



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

IMPORTANT HIGHLIGHT:

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ADVISORIES AND NOTICES

FACILITY CLOSURES

Water point closure-

The water point on Butts Road, across from ranges 51 and 55, will be closed for upgrade work Dec. 12-13. Units can use the water fill point on Chiles Avenue near building 1210 during that time. The upgrades will include installation of a new water hose located lower to more safely fill water buffalo style trailers. For more information, call the Directorate of Public works construction representative at 526-3537.

ASAP closure-

The Army Substance Abuse Program (ASAP) in building 6236 (including the Drug Testing Collection Point) will be closed Dec. 13 starting at noon for training and a holiday event. This does not affect Substance Use Disorder Clinical Care (SUDCC). Call 526-ASAP (2727) for questions or concerns.

Education center closure-

All Army Education Center offices, building. 1117, will be closed for a staff holiday function Dec. 20 starting at 11 a.m. Army Education counselors are not available on Dec. 20 due to training in the morning. The following offices will be open from 7:30-11 a.m. and from 2:30-4:30 p.m. Reception/Admin (room 150), Computer Lab (room 216), Testing (room 217; inquiries only; no testing), BSEP/GT Prep (building 1011, room 111), and the Higher Education Track course and offices (building 1011, room 116). The colleges and the TRiO office located in building 1117 will also be closed 11 a.m. to 2:30 p.m.

McKibben Physical Fitness Center closure -

McKibben Physical Fitness Center will be closed on 22 December 2017, for maintenance.

Police records closure-

The Fort Carson Police Records office will be closed Dec. 13 for the Annual Directorate of Emergency Services (DES) holiday party and preparations. Customers are encouraged to make necessary arrangements to utilize this service before or after the date of closure. The office will resume normal business hours Dec. 14.

TDS holiday hours-

Fort Carson Trial Defense Services (TDS) will be open 9 a.m. to 1 p.m. for holiday hours Dec. 18 through Jan. 2. During the holiday schedule, Article 15 and Chapter walk-in service will take place on Dec. 19, 21 and 28 and Jan. 2. Article 15 service will be at 9 a.m. and chapter service will be at 10 a.m. See the Fort Carson TDS website at <http://www.carson.army.mil/LEGAL/tds/index.html> or contact Staff Sgt. Jacob Soliz, TDS NCOIC, at 526-4563 for additional details on processes and other helpful information.

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, 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.

CHANGES ARE COMING TO TRICARE (HEALTH MATTERS FLYERS)

TRICARE PRIME®



HEALTH MATTERS

A PUBLICATION FOR TRICARE® BENEFICIARIES

Take Command: Changes To TRICARE Coming In 2018

The Military Health System is modernizing TRICARE to better serve you and respond to changes in law and policy.

On Jan. 1, 2018, there will be several changes to your TRICARE benefit. We've outlined a few of the changes you'll notice in 2018 below:

TRICARE Select Replaces TRICARE Standard And TRICARE Extra

On Jan. 1, 2018, a new program called TRICARE Select will replace TRICARE Standard and TRICARE Extra. TRICARE Prime will remain the same. TRICARE Standard beneficiaries who remain eligible as of Dec. 31, 2017 will automatically transition to TRICARE Select on Jan. 1, 2018 and will remain in the plan unless they choose to change their coverage.

In the U.S., TRICARE Select will be a self-managed, preferred provider network option. Once enrolled, TRICARE Select beneficiaries will not be required to have a primary care manager and can visit any TRICARE-authorized provider for covered services without a referral. You can also receive services from TRICARE-authorized, non-network providers, but



New Stateside Regions Launch In 2018

In the New Year, stateside beneficiaries will see a change to TRICARE regions and contractors. On Jan. 1, 2018, the North Region and South Region will become the East Region, while the West Region will mostly remain the same. A different contractor will administer each region:

- Health Net Federal Services, LLC 1-844-866-9378 will provide TRICARE coverage to the West Region. This means that beneficiaries residing in the West Region will have a new regional contractor in 2018.
- Humana Military will provide 1-800-444-5445 TRICARE coverage to the East Region.

For more information on the new stateside regions and contractors, visit www.tricare.mil/changes. ★



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Take Command

The TRICARE Changes Checklist includes important actions you need to take for yourself or your dependents. See page 2.



