

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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.



19 May 2022

A HAND-UP FOR SOLDIERS

AER is your tool in times of need. Talk to your chain of command or local AER Officer if you need help.

Stand with your squad and make a monthly or one-time contribution gift to the Army's own charity.

[Donate today by clicking here!](#)



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Give us a call at (719) 526-4590
Visit our webpage at: carson.army.mil/ACS

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As the U.S. Army's only official nonprofit, AER is proud to support Soldiers making the transition to civilian life.

This new category of assistance can help more than 3,000 Soldiers pursue the next step in their careers and during a pandemic, where any transition can be an especially difficult one.

**The AER Campaign has been
EXTENDED to June 30, 2022!**

To learn more about how AER can help you, visit our Army Community Service, Army Emergency Relief webpage

[HERE!](#)

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Mesa Elementary School End of School Field Day

When: May 25, 2022

7am to 3pm, 7-10:30am or 12noon-3pm Shifts Available

Where: 400 Camino Del Rey, Fountain

Volunteer Opportunity:
Staff Field Day Stations

Direct Points of Contact: Donna Sabala dsabala@ffc8.org,
Jenna White jwhite@ffc8.org or Ashley at 719.382.1370

For questions on tracking volunteer service hours thru
VMIS, contact: AVC Office: 719.526.1082

For more volunteer opportunities & resources, visit:
www.carson.armymwr.com/programs/army-volunteer-corps

 **volunteers
needed**



The Army Volunteer Corps (AVC) offers volunteer opportunities on and off Fort Carson, and in our community.

Fort Carson is home to more than 6,000 volunteers, contributing nearly 200,000 hours annually. This selfless service is equivalent to \$4 million in workforce cost & support.

To reach the Army Volunteer Corps program, click [here](#) to email us or call 719-526-1082/8303.

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Town of Monument Party for the Parks

When: July 16, 2022
1:00-9:00pm

Where: 645 Beacon Lite Rd., Monument, CO 80132

Volunteer Opportunity: Parking Attendants

Direct Points of Contact: Portia Hermann at 719.352.1259 / phermann@tomgov.org or Madeline VanDenHoek at 719.963.1524 / mvandenhoeck@tomgov.org

For questions on tracking volunteer service hours thru VMIS, contact: AVC Office: 719.526.1082

For more volunteer opportunities & resources, visit:
www.carson.armymwr.com/programs/army-volunteer-corps

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Army Community Service Upcoming Classes

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DATE	CLASS	TIME
May 24th	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Sole Parenting Group	12 pm - 1 pm
	Center on Fathering	1 pm - 3 pm
May 25th	Nurturing Infants to 5 Years	9:30 am - 11:45 am
	SFAC Transition and Medical Retirement Brief	10 am - 11 am
	Homebuyers Workshop	1 pm - 4 pm
	Volunteer, VMIS and OPOC Training	1:30 pm - 3 pm
	Nurturing 3 to 12 Years	5:30 pm - 7:45 pm
May 26th	Toddler Time	9:30 am - 11 am
May 27th	Play Group	10 am - 12 pm
May 31st	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
June 1st	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Nurturing Infants to 5 Years	9:30 am - 11:45 am
	EFMP 101 Sessions (Via Facebook)	11 am - 12 pm
	Nurturing 3 to 12 Years	5:30 pm - 7:45 pm
June 2nd	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Toddler Time	9:30 am - 11 am
	Thrift Savings Plan (TSP) Class	1 pm - 2 pm
	Latino Meet-Up	2 pm - 4 pm
June 3rd	Play Group	10 am - 12 pm

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

Army Community Service Upcoming Classes

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2DATE	CLASS	TIME
June 7th	Boot Camp For New Dads	9 am - 12 pm
	Banking Management	9:30 am - 11 am
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
June 8th	Nurturing Infants to 5 Years	9:30 am - 11:45 am
	Financial Strength Budgeting 101	10 am - 11 am
	Nurturing 3 to 12 Years	5:30 pm - 7:45 pm
June 9th	Toddler Time	9:30 am - 11 am
	Smart Money Talks	11:30 am - 1 pm
June 10th	Annual Troop Training for Domestic Violence Prevention	10 am - 11 am
	Play Group	10 am - 12 pm
June 13th	Mindful Mondays Playgroup	10:30 am - 11:30 am
June 14th	Cooperative Parenting and Divorce Class	9 am - 1 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Baby Orientation	10 am - 11:30 am
	Center on Fathering	1 pm - 3 pm
	Heartbeat	6:15 pm - 8 pm
June 15th	Nurturing Infants to 5 Years	9:30 am - 11:45 am
	EFMP 101 Sessions	11 am - 12 pm
	Nurturing 3 to 12 Years	5:30 pm - 7:45 pm
June 16th	Toddler Time	9:30 am - 11 am
	Latino Meet-Up	2 pm - 4 pm

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

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The Exceptional Family Member Program (EFMP) provides comprehensive support to Family Members with Special Needs. EFMP takes an all-inclusive approach to coordinate Military and Civilian Community, Educational, Medical, Housing & Personnel Services to help Soldiers & their Families with Special Needs. An Exceptional Family Member is a Family Member with any Physical, Emotional, Developmental, or Intellectual Disorder that requires Special Treatments, Therapy, Education, Training, and/or Counseling.

Every 1st of each Month the EFMP Department at ACS is hosting an EFMP Overview Session regarding all of the Services the program offers to Military Families. We invite you to attend our Facebook Page for Our EFMP 101 Sessions:

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

Army Community Service – Annex
1481 Titus Blvd., Building 7492
Fort Carson, CO 80913
(719) 526-0400

EFMP Resource Department Email Address:

Usarmy.carson.imcom-fmwrc.list.dfmwr-w-acb-exceptional-fam-mbr@mail.mil

Visit the EFMP webpage [HERE!](#)

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

Army Community Service

Portable Class Delivery



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

Do you need:

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

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



FORT CARSON EMPLOYMENT READINESS

WHAT ARE SOFT & HARD SKILLS?

RESUME TIPS

What are hard and soft skills? What is the difference and why should I care?

Hard skills and soft skills are equally valuable. Do you know how to showcase them on your resume? See some examples below:

HARD SKILLS

- Languages
- Computer Skills
- Forklift Operation

Hard Skills are mandatory for some jobs. These skills make you qualified for the position.

These are skills you earn through education and/or training.

SOFT SKILLS

- Team Player
- Organized
- Attention to Detail

Your soft skills define the type of person you are to work with.

Most jobs require customer service/care skills. Don't only tell an employer, show them you possess these skills through your resume.

WHAT TO DO:

Take out your resume and give it another look, make necessary adjustments, and forward to an Employment Readiness Specialist for review.

Call: 719.526.0452



Need help building your resume?
Reach out to our Employment Readiness Program
at (719) 526-0452.

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Did you know our Financial Readiness Program Page has a ton of financial and helpful links like:

[Thrift Savings Plan](#)

[U.S. Savings Bonds](#)

[Office of Financial Readiness](#)

[Military OneSource](#)

[Office of Servicemember Affairs](#)

[Save and Invest](#)

[On Your Own:
Money, Future, Life](#)

[Mortgage Qualification Example](#)

The poster features the ACS logo at the top, followed by the title "Financial Readiness PROGRAM" in blue and white. Below the title is a bulleted list of services: Financial Counseling, Debt Management, Consumer Awareness, Army Emergency Relief, Financial Trainings and Seminars, and Credit Reports. At the bottom, there are three logos (U.S. Army, U.S. Marine Corps, and U.S. Navy) and the text "Money Management Matters". The footer of the poster says "We help you reach your financial goals!"

- Financial Counseling
- Debt Management
- Consumer Awareness
- Army Emergency Relief
- Financial Trainings and Seminars
- Credit Reports

Money Management Matters

We help you reach your financial goals!

