

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.



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.

**Just 3 weeks left of the AER campaign!
Click the graphic above to donate now!**

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

[HERE!](#)

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Silver Key Senior Services Senior Summit

When: June 15, 2022

All Day Event, 3-4 Hr Shifts Available

Where: Antlers Hotel Colorado Springs

Opportunities:

- Greeters
- Clean Up & Logistics
- Event Check In Support Staff

Point of Contact: Jayme / 719.884.2315
jholligan@silverkey.org

For questions on tracking off-post service hours, contact:
AVC Office: 719.526.1082

 **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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Earth Day Event

Continuing its long history of teaching environmental stewardship, the Fort Carson Directorate of Public Works is hosting an Earth Day outreach event at the Exchange April 21 from 9 a.m. to 3 p.m. Earth Day display tables will feature environmental topics, including:

--Cultural resources, Wildlife in Colorado, Storm water, Wildlife conservation law enforcement

Vacation Bible School

Vacation Bible School will be held June 6-10 at Soldiers' Memorial Chapel from 9 a.m. to noon. The theme this year is "Rocky Railway: Jesus' Power Pulls Us Through." The event is open to children ages 4 through fifth grade. Every day the children have an opportunity to explore the various stations which include: Bible Adventure, Games, KidVid Cinema, Imagination Station and the opening and closing Sing & Play. It is an action-packed week for the children. The Religious Support Office is in need of many volunteers to execute this program. It needs adults for the station leader positions, as well as youths and adults to be crew leaders. There is also a need for folks to help create the set and decorate the week prior to VBS. Volunteers must be 12 or older and be willing to go through the background checks. Anyone interested in volunteering can contact Pat Treacy at patricia.a.treacy2.civ@army.mil or call 719-524-2458 for more information.

DFMWR events

--Directorate of Family and Morale, Welfare and Recreation (DFMWR) presents the 2022 Army Ten Miler Qualifier 10k May 7 from 8-10 a.m. Active-duty Soldiers interested in competing for a spot on the Army Ten Miler Team can register and run in this race. However, the Ten Miler Qualifier 10k is open to all DOD card holders. Registration is free and can be done online at <https://www.eventbrite.com/e/2022-fort-carson-army-ten-miler-qualifier-10k-tickets-314814678177>. Registration includes a limited amount of custom T-shirts and stickers. Registering does not guarantee a T-shirt. For questions regarding competing for the Army Ten Miler team, contact Rebecca Baden at Catherine.r.baden.naf@army.mil.

--DFMWR presents the Rocky Mountain K9 Challenge and Conference with the War Dog Memorial 5k and Vendor Show, May 16-21. The War Dog Memorial 5k will happen May 21 from 9 a.m. to noon. Registration for the War Dog Memorial 5k is \$20 and can be done at Ivy Fitness Center. Registration includes a custom T-shirt and sticker. For more information on the K9 challenge and conference, public schedule information, and more, visit <https://carson.armymwr.com/calendar/event/war-dog-memorial-run-and-vendor-show/5541269/67483>

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Outdoor Rec. Trips and Events

- Crack Climbing Clinic is April 21 from 6-8 p.m. for \$35.
- Rock Climbing at Garden of the Gods is April 23 from 8 a.m. to 1 p.m. for \$55.
- Hike the Arkansas Rim Trail, free trip from 8 a.m. to noon April 23.
- Climbing Wall Orientation is April 28 from 6-8 p.m. for \$25.
- Spring Flea Market & Festival is April 30, with six different types of bouncy structures —
-\$5 wristbands sold at Outdoor Recreation. To sign up for any of the above trips, [CLICK HERE](#) or call 719-526-5176.

Spring Cleanup

Fort Carson Spring Cleanup takes place April 20-22. All Fort Carson units, garrison agencies and volunteer Family members will participate in the annual Spring Cleanup. Units will have the responsibility for training areas in addition to their unit areas. For more information about Spring Cleanup requirements, Soldiers should contact their unit leadership.

Fort Carson Education Center announced the following schedule for summer college courses.

--Colorado State University-Pueblo (CSU-P) 719-586-6930, May 16 to Aug. 4: AIM 125 4 Automotive Suspension and Brakes Tuesday and Thursday from 5:30-8:30 p.m.

--Embry-Riddle Aeronautical University (ERAU) 719-576-6858, May 23 to July 24: ASCI 309 3 Aerodynamics Monday from 6-8:20 p.m.; MGMT 221 3 Introduction to MGMT Information Systems, Monday, 6-8:20 p.m.; MGMT 325 3 Social Responsibility & Ethics MGMT, Tuesday from 6-8:20 p.m.; SFTY 345 3 Aviation Safety Program MGMT, Tuesday from 6-8:20 p.m.; STAT 211 3 Statistics with Aviation Applications, Wednesday from 5-8:20 p.m.; WEAX 201 3 Meteorology I, Thursday from 6-8:20 p.m.

--Pikes Peak Community College (PPCC) 719-502-4200, June 13 to Aug. 7: AAA 1009 3 Advanced Academic Achievement, Wednesday from 5:30-8:10 p.m.; ENG 1021 3 English Composition I: CO1, Tuesday from 5:30-8:10 p.m.; MAT 300 4 Algebraic Literacy, Thursday from 5:30-8:55 p.m.

