



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

## 30 NOVEMBER 2017

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

**Army Community Service:**  
719-526-4590

**On Facebook:** Fort Carson Army  
Community Service

**On Twitter:** FortCarsonACS

**On the web:**  
[www.carson.army.mil/acs](http://www.carson.army.mil/acs)

### IMPORTANT HIGHLIGHT:

[CHILD SUPERVISION POLICY](#)

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## FORT CARSON CHILD SUPERVISION POLICY (FLYER)

### Youth Supervision Matrix

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

### FORT CARSON POST GUIDES

Free Fort Carson post guides are available at the Army Community Service Community Connection, 6391 Wetzel Avenue, building 1524 (just south of the old commissary) between 8 a.m. and 4 p.m. weekdays. Guides are available for individuals, and organizations can pick up multiple copies for newcomers. The post guide contains information on Fort Carson units, directorates, community facilities and services; off-post travel destinations; a post telephone directory; and installation and city maps.

### FORT CARSON WEBSITE CHANGES

The Fort Carson website, [www.carson.army.mil](http://www.carson.army.mil), has some new features and sections to keep the community informed of upcoming activities, classes and facility and gate closures. See the "Carson Calendar and More" tab at the top of the homepage for a community calendar listing, Family readiness group updates and a Community Information Exchange summary. The "News You Need to Know Now" section lists announcements provided by organizations across the installation on upcoming Fort Carson events, classes and services.



## EVANS HOSPITAL WINTER SPORTS INJURY PREVENTION TIPS (FLYER)

### Winter Sports Injuries: TBI

#### \* What is a Concussion?

\* A concussion is also known as a mild traumatic brain injury and is caused by a blow or jolt to the head that temporarily interrupts brain function.

#### \* When do Concussions Occur?

Collision and contact sports such as football, hockey, soccer, basketball, lacrosse, and wrestling are the sports with the highest risk for concussions. But concussions can also occur on the playground or during everyday mishaps such as a child falling and hitting their head on the floor.

#### \* What if I Suspect my Child has a Concussion?

If you think your child has a concussion:

1. Remove them from the activity or the game.
2. Quickly get them checked out by a medical provider
3. Help them take time to recovery.

**“Most concussions occur without a loss of consciousness or blacking out”**

[https://www.cdc.gov/headsup/basics/concussion\\_symptoms.html](https://www.cdc.gov/headsup/basics/concussion_symptoms.html)

<https://www.cdc.gov/headsup/resources/custom.html>

<https://www.cdc.gov/headsup/resources/playbook.html>

<https://health.gov/news/blog-bayw/2016/01/head-and-neck-injuries-in-winter-sports/>

- \* More than 4 million injuries were reported in the seven sports between 2000 and 2011. 11% involved injuries to the head and neck with 83% of these involving the head.
- \* Head / neck injuries increased significantly during period studied with 34,565 occurring in 2000, while 40,042 occurred in 2011.
- \* **Skateboarding, snowboarding, skiing and motocross had the highest number of head and neck injuries.** Mountain biking, snowmobiling, and surfing had the lowest numbers.
- \* **Snowboarding had the most concussions.** In fact, about 30% of concussions in extreme sports occurred in snowboarding. Snow skiing was associated with about 25% of concussions.
- \* **Skateboarding and motocross had the most severe head and neck injuries,** like skull fractures and cervical spine fractures

#### Creating a Safe Sport Culture



Have fun playing their sport.



Feel comfortable reporting symptoms of a possible concussion to coaches.



Have parents who talk with them about concussion and model and expect safe play.

#### Tips to prevent head injuries in winter sports

Some steps to decrease your chance of suffering TBI's in winter sports:

- **Wear a helmet.** Helmets are critical in extreme winter sports like skiing and snowboarding, sports with a high number of concussions.
- Do everything possible to optimize the conditions where you are performing these activities. **Stay within the marked boundaries** on the slopes and watch out for obstacles and hazardous conditions.
- Try to participate in **activities in places where medical care is close.** **Seek medical attention** if there is any question that you might have suffered a traumatic brain injury, **no matter how minor it might seem.** Remind Teens: Professional competitions have doctors and emergency medical services, but many people perform these activities in remote locations.

## **FLORISSANT FOSSIL BEDS NATIONAL MONUMENT IN DECEMBER EVENTS**

Florissant Fossil Beds National Monument is open year round. During December, the Monument is open every day of the week from 9:00 AM - 4:30 PM. Here are some of the activities taking place this month.

