



The “Pass It On” is available online at: <https://carson.armymwr.com/programs/pass-it-on>

10 MAY 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

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ADVISORIES AND NOTICES

CHANGE OF COMMAND UPCOMING DATES			
DATE	UNIT	TIME	LOCATION
18 MAY	918 th Contracting Bn	1645	Founder's Field
22 MAY	Evans Army Community Hospital	0900	Founder's Field
01 JUN	2-10 Special Forces Group	1000	SF Compound
01 JUN	4 th EN Bn	1000	Founder's Field
01 JUN	HHBn	1330	Founder's Field
12 JUN	Denver Recruiting Bn	1100	Founder's Field
20 JUN	242 EOD Bn	1000	Founder's Field
22 JUN	1 st Space Bde Change of Responsibility	1000	Founder's Field
22 JUN	AFSBn	1330	Founder's Field
06 JUL	USAG	1000	Founder's Field
13 JUL	759 th MP Bn	1000	Founder's Field
13 JUL	1 st Space Bde	1400	Founder's Field

ASIAN AMERICAN PACIFIC HIGHLANDER MONTH OBSERVANCE

Asian American Pacific Highlander heritage month will be celebrated on May 31st at the Elkhorn at 12 Noon.

COMMUNITY INFORMATION EXCHANGE

The next Community Information Exchange will be held on Thursday, May 31st at the Elkhorn, 9:00a.m.

ED CENTER SUMMER CLASSES

To sign up for summer term classes, stop by the Fort Carson Education Center located in building 1117 on the corner of Ellis Street and Specker Avenue.

The center's new hours are:

--Reception/Admin (room 150): Monday-Friday 7:30 a.m. to 4:30 p.m.

--Army Education counselors (Walk-In Only): Monday, Tuesday, Thursday and Friday 8 a.m. to 4 p.m.

Briefing schedule:

--ETS Briefing: Monday or Friday 8:30-9:30 a.m. or 2-3 p.m.; Tuesday 2-3 p.m. (Must arrive 15 minutes prior to briefing) --College 101 Briefing: Tuesday or Thursday 8:30-9:30 a.m.

--GI Bill Briefing: Thursday, 10-11 a.m.

For more information, contact the Fort Carson Education Center at 526-2124.

GATE CLOSURES FOR BARRIER MAINTENANCE

The Directorate of Emergency Services will conduct routine maintenance on the vehicle barriers May 12. The following gates will be closed to both inbound and outbound traffic during the following times:

--Gate 20 will be closed 7-10 a.m.

--Gate 5 roadway at the barrier will be closed 10 a.m. to noon. The housing areas will be accessible through Gate 5. Golf course and hospital access will be through Gate 1. Commercial vehicles going to the housing area just inside Gate 5 will be processed at Gate 5 during this time.

--Gate 4 will be closed 1-4 p.m.

These hours are approximate and may be adjusted slightly. Community members should plan to use the other gates for access to Fort Carson during these times.

MOUNTAIN POST LIVING BOOK CLUB

The Mountain Post Living Book Club will meet on May 19th at Grant Library at 10:30 a.m.

SAAPM 5K RESCHEDULED

The Sexual Assault Awareness/Prevention Month (SAAPM) 5K Run/Walk that was rescheduled from April will take place May 19 from 9:45 a.m. to 1 p.m. at Iron Horse Park. Agencies are encouraged to put up tables with information regarding supportive services available on post and in the community. Contact Darcy Etaugh at 719-359-0849 for more information. Volunteers will meet at building 2259 at 10 a.m. May 18 for position assignments and a walk-through.

TRANSITION WEBSITES

Soldiers who need access to levy briefings, ETS, retirements and other associated information can access it at the following web links while updates are still being made to the Fort Carson website:

--<http://www.carson.army.mil/dhr/DHR/MPD/PPB/Briefings/Levy.html>

--<http://www.carson.army.mil/dhr/DHR/MPD/PPB/Briefings/Transition.html>

For more information, contact Keith Cashion, CAPS Chief, at 526-9732 or Arlene Nicholson, Transitions chief at 526-2660.

UPCOMING ROAD AND PARKING LOT CLOSURES

--Bad Toelz Road: Lane closures will be occurring along the entire length of Bad Toelz Road and Devens Street for asphalt repairs during the months of May-June. Traffic control measures will be in place to safely pass two way traffic.

--Iron Horse Park: Closures of portions of the Iron Horse Park parking lot will be occurring for parking lot reconstruction during the months of May-September. Traffic control measures will be in place to allow access to the open portions of the parking lot.

--Butts Road: Lane closures will be occurring along Butts Road from Wilderness Road north to the bridge over the tank trail for asphalt repairs during the months of May-September. Traffic control measures will be in place to safely pass two way traffic.



NEW THIS ISSUE

ACS SUMMER YOUTH VOLUNTEER PROGRAM

ARMY COMMUNITY SERVICE

SUMMER YOUTH VOLUNTEER
PROGRAM
BEGINS JUNE 11

Are you 14-18 years old? Are you looking for a meaningful, fun volunteer opportunity for the summer?

Attend interesting workshops especially set up for you (Saving for College, CPR, Peer Advocacy, Social Media Precautions and more)

Track and use your volunteer service on college application or for job references

Learn how to get a job and keep a job

Limited slots--Registration Opens
May 16 and runs thru June 1



FOR MORE INFO CONTACT: CELSIE DAY AT 719.526.8303 OR
CELSA.R.DAY.CIV@MAIL.MIL
ACS--6303 WETZEL AVE., BLDG. 1526--FORT CARSON

ARMY EMERGENCY RELIEF CAMPAIGN EXTENDED

The Army Emergency Relief Campaign has been extended until May 31st, 2018. This will help ensure the CG's goal is met of every Soldier being informed about the AER Campaign and having an opportunity to donate. Donate today at <https://carson.armymwr.com/promos/2018-aer-campaign> or see your unit Key Worker or Campaign Coordinator to fill out an allotment form.



CHEYENNE SHADOWS GOLF CLUB CG SCRAMBLE



Date: Jun 1, 1:30 p.m.

Cheyenne Shadows Golf Club - 1050 Titus Blvd. Bldg. 7800 Fort Carson 80913

 [Google Map](#)

- Price includes 18 holes of golf, golf cart rental, range balls, lunch, and prizes.
- Pricing is as follows: Military-\$35, Civilian-\$45
- Open to the public.
- The event goes on regardless of weather.
- Must be at least 18 to participate.

Contact

Tel: +1 (719)526-2030

Military DSN Tel: (312)691-2030

COLORADO SPRINGS WESTERN STREET BREAKFAST VOLUNTEERS NEEDED

It takes hundreds of people to put on the annual Colorado Springs Western Street Breakfast. This amazing group of volunteers works tirelessly, lending their time, talent, expertise and services to bring you this fun, family-friendly event each year. We'd love for you to join us!

For more information on the type of volunteer service needed and to register online:
<http://www.cswesternstreetbreakfast.com/volunteer/>



GRANT LIBRARY SUMMER READING PROGRAM



Date: Jun 7, 10:30 a.m. - 11:30 a.m.

