

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

PLAYGROUP

COME AND JOIN US!

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.



ALWAYS AT NO COST!

(719) 526-0461

CARSON.ARMYMWR.COM/ACS



23 October 2024

No Fort Carson/ Army Endorsement Implied

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.

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Give us a call at (719) 526-4590
Visit our webpage at: carson.armymwr.com/ACS

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Community Events Bulletin

Transitioning from active service within the next two years?

Did you know that it is a congressionally mandated requirement for you to begin TAP not later than 365 days prior to your anticipated transition? Transitioning service members can begin TAP 18 months prior to ETS or 24 months prior to retirement. Get started now by visiting www.armytap.army.mil to register and complete the self-assessment. Once complete, stop by Fort Carson TAP (building 1218) or call 719-526-1001/1002, Monday-Friday, 7:30 a.m. to 4 p.m. to get scheduled for an initial counseling appointment.

Legal Assistance phone number change:

The new phone numbers for Fort Carson Legal Assistance office are 719-524-4955 and 719-526-4788.

Facility Manager Army Energy Audit checklist

The Directorate of Public Works (DPW) is requesting facility managers, or other individuals responsible for buildings, working in garrison and unit buildings complete an Energy Audit inspection checklist for their building(s) as part of Army Energy Audit Level 1 requirements and the October Energy Action Month observance. The deadline for checklist completion and submission is Oct. 31. [Click here](#) for the audit checklist.

For more information about completing the Army Energy Audit Level 1 checklist, email jacqueline.l.james7.civ@army.mil.

DES Community Appreciation Day

The Directorate of Emergency Services holds a community appreciation day from 2-6 p.m. Nov. 1 on the west side of Iron Horse Park. The event will spotlight Fort Carson's fire department, police department, conservation law, gate security, physical security and emergency dispatch. Special guests include members of the Colorado Springs and Fountain police departments, El Paso County Sheriff's Office and Colorado State Patrol. The event will include a military working dogs demonstration, Fort Carson Special Reaction Team (SRT) display and other community resources.

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Community Events Bulletin

Fort Carson on new My Army Post App-

Download free app today on the Apple Store and Google Play for facility hours, phone numbers, locations with driving directions, emergency alerts and more. Once downloaded, select Fort Carson as your installation and you are ready to start taking advantage of the new app. NOTE: Fort Carson is no longer updating the Digital Garrison App.

MWR holds holiday tree and card decorating contest

Looking for a chance to win unit funds or a directorate-wide competition? Sign up to decorate a holiday tree or holiday card at Holiday Fest.

Sponsoring Unit: All units are invited to participate in a holiday tree decorating competition which will be displayed at Holiday Fest. If your unit is interested, submit a POC to Alissa Moore, Fort Carson Special Events, via email at alissa.a.moore.naf@army.mil by Nov. 1. Each display will consist of one 10-foot holiday tree, provided by DFMWR. Participating units must provide the necessary labor and materials to decorate the display. Trees must indicate the sponsoring unit on the display. Participating units are responsible for the maintenance and/or repair of their displays and will re-erect trees if blown down by wind or other causes. Participating units are responsible for ensuring their tree is anchored down. Once placement has been directed by DFMWR, trees must be placed by 5 p.m. Dec. 4 for judging by garrison leadership. First place will receive \$300 of unit funds, second place \$200 and third place \$100. Holiday tree winners will be announced 06 December 2024 at 1700.

Sponsoring Agency: Holiday Card Lane will be observed Dec. 6 through Jan. 6. The purpose of Holiday Card Lane is to encourage garrison-wide participation in a community initiative. All garrison-wide agencies and organizations are invited to participate in Holiday Card Lane which will be displayed at Holiday Fest. If your agency is interested, submit a POC to Alissa Moore, Fort Carson Special Events, via email at alissa.a.moore.naf@army.mil by Nov. 1. Each display will consist of one sheet of 4x4 plywood, provided by DFMWR. Sponsoring staff offices/agencies/organizations must provide necessary labor and materials for the display. Boards used for the Holiday Card Lane must indicate the sponsoring staff office/agency/organization on the display. Card sponsors are responsible for the maintenance and/or repair of their displays and will re-erect the cards when blown down by wind or other causes. Card sponsors are responsible for ensuring their card is on a stable stand or anchored down. Once placement has been directed by DFMWR, cards must be placed by 5 p.m. Dec. 5. Voting period will take place Dec. 6-12 on the Fort Carson MWR Facebook page. Holiday Card Lane winner will be announced Dec. 13 at 9 a.m. Cards must be removed by the participating agency/organization by 5 p.m. Jan. 6.

Army Community Service Upcoming Classes

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DATE	CLASS
October 23rd	IDES and SRU Soldiers: SFAC Transition and Medical Ret
	Disabling Sickness or Condition: Financial Touchpoint/M
	PCS 101
	Homebuyers Workshop (Online - Attend from any location)
	Relationship Preventative Maintenance for Couples & Si
October 24th	Center on Fathering
	CARE Team Training
	Coffee Conversations
	Toddler Time
October 25th	Play Group
October 26th	Trick or Trot
October 28th	WIC Walk-in's
October 29th	Center on Fathering
	Infant Massage & Baby Nurturing
	Navigating USAJOBS
	Child Support Walk-in's
October 30th	IDES and SRU Soldiers: SFAC Transition and Medical Ret
	Disabling Sickness or Condition: Financial Touchpoint/Mi
	Blended Family Parenting
	PCS 101
	New Volunteer Orientation, VMIS and OPOC Training

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

Army Community Service Upcoming Classes

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DATE	CLASS
October 31st	Center on Fathering
	Federal Resume 101
	Toddler Time
	EFMP Trick or Treat
November 1st	Play Group
November 2nd	Cosmic Bowling
November 4th	Chatter & Scatter with Exceptional Friends
	WIC Walk-in's
November 5th	Center on Fathering
	Boot Camp For New Dads
	Financial Strength Budgeting 101
	Infant Massage & Baby Nurturing
	Child Support Walk-in's
	The Color Monster An Interactive Event at the ACS Main
November 6th	Resume Essentials
	IDES and SRU Soldiers: SFAC Transition and Medical Retir
	Disabling Sickness or Condition: Financial Touchpoint/Mil
	PCS 101
November 7th	Center on Fathering
	Toddler Time
	Thrift Savings Plan (TSP) Class
	LinkedIn Fundamentals
	EFMP Sensory Movie Night

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

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QUICK ASSIST PROGRAM

The QAP enables company commanders and first sergeants to help their Soldiers address short-term financial hardships.

"It's about taking care of Soldiers and definitely putting their priorities first. We want them to take care of all their needs so they can focus on the mission at hand."

Capt. Smith
Company Commander

Go to aerhq.org/assistance or scan the QR code for more information about this program.



QAP PROGRAM OVERVIEW

QAP CAN HELP WITH:

- ★ food
- ★ housing
- ★ utilities
- ★ auto expenses
- ★ medical expenses
- ★ PCS expenses when there is a delay in pay

WHERE TO BEGIN:

Qualifying Soldiers on active duty status and regular Army can go directly to their local AER offices or ask their chains of command for help

LEVELS OF ASSISTANCE:

Requested Amount: **Who to Contact:**

Quick Assist Program up to \$2,000 Company commander or first sergeant

up to \$4,000	AER Officers
up to \$5,000	Garrison Commander or Command Sgt. Maj.
over \$5,000	AER Headquarters

AERHQ.org ★ 866-878-6378
2530 Crystal Dr., Suite 13161
Arlington, VA 22202



Click the graphic to connect with Army Emergency Relief

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Financial Readiness Program



FY '25 Class Schedule

<u>Financial Strength Budgeting 101</u> 1st Tuesday 9:30am — 11:00am	October 1	April 1
	November 5	May 6
	December 3	June 3
	January 7	July 1
	February 4	August 5
	March 4	September 2

<u>Understanding Your Credit Score</u> 2nd Wednesday 10:00am — 11:00am	October 9	April 9
	November 13	May 14
	December 11	June 11
	January 8	July 9
	February 12	August 13
	March 12	September 10

<u>Understanding Your Military Retirement Thrift Savings Plan</u> 1st Thursday 1:00pm — 2:00pm	October 3	April 3
	November 7	May 1
	December 5	June 5
	January 2	July 3
	February 6	August 7
	March 6	September

<u>Financial Milestone/Touchpoint Disabling Sickness or Condition</u> Every Wednesday 11:00am	This class focuses on the financial implications of dealing with a disabling sickness or condition - and helps you manage your finances more efficiently as you work through it.
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To schedule a Financial Milestone/Touchpoint class as a portable class to your unit footprint or as a 1-on-1, please call (719) 524-4601.