--University of Maryland Global Campus (UMGC) 719-246- 3952, May 18 to July 12: IFSM 304 3 Ethics in Information Technology, Tuesday from 6-9 p.m.

--University of Maryland Global Campus (UMGC) 719-246-3952, June 15 to Aug. 9: BMGT 364 3 Management and Organization Theory, Wednesday from 6-9 p.m.

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Weather-Related Claims

Spring weather in Colorado often brings high winds and severe hailstorms that may damage personal property, including automobiles. The Personnel Claims Act (PCA), 31 USC § 3721, allows military personnel and DA civilians to file claims for incident to service loss or damage caused by severe weather. However, per Army Directive 2019-21, payment of such claims is prohibited without an exception to policy authorized by the Secretary of the Army. The Army Directive encourages individual responsibility for personal property and recommends maintenance of private insurance against loss caused by adverse weather and other hazards.

PCA claims may be filed online with the Army Center for Personnel Claims Support (CPCS) at <https://www.JAGCNET.army.mil/Pclaims>. Questions about PCA claims should be directed to the CPCS by telephone at 502-626-3000 or by email at wsarmy.knox.hqda-otjag.mbx.cpcs@army.mil.

Command Energy, Water, Waste Policy

The Command Energy, Water and Waste Policy (Garrison Commander Policy #35) provides guidance to Soldiers and civilians on conserving energy and water and reducing waste. Fort Carson's energy use comprises a large portion of the installation's operations and maintenance budget, which in fiscal year 21, cost more than \$26.6 million in utility costs — a figure that can be meaningfully reduced through conservation efforts. Soldiers and staff are critical in helping the installation eliminate energy waste, reduce utility dollars and help Fort Carson achieve progress toward its conservation goals.

The policy, which applies to brigades and battalions, tenants, garrison agencies and Fort Carson contractors, outlines requirements and strategies on how to achieve those objectives. The policy can be viewed on the Directorate of Public Works (DPW) website at <https://www.carson.army.mil/assets/docs/dpw/energy-water-waste.pdf>. For more information about the policy, email susan.c.galentine.civ@army.mil.

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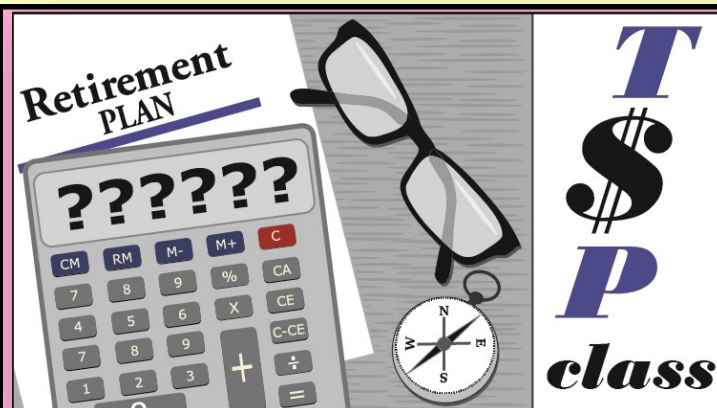
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May 3, 2022
9:00 am - 12:00 pm

[CLICK HERE
TO REGISTER!](#)

A lively discussion group that covers becoming a dad, caring for your new baby and caring for mom.



May 5, 2022
1:00 pm - 2:00 pm

[CLICK HERE
TO REGISTER!](#)

The TSP class is designed to enhance your knowledge on retirement and planning for the future. Although retirement may seem far for most of you, there is no better time than now to start planning and having your dollars matched.

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May 10, 2022
10:00 am - 11:00 am

[CLICK HERE
TO REGISTER!](#)

Learn how to create your budget, meet your financial goals and save for emergencies. Designed to ensure that each Soldier has a plan to better manage their money to create a sound financial plan for themselves and their Family.



May 10, 2022
9:00 am - 1:00 pm

[CLICK HERE
TO REGISTER!](#)

Learn how to:

Create a positive parenting partnership, redefine your relationship with your former spouse, create a positive parenting partnership on behalf of the kids, manage your anger & take control of conflict, negotiate child friendly agreements.

Take the time understand your new roles in this important relationship and how best to support your kids during this big transition in their lives.

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
April 25th	<u>Mindful Mondays Playgroup</u>	10:30 am - 11:30 am
	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>SFRG Management Course</u>	9:30 am - 2:30 pm
	<u>Sole Parenting Group</u>	12 pm - 1 pm
	<u>Center on Fathering</u>	1 pm - 3 pm
	<u>Heartbeat</u>	6:15 pm - 8 pm
April 27th	<u>Nurturing Infants to 5 Years (12 Week Classes) SPRING</u>	9:30 am - 11:45 am
	<u>SFAC Transition and Medical Retirement Brief</u>	10 am - 11 am
	<u>Homebuyers Workshop</u>	1 pm - 4 pm
	<u>Volunteer, VMIS and OPOC Training</u>	1:30 pm - 3 pm
	<u>Nurturing 3 to 12 Years (12 Week Classes) SPRING</u>	5:30 pm - 7:45 pm
April 28th	<u>AFTB Military Knowledge</u>	9 am - 2:30 pm
	<u>Toddler Time</u>	9:30 am - 11 am
April 29th	<u>Play Group</u>	10 am - 12 pm
May 3rd	<u>Boot Camp For New Dads</u>	9 am - 12 pm
	<u>CARE Team Training</u>	9 am - 12 pm
	<u>Banking Management</u>	9:30 am - 11 am
	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>Center on Fathering</u>	1 pm - 3 pm
May 4th	<u>Nurturing Infants to 5 Years (12 Week Classes) SPRING</u>	9:30 am - 11:45 am
	<u>Nurturing 3 to 12 Years (12 Week Classes) SPRING</u>	5:30 pm - 7:45 pm
May 5th	<u>Toddler Time</u>	9:30 am - 11 am