Grant Library - 1637 Flint St. Bldg. 1528 Fort Carson 80913 [Google Map](#)

All information is subject to change.

- Free event
- Open to DoD only
- The Grant Library is happy to present the Summer Reading Program
- Event will be held June 7, June 14, June 21, June 28, July 11, July 18, July 25, and August 2, 2018
- Parents/guardians must supervise children at all times

Terms and Conditions:

- All information contained on carson.armymwr.com is subject to change.
- No federal endorsement is implied for any paid advertising.
- Fort Carson MWR reserves the right to film, record or photograph event activities for post event purposes. Guests are advised that this may result in the incidental inclusion of guests within any recording or photographs.
- Guests assume all risks associated with participation in this event including but not limited to traffic and/or weather variations.

Contact

Tel: +1(719)526-2350

Military DSN Tel: (312)691-2350

LUAU POOL PARTY



Date: Jun 16, 10 a.m. - 2 p.m.

Aquatics - 6415 Specker Ave Bldg. 1925 Fort Carson 80902 [Google Map](#)

All information is subject to change.

Get your flower lei's, sunscreen, and flip-flops ready for the Luau Pool Party!

- Open to all DoD ID holders and their guests.
 - Escape the summer heat! Join us for games, prizes, giveaways, and a cardboard boat race!
 - Tickets are free for **current** swim pass holders.
 - Tickets are \$3.00 per person for non-pass holders.
 - Tickets are required for everyone, including infants and Active Duty Soldiers, and must be purchased in advance at [Ellis Outdoor Pool](#) or [Nelson Indoor Pool](#) during normal hours of operation.
-

MOTHERS DAY BRUNCH



Mother's Day Brunch

Date: May 13, 10 a.m. - 1:30 p.m.

Elkhorn Catering & Conference Center - 1725 Woodfill Rd. Bldg. 7300 Fort Carson 80913

 [Google Map](#)

All information is subject to change.

- \$22.95/adult (ages 13+)
- \$10.95/child (ages 5-12)
- Free for children ages 0-4
- Must purchase adult reservation in order to purchase child reservations.

For reservations and tickets, visit <https://carson.armymwr.com/calendar/event/mothers-day-brunch/2239244/26588>

PIKES PEAK NATIONAL CEMETERY DEDICATION CEREMONY

Pikes Peak National Cemetery is a new 374 acre Department of Veteran Affairs National Cemetery in the southeast portion of Colorado Springs. The cemetery will serve the burial needs of more than 95,000 Veterans, their spouses and eligible family members in perpetuity. This will be the third National Cemetery opened in Colorado.

The VA will hold a cemetery dedication ceremony at 11 a.m. on May 25th at the cemetery, located at 10545 Drennan Road, Colorado Springs, CO 80925. The ceremony is open to the public.



5-Day Advanced Job Seeker's Workshop
For Veterans, Active Duty, Guard/Reserves, & Military Spouses

Date: **June 11-15, 2018**

Time: **8:30 AM – 4:00 PM**

Pikes Peak Workforce Center

El Paso County Citizens Support Center

1675 Garden of the Gods Road

Colorado Springs, CO 80907

Join us for an in-depth, hands-on focus on You & Your Career!
Small Group Instruction – seats are limited.

Reserve your seat Today!

Email your 2 page resume to: prepconnect360@gmail.com

Workshop Topics: career assessments, interviewing, career goal development, social media, employer-connections, networking, and more!

**NOTE: This is not a resume writing class.*

Dress: Business Casual (Mon-Wed, Fri), Interview Attire (Thursday)

****Attendees must purchase the book****

What Color Is Your Parachute?

2018 edition

By Richard N. Bolles

(list price \$19.99 at any bookstore)



& Exceptional Volunteers





SERVICES, PROGRAMS AND EVENTS

2018 ARMY EMERGENCY RELIEF CAMPAIGN

<https://www.aerhq.org/Donate>



Army Emergency Relief (AER) is a private nonprofit organization incorporated in 1942 by the Secretary of War and Army Chief of Staff to provide emergency financial assistance to Soldiers and their Families. AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." AER financial assistance is conducted within the Army structure by mission commanders and garrison commanders through AER Sections located at U.S. Army installations worldwide.

The annual AER campaign is an opportunity to tell every Soldier, active and retired, and Family Member about the great programs provided by AER. Donations from Soldiers, active and retired, are essential to ensure the legacy of Soldiers Helping Soldiers continues for another 76 years.

To be a part of the 2018 campaign please **DONATE TODAY** to help your fellow Soldiers, Retirees, and Family members.

If you are in need of assistance during an emergency situation please contact your Command Financial NCO, 1sg, CO or the [Army Emergency Relief Office](#) at Fort Carson [Army Community Service](#) (ACS).

Contact

Tel: +1(719)526-4783

4TH ANNUAL COMMUNITY KIDS DAY

KINGDOM BUILDER'S FAMILY LIFE CENTER
PRESENTS



4th Annual Community KIDS

JUNE 2, 2018 10-4P

JOHN METCALFE PARK

704 E. OHIO AVE.
FOUNTAIN, CO 80817

OUR ACTIVITIES

OUTDOOR GAMES & ACTIVITIES,
MUSIC, ENTERTAINMENT. CONCESSION FOOD
AVAILABLE TO PURCHASE, SHOPPING
VENDORS, COMMUNITY AGENCY DISPLAYS
AND MORE

FREE ENTRANCE TO PARK

CALL FOR MORE INFO
719 464 6676

VENDOR
SPACE
AVAILABLE

HURRY!
LIMITED
SPACE





Fort Carson 2018 *Baby Expo*

For Soldiers and their families within the Fort Carson community!



MAY 16, 2018

10am-3:30pm



Special Events Center 6550 Specker Ave., Fort Carson



Free event for those family
planning, expectant parents and
parents of newborn. On-site
registration for CDC and
WIC available.

space is limited




CAREER SKILLS PROGRAM UPCOMING EVENTS

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.



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.




- ❖ 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.




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

OPR: Sherry Jenkins/27 Feb17



With
The Army
Career Skills
Program (CSP)





U.S. Department
of Veterans Affairs

WARTAC

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



Service to Sales

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



UA Veterans in Piping

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



CDL-A Training

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



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

Corporate Fellowship

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



Local Government Fellowship

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



DHS IS HIRING



Learn how to launch your career with DHS

Please join us for a free webinar about DHS careers, current opportunities, and the federal hiring and application process.

Find out how our mission and values guide our work and priorities.

Visit www.dhs.gov/recruitment to register.

WEBINAR HIGHLIGHTS

Why DHS is the ideal place for you • Hiring authorities • Federal resume tips •
USAJOBS – the federal government’s official employment site



**Homeland
Security**

With honor and integrity, we will safeguard the
American people, our homeland, and our values.

DOD WARRIOR GAMES



The 2018 Department of Defense Warrior Games will be held on June 2-9 at the Air Force Academy. They are currently looking for volunteers to sign up and be a part of the event. Volunteers will be responsible for providing customer service, competition information, directions around the venue and general assistance to guests. Volunteers can sign up at <https://www.warriorgamesvolunteers.com/>

To learn more about the Warrior Games, visit <https://dodwarriorgames.com>



Schedule of Events

ALL EVENTS ARE HELD AT THE UNITED STATES AIR FORCE ACADEMY.

