pm—12:30pm

Provide Service Members and their Families with the knowledge and skills to effectively navigate the USCIS website, access accurate immigration information and utilize online tools to assist with their immigration/naturalization process.

## **Cost**

Free service provided by your ACS Relocation Readiness Program.

## **Registration Information**

[Click here to register](#)

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16 June  
12 June  
1pm—3pm

Empowering Families with Food, Nutrition, Education and More

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and community support to income-eligible pregnant women, moms of infants, and children up to 5 years old.

Did you know? Colorado WIC offers:

- HEALTHY FOOD + NUTRITION TIPS
- A COMMUNITY OF SUPPORT
- REFERRALS

Cost Free service provided by your ACS Community Information, Referral and Follow-up Program and the El Paso County Public Health.

Registration Information Walk-in basis; first come first serve. Check in on the lobby iPad, ACS Center, Bldg. 1526. [If you would like to request a WIC appointment, click here.](#)

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FORT CARSON EMPLOYMENT READINESS

**SBA** THE U.S. SMALL BUSINESS ADMINISTRATION PRESENTS

U.S. Small Business Administration



8:00am - 4:00pm  
Feb 25 Apr 29  
Jun 17 Aug 26

**Introduction to Entrepreneurship:  
Building Your Business  
from the Ground Up**



**Jun 17 2025, 8 am - 4 pm**

Join us as we host The U.S. Small Business Administration's Boots to Business **Introduction to Entrepreneurship: Building Your Business from the Ground Up** at Army Community Service. Register now to save your seat, receive your official printed workbook, and learn how to join the B2B Community.

**Cost FREE**

**Registration Information [HERE](#)**

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**Jun 17 2025, 9 am - 12 pm**

*Class is offered every 3rd Tuesday of the month.*

Are you expecting mom that has questions about parenting infants and local resources?

*This class is an opportunity to interact with other expecting moms and develop confidence as a parent. We will discuss parent-infant relationships, common questions about parenting, postpartum issues, and much more.*

**Cost Free**

**Registration Information**

**[CLICK HERE TO REGISTER!](#)**

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FORT CARSON EMPLOYMENT READINESS



**Registration  
Information**  
[CLICK HERE TO  
REGISTER!](#)

**Jun 17 2025, 9:30 am - 10:30 am**

Did you know that there are differences between the private sector resume and federal resume? This class will cover the required elements of the federal resume and teach you how to write and tailor your resume to federal job announcements.

This class will be taught in a blended format. You will have the choice of attending in-person or virtually using the Microsoft TEAMS platform.

Once you register for this class, you will receive an email from us that includes instructions.

**Cost FREE**

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

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

**17 June  
24 June**

**Infant Massage 9:30-10:15 a.m.**

**Baby Nurturing 10:15-11:00 a.m.**

Pregnant moms and parents with babies are encouraged to attend.

Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed.

For more information about our lactation specialist, please contact (719) 960-6435.

Cost FREE!

**Registration Information [CLICK HERE TO REGISTER!](#)**

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17 June

24 June

9:30 am—10:30 am

#### Connecting Soldiers & Families with Resources

This is the installation specific Army Community Service (ACS) Relocation Readiness Program Sponsorship Training. Participants learn about Fort Carson and local community resources.

#### Cost

Free class provided by ACS Relocation Readiness Program.

**Registration Information** [Click here to register](#)

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**17 Jun  
14 Jun  
1 pm—4 pm**

Helping Parents and Caretakers Provide for their Families  
Child support services include:

- Locating parents
- Initiating legal paperwork
- Establishing parentage
- Establishing child support order
- Enforcing child support order
- Modifying a child support order
- 

**Helping parents overcome barriers that prevent order compliance  
Cost**

Free service provided by your ACS Community Information, Referral and Follow-up Program and El Paso County Child Support Services.

### **Registration Information**

**Walk-in basis, first come first serve. Check in on the lobby iPad,  
ACS Center, Bldg. 1526.**

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ACS Soldier & Family Assistance Center Presents

## Transition and Medical Retirement Brief



**18 June  
25 June  
10 am—12:30 pm**

This briefing is for Soldiers in the IDES process who are transitioning out of the military due to medical separation or medical retirement. The brief covers the transition timeline, military benefits and available services which transitioning Soldiers can utilize.

Location: ACS Center, Bldg. 1526

Cost FREE!

