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03 March 2021 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 Virtual Lobby Check-In

1. Wait in your car. 2. To check-in for your appointment, call (719) 524-0729. 3. For all other assistance, call (719) 524-1788.

The "Pass It On" is available online at: https://carson.armymwr.com/programs/ community-information-newsletterpass-it No US Army/ Fort Carson endorsement

implied.



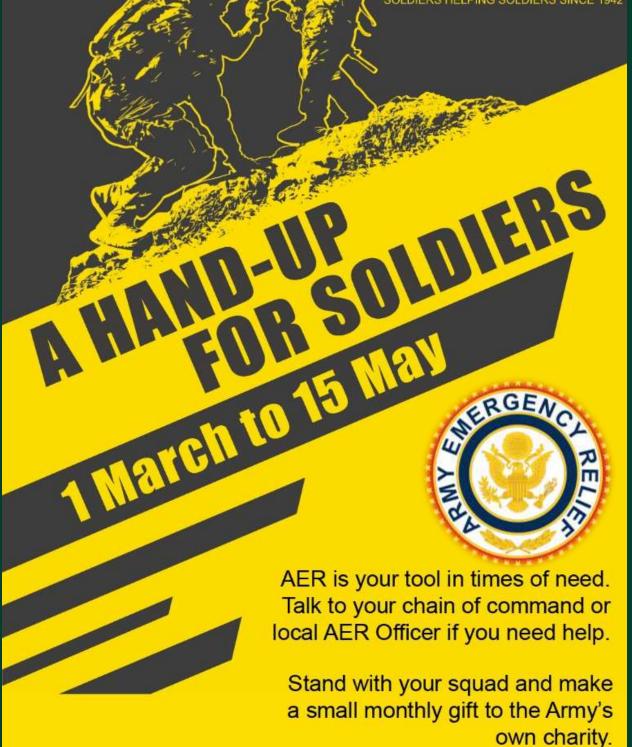
The Army's 79th Annual AER Campaign is March 1st – May 15th and AER can triple your donation! A \$5 donation equals \$15 in Soldier support!

To donate now, **CLICK HERE!**



SOLDIERS HELPING SOLDIERS 2021 AER Campaign **Fort Carson**

"Steadfast and Loyal"



Donate today https://give.armyemergencyrelief.org/FTCARSON

www.carson.army.mil/acs Search: Army Emergency Relief For more information, call (719)526-4783





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

Stand with your squad and make a small monthly gift to the Army's own charity.



Community Bulletin

AER Campaign

The Army's 79th Annual Army Emergency Relief (AER) Campaign is March 1 to May 15, and AER can triple your donation. A \$5 donation equals \$15 in Soldier support. Donate online: ArmyEmergencyRelief.org/Donate. For more information, contact Fred Lewis at 526-4783.

Gate 20 Closure

Gate 20 will be closed March 7 from 8 a.m. to approximately 3 p.m. Traffic delays should be expected during this time. The closure is to conduct quarterly maintenance to the security barrier.

Ivy Division Culture and Brand Survey

The 4th Infantry Division is looking for your insights on how we can strengthen the Ivy Division Culture and Brand. Your responses to the survey questions will directly drive improvements throughout the division. This survey is anonymous and non-attributional. The division appreciates your support and candor. To participate in the survey, visit

https://www.surveymonkey.com/r/DVJX7BV

Fort Carson Tax Center

Now open. Call 526-4227 or 526-6837 to schedule an appointment. The tax center is limited to 16 appointments per day due to COVID-19 restrictions. All service members, active duty or retired, are welcome to come have their taxes prepared for free at the Tax Center, by appointment only. The Tax Center will not be providing tax preparation services to clients with:

- --More than two rental properties
- --Personal businesses
- --Abandonment/Foreclosure
- --Casualty losses
- --Schedule Ks
- --Per capita distributions
- --Stock/bond Sales with more than 10 transactions or an unknown basis
- --Cancellation of debt of \$10,000 or more

COVID-19 Information

To see the latest information on Fort Carson's measures to prevent the spread of COVID-19 and for frequently asked questions and other information on the pandemic, visit https://www.carson.army.mil. To ensure the most current page is viewed, refresh the internet browser by pressing the "Control" and "F5" keys.



Army Community Service – Class Highlights







Sign Up For 'The 5 Love Languages'

March 9th or March 18th from 1:00pm to 3:00pm

This class explores the different love languages, and how knowing your love language enhances communication in your relationship. You will also receive the book: The 5 Love Languages.

Registration Links Below

Click Here to Register for Mar 9th

Click Here to Register for Mar 18th

Sign Up For 'Scream Free Marriage'

March 10th or March 17th from 11:00am to 1:00pm

Learn to relate with your partner in a calm, cool and connected way. This four part series includes topics such as: Calming Down, Growing Up and Getting Closer, The Fires of Lifelong Commitment, and Getting Closer with Intimacy and Love.

Registration Links Below

Click Here to Register for Mar 10th

Click Here to Register for Mar 17th

Sign Up For 'Nourish and Nurture'

This class is designed to assist parents in feeding their infant and children up to age 3 years. Monthly topic will cover a variety of subjects: nursing infants, bottle feeding, first foods, picky eaters, ages and stages of development in feeding, and homemade baby foods.

Registration Links Below

Click Here to Register for Mar 8th

Click Here to Register for April 12th

March 8th or April 12th from 10:30am to 11:30am



Army Community Service – Class Highlights

FORT CARSON ACS EMPLOYMENT READINESS PRESENTS

RESUME



The Victim Advocacy Program presents

HOW TO HELP A FRIEND

Sign Up For 'Mountain Post Living Welcome for Spouses and Families'

March 10th from 1:30pm to 2:30pm April 14th from 9:30am-10:30am

Having trouble getting calls from your resume? This class will show you how to tailor your resume to fit a specific job posting and examine current resume trends. Learn how to spruce up your civilian resume and write your way to a winning resume.

Registration Links Below

Click Here to Register for Mar 10th

Click Here to Register for Apr 14th

Sign Up For 'How to Help a Friend'

March 5th or March 19th from 1:00pm to 2:00pm

This class will explore the ways a person becomes trapped in an abusive relationship by examining: the cycle of violence model and barriers to "just leaving", the signs of domestic violence, physical signs and subtle signs, ways to broach the subject, ways to safely connect a person to help using on post and off post resources, and Ft. Carson resources and off-post agencies and Army policy on abuse to include restricted, unrestricted and third party reporting.

Registration Links Below

Click Here to Register for Mar 5th

Click Here to Register for Mar 19th



Thrift Savings Plan March 12 from 9:30am - 10:30am

'Thrift Savings Plan' will provide a general overview of the Thrift Savings Plan, the difference between the traditional and Roth TSP, investment funds and options and much more.

Car Buying March 12 from 11:00am – 12:00pm

'Car Buying' is designed to help you save money and hassles on your next car purchase by focusing on: 1. The Purchase 2. The Financing 3. The Trade-In

Click Here to Register for Car Buying

Sign Up For 'Foundational Readiness Classes for Your Personal Finances'

Registration Link Below

Click Here to Register for Thrift Savings Plan



Army Community Service – Upcoming Classes & Events

Date	Class	Time	Date	Class	Time
March 4 th	Toddler Time	9:30 am - 11 am	March 11th	Soldier & Family Readiness Group (SFRG) Key	1pm – 2:30pm
	TSP Class	1 pm - 2 pm		Contact Training	.p
	Professional Development Series: LinkedIn	1:30 pm - 2:30 pm	March 12 th	Foundational Readiness Classes for Your	9:30am to 10:30am
	Fundamentals			Personal Finances / Thrift Savings Plan	
	Latino Meet-Up	2 pm - 4 pm		Play Group	10am to 12pm
March 5 th	Foundational Readiness Classes for Your Personal Finances: Developing a Spending	9:30 am - 10:30 am		Foundational Readiness Classes for Your Personal Finances / Car Buying	11am to 12pm
	Plan		March 16 th	Boot Camp for New Moms	9am to 12pm
	Play Group	10 am - 12 pm		Everyday English for Foreign Born Spouses	9:30am to 11:30am
	Foundational Readiness Classes for Your Personal Finances: Take Control of Your	11 am - 12 pm		Infant Massage & Baby Nurturing	9:30am to 11am
	<u>Finances</u>			Nurturing Families Through Play	10:30am to 12:30pm
	How to Help a Friend	1 pm - 2 pm		Center on Fathering	1pm – 3pm
March 8 th	Command Family Readiness	9:30am – 4:30pm		Employment Readiness Orientation	1:30pm to 2:30pm
	Representative (CFRR) Academy		March 17 th	Nurturing Ages 0-5	9:30am to 11:45am
	Nourish and Nurture	10:30am to 11:30am		German Meet-Up	10am – 12pm
March 9 th	Command Family Readiness	9:30am – 4:30pm		Scream Free Marriage	11am – 1pm
	Representative (CFRR) Academy	9:30am to 11am		You're a Priority: Federal Employment for	1:30pm to 2:30pm
	Infant Massage & Baby Nurturing			Military Spouses	
	Baby Orientation	10am to 11:30am		Nurturing Ages 3-12	5:30pm to 7:45pm
	Nurturing Families Through Play	10:30am to 12:30pm	March 18 th	CARE Team Training	9am to 12pm
	Cooperative Parenting and Divorce Class	9am to 1pm		Toddler Time	9:30am to 11am
	<u>5 Love Languages</u>	1pm – 3pm		<u>5 Love Languages</u>	1pm – 3pm
	Center on Fathering	1pm – 3pm		Thrift Savings Plan Class	1pm – 3pm
	Heartbeat	6:15pm to 8pm		Professional Development Series: Career	1:30pm to 2:30pm
March 10 th	Nurturing Ages 0-5	9:30am to 11:45am		Assessments	
	Financial Strength Budgeting 101	10am to 11am		Latino Meet-Up	2pm to 4pm
	Scream Free Marriage	11am – 1pm	March 19 th	Foundational Readiness Classes for Your	9:30am to 10:30am
	Write a Winning Resume	1:30pm to 2:30pm		Personal Finances /Developing a Spending Plan	
	Nurturing Ages 3-12	5:30pm – 7:45pm		Play Group	10am – 12pm
March 11 th	Toddler Time	9:30am to 11am		Mountain Post Living Welcome for Spouses and	10:30am – 11:30am
	SFRG Fund Custodian Training	10:30am – 11:30am		<u>Families</u>	

Click class/event name to register and/or learn more

Army Community Service – Exceptional Family Member Program

Exceptional E F P P Exceptional Family Member Program Program

WE KNOW THE SYSTEM WE CAN HELP.

The Exceptional Family Member Program (EFMP) - What is it?

The EFMP is a Department of the Army program designed to assist military personnel agencies in making assignments for the Soldier, accompanied by Family members as often as possible, based on the documented medical and special education needs of the Soldier's Exceptional Family Member (EFM). When possible, Soldiers are assigned to duty locations where the medical and special education needs of their EFM can be met. It is important to understand that this is dependent upon a valid personnel requirement for the Soldier's grade, specialty, and eligibility for the tour. All Soldiers are still eligible for worldwide and unaccompanied assignments.

To learn more, visit our EFMP webpage <u>HERE</u>.

EXCEPTIONAL FAMILY MEMBER PROGRAM

Please direct your inquiries to the appropriate EFMP Office:

Evans Army Community Hospital (EACH) EFMP Office – Ivy Clinic

1650 Cochrane Circle., Building 7500 Fort Carson, CO 80913-4604 (719) 526-7805 usarmy.carson.medcom-each.list.efmp@mail.mil

EFMP Office at Evans Army Community Hospital can assist you with the following:

- > Questions/concerns regarding EFMP enrollment (initial enrollment, updating, dis-enrollment, issues with enrollments).
- Family Member Travel Screening (FMTS) conducted when a Soldier desires to have Family members accompany him/her to an overseas duty location (to include Alaska and Hawaii).

Army Community Services (ACS) EFMP Office – ACS Annex

1481 Titus Blvd., Building 7492 Fort Carson, CO 80913-4604 (719) 526-0400 usarmy.carson.imcom-fmwrc.list.dfmwr-w-acsexceptional-fam-mbr@mail.mil

EFMP Office at Army Community Services can assist you with the following:

- community
- benefits and entitlements
- special needs



> Family support to help you find and navigate services

Connection to resources, both military and local

> Understanding what programs/services are offered, how to determine eligibility and how to apply for

> Information regarding early intervention, local educational support services and for families with

Provide your family with non-clinical case management, including individualized family services plans, to help establish and meet goals



Army Community Service – Employment Readiness Program

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FORT CARSON EMPLOYMENT READINESS

2021 January-March Class & Workshop Schedule

	5th, 19th	Employment Readiness Orientation
>	7th	LinkedIn Fundamentals
R	13th	Write a Winning Resume
D	20th	You're a Priority: Federal Employment for MilSpouses
ž	21St	Career Assessments
IAL	26th1:30-4:30pm	Federal Resume & USAJobs

Classes are from 1:30-2:30 pm, unless otherwise specified

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2nd, 16th	Employment Readiness Orientation
4th	LinkedIn Fundamentals
Ioth	Write a Winning Resume
17th	You're a Priority: Federal Employment for MilSpouses
18th	Career Assessments
23rd9:00am-12pm	Federal Resume & USAJobs

Classes are from 9:30-10:30 am, unless otherwise specified

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eral Resume & USAJobs

Classes are from 1:30-2:30 pm, unless otherwise specified

Register@www.carson.armymwr.com/calendar or call: 719.526.4590 FB@fortcarsonacsemploymentreadinessprogram LinkedIn@fortcarsonemploymentreadiness



FORT CARSON EMPLOYMENT READINESS

RESUME TIPS

Are you looking for a federal job? What's the difference between a private sector/civilian and federal resume?

If you want to apply for a government job, you must understand how the federal resume differs from the civilian resume.

CIVILIAN RESUME

- 1-2 pages long
- Keywords are Important
- Branded 'Headline'

For the private sector resume you can use graphics and trendy formats.

On this resume you want to concentrate on short accomplishment bullets focused on results.

WHAT TO DO:

Learn to write an effective civilian or federal resume, register for one of ERP's resume writing workshops. Our ERP Specialists are Certified Federal Job Search Trainers & Federal Career Coaches who can review your resume. For appointments, Call: 719.524.3816 / 524.2382

FEDERAL RESUME

- 3-5 pages long
- Keywords are imperative
- *KSAs must be covered

For the federal service resume you use a reverse chronological format with no graphics.

On this resume accomplishment stories are critical to show you are 'best qualified'.







Military Spouses - Register today to connect with MSEP hiring managers

- Live chat with hiring managers committed to hiring military spouses.
- Identify remote and in-person opportunities available now.
- Apply for featured jobs with MSEP partners.



Be a strong candidate

Connect with a SECO career coach now to prepare for the MSEP Virtual Hiring Fair. Participate in a video mock interview or take advantage of SECO's on-demand resume review. Call 800-342-9647 to learn more.

Search job openings Stay on top of MSEP companies

that are attending by visiting the registration page: msephire.vfairs.com.



Join at any time from anywhere in the world for free

Wednesday, March 10, 2021, 11 a.m. to 3 p.m. EST



https://myseco.militaryonesource.mil/portal 800-342-9647

Military Spouse Employment Partnership Virtual Hiring Fair for Military Spouses

Apply for a Job

- Browse an employer's available jobs by clicking Job Vacancies when inside their booth. Click View Details to learn more.
- · Within View Details, you will most likely be redirected to the organization's site or the Job Bank where you can apply for the position.
- . If you want to view all jobs available at once, click Jobs in the navigation bar at the top of the screen within the exhibit hall. You can search keywords or filter by location to find the best fit for you.

Chat with an Employer

- · Inside an employer's booth, click Chat to open your chat window.
- · Hover over the employer representative names under Booth Reps Online and click Chat Now to start a direct conversation.
- You can also start or join a conversation within the employer's group by joining the employer's chatroom, listed on the left side of your chat window.

Need Assistance?

- Check out the Info Desk to visit the MSEP specialist booth, SECO career coaches booth, Military OneSource booth and technical assistance booth.
- Chat with a representative from one or all of these booths for help.
 - MSEP specialist booth chat with a specialist if you are unsure of what organizations have positions in your industry or location. The specialist can help direct you to the right booth.
 - ▶ SECO career coaches booth a SECO career coach will be available for last-minute pointers in chatting with an employer, as well as sharing all the resources a coach can provide you in your search for employment.
 - Military OneSource booth a consultant can provide information on Military OneSource's wide range of support and services available to you.
 - Technical assistance booth booth representatives can help with any technical issues that arise.







NextOn

COLORADO EMPLOYER PANEL











TRANSITIONING SERVICE MEMBERS & VETERANS

Join NextOp and USO Colorado virtually for an Employer Panel on Thursday, March 18th. During this panel Amazon, Aramark Uniform Services, Mears, and Lockheed Martin representatives will provide information on their current hiring needs. Each company will be answering questions from participants on the following talking points.

- Real-time information on the current job market
- Application and Hiring Processes
- Resume Assistance
- Interview Tips
- Networking Opportunities

WHEN: March 18, 2021 - 1200 to 1400 MST **WHERE: Zoom Virtual**

Register at https://co-mil-emp-panel.eventbrite.com

MILITARY SPOUSE FELLOW

LEARN MORE OR APPLY: www.SaveAndInvest.org/Spouse

CONNECT WITH US Like FINRA Foundation on Facebook Follow @FINRAFoundation on Twitter

FINRA Investor Education Foundation MILITARY SPOUSE FELLOWSHIP PROGRAM

HOW DOES THE FELLOWSHIP PROGRAM WORK?

The Fellowship is provided by the FINRA Investor Education Foundation in partnership with the Association for Financial Counseling and Planning Education® (AFCPE®), which administers the certification.

The FINRA Foundation Fellowship provides military spouses with:

- portable job skills that can be transferred no matter where the next PCS takes them;
- the ability to give back to the military community by promoting financial readiness at installations around the world;
- a credential to help jumpstart a career in financial. counseling; and
- access to a large support network of FINRA Foundation Military Spouse Fellows and other military financial educators.





recessary for financial success throughout life.

Providing military spouses the opportunity to earn a career-enhancing credential — the Accredited Financial Counselor" (AFC")-while providing financial counseling and education to the military community.

> **FINRA** Foundation Military Spouse Fellows Are Employed As:

- On-base Personal Financial Managers
- Financial Educators and Coaches
- Mortgage Counselors
- Credit & Debt Counselors
- They also volunteer with service-relief societies,
 - family readiness groups and many others.

SINCE 2006



155,000 +

506,000 +UNSELING HOURS IN THE MILITARY COMMUNITY









PLANNING FOR YOUR CAREER AFTER THE MILITARY?

Introducing, a straightforward ment program for transitioning service members and spouses

Q WHAT IS O2O-VCTP?

Onward to Opportunity in partnership with the Veterans Career Transition Program (020-VCTP) understands the time to train and place military families in jobs is while you're still serving and not after.

With no-cost training and certification in over 30 toppaying career fields and direct connections to over 500 military-friendly employers, this career transition program utilizes in-person and online learning options to best fit your needs.

During the program, you are also connected to Hire Heroes USA, our national career services partner program that provides free, personalized career coaching and job sourcing.

Please visit onward2opportunity-vctp.org or talk with your installation Program Manager for more information.

JPMORGAN CHASE & CO.



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ELIGIBILITY

Active Duty Service Members

National Guard and Reserve currently serving in a non-active status

ONWARD20PPORTUNITY-VCTP.ORG

Post 9/11 veteran

Spouses

Reserve.

@Onward20ppVCTP

@IVMFSvracuseU

months of separation or retirement

(to include active guard and reserve) within 6

(retired or separated) with an honorable discharge

of any active duty service member, post 9/11

VIVME A program of the Institute for Veterans and Military Families.

veteran and active duty National Guard or



CERTIFICATION TRAINING TRACKS* Project Management: • PMP · CAPM Six Sigma Green Belt Human Resources aPHR • PHR • SPHR **Customer Service Excellence** BUSINESS Call Center Fundamentals MANAGEMEN CompTIA A+ GCIH Security+ Certified Ethical Hacke Cloud+ · CCENT Linux+ . CCNA Server+ • ITIL Network+ Java SE7 & SE8 • SSCP CISSP • Oracle 11G & 12C GIAC



EMPLOYMENT

TESTIMONIAL

• GSEC

Heroes USA

Complete the 020 assessment

and if eligible, be fast-tracked

to employment support and

interview matching from Hire

*Courses may vary based

on location. Please contact

your local installation team.

QUENTIN HAGEWOOD

U.S. Army Veteran, 020-VCTP Fort Carson Graduate

Current Position: Network Operations Center Technician at CenturyLink

Track: IT (Cisco Certified Network Associate)

"The O2O program offered through the IVMF has provided a fantastic opportunity for me and my wife to obtain highly demanded professional certifications at no cost to us. These certifications give us valuable knowledge as well as make us more marketable in the civilian job market. The courses are challenging and managing your time in order to learn the material and complete the certifications successfully is critical, but well worth it!"

APPLY NOW ► ONWARD2OPPORTUNITY-VCTP.ORG



ONWARD

OPPORTUNITY

WHY O2O-VCTP? 12

Onward to Your Career Training and access to online learning pathways.

Direct connections to 500+ national employer partners through Hire Heroes USA

Networking opportunities and connections

One FREE industry certification exam

▶ FREE resume assistance, interviewing technique training and interview matching to employers in your industry

Non-credit certificate of completion from the IVMF at Syracuse University upon course completion

FOR ADDITIONAL INFORMATION

INSTALLATION TEAM

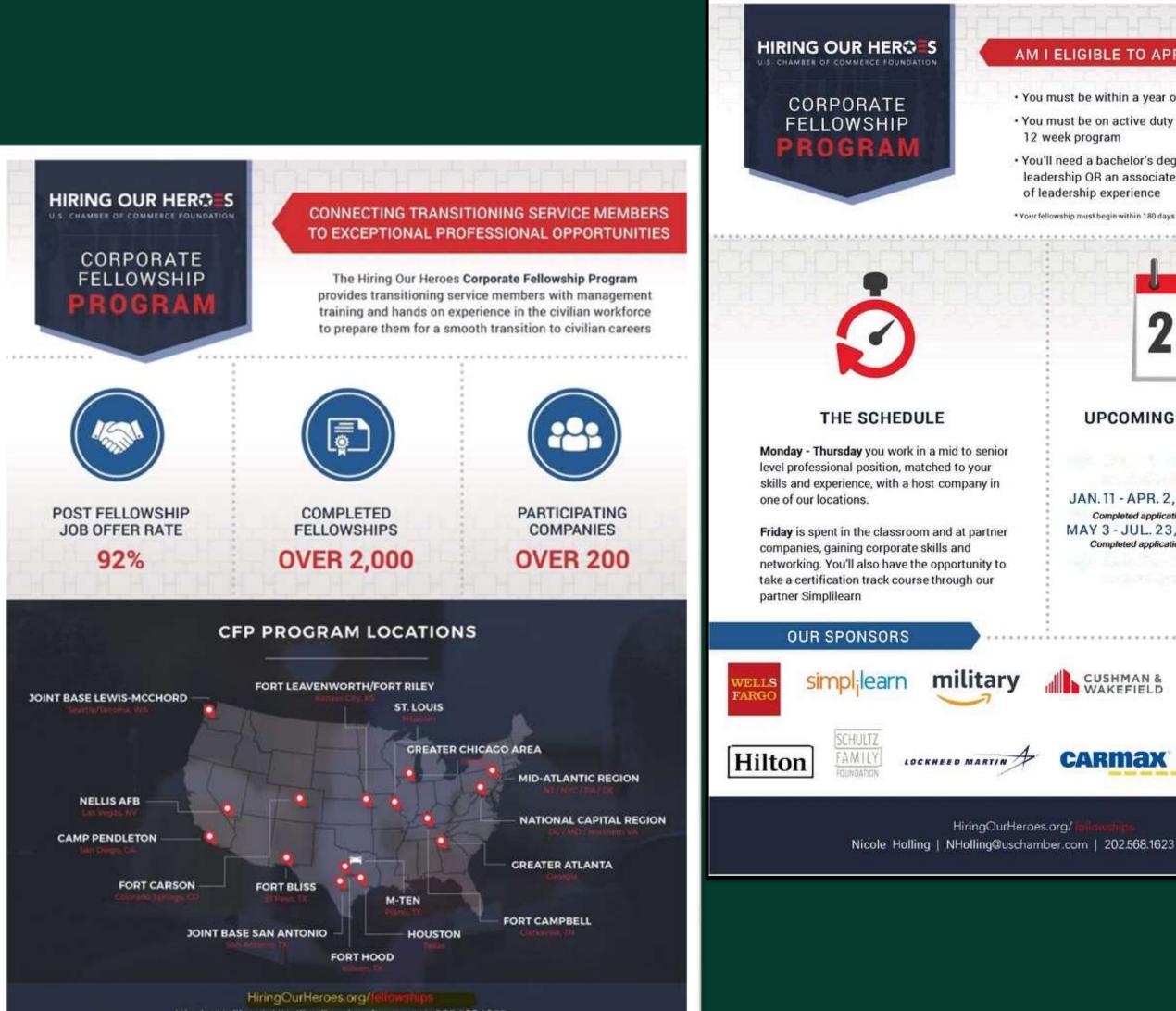
JOE ALDAZ, FORT CARSON PROGRAM MANAGER E jvaldaz@syr.edu KATRINA LUSK, FORT CARSON PROGRAM COORDINATOR E kmlusk@svr.edu

INTERESTED EMPLOYERS CONTACT

ANTHONY COSBY

DIRECTOR, EMPLOYER OUTREACH | 020-VCTP INSTITUTE FOR VETERANS AND MILITARY FAMILIES T 210.844.8154 | E atcosby@syr.edu

*020-VCTP leverages DoD SKillBridge authority to conduct career skills training on US military installations. The DoD and Service Branches do not endorse any company, sponsor or their products or services



Nicole Holling | NHolling@uschamber.com | 202.568.1623

AM I ELIGIBLE TO APPLY?

- · You must be within a year of separation*
- · You must be on active duty for the duration of the
- · You'll need a bachelor's degree and three years of leadership OR an associates degree and 5 years of leadership experience
- * Your fellowship must begin within 180 days prior to separation.



UPCOMING PROGRAM DATES

JAN. 11 - APR. 2, 2021 Completed application packets due by October 23, 2020 MAY 3 - JUL. 23, 2021 Completed application packets due by March 18, 2021







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Military and Family Life Counseling

Military and Family Life Counseling Services have expanded to provide continuity of care to our community as we continue to navigate the worldwide impacts of the COVID-19 pandemic. MFLCs will provide temporary telehealth services where face-to-face support is restricted and/or unavailable.



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

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

For more information visit:

CLICK HERE!



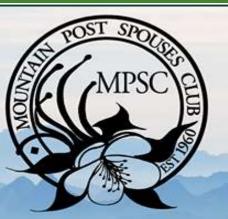
no cost.







Mountain Post Spouses' Club



The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families. Membership is open to all spouses of the Armed Forces, both active and retired.



Applications Open!

PROCEDURE

- Go to www.mpsc.us
- Click on either Community Grants or Scholarship Tab
- Complete application
- · All applications must be post marked by March 15th, 2021
- Awardees will be notified by April 30th, 2021

Now accepting applications for community welfare grants, SFRG grants.

As well as scholarship applications in the areas of:

- High School Senior
- Spouse Undergraduate
- Dependent Undergraduate
- Advanced Degree (Dependent or Spouse)
- Certifications (Dependent or Spouse)



Scan me

Applications are being accepted for grants and scholarships. Throughout the year, the MPSC raises money for the grants and scholarships, so be sure to apply! Applications must be postmarked no later than March 15.

Visit <u>www.MPSC.us</u> and click on the Community Grants or Scholarship tabs.





www.mpsc.us

Mountain Post Spouses' Club

Supporting Soldiers, Spouses and Dependents - Since 1960 -



Hot Links!





Food Resources

About CommUNITY Pantry

Solid Rock Community Development Corp's Food Pantry's goal is to assist in alleviating hunger in SE Colorado Springs by collecting food for distribution through a network of service agencies (Care and Share, Colorado Food Rescue, COSILove YOU and Harrison School District 2) that will support our efforts. The location of SRCDC food pantry will be at Mission Trace Shopping Center.



Weekly Food Pantry Pickups EVERY TUESDAY, 2PM - 4PM **Mission Trace Shopping Center** 3219 South Academy Boulevard Colorado Springs, CO 80916

Monthly Drive Thru / Walk Up 2ND FRIDAYS, 3:30PM - 6PM **Mission Trace Shopping Center** 3219 South Academy Boulevard Colorado Springs, CO 80916

Learn More <u>HERE</u>!





AGENCY

BLANCA/FORT GARLAND COMMUNITY 17591 Hwy 160, Blanca, CO, 81123

CRESTONE FOOD BANK 108 W. Galena Ave., Crestone, CO, 811

DEERFIELD HILLS COMMUNITY CENTER 7290 Deerfield Hills Rd., Colorado Spring

EASTSIDE ACTION SUPPORT TEAM 1315 E 7th St., Pueblo, CO, 81001

PEAK VISTA 350 Lyckman Dr., Fountain, CO, 80817

PRAISE COMMUNITY CHURCH E. 3rd & E. 4th, Florence, CO, 81226

UTE MOUNTAIN UTE TRIBE 311 S. Sunset Blvd., Towaoc, CO, 91334



For additional food pantry referrals dial 2-1-1 or visit the FindFood link on www.careandshare.org

MOBILE FOOD PANTRY LIST

Y CENTER	1st Monday	
	9:00 a.m.	
	1st Tuesday	
131	9:00 a.m.	
	4 th Friday	
gs, CO, 80916	11 a.m.	
	3 rd Friday	
	2:00 p.m.	
	2 nd Friday	
	9:00 a.m.	
	1st Friday	
	12:00 p.m.	
	3 rd Tuesday	

11:00 a.m.

Food Resources



at Pikes Peak Christian Church Our Food Pantry is Open Mon & Wed 10-12 / 1-4pm

Friday 9-12pm

4955 Bradly Rd Colorado Spring CO 80911 Rgonzalez@yes2God.org (719) 392-8855

Rent and Utility assisance Available Monday and Wednesday by appointment only Restrictions may apply 719-392-8855





Catholic Charities of Central Colorado **Opens Food Pantry at the Marian House Campus!**

Donate

FOOD DONATIONS can be dropped at 14 W. Bijou St., 8 a.m. - 2 p.m., Monday through Saturday. For large food donations, please call 719-866-6288

CASH

- ONLINE at CCharitiesCC.org
- BY MAIL to 228 N. Cascade Ave., Colorado Springs, CO 80903
- CALL 719.866.6422

Volunteer

Call Doug Rouse at 719-866-6286

Questions

Call Rob Stinson at 719-866-6288

One Stop Service at the Marian House Campus





Hot Meals

Groceries

Marian House Marketplace

14 W. Bijou, Colorado Springs, CO 80903

Marian House Marketplace

Catholic Charities is expanding services to offer fresh and shelf-stable, healthy foods for families and individuals in crisis in downtown Colorado Springs. Now, people can not only engage in job search and improve employment skills, access healthcare, receive case management, and enjoy a hot, nutritious meal, they can "shop" at the new Marketplace for a variety of healthy food to cook at home. These combined services, all located at the Marian

Participants Must Enroll Prior To Shopping

House Campus, help families move toward a higher level of stability.

Call 719-866-6288 or Email Pantry@CCharitiesCC.org Hours of operation: M, W, F 1:30 pm-3:00 pm

What's Available? Fresh fruit and vegetables Dairy and meat Cereal and grains

How Often Can I Shop? Food allotments are once per month per family

Participants must have their own transportation and refrigeration, and must have an income under \$4,367 per month for a family of four.







Employment Case Management Medical Note: Families receive case management / life coaching at Family Connections at the Helen Hunt Campus

Fort Carson Religious News & Services

NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN Fort Carson & 4 th Infantry Division	(S)	Fort Carson Religious Services
Chaplain Hotline (719) 387-1574	Catholic Mass	Soldier Memorial Chapel
A Chaplain is available to you 24 hours a day 7 days a week		0900 and 1030 www.facebook.com/Our-Lady-of-Fort-Carson-622517474897811/
Chaplains have complete confidentiality and are here to assist you	ChapelNext Live stree	McMahon Theater am - https://www.facebook.com/chapeInextfortcarson/
U.S. ARMY CHAPLAIN CORPS CARING FOR THE SOUL OF THE ARMY	Traditional Protestar	nt Provider Chapel stream - <u>https://www.facebook.com/ProviderChapel/</u>
Facebook.com/4IDCarsonRSO	Gospel Service	Prussman Chapel
EXAMPLE 1 Schurch	Samoan	stream - https://www.facebook.com/GospelService/ Veterans Chapel - https://www.facebook.com/4samoanprotserviceftcarson/
FOR FOR	Liturgical Service	Soldier Memorial Chapel No Live Stream Currently
CHILDREN'S CHURCH BASIC PETAILS - SUNDAY'S O945-1115 - FAMILY LIFE CENTER	Jewish Studies	<u>Tuesdav</u> Veterans Chapel No Live Stream Currently
 FAMILY LIFE CENTER GOSPEL DRIVEN TEACHING LEARN ABOUT JESUS MASKS REQUIRED TO REQUIRED FOR PICKUP CALL US: (816) 890-8386 BLOG 1659, FORT CARSON, CO 80913 	Catholic Mass	<u>Tuesdav / Thursdav</u> Soldier Memorial Chapel

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	Volunteers Needed
1	We are rebooting the Fort Carson AWANA Program. A Christian, Bible based club for kids.
1000	We need small groups leaders for kids ages from 2 yrs old to 12 th Grade
X	Commitment: Background Check Approximately 3 hours per week
1100	POC: Heidi McAllister heidi.a.mcallister.civ@usa.army.mil
1100	Wednesday
1100	Family Night
1800	A ministry of the Fort Carson Protestant chapels Wednesdays 5-7 p.m.
	Dinner
	Nursery (infant-2 years)
1200	Awana Clubs (3 years-6* grade)
	Adult Classes This program is free for all participants hosted at Soldiers' Memorial
	Chapel. For questions or registration please reach out via Facebook at:
1145	CONTINUE

Scholarship News and Information



Click HERE for 35+ **Scholarships** for Military Spouses and Military Kids

Military Family Member Scholarship Opportunities, **Click below to learn more!**

 Nationwide Surviving Spouse and **Dependent Children Scholarship Program**

- Marine Gunnery Sergeant John D. Fry Scholarship
 - Fisher House Foundation Scholarship Program
 - No Angel Left Behind
 - Freedom Alliance







Heroes' Legacy Scholarship

College scholarships for children of service members who've died or become seriously injured in the line of duty since 9/11.

> **Click HERE For More** Information

Military Spouses

Scholarship funds can be used towards degrees, certifications, licensure, clinical supervision for mental health licensure, CEUs, business expenses and more!

> Click HERE For More Information

Search for Scholarships

Find even more scholarships available for children and spouses of military (active, reserve, retired) and veterans.

> **Click HERE For More** Information

Scholarship News and Information



ABOUT THE PROGRAM

For 13 years, Colorado Technical University[™] has awarded 50 scholarships annually to positively impact the lives of the extraordinary men and women whose lives have been altered due to injury while serving in the United States Armed Forces.

As of January 2021, CTU* has awarded 650 scholarships, totaling nearly \$14.5 Million.

YOUR EDUCATION, ACCESSIBLE

CTU makes it possible for those serving in the U.S. Armed Forces—along with their families and caregivers—to earn a university degree anywhere, anytime. Scholarship recipients have the option to complete an associate, bachelor's, master's or doctoral degree program online or at one of CTU's campuses in Colorado Springs or Aurora.

WHO IS ELIGIBLE?

- Active-duty members or honorably discharged veterans of the U.S. Armed Forces (including Reserves and National Guard) with a service-connected disability
- Spouses and unmarried dependent children of eligible U.S. Service Members
- Caregivers/non-medical attendants of a service member with a service-connected disability

RECIPIENTS RECEIVE

- Full tuition to any CTU degree program
- New laptop computer
- All course books, in hard-copy or electronic format
- Dedicated Student Success Coach and specially trained military education advisors
- 24/7 technical support and tutoring
- Option to study online or at one of CTU's campuses

IMPORTANT DATES

March 1, 2021Application Window OpensJune 30, 2021Application DeadlineNovember 11, 2021Recipients AnnouncedJanuary/
February 2022Recipients Start Class

In 2008, Colorado Technical University created a scholarship to give back to those whose lives have been altered due to injury while serving in the United States Armed Forces. For many, the impact of an injury reaches farther than the service member alone. That's why CTU annually awards a scholarship to fifty eligible wounded service members, their spouses, non-medical attendant or caregiver and dependents.

As of August 2020, CTU has awarded 600 scholarships, totaling over \$14 million.



SUPPORTING PATRIOTS IN COLLABORATION WITH







START YOUR APPLICATION

coloradotech.edu/CTUPatriot



Colorado Technical University is accredited by The Higher Learning Commission, www.hlcommission.org. CTU cannot guarantee employment, salary, or career advancement. University grants or scholarships are based on established criteria as published in the University Catalog and are awarded after verification that the conditions of eligibility have been met. REQ1647007 2/20

Questions? Email: Patriot@coloradotech.edu



Tutoring News

K-12 through College **NO-COST TUTORING**

+ HOMEWORK HELP AND TEST PREP

1:1 • Online • On-Demand • 24/7 • Anonymous

How It Works: Tutor.com Classroom

Connecting with expert tutors for on-demand, 1:1 help

The expert tutors at Tutor.com can help you work through a tough homework problem, improve your writing skills, study for a test, review a difficult concept and so much more!



Get Started

- 1. Go to: tutor.com/military. 2. Review eligibility requirements.
- 3.If eligible, create or sign into your free Tutor.com account. 4. Click on "Connect with a Tutor."

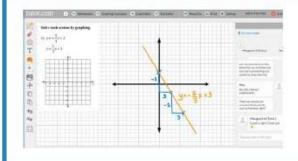


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Get the right tutor

Fill in the quick pre-session questionnaire. Using this information, we will match you with the first available tutor best qualified to assist you.

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Enter your question			



Communicate

You can use our chat box or an audio connection to either instant message or speak with your tutor once in the online classroom. You and the tutor may also use the interactive whiteboard to share work and ideas. All activity in the classroom is recorded for review and quality control.

Share a file

You can share many types of files with your tutor in the classroom. Upload an essay, your lab report, a PowerPoint presentation and more. You and your tutor will be able to view the file together in the classroom,

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Use special tools

The classroom includes a graphing calculator, text editor and code editor when working on subject material that may require these special tools. Open these tools using the buttons above the whiteboard.

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Submit your paper

Our drop-off review service allows you to get expert help from a tutor without having to connect for a real-time session. Drop off your writing assignment and get detailed feedback and explanations within 24 hours. Retrieve your tutor's review under "My Sessions."

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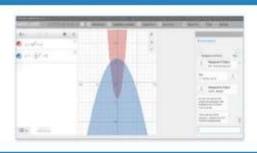
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www.tutor.com/military

Visit www.tutor.com/military/eligibility for full funding and program eligibility details. The appearance of the U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

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te & Review Your Session

each session, be sure to let us know how we did. plete the survey and share your comments. Then, have the option to play a video of your session, and email or print the chat log and whiteboards.



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Practice for a test

Use our practice guizzes to assess your level of knowledge and practice for upcoming tests or guizzes in math, science and English. Take a guiz, review your results and connect with a tutor to discuss any missed questions.



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- Reconnect with your favorite tutors or see when they are next
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- My Sessions **My Favorite Tutors**
- My Locker
- Account Settings
- Sign out









Mountain Post Recreation

IVY FITNESS CENTER



Tactical Athlete **Performance**

Unit Reservations Required Limited 10 participants

Days/Times Tuesday-0630 Thursday-0630

To make reservations please call Ivy Fitness Center 719-526-2706

T.A.P Can Help Improve

- **Fitness Test**
- **Optimum Job Performance**
- **Fitness Training**
- **Reduce Injuries**
- Improve Mission—Related Task

Tim Agan NSCA-TSAC-F

NASM-Personal Trainer **Corrective Exercise Specialist Fitness Nutrition Specialist Sports Conditioning Specialist**



Email: timothy.j.agan3.naf@mail.mil Phone: 719-526-3972

Tactical Athlete Performance: Is performance-based, focused on building foundational physical skills and capacity to execute mission-related tasks well.



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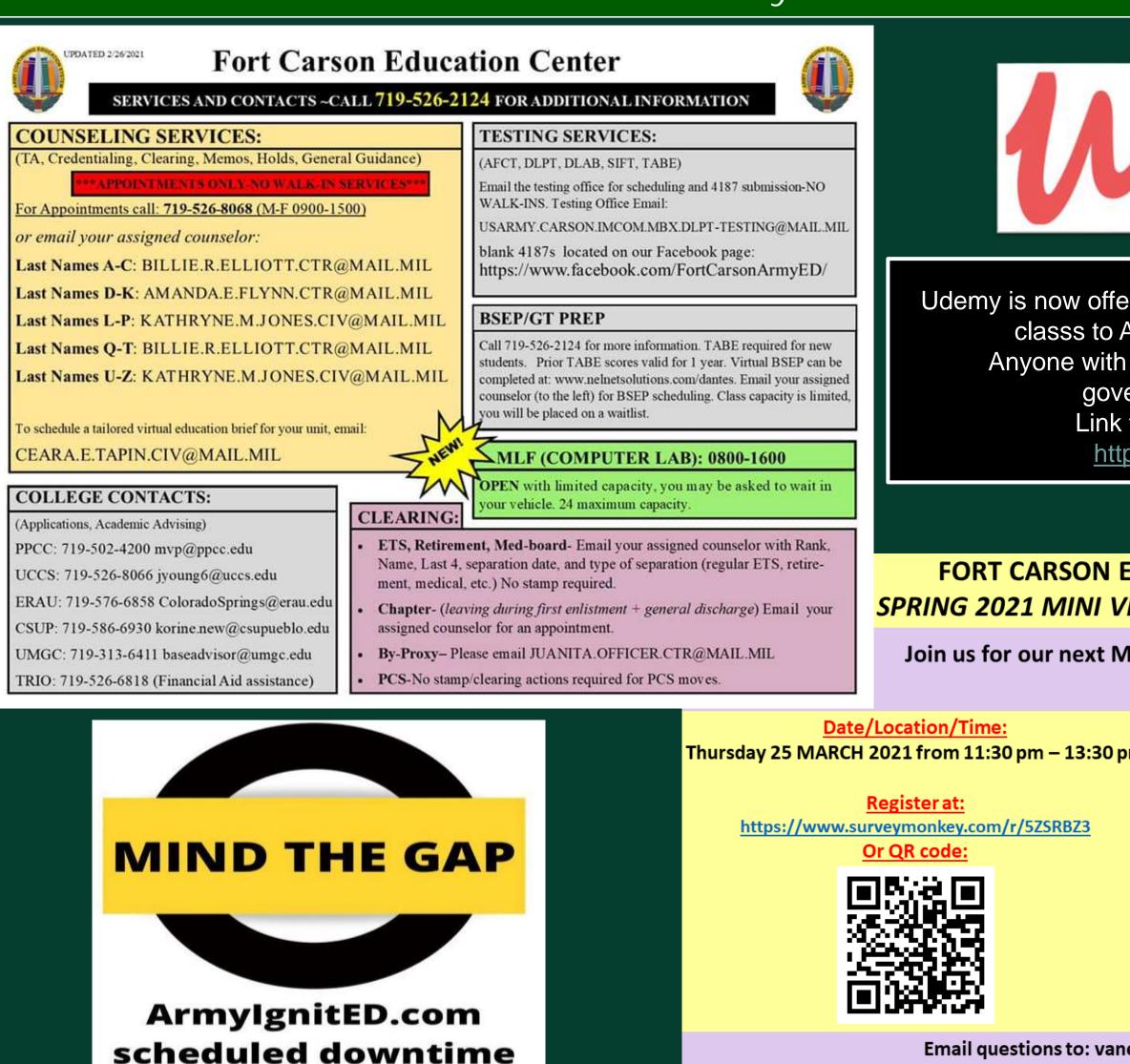


RECREATION DIVISION FY21EVENT CALENDAR

- Dog Memorial Run @lvy Fitness Center 0-1100 r Fest & Color Run @TBD 0-1400 Trot @Iron Horse Park 0-1830 edom Rocks @Iron Horse Park 0-2200 orado Springs Wide Fireworks @TBD e TBD tan Race @TA2 & 4 e TBD



Fort Carson Army Education Center



25 FEB - 8 MAR

Register to receive the links to the schools or like our Facebook page. Links will be posted 1 week prior to the event: https://www.facebook.com/FortCarsonArmyED



Udemy is now offering FREE access to more than 10,000 classs to Air Force and Army employees. Anyone with a mail.mil can register using their government email to access. Link to register with mail.mil is: https://digitalu.udemy.com/

FORT CARSON EDUCATION CENTER SPRING 2021 MINI VIRTUAL EDUCATION FAIR



Join us for our next Mini Virtual Education Fair!

Participating Institutions:

	Trio Office
m	Colorado Sate University – Pueblo
	The University of Colorado at Colorado Springs
	Colorado State University Global Campus
	Embry-Riddle University
	Pueblo Community College
	Colorado Christian University
	Metropolitan State University of Denver
	Pikes Peak Community College
	Colorado Technical University
	University of Maryland Global Campus
	Webster University
	Adams State University
	Regis University
	Fort Carson Army Counselors

Email questions to: vanessa.c.eymann.civ@mail.mil

Safe Exchange Location - Fort Carson



Safe Exchange Location

Child Custody Exchange **Online Purchase Exchange**

The Fort Carson Police/Provost Marshal Division offers an Exchange Zone.

The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in the front of the building (main entrance) are under 24 hour camera surveillance.

If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.



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





Fort Carson Military Family Camp

Where: Young Life's Trail West Lodge, Buena Vista, CO

Week 1: May 30 - June 5, 2021 Week 2: June 6-12, 2021 Week 3: June 13-19, 2021

All camping opportunities are subject to COVID-19 protocols/restrictions at the time of camp.



Attention Fort Carson Soldiers

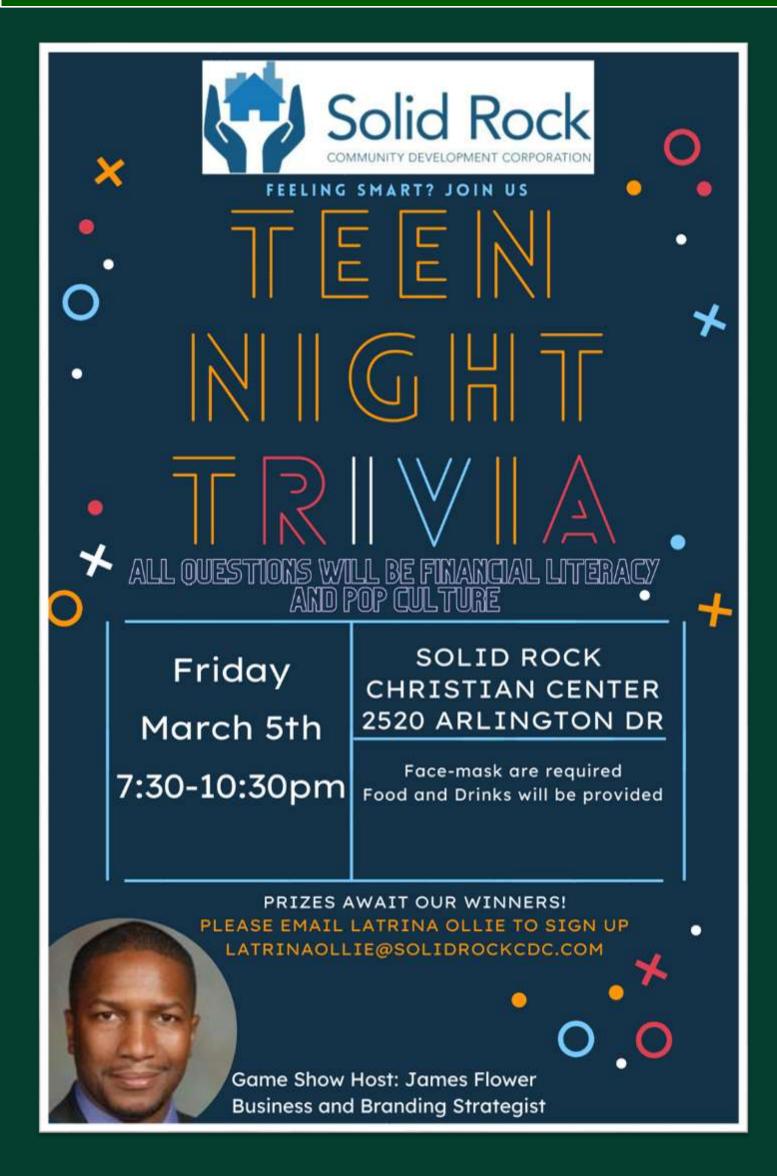
Active Duty Soldiers along with their family are cordially invited to spend a week at beautiful Trail West! Each of the three weeks, approximately 30-35 Active Duty Soldiers and their families will enjoy a week of high adventure in the beautiful Rocky Mountains.

Single-parent families and families with a deployed spouse are encouraged to attend as well.

Trail West is a family resort located in the Colorado Rocky Mountains. The breathtaking views, excellent food, cozy accommodations and service of Trail West staff will give you a true escape from your every-day life.

Fact Sheet Apply Now









Aspen Teen Club



FREE!

Snacks & Drinks Games & Books Chromebooks & Wi-Fi **Crafts & Coloring Sports Equipment**

Widefield Parks & Recreation securitypubliclibrary.org | 719-391-3196 ParksAndRec.wsd3.org | 719-391-3515





2021 SCHEDULE

FREE **LEGAL SELF-HELP CLINIC**

FOR PARTIES WITHOUT AN ATTORNEY Generously hosted by your FOUNTAIN LIBRARY and your PIKES PEAK LIBRARY DISTRICT

FIRST MONDAY OF EVERY MONTH 3:30 PM - 5:00 PM

Fountain Library, Pikes Peak library District 230 S Main St, Fountain, CO 80817

FREE CLINIC IS OPEN TSIL January 4, 2021 February 1, 2021 March 1, 2021 April 5, 2021 May 3, 2021 June 7, 2021

No July Clinic (July 4th Holiday) August 2, 2021 No September Clinic (Labor Day) October 4, 2021 November 1, 2021 December 6, 2021

Volunteer attorneys will assist each clinic patron individually To be added to the sign-up sheet, please call (719) 531- 6333 ext 6058

A FREE legal clinic for parties who have no attorney. As a COVID work-around, instead of clinic patrons coming in-person to your local public library (which has limited access), the volunteer attorney will call the clinic patron's telephone directly, using the phone number provided to your library staff. Volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for civil legal issues, including family law, civil litigation, property law, probate law, collections, appeals, landlord-tenant law, veteran's benefits, and civil protection orders.

The volunteer attorneys do not represent you just because they help you at this clinic. This clinic is information only, and is no substitute for legal representation. You have the right to retain an attorney of your choice at any time, and are advised to do so.

If possible, patrons are encouraged to have their desktop, laptop, or tablet available during the call. www.checkerboard.co for one-click access to all forms, statutes, videos, instructions & flowcharts



WE ARE HERE TO HELP

COVID-19 crisis support services are provided at no cost. Visit us online at www.aspenpointe.org/covidresponse, email CovidResponse@aspenpointe.org or call (719) 299-2996 to get started today.

FOR IMMEDIATE HELP

If you or someone you know is in crisis or in need of immediate mental health assistance at anytime, these three options are available:

- Call 844-493-TALK (8255)
- Text TALK to 38255
- Walk-in to AspenPointe's Crisis Center at Open 24 hours, 7 days a week



115 S. Parkside Drive, Colorado Springs, CO 80910

CLUB BEYOND AT FORT CARSON

"Where Military Teens Belong"





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

In addition to regular Club meetings on post, we have occasional other events like bowling, putt putt golf, camps and more.

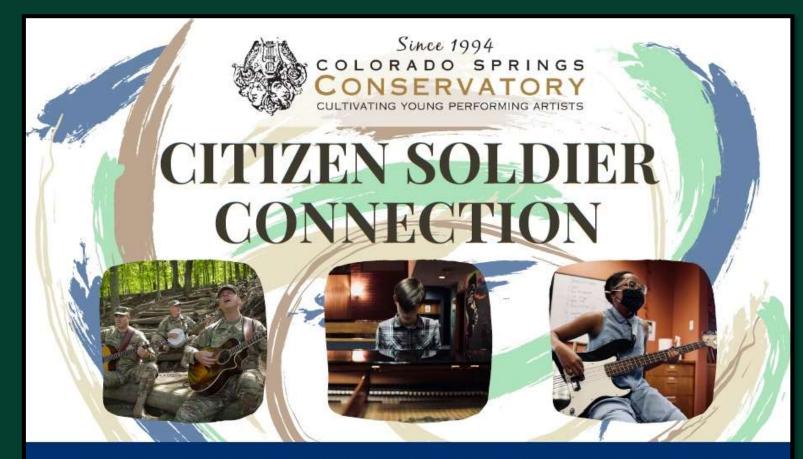
Any and every middle school student is welcome to come!

Club Beyond follows all current COVID guidelines and restrictions.

For information on the schedule of meetings and events, contact Will Sanborn at wsanborn@clubbeyond.org or 402-910-1826.

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

APPROVED BY THE GARRISON CHAPLAIN



CITIZEN SOLDIER CONNECTION IS PARTNERING WITH THE COLORADO SPRINGS CONSERVATORY TO OFFER FREE MUSIC CLASSES FOR THE MILITARY!

THANKS TO OUR FRIENDS AT CITIZEN SOLDIER CONNECTION, COLORADO SPRINGS CONSERVATORY IS VERY PLEASED TO OFFER A PACKAGE OF FOUR PRIVATE/SEMI PRIVATE HALF HOUR MUSIC LESSONS TO SOLDIERS AND THEIR FAMILIES. LESSONS ARE AVAILABLE IN VOICE, PIANO, GUITAR, DRUMS, VIOLIN, RECORDING ARTS AND OTHER INSTRUMENTS.

THE SPRING SEMESTER BEGINS JANUARY 18 AND RUNS THROUGH MAY 1 AND CLASSES MAY BE IN PERSON AT THE CONSERVATORY OR ON-LINE (EXCEPT FOR RECORDING ARTS). CONTACT COLORADO SPRINGS CONSERVATORY TODAY AND BEGIN THE NEW YEAR WITH A GIFT OF MUSIC FROM CITIZEN SOLIDER CONNECTION.

THIS PROGRAM IS AVAILABLE FOR ACTIVE DUTY MILITARY, VETERANS, THEIR SPOUSES AND CHILDREN OVER 12.

FOR FURTHER INFORMATION AND REGISTRATION PLEASE CONTACT EMILY NELSON: ENELSON@CSCONSERVATORY.ORG

COLORADO SPRINGS CONSERVATORY 415 SOUTH SAHWATCH ST.COLORADO SPRINGS CO 80903

719-577-4556 | CSCONSERVATORY.ORG

PARENTING RESOURCES





LENA START

FREE LENA Start classes can help you make a difference in your baby's life just through early talk and interaction! Join the ten week program to help your child build language skills. Participants will receive free books and incentives. To learn more contact mfellers@ppld.org or visit us at ppld.org/LENAStart.



PRENATAL SESSIONS

Join Pikes Peak Library District, Nurse Family Partnership, and local organizations to help guide you through your pregnancy. This six-week series will be repeated quarterly. To learn more contact mfellers@ppld.org or visit us at ppld.org/whats-new/prenatal-series.



PARENTING LITTLE ONES

Have questions about parenting little ones? Join PPLD's Family Place Libraries and community professionals in the field of child development, nutrition, speech/language, and more to have all your questions answered. Learn about these resources at ppld.org/ParentingQandA.

Looking for additional resources? Check out our LibGuide! tinyurl.com/PPLDParentingResources