SATURDAY, JUNE 2


 **TRACK**
8:00AM - 5:00PM
Air Force Academy Outdoor Track

 **FIELD**
8:00AM - 5:00PM
Air Force Academy Outdoor Track and Practice Fields

OPENING CEREMONY AND CONCERT
7:00PM-10:00PM
Falcon Stadium

SUNDAY, JUNE 3

 **SHOOTING PRELIMS**
7:00AM - 11:00AM
Holaday Athletic Center


 **SITTING VOLLEYBALL PRELIMS**
12:00PM - 4:00PM
Cadet East Gymnasium

 **WHEELCHAIR BASKETBALL PRELIMS**
5:00PM - 9:00PM
Cadet Center Gymnasium

SPORT EXPO, DAY 1
10:00AM - 7:00PM
Cadet Gymnasium Outdoor Courts

MONDAY, JUNE 4

 **SHOOTING PRELIMS**
7:00AM - 11:00AM
Holaday Athletic Center

 **SITTING VOLLEYBALL PRELIMS**
12:00PM - 4:00PM
Cadet East Gymnasium

 **WHEELCHAIR BASKETBALL PRELIMS**
5:00 - 9:00
Cadet Center Gymnasium

SPORT EXPO, DAY 2
10:00AM - 7:00PM
Cadet Gymnasium Outdoor Courts

TUESDAY, JUNE 5

 **SHOOTING FINALS**
8:00AM - 1:00PM
Holaday Athletic Center

 **POWERLIFTING**
2:00PM - 7:00PM
Cadet Gym Volleyball Courts

WEDNESDAY, JUNE 6

 **CYCLING TIME TRIALS**
8:00AM - 11:00AM
Falcon Stadium

 **CYCLING**
12:00PM - 7:00PM
Falcon Stadium

THURSDAY, JUNE 7

 **ARCHERY**
8:00AM - 6:00PM
Holaday Athletic Center

FRIDAY, JUNE 8

 **SWIMMING**
8:00AM - 4:00PM
Cadet Gymnasium Natatorium

 **SITTING VOLLEYBALL FINALS**
5:00PM - 8:00PM
Clune Arena

SATURDAY, JUNE 9

 **INDOOR ROWING**
8:00AM - 1:00PM
Clune Arena

 **WHEELCHAIR BASKETBALL FINALS**
2:00PM - 6:00 PM
Clune Arena

CLOSING CEREMONY
By Invitation Only

MEDAL CEREMONIES WILL BE HELD THROUGHOUT THE SPORTING EVENTS

EAGLE LAKE CAMPS

Sponsored by Fort Carson
Religious Support Office



06-10 August, 2018
0830-1600
Fort Carson, CO

Ages 7-12

heidi.a.mcallister.civ@mail.mil

Registration Opens May 1, 2018 Space limited!



Crafts



Worship & Fellowship



Bible Study



Games

FLORISSANT FOSSIL BEDS NATIONAL MONUMENT ACTIVITIES FOR MAY

Florissant Fossil Beds National Monument is open year round. During May the Monument is open 9:00 AM – 5:00 PM. Starting Saturday, May 26, the Monument will be open from 8:00 AM to 6:00 PM.

Activities in May: Friday, May 11, Night Sky Program, 8:00 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, nebulae, and more. Meet at the visitor center.

Memorial Day Weekend Schedule, May 26th – 28th

Interpretive Talk, 10:00 AM and 4:00 PM, 30 minute interpretive presentation in the amphitheater

Ranger Guided Walk, 11:00 AM, 1 mile guided hike on the Petrified Forest Trail

Fossil Learning Lab, 1:30 PM – 3:30 PM, learn how scientists discover and research fossils in the Yurt

Hornbek Homestead, 11:00 AM – 1:00 PM, take a tour of an 1878 homestead

Yoga Hikes, starting Monday, May 28 at 9:00 AM – 10:30 AM and then occurring every Monday during the summer. Join a certified yoga instructor and a Park Ranger for a 1 hour and 30 minutes, 1 mile yoga hike. This will be a hike interspersed with standing yoga poses. This program is geared for beginner to intermediate yoga enthusiasts. Meet at the visitor center.

Demonstration Excavation Site and Fossil Discovery Lab, starting Wednesday May 30, 10:00 AM – 12:00 PM, and then continuing every Wednesday throughout the summer. Meet geologist, Dr. Bob Carnein at the demonstration excavation site and see the fossil beds in situ and learn about how excavations are conducted. This site is located off the Petrified Forest Loop approximately 1 mile round trip from the visitor center. From 1:30 PM – 3:30 PM, Join Dr. Carnein in the Fossil Discovery Lab (Yurt tent in picnic area) and discover fossils using microscopes.

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 visit our website: www.nps.gov/flfo or on Facebook or Twitter at /FlorissantNPS

LOCAL NONPROFIT NEEDS VOLUNTEERS FOR CONSERVATION PROJECT

Help Rocky Mountain Field Institute and the US Forest Service with the ongoing work to restore riparian habitat in the Bear Creek Watershed, home of the threatened greenback cutthroat trout. More than 1,000 young willow plants are planned to be transplanted in remote parts of the watershed in order to increase vegetation and stabilize soils. Before transplanting can occur, many volunteers are needed to help hike all of these willows multiple miles from a trailhead and into the watershed. Willow pack-in days will take place from approximately 7am to 4pm on Wednesday, June 6 and Thursday, June 7. Please come out for a fun, challenging, and rewarding day of hiking and stewardship in the watershed!

Volunteers can sign up through our website for either Wednesday, June 6
<https://www.rmfi.org/civicrm/event/info?id=1688> or Thursday, June 7
<https://www.rmfi.org/civicrm/event/info?id=1689>

MILITARY FAMILY CAMP AT YOUNG LIFE'S TRAIL WEST

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 purposes only.





2018 MILITARY **RESOURCE** EXPO

FINANCIAL ASSISTANCE

HEALTH & WELLNESS

LEGAL SUPPORT

TRICARE

VETERANS' AFFAIRS

AND MORE!

Saturday, June 9 - 10am-2pm

FREE ADMISSION AND PARKING



Volunteers of America
Bill Daniels Veterans Services Center
1247 Santa Fe Dr, Denver, CO 80204

*Are you a Survivor,
Veteran, or Currently
serving in the Military?
This Expo is for you!*



MILITARY SPOUSE VIRTUAL SYMPOSIUM

During the month of May- when we celebrate National Military Appreciation Month and American Military History Month- the Spouse Education and Career Opportunities program office will host several events which they would like all interested military spouses to attend. Kindly review the following information for additional details about each event and for registration procedures to join each discussion/presentation.

If you have any questions on your next career move; come by or call us at ACS Employment Readiness.

REGISTRATION IS OPEN

May 21-24, 2018

Virtual Military Spouse Symposium

Join us for the 2018 Virtual Military Spouse Symposium, hosted by the Department of Defense Spouse Education and Career Opportunities program.