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

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
May 5th	<u>Latino Meet-Up</u>	2 pm - 4 pm
May 6th	<u>Play Group</u>	10 am - 12 pm
May 10th	<u>Cooperative Parenting and Divorce Class</u>	9 am - 1 pm
	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>Baby Orientation</u>	10 am - 11:30 am
	<u>SFRG Informal Funds Custodian Training</u>	10 am - 11:30 am
	<u>Center on Fathering</u>	1 pm - 3 pm
	<u>SFRG Key Contact Training</u>	1 pm - 2:30 pm
	<u>Heartbeat</u>	6:15 pm - 8 pm
May 11th	<u>Nurturing Infants to 5 Years</u>	9:30 am - 11:45 am
	<u>Financial Strength Budgeting 101</u>	10 am - 11 am
	<u>Nurturing 3 to 12 Years</u>	5:30 pm - 7:45 pm
May 12th	<u>Toddler Time</u>	9:30 am - 11 am
May 13th	<u>Annual Troop Training for Domestic Violence Prevention</u>	10 am - 11 am
	<u>Play Group</u>	10 am - 12 pm
May 15th	<u>EFMP 101 Sessions</u>	11 am - 12 pm
May 17th	<u>Boot Camp for New Moms</u>	9 am - 12 pm
	<u>Everyday English for Foreign Born Spouses</u>	9:30 am - 11:30 am
	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>Center on Fathering</u>	1 pm - 3 pm
May 18th	<u>Nurturing Infants to 5 Years</u>	:30 am - 11:45 am
	<u>Nurturing 3 to 12 Years</u>	5:30 pm - 7:45 pm
May 19th	<u>Toddler Time</u>	9:30 am - 11 am
	<u>SFRG Resource Overview</u>	1 pm - 2 pm

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

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EXCEPTIONAL FAMILY MEMBER PROGRAM 101 SESSIONS:

When:

Every 1st EFMP 101 Session:

- EFMP Overview
- EFMP Enrollment Process

Every 15th EFMP 101 Session:

- Family Member Travel Screening
- EFMP In/Out Processing Process
- Tri Care ECHO Program
- Family Needs Assessment (DD Form 3054)
- Compassionate Assignment
- Medical Stabilization
- Advocacy
- Linkage to Community Resources
- & MORE!

Where:

We invite you to attend our Facebook Page for our EFMP 101 Sessions:

- <https://www.facebook.com/USArmyFortCarson/>

What:

According to AR 608-75, The Army Exceptional Family Member Program is a Mandatory Program designed to ensure adequate Medical, Social, Psychological and Educational Services are available to the Family Members who may have Special Requirements in those areas.

All Soldiers Identified to PCS to an Overseas Duty Location (to included Hawaii and Alaska) who elect a "with dependents" tour must have their Family Member screened for possible enrollment in EFMP prior to approval of Family Member Travel. This is a service to your Family so the best possible Medical and/or Educational Services can be provided in the Overseas Area.

ALL MILITARY FAMILIES



EFMP Family Support

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-acsexceptional-fam-mbr@mail.mil

Exceptional Family Member Program 101 Sessions

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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, Army Reserve, and NAF) and the text "Money Management Matters" and "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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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!**

Mountain Post Spouses' Club

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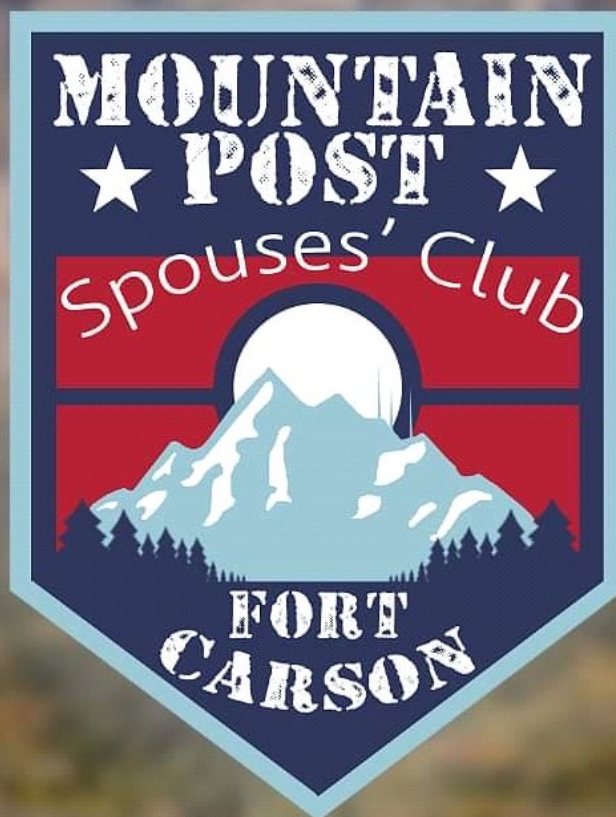