Saturday, December 9, Scavenger Hunt, 9:00 AM - 4:30 PM. You never know what you might discover at Florissant Fossil Beds. Beyond the fossils there is always a chance to see wildlife or experience history or even have a wonderful moment of peace and quiet. If you are ready to explore, visit the Monument on December 9th and pick up a scavenger hunt sheet in the visitor center and see what you can find. Participants that complete their scavenger hunt will receive a free Florissant Fossil Beds bumper sticker.

Friday, December 15, Night Sky Program, 6:30 PM - 9:00 PM. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the Visitor Center.

Sunday, December 17, Sun Viewing Party, 10:00 AM - 2:00 PM. Have you ever wondered what it would be like to safely view the sun and see the features of our nearest and dearest star? Have you ever wondered what is meant by the "Winter Solstice" and the "shortest day of the year?" Join us for a safe "Sun Viewing Party" and learn all about the star that makes all life possible on our planet. Drop by anytime between 10:00 AM - 2:00 PM. No equipment is needed. This program is weather dependent, but if the sun isn't out you can always go for a hike! Meet at the visitor center.

Saturday, December 23, Hike to the Tall Trees, 1:00 PM - 3:00 PM. Trees are amazing. They provide oxygen, shade, and beauty and much more. Some trees can grow to towering heights. Join a ranger for a guided hike to visit some of the tallest trees at Florissant Fossil Beds - both living and ancient. This will be up to a 2 mile hike on and off trail. Dress in layers and be ready to walk on uneven ground and possibly snow. Meet at the visitor center.

There are no additional fees for any park programs beyond the daily entrance fee of \$5.00 per adult (15 and younger are free). Florissant Fossil Beds National Monument offers 15 miles of beautiful, yet lesser known, hiking trails to explore, a free Junior Ranger Program, three short self-guided trails, a park video and museum exhibits, and bookstore. For additional information, please call (719) 748-3253 or visit our website: [www.nps.gov/flfo](http://www.nps.gov/flfo) or on Facebook at FlorissantNPS

## MILITARY MERRIMENT (FLYER)



### NEWS RELEASE

#### Media Contacts

Cheyenne Mountain Colorado Springs | Guadalupe Hirt | 303.859.1762 | [lupeh@mindspeakpr.com](mailto:lupeh@mindspeakpr.com)  
Colorado Springs Moms Blog | Tonya Jones | 719.440.6134 | [tonya@coloradospringsmomsblog.com](mailto:tonya@coloradospringsmomsblog.com)

### Colorado Springs Moms Blog and Cheyenne Mountain Colorado Springs Launch Holiday Mission Codename: Military Merriment

*Twelve Colorado military families will receive a holiday getaway filled with activities, fun and surprises!*

**COLORADO SPRINGS, Colo.** – Nov. 7, 2017 – Colorado is home to eight military bases with more than 35,000 active duty military members. For many of these families, the holidays are an especially difficult time because mom or dad won't be home.

This holiday season, [Cheyenne Mountain Colorado Springs, A Dolce Resort](#), and [Colorado Springs Moms Blog](#) aim to ease this reality with their Military Merriment initiative. Twelve Colorado-based military families will receive an all-expense paid staycation at the AAA Four Diamond Resort. The gift will include a two-night stay with a stocking full of experiences and activities made possible through the resort and the blog. The highlight of the getaway will include a 30-minute Skype on the resort's 120-inch big screen between the deployed member and his/her family here in Colorado.

From Nov. 10 – Dec. 1, the public may nominate a deserving military family by completing a submission form online at [coloradosprings.citymomsblog.com](http://coloradosprings.citymomsblog.com). Families are also encouraged to nominate themselves. To be eligible, families must be based in Colorado, have at least one child living at home and have one active duty parent deployed who will not be home for the holidays. Military Merriment is for immediate family members only, including spouse and/or partner, children and Fido. Staff at the resort will select the top 24 finalists, then will open it up to the public starting on Dec. 4 to vote for the final 12 winning families via Colorado Springs Moms Blog's [Facebook page](#). Votes must be posted by 5:00 PM on Dec. 8 and winners will be posted on the blog's and resort's [website](#) and [Facebook page](#) on Dec. 11.