The four-day virtual symposium will feature more than 15 sessions in the following tracks:

- ✓ Build Your Brand
- ✓ Be Your Own Boss
- ✓ Fill Your Job Toolbox
- ✓ Your Family Matters
- ✓ Your Career Options
- ✓ Plan Your Path

Learn about job search tools and techniques, career development resources, networking, wellness and resilience, entrepreneurship and more — all created with a military spouse focus. Invest in yourself, attend one session or attend them all — from your choice of location!

Come Learn, Advance and Succeed!

REGISTRATION IS OPEN

To choose your sessions and register for the symposium, go to <https://myseco.militaryonesource.mil/portal/spousesymposium>.

If you have questions or would like more information, contact us at osd.msepjobs@mail.mil.

 **MILITARY SPOUSE**
EMPLOYMENT PARTNERSHIP
DEPARTMENT OF DEFENSE

 **SPOUSE EDUCATION & CAREER OPPORTUNITIES**

MVEE **MILITARY VETERANS EMPLOYMENT EXPO**

**COLORADO
SPRINGS**

**MAY
15 - 17
2018**



★ **VETERANS**

★ **MILITARY SPOUSES**

★ **ACTIVE DUTY SERVICE MEMBERS**

★ **RESERVE/NATIONAL GUARD MEMBERS**

MAY 15 & 16

**Sessions start at
9 a.m. & 1:15 p.m.**

**MVEE
INDUSTRY
INFORMATION PANELS:**
Meet with Industry
Professionals!

**Pikes Peak
Community College
5675 S Academy Blvd.
Colorado Springs**



MAY 17

**Job Fair opens at
10 a.m. to 3 p.m.**

**MVEE
EMPLOYMENT EXPO:**
125+ Employers
10 Resource Partners
Over 1,500 career
opportunities!

**J.C. Penney Event Ctr.
Chapel Hills Mall
1710 Briargate Blvd.
Colorado Springs**

Register now at mvee.org

*** Participating employers listed online**



Mother's Day Craft

Date: May 12, 10:30 a.m. - 12:30 p.m.

Grant Library - 1637 Flint St. Bldg. 1528 Fort Carson 80913 [Google Map](#)

Show your creativity during the Mother's Day Craft event at Grant Library!

- Open to DoD only
- FREE event
- The event features crafts for Mother's Day as well as refreshments.
- Children and teens welcome.
- Parents/guardians must supervise children at all times.

Terms and Conditions:

- All information contained on carson.armymwr.com is subject to change.
- No federal endorsement is implied for any paid advertising.
- Fort Carson MWR reserves the right to film, record or photograph event activities for post event purposes. Guests are advised that this may result in the incidental inclusion of guests within any recording or photographs.
- Guests assume all risks associated with participation in this event including but not limited to traffic and/or weather variations.

Contact

Tel: [+1\(719\)526-2350](tel:+17195262350)



OPERATION OUTDOORS MILITARY FAMILY WEEKEND CAMP

All Services E1-E5 only.



PROVIDING U.S. SERVICE MEMBERS E1-E5 & THEIR FAMILIES MEMORIES TO LAST A LIFETIME

Are you and your family ready to get away for a weekend of adventure, excitement and fun? With spectacular views and lots of recreation activities – including a new high ropes course – Camp Shady Brook is the perfect place for your family to unwind together. Join us for an Armed Services YMCA-sponsored event for military members and their families. Let us help make military life easier by giving you and your family quality time to bond together while experiencing the great outdoors.

CAMP WEEKEND DATE

May 18–20, 2018

Registration Period:

April 1 – May 6, 2018 (Limited space available.)*

Pre-Event Meeting (Required)

May 11, 2018, 1730 – 1830

Southeast & Armed Services YMCA

Community Room A

2190 Jet Wing Drive

Colorado Springs, CO 80916

Please bring E1-E5 Military ID card

TIME

1300–1600 Arrival time Friday, May 18

1300–1600 Departure time Sunday, May 20
(Transportation not included.)

COST

\$40 per family, nonrefundable (covers 2 adults and 2 kids.)

\$10 per additional kid (Max 2 additional kids allowed.)

Exceptions on case by case basis.)

Children under 2 years of age are free

Camp activities may include:

Swimming, nature, arts & crafts, target sports, climbing wall, ropes course/zip wire, hiking, canoeing, star gazing, evening events and more!

(NOTE: Activities offered based on age requirements.)

Register online
at ppymca.org/register

Search "2018 Operation Outdoors
– Armed Forces Day Weekend"

Accommodation Notes

- Meals Provided: Friday dinner, Saturday all day dining and Sunday breakfast & lunch
- *30 family spots available.
- Financial Assistance available, Subject to rules and eligibility.
- Priority goes to families of deployed service members and Wounded Warriors.

For more information please contact Military Outreach Director Drew Aquino at daquino@ppymca.org or 719.622.3567 or 719.622.9622.

LODGING

Each family will be assigned a cabin and may potentially share this cabin with another family. We will do our best to ensure you are paired with a family who have similar aged children. Families wishing to share a cabin with a specific family may indicate so during registration. Families are also welcome to bring personal tents. Please advise via online registration.

**MAKING MILITARY
LIFE EASIER.**

No federal endorsement of sponsors intended.

ppymca.org | campshadybrook.org

facebook.com/SoutheastArmedServicesYMCA | facebook.com/CampShadyBrook



ARMED SERVICES YMCA • YMCA CAMP SHADY BROOK

OPERATION OUTDOORS

All Services E1-E5 only.

REGISTRATION FORM

I/we will prefer to spend the night in a:

☐ Tent Platform☐ Cabin☐ Personal Tent

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Day Phone: _____ Cell Phone: _____

Best time to call: _____ Preferred #: _____

Email: _____

Dietary Restrictions: _____

Request to stay with another family: _____

Military Rank: _____ Unit: _____ Unit Phone Number: _____

Supervisor/Point of Contact: _____ Supervisor/Point of Contact Phone: _____

Priority given to deployed service member families.*Please bring copy of deployment orders to Pre-Event Meeting.**

Total Family Participants*: _____

Number of Adults: _____ Number of Youth: _____ Number Children Under 7: _____

*Restrictions apply

Family Member Information

Name (First, Last)	Relationship	Birth Date	Gender
1. _____	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
2. _____	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
3. _____	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
4. _____	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
5. _____	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
6. _____	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F

Participant Waiver of Liability

I, the parent/person having legal custody/guardianship of the minor(s) participating in Camp Shady Brook programs, give permission for the minor(s) and myself along with other registered participants by me to participate in YMCA Camp Shady Brook ("Camp") activities. We are physically able and mentally prepared to participate in all activities at the camp including activities such as archery, horseback riding, riflery, swimming, boating, climbing wall, zip line, ropes course and hiking. In consideration of said participants being permitted to attend and participate in the Camp, I hereby: (1) acknowledge that I have read and voluntarily sign this waiver, (2) release YMCA, American Red Cross, its directors, officers, employees, volunteers and agents (collectively "Releasees") from all liability for us for any loss, damage, injury, or death, whether caused by Releasees or otherwise, while we are at Camp, (3) I agree not to sue Releasees for any loss, damage, injury, or death, and I will indemnify and hold harmless Releasees from any loss, liability, damage, or cost they may incur due to said participants participation in Camp, even if caused by the negligence of Releasees, (4) I assume full responsibility for, and bear the risk of, any loss, damage, injury, or death, due to negligence of Releasees, (5) I do hereby authorize the YMCA, as agent for the undersigned, to consent with respect to said participants, to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment, including hospital care, which is deemed advisable by the YMCA or any healthcare provider, whether such diagnosis or treatment is rendered at Camp, the office of a healthcare provider or at a hospital. I understand that the YMCA is not responsible for costs incurred for medical care, and I agree to reimburse the YMCA for any medical costs paid for the care of the participants. I intend this waiver to be as broad and inclusive as is permitted by the laws of Colorado; if any portion hereof is held invalid, I agree the balance shall continue in full force and effect.