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

To learn more, visit: <http://www.mpsc.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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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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PANTRY@CCHARITIESCC.ORG

**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

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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

Welcome to
Prussman Chapel

“Where everyone is someone
and Christ is ALL”



Sunday Service

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**

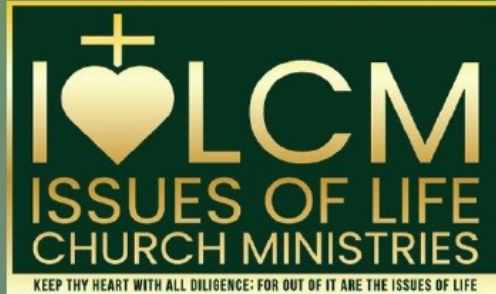
Joshua.l.porter20@army.mil

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

Keep up to date with local events and deals with the



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CLUB BEYOND AT FORT CARSON

“Where Military Teens Belong”

Club Beyond is an authorized program for middle school students at Fort Carson to experience community and grow in faith. Club combines **FUN, FRIENDS, GAMES, COMPETITIONS, PRIZES, VIDEOS, MUSIC, FOOD** AND DID WE MENTION **FUN?!!**



Club Beyond meets every other Thursday afternoon from 3:25 to 4:20PM at Carson Middle School Room A205.

For information and schedules of Club Beyond events, contact Will Sanborn at wsanborn@clubbeyond.org or 402-910-1826

CLUB BEYOND IS A RECOGNIZED NON-FEDERAL ENTITY AND IT IS NOT PART OF THE DEPARTMENT OF DEFENSE AND HAS NO GOVERNMENT STATUS.

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NEWSLETTER**

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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NEWSLETTER**

BOSS

**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.**

Keep up to date with local events and deals with the



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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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**Fort Carson Education Center
On - Post College Schedule
SUMMER 2022**



Subject	Cse #	S.H	Title	Days	Start	End	Room #	Type
COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930					16 MAY - 04 AUG			
AIM	125	4	Automotive Suspension and Brakes	T&R	1730	2030	205	C
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858					23 MAY - 24 JULY			
ASCI	309	3	Aerodynamics	M	1800	2120	204	EVC
MGMT	221	3	Intro. To MGMT Information Systems	M	1800	2120	201	EVC
MGMT	325	3	Social Responsibility & Ethics MGMT	T	1800	2120	201	EVC
SFTY	345	3	Aviation Safety Program MGMT	T	1800	2120	204	EVC
STAT	211	3	Statistics with Aviation Applications	W	1700	2120	204	EVC
WEAX	201	3	Meteorology I	R	1800	2120	204	EVC
PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200					13 JUN - 07 AUG			
AAA	1009	3	Advanced Academic Achievement	W	1730	2010	208	HY
ENG	1021	3	English Composition I: CO1	T	1730	2010	208	HY
MAT	300	4	Algebraic Literacy	R	1730	2055	208	HY
UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952					18 MAY - 12 JULY			
IFSM	304	3	Ethics in Information Technology	T	1800	2100	200	HY
UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952					15 JUNE - 09 AUG			
BMGT	364	3	Management and Organization Theory	W	1800	2100	200	HY

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule.

Type: C= Classroom, HY=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom, RE=Remote (synchronous online on scheduled days and times), HF= Hyflex course (hybrid with flexibility)

TBD=To Be Determined

Schedule is subject to change. Please see a College Representative for more information.

03/16/2022

Starting **Thursday 17 FEB 22** and every
1st and **3rd** **Thursday** of each month

Our Front Desk and Counseling Services will be

CLOSED

for training from 0730-1030

This closure does not affect other areas such as BSEP, MLF, Testing and the Colleges.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

**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

Keep up to date with local events and deals with the



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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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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

SPRING Flea Market & Festival

April 30 | **Iron Horse Park**
10 a.m.-2 p.m.

Limited vendor spaces on sale beginning: Feb. 15

Large vendor space: \$20 | Small vendor space: \$10

Download applications at CARSON.ARMYMWR.COM

Games, Goodies, and Giveaways!

Join ACS' New Parent Support Program, Exceptional Family Member Program,
& Nurturing Center to celebrate Month of the Military Child, Child Abuse Prevention Month,
& the Nurturing Center's 30th Birthday!

Contact brandy.a.foe.naf@mail.mil
or call (719) 237-9081 for more info.



More Events and Info at
carson.armymwr.com



CarsonMWREvents
CarsonDFMWR



@carsonmwr
#CarsonMWR



Iron Horse Park
6151 Elwell St
Fort Carson, CO 80913

Fort Carson MWR

Keep up to date with local events and deals with the



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Fort Carson MWR



FORT CARSON

2022

PIKES PEAK CHALLENGE

APRIL-AUGUST

To register email Rebecca Baden at
catherine.r.baden.naf@army.mil

\$50 per person
Soldiers and DoD ID card holders

Participant receives

- Virtual and in-person training
- Limited edition long sleeve hoodie
- Cold weather hat
- Stickers



More Events and Info at
carson.armymwr.com



Find us on Social Media
[@CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



[@carsonmwr](https://twitter.com/carsonmwr)
[#CarsonMWR](https://twitter.com/CarsonMWR)



Events & Entertainment
Bldg. 1217
Ellis Ave.