With an estimated per family value of \$890, each Military Merriment family recipient will receive:

- Complimentary two-night stay in a deluxe guest room on either Dec. 15-17 or Dec. 22-24
- On-property complimentary breakfast for the whole family during their stay
- On-property complimentary childcare for two hours at Kid's Korner so mom or dad here in Colorado can enjoy a complimentary 50-minute massage at Alluvia Spa and Wellness Retreat
- Complimentary participation/entry in the resort's planned holiday activities, including elf turndown service, gourmet hot cocoa by the fire, popcorn and a holiday movie, and more
- The opportunity to select from myriad donated items to assemble a "holiday care package" for their deployed parent, shipped overseas free of charge
- One 30-minute Skype session on the resort's 120-inch big screen for the family to connect with their deployed loved one

## **SFL-TAP EVENT**

The Soldier for Life Transition Assistance Program has the following event scheduled:

--Dec. 7: Employer Day for Colorado Construction Building & Trades. Transitioning Soldiers, veterans, and Family members are welcome. The employer day will be held Dec. 7 from 10 a.m. to 1 p.m. at building 6237, 1626 Elwell St., (across the street from Carson Middle School), room 107

## **TRAUMATIC BRAIN INJURY (TBI) "BACK TO BASIC" CLASS for WRC (FLYER)**

# **TRAUMATIC BRAIN INJURY (TBI) "BACK TO BASIC" CLASS for WRC**



**WHO?** SERVICE MEMBERS TO BE SEEN AT WRC AND THEIR SPOUSES, FAMILY MEMBERS, OR SIGNIFICANT OTHERS

**WHAT?** APPROXIMATELY ONE HOUR PRESENTATION WITH QUESTIONS, ANSWERS AND RESOURCE INFORMATION PLUS TIME WITH A WRC CASE MANAGER

**WHEN?** AN OFFERING OF 9 IDENTICAL CLASSES - CHOOSE THE BEST TIME FOR YOU!

**5 December 1400-1530**

**12 December 1400-1530**

**13 December 1030-1200**

**19 December 1400-1530**

**\* 20 December 1030-1130 (Open to Anyone)\***

**21 December 1300-1430**

**26 December 1400-1530**

**27 December 1030-1200**

**28 December 1300-1430**

**Warrior Recovery Center (WRC) (BUILDING 7489- Conference Room # 121 or in building 7488- ADL Room)**

**WHY?** TO LEARN MORE ABOUT TBI AND THE WRC SERVICES

### **PRESENTED BY:**

**ROBIN WININGER, MS, CBIS**

**REGIONAL EDUCATION COORDINATOR**

**FOR THE DEFENSE AND VETERANS BRAIN INJURY CENTER**

**THE TBI OPERATIONAL COMPONENT OF THE DEFENSE CENTERS OF EXCELLENCE**

**For more information call: 719-526-8636 (DVBIC) or 719-526-4911 (WRC)**

## UPCOMING DFMWR TRIPS

--Crested Butte Weekend Trip: Join the Outdoor Recreation Complex on a weekend trip to Crested Butte Dec. 8-10. See why people come from all over the world to ride the slopes and spend time in this ski town. Crested Butte is a great town to explore during the day or at night. There is a free shuttle between the Grand Lodge and the town of Crested Butte. Trip includes: Two nights lodging at the Grand Lodge, two days skiing/snowboarding, and round trip transportation. Equipment is available to rent through Outdoor Rec for an extra cost. Must sign up by Dec. 1. Call 526-5176 or visit Outdoor Rec, 7093 Specker Ave, building. 2429, to reserve your spot. Prices: single adult \$260, single child \$175, couple \$440, group of four \$830 and family of 4 \$790 --Get on the Bus Ski & Snowboard Trips: Ski and snowboard trips started Nov. 25 and runs through March! Enjoy your Saturday at Copper Mountain, Loveland Ski Area, or Monarch Mountain with the convenience of being dropped off at the base of the mountain. This round trip transportation is provided from the Outdoor Recreation Complex on Fort Carson. Be sure to reserve your rental equipment starting the Monday before your trip. Call 526-5176 or visit Outdoor Rec, 7093 Specker Ave, building 2429, to reserve your spot.