Click the graphic to connect with our Financial Readiness Program

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The Blended Retirement System

Continuation Pay



Service members covered under the Blended Retirement System (BRS) may be eligible to receive a one-time, midcareer bonus payment in exchange for an agreement to perform additional obligated service. This direct cash payout is in addition to any other career field-specific incentives or retention bonuses. It is calculated from recipients' Pay Entry Base Date. Most service members under BRS will be eligible for continuation pay, but each service determines the timing and amount. Those who receive continuation pay but do not fulfill the service agreement may have to return some of that pay.

Key Considerations



Eligibility. This one-time payout is available to active-duty, National Guard and reserve service members covered under the BRS with between seven and 12 years of service who are able to enter into an agreement to perform additional obligated service.



Amount. Active-duty service members may be eligible for a continuation pay multiplier of 2.5 to 13 times their monthly basic pay. Members of the National Guard or reserves in drilling status may be eligible to receive a multiplier of 0.5 to 6 times their monthly basic pay (as if serving on active duty). [Continuation pay rates](#) are updated annually.



Pay rates. Pay-rate multipliers may be based on service-specific retention needs, specialty skills and hard-to-fill positions, similar to career field incentives and reenlistment bonuses. Each service will determine and publish its own guidance on continuation pay.







Investing. Service members may invest continuation pay, along with other specialty pays, bonuses and incentives, into their [Thrift Savings Plan](#) or other investment account, up to the [annual maximum allowed by the IRS](#).

Resources

- **Learn** more about the BRS at <http://militarypay.defense.gov/BlendedRetirement>.
- **Project** your retirement benefits using the Blended Retirement System calculator at <https://militarypay.defense.gov/Calculators/Blended-Retirement-System-Standalone-Calculator/>.
- **Navigate** the details by making a free appointment with a personal financial manager or counselor at your installation's Military and Family Support Center, or search <https://installations.militaryonesource.mil> or <https://finred.usalearning.gov/pfcMap>.
- **Explore** FINRED's financial information and resources at <https://finred.usalearning.gov>.



Download the DoD financial literacy app, **SenSe**, for finances at your fingertips. Find it in the [Google Play](#) and [iOS](#) app stores.

As you reach new milestones and complete your [service's financial readiness training](#), look to the [Office of Financial Readiness](#) and your service for additional trusted resources. You can also follow @DoDFINRED on    

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FINANCIAL TIPS FOR THE HOLIDAYS

Consider making homemade gifts or giving personalized items which can be more meaningful yet cost effective.

Make a list. Write down all the people you want to buy gifts for and any other holiday expenses to help you stay organized and focused.

Participate in free or low cost holiday events, caroling or light displays.

Shop early to take advantage of sales and avoid last-minute impulse buying.

Set a maximum dollar amount when exchanging gifts with family

Don't feel commercial pressure to over-gift your children. One idea may be a maximum of four gifts per child with "something they want, something they need, something to wear, something to read"

Budget for the holidays by making a spend plan and building it into your monthly savings

Organize a Secret Santa for large families or groups to reduce the number of gifts you need to buy. Put a dollar limit on gift exchanges.

Consider potluck-style holiday meals and gatherings to share the cost.

If traveling, book flights and accommodations early and consider off-peak travel times for the best prices.

Save on holiday lighting by using LED lights and setting timers to reduce electricity usage on your utility bill.

Look for gifts and decorations at thrift stores, consignment shops and online marketplaces

After the holiday's, start saving for next year's expenses. Consider setting up a dedicated savings account for holiday spending.

Purchase supply items such as gift wrap, cards, ribbon, etc. when it is deeply discounted after the holidays to stock up for the next year.

Spend time volunteering with family and friends for a meaningful way to give back and reduce the focus on material gifts.



Reach out to a free Financial Readiness Counselor for more money tips

Earn extra spending money through a seasonal job

Plan your holiday meals in advance and look for sales on ingredients.

Use price comparison apps or tools to find the best deals. The advertisement isn't always the lowest price.

Pay with cash instead of credit cards to avoid accumulating debt and help you stay within your budget.



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FORT CARSON EMPLOYMENT READINESS PROGRAM

COFFEE CONVERSATIONS



October 24, 2024

Hotel Polaris 9:30-10:30am

Vanguard Skin Specialists 1:30-2:30pm

Network with representatives from the above companies to learn about job opportunities, hiring process, pay, benefits, and more!



Army Community Service (ACS)
6303 Wetzel Avenue, Bldg 1526, Birch Room
Register: carson.armymwr.com/calendar
or call ERP at 719-526-0452



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EFMP

TRICK OR TREAT

October 31, 3-5 p.m.
ACS Annex Bldg. 7492

Join ACS EFMP for a 'Boo-tacular' evening of trick-or-treating, crafts, and photos!

Costumes are encouraged, but not required.

Our Sensory friendly decorations will be Monster's Inc. themed.
This FREE event is for Families enrolled in the
Exceptional Family Member Program.

Parents must be present at the event.

ACS EFMP: (719) 526-0400



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FORT CARSON ARMY COMMUNITY SERVICE PRESENTS

*Are you and your child(ren) geographically separated from your Soldier?
Are you a part of 'Waiting Families'?*

Join Us!

THE COLOR MONSTER

an interactive event!

ACS Main Center
6303 Wetzel Ave., Bldg. 1526
Fort Carson, CO

Open to all Families

Nov. 5, 2024
5:30PM - 7PM



Are you a part of the Waiting Families Program? If your Soldier is serving on an unaccompanied PCS assignment, TDY, deployment or rotation, join your ACS Relocation Readiness team for a fun interactive event on November 5th, 2024. Please see the following link for more information, time slots, and registration. <https://carson.armymwr.com/calendar/event/color-monster-interactive-event-acs-main->

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FORT CARSON EMPLOYMENT READINESS PROGRAM

July-December 2024 Class Schedule

Resume Essentials

02 Jul - 1:30-2:30pm
07 Aug - 9:30-10:30am
04 Sep - 1:30-2:30pm
02 Oct - 9:30-10:30am
06 Nov - 1:30-2:30pm
04 Dec - 9:30-10:30am

LinkedIn Fundamentals & Professional Headshots

03 Jul - 1:30-2:30pm
08 Aug - 9:30-10:30am
05 Sep - 1:30-2:30pm
03 Oct - 9:30-10:30am
07 Nov - 1:30-2:30pm
05 Dec - 9:30-10:30am

Federal Employment Tools

17 Jul - 1:30-3:00pm
14 Aug - 9:30-11:00am
18 Sep - 1:30-3:00pm
16 Oct - 9:30-11:00am
13 Nov - 1:30-3:00pm
11 Dec - 9:30-11:00am

Interview Skills & Techniques

18 Jul - 1:30-2:30pm
15 Aug - 9:30-10:30am
19 Sep - 1:30-2:30pm
17 Oct - 9:30-10:30am
14 Nov - 1:30-2:30pm
12 Dec - 9:30-10:30am

Navigating USAJOBS

23 Jul - 1:30-2:30pm
27 Aug - 9:30-10:30am
24 Sep - 1:30-2:30pm
29 Oct - 9:30-10:30am
19 Nov - 1:30-2:30pm
* Dec - NO CLASS

Federal Resume 101

25 Jul - 1:30-2:30pm
29 Aug - 9:30-10:30am
26 Sep - 1:30-2:30pm
31 Oct - 9:30-10:30am
21 Nov - 1:30-2:30pm
* Dec - NO CLASS

All ERP classes are offered in a blended format.
You may attend in-person or virtually through the Microsoft Teams platform.
Register at www.carson.armymwr.com/calendar or call 719.526.0452
* One-on-one appointments available in lieu of December classes.



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WIC IS NOW AT ARMY COMMUNITY SERVICE



El Paso County Public Health's Women, Infants and Children (WIC) program is now at Fort Carson ACS on Mondays from 12:30 to 3:30 p.m.! WIC provides supplemental food assistance, information on healthy eating, breastfeeding support and community referrals for qualified caregivers, babies and children. Stop by to learn more!

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Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

Army Community Service

Portable Class Delivery



**Classes on *your time*, in a location of *your choice*,
customized to *your needs*.**

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)

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NEED TO TALK?

Military & Family Life Counseling

Military & Family Life Counselors are here to provide help with the stress of military life at no cost.

Call an MFLC at (719) 526-4590

www.carson.army.mil/acs



Did you know MFLCs work with families, individuals, couples, and children?

Visit the MFLC webpage [HERE!](#)

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.