Visit the FRP webpage [HERE!](#)

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ARMY FAP SAFE SLEEP CAMPAIGN



The ABC's of Safe Sleep



Alone in Their Sleeping Space

Alone means removing all items from baby's crib:

- ❌ Stuffed animals
- ❌ Loose blankets (swaddling is ok until your baby can roll over)
- ❌ Crib bumpers
- ❌ Anything that could increase risk of strangulation

Alone doesn't mean away.

The risk of SIDS reduces by 50% for babies who sleep in the same room as their parent. Share your room with baby for at least their first six months.



Placed on **Back**



Always place baby on their back on a firm surface to sleep.



Asleep in **Crib**

Use a crib, bassinet, or portable crib that meets safety standards (See <https://www.cpsc.gov/SafeSleep>).

Never let baby sleep on a couch or sofa.

If baby falls asleep in their car seat, move them to their safe sleep spot at your destination.

ARMY NEW PARENT SUPPORT PROGRAM

New Parent Support services are available to all eligible Families with child(ren) **prenatal to 3 years old**, whether they live on or off the installation.

NPSP services are voluntary and **designed to empower parents**, build on the strengths and skills of parents, include both parents and promote positive parenting practices.

NPSP-Home Visitors are Licensed Clinical Social Workers and Registered Nurses who provide a **range of educational services and support** to parents.

Please contact your installation **New Parent Support Program** for more information about safe sleep and the Army New Parent Home Visiting Program.

New Parent Support Program

1481 Titus Blvd., Bldg. 7492
Ft. Carson, CO 80913

(719) 526-0461

Visit the New Parent Support webpage [HERE!](#)

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NEED TO TALK?

Military & Family Life Counseling

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

Call an MFLC at
(719) 526-4590

www.carson.army.mil/acs



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

If you wish to speak to an MFLC other than your identified MFLC, please call 719-526-4590 for assistance.

To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.

Visit the MFLC webpage [HERE!](#)

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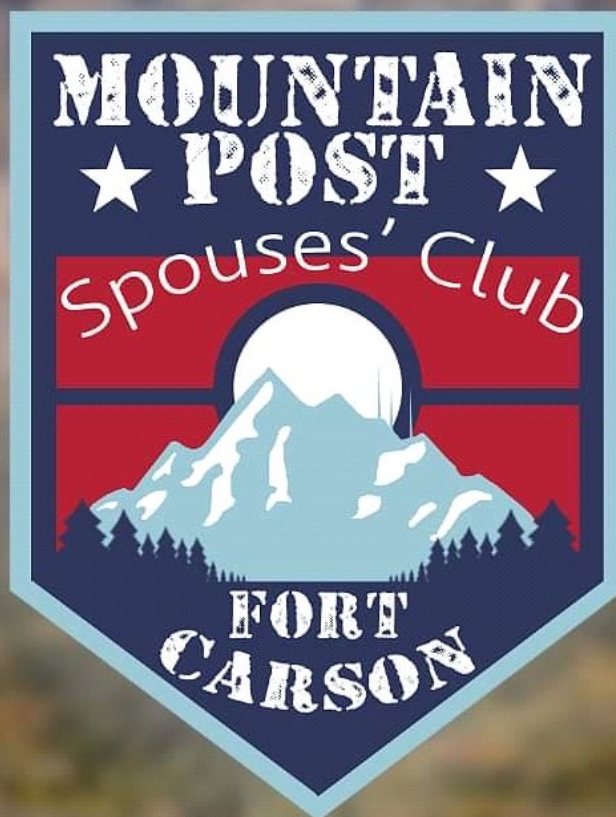


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

Membership is open to all spouses of the Armed Forces, both active and retired.

To learn more, visit: <http://www.mpssc.us/>
or call (719) 526-5966



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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Schriever AFB MWR](#)

[Social & Dining](#)

[Specialty Services](#)

[Sports & Fitness](#)

[Tickets \(Leisure Travel Services\)](#)

[U.S. Air Force Academy MWR](#)

[United Service Organizations \(USO\)](#)



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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

A.I.M. Education Center*

10705 Trojan Point, Fountain

(Behind the district central office and FFCHS)

Tuesdays - Fridays, 9 a.m. - 2 p.m.

Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.

Welte Education Center

330 Lyckman Drive, Fountain

Thursdays, 3:30 - 5 p.m.



CARE AND SHARE™
FOOD BANK FOR SOUTHERN COLORADO

Member of
FEEDING AMERICA

*If accessing the A.I.M. pantry location, please email Promis Bruno (pbruno@ffc8.org) to coordinate pick-up time and guarantee staff availability.

School pantry days of operation follow the school calendar.

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Weekly Food Pantry Pick-ups

Every Tuesday from 2pm - 6pm

3219 S. Academy Blvd. Colorado Springs, CO 80916



Monthly Drive-Thru/Walk-Up

**Food Distribution on the 2nd Friday of
every month behind the building.**

**Line starts at 3:00pm for 4pm
distribution. Ends at 6pm.**

Any questions please give us a call at (719) 985-8935

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year.

All welcome! Daily from 10:30am - 1:00pm.

While you are visiting, check out the many other programs and services they have available, including their Marketplace Pantry, SET Clinic, and Hanifen Employment Center.

To learn more go to CCharitiesCC.org

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**NEED FOOD
ASSISTANCE?**

Register for the Marketplace



Catholic
Charities
of Central Colorado

CLIENTS CAN SCHEDULE AN
APPOINTMENT AND SHOP JUST AS
THEY WOULD AT A STANDARD
GROCERY STORE.

The Marian House Marketplace pantry is currently open Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email pantry@ccharitiescc.org to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about our services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

Check out their Facebook page at:
Catholic Charities of Central Colorado

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NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

**Chaplain Hotline
(719) 387-1574**

**A Chaplain is available to you
24 hours a day 7 days a week**

**Chaplains have complete confidentiality
and are here to assist you**



U.S. ARMY CHAPLAIN CORPS
CARING FOR THE SOUL OF THE ARMY



Facebook.com/4IDCarsonRSO

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Fort Carson Religious Services

Saturday

Agape (Contemporary)	Soldier Memorial Chapel	1800
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Sunday

Catholic Mass	Soldier Memorial Chapel	0900 and 1100
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Traditional Protestant	Healer Chapel (Evans Hospital)	0900
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Traditional Protestant	Provider Chapel	1100
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Gospel Service	Prussman Chapel	1000
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Samoan	Veterans Chapel	1100
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Tuesday

Jewish Studies	Veterans Chapel	1200
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Wednesday

Wednesday Family Night	Soldier's Memorial Chapel	1700
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Monday - Friday

Daily Catholic Mass	Soldier Memorial Chapel	1145
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Friday

Islamic Prayers	Provider Chapel	1315
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P Intercessory *Prayer*



Every Thursday
beginning at 11:30
AM.

Pray WITHOUT
CEASING

No Lunch will be
provided.

For more information, please email prussmanchapel@gmail.com



WEDNESDAY *Night* BIBLE STUDY

Begins at 6:00 PM
Prussman Chapel
Fellowship Hall

Sunday school is now combined with Wednesday Night Bible Study

Keep up to date with local events and deals with the



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When: Saturday, 19 February
Time: 9:00 AM

Where: Prussman Chapel, Fellowship Hall
Getting contacted with Brothers in Christ!