Keep up to date with local events and deals with the



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Fort Carson MWR

ROCKY MOUNTAIN K9 CHALLENGE AND CONFERENCE

MAY 16-20

WAR DOG
MEMORIAL SK
AND VENDOR SHOW
MAY 21

IRON HORSE PARK



VISIT CARSON.ARMYMWR.COM FOR MORE INFO.



More Events and Info at
carson.armymwr.com



CarsonMWREvents
CarsonDFMWR



@carsonmwr
#CarsonMWR



Iron Horse Park
6151 Elwell St
Fort Carson, CO 80913

Fort Carson MWR — Better Opportunities for Single Soldiers

Keep up to date with local events and deals with the



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Major BOSS Event

Quality of Life

Community Service

Life Skills

Recreation & Leisure

BOSS Office – The HUB

6371 Specker Ave

Bldg. 1532

Fort Carson, CO 80913

(719) 524-0126

M-F 1000 – 1600

APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 MFLC Class Pre-Deployment & the Single Service Member @ HUB 1145-1300	6 BOSS General Rep Meeting @ HUB 1300	7 Study Board @ 1600-1730 HUB	8	9 Anime Event Grant Library 1300-UTC
10	11	12	13 BOSS Executive Council Meeting @ HUB 1300	14 Study Board @ 1600-1730 HUB	15 COS Philharmonic Event/Raiders of the Lost Ark 1930-UTC	16
17	18	19	20 BOSS General Rep Meeting @ HUB 1300	21 Study Board @ 1600-1730 HUB	22	23 Community Service with Keeping CO Beautiful
24	25	26	27 Auto Skills Class 1700-1800	28 Study Board @ 1600-1730 HUB	29 Monster Jam Event @ World Arena 1900-UTC	30 Cooking Class @ Gather Food Studio 1300-1530 Fly Fishing Class

Keep up to date with local events and deals with the



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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

APRIL EVENTS GRANT LIBRARY

Celebrate National Library Week April 5 – 9!

Dress up with library staff and join activities for a chance to win prizes!

2022

Tuesday, April 5 – Tie Dye Tuesday

All day, brighten up the day by wearing tie-dye, and then join us at 1530 and make a tie-dye library bag!

Wednesday, April 6 – Workout Wednesday

Whether you're staying in, or working out, wear your workout gear!

Thursday, April 7 – Throw Back Thursday

Dress in your favorite decade, and then join us at 1530 for the classic 80's film, The NeverEnding Story!

Friday, April 8 – Fun Friday

Team up with friends, dress alike, and then join us for events and activities throughout the day, refreshments provided!

Saturday, April 9 – Sleepy Saturday

Drag yourself out of bed and wear your PJ's to the library!

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.

LEGO Club

Wednesdays | 1500 - 1630

Strengthen creativity and engineering skills while having fun! Build whatever you can imagine, the library will provide the Lego blocks. All ages welcome.

Preschool Story Time

Thursdays | 1030

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

RTAP - Resiliency Through Art Program FOR ALL AGES

Fridays | 1430 - 1630

This program focuses on the process of personal expression through art, in a small group setting. No prior art experience is needed or required. RTAP is also available for group reservations, please call 719-526-8144 for more information.

Anime Club for ALL AGES

Saturday, April 2 | 1030 - 1230

Calling all otaku! Hang out, watch anime, talk about your favorites, and enjoy snacks. Cosplay is always welcome.

Anime Club for ADULTS

Saturday, April 2 | 1400 - 1600

Calling all otaku! Hang out, watch anime, talk about your favorites, and enjoy snacks. Cosplay is always welcome. Open to all adults.

BOSS Anime Club

Saturday, April 9 | 1300

Calling all Single Soldiers! Hang out, watch anime, talk about your favorites, and enjoy snacks! Please call 719-526-2350 to register.

Homeschool Hangout

Tuesday, April 12 | 1300

Homeschooling families, connect with other families, play games, and enjoy activities! Learn about alternative energy and make a windmill!

Family Create & Craft – Earth Day Terrarium

Saturday, April 16 | 1030 - 1200

In honor of Earth Day, create a terrarium with succulents! Supplies are limited, registration is required, to register please call us at 719-526-2350 or stop by the circulation desk.

Maker Space Meetup

Saturday, April 23 | 1030

Calling all tinkers, makers, designers, and engineers! Explore our STEM educational kits and then create a natural bird feeder for your feathered friends!