## SERVICES, PROGRAMS AND EVENTS

### 4<sup>TH</sup> INFANTRY DIVISION 100<sup>TH</sup> ANNIVERSARY BALL (FLYER)



# *4th Infantry Division 100th Anniversary Ball*

*December 8, 2017*

*5:30 p.m.*

*Antlers Hotel*

*E1-E5 \$35*

*E6-E9, CW1-CW4, O1-O4 \$50*

*O5 and above, CW5 and Civilian \$65*

*For additional ticket information*

*Call: 719-526-4772*



## **5K JINGLE BELL FUN RUN (FLYER)**

Visit [www.carson.armymwr.com](http://www.carson.armymwr.com) for more information



### **Jingle Bell Run and Candy Cane Hunt**

**Date:** Dec 9, 9 a.m. - 3 p.m.

Iron Horse Sports and Fitness Center - 6415 Specker Ave Bldg. 1925 Fort Carson, Colorado 80913 United States [Google Map](#)

#### **All information is subject to change.**

- \$10/person (ages 4+) for Early Bird registration (closes at 12 p.m. on Dec. 5, 2017)
  - Run starts at 11 a.m. and ends at **Iron Horse Gym.**
  - **T-shirt included with paid registration only** (while supplies last, once we're sold out, that's it.)
  - Little Kid registration is FREE! (no t-shirt included) Please choose '**Little Kid Registration**' from the '**Additional Items**' menu
-

**ANNUAL TREE LIGHTING CEREMONY (FLYER)**



**Save the Date: Holiday Tree Lighting Ceremony**

**Date:** Dec 10, 5 p.m. - 8 p.m.

[William Reed Special Events Center](#) - 6550 Specker Avenue Bldg. 1829 Fort Carson 80913

[Google Map](#)

**Contact**

Tel: [+1\(719\) 524-1163](tel:+17195241163)

Military DSN Tel: (312)883-1163

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**Bethlehem Bash**

Sponsored by Fort Carson Religious Support Office (RSO).

**Free**  
**Kids ages 5-10**  
**Space is limited!**

**Parents get three kid-free hours and kids get a holiday workshop with fun activities and make-it take-it crafts!**







**Saturday, December 9, 2017**  
**0900-1200**

*Required registration, now open!*

**PRE-REGISTRATION REQUIRED. POC: [heidi.a.mcallister.civ@mail.mil](mailto:heidi.a.mcallister.civ@mail.mil)**

## CAREER SKILLS PROGRAM UPCOMING EVENTS (FLYERS)

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

  <b>MSSA</b> ..... <ul style="list-style-type: none"><li>❖ MSSA is an intense 18-week accelerated program designed to prepare transitioning Service Members to meet the IT industry's high demand for cloud developers, server &amp; cloud administrators, and database intelligence administrators.</li><li>❖ Classes are held Mon-Fri, 0730-1630 with built in time for group projects and career transition assistance with MSSA mentors. MSSA graduates earn 18 credit hours, have the opportunity to earn Microsoft IT certifications and will interview for positions with Microsoft or other participating industry partners.</li></ul>  ..... <ul style="list-style-type: none"><li>❖ 21-week program designed to educate, train, certify and mentor transitioning Service Members, leading them to rewarding mid-range civilian Cybersecurity careers. A balanced training program with 50% theory and 50% skills with significant hands-on lab work.</li><li>❖ Classes are held Mon-Fri, 0800 - 1600. Graduates will earn industry certifications and interview with multiple partners in the Cybersecurity Industry.</li></ul>	<b>CAREER SKILLS PROGRAM</b>  <b>Basic Eligibility</b> ..... <ul style="list-style-type: none"><li>❖ Active Duty and Within 180 days of Transitioning from Service</li><li>❖ Anticipate Fully Honorable or Under Honorable Conditions Discharge</li><li>❖ Battalion CDR Approval to Participate</li><li>❖ Additional Criteria Based on Specific Program</li><li>❖ Honorably discharged Veterans may apply for Service to Sales, MSSA and SecureSet Cybersecurity on a space-available basis.</li></ul>   <p>For more information about Fort Carson's Career Skills Programs: Visit the Career Skills Program Office Building 6236, Room 102 719-526-1195/8549/1197</p> <p><small>OPR: Sherry Jenkins-27 Feb17</small></p>	 <p>With The Army Career Skills Program (CSP)</p> 
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U.S. Department  
of Veterans Affairs