THURSDAY
— *Night* —

Choir Rehearsal

Join us!
Rehearsal begins at 6:00 PM

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Join us Every Sunday Morning at 1000



Find them on FACEBOOK by searching
www.facebook.com/GospelService

Let them know what you think of chapel
programs

[By Clicking HERE!](#)

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**U.S Army
Fort Carson**



Islamic Service

Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

**Location: Provider Chapel
1364 Barkeley Ave, Fort Carson, CO 80902**

Facebook: Fort Carson Muslims
<https://www.facebook.com/profile.php?id=100075677972627>

**For any question:
Chaplain (CPT) Porter
(304)840-4200**

**Distinctive Religious Group Leader (DRGL)
SPC KHODEIR Mohamed (951)497-8727**

Joshua.l.porter20@army.mil

Usa.ca@yahoo.com

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JOIN US

2022 Focus: TRANSITION TO TRANSFORMATION

10 am

SUNDAY MORNING WORSHIP

THURSDAY NIGHT BIBLE STUDY

6 pm

10 am

SATURDAY MORNING PRAYER

(716) 427-1128 Access Code: 997460#

PASTOR VERNELL & ELDER AUDIE MURPHY
320 MAIN STREET, COLORADO SPRINGS, CO 80911
(719) 465-3496

VISIT US @

ISSUESOFLIFECM.ORG

FACEBOOK/IOLCM

<https://www.youtube.com/channel/UCcKY1nRSP7uXbOTLWuAf5WQ>

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Spiritually **READY** WEDNESDAY FAMILY NIGHT

Nursery for infants

Free meal

Awana Club for kids

Eight adult classes

Find your community...

Every Wednesday



Wednesday Family Night is a Christian-based ministry provided by the chapels of Fort Carson and hosted at Soldiers' Memorial Chapel.

Make sure to check out their new Facebook page as well at Wednesday Family Night, Fort Carson!

Awana Clubs are a fun, engaging way for children to grow in their knowledge of the Bible and their relationship with God.

The Fort Carson Youth Group is led by military chaplains and is open to any students 7-12th grade!

SIGN UPS ARE OPEN!

Take a few minutes now if you haven't already by clicking [**HERE!**](#)

CONTINUE
A Biblical Journey in Personal Discipleship



FINANCIAL *Peace*
UNIVERSITY

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Calendar of Events **Spring & Summer 2022**

May

5 th	School Dance	1525-1630
12 th	Club (Middle School)	1525-1630
19 th	Club (Middle School)	1525-1630
26 th	Last club party(Middle School)	1525-1630
29 th -4 th	Military Family Camp	

June

5 th -11 th	Military Family Camp	
6 th -10 th	VBS	
16 th	BBQ & hangout (location TBD, HS & MS)	1600-1900
23 rd	Trampoline Park (HS & MS)	1800-2100
30 th	Serve day (HS & MS)	1500-1800

July

7 th	Hangout at Ellis Outdoor Pool(HS & MS)	1200-1500
14 th	HS CAMP	
21 st	Serve day (HS & MS)	1500-1800
28 th	Scavenger Hunt (HS & MS)	1600-1900

August

4 th -8 th	MS Summer Camp	
11 th	First Club of the Semester (Middle School)	1525-1630

For more information contact:

Julie Martinez, Community Director, Club Beyond

E. jmartinez@clubbeyond.org T. 5714351294

For the most up to date events, check out our

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Calendar of Events | **Spring &
Summer 2022**

Facebook page: Club Beyond Fort Carson

Instagram page: @cbatfortcarson

Sign up for camp HERE:

Middle School Camp:



SCAN ME

High School Camp:



SCAN ME

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scholarships

Click [HERE](#) for 35+ Scholarships for Military Spouses and Military Kids

Military Family Member Scholarship Opportunities

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

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

[Freedom Alliance](#)

[Fisher House Foundation
Scholarship Program](#)



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**COMMUNITY
NEWSLETTER**



**Better Opportunities
for Single Soldiers**



The Better Opportunities for Single Soldiers (BOSS) program represents the voice of the single Soldier. If you're a single Soldier, the BOSS triad advocates for you by advancing quality of life issues on the installation and in the barracks to senior leaders on post and throughout the Army.

"Let Your Voice Be Heard"



**Meet at
The Hub
or call (719)
524-2677
to get
involved.**

Fort Carson MWR — Better Opportunities for Single Soldiers

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Major BOSS Event

Quality of Life

Community Service

Life Skills

Recreation & Leisure

BOSS Office – The HUB

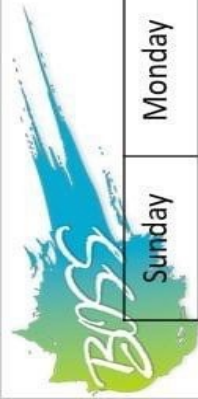
6371 Specker Ave
Fort Carson, CO 80913

Bldg. 1532

(719) 524-0126

M-F 1000 – 1600

MAY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			BOSS General Rep Meeting @ HUB 1300	*Study Board @ 1600-1730 HUB *Climbing Wall Orientation @ ODR 1800-2000 *No DUI at Double Tree 1900-2300 (404)		Outdoor Rock Climbing @ Garden of the Gods 0900-1300 Anime Club @ Grant Library @ 1400
8	9	10	11	12	13	14
		MFLC Class Recovering from Divorce @ HUB 1145-1300	BOSS Executive Council Meeting @ HUB 1300	Study Board @ 1600-1730 HUB Lead Climbing Clinic @ ODR 1800-2000	No DUI at Elkhorn (MEDDAC) 2100-2300	Paintball 0930 – 1130 @ American Paintball Coliseum
15	16	17	18	19	20	21
			BOSS General Rep Meeting @ HUB 1300	Study Board @ 1600-1730 HUB		War Dog Memorial 5K
22	23	24	25	26	27	28
			Auto Skills Class 1700-1800	Study Board @ 1600-1730 HUB Crack Climbing Clinic @ ODR 1800-2000	Royal Gorge Bridge Trip 1000-1600	Outdoor Crack Climbing @ Turkey Rocks 0900-1600
29	30	31				
	HOLIDAY					

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COLLEGE PREP WORKSHOP

The 3rd Thursday of the Month
11:30 AM - 12:30 PM
Fort Carson Ed Center, RM 304



Come learn what you need to start your college education!

LEARN ABOUT:

- Admissions
- Degree Programs
- Scholarships
- FAFSA
- Military Transfer Credits

Information applied to all schools!

For more information contact us at:
ftcarson@uccs.edu or 719-526-8066

**SCAN THE CODE OR
VISIT THE LINK BELOW
TO ENROLL:**



<https://forms.gle/hpcSnvgpWxhhVksW5>

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**On Fort Carson, you can
reach out to the Substance
Use Disorder Clinical Care
(SUDCC) team for help.
719 – 526 – 7663 / 4585**

**Contact ASAP at 719 – 526 – 2727
for Education and Prevention
support**



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

Employee Assistance Program

Prevention

Risk Reduction

Suicide Prevention

Drug Testing / Collecting

Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at
usarmy.carson.imcom-central.mbx.dhr-asap@mail.mil

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

CONQUER CHRONIC STRESS WITHOUT ALCOHOL

WHAT IS CHRONIC STRESS?



Stress that continues for weeks or months. If left unmanaged, it can put people at risk for serious physical and psychological health concerns.

Some may misuse alcohol to cope with chronic stress. Here's why this is an unhealthy choice for Service members:



DRINKING MORE?

Using alcohol to unwind is common for some people, but drinking more than usual may be a sign you're using alcohol for unhealthy reasons.



ANGRIER THAN USUAL?

Alcohol may briefly diffuse steam, but it could also heighten negative feelings, create more anxiety and lead to emotional distress.



TROUBLE SLEEPING?

One or two drinks before bed may make you fall asleep faster, but it can disrupt your sleep.



ISOLATING YOURSELF?

Reaching for a drink to numb emotions like sadness or loneliness may feel easier than reaching to a buddy. However, drinking can have the opposite effect and make you feel lonelier.



DIFFICULTY FOCUSING?