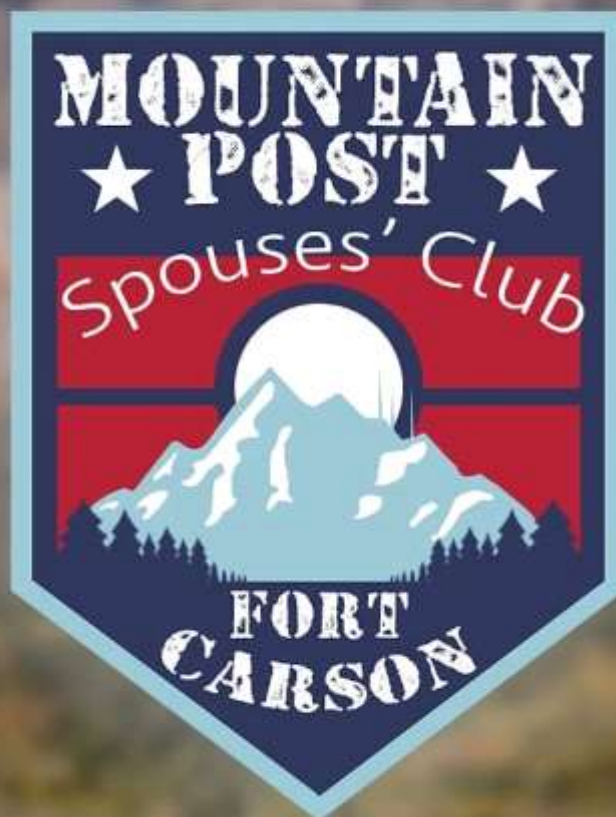
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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families. Membership is open to all spouses of the Armed Forces, both active and retired.

To learn more, visit: <http://www.mpssc.us/>
or call (719) 526-5966



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Food Pantry • Pregnancy Center • Life Skills • Counseling

6436 US Hwy 85, Suite U • Fountain • CO • 80817

(behind Wendy's & Hangry Ohana- [click for map](#))

719-387-9919

[Home](#) [Get Food](#) [Event Calendar](#) [What We Do](#) [Partners](#) [Get Involved](#) [Downloads](#) [Donate](#) [About Us](#)

If you need food, your in the right place.

We have 3 food distribution programs. You may qualify for one or more.

Food Pantry: Fresh food meat, eggs, breads, pastries, veggies, fruits, milk, etc. *

- **Schedule:** Every Thursday 2:00pm - 6:30pm
- **Service Area:** Zip codes served: 80817, 80911, 80925, 80902, 80913, 80906 south of 'B' St.
- **Qualifications:** Resident or Homeless residing in the Service Area with a need for food.
- **How to register:** [Click here to register.](#)

Commodities: Staples rice, beans, canned/frozen meat, canned food, dried fruit, etc. *

- **Schedule:** 1st & 3rd Fridays of month from 10:00am - 2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** Low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

Senior Boxes: Shelf stable items dried fruit, canned food, canned juices, cheese, etc. *

- **Schedule:** 1st & 3rd Fridays of month from 10:00am-2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** 60+ and low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

* Food availability may change from week to week based on our suppliers

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Door Dash has teamed up with Pikes Peak United Way 2-1-1 and [Care and Share Food Bank for Southern Colorado](#) to bring FREE food delivery to Colorado Springs! 🍌 🍷 🥤

Call Pikes Peak United Way 2-1-1 to see if you're within the qualifying area and schedule your free food delivery!

Food Resources



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Food Resources



FFC8 FOOD PANTRY

Through a combined effort with Care and Share, the district is able to provide families in need with fresh produce, canned goods, and other items. All FFC8 students, staff and families are welcome!

WHERE AND WHEN

Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year. All welcome! Daily from 10:30am - 1:00pm.

To learn more go to CCharitiesCC.org

Food Resources

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PANTRY@CCHARITIESCC.ORG

NEED FOOD ASSISTANCE?

Register for the Marketplace



Catholic
Charities
of Central Colorado

CLIENTS CAN SCHEDULE AN APPOINTMENT AND SHOP JUST AS THEY WOULD AT A STANDARD GROCERY STORE.

The Marian House Marketplace pantry is currently open for appointments Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email pantry@ccharitiescc.org to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about their services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

Check out their Facebook page at:
Catholic Charities of Central Colorado

Food Resources

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NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

Chaplain Hotline

(719) 291-9619

**A Chaplain is available to you
24 hours a day 7 days a week**

**Chaplains have complete confidentiality
and are here to assist you**



U.S. ARMY CHAPLAIN CORPS
CARING FOR THE SOUL OF THE ARMY



Facebook.com/4IDCarsonRSO

Religious News and Services

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FORT CARSON RELIGIOUS SERVICES

SUNDAY

Agape (Contemporary)	Abrams Elementary School	1000
Catholic Mass	Provider Chapel	0900 & 1100
General Protestant	Family Life Center	0900
Gospel	Prussman Chapel	1000
Samoan	Veterans Chapel	1100

MONDAY-FRIDAY

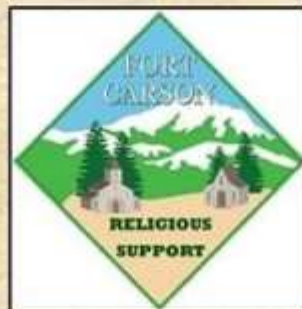
Daily Catholic Mass	Provider Chapel	1145
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WEDNESDAY

Non-Denominational	Healer Chapel (inside Evans hospital)	1215
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FRIDAY

Islamic Prayers	Veterans Chapel	1315
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QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.

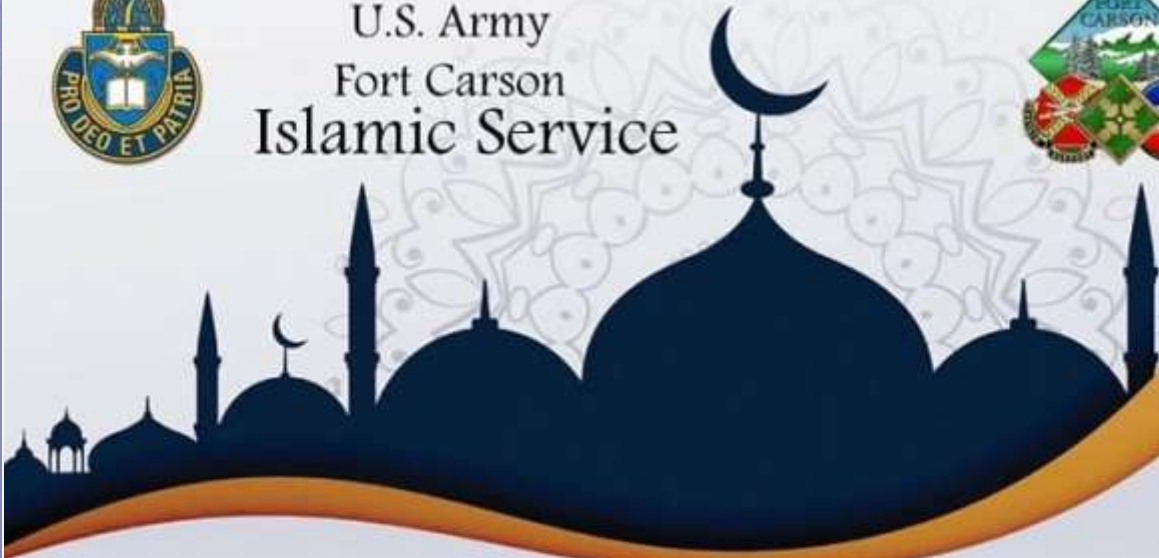
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U.S. Army
Fort Carson
Islamic Service



Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: Veterans Chapel

6917 Titus Blvd, Fort Carson, CO 80913 (Building 2359)

Facebook: Fort Carson Muslims

For any question:

Chaplain (CPT) Porter

(304)840-4200

joshua.l.porter20.mil@army.mil

Distinctive Religious Group Leader (DRGL)

SPC Khodeir Mohamed

(951)497-8727

mohamed.h.khodeir.mil@army.mil

Religious News and Services

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scholarships

Scholarship News and Information

[Mrs. Patty Shinseki Spouse Scholarship Program \(AER\)](#)

[MG James Ursano Scholarship Program \(AER-For military kids\)](#)

[My Career Advancement Account Scholarship \(MyCAA\)](#)

[Marine Gunnery Sergeant John D. Fry Scholarship](#)

[Nationwide Surviving Spouse and Dependent Children Scholarship Program](#)

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

[**CLICK HERE FOR MORE!**](#)



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BOSS

**Better Opportunities
for Single Soldiers**



The Better Opportunities for Single Soldiers (BOSS) program represents the voice of the single Soldier. If you're a single Soldier, the BOSS triad advocates for you by advancing quality of life issues on the installation and in the barracks to senior leaders on post and throughout the Army.