For our participation in activities to be conducted by the YMCA of the Pikes Peak Region, I hereby give my permission and consent, now and for all time, to the YMCA of the Pikes Peak Region, the National Council of Young Men's Christian Associations of the United States of America (YMCA of the USA) and third parties collaborating with YMCA of the Pikes Peak Region] and/or YMCA of the USA to make, reproduce, edit, broadcast or rebroadcast any video film, footage, sound track recordings and photo reproductions of said participants and/or our narrative account of our experience at the YMCA of the Pikes Peak Region, for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business uses without any compensation to, and/or claim, by us. We may, or may not be, identified in such reproductions; however, we shall not be stated by name to have endorsed any particular commercial products or commercial services.

Signature: _____ Date: _____

Please send completed registration form to:Email: daquino@ppymca.org

Drew Aquino, military outreach director

Friday, May 18th

PERSONAL POWER

Music & The Military Spouse

A FREE EXCITING, LIFE-CHANGING WORKSHOP

A fun, eye-opening adventure into the communication differences between men and women.

Add music to the mix and discover how together, they shape your mood, reaction patterns, health & spirit!!!

DISCOVER:

- The surprising **Missing Puzzle Piece** to the difference between men & women.
- **Music as a Magic Tool** to keep these puzzle pieces glued together! (Yup. Music - from BACH to ROCK - can do all that!)
- The **Secret Role** military spouse plays in the family dynamic, and how to anchor "sense of self" to fulfill it.

How not to feel stressed, scattered, and sucked dry.

Relief! In areas you didn't even know were draining you.

LUNCH WILL BE PROVIDED

You must be able to attend the entire workshop

RESERVATIONS REQUIRED:

Call the Academy Airman & Family Readiness Center, (719) 333-3444

DATE: Friday, 18 May 2018

LOCATION: Tim Gill Center

315 E. Costilla Street, Colorado Springs, CO 80903

TIME: 8:30 am - 4:30 pm

*Funding available for childcare.

TUNED-IN
PRODUCTIONS
WITH MOLLY LORD

PIKES PEAK UNITED WAY DAY OF ACTION

JUNE 21 & 23, 2018

Day of Action is a volunteer event for the community to come together to make an impact where we live, work and play! Choose from a wide variety of projects at local non-profits. Register today at: ppunitedway.org/volunteer.html

#UWDayofAction



Where can YOU make an impact?

Catholic Charities
Colorado Springs Food Rescue
Crossfire Ministries
Dream Centers
Early Connections Learning Centers
Friends of the Peak
Ithaka Land Trust
Junior Achievement
Mile High Youth Corps
Mitchell High School
Ronald McDonald House
Silver Key
TESSA
Urban Peak
80909 Clean-up





Preserve America Youth Summit

📅 March 29, 2018 👤 Denise Harris 📁 Community Event, Education

Next Generation Stewards:

The Preserve America Youth Summit, a program of Conservation Legacy, provides engaging on-site interactive learning experiences for students, teachers, and service leaders at historic places. The Summits engage in local history, historic preservation, cultural conservation, and heritage tourism issues to foster leadership and strengthen community efforts.

Apply Now! <https://preservationyouthsummit.org/apply-now>.

Next Generation Stewards is a four-day program for Colorado middle and high school students, teachers, and service leaders, in the Black Canyon of the Gunnison National Park, and Curecanti National Recreation Area, Ute Indian Museum, and Montrose Area. Participants selected through a competitive application process are offered both community service hours and full scholarships for all program costs, including meals, transportation, and lodging.

For more information contact Jessika Buell at youthsummits@conservationlegacy.org or visit <https://preservationyouthsummit.org>.

.....

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

SAFETY AROUND WATER PROGRAM



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JUMPSTART YOUR SUMMER SWIMMING HABITS WITH OUR

SAFETY AROUND WATER PROGRAM



ABOUT: The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water should be fun, not feared. It is designed to reach children at risk of drowning and teach them basic water safety skills. The program is offered to the community at a minimal cost to participants.

WHERE: Southeast and Armed Service YMCA
2190 Jet Wing Drive, Colorado Springs, CO 80916

WHEN: TUESDAY, MAY 29th—SATURDAY, JUNE 2nd

First Session: Tuesday-Friday from 4:00PM-4:45PM and Saturday from 9:00AM-9:45AM

Second Session: Tuesday-Friday from 5:00PM-5:45PM and Saturday from 10:00AM-10:45AM

Third Session: Tuesday-Friday from 6:00PM-6:45PM and Saturday from 11:00AM-11:45AM

Parent/Child Session*: Tuesday-Friday from 4:00PM-4:45PM and Saturday from 9:00AM-9:45AM

FEES: \$5 Per Participant. In-house Registration is **REQUIRED**. Stop by the front desk!

*Parent/Child Session requires in-water parent participation. It will be a \$5 registration fee for the pair.

FOR MORE INFORMATION PLEASE CONTACT EMILY SILVA | ESILVA@PPYMCA.ORG | 719-622-3565

SPEED MENTORING NIGHT

Citizen Soldier Connection is hosting a mentoring night with construction, finance, arts & media, healthcare, sales, automotive, and other business leaders in the community. You don't want to miss this event!

You'll have the opportunity to:

- ✓ *Make connections*
- ✓ *Establish a local network*
- ✓ *Ask questions*
- ✓ *Gain insight into employment in the civilian sector*

SPACE IS LIMITED! RESERVE YOUR SPOT:

Register online at
citizensoldierconnection.org



REGISTER
citizensoldierconnection.org

MAY 17TH FROM 5:30 – 8:30PM

MT. CARMEL CENTER OF EXCELLENCE

530 Communication Circle, Colorado Springs, CO 80905

SPEED MENTORING NIGHT

STRENGTHENING FAMILY COPING RESOURCES FOR MILITARY FAMILIES (FLYER)



Strengthening Family Coping Resources for Military Families

- A 10-week, multi-family, skill-building educational group;
- **FREE** and includes a family meal at the start of each session;
- Families of all types with children of all ages welcomed!
- Learn how rituals and routines strengthen your family focus on emotional and physical safety.

Where: Regis University Colorado Springs
2450 Campus Drive, Suite 100

When: Thursdays, May 24, 2018 - August 2, 2018.
(No session on July 5 in observance of Independence Day)

Time: 6:00 p.m. - 8:00 p.m.