Alcohol stays in the body longer than you might think. On average, it takes one hour to break down one standard drink. If alcohol is in your body the day after drinking, it can affect your focus while on duty or when hanging out with others.

NEXT STEPS

If you're misusing alcohol to cope with chronic stress, learn about healthy alternatives with these resources:

- Own Your Limits' [Safe Ways to Chill the \[Bleep\] Out](#)
- MilitaryOneSource.mil resources on [emotional wellness and distress](#) and [non-medical counseling](#)

If you're concerned about your alcohol use, visit the "[Get Help](#)" section at [ownyourlimits.org](#) for support before drinking becomes a concern in your life. If you're experiencing signs of crisis, call the [Military Crisis Line](#) at 800-273-8255 (press 1) or text 838255.

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.

www.ownyourlimits.org



US
DEPT OF
DEFENSE

On Fort Carson, you can reach out to the Substance Use Disorder Clinical Care (SUDCC) team for help.
719 – 526 – 7663 / 4585

Contact ASAP at 719 – 526 – 2727 for Education and Prevention support



ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

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Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.
- The EAP is the point-of-contact for Hospital's Impaired Health-Care Personnel Program and assists with screening, referral to treatment, and return to duty. The EAP provides continuing education and training to health care providers. The program offers CME, CNE, for continuing education.

Resources

[Drug-Free Workplace Brochure](#)
[Employee Assistance Program Brochure](#)

[Suicide Prevention and Intervention Protocols Brochure](#)

[Working Remotely](#)

For more information

Call (719) 526-2727 (Please leave a voicemail for a return call if necessary)
or email usarmy.carson.imcomcentral.mbx.dhr-asap@mail.mil

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Fort Carson Army Suicide Prevention Program

You Are Not Alone

If you or someone you know needs help, please contact the National Suicide Prevention Lifeline.

Call **1-800-273-TALK (8255)** and press 1 for the Military Crisis Line.

TEXT: 838255

CHAT NOW



I NEED TO TALK TO SOMEONE NOW



I WANT TO HELP SOMEONE



I WANT TO BUILD RESILIENCE



I AM HAVING THOUGHTS OF SUICIDE

To learn more, visit the Army Resilience Suicide Prevention webpage [HERE](#)

Keep up to date with local events and deals with the



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Safe Exchange Location



Child Custody Exchange
Online Purchase Exchange

The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police
7227 Christie Street (BLDG 2700)
Fort Carson, Co 80913
Desk Sergeant: (719) 526-6199



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Fort Carson MWR

ROCKY MOUNTAIN K9 CHALLENGE AND CONFERENCE WAR DOG MEMORIAL 5K AND VENDOR SHOW

POSTPONED



****UPDATE****

The War Dog Memorial 5k and Vendor Show has been postponed to June 4, 2022.
9:00 am-12:00 pm
Iron Horse Park

Due to inclement weather moving in, the Wag Dog Memorial 5K and Vendor show will be postponed to a further date. As soon as the new date is scheduled, Fort Carson MWR will post on their social media pages.

Fort Carson MWR—Fitness Centers

Waller FC Class Schedule

May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 0645-0730 Cycling (PT)	3 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	4 1130-1230 Cycling 1730-1815 Barre	5 0645-0730 Boot Camp (PT) 0900-1000 Barre 1130-1230 Cinco De Mayo Spin	6 0645-0730 Cycling (PT) 0900-1000 Barre	7 1215-1315 Mother's Day Barre
	9 0645-0730 Cycling (PT)	10 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	11 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	12 0645-0730 Boot Camp (PT) 0900-1000 Barre	13 0645-0730 Cycling (PT) 0900-1000 Barre	14 1230-1330 Family Boot Camp
15	16 0645-0730 Cycling (PT)	17 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	18 1130-1230 Cycling 1730-1815 Barre	19 0645-0730 Boot Camp (PT) 0900-1000 Barre	20 0645-0730 Cycling (PT) 0900-1000 Barre Fueling for Health (Sports Nutrition Class) 1130-1230	21 1215-1315 Cycling & Core
22 HONOR OUR FALLEN HEROES EVENT: STOP AT FRONT DESK TO GRAB YOUR CHAIN LINK	23 1200-1300 Sit-Up Challenge	24 0645-0730 Cycling (PT) 1200-1300 Push-Up Challenge 1730-1815 Barre	25 0645-0730 Cycling (PT) 1200-1300 Plank Challenge	26 0645-0730 Boot Camp (PT) 0900-1000 Barre 1200-1300 1000LB Challenge	27 TRAINING HOLIDAY 1200-2000	28 1215-1315 Barre
29 	30 MEMORIAL DAY	31 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre				

PT Classes are Free

All other classes \$3 per class or \$30 for 10 plus bonus

Sign up at the Front Desk

Keep up to date with local events and deals with the



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WALLER FITNESS CENTER

May 5th- Cinco De Mayo Spin
1130-1230 | \$3

May 7th- Mother's Day Barre
1215-1315 | \$3

May 14th- Family Boot camp
1230-1330 | \$3 per person or \$9 for
a family up to 5 max

May 20th- Fueling for Health
(sports nutrition class)
1130-1230 | FREE

HONOR OUR FALLEN HERO'S EVENT
Don't Forget To Grab Your Chain Link

1200-1300 | FREE

May 23rd- Sit-Up Challenge

May 24th- Push-Up Challenge

May 25th- Plank Challenge

May 26th- 1000lb Challenge

June 1st- How Far Can You Throw?
(Overhead TOSS)
1200-1300 | FREE

COMMIT-STAY FIT!

Keep up to date with local events and deals with the



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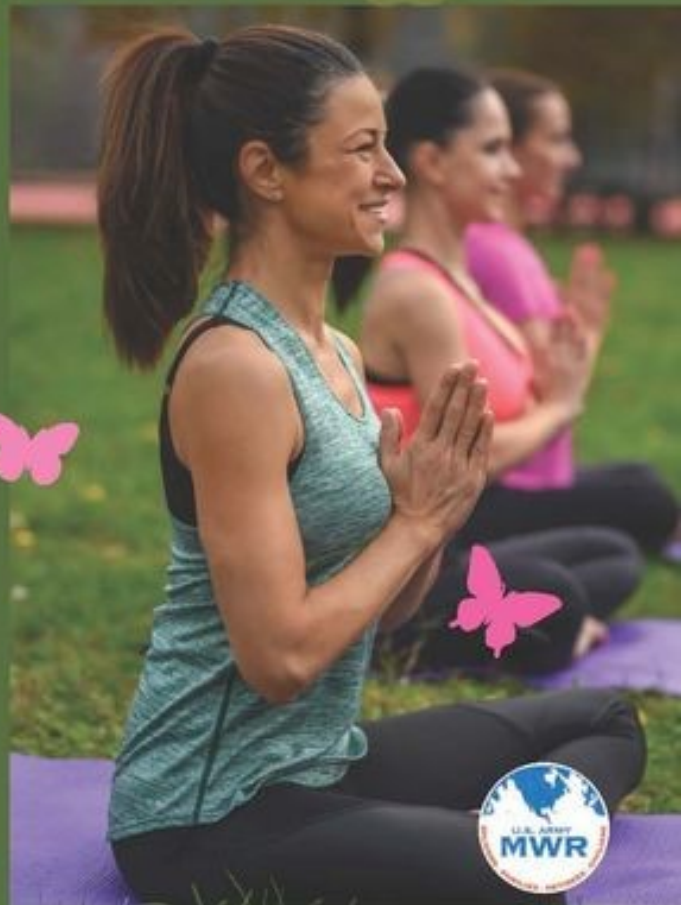
BALANCE & BREWS

IRON HORSE PARK
5 - 6 p.m.
Jun. 8, Jul. 13,
Aug. 10, Sept. 14

REGISTRATION BEGINS
MAY 1, 2022
at Ivy Fitness Center

Local beer and other family friendly beverages
will be available for purchase.