Keep up to date with local events and deals with the

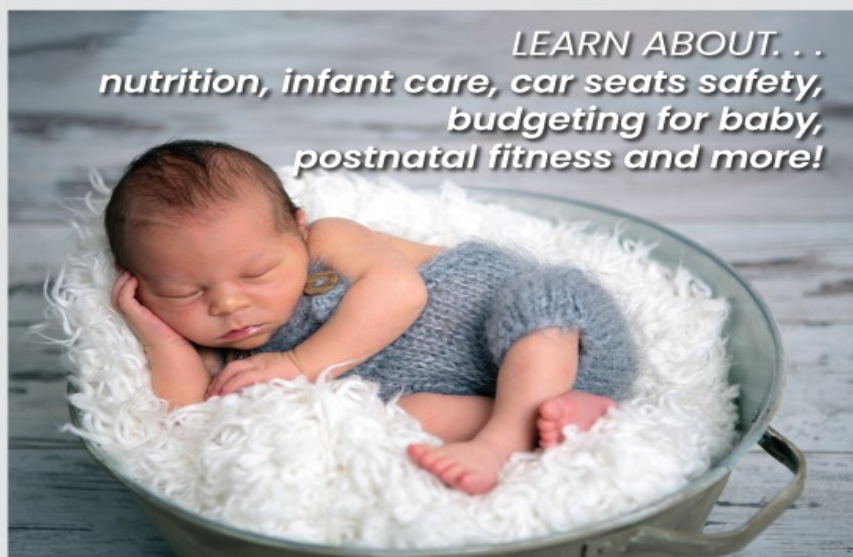


PASS IT ON COMMUNITY NEWSLETTER



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

BUNDLES *4* BABIES



~~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



Fort Carson Family Homes

Keep up to date with local events and deals with the



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Samantha Green
Customer Experience Specialist/LifeWorks
sgreen@bbcgrp.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FREE POPCORN MAIN LEASING BUILDING 4PM	2
3	4  Happy Birthday KIDS CLUB ANNOUNCEMENT ON FACEBOOK!	5	6	7  Snack Time AT MAIN CC FROM 3:30-4:30 PM	8	9
10	11 EASTER BASKET DRAWING LIVE ON FACEBOOK!	12  BREAKFAST ON THE GO! 7:30 AM	13 ADULT CRAFT! AT MAIN CC 3:00PM-5:00PM	14 KIDS EASTER CRAFT AT MAIN CC FROM 3:30-5:00 PM	15 EASTER BASKET GIVEAWAY 	16
17 Easter Sunday 	18	19  HOT chocolate & COOKIES ON THE GO	20	21 PREPACKAGED DINNER ON THE GO! 4:30PM	22 KIDS BOARD GAMES! AT MAIN CC 3:00PM-5:00PM	23
24	25	26	27 KIDS PAINTING AT MAIN CC FROM 3:30-5:00 PM	28	29 ADULT CRAFT! AT MAIN CC 3:00PM-5:00PM	30

FOLLOW FORT CARSON
FAMILY HOMES ON:



All our events are **FREE** for our residents!

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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.



Keep up to date with local events and deals with the



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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!

Keep up to date with local events and deals with the



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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"/>  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		

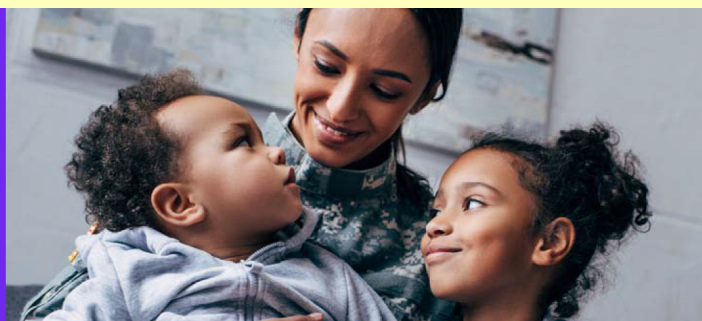
ONE MONTH ONE CHANGE

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.

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.

**When is the Military Baby Shower?**

May 25, 2022 at 7PM EST

How do we sign up to attend? Register in advance for this webinar:

https://marchofdimes.zoom.us/webinar/register/WN_1lf6-Va6RwSKpNjvBnCi3Q

Can I attend the shower if I have already had my baby?

The Military Shower Program is set up to provide prenatal education to moms to be. The sponsors of the program have donated products under the circumstances that we will provide prenatal education to moms prior to them having their babies. In addition, the items that have been donated are for newborn babies and therefore would also not be useful to a mom that has already had her baby.

Can I attend the shower if I am stationed out of the US?

Yes, you can, however you have to provide a US mailing address (no PO Boxes because we ship FEDEX) for us to ship your items to. We do not have the budget to ship internationally.

How many moms can attend the shower?

We have gifts for 500 moms at the shower. As long as the link to register is working we have room for you. The link will get deactivated when we hit 500 moms.

How do you attend a virtual shower?

The shower will be hosted on Zoom, it is 60 minutes of action packed fun, videos, raffle games and more. On the day of the shower you will log onto Zoom and attend the shower. Your camera will be off and you will be muted. The only way to engage at the shower will be through the Q and A feature. We will be using KAHOOT for additional engagement and the raffle prizes. We will get a report of all those that have joined the shower and we will use that list to ship the baby items directly to the moms. We cannot track moms that just attend by using the phone number dial in, we ask that you please use the Zoom platform and log into the shower with your email address.

When will I get the Zoom link to attend the shower?

Once you register you will get a customized Zoom link for you. You will also get 3 reminders prior to the shower with your details to participate.