## WARTAC

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



## Service to Sales

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



## UA Veterans in Piping

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



## CDL-A Training

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



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

## Corporate Fellowship

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



## Local Government Fellowship

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

# FORT CARSON YOUTH CENTER FALL PROGRAM GUIDE (FLYER)

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

## Fort Carson Youth Center Fall Program Guide

August – December 2017



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

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

Art Room

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

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

Music Room

### SMART Girls: Thursdays 4-5PM

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

Conference Room

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

\*Middle School ONLY\*

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

Life Skills Room

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

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

Life Skills Room

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

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

Conference Room

### College Bound: Tuesdays 6-7PM

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

Homework Lab

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

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

Homework Lab

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

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

Homework Lab

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

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

Life Skills Room

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

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

Conference Room

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

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

Weight Room/Small Gym

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



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

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

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

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

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

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

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

M, W, F 5-6PM

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

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

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

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

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

**Upcoming Special Events:**

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

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

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

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

**Monthly Events**

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

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

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

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

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

**Fall Camp** – 20 – 24 November

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

**Building Closures**

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

**Columbus Day** – Center Closed 9 October

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

**Veterans Day** – Center Closed 10 November

**Thanksgiving Day** – Center Closed 23 November

**Christmas Day** – Center Closed 25 December

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

**Book Club:**

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

Middle School: Tuesdays 4pm-5pm

High School: Thursdays 5pm-6pm

Club Mentor: Ms. Hannah

Homework Lab

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

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

Movies Anime Games Enthusiasts

Club Mentor: Mr. Todd

Life Skills

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

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

Club Mentor: Mr. Brandon

Tech Lab

Fort Carson Youth Center

6181 Ware St Bldg. 5950

Fort Carson, CO

Ph. (719) 526-2680



HOLIDAY MEALS FOR MILITARY (FLYER)

# HOLIDAY MEALS FOR MILITARY

celebrate the season



Join Operation Homefront for a  
**holiday meal distribution event.**

Eligible Recipients Include: Active duty, E1-E6, or all ranks of post 9/11 wounded, ill, or injured.



**Sat Nov 18<sup>th</sup> | 1pm – 4pm**

**Sat Dec 16<sup>th</sup> | 1pm – 4pm**

**Safeway – Fountain, CO**

6925 Mesa Ridge Pkwy Fountain CO 80817

Register at [Events.OperationHomefront.org](https://Events.OperationHomefront.org)

Questions? Contact: Kathleen Coleman – Program Coordinator

[Kathleen.Coleman@operationhomefront.org](mailto:Kathleen.Coleman@operationhomefront.org)



## **JOES SURVEYS (FLYER)**

Joint  
Outpatient  
Experience  
Survey

 **JOES**

**LET YOUR VOICE BE HEARD ABOUT YOUR MILITARY HEALTHCARE**



**You have the power to infuse Evans Army Community Hospital's leadership with valuable feedback. It is used to identify areas that needs improvements and to recognize outstanding personnel. We encourage all of patients to complete and submit these surveys.**

## MILITARY BASE APPRECIATION NIGHT WITH THE DENVER NUGGETS (FLYER)



# MILITARY BASE APPRECIATION NIGHT WITH THE DENVER NUGGETS



VS



**Denver Nuggets vs Los Angeles Lakers**  
**Saturday, December 2<sup>nd</sup>, 2017 • 7:00pm • Pepsi Center**

*Anyone who purchases a ticket through the military ticket office or through Alexa directly will be invited to participate in our pre-game VIP experience!*

**WHAT:**

Sit in our VIP seats for an exclusive viewing of pre-game shoot around

**WHEN:**

5:30pm- after 5:50, staff cannot guarantee access to the arena for the VIP Experience

6:00pm- make your way to your ticketed seats

**WHERE:**

Please enter at the Grand Atrium- Group Entrance (main entrance- doors to the far right) you will need to have your tickets in hand, ready to be scanned at the door

**PLEASE SHOW THIS FLYER WITH THE CONFIRMATION NUMBER INCLUDED AT THE DOOR UPON ENTRY!**

**\*\*No taxes and fees will be added to the orders**

**\*\*All tickets are sold on a first come, first served basis and are based on availability**

**\*\*Pricing subject to change at any time**

Questions? Contact Alexa Carpenter at 303.405.1196 or [Alexa.Carpenter@teamkse.com](mailto:Alexa.Carpenter@teamkse.com)

**NO DUI RESPONSE TEAM (FLYERS)**



**NO DUI RESPONSE TEAM**



Fort Carson  
Designated  
Program

**WE NEED YOUR HELP!!!**



Fort Carson  
Designated  
Program

ARE YOU INTERESTED IN HELPING OTHERS?  
ARE YOU INTERESTED IN SAVING LIVES?  
WOULD YOU LIKE TO EARN THE MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL?  
ARE YOU A CIVILIAN THAT WOULD LIKE TO DO VOLUNTEER WORK?

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

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



Fort Carson  
Designated  
Program



Fort Carson  
Designated  
Program



**NO DUI RESPONSE TEAM**


If you have a DoD ID Card we have



No Car  
No  
Ride

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

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



HAD ONE  
TOO MANY  
DRINKS?