\$5 per person



Visit CARSON.ARMYMWR.COM for more information



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Iron Horse Park
7093 Specker Ave, Bldg. 2429
Fort Carson, CO 80913

Fort Carson MWR

Keep up to date with local events and deals with the



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MAY EVENTS GRANT LIBRARY

There will be no library events from May 23 – to June 3
719-526-2350/ 719-526-2842

2022

Scavenger Hunt throughout the month of May

Pick up a Strong BANDS Challenge Card, complete all the activities, and earn a prize!

Lapsit Story Time Tuesdays | 1030

Stories, music, play; maybe make a friend today! Babies 0-24 months and their caregivers can enjoy stories, rhymes, and movement.

Strong BANDS Story Walk & Obstacle Course Thursday, May 5 & May 19 | 1030

Join us at the Ivy Football Field Track for an obstacle course and story walk, weather permitting! Prizes will be awarded, please call us at 719-526-2350 to register, or stop by the circulation desk.

Family Create & Craft Saturday, May 7 | 1030

In honor of Mother's Day, make body scrubs, bath bombs, and enjoy tea and refreshments. Open to ages 10 and up. Supplies are limited, registration is required.

Better Opportunities for Single Soldiers (BOSS) Anime Club Saturday May 7 | 1400

Hang out, watch anime, and enjoy snacks. Open to all Single Soldiers! Please call us at 719-526-2350 to register, or stop by the circulation desk.

Preschool Story Time Thursday, May 12 | 1030

Story time for children and their parents, featuring stories and crafts.

Summer Reading Program @ Grant Library Read Beyond the Beaten Path June 4 - July 30!

Read and earn prizes, and take part in activities! Registration begins May 16, Register at <https://grantlibrary.beanstack.org>.



Keep up to date with local events and deals with the



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DOD MWR LIBRARIES
SUMMER READING PROGRAM
on Military Installations Worldwide

SRP @ Grant Library June 4 - July 30!
Registration begins May 16
Register at <https://grantlibrary.beanstack.org>
Read & log minutes, take part in activities, earn prizes!

SCAN HERE



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



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

Keep up to date with local events and deals with the

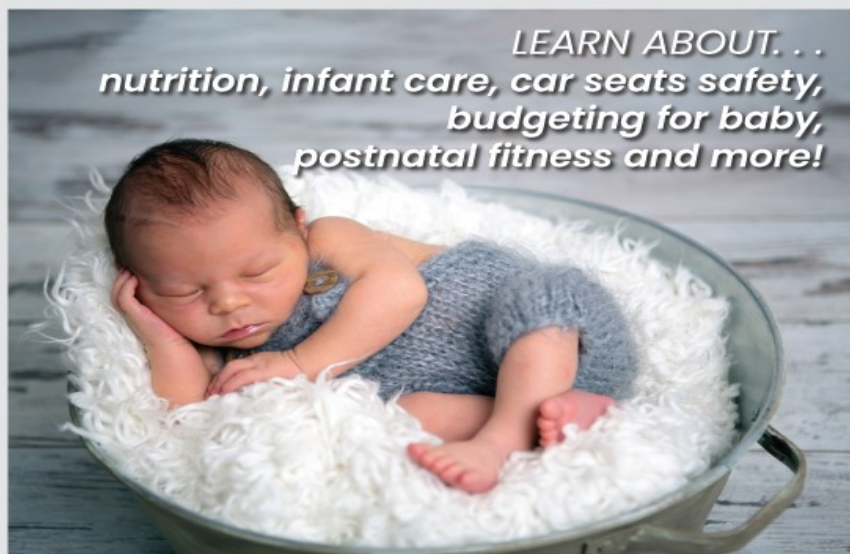


PASS IT ON COMMUNITY NEWSLETTER



Your USAFA Airman & Family Readiness Center invites
New and Expectant Parents to attend this FREE Workshop

BUNDLES ⁴ BABIES



LEARN ABOUT...
*nutrition, infant care, car seats safety,
budgeting for baby,
postnatal fitness and more!*

~~March 8~~ | June 14 | Sep 13 | Nov 29
8 am – 12:30 pm

Airman & Family Readiness Center

Open to all expectant and new parents of all ranks, NOT
limited to first pregnancy. Fathers are encouraged to attend.

Eligible participants will receive a \$50 Exchange gift card
courtesy of the Air Force Aid Society upon completion
of workshop.

To register, scan this QR code or call A&FRC 719-333-3444



USAFASUPPORT.COM



May Events/ Lifeworks

Mothers Day Flower Give Away TBD

Community Garden- First Come First Serve, 48 Spots available! Contact The Events Coordinator at Fort Carson Family Homes For More Info. -Jennylee Hanlon (jhanlon@bbcgrp.com)

5/2- Planting Flowers For Mom 3pm-4:30pm

5/4- Snack Time 3pm-4:30pm

5/10- Learn Yoga 3pm-4pm

5/11- Breakfast On The Go

5/13- Post Cleanup Day

5/16- I Scream You Scream We All Scream For Ice Cream
3pm-4:30pm

May Events Continued 5/18- Popcorn Day! 3pm-4:30pm

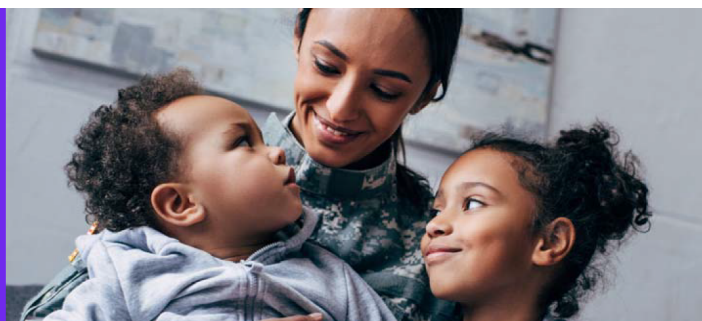
5/24- Snack Time 3pm-4:30pm

5/27- Last Day Of School Come Get Popsicles 11am-5pm

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Your invited to a Military Baby Shower!

March of Dimes hosts a Military Baby Shower Program which is designed specifically to address the unique needs of military families. The goal of this program is to provide free pregnancy and newborn health education, support services and baby supplies to help military moms and families have healthy, full-term babies.

**Join us May 25 at 7PM EST
for our virtual baby shower
celebration!**

Families attending the virtual shower will receive Pampers diapers, a Philips Avent Baby Monitor with starry night projector as well as several mother and child care products.

Items will be shipped directly to your home within 4-6 weeks of the shower.

**Eligible families
must be pregnant
at the time of the
shower and be E6
rank or below.**

**Registration is
open and can be
accessed using
this link:**

bit.ly/military-baby-shower-spring2022

For more information, contact Meredith Repik at
militarybabyshower@marchofdimes.org or 843-614-3355.

There are still spots available!

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

WIDEFIELD FAMILY HEALTH & FITNESS DAY

BROUGHT TO YOU IN CONJUNCTION WITH

WHEN
June 4, 2022
11am-1:30pm



WHERE
Widefield Parks & Recreation
705 Aspen Dr., Colorado Springs, CO 80911

FEATURING

- Wellness Expo
- Water Safety
- Bike Raffle
- Fitness Classes
- Firetrucks
- Food Trucks
- Free Haircuts



WIDEFIELD PARKS & RECREATION

705 Aspen Drive, 80911

(719)391-3515 - ParksAndRec.wsd3.org



**ALL AGES
EVENT!**

FREE EVENT!

GIVEAWAYS!