For more up-to-date information about upcoming TRICARE changes, visit www.tricare.mil/changes.

(Continued on page 3)

An Important Note About TRICARE Program Information: At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military hospital and clinic guidelines and policies may be different than those outlined in this publication. For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.

Take COMMAND

☆☆☆ Enhance Your TRICARE® Experience

TRICARE Changes Checklist: Take Command and Prepare Now for Changes in 2018

What You Need to Do		Important Dates
<input type="checkbox"/>	Do you have a username and password for DS Logon? If not, get a DS Logon. https://www.dmdc.osd.mil/identitymanagement/	Now
<input type="checkbox"/>	Is your information—address, email and phone number—current in DEERS? Check to be sure. www.tricare.mil/deers	Now
<input type="checkbox"/>	Have you signed up for TRICARE benefits updates? Sign up today so you don't miss any important information. www.tricare.mil/about	Ongoing
<input type="checkbox"/>	Did you have a baby or adopt a child? Did you get married or divorced? Did you move, retire, activate, or have any other significant life event? Learn about what you need to do. www.tricare.mil/lifeevents	Ongoing
<input type="checkbox"/>	Not sure what plans are offered where you live? Use the plan finder to find out what you may be eligible for. www.tricare.mil/planfinder	TBD
<input type="checkbox"/>	Do you make monthly TRICARE payments electronically? Your regional contractor will contact you to update your payment information.	Ongoing
<input type="checkbox"/>	Do you or someone in your family have special needs? Check our webpage for details about how to contact your new regional contractor. www.tricare.mil/casemanagement	Beginning Jan. 1, 2018

What You Need to Know	Important Dates
A new network provider directory is now available. Visit www.tricare.mil/changes	Beginning Nov. 1, 2017
New East and West regional contractors' call centers will be open for enrollment questions.	Beginning Nov. 20, 2017
There will be an enrollment freeze for TRICARE Prime enrollments, and Primary Care Manager (PCM) changes will be delayed during the transfer of files to new regional contractors.	December 2017
If you're enrolled in TRICARE Prime and are being assigned a new PCM , your regional contractor will notify you.	Beginning Dec. 24, 2017
Your new regional contractor's website will go live.	Beginning Jan. 1, 2018
Explanation of Benefits (EOB) and authorization letters will be paperless and available electronically, and you will need a DS Logon. You may opt in to receive a mailed EOB.	Beginning Jan. 1, 2018
Your new regional contractor will support your claims questions and will make new claims forms and claims mailing address available.	After Jan. 1, 2018

Changes Coming In 2018



(Continued from page 1)

you'll pay higher cost-sharing amounts for this out-of-network care. Care received from non-authorized, non-network providers won't be reimbursed by TRICARE. Overseas, TRICARE Overseas Program Select will provide access to both network and non-network TRICARE-authorized providers for medically-necessary covered services. TRICARE Select, both stateside and overseas, includes additional preventive care services previously only offered to TRICARE Prime beneficiaries.

Annual Enrollment For All Plans

Currently, only TRICARE Prime beneficiaries are required to enroll. On Jan. 1, 2018, enrollment will be required for all TRICARE plans.

Throughout 2018, eligible beneficiaries may enroll or re-enroll for TRICARE Prime or TRICARE Select at any time. This applies to those who don't enroll, or who disenroll from TRICARE Prime or TRICARE Select during calendar year 2018. If you're enrolled in TRICARE Prime, TRICARE Prime Remote or another TRICARE Prime program on Dec. 31, 2017, you will remain in your program on Jan. 1, 2018, unless you choose to change your coverage. You may enroll online, by phone or by mail. Find details and forms online at www.tricare.mil/resources/forms/enrollment.

Transition From Fiscal Year To Calendar Year

Consistent with civilian health care plans, all TRICARE plans will shift enrollment from a fiscal year (Oct. 1–Sept. 30) timing to a calendar year (Jan. 1–Dec. 31) timing. That means payments that would normally count toward yearly limits, such as catastrophic caps or deductibles, will be counted from Jan. 1–Dec. 31 instead of Oct. 1–Sept. 30.

As part of the transition from a fiscal year to calendar year, you will not have any additional out-of-pocket costs for authorized TRICARE covered services for the last three months of calendar year 2017 (Oct. 1–Dec. 31), if you have already reached your catastrophic cap in 2017.