Space is limited. Please contact:
Regis Center for Counseling and Family Therapy
Ph. (719) 264-7027 (for information and reservations)

COLORADO SPRINGS HEALTH FOUNDATION
This program is funded by a generous grant from the Colorado Springs Health Foundation.

JOBS FOR VETERANS!



VETERANS JOB FAIR



United States Olympic Training Center

Thursday, May 31, 2018

11:00am – 3:00pm

1 Olympic Plaza

Colorado Springs, CO 80909

120+
JOB OFFERS
EXPECTED!

A FREE HIRING EVENT

FOR VETERANS, TRANSITIONING MILITARY PERSONNEL,
NATIONAL GUARD MEMBERS, RESERVE MEMBERS AND SPOUSES

= COMPANIES ARE HIRING! =

Job Opportunities ▶ Continuing Education Opportunities ▶ Business Ownership Opportunities

REGISTER NOW!

▪ Follow us on @RecruitMilitary / Facebook

For more details, visit RecruitMilitary.com/ColoradoSprings



Veterans Eligible for a Free 1-year Premium Career Subscription with LinkedIn

📅 March 30, 2018 👤 Denise Harris 📁 Employment

A Premium Account with LinkedIn ensures that you are a **featured applicant** when you apply through the LinkedIn portal. Also, it provides **competitive intelligence** about current applicants for positions. Another benefit is an **inside look** at the hiring company for a job posting. Yet another benefit of the Premium Career Subscription is the ability to **search by salary level** for a job in your career field.

To be eligible for this offer, you must meet all of the following requirements:

- Be a current or former U.S. military service member (non-US military are *not* eligible).
- Have not used the LinkedIn veteran promotion previously (1 promotion per service member).
- You must *not* be a current LinkedIn Premium subscriber (if you are paying for Premium now or are currently on a 30-day free trial, you must [cancel your subscription](#) and let it lapse before you apply for this offer).

View this link for more

information: <https://www.linkedin.com/help/linkedin/topics/6122/6154/14803>.

To register for your free Veteran Premium Account,

visit <https://linkedinforgood.linkedin.com/programs/veterans/premiumform>.

VOLUNTEER OPPORTUNITIES FOR AN EPIC SUMMER OF SPORTS



Volunteer Opportunities for an Epic Summer of Sports!

The Sports Corp is gearing up for another great season of events! As always, these events would not be possible without the help from our volunteers. We are looking for volunteers again this event season to help out with an **Epic Summer of Sports**.

Check out these **volunteer opportunities** listed below:



Pikes Peak Airstrip Attack

June 16-17 - Colorado Springs Airport

Pikes Peak Airstrip Attack is a **half-mile, side-by-side roll race and trap speed competition** featuring hundreds of the fastest, most powerful street cars in the nation - Lamborghini's, Ferrari's, GTR's, etc. The Pikes Peak Airstrip Attack is the only event in the country where participants have the opportunity to come together at a commercial airport the size and importance of the Colorado Springs Airport while competing for the title of the Mile High Victor.



Event Operations Volunteer Roles: set-up, admissions/ticket sales, beer garden, parking/staging, etc.

- Friday, June 15 - 12:00 pm - 5:00 pm (setup)
- Saturday, June 16 - 5:00 am - 11:30 am
- Saturday, June 16 - 11:00 am - 5:00 pm
- Sunday, June 17 - 5:00 am - 11:30 am
- Sunday, June 17 - 11:00 am - 5:00 pm
- Sunday, June 17 - 4:00 pm - 8:00 pm (tear down)

[CLICK HERE](#) to volunteer for the Pikes Peak Airstrip Attack.

**Volunteers receive free admission to watch the races before/after your shift*

Mavic Haute Route Rockies - Stage 7

June 29 - Pikes Peak Highway

The Mavic Haute Route Rockies - Stage 7 will finish in Colorado Springs on June 29. The event will feature **seven timed, ranked and fully-supported stages** covering 550 miles and in excess of 52,500 vertical feet of climbing on some of Colorado's best known mountain roads, many soaring above 10,000 feet in altitude. As many as 400 cyclists are expected.



Volunteer Roles: set-up, course marshals, beer garden, parking/staging, etc.

- Friday, June 29 - TBD

Email Rebekah@thesportscorp.org if you are interested in volunteering!

[Rocky Mountain State Games](#)

July 20-22 & 27-29 - Colorado Springs

The Rocky Mountain State Games (RMSG) is Colorado's largest multi-sport festival for athletes of all ages and athletic abilities including those with physical disabilities or visual impairment. More than 10,000 athletes are expected to participate in 40+ sports and more than 900 volunteers are needed to successfully run this event.



Volunteer Roles: Specialized volunteers called "Operations Assistants" are needed to support each sport and provide on-site assistance to Sport Commissioners in addition to serving as the communications link with staff and operations.

The need for general volunteers varies by sport but may be needed for a variety of tasks including: athlete check-in, information booths, set-up/tear-down, course marshals, scoring, timing, hospitality and many other activities. Below are a few examples of some family-friendly volunteer opportunities:

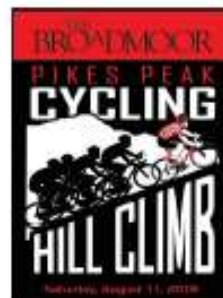
- **Field Hockey** (July 20-22): sideline marshals/recover errant balls
- **Great Inflatable Race 5K:** packet pickup (July 20); race support (July 21)
- **Track & Field** (July 21): athlete check-in, scoring, medals/results, event support
- **Color in Motion 5K:** packet pickup (July 27); race support (July 28)
- **Shooting** (July 28): resetting targets, scoring, event support
- **Operations Assistant** (Sport Specific): work in conjunction with the Sport Commissioner(s) and serve as that person's assistant
- **Operations Support Team** (All Dates): work with the Sports Corp staff, Operations Team, Sport Commissioners and volunteers to prepare, assist and execute all events associated with RMSG

[CLICK HERE](#) to volunteer for the Rocky Mountain State Games.

[The Broadmoor Pikes Peak Cycling Hill Climb](#)

August 11 - Pikes Peak Highway

The Broadmoor Pikes Peak Cycling Hill Climb will join the inaugural "Colorado Summit Series" which features some of the toughest hill climbs in the world including the Guanella Pass Hill Climb (June 3) and Bob Cook Memorial Mt. Evans Hill Climb (July 21). This new and unique cycling series will finish with the Pikes Peak Cycling Hill Climb on August 11.



Created in 2010, this event attracts the top competitive and recreational cyclists from across the nation and around the world as they challenge Pikes Peak - America's Mountain.



Volunteers Roles: aid station management, athlete check-in, information booths, set-up/tear-down, course marshals, scoring, timing, hospitality and many other activities.

- Saturday, August 11 - approx. 4:00 am - 2:00 pm

[CLICK HERE](#) to volunteer for the Pikes Peak Cycling Hill Climb.

[Colorado Springs Labor Day Lift Off](#)

September 1-3 - Memorial Park

Continuing a 41 year tradition in Colorado Springs, the 2018 Labor Day Lift Off will bring many new experiences while continuing to feature some of the best balloons and special shapes from across the United States.