"Let Your Voice Be Heard"



**Meet at
The Hub
or call (719)
524-2677
to get
involved.**

Better Opportunities For Single Soldiers

Better Opportunities For Single Soldiers

NOVEMBER 2024

BOSS Theme Event	Quality of Life	Life Skills	Recreation & Leisure
Sunday	Monday	Tuesday	Wednesday
10	11 Holiday	12	13 BOSS Senior Council Meeting @ Garrison HQ 1500
17 Volunteer @ CO Wolf & Wildlife Center 0800-1700	18	19 BOSS Rep Training @ BOSS Lounge 1300-1400	20 BOSS Bowling Night @ Bowling Center 1800-2000
24 Overdrive Raceway 1130-UTC	25	26	27
		28 BOSS Thanksgiving @ Elkhorn 1300-1600	29
		30	
			31 Thanksgiving Movie Marathon @ BOSS Lounge 1300-2000 Dungeons & Dragons @ BOSS Lounge 1730-2000
			23 Demon Slayer @ BOSS Lounge 1300-2000
		21 Study Board @ BOSS Lounge 1600-1730 Dungeons & Dragons @ BOSS Lounge @ 1800 Archery Class @ Archery School of the Rockies 1700-1900	22
		14 Study Board @ BOSS Lounge 1600 -- 1730 Magic: The Gathering @ BOSS Lounge @ 1800	15 No DUI Program for MEDDAC Ball @ DoubleTree 2000-2400
			16

Keep up to date with local events and deals with the



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BOSS Lounge
6391 Chiles Ave, Bldg. 1511
Fort Carson, CO 80913
(719) 524-5202
Tues -- Fri 1000-1800; Sat 1300-2000

Boss Social Media



Sign Up Events



Join BOSS on Discord

Questions?
fortcarsonboss1@gmail.com



BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

Keep up to date with local events and deals with the



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Better Opportunities For Single Soldiers

BOSS
BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS

Board Preparation Class

Every Thursday at the
BOSS Lounge
6391 Chiles Ave, Bldg. 1511
From 4:00 – 5:30 pm

Reservation is required by COB
Wednesday prior to the class.

Best Practices

Study Materials

Mock Boards

For more information
call 719-524-5202

Keep up to date with local events and deals with the



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Better Opportunities For Single Soldiers

BOWLING NIGHTS
WITH BOSS

U.S. ARMY
MWR
SOLDIERS • FAMILIES • RETIRES • CIVILIANS

November 6 & 20 | 6 - 8 p.m. | Thunder Alley Bowling Center
Sign up by November 5 and November 19.

visit carson.armymwr.com

Keep up to date with local events and deals with the



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On Fort Carson, you can reach out to the Substance Use Disorder Clinical Care (SUDCC) team for help. 719 – 526 – 7663 / 4585

Contact ASAP at 719 – 526 – 2727 for Education and Prevention support



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

[Employee Assistance Program](#)

[Prevention](#)

[Risk Reduction](#)

[Suicide Prevention](#)

[Drug Testing / Collecting](#)

Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at usarmy.carson.imcom-central.mbx.dhr-asap@army.mil

Keep up to date with local events and deals with the



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Fort Carson Army Substance Abuse Program



ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

ASAP Location - New Building
Bldg. 1218 (Second Floor)
1625 Ellis Street
Fort Carson, CO 80913

These ASAP Specialists are assigned to work with your unit:

1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil
2SBCT NORTHCOM SMDC	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil
3 rd ABCT 4 CAB	POC:	Albert Bush 719-526-9191	Albert.j.bush4.civ@army.mil
627 HC MEDDAC/DENTAC/VETCOM 71 ORD 759 MP 4 EN Battalion 4SB	POC:	Susanne Watts 719-526-9283	Susanne.m.watts2.civ@army.mil
10 SFG CID WCAP USAG All others	POC:	Anthony McCollin (Prevention Branch Chief) 719-526-5108	Anthony.j.mccollin.civ@army.mil
Suicide Prevention Program		Cheril Paxton 719-526-0401	Cheril.paxton.civ@army.mil
Program Manager		William Lana 719-526-2501	William.w.lana.civ@army.mil

1. ASAP and SUDCC (Substance Use Disorder Clinical Care.) What is the difference?

On 1 OCT 2016, the Army's substance abuse counselors were reassigned from IMCOM to MEDCOM.

All substance use clinical counseling and treatment now belong to the Substance Use Disorder Clinical Care which falls under the Division of Behavioral Health. In many cases, these SUDCC counselors are collocated with their Embedded Behavioral Health teams. They are located in Bldg. 1830. Reach them by phone at (719) 526-7155.

2. What does the ASAP have to assist units on Fort Carson?

- Unit Risk Inventories (URI) – an assessment of high-risk behaviors.
- Training/Education (General prevention education, targeted training, Colorado laws, etc.)
- DUI Simulator goggles.
- Breathalyzers for check out and unit use.
- Consultations with command teams.
- Alcohol and Drug Abuse Prevention Training (ADAPT). A 4.5 hour version is available for higher risk populations.
- National Campaigns.
- Drug paraphernalia identification – great idea for an LPD.
- Invite us to your Safety Stand downs, Family Days and Organization Days.

Keep up to date with local events and deals with the



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ASAP Location – New Building

Location: Bldg. 1218, second floor. Street Address is 1625 Ellis Street, Fort Carson CO, 80913. Building 1218 is located at the Southeast corner of Wetzel Ave and Ellis St, just South of the Garrison Headquarters.

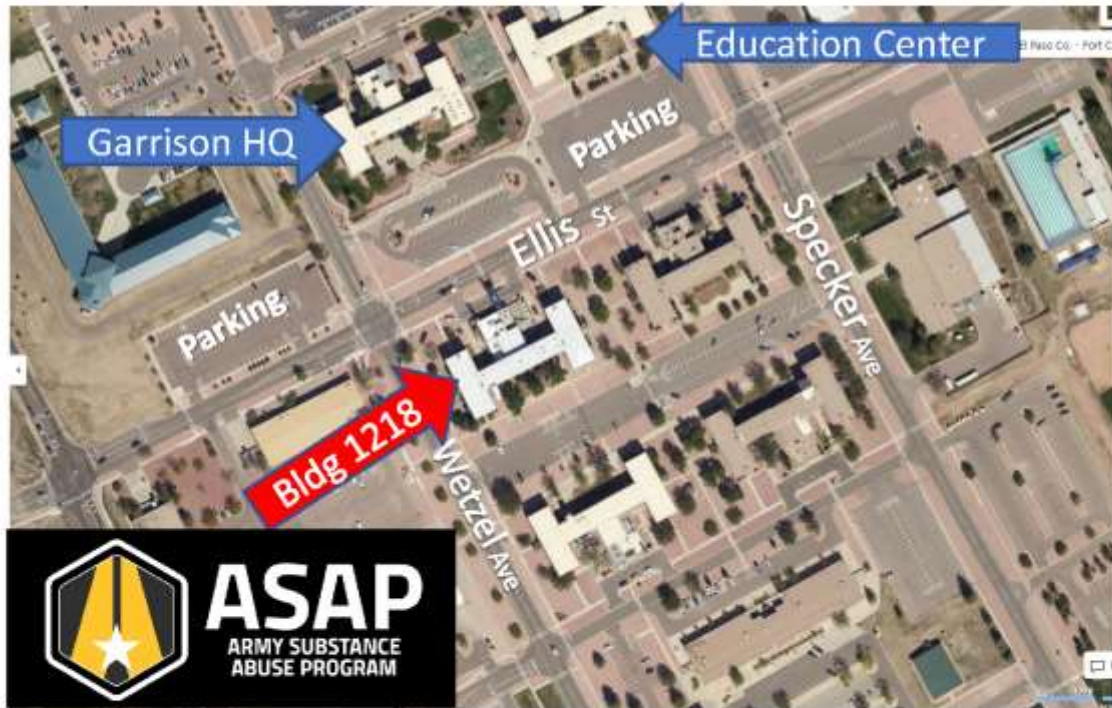
PARKING may be a challenge – plan ahead.

Beginning Monday, 27 March, ALL UA Specimen turn in will happen in Bldg. 1218.

Phone numbers will remain the same:

DTCP: 719-526-8407

ASAP Phone tree: 719-526-2727 (ASAP)



This does NOT affect SUDCC (where Soldiers go for screening and treatment). SUDCC will remain in Bldg. 1830, Mountain Post Behavioral Health Clinic.