**EVENT INFO &
REGISTRATION**

Visit our website for:

- Event Schedule
- List of Expo Vendors
- Food Trucks
- Presentation Info

ParksAndRec.wsd3.org

Keep up to date with local events and deals with the



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EXCHANGE

Colorado Springs Exchange

Fort Carson Hours of Operations

27-30 May 2022

Memorial Day Holiday Hours

Fort Carson Facilities	Fri 27 May	Sat 28 May	Sun 29 May	Mon 30 May
Main Exchange Complex Bldg. 6110				
Main Store	0900-2000	0900-2000	0900-1900	0900-1700
Mobile Center	1000-1800	1000-1800	1000-1800	1000-1600
Main Food Court				
Charley's Steakery	1000-1900	1000-1900	1000-1800	1000-1630
Bun-D	1000-1500	1100-1600	Closed	Closed
Starbucks	0600-1900	0800-1900	0830-1800	0900-1630
Subway	1000-1900	1000-1900	1000-1800	1000-1630
Burger King	1100-1900	1100-1800	1100-1800	1100-1630
Exchange Mall Services				
GNC	0900-1900	0900-1900	1000-1700	0900-1600
Barber Shop	0800-1800	0800-1800	1000-1600	1000-1600
Stylique Salon	0900-1700	0900-1700	Closed	0900-1700
Petals and Bloom	0900-1800	1000-1400	Closed	Closed
GameStop	0900-1900	0900-1900	1000-1700	0900-1400
Optometry	0900-1800	0900-1500	CLOSED	CLOSED
Optical Center	0900-1800	0900-1500	CLOSED	CLOSED
US Patriot	0900-1800	0900-1800	1000-1700	1000-1600
Military Memorabilia	0900-1800	0900-1800	Closed	1300-1600
Quality Auto Performance	Closed	Closed	Closed	Closed
Out of the Norm	0900-1800	1000-1600	Closed	Closed
Triple Food Facility Bldg. 1534				
Triple Burger King	0700-2000	0800-1900	0800-1900	1030-2000
Qdoba	1030-1900	1030-1900	1030-1900	1030-1500
Arby's	1030-2000	1030-1900	1030-1900	1030-2000

Coffee	Fri 27 May	Sat 28 May	Sun 29 May	Mon 30 May
Evans Hospital Starbucks Bldg. 7503	0600-1200	Closed	Closed	Closed
Dunkin Donuts Drive Thru Bldg. 980	Closed	Closed	Closed	Closed
Green Beans Coffee Bldg. 1827	Closed	Closed	Closed	Closed
Perfect Java	Closed	Closed	Closed	Closed
Restaurants				
KFC Bldg. 1533	1100-1900	1100-1900	1100-1900	1100-1900
Pizza Hut Bldg. 5940	1000-2400	1000-2400	1000-2300	1000-2300
Dunkin Donuts Bldg. 5940	0600-1500	0800-1400	0800-1400	0600-1500
Baskin Robbins Bldg. 5940	1000-1500	1000-1400	1000-1400	1000-1500

Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the



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WARRIOR WELLNESS COLLECTION

AT EAZZZ

FEATURING: SLEEP, MINDFULNESS,
AND STRESS RELIEF



DOWNLOAD NOW USE QR CODE



www.ArmyMWR.com

Keep up to date with local events and deals with the



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TEENS! VOLUNTEER IN

North Cheyenne Cañon Park



Build Leadership Skills

Teens interact with visitors to North Cheyenne Canon, assisting with wayfinding, education, and customer service!



Earn Volunteer Hours

Gathering volunteer hours for extracurriculars? Earn them at North Cheyenne Cañon. Four Hours requested per week through the summer!



Make an Impact

Meet and teach people from all over the world in how to enjoy and respect North Cheyenne Canon's scenery and trails!



**DON'T MISS TEEN TRAINING:
WEDNESDAY, JUNE 1ST FROM 10AM - 2PM
SIGN UP AND RSVP TODAY!**

**QUESTIONS?
CONTACT US**

Starsmore Visitor &
Nature Center
(719) 385-6086

**SIGN UP HERE!
SELECT TAB 'VOLUNTEER'**



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Applications are now being accepted for
the Veteran Critical Home Repair Program



Repair Projects Address Health and Safety Concerns
Projects May Include:

Replacement of Siding	Gutters and Downspouts	Handicap Accessibility Needs
Grading and Drainage	Electrical Defects	Windows and Doors
Fascia / Paint	Fencing / Porches	Dangerous Ingress and Egress

Questions or ready to apply, contact Pikes Peak Habitat for Humanity

Janet @ (719) 475-7800 ext. 103 or office@pikespeakhabitat.org

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Pikes Peak

Habitat for Humanity®

Program Eligibility Criteria

Pikes Peak Habitat's Veteran Critical Repair Program focuses on exterior work that addresses health and safety concerns of the home. Home repairs may include a roof replacement or repair, replacement of poorly functioning windows or unsecured entry, siding replacement, gutters/downspouts repair/replacement, porch replacement, or ramps and accessibility needs.

If your home is in need of repairs, review the eligibility criteria listed below:

Need – Applicant must be unable to afford and or perform the repairs themselves, the total household income must fall below 80% of the Area Median Income (AMI). Household income will include the income of all adults living in the home who are 18 years-old or older.

Have an Ability to Pay – Applicant must be willing to contribute to a small percentage of the repair costs. Payment is calculated on a sliding scale base on percentage of AMI. Along with a mutually beneficial payment arrangement.

Willingness to Partner – Applicant is required to turn in complete application and must be present during the duration of the repair work. Any members of the household who are over the age of 18 should be willing to provide hours of volunteer time, or sweat equity, to assist with the repair project.

Additional Eligibility Requirements:

- Must have your DD Form 214.
- You must have either an Honorable or General Discharge.
- Own and reside in a home that is in need of repairs with in El Paso County.
- You must have a need that makes the requested repairs necessary.
- Mortgage payments must be current (property cannot be in danger of foreclosure).
- Applicant must be able to provide certificate of current homeowner's insurance.
- The home, property, and the surrounding area must be deemed a safe working environment for the project and volunteers.

AMI Income Guidelines

Number in Household	Annual Maximum (80%)	Monthly Maximum
1 person	\$45,750	\$3,813
2 person	\$52,250	\$4,354
3 person	\$58,800	\$4,900
4 person	\$65,300	\$5,442
5 person	\$70,550	\$5,879
6 person	\$75,750	\$6,313
7 person	\$81,000	\$6,750
8+ person	\$86,200	\$7,183



Keep up to date with local events and deals with the

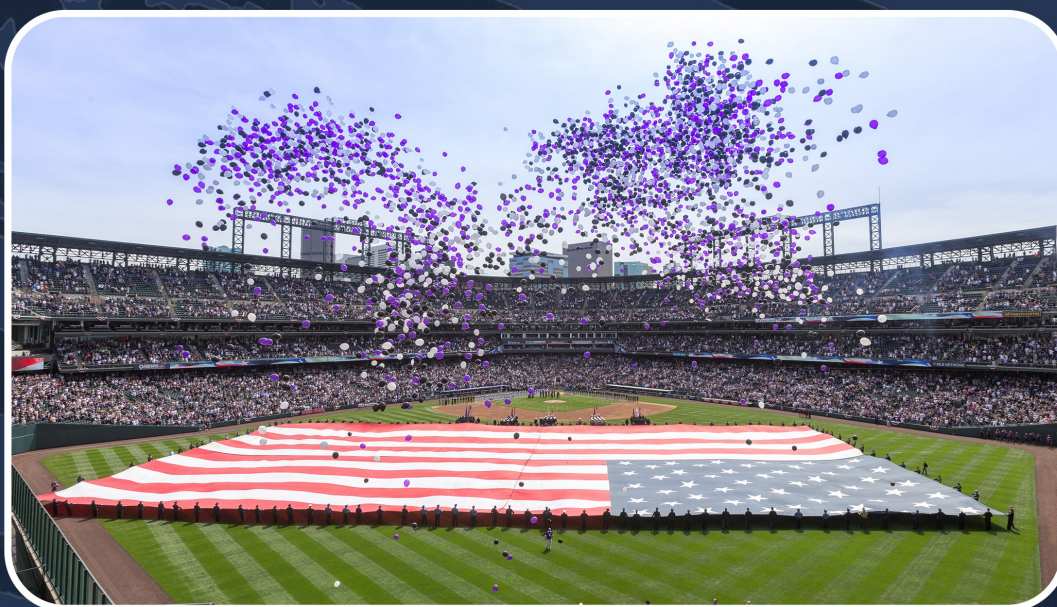


PASS IT ON COMMUNITY NEWSLETTER

COLORADO ROCKIES

MILITARY APPRECIATION DAY

\$6 UPPER / LOWER LEVEL TICKETS



SATURDAY, MAY 21 AT 6:10 PM



VS



ROCKIES.com/MILITARY

To purchase more than 12 tickets, please contact Hannah Browne
303-312-2224 | hannah.browne@rockies.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