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



BEEN OUT  
DRINKING?

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

## PASSPORT TO THE ARTS (FLYER)



COLORADO SPRINGS  
**Fine Arts Center**  
at COLORADO COLLEGE

[COLORADOCOLLEGE.EDU/FAC](http://COLORADOCOLLEGE.EDU/FAC)

Contact: Amanda Weston, Media Relations  
and Outreach Manager  
(719) 389-6770; [aweston@coloradocollege.edu](mailto:aweston@coloradocollege.edu)

### FOR IMMEDIATE RELEASE

## **Fine Arts Center develops “Passport to the Arts” program designed to enhance fourth grade Colorado history curriculum and spark a lifelong connection to the arts**

*Colorado Springs (Sept. 26, 2017)* – In an effort to maximize learning opportunities and foster a lifelong love and appreciation for the arts with area youth, the Colorado Springs Fine Arts Center at Colorado College (FAC) is proud to announce the *Passport to the Arts* program for fourth grade students and their families. This is one of many new offerings to come out of the implementation of the FAC/CC Strategic Plan titled “Excellence, Access, and Collaboration.”

With many underfunded school districts scaling back arts education and national cultural programs like the National Endowment for the Arts (NEA) and the National Endowment for the Humanities (NEH) threatened for elimination, the FAC is dedicated to fostering experimentation, growth, and a sense of shared community by ensuring that the arts are a part of the life experience for children in our community.

Beginning October 1, 2017, parents will be able to register their fourth grade student for the *Passport to the Arts* program online at <https://www.coloradocollege.edu/fac/passport> to receive:

- A FREE one-year family membership to the Fine Arts Center (for the fourth grader, two adults, and all other children under 18 in the household)
- (1) FREE children’s ticket to the FAC’s fall family theatre production *Bunnicula* (Oct. 13 – Nov. 12, 2017)
- (1) FREE children’s ticket to the FAC’s spring family theatre production *Androcles and the Lion* (Mar. 2 – Apr. 1, 2018)
- 50 percent off select Bemis School of Art classes for the fourth grade student
- Access to activities in the museum specifically built for fourth graders and their families

A study by NEA Arts titled “Engaged and Empowered, The Importance of Arts Education” states that “... students with access to in-school arts instruction performed better academically, participated more actively in extracurricular activities, and were more likely to pursue higher education. In other words, arts education doesn’t just teach skills to future practitioners of the arts. It teaches children the creativity, collaboration, and critical thinking skills needed to succeed in the 21<sup>st</sup> century.” Read the full report here: [www.arts.gov/research/Arts-At-Risk-Youth.pdf](http://www.arts.gov/research/Arts-At-Risk-Youth.pdf)

“We are excited to offer this educational program that helps bridge the gap and build upon what fourth graders are learning about Colorado and the Southwest in the classroom, connecting it to the Fine Arts Center’s impressive permanent collection of Native American and Hispanic art and artifacts,” said FAC Director of Museum Education Kris Stanec. “Taking the experience from the classroom into the galleries will deepen their understanding and appreciation of our unique place. This program will allow students to connect with the history of Colorado in a new and exciting way.”

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## TRAVEL MEDICINE CLINIC (FLYER)

### **TRAVEL MEDICINE CLINIC**

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

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

## WARRIOR TRANSITION FORUM

A Warrior Transition Forum takes place Dec. 6 from 9 a.m. to noon at McMahon Auditorium. During the forum, retired and former military members share their experiences with current transitioning Soldiers. The event includes panel speakers and breakout sessions. For more information, call 526-3784 or email Justin.e.chamberlain.mil@mail.mil



# ARMY COMMUNITY SERVICE PROGRAMS

## 5 LOVE LANGUAGES CLASS (FLYER)



### the **5** Love Languages

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

9 a.m. to Noon • Thursday, Jan. 11 • ACS Center, bldg. 1526

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



## CHILD-PARENT-RELATIONSHIP CLASS (FLYER)



Family Advocacy Program presents

# C-P-R

## Child Parent Relationship

Tuesdays • 10 a.m.-1 p.m.

Family Nurturing Center, Bldg. 1354

Learn to use play to better communicate with your child, and through this better your marital relationship.

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



**EVERYDAY ENGLISH CLASS (FLYER)**

# Everyday English

**for the Foreign Born Military Spouse**  
**to learn cross-culture communication**

This 10-week class will help develop basic English skills in the areas of grammar, conversation, and composition.