December 2017 Enrollment Freeze

In December 2017, for those living stateside, there will be an enrollment freeze for TRICARE Prime enrollments, and primary care manager (PCM) changes will be delayed during the transfer of files to new stateside regional contractors. You will still be able to receive care during the enrollment freeze. You can prepare for the enrollment freeze by updating your information in DEERS and completing any and all enrollment actions by Nov. 20, 2017. For more information on how to prepare for the upcoming changes, see the checklist on page 2. Currently, as long as your regional contractor receives your completed enrollment application by the 20th of the month, coverage begins on the first day of the next month. In 2018, TRICARE coverage will begin as soon as your enrollment application is received.

For more up-to-date information about upcoming TRICARE changes, visit www.tricare.mil/changes. ★

Group A And Group B: What Does it Mean?

Starting Jan. 1, 2018, you and new enrollees will have distinct enrollment fees and out-of-pocket costs based on when your sponsor entered the uniformed services. Beneficiaries will be divided into two categories, Group A and Group B enrollees as explained below:

- **Group A:** Enrollees whose military sponsor's initial enlistment or appointment occurs before Jan. 1, 2018 (for example, all current enrollees).
- **Group B:** Enrollees whose military sponsor's initial enlistment or appointment occurs on or after Jan. 1, 2018.

Enrollees in TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult and the Continued Health Care Benefit Program will be in Group B regardless of when the sponsor first joined the military.

Because this designation is based on when your sponsor entered active duty, this category cannot be changed by any action taken by the beneficiary (for example, switching plans or failure to pay).

For more up-to-date information about upcoming TRICARE changes, visit www.tricare.mil/changes. ★





HEALTH MATTERS

UnitedHealthcare Military & Veterans
9687 East River Road
Minneapolis, MN 55433
Attn: TRICARE Return Mail

Update DEERS Before 2018

Take the time now to verify your information in the Defense Enrollment Eligibility Reporting System (DEERS) prior to Jan. 1, 2018, to prepare for the upcoming TRICARE changes.

DEERS is the database for all active duty, National Guard and Reserve and retired service members and their families who are eligible for military benefits.

Keeping your DEERS information up to date allows you to use your TRICARE benefit. It's especially important to update DEERS when you experience a life change like moving, getting married or divorced or having a child.

For more information, visit www.tricare.mil/deers.

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Will my doctor leave the network after the plans change Jan. 1, 2018?

It is possible but not likely that your primary care manager or doctor will no longer be in network. This is a normal result of updates to health care plans. Regional contractors will begin issuing notifications in late December 2017 and continuing into January 2018 if your primary care manager changes. As before, your out-of-pocket costs are lower when using a network provider. We highly encourage establishing a relationship with a primary care physician for easier access to routine care and the specialty providers and hospital of your choice.

When will the regional provider directories be available?

You may search for a provider using our search tool at www.tricare.mil/findadoctor. Regional directories are available as of Nov. 1, 2017. If the doctor you're searching for is not in your regional contractor's network directory, you may make a request to that provider to remain in or join the network. Network participation is available on each contractor's website.



Is there a difference between what's covered by TRICARE Prime and by TRICARE Select?

There will be no difference in covered services between TRICARE Prime and TRICARE Select, except for some specialized services in certain military hospitals and clinics.

If I have two family members in TRICARE Prime and one family member in TRICARE Select, will I have to pay separate enrollment fees?

Maybe. Separate plans require separate enrollment fees. Some enrollment fees only apply to retirees, their families and others. For additional frequently asked questions, visit www.tricare.mil/about/changes/faqs. ★

TAI CHI CLASSES (FLYER)



**Free Classes to Learn:
Tai Chi Boxing and Energetics**

If you deal with any of the following symptoms or conditions:

- PTSD
- Fatigue
- Chronic Pain
- Depression
- Loss of Concentration
- Anxiety
- Heart Disease
- Balance issues

Come out and learn an alternative way to deal with these types of issues, and an ancient martial art while you're at it.

This Tai Chi Boxing class is free and open to all Veterans, Service Members and their Families.

We will focus on learning the Yang Family 108 long form along with the martial application and energetics for each movement.