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Fort Carson Army Substance Abuse Program

ASAP Training opportunities – Contact the ASAP Specialist for your unit listed below to schedule

Unit Prevention Leader (UPL) Course This class will prepare SGTs and up to perform UPL duties.	3 Day course
Alcohol and Drug Abuse Prevention Training (ADAPT) This mandatory class is for Soldiers identified with a positive UA or alcohol related incident	12 hour course
Commander's Risk Reduction Toolkit (CRRT) training An overview of the features of this web-based high risk behavior reporting tool	30 minute course
Unit Risk Inventories (URI) A 52 question, anonymous survey. Gives leaders a snapshot of Soldier perceptions	30 minute survey
Applied Suicide Intervention Skills Training (ASIST) Class for gatekeepers in identifying and reacting to suicidal thoughts and behaviors in others	2 day class
DUI Prevention training Standard briefing about the consequences and ways to avoid a DUI charge	Flexible
Responsible alcohol use training Basic knowledge of drinking behaviors	Flexible
Substance specific training Can be tailored to address a specific substance issue	Flexible
Mock Barracks Drug ID room Class for leaders to identify drug paraphernalia and overview of rules of evidence	Flexible

Anthony McCollin Prev. Branch Chief 719-526-5108	Vacant Call Mr. McCollin until we hire someone	Norma Rivera 719-526-2710	Albert Bush 719-526-2422	Susanne Watts 719-526-9283
10 SFG(A)	1SBCT	2SBCT	3ABCT	4DSB
CID	4SFAB	NORTHCOM	4CAB	743 MI Bn
USAG	HHBn	SMDC		759 MP Bn
WCAP	DIVARTY			71 EOD
				4 EN
				PHC
				627 FH
				EACH/SRU/DENTA C

Keep up to date with local events and deals with the



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The 988 Suicide & Crisis Lifeline is available for your support!



If you or someone you know needs support now, call or text 988
or chat 988lifeline.org

[CLICK HERE TO CHAT WITH 988](https://988lifeline.org)

Suicide Prevention

Keep up to date with local events and deals with the



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Pikes Peak Suicide Prevention



Suicide Support

Suicide – a leading cause of death in the state of Colorado – a stark reality that we can work together to change. Pikes Peak Suicide Prevention Partnership has served the Pikes Peak Region since 1993, providing free suicide prevention resources and support services to increase awareness, provide education, and connect individuals and organizations to needed resources. Suicide can be prevented by increasing protective factors and decreasing risk factors. One really important protective factor we can all work on each day is creating connections with one another. Each month, PPSPP puts out a Connections Calendar full of community events where connections can be made, or strengthened, through spending time together doing something fun!

[CHECK OUT THE CONNECTIONS CALENDER HERE](#)

Suicide Prevention

Keep up to date with local events and deals with the



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Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.

Resources

[Drug-Free Workplace Brochure](#)
[Employee Assistance Program Brochure](#)
[Suicide Prevention and Intervention Protocols Brochure](#)
[Working Remotely](#)

For more information

Call (719) 526-2196 (*Please leave a voicemail for a return call if necessary*)
or email usarmy.carson.imcomcentral.mbx.dhr-asap@army.mil

Keep up to date with local events and deals with the



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Safe Exchange Location



Child Custody Exchange
Online Purchase Exchange

The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

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



Keep up to date with local events and deals with the



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Department of Emergency Services



Child Neglect Child Endangerment

What to do if you see or suspect Child Abuse or Neglect:

- ❖ Immediate danger, call 9-1-1.
- ❖ Fort Carson Police Department (non emergent) 719.526.2333.
- ❖ If you know or suspect a child is being abused, please call:
Colorado's Department of Human Services 24/7 HOTLINE at 844-264-5437
Family Advocacy Program – Behavioral Health at 719-526-5050

Feeling a bit overwhelmed or need more information?

Visit New Parent Support at armymwr.com for assistance and information on Workshops, Nurturing Center, and classes such as Strong Bonds, and Purple Crying.



Fort Carson Garrison Policy 8 Home Alone Policy

- **5 yo or younger** – Must be supervised at all times and places.
- **1-3 grade** – Supervised at all times and places. Can walk to and from home and school. Can be alone in front or back yard with a parent present in the home.
- **4-6 grade** – Can not be unsupervised for longer than 4 hrs. which includes to and from school. Can only be left home alone if the parent deems the child mature and responsible.
- **7-8 grade** – Can not be unsupervised for longer than 8 hrs. unless arranged with an adult friend who can continuously check on the child within the 8 hrs. period except between 2400-0600.
- **9-12 grade** – Unsupervised for no longer than 12 hrs. unless arranged with an adult friend who can continuously check on the child within the 12 hrs. period.



NOTE: If you wish to submit an anonymous tip, please contact the Pikes Peak Area Crime Stoppers.

In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/FTCPD>
2700 Christy Street, Fort Carson, CO 80913

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Child Neglect Child Endangerment



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In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/FTCPD>
2700 Christy Street, Fort Carson, CO 80913

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Chain of Command Child Neglect Indicators & Assistance



Indicators for Soldier and House Checks

<u>Child</u>	<u>Outside of House</u>	<u>Inside of House</u>
Clothing <ul style="list-style-type: none">• Dirty, Tattered, Lack of.• Unchanged Diaper.	Yard <ul style="list-style-type: none">• Excessive overgrowth.• Filled with animal feces.• Bags or overflowing trash.	<ul style="list-style-type: none">• Excessive trash.• Rotten food on the ground.• Feces and urine on the ground and walls.• Rotten food on counters.• No food in cupboards or refrigerator.• Broken toilets.• Backed up sinks with mold and rotten food.• Backed up toilets with additional feces or urine.
Body <ul style="list-style-type: none">• Excessively Dirty.• Overly bruised, cuts.• Lethargic.	Front Door <ul style="list-style-type: none">• Sudden smell of trash, rotten food, feces, and urine.• More than normal clutter and trash.	

Garrison Policy Letter #8 (Child Supervision)

Newborn – 5 years old:

Can not be left alone for any period.

1st to 3rd grade:

Does not have to be supervised while walking back and forth to school.
Child can be in the front or back yard with a parent or guardian home.

4th – 6th grade

Child can not be left alone for more than 4 hours.
The child must be deemed mature by the parent.

7th – 8th grade:

Child can not be alone for longer than eight hours.
There must be an identifiable adult that checks on the child during the time alone.
The child can be left alone between 2400-0600.

9th – 12th grade:

Child can not be left alone for longer than twelve hours.
There must be an identifiable adult that checks on the child during the time alone.

Babysitter

Person who has attained the age of 13 and successfully completed the Red Cross Baby Sitting or similar course whose curriculum has been approved by CYS. May be a sibling at least 13 yo, who resides in the household of the child. Siblings are not required to get specialized training. Babysitters under the age of 16 yo are limited to 8 hrs.

Child

Unmarried child, whether biological, adopted, foster, step-child, or ward of an adult for whom treatment is authorized in a medical facility.

Parent

Mother or Father of a child related by blood, marriage (step-parent), adoption, or legal guardian, or and person charged with parental rights, duties, and responsibilities.

Assistance

ACS Family Advocacy (armymwr.com)

Schedule of Family Advocacy Programs covers classes such as; Safe Parenting, Relationship programs, Scream Free, Five Love Languages, Saving Your Marriages before it starts, Ten Great Dates.

Parental

New Parent Support, 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.0461. New Parent Support (armymwr.com)

Financial

Financial Readiness 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.4590. ACS - Financial Readiness (armymwr.com)

In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/ITCPD>
2700 Chivly Street, Fort Carson, CO 80913



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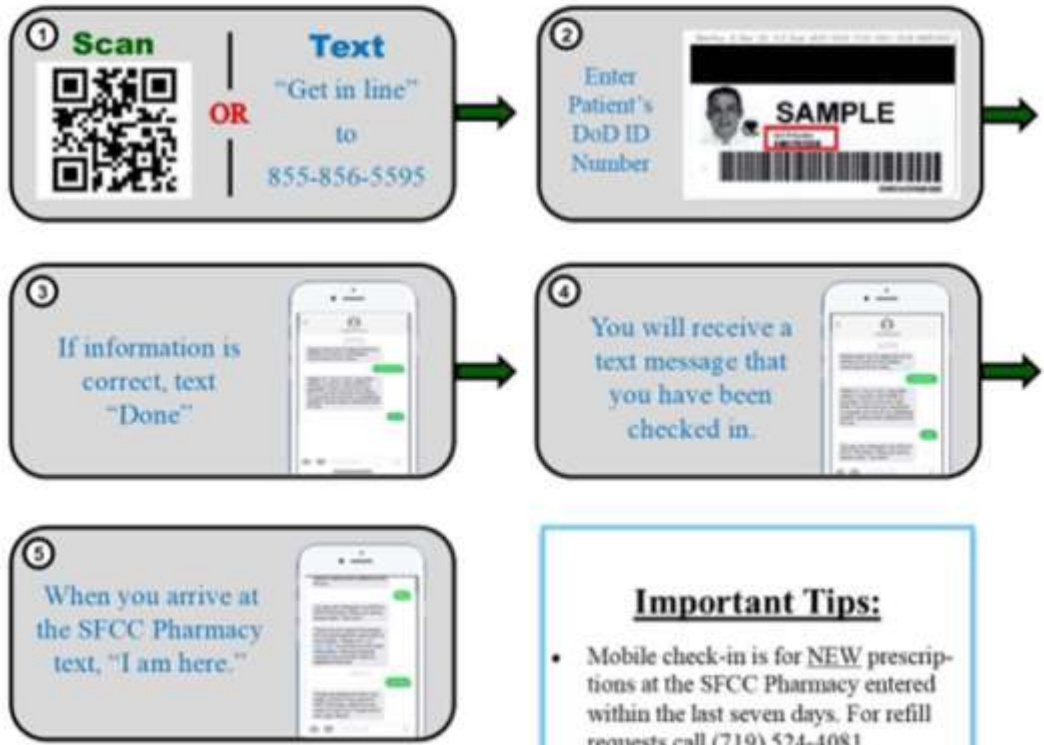


Soldier Family Care Center Pharmacy

1650 Cochrane Circ, BLDG 7503, First Floor (by Starbucks)
Fort Carson, Colorado 80913
Pharmacy Phone: (719) 503-7067

No Line, No wait Prescriptions!