**Falcon
Regional Park**

Kite & Wind Festival

June 18, 2022

Starts at 10:00 A.M.

**Contests | Music | Crafts | Games
Bubbles | AND MORE!**

**Fox21 Storm Team | Kona Shaved Ice
Pixie Sparkles Face Paint and Glitter**

Presented by



WOODMEN HILLS
METROPOLITAN DISTRICT
PARKS AND RECREATION

For more information call (719) 520-6977

communityservices.elpasoco.com/kite-and-wind-festival/



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Bear Creek Regional Park

July 13 Springs Contemporary Jazz Band
 July 20 Colorado Springs Saxophone Quartet
 July 27 Triple Play
 August 3 AJE Jazz
 August 10 Swing Connection Big Band
 August 17 The Falconaires Alumni Band
 August 24 New Horizons Kick's Band
 August 31 AFAB- Falconaires Jazz Ensemble

Presented &
Sponsored by



Anonymous
Presents
Concerts

Fox Run Regional Park

July 28 Wirewood Station
 August 4 Dotsero
 August 11 Eight Three
 August 18 Peak Big Band
 August 25 Joe Sciallo and the Deep End
 September 1 Hickabee and The Inman Brothers Band



Fountain Creek Regional Park

July 26 Dotsero
 August 30 Soul School



Homestead Ranch Regional Park

June 30 101st Army Rock & Country Band

All Concerts are 6:00pm to 8:00pm and are FREE!

For more information:

**Go to communityservices.elpasoco.com/2022-park-concerts/
 Or call 719-520-6977**



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Responding to Relationships

FREE

Military & Responder MARRIAGE SERIES & RETREAT

June 17 & July 29-31 2022

myrelationshipcenter.org/rtr

REGISTRATION OPENS
MAY 9TH

Your Relationship Deserves This.



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



FATHERS OF FREEDOM

You are not alone. We're here for you.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

WHAT: Join other military fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for military fathers and led by military fathers.

WHEN: Tuesdays at 5:30pm

WHERE: Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/85139958491>



LEARN MORE:

Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

Join us on Facebook: <https://www.facebook.com/groups/FathersOfFreedom/>

Join Us!
Visit CircleOfParentsCO.org



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. www.illuminatecolorado.org

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Free Dinner & Child Care!

Circle of Fathers

Sharing ideas. Sharing support.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

WHAT: Join other fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for fathers and led by fathers.

WHEN: Thursdays
Dinner at 5pm; Meeting at 5:30pm

WHERE: Catholic Charities - Helen Hunt Campus
917 E Moreno Ave, Colorado Springs, CO 80903

OR Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/93350305448>



LEARN MORE:
Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

Join us on Facebook: <https://www.facebook.com/groups/CircleOfFathers/>

Join Us!
Visit CircleOfParentsCO.org



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. www.illuminatecolorado.org

Keep up to date with local events and deals with the



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A VETERANS EVENT COMING
THROUGH FOUNTAIN

RUN FOR THE WALL

21 MAY 2022

1400 - 1500

HWY 85/87

FROM I-25 TO FIRE STATION #1



Approximately 500 Veteran motorcycle riders will travel through Fountain, CO as part of their journey from CA to Washington D.C. to pay tribute to Veterans' causes at the Vietnam Memorial. They ask that Fountain and Fort Carson families line Hwy 85/87 in support of the riders!

Keep up to date with local events and deals with the



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Join us for themed activities, food trucks, and outdoor movies!
Free fun for the whole family!



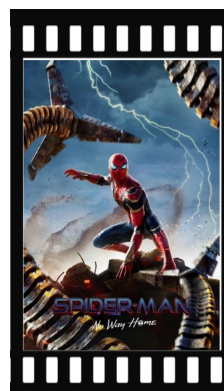
FRIDAY FAMILY MOVIES

May 20 - "Encanto" @ Grand Mountain School

June 24 - "Space Jam: A New Legacy" @ Windmill Mesa Park

July 29 - "Sing 2" @ Pi-Ute Park

August 12 - "Spider-Man: No Way Home" @ Watson Jr. High



WIDEFIELD PARKS & RECREATION

ParksAndRec.wsd3.org ~ (719)391-3515

705 Aspen Drive, 80911



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VIRTUAL PRESENTATION



MULTIDISCIPLINARY COMMUNITY APPROACHES TO **SUICIDE PREVENTION**

Peak View Behavioral Health & Pikes Peak Suicide Prevention
present these educational opportunities:

Presented By:

Cass
Walton

■ Suicide Prevention Overview

May 11 · 11:30am - 12:30pm

■ Suicide Prevention for Different Levels of Risk

May 25 · 11:30am - 1:30pm

■ Managing Risk in the Community

June 8 · 11:30am - 12:30pm

■ Postvention as Prevention

June 22 · 11:30am - 12:30pm

Pikes Peak Suicide Prevention Partnership (PPSPP) is a non-profit organization founded in 1993 by three local women whose lives had been negatively impacted by suicide. One of those founders, LaRita Archibald, would go on to become a nationally renowned suicide prevention advocate participating in efforts across the country to create suicide prevention best practices and author several books on the topic. She helped to create some of the most accessed trainings, interventions, and tools in the field of suicide prevention. PPSPP has followed her lead by continuing to work to provide education and training to the general public about suicide prevention. The "informed public," is one of our strongest arms of prevention. The more people who understand how to prevent suicide, the more lives we can save.



ABOUT THE PRESENTER

Cass Walton currently serves as the Executive Director of Pikes Peak Suicide Prevention Partnership. Cass has served in a variety of roles including a Therapeutic Living Director at a residential treatment facility for adolescent boys, a Program Director for a camp serving individuals with autism, and as a corporate Crisis Intervention Trainer for youth-serving organizations. Cass is a wife and mother of four children. She loves to play and coach volleyball. She is the queen of karaoke, and her current favorite motto is, "It starts with me!" She serves the local suicide prevention community as the Vice-Chair of The Suicide Prevention Collaborative of El Paso County and she sits on the steering committee for the Youth Suicide Prevention Work Group of El Paso County.

FOR MORE INFORMATION, CONTACT:

ERIC GIBBS · 719-216-3414
eric.gibbs@peakviewbh.com

This is a complimentary CE event for Colorado Healthcare Professionals and Community Members. Instructions on how to join and a calendar invite will be emailed following registration. **Registration is required. A certificate of attendance will be provided.**



REGISTER AT: [PEAKVIEWBH.COM/UPCOMING-EVENTS](https://peakviewbh.com/upcoming-events)

To find out more about PPSPP, please visit our website at pikespeaksuicideprevention.org. PPSPP provides a menu of suicide prevention support services, all at NO COST to the participant.