Registration Information [CLICK HERE TO REGISTER!](#)

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18 Jun

10 am—11:30 am

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing Soldier & Family Readiness Group (SFRG) Informal Fund accounts and fundraising.

This class is being provided as a blended learning opportunity. At registration, attendees will have the choice to identify whether they will be participating either “in-person” or “virtually”.

**Registration Information [CLICK HERE TO REGISTER!](#)**

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## Financial Milestone

### **Disabling Sickness or Condition**

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



SECURING THE  
**FINANCIAL  
FRONTLINE**



Fort Carson ACS  
(719) 526-4590

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# Mountain Post

# WELCOME

FOR  
SPOUSES &  
FAMILIES

NEWCOMERS ORIENTATION

18 June  
25 June  
1 pm—2 pm

Join us at the ACS Center, Bldg. 1526. Our orientation offers you an opportunity to meet other new arrivals, get “insider tips” to become familiar with the area and get any questions you may have answered. It's also a great way to learn about resources on and off Fort Carson.

**Registration Information [Click here to register](#)**

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**20 June**

**27 June**

10 am—12 pm

A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills.

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

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

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24 Jun  
9 am—10:30 am

Babies are happiest when they can communicate with the people who love them the most, their families. Signing is a tool that can be the key into your baby's thoughts and the springboard for future language development.

Registration Information [CLICK HERE TO REGISTER!](#)

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24—25 Jun  
9 am—4:30 pm

The two day Command Family Readiness Representative (CFRR) course is designed to prepare Soldiers who are appointed as CFRRs to assist with the operational, logistical, and administrative aspects of the SFRG. As a liaison between the command and the SFRG volunteer the CFRR needs to know the ins and outs of the SFRG and how their role can assist both the command and the volunteers. The course contains all of the required CFRR Certification courses in one: CFRR, Rear Detachment, VMIS, CARE Team, Informal Fund Custodian and Social Media OPSEC. Upon completion of the course the CFRR will have an understanding of their role in the SFRG and how to assist with execution of the SFRG mission.

Class is held at the ACS Main, 6303 Wetzel Avenue, BLDG 1526. Please check in at the front desk when you arrive for class.

Registration Information [CLICK HERE TO REGISTER!](#)

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# ✦ BLENDED FAMILY PARENTING COURSE ✦

Come learn more about what you bring  
as a parent, meet other parents,  
and build a support system.  
You can complete one or all six modules.



**25 June**

**This class meets every other Wednesday 2024, from 1200-1330.**

Come learn more about what you bring as a parent, meet other parents, and build a support system. You can complete one or all six modules. Come join us at any time!

**Location:** ACS ANNEX 1481 Titus Blvd. Building 7492

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**Jun 25 2025,  
1 pm - 4 pm**

Are you purchasing a home and not sure where to start or what has changed? If so, this workshop is for you. Prospective home buyers will learn the in's and out's of the home-buying process.

**Topics include:**

- The local housing market
- Preparing for home ownership
- Choosing a realtor
- Selecting the right house
- Obtaining the right mortgage
- Veterans Affairs (VA)
- understanding the process from start to closing.

Cost Free service provided by your ACS Relocation Readiness Program and Pikes Peak Association of Realtors (PPAR).

**Registration Information [CLICK HERE TO REGISTER!](#)**

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### RELATIONSHIP INSPECTION AND MAINTENANCE WORKSHEET

For use of this form, see [carson.armymwr.com/acs](http://carson.armymwr.com/acs), search Family Advocacy Program

1. ORGANIZATION			2. PROGRAM			
Army Community Service			Family Advocacy Program			
3. PHONE #	4a. BLDG. #	b. STREET ADDRESS	c. CITY	d. STATE	5. ZIP CODE	6. BRANCH
(719) 524-0912	1201	1481 Titus Blvd.	Fort Carson	Colorado	80913	Army
<b>APPLICABLE REFERENCE</b>						
TM NUMBER		TM DATE		TM NUMBER		TM DATE
<p>Note:</p> <p>We've been trying to reach you about your relationships extended warranty!</p>				<p><b>Relationship</b></p> <p><b>Preventative Maintenance</b></p> <p><b>for Couples &amp; Singles</b></p>		
<p>ALL RELATIONSHIP INSPECTIONS AND EQUIPMENT CONDITIONS RECORDED ON THIS FORM HAVE BEEN DETERMINED IN ACCORDANCE WITH THE ARMY COMMUNITY SERVICE PREVENTION AND RELATIONSHIP EDUCATION PROGRAM.</p>						

**Jun 25**  
**1 pm - 3 pm**

Is the Check Engine light of your relationship on? Is Your alignment off? Is the engine of your relationship just not cranking the way it use to? Every Relationship from old Fords to New Teslas need a little maintenance from time to time. Join us at the ACS Annex the Second Wednesday of every month and let's do some Preventative Maintenance for Couples & Singles and get your Alignment back on track.