Q-Anywhere Mobile Rx Check-In: 855-856-5595



Important Tips:

- Mobile check-in is for **NEW** prescriptions at the SFCC Pharmacy entered within the last seven days. For refill requests call (719) 524-4081.
- Mobile check-in for same day pick up is available from 8 a.m. to 4:30 p.m. MDT. If you come in on a different day, please pull a ticket at the kiosk.
- You may receive a status notification under certain conditions (e.g., prescription is too soon, prior authorization required, provider clarification needed, prescription not found).

Q-Anywhere Mobile Check-in

- For **NEW** prescriptions picked up at the SFCC pharmacy on first floor (by Starbucks).
- Mobile Check-In Hours: 8 a.m.—4:30 p.m.
- Tickets are valid only for the same day.
- For refills call (719) 524-4081

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



PREVENT FROZEN PIPES

Keep your heat set to 68° even when you're away.

Winter Weather Preparations

As winter approaches, it's essential to take proactive steps to ensure your home remains safe and warm. Please consider the following tips:



Keep the Heat On:
Maintaining a consistent temperature in your home, even when you're away, is crucial. Please make sure your thermostat is set to **Auto > Heat > and between 70-75 Degrees**



Keep Interior Doors Open:
Interior doors as well kitchen/ bathroom cabinets should be left open, this allows heat to circulate throughout the home and keep pipes warm to avoid freezing over.



Let the Faucets Drip:
Allowing faucets to drip slightly helps keep water moving and relieves pressure. Failure to do so may increase chances of leaks and flooding.



Disconnect Outdoor Faucets and Garden Hoses:
Protect your outdoor plumbing from freezing by disconnecting any hoses that are attached to your exterior faucet.



Replace Air Filters Every 30 Days:
Heating systems run efficiently when filters are regularly changed. Air filters can be found at **Self Help** for free. Any questions about air filter sizing or disposal can be answered by our team at Self Help.



Securing Outdoor Furniture:
Ensure all outdoor furniture and personal items are secured to prevent damage from winter storms and high winds. Failure to do so can result in items becoming projectiles and possible causing harm to homes.



Traveling? Let Housing Know!
If you and your family are traveling for a long period of time, please stop by our office to inform housing. This allows our team to set up periodic checks on your home while you're away - particularly in the event there is a storm.

Contact our Maintenance Team for Immediate Assistance in the event you find that you have no heat, no water, frozen pipes or a leak.
Maintenance: 719-579-1605
Housing Office: 719-576-1606



Keep up to date with local events and deals with the



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Fort Carson Family Homes

Dinner ON THE RUN


Fort Carson
FAMILY HOMES

SPAGHETTI *Dinner*

To sign up text "Dinner", how many plates and your on post address to (719)499-0707.

Sign up will close at 150 plates!

**Pickup between 3pm and 5pm
on 11/22/24.**



Keep up to date with local events and deals with the



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Fort Carson Family Homes



HOT CHOCOLATE



At 6800

Prussman

Blvd

THURSDAY

10/24 AT

2:30PM

FREE FOR RESIDENTS

Keep up to date with local events and deals with the



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Fort Carson Family Homes

Find out if you qualify for a
rental
for housing offered to you at
Fort Carson

Relax! Enjoy!
Treatment of You

Fort Carson
FAMILY HOMES

JOIN US AT THE 8800 THURSDAY
BLVD COMMUNITY CENTER

**For A Resident BakeOff
& Turkey Hunt**

NOVEMBER 16TH STARTING AT 1PM

TO SIGN UP FOR THE BAKE OFF
EMAIL: [illegible] OR CALL: [illegible]
AND YOUR DEPOSIT ADDRESS BY [illegible]
OR VISIT: [illegible] ALL DETAILS CALL
[illegible]

UH OH!

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

100% Childcare Discount
for the first child for all **CYS Staff**

PLUS

25% Discount for
each additional child after
15% multi-child discount



Commissary Privileges to ALL CYS staff

CURRENTLY HIRING

At \$16.70/hr to start

\$17.70/hr after 6 months

\$18.91/hr after 1 year

Scan Here



Questions? Call 719-526-1101

Fort Carson Child & Youth Services

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Child & Youth Services



Babysitter's Course

- Youth will learn the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.
- Youth will also be Red Cross certified in CPR and First Aid.

Who: 13-18 year olds (12 & in Middle School is ok)

When: 1st Saturday every month (0830-1700)

Where: Fort Carson Youth Center

TO REGISTER:

Parent Central Services — 719-526-1101

Youth Center — 719-526-2680

(class size limited to 15)



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🕒 There is still time to register to participate in the Trick or Trot Fun Run! There will be limited swag on site to purchase on the day of the event. We hope to see you there!

📅 October 26
🕒 10 a.m. to 1 p.m.
📍 Iron Horse Park

Learn more and register to run at: <https://carson.armymwr.com/calendar/event/trick-or-trot/>
6535651/rr1693



Fort Carson MWR

Keep up to date with local events and deals with the



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Fort Carson MWR

SKI & SNOW BOARDING EXPO

Nov 2

10 a.m. - 2 p.m.

Located at
OUTDOOR
RECREATION



visit carson.armymwr.com

Keep up to date with local events and deals with the



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Fort Carson MWR

Fort Carson Jingle Bell Jog

**Dec. 7
2024**



FREE FUN RUN/WALK

Event opens: 9 a.m.

5K begins at 9:15 a.m.

1 Mile begins at 9:20 a.m.

\$20

for swag package,
T-shirt and sticker

VISIT CARSON.ARMYMWR.COM

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SEASONAL RENTAL KICK OFF

With Outdoor Recreation

Seasonal Rental Opening Day

OCT. 31

7 a.m.-7 p.m.



VISIT CARSON.ARMYMWR.COM

Fort Carson MWR

Keep up to date with local events and deals with the



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Fort Carson MWR

CHILLS & THRILLS BOOK CLUB



~~Sep. 28 | Book of Choice: *Like Mother, Like Daughter*~~

~~Oct. 19 | Book of Choice: *A House with Good Bones*~~

Nov. 20 | Book of Choice: *You Will Never Be Me*

Meetings: 2 - 3 p.m.

For more information, call (719) 526-2350.

visit carson.armymwr.com

Keep up to date with local events and deals with the



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Fort Carson MWR

TRICK OR TROT 5K OR 1 MILE FUN RUN/WALK



VISIT CARSON.ARMYMWR.COM

Keep up to date with local events and deals with the



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Movement & Mobility Group Exercise Class

Ivy Fitness Center
Room 203

Mondays
9 - 10 a.m.

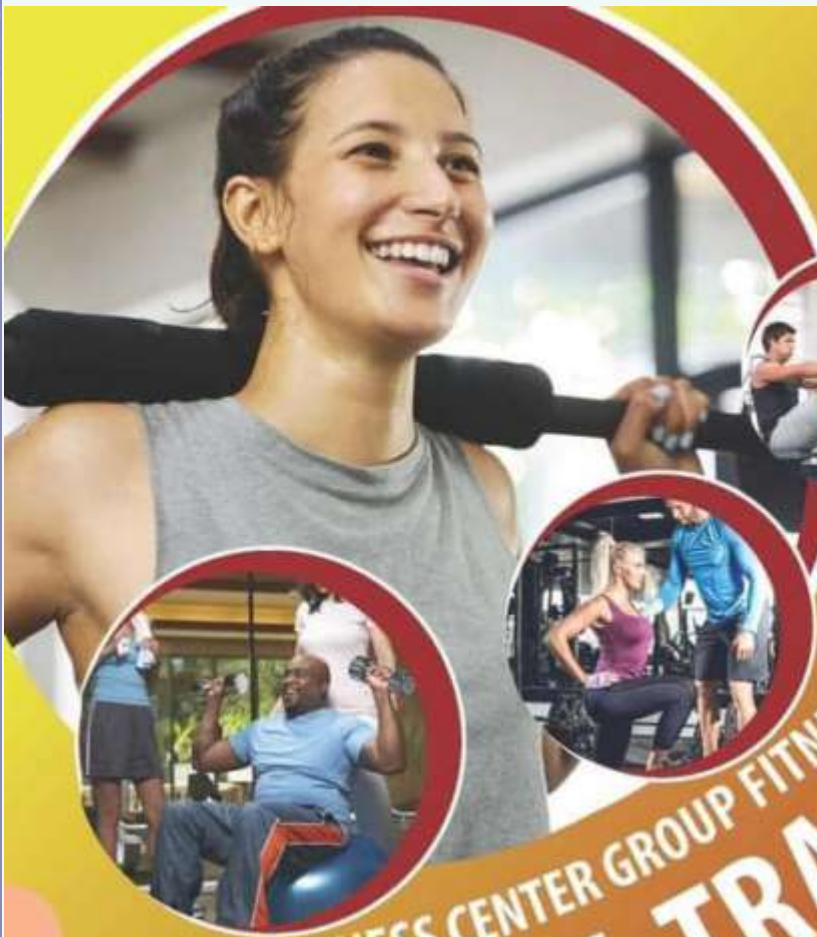


Fort Carson MWR

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WALLER FITNESS CENTER GROUP FITNESS CLASS SCHEDULE & PERSONAL TRAINING