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FIND THE **1** ONE CHALLENGE

May 2022

STRENGTHEN YOUR BODY & MIND

This May we challenge you to find the ONE thing that makes you feel strong and reinforces the connection we have between our emotional and physical health for a more resilient you.



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STAY CONNECTED TO THE **Find the 1NE** CHALLENGE

For the entire month of May Give an Hour will be sharing ideas on social media to help you Find the ONE healthy habit that makes you feel both emotionally and physically strong.

Here is what you can do >>>>>



Follow @giveanhour on all social platforms to see what others are doing to Find the ONE.



Post your ONE on social media. Use #FindtheONE and make your post public so Give an Hour can like it!



Challenge a friend on social media to Find the ONE. Encourage them to challenge someone. Keep the Challenge alive!



Donate \$10 to Give an Hour so we can help other's find their ONE and in honor of your challenge buddy.



Save the date for the Find the ONE webinar and get inspired to keep up the momentum!

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1

30 Healthy Habit Ideas FIND YOUR ONE

1

 <input type="radio"/> Stretch all your muscles	<input type="radio"/> Add a daily fruit into your diet	<input checked="" type="radio"/> Go for a walk in nature	<input type="radio"/> Dance in your living room	<input type="radio"/> Go to bed early
<input type="radio"/> Practice yoga	<input type="radio"/> Get a ball and throw it around	<input type="radio"/> Incorporate daily affirmations	 <input type="radio"/> Eat vegetarian meals	<input type="radio"/> Go for a bike ride
<input type="radio"/> Add a HIIT workout to your routine	 <input type="radio"/> Hold a plank for 30 seconds	<input type="radio"/> Practice being present	<input type="radio"/> Go to the playground and play on the equipment	<input type="radio"/> Drink 2 extra glasses of water a day
<input type="radio"/> Try a new healthy recipe	<input type="radio"/> Vacuum/clean your house like you mean it	 <input type="radio"/> Go to the pool and swim laps	<input type="radio"/> Add five burpees to your workout	<input type="radio"/> Hula hoop for five minutes
<input type="radio"/> Try a new group class at your gym	<input type="radio"/> Take a daily vitamin	<input type="radio"/> Add a daily vegetable into your diet	<input type="radio"/> Jump rope for five minutes	 <input type="radio"/> Start a gratitude journal
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Take your dog for an extra long walk	 <input type="radio"/> Wash your car by hand	<input type="radio"/> Add a daily cup of green tea

ONE MONTH ONE CHANGE

During the month of May, FIND YOUR ONE healthy habit that makes YOU feel STRONG. What is the ONE thing that you can do that benefits your physical and mental fitness. Practice that ONE during the month of May.

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Veteran's Legal Assistance Clinic

Fourth Tuesday of the month | 12:30 to 3 p.m.

PFC Floyd K. Lindstrom VA Outpatient Clinic

3141 Centennial Blvd., | Colorado Springs, CO 80907 | Mt. Yale Conference Room

Meet with an attorney for legal assistance. This service is free of charge. Get information on topics including veteran's resources, benefits, taxes, housing, criminal, and family law.

2021/2022 Dates

Oct. 26	Nov. 23	Dec. – None	Jan. 25	Feb. 22
Mar. 22	Apr. 26	May 24	June 28	July 26
Aug. 23	Sept. 27	Oct. 25	Nov. 22	Dec. – None

For more information visit cobar.org/clcv.

A service provided by the CBA Military & Veterans' Affairs Section.

CBA

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Veterans' Affairs
Section**

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Inspire. Engage. Volunteer.

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of colorado



Military Families and Soldiers

Calling all military families and single soldiers!
Interested in volunteer opportunities? Need to sharpen skills for your resume? Have a special skill or talent to share? Consider volunteering with Girl Scouts!



Ready to find out how you can make a lasting change for a military child? Click on the QRC to get more information and start your adventure today!

New leaders will receive:

- Free Girl Scout membership
- Free New Leader Binder
- Free training
- Mentorship
- And, so much more !

Questions? Contact Heidi.Sumner@gscolorado.org
719-304-8320

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POWERED BY



CONNECT

with your community

Get your local installation services and post information on the NEW Digital Garrison app on your smartphone or tablet.



MAKE THE CONNECTION

1. Get info on the go

Get connected with your community by finding local news, information on services, dining, events and more.

2. Pcs support

Find the PCS supplies you need at the Exchange and also get all the support info you need with the Army PCS Move app!

3. Real time updates

Opt in today!

Get local installation notifications, announcements and alerts at the palm of your hand.

4. Find great deals

Check out the hottest deals, brands, and products you love from your local Exchange and online.

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All camping opportunities are subject to COVID protocols/restrictions at time of camp



Military Family Camp at Young Life's Trail West



What: **Military Family Camp.** Does your Family like adventure, laughter and fun –or just need a break from the daily stresses of life?

Then join us this summer at Military Family Camp at Young Life's Trail West

Offering horseback riding, pony rides, ropes course, swimming pool, water slide, hot tub, trout pond, tennis courts (rackets and balls available), basketball, sand volleyball, Frisbee golf course, playground, 4x4 jeep tours& White Water Rafting, this is a perfect setting to relax and connect with your Family.

Childcare is available on site during scheduled Family activities.

Who: Approx. 70 Active Duty Service Members & their Families. Please note: Single parent Families and Families with a deployed spouse are invited to participate as well.

When: 29 May-4 June and 5-11 June, 2022
(Online applications available beginning 1 February, 2022)

Where: Buena Vista, CO (Transportation to/from the camp is a Family responsibility)

Why: To allow Service Members 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, the discounted fee below will be available to the Families selected to attend. 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.younglife.org/find/events and scroll down to click on Fort Carson Military Family Camp

For more information, e-mail mfc@clubbeyond.org

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.



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★ WWWEG ★

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WITH OPERATION EQUINE



EVERY THURSDAY 11:00-1:00 PM
STARTING JANUARY 13
AT ALLEGIANCE RANCH

- ★ FREE EVENT FOR ALL VETERANS
- ★ SPEND TIME WITH THE HERD
- ★ LEARN NEW SKILLS
- ★ ENJOY TIME WITH OTHER VETERANS
- ★ COFFEE AND SNACKS PROVIDED

OPERATIONEQUINE.ORG

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INFO@HORSES-HEAL.NET
303-909-0974

MICHELLE@OPERATIONEQUINE.ORG
720-588-3035

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and Veterans.

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Apply for your
opportunity through
[woundedwarriorproject.org/
programs/wwp-registration](http://woundedwarriorproject.org/programs/wwp-registration)

Questions about our services?

Contact us at connect@stablestrides.org



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We Need You

We Need Patients on our "Patient and Family Partnership Council" (PFPC)



We work hard at Evans Army Community Hospital (EACH) to improve quality and safety. At your last visit, did you think of things we could have done differently? Do you have ideas that would promote better care experiences?

As a soldier, patient or family member, you know how it feels when things work well. You also know how it feels when things don't work so well.

Partner with healthcare by joining the PFPC! Your valuable knowledge and your one-on-one interactions with our staff make you a valuable candidate! Our Command Group is interested in hearing your voice at these meetings! If you would like to become a member of the PFPC and can give us 1½ to 2 hours per quarter, please contact:



Patient Advocacy Office
Phone: (719) 526-7225
Patient Services Center
Building 7500; Room 1011
Fort Carson, Colorado

*Taking the time
to show we care!*



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Are you an El Paso County resident
affected by COVID-19?

¿Eres un residente de El Paso County
afectado por COVID-19?

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cdola.colorado.gov/rental-mortgage-assistance



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FOR
AGES 0-5



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OF CLASS
TIMES



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QUALITY
PROGRAMS



65
LOCATIONS



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SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



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