Volunteer Roles & Shifts: assist with event operations including parking, VIP hospitality, beer garden, etc.

- Saturday, Sept. 1:
 - Morning shift: 4:30-10:00 am
 - Evening shift: 3:30-10:00 pm
- Sunday, Sept. 2:
 - Morning shift: 4:30-10:00 am
 - Evening shift: 3:30-10:00 pm
- Monday, Sept. 3:
 - Morning shift: 4:00-10:00 am



**Family-friendly balloon crew volunteer roles also available!*

[CLICK HERE](#) to volunteer for Labor Day Lift Off as a balloon crew volunteer.

[CLICK HERE](#) to volunteer for Labor Day Lift Off as an event volunteer.



Colorado Springs Sports Corporation
1631 Mesa Ave., Suite E
Colorado Springs, CO 80906
(719) 634-7333
info@thesportscorp.org

ColoradoSpringsSports.org

Calendar of Events

PyeongChang Olympic Downtown Celebration - February 9
Salute to the U.S. Olympic Family Luncheon - April 12
Sports Corp Golf Tournament - May 16
AMBC Youth Continental Championships - May 26
Pikes Peak Airstrip Attack - June 16-17
PPIHC Fan Fest - June 22
The Broadmoor Pikes Peak International Hill Climb - June 24
Mavic Haute Route Rockies - Stage 7 - June 29
College Football Kick-Off Luncheon - July TBD
Rocky Mountain State Games - July 20-22 & 27-29
The Broadmoor Pikes Peak Cycling Hill Climb - August 11
Colorado Springs Labor Day Lift Off - September 1-3
RMSG/CSI Figure Skating - September 14-16
College Hockey Face-Off Luncheon - September TBD
Colorado Springs Sports Hall of Fame - October 23

Join us on our Social Media!



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.

WOMEN'S VETERAN RETREAT



8 - 10 JUN 2018

4TH ANNUAL WOMEN'S VETERAN RETREAT

Empowerment Conference

The Women's Annual Retreat is an ambitious project that boast a full support system to benefit each female Veteran with everyday life challenges. There are various outreach programs customized to benefit the entire group; along with team building exercises to unite as one,



Comradery

**Interactive
Engaging &
Connecting**

**Restore Revitalize
& Inspirational**

Team Activities

**Fun Filled
Weekend**

Register Now – Limited Space

Free / Donations Accepted

Location: Lake George

Time: 1400 8 Jun –

1200 10 Jun 18

Contact: Ms. Tami Donaldson

Email:
veteransvss@gmail.com

719-330-8895

YOUTH Mental Health First Aid Training



Welte Education Center
330 Lyckman Drive, Fountain
SATURDAY, MAY 12, 2018

9am-4pm

- Understand signs, symptoms, and risk factors for mental illness
- Better understand common mental health challenges YOUTH experience
- Increase confidence when responding to YOUTH in crisis
- Designed for adults who interact with YOUTH:

Parents, school staff, neighbors, caregivers, and other concerned adults

FREE and open to the public 17 years and older

Please register at the following link: <https://www.surveymonkey.com/r/51218FFC>

FREE childcare will be provided. To reserve a space, please email wstevenson@ffc8.org

FREE lunch provided by the Fountain Valley Communities that Care.





ARMY COMMUNITY SERVICE PROGRAMS

5 LOVE LANGUAGES CLASS



the **5** Love Languages

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

9 a.m. to Noon • Thursday, Jan. 11 • ACS Center, bldg. 1526
Register: www.carson.army.mil/acs (719) 526-4590



FORT CARSON YARD SALES

FORT CARSON RESIDENTS & DOD ID HOLDERS

APRIL TO DEC. YARD SALE

1ST & 3RD SATURDAYS • 8 A.M.–3 P.M.

HELD IN ALL ON-POST HOUSING AREAS &

NORTH COMMUNITY CENTER, 4355 FUNK AVE.

(FOR PARTICIPANTS THAT LIVE IN THE BARRACKS & OFF-POST)



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



NEW PARENT SUPPORT PROGRAMS



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.-11:30 a.m.	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.-11 a.m.	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.-11:30 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)	Call (719) 534-3105 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)	Call (719) 534-3105 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 8 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

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



Relocation Readiness Program presents

Newcomers Orientation

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

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

www.carson.army.mil/acs (719) 526-4590



SOLE PARENTING GROUP



Sole Parenting

a resource group for single parents

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

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

www.carson.army.mil/acs • (719) 526-0461





COMMUNITY PARTNER PROGRAMS

"BE THERE" PEER SUPPORT

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

**CIVILIAN WEAR FOR
MEN & WOMEN**



In collaboration with Discover Goodwill,
Mt. Carmel presents
“CIVVIES”, a men’s and women’s clothing
boutique to assist with professional and
business casual attire.

A monetary donation is suggested.

*Open daily from 8 am – 5 pm
Donations can be dropped off and processed through
any Goodwill donation center.*

Mt. Carmel can not accept clothing donations

719-309-4714

530 Communication Circle

CTU PATRIOT SCHOLARSHIP OPPORTUNITY

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 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 1280504 1/18

EQUINE ASSISTED THERAPY GROUP FOR AD MILITARY, VETERANS AND THEIR SPOUSES



Equine Assisted Therapy Group for Active Duty Military, Veterans, and their Spouses

What is EAT?

As an experiential psychotherapy, EAT uses horses to help the client(s) increase their self-awareness and repattern any maladaptive behaviors, feelings and attitudes. In relationships and families, this allows for clearer communication, a strengthening of bonds, and overall resilience through life's ups and downs.

How do I sign up?

Contact Chester DeAngelis @
719-495-3908
deangelis@pptrc.org

Who can sign up?

Individuals and Couples who
have TRICARE health coverage



Spaces Still Available- Register Anytime!!!

**EAT OFFERED FOR
THOSE WITH
TRICARE COVERAGE**

**AVAILABLE FOR
INDIVIDUALS AND
COUPLES**

**WEEKLY GROUP
SESSIONS
MONDAYS
11 TO 12:30**

**STRENGTHEN
BONDS, ENHANCE
COMMUNICATION,
AND BUILD
RESILIENCE**

PIKES PEAK THERAPEUTIC RIDING CENTER

**DOM CIMINO CENTER AT
NORRIS PENROSE
EQUESTRIAN CENTER
1035 Lower Gold Camp Rd
Colorado Springs, CO 80905**

www.PPTRC.org





FIRST VISITOR

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

peakvista.org

(719) 344-6639

(English)

(719) 344-7147

(Spanish)



Program A
Prenatal - 12 mos.

Discover your newborn's
amazing abilities.



Program B
12 mos. - 24 mos.


Encourage language
development.
Proper nutrition and
portion size.



Program C
24 mos. - 36 mos.

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

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



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

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

Call us today to learn more.