One-On-One Training Sessions	Packages
1	\$40
5	\$175
10	\$300

Buddy Training Sessions	Packages
1	\$70
5	\$230
10	\$320



Fort Carson MWR



More Events and Info at carson.armymwr.com



Find us on Social Media
@wallerfitnesscenter



@carsonmwr
#CarsonMWR



Waller Physical Fitness Center
4946 Magrath Ave., Building 2367
Fort Carson, CO 80913

(719) 526-2742

*Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!

Keep up to date with local events and deals with the



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Fort Carson MWR



**First Saturday
Of the Month**

8:30-9:30 a.m.

Learn and refine form with this total body weight-room workout utilizing dumbbells, barbells, cables and machines.

WALLER FITNESS CENTER

LADIES LIFT

**\$3 per class
First Class Free**



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonCFMWR



@carsonmwr
#CarsonMWR



Waller Physical Fitness Center
6946 Megath Ave., Building 2337
Fort Carson, CO 80913

Questions? Call 526-2742

Keep up to date with local events and deals with the



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Do you need more time to complete your project?

AUTO SKILLS SUPER SATURDAYS!



This event will coincide with the Federal Holiday if that month has one or we choose a day for this event to occur.

Fort Carson MWR

Keep up to date with local events and deals with the



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PICK UP INDOOR SOCCER

Every Wed. evening
Special Event Center
Bldg. 1829

Soccer players can come together and play indoor soccer. Once checked into the courts, teams will be organized and games will be held 6:30, 7:30 and 8:30 p.m.

For more information contact Intramural Sports at (719) 526-7585



More Events and Info at carson.armymwr.com



Find Us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Intramural Sports
6550 Specker Ave. Bldg. 1829
Fort Carson CO. 80913

"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"

Fort Carson MWR

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PASS IT ON COMMUNITY NEWSLETTER

Come Consign Your Crafts

on Fort Carson at

TUMBLEWEEDS AT THE MOUNTAIN POST

If you are Active Duty, a Military Spouse
or Dependent, Retired or a Retiree Spouse,
we'd love to hear more about your craft!

JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!



Please call, stop by or send us a Facebook message to learn more about consigning.

Our crafty consigners retain 80% of their sales profit while 20% helps Tumbleweeds give back to the Fort Carson Community and maintain our everyday operations.

Consigners can opt to volunteer a couple of times a month or pay \$30 a month for a consigner fee.



TUMBLEWEEDS
AT THE MOUNTAIN POST



Call us at 719.393.3734 or visit us on Facebook and Instagram!

1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

Tumbleweeds

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COOKING MATTERS[®] AT HOME

Cooking Matters at Home has **eight sessions** that can be offered in either 30 or 60 minute lengths. Cooking Matters at the Store is also available online as a 60-minute session. All sessions can be offered on their own or as part of a series.



Kids Say Yes to Fruits & Veggies

This session will discuss pros and cons of using different forms of fruits and vegetables, how to prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping kids enjoy more fruits and vegetables.



Making Recipes Work For You

This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks, and share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.



No More Mealtime Madness

This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve kids in the meal planning to create more buy-in at mealtime.



Hack Your Snack

This session will share tips for saving time when buying and preparing healthy snacks, practice making healthy, homemade snacks, reading food labels, and identifying healthier choices when choosing prepackaged snacks, and practice comparing unit prices to save money.



The Family Kitchen

This session will prepare caregivers to work together with kids in their care to discuss safe, age-appropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly steps, and make healthy meals and snacks that everyone will enjoy.



Money-Saver Alert

This session will discuss how to use everything that you have (or have access to), practice using 'hard to utilize' ingredients in a variety of recipes, and discuss how to save foods that you can't use right away and how to limit food waste with children while still introducing new foods.



Drink To Your Health

This session will discuss how sugary drinks impact health and describe how to make and taste a variety of healthy beverages at home.



Feeding in the First Year

This session will discuss infant feeding options including the safe introduction of solid foods, different food preparation methods that can be adapted for infants at different developmental stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.



Cooking Matters at the Store: Shopping on a Budget

This session will discuss how to buy fruits and vegetables on a budget, and practice comparing unit prices, reading food labels, and reading ingredient labels to find whole grains.

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Fort Carson and the Surrounding Community



Join us at **Cinemark Carefree Circle**

Enjoy free lunch, movie, and seminar

Come be a part of this inspiring movie & seminar experience!

**Led by an incredible team of Veteran trainers,
this event is like nothing you've experienced before...**

- 8:00 am Introduction & Welcome
- 8:15 am Watch the award-winning "BROTHERS AFTER WAR"
- 10:00 am Receive a free personal journal and experience interactive discussion
- 12:00 pm Enjoy a free lunch and the camaraderie of fellow service members

Date: Saturday, October 12th **Time:** 08:00 - 12:00

Location: 3305 Cinema Point Colorado Springs, CO 80914

RSVP:

<https://www.eventbrite.com/e/brothers-after-war-movie-and-seminar-tickets-928812692767>

SPACE IS LIMITED



RSVP

*"The film helped me realize I'm not alone
or broken. It gives me hope for my future."*

- Veteran

*"This is real, raw, and honest.
Accurate and so beautifully told."*

- Military Child & Army Wife

www.brothersafterwar.com | Sponsored by the Gary Sinise Foundation



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The
Center for
Relationship
Education

Have you been looking for a marriage retreat that's no cost to attend?

The Center for Relationship Education has scheduled Couple's Workshop and Retreat's for the next year with spaces for military couples to attend free of cost! Slots are limited, register today to attend [HERE!](#)

Responding to Relationships

Relationship retreats designed to serve those bravely serving others. Retreat series are customized for all emergency response fields and military personnel (Active duty Military, Veterans, Guard, and Reserves welcome).

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Fort Carson and the Surrounding Community

NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Catholic Charities
of Central Colorado



Family Connections at the Helen Hunt Campus offers many services to families within our community. From tangibles like diapers and formula to life coaching and parenting/early education classes, we are here to support you.



719.578.1222

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Fort Carson and the Surrounding Community



TAP COMBINED MINI HIRING EVENTS & RESOURCE FAIRS

**MEET OVER 50 EMPLOYERS,
RESOURCES & CSP PARTNERS!**

~~October 12th, 2023~~

~~January 18th, 2024~~

~~April 25th, 2024~~

~~June 20th, 2024~~

August 29th, 2024

Elkhorn Conference Center (ECC)
1725 Woodfill Road, Building 7300
Fort Carson, CO
0900-1200

EMPLOYERS, RESOURCES AND CSP PARTNERS MUST REGISTER WITH THE TAP CENTER.

NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.



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Fort Carson Department of Public Health Supports YOU!



HIV PrEP and STI Services in Your Community



The Fort Carson Department of Public Health has a confidential clinic that offers STI & HIV testing and HIV PrEP medical management. We make it easy for you to get the supported care for your LGBTQ needs! Please call to schedule an appointment—719-526-9929

Resources/Recursos for LGBTQ needs:

Mental Health— Military One Source 800-342-9647, in CRISIS text 838255, FREE resource 866-615-6464

Advocacy— Salud Family Health Centers 303-444-6121

STI/HIV Testing Centers— El Paso County, CO Health Department 719-575-8500

Support Centers— Colorado Health Network, 719-578-9092

Fort Carson Public Health— 719-526-9929, 719-524-4156

La Gente Program at Servicios de la Raza— 303-953-5902

Veteran Affairs (VA) Mental Health Resource— 800-799-4889

Youth or Pediatric HIV/STI resources— visit Children’s Hospital Colorado, Parent support program at www.childrenscolorado./aboutHIV-prevention.org or call 800-624-6553



NEW walk-in hours:
Monday—Friday
0730-1100 @ Fort
Carson Dept. of
Public Health

Servicios de PREP y ITS para el VIH en su comunidad



Fort Carson, CO

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2-1-1 Colorado
Get Connected. Get Help.
Serving all Colorado
communities.