**Registration Information [CLICK HERE TO REGISTER!](#)**

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**Jun 26 2025, 9:30 am - 11 am**

Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, Walk-ins welcome.

**Registration Information Walk-Ins Welcome!**

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

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Featuring special guest readers for every week of the Summer Reading Program! Every Thursday includes stories, crafts, songs and learning time. Open to ages 0-5 years old.

For more information on Grant Library please visit their website at [Grant Library](#)

*All information is subject to change.*

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# Grant Library SUMMER READING PROGRAM WEEKLY EVENTS



## TUESDAYS

Art at the Library at 10:30 a.m.

## WEDNESDAYS

Lego Club at 10:30 a.m.

## THURSDAYS

Story Time at 10:30 a.m.

## FRIDAYS

Stem 10:30 a.m.

## SPECIAL EVENTS

May 31: Kickball  
Ivy Field at 11 a.m.-1 p.m.

June 7th: Ivy Gym Rock Climbing  
or Pickleball at 10:30 a.m.

June 21: Ivy Gym Basketball  
at 10:30 a.m.

July 12: Ivy Gym Pickleball  
or Rock Climbing at 10:30 a.m.

June 3: Military Working Dog  
Demo and Reading at 11 a.m.

June 13: Ellis Outdoor Pool  
at 10:30 a.m.  
(Must attend safety brief on June 12)

June 27: 4th ID Band  
at 1:00 p.m.

July 19: Ellis Outdoor Pool  
at 10:30 a.m. (Must attend safety  
brief on June 12th)

June 6: Special Reader  
at 10:30 a.m.

June 17: Army's Birthday Celebration  
with Special guest reader  
craft at 10:30 a.m.

June 28: Storywalk at 10:30 a.m.  
at the track field across Ivy Gym

July 26: Finale at 1:00 p.m.

*Registration required for all events except Lego Club.*

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Jun 18 2025, 10:30 am - 11:30 am

**Grant Library**

You bring the creativity and we'll supply the Legos! Join us every

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[Thunder Alley](#)

### **KIDS BOWL FREE**

Kids can play TWO free games every **Wednesdays & Thursdays** from 11 a.m.-4 p.m. This deal is available from May 7-August 6.

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Jun 20 2025, 4 pm - 6 pm

### Outdoor Recreation

Happy Hour for you & your furry friend! Bring your pup to the softball field in **Iron Horse Park**. This event is **FREE** to attend and held every 3rd Friday from May-October.

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# COACHES NEEDED! YOUTH SPORTS

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



## Youth Coaches

Youth coaches are eligible for a discount on youth sports registration fees

## Active - Duty

Active -duty youth coaches can earn promotion points.

## Time Spent

Time spent as a youth coach counts as volunteer hours and can be added to your resume



UNITED STATES ARMY  
**CHILD & YOUTH SERVICES**

## Make the difference

A youth coach makes a difference in the lives of children in the community.

## Rewards

Being a youth coach is rewarding and something to be proud of.



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



Find us on Soc  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Youth Sports @ Youth Center  
6181 Ware St., Bldg. 5950  
Fort Carson, CO 80913

**(719) 526-4425**

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

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# Fort Carson HEARTBEAT

*Peer Support for Survivors of Suicide Loss*

**6:15pm the 2nd Tuesday of each month**

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

**Virtual ZOOM Meeting or In-person**

**6990 Mekong Bldg. 6215 Fort Carson**

**Contact for more information:**

**Angelika McShan**

**719-338-1796**

**gsdfriend2@gmail.com**

**Paul McShan**

**202-441-8580**

**paulmcshan@gmail.com**



**HEARTBEAT Survivors After Suicide, Inc.**

www.heartbeatsurvivorsaftersuicide.org is a international non-profit organization affiliated with