(719) 635-1536 | cpcdheadstart.org

FREE YOGA



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

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

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

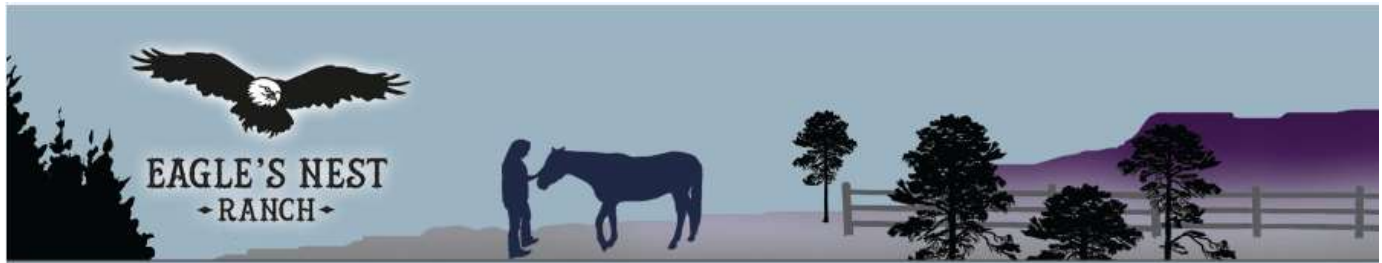
Free classes open to all Veterans, Service Members and their Families. Learn to experience stress with less psychological cost, and gain some peace of mind.

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

719-309-4714

**MtCarmelVeterans.org
530 Communication Circle
Colorado Springs, CO 80905**

HEALING HORSES FOR THE ARMED FORCES



Healing Horses for the Armed Forces

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

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

Contact us to schedule a session.

Suzy MacKenzie

Founder and Executive Director

www.eaglesnestranch.org

eaglesnestranch501@gmail.com

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



HORSEMANSHIP FOR VETERANS AND ACTIVE DUTY



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



Our Hours:
Mon-Sat
times vary

Satellite Hotel

411 Lakewood
Circle #C206B
Colorado
Springs, CO
80910

WE OFFER

Domestic Violence Support Groups

Mentoring/Life Coaching

Family Violence prevention workshops

Workshops, trainings and resources

For the entire family

and much more

ENROLL NOW!

TO REGISTER

Call: 719-464-6676

info@kingdombuildersfamilylifecenter.org

www.kingdombuildersfamilylifecenter.com



Lift for the 22 Offers Free Gym Memberships for Veterans

📅 March 28, 2018 👤 Denise Harris 📁 Health

Lift For The 22 is an organization designed to provide free one year gym memberships to the veteran community in order to reduce veteran suicide. By partnering with fitness facilities across the country who donate gym memberships to Lift For The 22, our program can redistribute thousands of gym memberships to the veteran community every year. More gyms = more memberships available. Lift For The 22 aims to provide fitness as a new transitional tool for the veteran community.

3 gyms in Colorado are currently participating in Lift for the 22:

CO Springs Fit Quest

Racks and Roses Kinetic Training Systems in Lakewood

Golden Fights MMA Gym in Grand Junction

For more information, visit <https://www.liftforthe22.org>.



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 PARENTS NIGHT OUT



ARMED SERVICES YMCA

FOR YOUTH DEVELOPMENT •
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Southeast & Armed Services YMCA

MILITARY PARENTS NEED SOME TIME ALONE?

Parents, have a night out! Drop off your kids at the Southeast & Armed Services Y for our monthly Parents Night Out Event.

Parents, this is your chance to go out to dinner, catch a movie, gather with friends or simply enjoy some quiet time at home. Bring your children and their friends to the Y for a super fun evening of healthy activities, great food, games and all-around good fun. Military Parent's Night Out is open to all military families and children.

2018 DATES

April 21

May 19

June 16

July 15

August 18

September 15

October 20

November 17

December 16

TIME

5–10 p.m.

AGES

3 — 12 (Must be potty trained.)

COST

Y Member Military Rate:

E1–E5: \$15

(Active Duty, National Guard,
Reserve, Independent Duty)

E6 & Above: \$20

(Veterans, Retirees, Contractors)

Non Y Member Military Rate:

E1–E5: \$22.50

(Active Duty, National Guard,
Reserve, Independent Duty)

E6 & Above: \$30

(Veterans, Retirees, Contractors)

Must present E1–E5 military ID upon check-in.



Must register in person.

First time only. Must present valid DoD active duty ID card for validation. May register via phone after validation.

For more information or to sign up please contact
Child Watch Coordinator Camisha Mobley at
cmobley@ppymca.org or

Military Outreach Director Drew Aquino at
daquino@ppymca.org or call 719.622.9622.

Southeast Family Center & Armed Services YMCA
2190 Jet Wing Drive
Colorado Springs, CO 80916
719.622.9622
ppymca.org



/SoutheastArmedServicesYMCA



MAKING MILITARY LIFE EASIER.




OPERATION TBI FREEDOM

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 vertical poster with a brown background. At the top, there is a stylized illustration of mountains in shades of brown and tan. Below the mountains, there are two green banners with white text. The first banner says "HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?". The second banner says "DO YOU HAVE A TRAUMATIC BRAIN INJURY?". Below the banners, the text "YOU HAVE SERVED NOW LET US SERVE YOU!" is written in large, bold, brown capital letters. In the center, there is a logo for "OPERATION TBI FREEDOM" which features a silhouette of a soldier's head in profile, facing right, with a green and white striped banner behind it. Below the logo, it says "A PROGRAM OF CRAIG HOSPITAL". At the bottom, the text "CALL US TODAY (855) 355-6824" is written in brown capital letters, followed by the website "WWW.OPERATIONTBIFREEDOM.ORG" and the Facebook page "WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM" in brown capital letters.

HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?

DO YOU HAVE A TRAUMATIC BRAIN INJURY?

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

**OPERATION
TBI FREEDOM**

A PROGRAM OF CRAIG HOSPITAL

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

WWW.OPERATIONTBIFREEDOM.ORG

WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM



A PROGRAM OF CRAIG HOSPITAL

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

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

Services provided or coordinated by OTF include the following:

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



Learn more at craighospital.org/OTF



Youth and Young Adults AGES 11-24

PROJECT RIGHT DIRECTION

WE PROVIDE:

- *TRANSPORTATION**
- *HEALTHY MEALS**
- *FIELD TRIPS**
- *COMMUNITY SERVICE PROJECTS**
- *AFTER SCHOOL PROGRAMS**
- *ACADEMIC ENHANCEMENT**
- AND MUCH MORE!**

**Must be registered
contact 719-464-6676
TO ENROLL**

**Inside the Satellite Hotel
411 Lakewood Circle #C206B
Colorado Springs, CO 80910**

PLUS:

- * Youth Mentoring**
- * Personal Development groups**
- *Academic Assistance**
- *Life skills workshops**
- *A fun environment**

Activities:

**VIDEO GAMES
MOVIES
BOARD GAMES
FOOTBALL BASKETBALL SWIMMING
DODGEBALL DANCE&MUSIC
ARTS& CRAFTS
FUN & GAMES
AND SO MUCH MORE**

**HOURS VARY
Monday-Saturday**



Free Classes to Learn: Tai Chi Boxing and Energetics

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

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

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

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

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

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

Please go to our website for more information; mtcarmelveterans.org

**719-309-4714
MtCarmelVeterans.org
530 Communication Circle
Colorado Springs, CO 80905
8:00am – 5:00pm M-F**



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.

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