CONNECT TO HELP WITH



**MENTAL HEALTH,
EMPLOYMENT,
COUNSELING,
RENT ASSISTANCE,
TRANSPORTATION,
ADDICTION,
CHILD CARE,
PARENTING...**

**THOUSANDS OF RESOURCES.
ONE CALL.**



2-1-1

Get Connected. Get Help.™

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Fort Carson and the Surrounding Community

Be Herd Wellness Group

Open to the public at NO-COST for people to find connection and community among StableStrides' herd of therapy horses.



Colorado Springs

STABLESTRIDES

HEALTH & HEALING THROUGH HORSES



Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community

Suicide Loss Grief Group

*"Understanding your
Suicide Grief"*

Tuesdays 6pm-7:30pm
(starting August 29th, 2023)

This is a 12 week, closed group, for ages 18+. Pre-registration is required. Please call (719) 573-7447 or email cass@pikespeaksuicideprevention.org.



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The Steven A. Cohen
Military Family Clinic
at Red Rock



RESOURCES AND REFRESHMENTS

3RD TUESDAY OF THE MONTH

5:00 PM - 6:00 PM

Military connected and free to attend!

Join us on the 3rd Tuesday of the month in our community room for socializing and snacks while connecting with others and learning about resources available in the community for veterans and individuals transitioning out of service.



THE STEVEN A MILITARY FAMILY CLINIC AT RED ROCK
1915 AEROTECH DR STE 114 COLORADO SPRINGS, CO 80916



Fort Carson and the Surrounding Community

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The Steven A. Cohen
Military Family Clinic
at Red Rock



MILITARY CONNECTED PLAY FREE

MINI GOLF TUESDAYS

1ST TUESDAY OF EACH MONTH

Location: Lost Island Mini Golf 1825
Dominion Way, Colorado Springs, CO 80918

Time: 5:00pm-6:30pm

Questions/RSVP: Abanovz@red-rock.com

Registration is highly encouraged

<http://bit.ly/CohenClinicCOGolf>



Fort Carson and the Surrounding Community

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4th Tuesday of the Month

🕒 9am - 11am

Equestrian Tuesdays



Military connected and free to attend!
Join us on the 4th Tuesday of the month at the USAFA Equestrian Center to enjoy a beautiful mountain setting and spend quality time with horses while connecting with other veterans and individuals transitioning out of service.

Location:

USAF Academy Equestrian Center 7067
Cottonwood Drive USAFA, Colorado 80840

↔️
Reach out to Alex with questions

Abanovz@red-rock.com

Registration is highly recommended



Fort Carson and the Surrounding Community

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Help your kid be exactly who they are.

No-cost, judgment-free
workshops for parents,
guardians, teachers,
social workers, and others!

To learn more, visit
envision-you.org/q-is-for-questioning

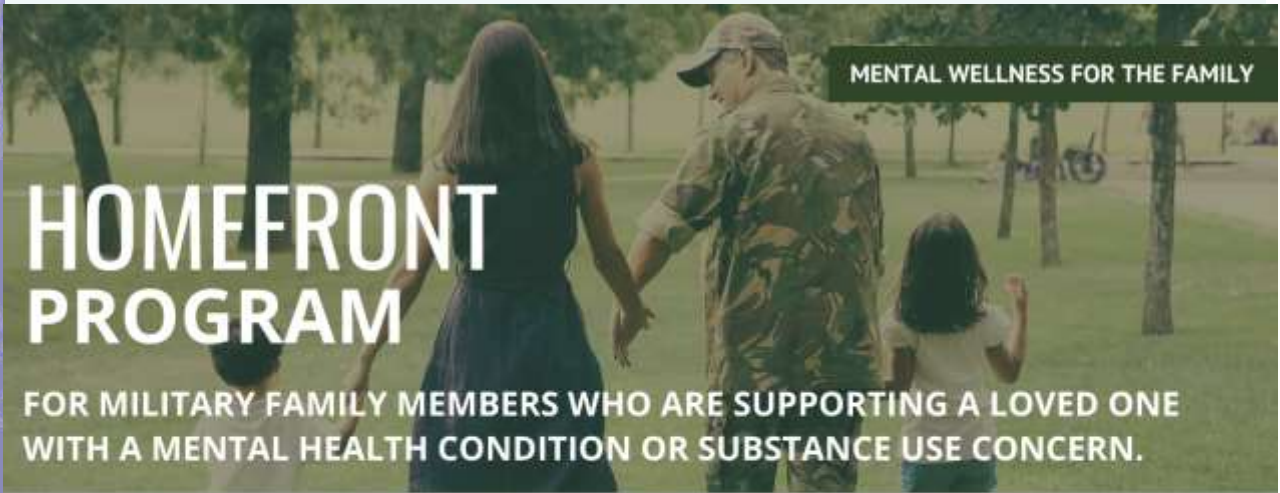


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Fort Carson and the Surrounding Community



Tuesdays starting January 30, 6-8:30 p.m.
HYBRID class in Southeast Colorado Springs*

*Exact location/Zoom link provided upon registration

NAMI Homefront is a **free**, 6-session educational program taught by family members who support loved ones with mental health conditions within a military family.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community
- Participate in-person or virtually!



Learn to care for yourself and support your family member with compassion



Understand current research, treatments and evidence-based therapies



Navigate challenges that impact and affect the entire family



Manage a crisis, solve problems and communicate effectively

REGISTRATION REQUIRED

To register or find out more information:
namicoloradosprings.org • 719-473-8477 • AngelaSweeten@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email AngelaSweeten@namicos.org.



SCAN ME

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Healthy Transitions Group

A group for Active Duty Service Members who may be in the transition process, questioning their gender identity, or seeking support and resources.

WHO: This group is appropriate for ADSM's in all phases of social or medical transition. This is an open group with ongoing admission.

WHERE: Mountain Post Behavioral Health Clinic, BLDG 1830, 6541 Specker Ave, Fort Carson, CO 80913

WHEN: 1st and 3rd Thursdays of every month, 1500-1630

Clinic Phone Number: 719-526-7155

For more information please contact Dr. Healey at (719)-524-5664 / Kellylynne.e.healey.civ@health.mil or Dr. Bergeron at (719)-524-3508 / Derek.p.bergeron4.civ@health.mil

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

[Click HERE!](#)



DID YOU KNOW?

WE ARE ON INSTAGRAM

Follow us @cpcdhs



SUCCESS STARTS EARLY
EL ÉXITO COMIENZA TEMPRANO



FREE TUITION PRESCHOOL
PREESCOLAR GRATUITO



FOR AGES BIRTH TO 5

PARA EDADES DE NACIMIENTO A 5 AÑOS



CPCDHEADSTART.ORG
719.635.1536

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Fort Carson and the Surrounding Community



SURVIVING THE STORM

SUICIDE LOSS GRIEF SUPPORT GROUPS

GROUP BY AGE

-➔ **ADULT GRIEF GROUP**
Tuesdays 6-7:30pm
*This is a **closed** group that requires PRE-registration
-➔ **TEEN GRIEF GROUP**
Wednesdays 6-7:30pm
-➔ **KIDS GRIEF GROUP**
Fridays 6-7pm
-➔ **HEARTBEAT SUICIDE LOSS SURVIVOR GROUP**
Fridays 6-7pm
*This is an adult suicide loss grief group

All groups are **FREE**

Snacks and drinks provided

Registration required



www.pikespeaksuicideprevention.org
info@pikespeaksuicideprevention.org



CONTACT US

719-573-7447
704 N Tejon St
Colorado Springs, CO, 80903

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NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

NAMI Colorado Springs is offering both **virtual support groups on Zoom** and **in-person groups at First United Methodist Church, 420 N. Nevada Ave.,** in downtown Colorado Springs. All are led by trained peers — people who either manage a mental illness or love someone who does.

BASICS SUPPORT GROUP

For parents and caregivers of children and teens showing signs of mental illness
2nd Mondays, 7-8:30 p.m., virtual

CONNECTION SUPPORT GROUP

For adults experiencing mental illness
Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness
1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

In-person group participants must pre-register: Call 719.473.8477 or email office@namicos.org by noon on the day of the group.

In-person groups will follow social distancing protocols.

Virtual group participants can find call-in info at namicoloradosprings.org.



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

719.473.8477 | office@namicos.org | namicoloradosprings.org



The NAMI office at 1615 S. Murray Blvd., is open weekdays, 9 to 5.