Who is eligible to attend the shower?

All pregnant military families with an E6 rank or below are eligible to attend. You can be spouse of military and you can be active, retired, or reserves.

What happens if my due date is after the shower as required but I deliver my baby early?

If you attend the shower we will still provide you with the gifts. You will not be penalized for having your baby early.

What if my address changes?

If you have a change of address please email militarybabyshower@marchofdimes.org.

When will I get my gifts?

After you have attended the shower we will compare the registration list to the actual attendee list and we will ship your box of gifts to your home. We ask that you please be patient with shipping but we anticipate all moms receiving their items within 4-6 weeks after the shower.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



MEDIA RELEASE

FOUNTAIN POLICE DEPARTMENT

AUTISM NIGHT OUT AT THE FIRE STATION

April 13, 2022

[FOR IMMEDIATE RELEASE]

Release #0422-005

On Tuesday, April 26th, 2022, the City of Fountain Public Safety Department and Fountain-Fort Carson School District 8 will be hosting the 3rd annual sensory friendly night out at the fire station. We haven't been able to have this event for the past two years due to COVID-19 so we are excited to be doing it this year!

No matter which school or district they attend, any child with special needs, and their families in the Fountain community are welcome to join us. The kids get a chance to meet members of the City of Fountain Public Safety Team, try on equipment, and sit in a police cruiser and fire truck. It is a great opportunity for the kids to experience these things in a low stress environment.

We had an amazing time in past years and we hope you can join us this year!

When: April, 26th from 6:00 PM – 7:30 PM

Where: Fountain Fire Station #1
811 N Santa Fe Ave
Fountain, CO 80817

Lisa Schneider
Public Information Officer

lschneider@fountainpd.com
Cell: (719) 229-2970

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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

**Military and
Veterans' Affairs
Section**

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DEATakeBack.com



**KEEP THEM SAFE. CLEAN THEM OUT.
TAKE THEM BACK.**

The **Drug Enforcement Administration's (DEA) Take Back Day** event provides an opportunity for Americans to prevent drug addiction and overdose deaths by disposing of unused or expired prescription drugs.



ALLOWED: All unused and expired over the counter and prescription medications (solid or liquid) in consumer containers. Vape products (battery **MUST** be removed).



NOT ALLOWED: Intravenous solutions, injectables, and syringes will not be accepted due to potential hazard posed by blood-borne pathogens. Marijuana and illicit substances such as methamphetamines are not a part of this initiative and should not be placed in collection containers.

**SATURDAY
APRIL 30
10 a.m. - 2 p.m.
DRIVE-THRU
EVENT**

**FOUNTAIN
LIBRARY**
230 S. MAIN ST.
FOUNTAIN, CO 80817
719.531.6333, Ext. 7002

Additional resources
are available
inside the library.

**TRANSIT
STOP 20**



Fountain Valley
Communities That Care
Any Questions?
Contact us:
ctc@elpasoco.com



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TEAMS

Transition Employment Assistance for Military Spouses

EMPLOYMENT WORKSHOPS DESIGNED FOR SPOUSES

JOIN US FOR THESE NEWLY DEVELOPED WORKSHOPS DESIGNED SPECIFICALLY FOR TRANSITIONING SPOUSES!

OPEN TO ALL MILITARY SPOUSES!

DATE: May 10

TIME: 09:00-11:00

YOUR NEXT MOVE – 2 Hours

Define and explore career opportunities

DATE: May 10

TIME: 1:00-3:00

CAREER CREDENTIALS – 2 Hours

Define professional licensing/credentials and identify portability resources

DATE: May 11

TIME: 09:00-11:00

LINKEDIN PROFILES – 2 Hours

Create a profile that markets your professional brand

DATE: May 11

TIME: 1:00-3:00

LINKEDIN JOB SEARCH – 2 Hours

Get insider knowledge and explore LinkedIn features

LOCATION: Fort Carson Transition Assistance Center, Building 6237, Room 208

GPS: 7366 Mekong Street

REGISTRATION: Visit or call the Transition Assistance Center

Mon-Fri, 0730-1600/719-526-1001/1002

For more information about or to register for available virtual workshops, visit: dol.gov/teamsworkshops



Developed by the U.S. Department of Labor's Veterans' Employment and Training Service



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VIRTUAL MILITARY SPOUSE SYMPOSIUM



Take a little time for you in 2022. Join us for three FREE days of online sessions that give you more resources, more tools and more support for your best MilLife.

May 10-12, 2022 | Register Here:

<https://myseco.militaryonesource.mil/portal/spousesymposium>

- Optimize your job search with pro tips and tools.
- Learn expert strategies to improve communications and relationships.
- Explore resources you can use to secure your finances.
- Get guidance to discover and communicate your personal brand.
- Find resources to fuel your entrepreneurial ambitions.



Make 2022 the year of YOU.

Register here: <https://myseco.militaryonesource.mil/portal/spousesymposium>.

For more info, call a SECO career coach or Military OneSource consultant at 800-342-9647.