If you have any questions, please feel free to e-mail me at;
Louis.Weiss15@gmail.com

Please go to our website for more information; mtcarmelveterans.org
719-309-4714
MtCarmelVeterans.org
530 Communication Circle
Colorado Springs, CO 80905
8:00am - 5:00pm M-F



SERVICES, PROGRAMS AND EVENTS

4TH INFANTRY DIVISION 100TH 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 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**

Military DSN Tel: (312)883-1163



Bethlehem Bash

Sponsored by Fort Carson Religious Support Office (RSO).

Free
Kids ages 5-10
Space is limited!

Saturday, December 9, 2017
0900-1200







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

Required registration, now open!

PRE-REGISTRATION REQUIRED. POC: 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.

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

OPR: Sherry Jenkins/27 Feb17



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.

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/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, nebulae, 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 or on Facebook at FlorissantNPS

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: 2nd and 4th 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. 18th 7:30-9:30PM – Join us for a great time. Free party with refreshments and drawings.

Glow Dance Sept. 8th 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. 19th – Join us for a pumpkin decoration contest. Event open to the community.

Strong Family Awareness Dinner Nov. 14th 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. 25th, Sept. 22nd, Oct. 13th, Nov. 17th, and Dec. 18th 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 4th

Columbus Day – Center Closed 9 October

October 21st– 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

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 18th | 1pm – 4pm

Sat Dec 16th | 1pm – 4pm

Safeway – Fountain, CO

6925 Mesa Ridge Pkwy Fountain CO 80817

Register at Events.OperationHomefront.org

Questions? Contact: Kathleen Coleman – Program Coordinator
Kathleen.Coleman@operationhomefront.org

JOES SURVEYS (FLYER)

Joint
Outpatient
Experience
Survey



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.

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. Edgardo.a.menjivar.civ@mail.mil.

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

Fort Carson
Designated
Program

NO DUI RESPONSE TEAM

Fort Carson
Designated
Program

If you have a DoD ID Card we have

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

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

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

No Car
No
Ride

HAD ONE
TOO MANY
DRINKS?

BEEN OUT
DRINKING?

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

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)

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 2nd or 3rd 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>



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 (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
(719) 526-4590**



EVERYDAY ENGLISH CLASS (FLYER)

A flyer for an 'Everyday English' class. The background is a blurred image of a classroom with a desk and a stack of books. The title 'Everyday English' is in large white font. Below it, 'for the Foreign Born Military Spouse' and 'to learn cross-culture communication' are in smaller white font. A paragraph describes a 10-week class for developing basic English skills. A stack of books with an apple on top is shown. Logos for ACS, MWR, and accessibility are at the bottom right.

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

ARMY COMMUNITY SERVICE ACS
MWR
Accessibility

FORT CARSON YARD SALES (FLYER)

A flyer for 'Fort Carson Yard Sales'. The background is green. The title 'YARD SALE' is in large yellow letters. Above it, 'FORT CARSON RESIDENTS & DOD ID HOLDERS' is in white. To the left, 'APRIL TO DEC.' is in orange. Below the title, '1ST & 3RD SATURDAYS • 8 A.M.-3 P.M.' is in white. Further down, 'HELD IN ALL ON-POST HOUSING AREAS & NORTH COMMUNITY CENTER, 4355 FUNK AVE. (FOR PARTICIPANTS THAT LIVE IN THE BARRACKS & OFF-POST)' is in white. A row of colorful icons representing various items for sale (kitchenware, sports, tools, etc.) is shown. Logos for MWR, ACS, Facebook, Twitter, and accessibility are at the bottom right.

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.CARSONARMY.MIL/ACS • (719) 526-1082

MWR ACS Facebook Twitter Accessibility MWR

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



ACS Inclement 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., AFTB, 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 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 (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 • (719) 526-4590



SOLE PARENTING GROUP (FLYER)

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 • (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)



CIVVIES
CIVILIAN WEAR FOR
MEN & WOMEN



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!*



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

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

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

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

"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

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 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.



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

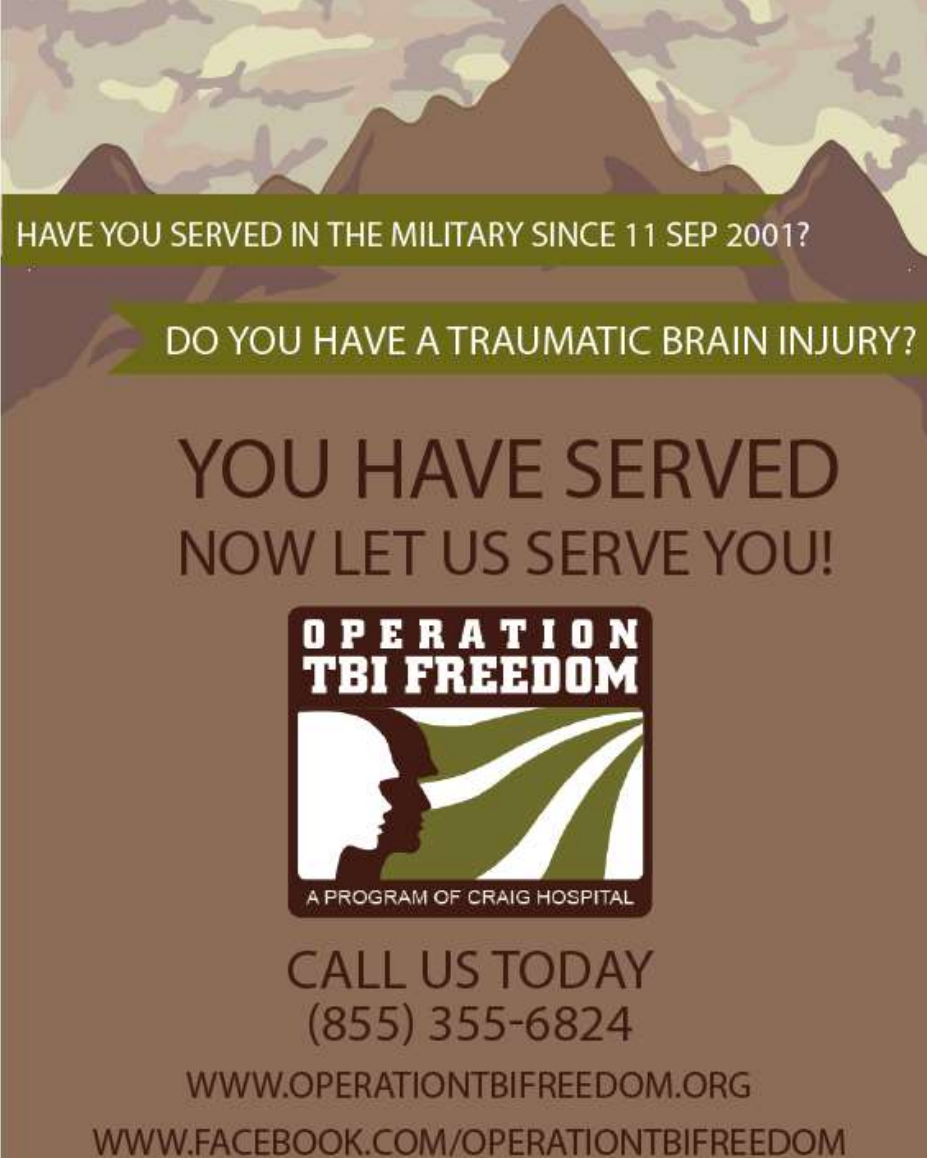
OPERATION TBI FREEDOM (FLYERS)

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

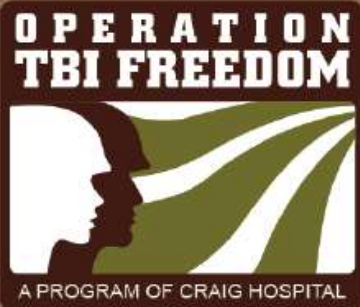
Facebook: www.Facebook.com/operationtbifreedom



HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?

DO YOU HAVE A TRAUMATIC BRAIN INJURY?

**YOU HAVE SERVED
NOW LET US SERVE YOU!**



**OPERATION
TBI FREEDOM**

A PROGRAM OF CRAIG HOSPITAL

**CALL US TODAY
(855) 355-6824**

WWW.OPERATIONTBIFREEDOM.ORG

WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM



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

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
719-357-6108
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



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 4th 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.

*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!)*

****This e-mail is for informational purposes only. Distribution of this information does not express nor imply endorsement by Fort Carson or the US Army. Private Organizations are not affiliated with Fort Carson or the US Army.**