Pre-register today! (719) 526-0466 • [www.carson.army.mil/acs](http://www.carson.army.mil/acs)



**FORT CARSON YARD SALES (FLYER)**

**FORT CARSON RESIDENTS & DOD ID HOLDERS**

# APRIL TO DEC. YARD SALE

**1ST & 3RD SATURDAYS • 8 A.M. – 3 P.M.**  
**HELD IN ALL ON-POST HOUSING AREAS & NORTH COMMUNITY CENTER, 4355 FUNK AVE. (FOR PARTICIPANTS THAT LIVE IN THE BARRACKS & OFF-POST)**



**FOR MORE INFORMATION:**  
[WWW.CARSON.ARMY.MIL/ACS](http://WWW.CARSON.ARMY.MIL/ACS) • (719) 526-1082



## NEW PARENT SUPPORT PROGRAMS (FLYER)



# NEW PARENT SUPPORT PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

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

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



ACS Incentive Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time with the exception of the Family Enrichment events (i.e., AFTR, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled & rescheduled. For installation weather notifications, visit [www.carson.army.mil](http://www.carson.army.mil) or call (719) 526-0096.



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



## **NEWCOMER'S ORIENTATION (FLYER)**

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



Relocation Readiness Program presents

# **Newcomers Orientation**

**2nd Monday of every month • 9 a.m. to 1 p.m.**  
Community Connection, Bldg. 1524

***For those NEW to Fort Carson & for those  
who want to know more.***

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



## PREP PROGRAM (FLYER)



### **Family Advocacy Program**

Supporting Healthy Soldier & Family Relationships



# PREP

## Prevention & Relationship Education Program

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

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

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

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



SOLE PARENTING GROUP (FLYER)

# D SoLe Parenting

*a resource group for single parents*

Connect with fellow soldiers and community partners to help you on your journey to survive and thrive as a single parent.

Last Thursday of each Month  
Noon-1 P.M. • ACS Center, bldg. 1526

[www.carson.army.mil/acs](http://www.carson.army.mil/acs) • (719) 526-0461





# COMMUNITY PARTNER PROGRAMS

## "BE THERE" PEER SUPPORT (FLYER)

# BeThere



## Peer Support Call and Outreach Center


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


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


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



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

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

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

 **Text:** 480-360-6188

 **Call:** 844-357-PEER (7337)

**Follow Us:**  @BeTherePeerSupport  
 @DoDPeerSupport



**CIVVIES (FLYER)**



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

*Open daily from 8 am – 5 pm*  
*Donations can be dropped off and processed through*  
*any Goodwill donation center.*  
*Mt. Carmel can not accept clothing donations*  
**719-309-4714**  
*530 Communication Circle*

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



**FIRST VISITOR**

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

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

(English)

**(719) 344-7147**

(Spanish)



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

Discover your newborn's amazing abilities.



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

Encourage language development.  
Proper nutrition and portion size.




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

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

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

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

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

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

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

**Call us today to learn more.**



(719) 635-1536 | [cpcdheadstart.org](http://cpcdheadstart.org)

**FREE YOGA (FLYER)**



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

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

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

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

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

719-309-4714

[MtCarmelVeterans.org](http://MtCarmelVeterans.org)

530 Communication Circle  
Colorado Springs, CO 80905



## HEALING HORSES FOR THE ARMED FORCES (FLYER)



# Healing Horses for the Armed Forces

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

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

*Contact us to schedule a session.*

**Suzy MacKenzie**

Founder and Executive Director

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

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

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



## **HORSEMANSHIP FOR VETERANS AND ACTIVE DUTY (FLYER)**



Promise Ranch Therapeutic Riding  
6230 East Highway 86  
Franktown, CO 80116  
(303) 817-6531  
prtr.org



### **Horsemanship for Veterans and Active Duty Service Members**

Our horsemanship class is open to both veterans and active duty service members of the U.S. armed forces. This class focuses on teaching horse behavior and psychology, safety around horses, as well as basic groundwork skills as a platform for further equine education, and as an exciting opportunity for experiential learning.

Through meaningful individual and group interactions with our horses, participants will learn how to create safe, fair, and effective horse-human relationships, and may develop or improve important life skills such as self-awareness, self-confidence, verbal and non-verbal communication skills, and emotional regulation.

Some benefits of this program include:

- Camaraderie with other veterans and active duty service members of all branches of the U.S. armed forces
- Volunteer opportunities
- Progressive work toward advanced horsemanship skills
- Horseback riding lesson opportunities

To sign up or to get more information, please email [info@prtr.org](mailto:info@prtr.org)

**"Achieving Goals, Enhancing Lives, Healing through Horses"**

Promise Ranch Therapeutic Riding is a 501(c)3 organization. Our tax ID # is: 26-2431767.