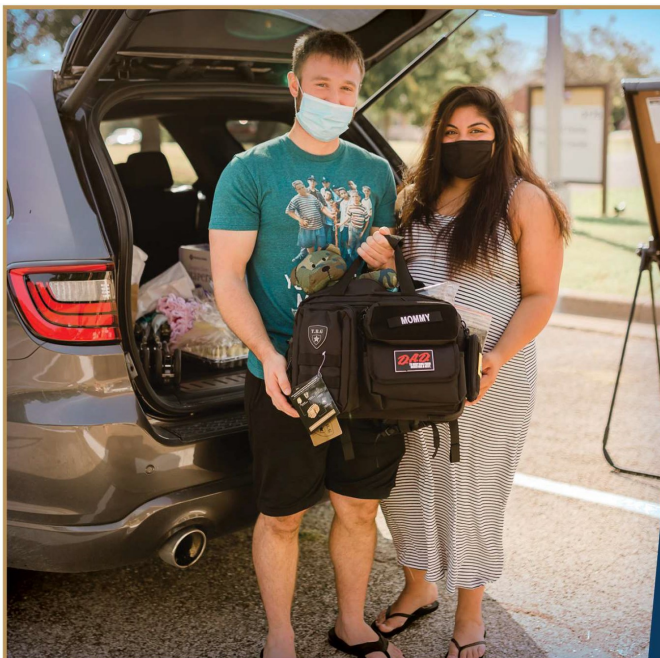
SPOUSE EDUCATION &
CAREER OPPORTUNITIES



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JOIN OPERATION
HOMEFRONT FOR A
BABY SHOWER
EVENT!

STAR-SPANGLED BABIES

Eligibility Category 1:

- Post 9/11 wounded, ill or injured service member of any rank, both currently serving and those no longer serving in the military, *or*
- E1-E6 Active Duty

Saturday, May 7, 2022

1:00 – 2:30pm

Colorado Springs, CO

Pre-registration is **REQUIRED**.

Register at **MyOperationHomefront.org**

Location details will be provided upon registration.

Questions? Contact Shelby and Shelby.Pauka@OperationHomefront.org

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Inspire. Engage. Volunteer.

girl scouts 
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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PASS IT ON COMMUNITY NEWSLETTER

MCEC® Tell Me a Story® Virtual Early Reading Literacy Event



Making Connections and Finding Support Through Literature

Saturday, April 23, 2022 at 2:00 pm MST

How to register for this event

Join us for this exciting opportunity, and register today at this link:

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

Location Code: VIR

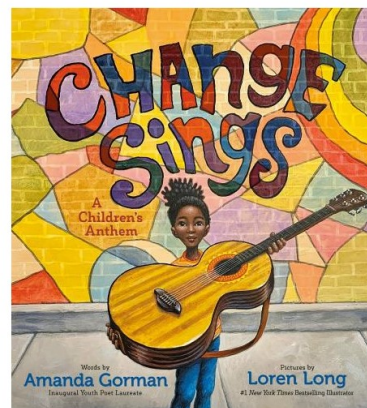
Sequence Number: 036

Book Title: Change Sings

Contact the MCEC® Colorado Springs MPAC at PtoP.COSprings@MilitaryChild.org

and follow us on Facebook to stay engaged

[@MCECColoradoSprings](https://www.facebook.com/MCECColoradoSprings)



The first 25 families will receive a complimentary copy of this *Tell Me A Story* book and this event is powered by:



MCEC
Parent Support



**WOUNDED WARRIOR
PROJECT®**

Tell Me A Story® is an initiative created to empower our military children by using literature and their own stories. Learn more about this – and others for military children at MilitaryChild.org.

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DIGITAL GARRISON

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.



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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★ WWEG ★

WEEKLY WARRIOR EQUINE GROUP
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

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

MICHELLE@OPERATIONEQUINE.ORG
720-588-3035

ALLEGIANCERANCH.ORG

📷 📱 ALLEGIANCE RANCH
GLORIA@ALLEGIANCERANCH.ORG



3448 COUNTY ROAD 4 ERIE, CO 80516

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STABLESTRIDES

is currently seeking WWP
clients for sessions!

Our services are
free of charge
to eligible
Service Members
and Veterans.

StableStrides is the only
PATH PAC in Southern
Colorado. Serving Castle
Rock, Colorado Springs,
Pueblo, and beyond!

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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PASS IT ON COMMUNITY NEWSLETTER

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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Responding to Relationships

FREE

Military & Responder MARRIAGE SERIES & RETREAT

~~April 8 &~~
May 13-15 2022

myrelationshipcenter.org/rtr

REGISTRATION OPENS
FEB. 28TH

Your Relationship Deserves This.



Fore more information and to
register, click here!

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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?

ASSISTANCE AVAILABLE FOR RENT, MORTGAGE & UTILITIES
ASISTENCIA DISPONIBLE PARA RENTA, HIPOTECA Y UTILIDADES

\$21 MILLION AVAILABLE NOW
\$21 MILLONES DISPONIBLES AHORA

CALL 2-1-1
MARCA 2-1-1



Or apply online:

O aplique en nuestra pagina de internet:

cdola.colorado.gov/rental-mortgage-assistance



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FREE TUITION PRESCHOOL

FOR
AGES 0-5



VARIETY
OF CLASS
TIMES



SAFE
QUALITY
PROGRAMS



65
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



If you'd like to
learn more about
Colorado
Preschool
Program | Head
Start | Early Head
Start

Click HERE!



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs