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

08 MARCH 2018

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

[Also In this issue]

BE THERE PEER SUPPORT
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CAREER SKILLS PROGRAM
CIVVIES
COLORADO VOTER REGISTRATION
CTU PATRIOT SCHOLARSHIP
FREE PRESCHOOL
HEALING HORSES 4 ARMED FORCES
HORSEMANSHIP FOR VETERANS/AD
KINGDOM BUILDERS FAMILY LIFE CTR
LOVED ONES PTSD SUPPORT GROUP
MILE HIGH YOUTH CORPS
MILTAX FREE TAX SERVICES
NEW PARENT SUPPORT PROGRAMS
NEWCOMER ORIENTATION
OPERATION TBI FREEDOM
PREP MARRIAGE CLASS
TAI CHI CLASSES
TAX CENTER
TRAVEL MEDICINE CLINIC
TRICARE REFERRAL WAIVER
TRY HOCKEY FREE
TRY SKATING FREE
WHITE HOUSE VA HOTLINE
WOMEN'S RESOURCE AGENCY
ZERO PERCENT STUDENT LOAN INTEREST

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07 APR UNDERSTANDING STUDENT LOANS
12 APR PARENTS DRUG AWARENESS SEMINAR
12 APR SOLE PARENTING FAMILY FUN NIGHT
14 APR IEP BASICS WORKSHOP
19 APR NATIONAL VOLUNTEER WEEK 5K RUN/WALK
20 APR APPLICATION SUSEPENSE MILITARY SPOUSE FELLOWSHIP
20-22 APR WELCOME HOME WARRIOR FAMILY RETREAT
28 APR CLUBS FOR KIDS
27 MAY-02 JUN; 03-09 JUN MILITARY FAMILY CAMP AT TRAIL WEST
11-15 JUN VACATION BIBLE SCHOOL VOLUNTEERS NEEDED

COLORADO VOTER REGISTRATION

To register to vote in Colorado, visit https://www.sos.state.co.us/voter/pages/pub/olvr/verifyNewVoter.xhtml. For more information or to download the paper registration form, visit https://www.sos.state.co.us/pubs/elections/vote/VoterHome.html?menuheaders=5.

HUNTERS EDUCATION COURSE

The Fort Carson Conservation Law Enforcement Program will offer an additional course March 17-18. The course will be held at the Cheyenne Mountain Shooting Complex. Course dates are March 17 from 8 a.m. to 6 p.m. and March 18 from 8 a.m. to 4 p.m. Participants must attend both days and pass the Hunters Education exam to receive the Hunters Education certification. Registration is open through March 17. There are a limited number of seats available. Don't wait! For more information or to register visit <<https://register-ed.com/events/view/119923>> Reminder: The application deadline for Colorado Big Game hunting is April 3. License applications are now paperless. All license applications must be completed online through the Colorado Parks and Wildlife webpage.

CLUBS FOR KIDS (FLYER)

CTU PATRIOT SCHOLARSHIP OPPORTUNITY (FLYER)

CTU PATRIOT SCHOLARSHIP

ABOUT THE PROGRAM

For ten 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 2018, CTU has awarded 500 scholarships valued at $8.5 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 associates, 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 veterans of the U.S. Armed Forces (including Reserves and National Guard) with a service-connected disability
- Spouses and unmarried dependent children of U.S service members with a service-connected disability
- Caregivers/non-medical assistants 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, 2018	Application Window Opens
June 30, 2018	Application Deadline
November 11, 2018	Recipients Announced
January/February 2019	Recipients Start Class

START YOUR APPLICATION

coloradotech.edu/CTUPatriot

Colorado Technical University

Colorado Technical University is accredited by The Higher Learning Commission, www.hlcommission.org. CTU cannot guarantee employment or salary. Find employment rates, financial obligations and other disclosures at www.coloradotech.edu/disclosures.
852-1275824 1280564 1/18

CYSS JOB FAIR (FLYER)

U.S. ARMY MWR

U.S. Army Child, Youth & School Services

CYSS JOB FAIR

NAF EMPLOYMENT (NON-APPROPRIATED FUNDS)

March 21

9 a.m.-3 p.m.

At the Pikes Peak Workforce Center
1675 Garden of the Gods

On the spot hiring for **over 100 vacancies** for the following positions:

- Child and Youth Program Assistants
- Cooks
- Maintenance Worker/MVO

and more

Pre-register online at: **www.usajobs.gov**

Applicants who participate in the **job fair** will receive **first consideration!**

To help expedite the hiring process, please bring your photo ID, Social Security card, resume, transcripts, and other supporting documents with you to the event.

For more information on required documents and pre-registration job postings, please visit
www.facebook.com/CARSONNAFHRO

Questions? CALL:

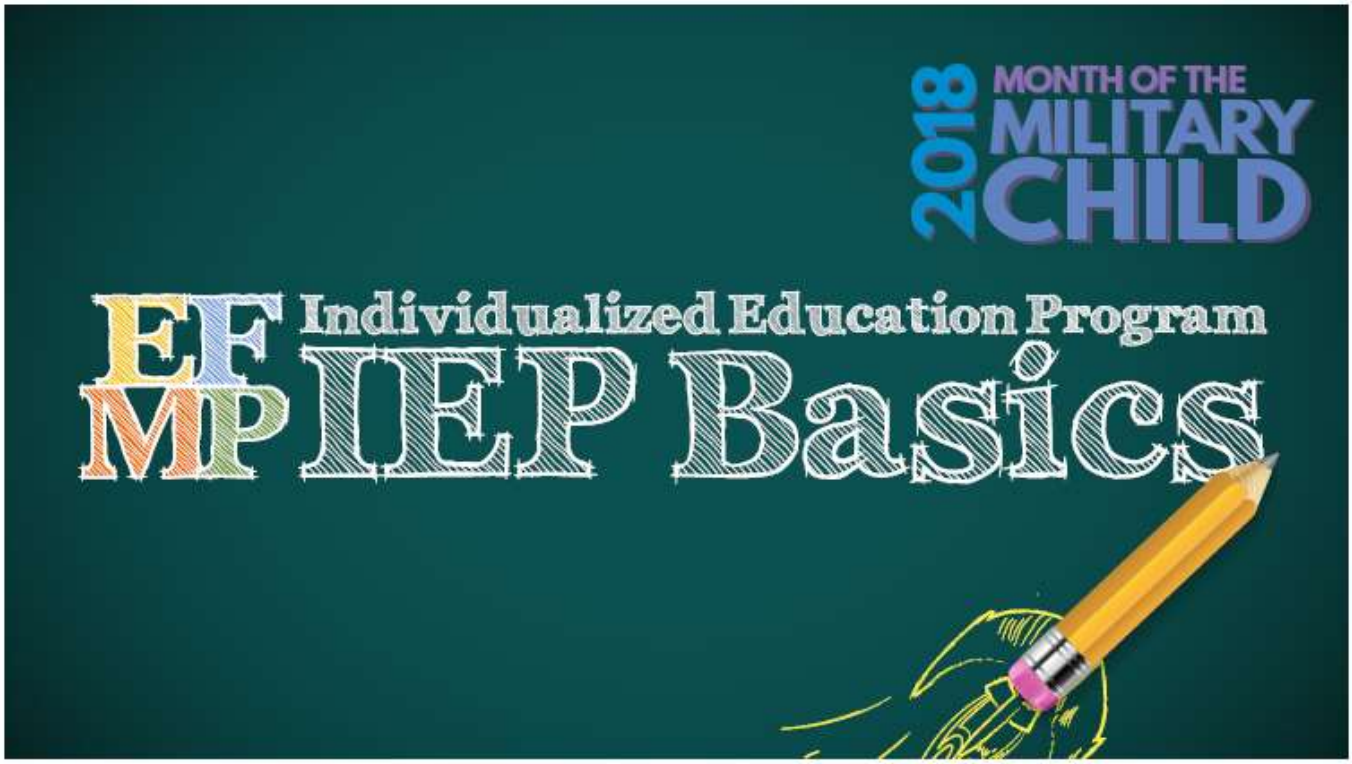
Line 1: 719-526-3931 Line 2: 719-526-6497
Line 3: 719-526-4445 Line 4: 719-526-4001

More Events and Info at www.carson.armyMWR.com | Carson CYSS CarsonDFMWR | @carsonmwr #CarsonMWR | Pikes Peak Workforce Center 1675 Garden of the Gods Rd Colorado Springs, CO 80907

EACH SUMMER YOUTH PROGRAM

Applications for the Evans Army Community Hospital (EACH) Summer Youth Program will be available March 12 to April 16. The program is for youths who are military Family members between 14-17 years old and interested in a career in health care. Applicants must have a DOD identification card and be current with immunizations. Tentative interview date is April 14 and participants will be selected and notified no later than April 24. Mandatory orientation dates are May 29-30 from 8 a.m. to 4 p.m. For more information, contact the American Red Cross at EACH at 526-7144.

INDIVIDUALIZED EDUCATION PROGRAM (IEP) BASICS WORKSHOP (FLYER)



IEP Basics Workshop

Date: Apr 14, 10 a.m. - 12 p.m.
ACS Center, Bldg. 1526 - 6303 Wetzel Avenue, Building 1526 Fort Carson, Colorado 80913 United States Google Map

The IEP, Individualized Education Program, is a written document that's developed for each public school child who is eligible for special education. The IEP is created through a team effort and reviewed at least once a year.

This workshop will help you understand what you need to know for your EFM's (Exceptional Family Member) Individualized Education Program with the help of experts.

Conact the ACS (Army Community Service) EFMP with any questions particular to your situation.

LIGHT IT UP BLUE (FLYER)

The eleventh annual World Autism Awareness Day is April 2, 2018. Fort Carson honors this day by changing all the lights to blue at the main gate (gate 1) and at the roundabout at Nelson and Harr Ave. Blue is the color that represents autism.

MILE HIGH YOUTH CORPS SUMMER OF SERVICE YOUTH OPPORTUNITY (FLYER)

MILE HIGH YOUTH CORPS

SOUTHERN FRONT RANGE

APPLY NOW!

SUMMER OF SERVICE CORPSMEMBERS

May—August 2018

- Trail Work, Fire Mitigation, and more!
- Earn $720 bi-weekly stipend (before taxes)
- Earn a $1,583 AmeriCorps Education Award to pay for college, student loans, certifications
- Must be 18-24 years of age to apply
- Must have a G.E.D. or H.S. Diploma

To apply:

Visit **milehighyouthcorps.org** and click "Apply Now".

Mile High Youth Corps is committed to the inclusion of members with all levels of ability. Reasonable accommodations are available upon request. This program is available to all, without regard to race, color, national origin, disability, age, sex, political affiliation, or, in most instances, religion.

MILITARY KIDS MOVE (FLYER)

Military Kids Move

Relocation Readiness Program - 6303 Wetzel Ave. Bldg. 1526 Fort Carson 80913
Google Map

During the month of April the ACS Relocation Readiness Program is celebrating the Month of the Military Child.

Stop by the Community Connection, Bldg 1524, and pick up a Relocation drawstring bag for your child.

Whether you are new to Fort Carson or are transitioning to a new location, moving with a child can be a challenge and we are here to help. It's important to involve them in the process and get them excited about a new adventure.

MOVING AGAIN! MILITARY ONESOURCE ONLINE DYNAMIC GROUP DISCUSSION (FLYER)

MILITARY ONESOURCE

Please Join Us for a Dynamic Group Discussion

Moving, Again!

Thursday, March 8, 2018, 8-9 p.m. ET
Wednesday, March 14, 2018, 2-3 p.m. ET

Facilitated by: John Mack, MSW

Military OneSource is pleased to offer dynamic group discussions where you can see, text and chat with licensed counselors and a small group of other service members and their families online.

Getting ready for a PCS or other move? Join our relocation expert and others just like you to discuss ways to manage the stress of relocating and learn practical tips to help you get ready for your move.

Register for either discussion no later than two days prior to the event:

March 8th

March 14th

About the facilitator
John Mack, MSW, is retired from the U.S. Navy, and currently works as a triage consultant with Military OneSource. John earned his bachelor's degree in religious studies through Saint Leo University and a master of social work degree from Norfolk State University. During his military career John and his family sponsored a number of military families during their relocation process, and he was a program coordinator for the overseas sponsorship and orientation program while stationed in Misawa, Japan. Since retiring from the military, John has worked with hundreds of relocating military families through the Fleet and Family Support Center and Army Community Service Center.

Please note
This event requires a device that will allow you to install the Zoom application ahead of time as well as access to a commercial internet server rather than a government server. For best results, please register using a personal email account.

Information on upcoming dynamic group discussions

PIKES PEAK WORKFORCE CENTER SPRING JOB FAIRS (FLYER)

PIKES PEAK WORKFORCE CENTER

A proud partner of the AmericanJobCenter network

JOB FAIRS

PIKES PEAK WORKFORCE CENTER'S SPRING JOB FAIRS

April 5, Colorado Springs

Young Adult Job Seekers (16 – 24)

SE YMCA, 2190 Jet Wing Dr., 80916
11 a.m. Open to Veterans*
11:30 a.m. to 4 p.m. Open to General Public

April 11, Colorado Springs

Adult Job Seekers (18+)

Hotel Elegante, 2886 S. Circle Dr., 80906
9:30 a.m. Open to Veterans*
10:15 a.m. Job Fair workshop attendees
11 a.m. to 3:30 p.m. Open to General Public

April 25, Woodland Park

Adult & Young Adult Job Fair (16+)

Ute Pass Cultural Center
210 E. Midland Ave., 80863
1 p.m. Open to Veterans*
1:30 to 4 p.m. Open to General Public

April 26, Cripple Creek

Adult & Young Adult Job Fair (16+)

Aspen Mine Center, 166 E. Bennett Ave., 80813
11 a.m. Open to Veterans*
11:30 a.m. to 3 p.m. Open to General Public

APRIL 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

For more information visit
ppwfc.org

the YMCA

Governor's Summer Job Hunt

Aspen Mine Center

* Veterans, transitioning military and eligible spouses enter early

★ **Veterans are entitled to priority of service.** ★

Paid from U.S. Department of Labor funds

POWER BREATH MEDITATION WORKSHOP FOR VETERANS (FLYER)

Power Breath

Meditation Workshop

for Veterans

April 5th - 9th

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

Free for Active Duty, Veterans and Family

Dates: April 5th-9th
Times: Th, Fri & Mon 6:30 - 9:30 PM
Times: Sat & Sun 9:00 AM - 1:00 PM
Venue: Mt. Carmel Vets Service Center
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://goo.gl/forms/254VpTftPdwdI8Yf1

PRUSSMAN WOMEN'S FELLOWSHIP (FLYER)

SOLE PARENTING GROUP FAMILY FUN NIGHT

Are you an Active Duty Sole Parent? Being a sole parent in the Military has unique challenges that can be difficult to navigate on your own. In the Sole Parenting group you'll connect with fellow Soldiers and community partners to help you to survive and thrive as a single parent.

This is a special event on April in honor of Month of the Military Child for Active Duty sole parents and their children to gather for a family-friendly evening of activities. A light dinner and entertainment will be provided. Meet the family members of your new network and enjoy a night of fun. Call 719-526-4590 for more information.

UNDERSTANDING STUDENT LOANS

Want to better understand the student loan process, how to fill out the FAFSA Federal Student Aid application, or how to apply for grants? Join us at this special Month of the Military Child event on April 7th from 10:00 a.m. to Noon at ACS. Register at https://carson.armymwr.com/calendar/event/understanding-student-loans/2132319/24795

Understanding Student Loans

Date: Apr 7, 10 a.m. - 12 p.m.
ACS Center - 6303 Wetzel Ave. building 1526 Fort Carson, Colorado 80913 United States
Google Map

Feeling overwhelmed by the prospect of student loans? Join us for this special Saturday edition of Smart Money Talks and learn what is involved with student loans and how to get the most out of the process.

This class will focus on "Smart Money, Smart Kids" by Rachel Cruze and participants will receive a free copy of the book.

Not only will the student loan application process be covered, but you'll get the details on available grants and how to be apply for them.

Don't miss out on this chance to make your child's future more affordable.

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

- 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.

secure|set ACADEMY

Cybersecurity

- 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.

CAREER SKILLS PROGRAM

Basic Eligibility

- 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.

FORT CARSON

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

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.

TEAMSTERS MILITARY ABF Freight

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

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.

CIVILIAN PRE-RETIREMENT SUPPORT GROUP

The Civilian Pre-Retirement Support Group's next meeting will be held Tuesday, 13 March 2018 at 1200 Noon, in the Army Community Service Aspen Room, Bldg. 1526.

The topic will be Social Security Benefits for FERS employees. A representative from the Social Security Administration will present and be prepared to answer questions.

This support group is designed for members of the Army Civilian Corp who are within 3 years of retirement who would like to talk to other potential retirees about issues and concerns. Guest speakers are invited periodically to provide insight and information.

COMMUNITIES THAT CARE TEEN ADVISORY BOARD (FLYER)

Communities That Care

TEEN

ADVISORY BOARD

Thursday, March 15

6:00-7:30 p.m.

communities that care

PIKES PEAK LIBRARY DISTRICT ppld

Fountain Library
230 South Main St.
Fountain, Colorado 80817 | (719) 382-5347
ppld.org/fountain-library

EASTER SUNRISE SERVICE

The 2018 Easter Sunrise Service takes place April 1 at 7 a.m. at Founders Field. The event also includes an Easter breakfast and Easter egg hunt and is open to Soldiers, Family members and DOD civilians. For more information, call the Religious Support Office at 526-5279.

FORT CARSON TAX CENTER (FLYER)

2018 Fort Carson Tax Center
BLDG 1358 Barkeley Ave

The Fort Carson Office of the Staff Judge Advocate is pleased to announce the reopening of the Fort Carson Tax Center. We will offer FREE income tax preparation services for both federal and state tax returns to all Active Duty, mobilized Reservists (with orders), dependents and Retirees. All preparers are certified by the IRS. In 2017, the Tax Center prepared thousands of returns and saved our clients over $628,481 in tax preparation fees.

The Fort Carson Tax Center will open for appointments on 1 February 2018. Appointments can be scheduled via telephone or in person. Appointments must be screened in order to match the Client's need with the appropriately skilled preparer.

Appointments will be scheduled starting 29 January 2018.

Telephone: (719) 524-1012, (719) 524-1013

Taxes will be done primarily by appointment. Appointments will be scheduled from 0900 until 1500. Walk-ins will be available on a limited basis (resources permitting) beginning 15 February 2018.

Hours: 0900-1600 Monday through Friday. The Tax Center will be open on all training holidays and closed on all federal holidays.

Documents to Bring:

A copy of last year's tax return	W-2s, 1099s, and 1098s
Social Sec. cards for filers and dependents	Form 8332 signed
Power of Attorney for Taxes if one filer is not present	

Other documents:

Childcare Costs	IRA Contributions	Stock and Bond Sales
Alimony Paid/Rec'd	Education Expenses	Charitable Contributions
Mileage log /Business Expenses		Rental Expenses
Carried over Losses		

Bank Information: Account Number and Routing Number for Direct Deposit

Our Address is BDLG 1358 Barkeley Avenue, Fort Carson. We are located between Barkeley and McGrath and north of Nelson.

2018 Fort Carson Tax Center
BLDG 1358 Barkeley Ave

The following types of services are out of scope:

More than 2 rental properties (Clients are limited to 2 rental properties)
Most personal businesses; specifically businesses with inventory, losses greater than income, Airbnbs, and Bitcoin. *Will do Schedule C-EZ for Uber and E-bay sales and other simple businesses on a case by case determination
Puerto Rican income, to include W2s that list “PR” as the state
Sale of Rental Property
Abandonment or Foreclosure (1099-A)
Casualty Losses
Schedule Ks
Per Capita Distributions
Stock/Bond Sales with more than 10 transactions or unknown basis
Cancellation of Debt of $10,000 or more (1099-C)

We are happy to amend prior tax returns, but amendments may require a separate appointment subject to scheduling demands.

If you have any questions regarding the scope of our services, please contact us at 524-1012 or 1013.

FREE TICKETS TO A WARRIOR'S TALE (FLYER)

HOOPS FOR TROOPS MILITARY APPRECIATION AT DENVER NUGGETS (FLYER)

HOOPS FOR TROOPS MILITARY APPRECIATION NIGHT WITH THE DENVER NUGGETS

DENVER NUGGETS VS SACRAMENTO KINGS

Denver Nuggets vs Sacramento Kings
Sunday, March 11th, 2018 • 3:00pm • Pepsi Center

SPECIAL MILITARY PRICING:

PLEASE CLICK ON THE LINK BELOW OR VISIT YOUR ITT OFFICE ON BASE TO VIEW PRICING AND PURCHASE YOUR DISCOUNTED TICKETS!

****$2 of every ticket sold will benefit local Military Bases!**

**No taxes or fees will be added to orders
**All tickets are sold on a first come, first served basis and are based on availability
**Pricing subject to change at any time

Event Activities

- Military vehicles on display outside of Pepsi Center
- Military Flag Presentation
- Military Game Ball Presentation
- In-game recognition of past, present and future military personnel from all branches
- In-game promotions featuring military personnel
- More to come!

Order tickets online at:

www.nuggetstix.com/Ftcarson0311

For more information, please contact Alexa Carpenter at 303.405.1196 or Alexa.Carpenter@teamkse.com

LENT AND EASTER SCHEDULE (FLYER)

CATHOLIC

(All Catholic liturgies at Soldiers' Memorial Chapel unless indicated otherwise.)

ASH WEDNESDAY

14FEB, 1145 & 1730 Mass with ashes

HOLY WEEK

29MAR, 1730 Mass of the Lord's Supper
30MAR, 1500 Good Friday Service of the Lord's Passion
31MAR, 1930 Easter Vigil
01APR, 0900 & 1100 Mass of Easter Sunday

MASS

Saturdays, 1600
Sundays, 0900 & 1100, SMC, 1100, Healer Chapel (in Evans hospital)
Daily, 1145, SMC, 1200, Healer Chapel (in Evans hospital)

STATIONS OF THE CROSS

Fridays, 16FEB – 23MAR, 1800 followed by soup supper

PROTESTANT

ASH WEDNESDAY

14FEB, 1200, Provider Chapel

HOLY WEEK

30MAR, Good Friday Service, 1800, Prussman Chapel
01 APR, Easter Sunrise Service, 0615, Founder's Field (DIVHQ)
01APR, Easter Breakfast, 0730, Soldiers' Memorial Chapel
01APR, Easter Worship (see weekly worship times below)

WORSHIP (Sundays)

0900, Traditional, Healer Chapel (inside Evans hospital)
0930 & 1100 Contemporary / ChapelNeXt, Religious Education Center
1100, Gospel, Prussman Chapel
1100, General Protestant, Provider Chapel

LATTER DAY SAINTS (LDS)

Sundays, 1000, worship, Veteran's Chapel

LENTEN LUNCHES

Wednesdays, 21FEB—21MAR
1130-1245
Religious Education Center, Building #1853
Everyone welcome!

MARCH EVENTS AT FLORISSANT FOSSIL BEDS NATIONAL MONUMENT

Florissant Fossil Beds National Monument is open year round. The Monument is open from 9:00 AM – 4:30 PM through March 9 and then 9:00 AM – 5:00 PM from March 10 until May 25.

Friday, March16, Night Sky Program, 7:30 PM – 10:00 PM. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the visitor center.

Saturday, March 17, Winter Track Detectives, 11:00 AM – 12:30 PM. Join an interpretive park ranger for a guided hike (up to 2 miles) to discover the clues left behind by the Monument's wildlife. As a track detective you might encounter tracks, scat, feathers, rubs, burrows, and much more left behind by birds, coyotes, elk, and badgers or perhaps even see some of the wildlife in person. Dress in layers and be ready to walk on uneven ground and possibly snow. Meet at the visitor center.

Saturday, March 24, Introduction to Nature Photography, 1:00 PM – 3:00 PM. Join volunteer interpretive ranger Steve Veatch for a hands on photography workshop amid the spectacular scenery of the Florissant Fossil Beds National Monument. While walking a trail you will learn on-location compositional strategies that will turn your photo into something more than a snapshot! The workshop will teach you how to tell stories with your photos. Meet at the visitor center. Be prepared for outdoor conditions by dressing in layers, wearing a hat and sunscreen, etc. Bring water and snacks and most importantly your own camera.

There are no additional fees for any park programs beyond the daily entrance fee of$7.00 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 visitor website: www.nps.gov/flfo or on Facebook or Twitter at /FlorissantNPS

MARCH IS NATIONAL NUTRITION MONTH

A variety of events will take place across Fort Carson during March, which is National Nutrition Month.
--Build and Athlete's Plate Event: March 5 at Wolf Dining Facility (DFAC), March 12 at Stack DFAC, March 19 at Warfighter DFAC and March 26 at Evans Army Community Hospital DFAC. Events will be from 7-9 a.m. and 11:30 a.m. to 1 p.m.
--Nutrition Story Time: March 8 from 10:30-11 a.m. at Grant Library.
--Fueling and Supplement Safety: March 7 from 6-8 a.m. at Iron Horse Sports and Fitness Center, March 14 from 6-8 a.m. at Waller Physical Fitness Center, March 21 from 6-8 a.m. at Garcia Physical Fitness Center and March 28 from 11:30 a.m. to 2 p.m. at McKibben Physical Fitness Center.
--Budget-Friendly Nutrition: March 16 and 23 from 11 a.m. to 1 p.m. at the Fort Carson Commissary.
--Teen Fitness and Nutrition Expo: March 13 from 3-4:30 p.m. at the Youth Services Center.

MILITARY FAMILY CAMP AT YOUNG LIFE'S TRAIL WEST (FLYER)

Military Family Camp at Young Life's Trail West

What: **Military Family Camp**. **Does your Family like adventure, laughter and fun – or just need a break from the daily stresses of life?** **Then join us this summer at Military Family Camp at Young Life's Trail West**

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

Childcare is available on site during scheduled Family activities.

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

When: 27 May-2 June, and 3-9 June 2018 **(Online applications available beginning 1 March 2018)**

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

Why: To allow Service Members and their Families to spend quality time together, laugh a lot, and be restored.

How Much: In order to thank our Service members and their Families, the discounted fee below will be available to the Families selected to attend. This fee covers all meals, activities and lodging for the Family for the week. The registration fee is based on rank: E1-E5 $50.00, E6-E9 $75.00, CW1-O3 $100.00, O4 & above $150.00.

Note: Young Life is a Christian organization, but that is not a requirement to attend. There will be a nightly program with a short message and sing-a-long songs, as well as all the numerous recreational activities.

To apply go to: www.militaryfamilycamp.younglife.org

For more information, e-mail dnancarrow@clubbeyond.org or call (719) 381-1865

The information that appears in this flyer is intended to inform Soldiers of special offers provided to them and their families and is not intended to constitute an endorsement by Ft. Carson, the United States Army or the Department of Defense. It is strictly intended to be used for informational purposed only.

younglife Military - Club Beyond

Club Beyond

MILITARY SPOUSE FELLOWSHIP PROGRAM (FLYER)

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.

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

CONNECT WITH US

- Subscribe to monthly e-newsletters: *www.SaveAndInvest.org/Subscribe*
- Like SaveAndInvest.org 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 through partnerships with the Association for Financial Counseling and Planning Education® (AFCPE®), which administers the certification—and the National Military Family Association (NMFA), which assists with the selection process.

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.

FINRA Foundation Military Spouse Fellows Are Employed As:

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

SINCE 2006

1,485 +	195,000 +	455,000 +
FELLOWSHIPS AWARDED	SERVICEMEMBERS & FAMILIES COUNSELED	COUNSELING HOURS IN THE MILITARY COMMUNITY

FINRA Investor Education FOUNDATION

NATIONAL MILITARY FAMILY ASSOCIATION

AFCPE®

SaveAndInvest.org

SaveAndInvest.org, a project of the FINRA Investor Education Foundation, is a free, unbiased resource dedicated to your financial health. FINRA, the Financial Industry Regulatory Authority, is the largest non-governmental regulator for all securities firms doing business with the U.S. public. FINRA and the FINRA Investor Education Foundation do not sell investment products, promote products or firms, or offer specific investment advice.

MILTAX FREE TAX SERVICES (FLYER)

MILITARY ONESOURCE

Free tax services and support made for the MilLife.

MilTax is free, easy-to-use tax software and support designed exclusively for the military community.
This service offers so much—and at no cost!

We get you, so you get more

MilTax is the only tax software provided by the Department of Defense made for military life. It's built to address scenarios like deployments, combat pay, multiple moves, and more. So you get the credits and benefits you've earned, and save more money!

Free, expert support

Our tax consultants are experts in military taxes, so they know what you need to file and how to save you money. For support, contact Military OneSource tax consultants by phone, or meet with a trained volunteer at a Volunteer Income Tax Assistance office.

Work at home, or come to a convenient location

You can access MilTax software online anywhere and work at your own pace. You can also go to a Volunteer Income Tax Assistance location, and self-file at a kiosk or get free help from a volunteer.

Easy, secure, flexible, accurate

Filing with MilTax is easy to do and reliable. You can begin your taxes at any time, file at your own pace, and save your return to work on it whenever you want. Calculations are backed by a 100 percent accuracy guarantee.

MilTax is a benefit for you provided by the Department of Defense. It's available exclusively for eligible service and family members through Military OneSource.

To get started or find your nearest VITA office, go to MilitaryOneSource.mil or call 800-342-9647.

NATIONAL VOLUNTEER WEEK 5K RUN/WALK (FLYER)

3:30 P.M. · IRON HORSE PARK

LEASHED PETS & STROLLERS WELCOME

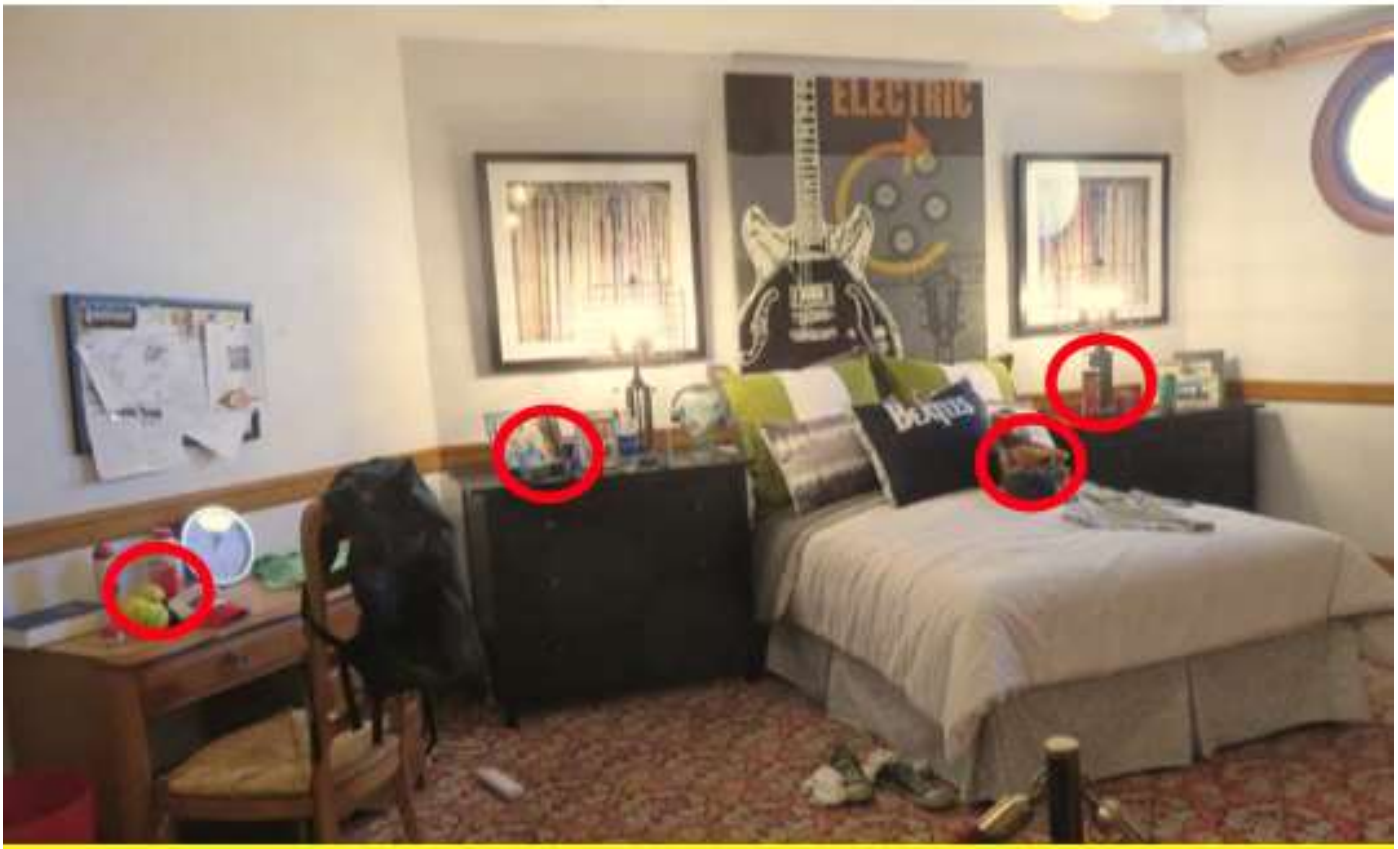
2 P.M. ON-SITE REGISTRATION
3:30 P.M. START OF 5K RUN/WALK

PRE-REGISTER **WWW.CARSON.ARMY.MIL/ACS**
SEARCH: "VOLUNTEER WEEK"

(719) 526-1082 FOR MORE INFORMATION

PARENTS DRUG AWARENESS (FLYER)

Would You Recognize Drug Paraphernalia if it was Hiding in Plain Sight?



Come hear what the experts have to say

Thursday, 12 April 2018 11 am – 1 pm

At the Freedom Performing Arts Center (FREEPAC)

As parents, we want to trust our kids – but sometimes they make bad decisions. As Ronald Reagan often said "Trust, but verify"

POLICE

FORT CARSON, COLORADO

ASAP

Army Substance Abuse Program

(719) 526 – 2727 (ASAP)

PRUSSMAN CHAPEL MARRIAGE MINISTRY – BUILT TO LAST (FLYER)

BUILT *to* LAST

Building A Strong Marriage

Every 2nd Wednesday

For more information, please email prussmanchapel@gmail.com

Retreat begins at 6:30 PM

Dinner is served at 5:30 to 6:15 PM

SPRING LIFEGUARD COURSE (FLYER)

Spring Lifeguard Course

Date: Mar 28, 8 a.m. - 2 p.m.
Nelson Indoor Pool - 1770 Nelson St. Bldg. 1446 Ft. Carson, CO 80903 Google Map

All information is subject to change.

- Open to DoD only
- Get lifeguard certified with this spring lifeguard course! Includes a certificate of completion.
- Must be ages 15+ to participate
- Pre-test required for course registration. Pre-test consists of a 300-yard swim, a 2-minute swim, 2-minute tread water test without hands, and a brick test.
- The cost of the course is $75.00 per participant.
- All sales are final, no refunds issued with the exception of course cancellation.
- In the event of the course not having enough participation the course will be cancelled and registered participants will be refunded.
- To register for the course contact Jacob Goulette or Shannon Sanchez
    - By phone at: 719-526-4093
    - By e-mail form at https://carson.armymwr.com/programs/aquatics
    - In person at Iron Horse Indoor Pool

Contact

Tel: 719-526-3107

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

TRAUMATIC BRAIN INJURY (TBI) "BACK TO BASIC" CLASS (FLYER)

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

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

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

WHEN? AN OFFERING OF 10 IDENTICAL CLASSES - CHOOSE THE BEST TIME FOR YOU!

1 March 1300-1430
6 March 1400-1530
7 March 1030-1200
13 March 1400-1530
14 March 1030-1200
15 March 1330-1500 (Different Time)
20 March 1400-1530
*** 21 March 1030-1130 (Open to Anyone)***
22 March 1300-1430
27 March 1400-1530

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)

TRICARE PRIME OUTPATIENT REFERRAL WAIVER IN EFFECT (FLYER)

TRICARE Prime Outpatient Referral Waiver in Effect

The Defense Health Agency has temporarily waived specialty referral and authorization requirements for TRICARE West Region beneficiaries enrolled in a TRICARE Prime plan.

If you are enrolled in a TRICARE Prime plan, you do not need Health Net Federal Services, LLC (HNFS) approval for outpatient TRICARE-covered services referred by your provider Jan. 1–March 18, 2018, with the exception of inpatient care, and applied behavior analysis (ABA), laboratory developed tests (LDTs) and Extended Health Care Option (ECHO) services.

For outpatient requests other than ABA, LDTs and ECHO, providers do not need to submit requests to HNFS for approval during the waiver period through March 18, 2018. The TRICARE West Region Referral/Authorization Waiver, available at www.tricare-west.com for providers to download, is verification of approval. HNFS will not be issuing separate approvals for services covered under the waiver.

How to Initiate Care during Waiver Period through March 18, 2018

TRICARE Prime beneficiaries may seek covered outpatient services from any TRICARE-authorized provider (network or non-network) with the following documentation:

- A written referral or order for covered procedures, services or equipment from your provider dated between Jan. 1, 2018 and March 18, 2018.
- A copy of the **TRICARE West Region Referral/Authorization Waiver Approval Letter** from your provider

Referrals issued by your provider Jan. 1–March 18, 2018 are valid through June 15, 2018. For care referred during the waiver period that extends beyond June 15, 2018, your provider must submit a request to HNFS for approval.

HNFS will resume accepting referral and authorization requests for TRICARE Prime patients on March 19, 2018. Referrals issued on after March 19, 2018, must follow TRICARE Prime guidelines or Point of Service charges may apply.

USO PATHFINDER PROGRAM FOR MILITARY SPOUSES (FLYER)

ON THE PATH FORWARD,
WE'VE GOT YOUR BACK.

MILITARY SPOUSES

MANAGING A CHANGE?
THE USO PATHFINDER PROGRAM IS HERE TO HELP

Whether you and your service member are transitioning to a new location or on to life after the military, the USO Pathfinder program will help you create a plan and get connected to what you need to achieve your personal and professional goals. Connect with a Pathfinder Scout to develop a personalized Action Plan and discover the resources that will make your transition successful.

Pathfinder Scouts can connect you with the services and resources that are the best fit for you in the following focus areas:

- Employment
- Education
- Veterans Benefits
- Financial Readiness
- Housing
- Legal
- Family Strength & Wellness
- Volunteerism

USO Pathfinder℠ USO TRANSITIONS

Learn more at USO.org/Pathfinder

VACATON BIBLE SCHOOL VOLUNTEERS NEEDED (FLYER)

WARRIOR DOG MEMORIAL 5K (FLYER)

Register online at www.carson.armymwr.com

War Dog Memorial 5K

Date: Mar 10, 9 a.m. - 1 p.m.

Iron Horse Gym South Parking Lot - 6415 Specker Avenue Bldg. 1925 Fort Carson, Colorado 80913 United States Google Map

All information is subject to change.

- $15/person (ages 4+) Early Bird registration closes at 12 p.m. on March 8, 2018. Same day registration is $20/person.
- **T-shirt included with paid registration only** (while supplies last)
- Little Kid registration is FREE! (no t-shirt included) Please choose **'Little Kid Registration'** from the **'Additional Items'** menu.
- Open to DoD ID card holders and guests.
- Prize drawings and giveaways.

WELCOME HOME WARRIOR FREE FAMILY RETREAT (FLYER)

Family Retreat

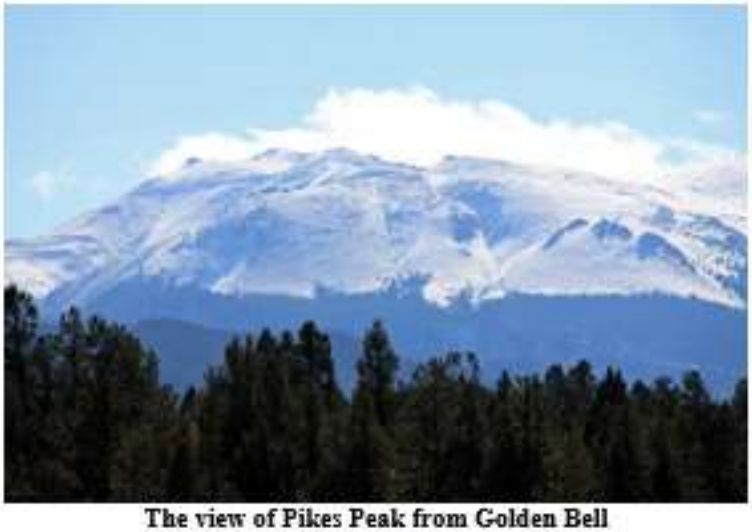
Welcome Home Warrior, Inc.

will be hosting a free retreat for combat veterans and their families on April 20nd-22rd, 2018

at

Golden Bell Camp in Divide, CO.

380 County Rd. 512 Divide, Co 80814



The view of Pikes Peak from Golden Bell

Fun for the whole family

Quality time together and help to reconnect.

Daily optional activities including: sports, arts and crafts, swimming, tubing, climbing wall, campfire with S'mores, Spa afternoon and an outing to the Wolf Sanctuary.

Child care provided with supervised activities.

Classes for couples, and special groups for children and teens

Meals, snacks, and large rooms included.

For information and reservations call 719-439- 3621 or email welcomehomewarrior@comcast.net.Website:whwarrior.org

WHITE HOUSE VA HOTLINE OPERATIONAL (FLYER)

White House VA Hotline Now Fully Staffed and Operational Around the Clock to Serve Nation's Veterans

WASHINGTON — Today the U.S. Department of Veterans Affairs (VA) announced that the White House VA Hotline, first launched in June as part of President Donald J. Trump's commitment to reforming VA, is now fully staffed with live agents working to serve Veterans 24-hours a day, 365 days a year.

The hotline, which became 24-hour operational in mid-October, is now staffed by a team consisting of 90 percent Veterans or employees who have a Veteran family member, and is in response to Veterans' requests to talk to agents who could relate to their experiences.

"The White House VA Hotline provides our nation's Veterans with a direct, dedicated contact line that allows them to interact with highly trained, live agents to answer their needs and concerns," said VA Secretary David J. Shulkin.

"Since the initial launch of the hotline in June, we listened to our Veterans, who indicated that they prefer speaking with other Veterans and Veteran family members, and we adjusted our hiring based on that feedback," added Shulkin.

"We're proud that the hotline is now staffed 24/7 by a team of mostly Veterans or Veteran family members who have direct knowledge of their particular concerns and can use their experience to address them in the best way possible with the resources of the VA. This represents a true win-win for Veterans and their loved ones."

Since 24/7 coverage began in October, the hotline has served more than 10,000 callers.

Hotline agents answer inquiries, provide directory assistance, document concerns about VA care, benefits and services, and expedite the referral and resolution of those concerns. Agents undergo regular updates and training on VA services based on hotline trends and are assisted by newly implemented tracking software to help VA capture and improve its response, referral and resolution processes to best support Veterans.

The hotline can be accessed at 855-948-2311 and is VA's first non-clinical, non-emergency around-the-clock call center. It provides Veterans a supplemental option to report issues if they are not being addressed through VA's normal customer service channels.

The hotline's agents are located at a VA facility in Shepherdstown, West Virginia. Agents have access to a multitude of resources and contact information to help Veterans. The hotline also generates real-time reports to VA experts who can help address the specific issues of Veterans as well as make better-informed decisions on where program improvements are needed.

ZERO PERCENT STUDENT LOAN INTEREST RELIEF (FLYER)

Zero Percent Student Loan Interest Relief

A Benefit for Military Service

Overview

Service members are exempt from paying interest for up to 60 months on certain student loans while serving in an area that qualifies them for special pay. Service members and veterans may receive a refund if they overpaid interest during previous periods of qualifying service.

The Department of Defense, Department of Education and Department of Veterans Affairs are working to inform eligible military borrowers of this benefit and how to take advantage.

Check out the facts and learn how to apply for zero percent student loan interest relief or receive a refund.

Determine Eligibility

The zero percent provision applies to Direct Loans or a portion of a Direct Consolidation Loan made on or after Oct. 1, 2008. Service members are eligible during any time they received hostile fire or imminent danger pay.

Review Earning Details for Special Pay

Service members need to identify if they are eligible by reviewing past leave and earning statements to determine if they received hostile fire or imminent danger pay.

Take Advantage

Eligible active duty, Reserve, and National Guard members and veterans can take advantage of this benefit to stop interest from accruing, or receive a refund for prior overpayments of interest:

- Check your loan type and loan servicer by logging in to My Federal Student Aid.
- Provide loan servicers with any of the following forms of proof:
  - A leave and earnings statement showing receipt of hostile fire or imminent danger pay
  - A certifying official's statement and signature
  - Military orders showing service in a hostile area

Many loan servicer websites have a dedicated information page for Service members that provides details and assistance.

Learn More

- Visit the Federal Student Aid website.
- Review the brochure, "For Members of the U.S. Armed Forces: What you need to know about your federal student loan benefits."
- Find your loan servicer's military page.
- Follow the DoD Office of Financial Readiness on
  - Facebook: https://www.facebook.com/DoDFINRED
  - Twitter: https://www.twitter.com/DoDFINRED
  - Instagram: https://www.instagram.com/DoDFINRED

OFFICE OF FINANCIAL READINESS

ARMY COMMUNITY SERVICE PROGRAMS

5 LOVE LANGUAGES CLASS (FLYER)

CHILD-PARENT-RELATIONSHIP CLASS (FLYER)

EFMP 101 (FLYER)

Have questions about the EFMP program; what it can do for your Family; what conditions warrant an enrollment; or, how will impact your duty assignment? Attend EFMP 101 on Thursday, March 8th at 10am. We know the system. We can help.

EFMP ST. PATRICK'S DAY BINGO (FLYER)

Join friends new and old for our FREE St. Patrick's Day themed Bingo! Enjoy Bingo, sensory play, and take home activities in a safe and accepting environment. March 15, 4:30 -5:30 p.m.

EVERYDAY ENGLISH CLASS (FLYER)

FORT CARSON YARD SALES (FLYER)

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.

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)

"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)

FIRST VISITOR FREE HOME SUPPORT PROGRAM (FLYER)

PEAK VISTA COMMUNITY HEALTH CENTERS

FIRST VISITOR

Knowledge • Resources • Support

First Visitor

Unleash the power of parenting!

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

peakvista.org

(719) 344-6639

(English)

(719) 344-7147

(Spanish)

Program A
Prenatal - 12 mos.

Discover your newborn's amazing abilities.

Program B
12 mos. - 24 mos.

Encourage language development.
Proper nutrition and portion size.

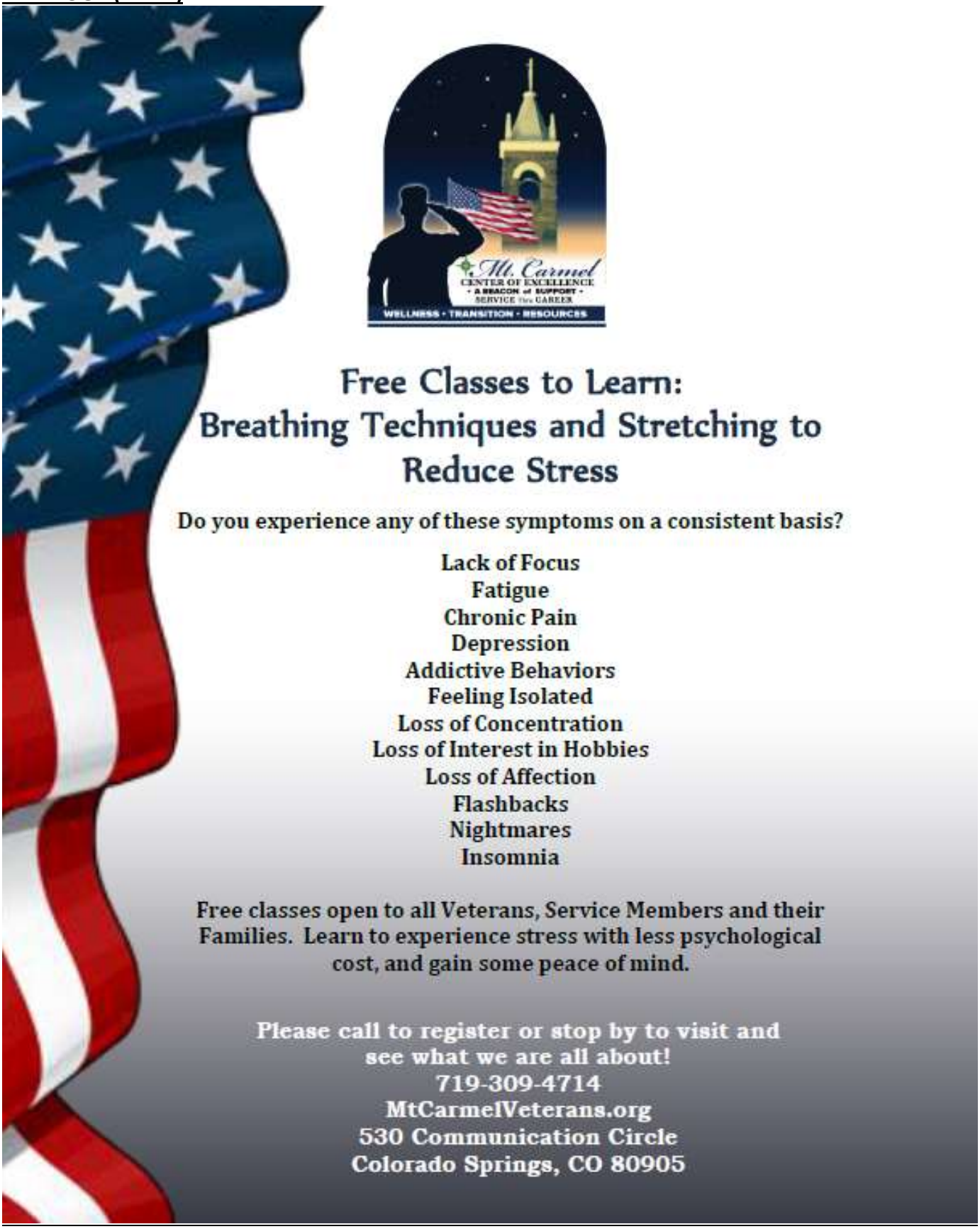
Program C
24 mos. - 36 mos.

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

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

FREE PRESCHOOL AT FORT CARSON CPCD (FLYER)

FREE YOGA (FLYER)



HEALING HORSES FOR THE ARMED FORCES (FLYER)

HORSEMANSHIP FOR VETERANS AND ACTIVE DUTY (FLYER)

PROMISE RANCH THERAPEUTIC RIDING

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

KINGDOM BUILDER'S FAMILY LIFE CENTER (FLYERS)

KINGDOM BUILDER'S
Family Life Center

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

MILE HIGH YOUTH CORPS (FLYERS)

At Mile High Youth Corps (MHYC), we believe supporting the development of youth ages 18-24 has long-term impacts on individuals, communities, and the environment. For 25 ears, we have combined meaningful paid service opportunities in career pathways with education and personal exploration to help young adults discover their strengths and learn to lead. MHYC offers pathways in land conservation in the Southern Front Range. When youth know themselves, feel supported, and can serve others, they will change the world.

We are now hiring for our Land Conservation Leaders program in Colorado Springs! Be part of something big. Big Skies. Big hills. Big trees. Big trails. Big woods. Join us in the Colorado Rockies and build a future as big as dreams allow. Join us in preventing forest fires this summer in Colorado's beautiful outdoors. Help us build 300 new miles of trails this year for Coloradans to enjoy. Go to MileHighYouthCorps.org/Apply-now and find strengths you didn't know you had.

MILE HIGH YOUTH CORPS

Land Conservation Leaders

Position Description:

The Land Conservation Leaders program is a demanding, team-based, leadership experience providing a service opportunity in environmental stewardship. Land Conservation Leaders actively participate in and facilitate weekly educational sessions and team building activities, plan and lead service projects, and build leadership skills as they serve as Assistant Crew Leaders and, ultimately, Co-Crew Leaders.

Members EARN:

- **Biweekly stipend**: Earn a living stipend of $800 every two weeks March 19-August 17 (Assistant Crew Leader) and $980 every two weeks August 20-November 30 (Co-Crew Leader).
- **AmeriCorps Education Award**: Earn a scholarship of $2,907.50 upon successful completion of a 900-hour term of service and $1,583.36 for a 450-hour term of service, totaling $4,490.86 at successful completion of the 8 ½ month term. These awards can be used to pay tuition or pay back qualifying student loans.

Timeline:

This is a temporary position, from March 19, 2018 – November 30, 2018.

- 900 and 450 hour terms of AmeriCorps service in an 8 ½ month commitment, totaling 1,350 hours.
- 40 hour weeks Monday-Friday, hours will vary by season and project.
- Some overnight trips will be required for trainings, conferences, and projects.

Members SERVE:

- **On Land Conservation**: Complete physically demanding conservation projects on public lands throughout the Denver metro area. Project examples are trail construction and maintenance, fire mitigation, fencing, noxious weed removal, wildlife habitat improvements and public land maintenance and clean-up.
- **Mile High Youth Corps**: Provide logistics support including but not limited to, building, vehicle and tool maintenance.

Members RECEIVE:

- **Trainings**: Wilderness First Aid/CPR, Leave No Trace™ outdoor ethics, Pesticide Application, hands-on technical training related to all projects, facilitation and public speaking, peer mentoring, extensive leadership development, and the option to earn S-212 chainsaw equivalency certification (required for Sawyers).
- **Student loan forbearance**: Possible through the National Service Trust on qualifying federal government student loans.
- **Health Insurance**: May be eligible for health insurance the 1st of the month after serving at MHYC for sixty days. Member share of health insurance premium is $80 per month.

Members LEAD:

- **Members** serve as role models and promote volunteerism and community service across the organization.
- **Trainings**: Fully participate in and provide leadership for educational activities, including environmental education, civic engagement, healthy living, and social justice, for up to four hours a week in the field.
- **Projects**: Serve as Assistant Crew Leaders on Summer of Service crews and Co-Crew Leaders on Fall Forestry crews. Crews are comprised of 8-10 18-24 year olds from diverse backgrounds. 1-2 members may be selected to fill an alternative role during Fall Forestry, assisting with trainings, supporting crews in meeting project goals, serving as MHYC ambassadors for site visits with government officials, and stepping into other leadership roles as needed.

Qualifications:

- Between 19-24 years old and eligible to legally serve in the United States. Documentation will be required on the first day.
- Must be eligible for enrollment in AmeriCorps as a US Citizen, National, or Lawful Permanent Resident. Documentation will be required on the first day.
- High School Diploma or equivalency required.
- Must be physically fit and capable of participating in intense physical labor including but not limited to: ability to lift 75 lbs., spend 8-10 hours a day in all weather conditions, hike 7 miles with a day-pack, able to conduct repetitive hand and arm motions, and able to maneuver in tight spaces, including bending and kneeling.
- Able to commit to the entire term of service, March 19-November 30.
- Ability to effectively serve with a diverse group of peers, staff, community members, and project partners.
- Valid driver license with insurable driving record preferred.

Requirements:

- This position may have access to vulnerable populations and therefore must complete a pre-service background check which includes fingerprinting.
- Pre-service drug screen required.
- Must not engage in any prohibited activities listed in the AmeriCorps member service agreement and must adhere to rules and regulations specified in the MHYC handbook.
- Fully comply with agency policies and procedures regarding high quality service, installations, tool management, paperwork completion and data accuracy.
- This position reports to the Crew Supervisor: Conservation.

To Apply:

Visit our website at **www.milehighyouthcorps.org** and click "Apply Now".
Or visit us in person at **417 E. Vermijo Ave, Colorado Springs, CO.**
Questions? Email LizC@mhyc.net or call 719.630-7421 ext. 401.

Mile High Youth Corps is committed to diversity in principle and practice, both in the community at large and within the organization. We are, therefore, committed to having our internal operations and employment practices administered on a non-discriminating basis inclusive of, but not limited to, race, religion, color, socio-economic status, gender, age, sexual orientation, military or veteran status, physical or mental disability, marital status, or national origin.

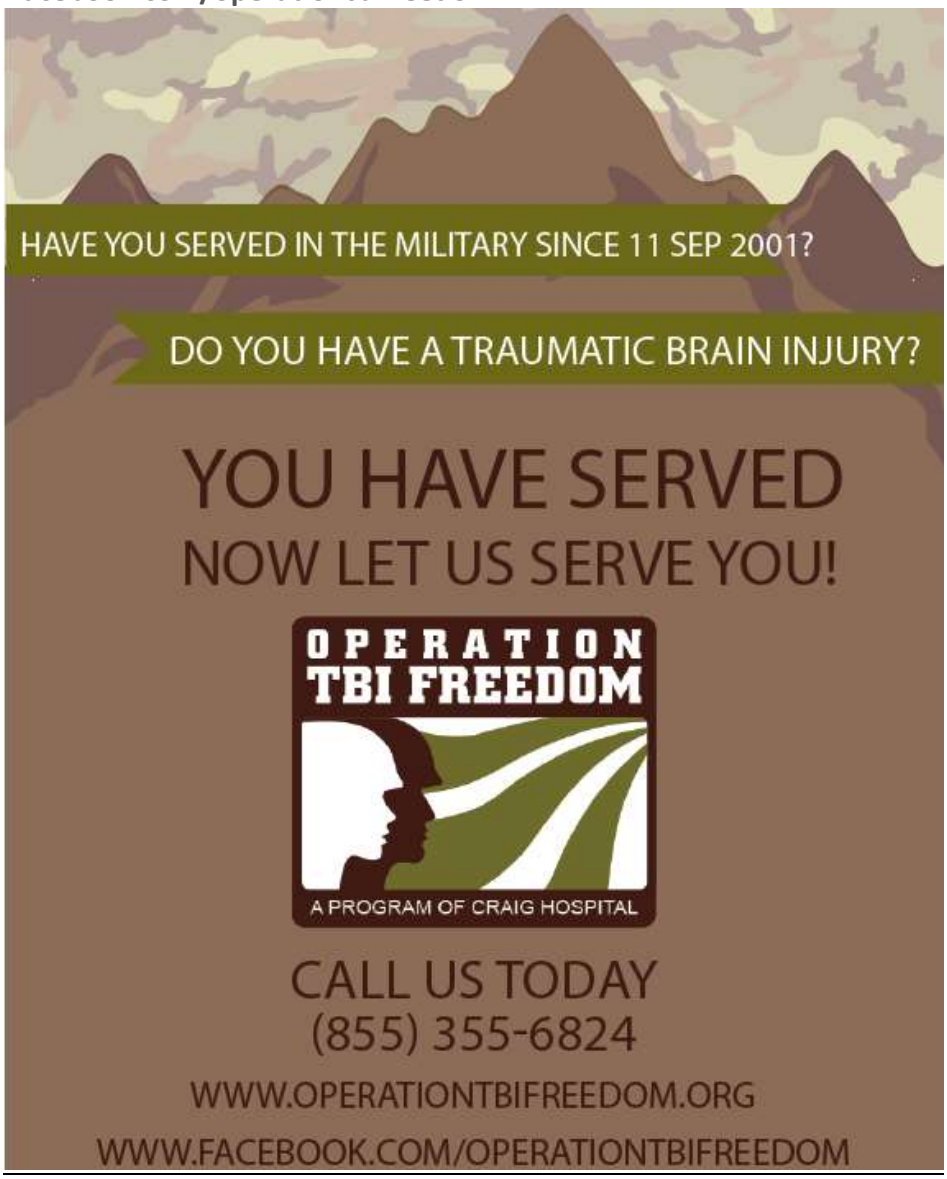
OPERATION TBI FREEDOM (FLYERS)

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**



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.

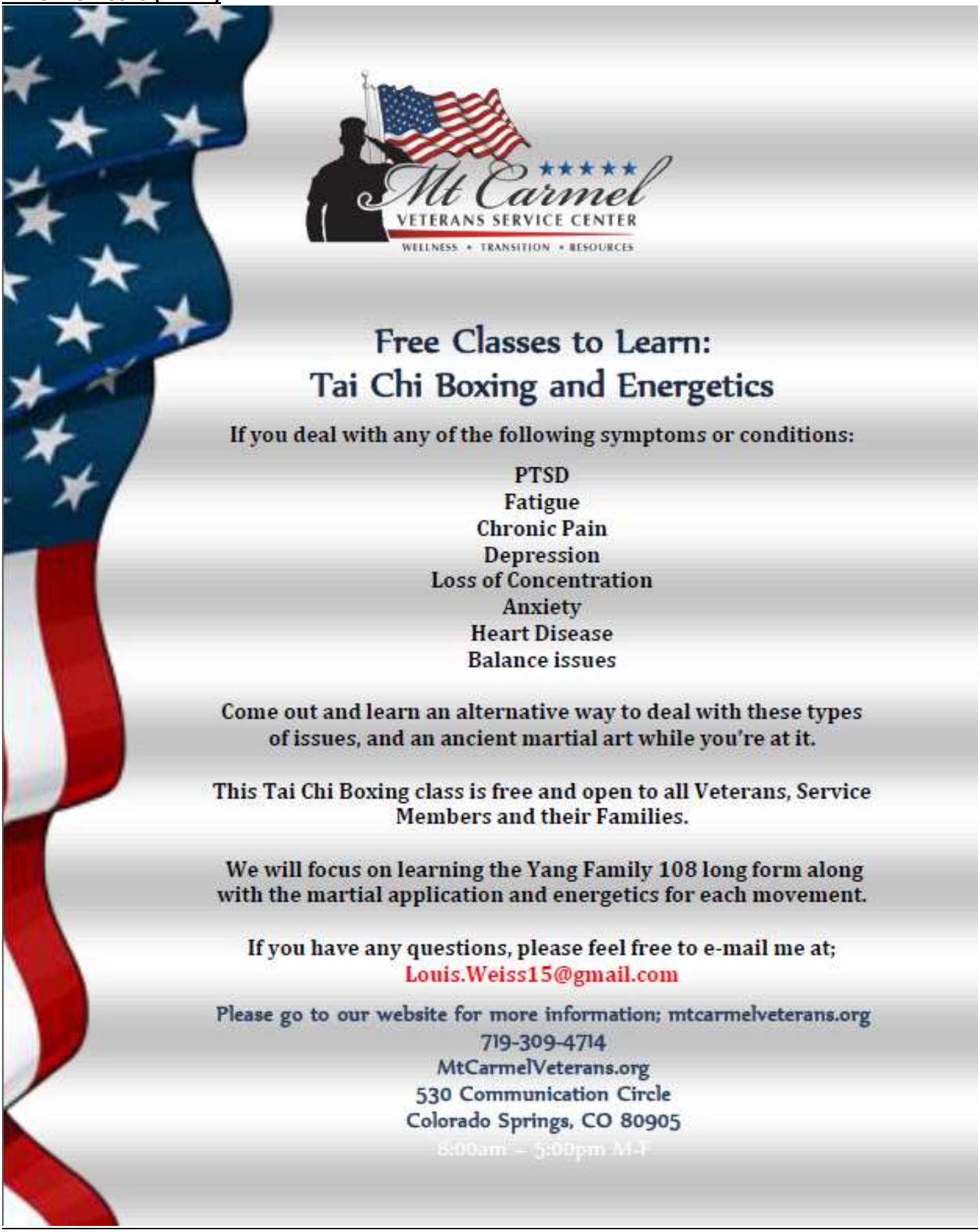
Each Veteran is assigned a Military Support Specialist (MSS) who is a Veteran and Certified Brain Injury Specialist. The MSS begins with a comprehensive analysis of the Veteran's needs and concerns. It is the responsibility of the MSS to use all resources—the Veterans Administration, local governmental 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

TAI CHI CLASSES (FLYER)



TRY SKATING FOR FREE (FLYER)

COME SKATE WITH US!

TRY SKATING FOR FREE!

Come join the fun! Every Saturday at 9:15, we offer a FREE skating session for anyone wanting to try out skating. You can find more information at the website below, and make sure to register beforehand online!

Like us on Facebook! https://www.facebook.com/MonumentIceRinks7kLTS
Follow us on Instagram! https://www.instagram.com/MonumentIceRink7kLTS/

www.monumenticerinks.com

US FIGURE SKATING · ICE RINKS · LEARN TO SKATE USA · USA HOCKEY

WOMEN'S RESOURCE AGENCY OPENS FOUNTAIN LOCATION (FLYER)

Women's Resource Agency

TEACH • EMPOWER • ADVOCATE

We're opening a location in Fountain, CO!

Starting **January 18, 2018**, we will be available for assistance with...

- Resources
- Job Search
- Resumes
- Interviewing
- Support

There are also **six computers** available for anyone to use.

Call our main office at **(719) 471-3170** to make an appointment!

Women's Resource Agency — Fountain

Peak Vista Building, Pikes Peak Workforce Center Office

350 Lyckman Dr, Fountain, CO, 80817

Open Tuesdays and Thursdays from 10 AM to 4 PM

Helping women of all ages to attain and maintain self-sufficiency since 1972.

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