Suicide Prevention Partnership / Pikes Peak Region

American Association of Suicidology

American Foundation for Suicide Prevention

Suicide Prevention Coalition of Colorado

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

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

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

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

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Food Resources

2025

# FREE SUMMER MEALS

MESA ELEMENTARY  
JUNE 9 - JULY 3 (M-F)

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MOUNTAINSIDE ELEMENTARY  
AND  
FOUNTAIN MIDDLE SCHOOL  
JUNE 9 - JULY 11 (M-F)

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**TIMES**  
BREAKFAST:  
7:30 - 8:30 A.M.  
LUNCH:  
11:30 A.M. - 12:30 P.M.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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## FFC8 FOOD PANTRY

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

### WHERE AND WHEN

#### Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

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For information and to register please visit [Operation Homefront](https://www.operationhomefront.org/back-to-school-brigade)

The Back-to-School Brigade® is an annual nationwide campaign by Operation Homefront that collects and distributes school supplies to eligible dependents of service members. Through this assistance program, military children receive free back-to-school supplies, including backpacks, to help them start the new school year on the right foot. The Back-to-School Brigade program has been a tremendous success since its inception, with Operation Homefront distributing over 550,000 backpacks to military children.

This program is a crucial resource for military families who may face financial hardship or other challenges as they navigate the back-to-school season. The backpacks provided through the program are of high quality, ensuring that children have a durable and reliable backpack to carry their supplies. The program also includes a range of other school supplies, such as pencils, paper, and other essential items, to help children succeed in the classroom.

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## Military Mind/Body Workshops

presented by the American Red Cross

### Stress Solutions Adult Workshop

May 10 at Southeast Y

June 7 at Briargate Y

10:00am-11:00am

Stress Solutions is an interactive workshop run by a Red Cross Facilitator during which the differences between normative stress and unhealthy stress will be clarified, the effects of chronic stress on health will be discussed, education will be provided on how stress can be an asset, and skills & strategies for managing stress will be provided and practiced through a variety of exercises.



### Intro to Mind/Body Workshop

Intro to Mind/Body offers an introductory look into mind-body techniques and is recommended for participants who are unsure about which module might be best for them, are hesitant about trying mind-body skills or would like to practice foundational mind-body skills.

Aug 9 at Southeast Y

Sept 13 at Briargate Y

10:00am-11:00am



**American  
Red Cross**

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Our dedicated staff and volunteers embrace your family's challenges and needs as your children cope with a parent's deployment.

Operation Kid Comfort helps children find love and encouragement through the creativity of our quilters.

Each hand-crafted quilt or pillow embodies your family's story illustrating your personal history and heritage. Family photos are printed onto fabric and sewn into a quilt or pillow for your child(ren) for **FREE**.<sup>\*</sup> Local quilters donate their personal time and materials for each family to express their gratitude for your family's commitment and service.

### Open to all Military Branches!

Request a quilt or pillow today!

Apply online at

[ppymca.org/military/operation-kid-comfort/](http://ppymca.org/military/operation-kid-comfort/)

Certain restrictions apply



<sup>\*</sup>Children ages seven+ receive pillows.  
Children ages 6- receive quilts.



For more information please contact [comfortquilts@ppymca.org](mailto:comfortquilts@ppymca.org)



/SoutheastArmedServicesYMCA



No Federal Endorsement of Sponsors Intended.

MAKING MILITARY LIFE EASIER.

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For more information, please contact Kendra Mullins: [kmullins@bluestarfam.org](mailto:kmullins@bluestarfam.org)



**Blue Star  
Connect  
Outdoors**



## Camping 101

Saturday, June 14th at 9 am

**The Survival University | Cripple Creek, Colorado**

Join us for a hands-on course designed to teach essential camping and wilderness survival skills for all ages. Whether you're preparing for your first overnight hike or looking to improve your camping skills, this course will build up your confidence and competence to enjoy nature safely and sustainably.

### SKILLS TAUGHT WILL INCLUDE

Navigation  
Packing  
Fire basics  
Cooking & Sleeping  
Camping Hygiene  
Water Purification & Procurement

### WHAT TO EXPECT

7-Hour Outdoor  
Experience  
Hands-On Learning  
Compasses Provided  
Participants 8 years & up



Tuition and gear provided  
by Blue Star Families  
Active Duty, Veterans, and  
Family Members