Mailing address: P.O. Box 545, Franktown, CO 80116



## DOMESTIC VIOLENCE SUPPORT GROUP

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

***Let's talk...***

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



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

***When: Fridays from 7:00 – 8:30pm***

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

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



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

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**Kingdom Builder's Family Life Center**  
**Project Right Direction**



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

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

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

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

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

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





## Volunteer Opportunities

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

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

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

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

For more information, contact Lisa Jenkins at the at 719-464-6676 or email [lej@kingdombuildersfamilylifecenter.org](mailto:lej@kingdombuildersfamilylifecenter.org).

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## LOVED ONES PTSD SUPPORT GROUP (FLYER)



### **My loved one struggles with PTSD**

**Do you have a loved one who struggles with PTSD?  
We all need support and greater understanding when  
someone we care about is dealing with PTSD.**

**This support group is for anyone who desires  
support, understanding, and increased knowledge  
regarding PTSD and how it can affect our loved ones  
as well as our relationships.**

**When: Mondays 5:30 PM**

**Where: Mt. Carmel**

**Please call prior to attending, thank you**

**Please call for an appointment or stop by to visit and see what we are all  
about!**

**719-309-4773**

**MtCarmelVeterans.org**

**530 Communication Circle**

**Colorado Springs, CO 80905**

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

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

Toll Free: (855) 355-6824

Email: [OTF@craighospital.org](mailto:OTF@craighospital.org)

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

HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?

DO YOU HAVE A TRAUMATIC BRAIN INJURY?

YOU HAVE SERVED  
NOW LET US SERVE YOU!



CALL US TODAY  
(855) 355-6824

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

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

## OPERATION TBI FREEDOM



## A PROGRAM OF CRAIG HOSPITAL

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

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

Services provided or coordinated by OTF include the following:

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



Learn more at [craighospital.org/OTF](http://craighospital.org/OTF)



# Power Breath Meditation Workshop for Veterans

*January 18-22*



- Improved Sleep Quality*
- Enhanced Mental Clarity*
- Stress Relief*
- Deep Mental Relaxation*
- Optimal Performance*

*Free for Active Duty, Veterans and Family*

Dates: January 18th-22nd

Times: Th, Fri & Mon 6:30 - 9:30 PM

Times: Sat & Sun 9:00 AM - 1:00 PM

Venue: Mt. Carmel Center of Excellence  
530 Communication Circle, Col Spr

**The Power Breath Meditation Workshop** is a mind-body program that emphasizes techniques to build resiliency. It offers practical breath based tools that decrease stress, anxiety, anger, and sleep problems resulting in improved overall well-being.

Contact: [angela.warner108@gmail.com](mailto:angela.warner108@gmail.com)  
719-357-6108  
[www.pwht.org](http://www.pwht.org)



★ ★ ★ PROJECT ★ ★ ★

**Welcome Home Troops**

**Register early - Limited to 20 participants. Must attend all 5 days.**

<https://qoo.ql/forms/254VpTftPdwdI8Yf1>

**TRY HOCKEY FOR FREE (FLYER)**

# Try Hockey for Free

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

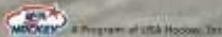
Come play youth hockey and experience more great moments in your child's life.



**Every  
Saturday  
9:15am**

**Monument Ice Rinks**

Presented by:



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

**719.439.3243**

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

**Try Hockey For Free  
Every Saturday**

For more information go to  
[www.MonumentIceRinks.com](http://www.MonumentIceRinks.com)



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

**Come join in on the fun!**

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

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

Where: Mt. Carmel Center of Excellence

530 Communication Circle  
Colorado Springs, CO 80905



*Presented by the  
Floyd K. Lindstrom VA  
Clinic*

*in Partnership with*

*Mt. Carmel Center of  
Excellence*

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

All Veterans are welcome.

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

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

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

## VOLUNTEER VETERAN MENTORS NEEDED (FLYER)



# Calling All Volunteers We Want You!



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

What: Volunteer Veteran Mentor Orientation

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

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

30 AUG, 0900-1000

13 SEP, 1100-1200

25 SEP, 1600-1700

11 OCT, 1200-1300

23 OCT, 1400-1500

6 NOV, 0900-1000

28 NOV, 1100-1200

11 DEC, 0900-1000

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

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

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