

FORT CARSON

Directorate of
Family and Morale,
Welfare and Recreation



PROGRAM GUIDE

Facilities and Activities Available
to Soldiers and Their Families

CARSON.ARMYMWR.COM

ALL INFORMATION IS SUBJECT TO CHANGE

LETTER FROM THE DIRECTOR

WELCOME TO THE MOUNTAIN POST



Congratulations on your new assignment to Fort Carson, the Mountain Post! On behalf of everyone within Family and Morale, Welfare and Recreation (FMWR), I would like to personally welcome you to the Best Hometown in the Army! There is an incredible range of opportunities and experiences that await you and your family during your time at Fort Carson, we commonly refer to it as Mountain Post Ready!

Mountain Post Ready inspires a life of balance, and defining your personal journey along the way. It brings together mind, body, spirit and community into the adventure of making the most out of your destination. I encourage you to take advantage of all our services and programs. Improve your health and performance, connect with neighbors and explore beyond our gates. Get moving for an active, vibrant life, enhance your skills and knowledge to realize your full potential, and inspire those around you to do the same.

From quality child development to expert financial, relationship, employment and relocation advice, to sports, fitness and aquatics, to auto skills, library, golf, bowling, recreational shooting, and catering and conferencing, to white water rafting, mountain climbing, skiing, and outstanding community events, we have it all!

Let the Fort Carson Family and MWR be your first choice for quality of life services, and let your Mountain Post Ready experience start now!

For more information please reach out to any one of our Family and MWR team, visit us at, carson.armymwr.com, and follow us on social media.

Again, Welcome to the Fort Carson Mountain Post, "The Best Hometown in the Army-Home of America's Best."

MICHAEL O'DONNELL
Director of Family & Morale,
Welfare & Recreation

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CARSON.ARMYMWR.COM

@CARSONMWR

EDUCATION • OPPORTUNITY • DISCOVERY
REAL LIFE SOLUTIONS FOR EVERYDAY LIVING

Regardless of what stage of life you and your family are in, Army Community Service (ACS) has services and programs to make your Army life more successful. If you are new to the Fort Carson area, make sure to stop in and pick up a welcome packet, get maps and directions to the local area and meet our professional staff. ACS offers monthly classes on parenting, finances, relationships, exceptional Family Members, self-improvement, military ins-and-outs and volunteer opportunities, plus much more.

ACS CENTER



6303 Wetzel Ave., Bldg. 1526

(TEMPORARILY LOCATED AT)
1517 Ellis St., Bldg. 1201



Visit: carson.armymwr.com/acs for service locations or call (719) 526-4590 for more information.

FIND CLASS DATES & REGISTER

www.carson.army.mil/acs



ARMY FAMILY TEAM BUILDING

EMPOWERING SOLDIERS & FAMILIES TO MAXIMIZE THEIR PERSONAL GROWTH

Maximizing military knowledge, personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation.



ACS Instructor Training Course

Students will learn the many skills and techniques necessary to be a successful facilitator. As well as how to prepare for and present effective briefings, developing platform skills, teaching adult learners, and more.

Personal Growth (Level G)

Level G focuses on personal growth through communication, exploring personality traits, creative problem solving and many aspects of self improvement.

Military Knowledge (Level K)

Level K provides the basic information and skills needed by all military Family members. These include military terms, acronyms, customs and expectations, impact of the mission on family life, and much more.

Leadership Development (Level L)

Level L will enhance an individual's professional growth and leadership skills. This training is for those who are or wish to be leaders, whether it is in the unit or the community.

ARMY VOLUNTEER CORPS

SUPPORTING & TRAINING VOLUNTEERS TO MAKE A DIFFERENCE IN THEIR COMMUNITY

The Fort Carson Army Volunteer Corps (AVC) provides opportunities to make a difference within our military community and the Colorado Springs area. AVC helps volunteers to find positions which fit their current skill set and advance their employment goals. Volunteering is a perfect opportunity to remain on the cutting edge of your career and connect with new people. Stop in, call or receive our information on the website for current volunteer recruitment needs.

ANNUAL AVC EVENTS

AVC leads many annual events which honor volunteers and support the community. These include: Annual Volunteer Recognition Ceremonies, National Volunteer Week, and Make A Difference Day.

VOLUNTEER, VMIS & OPOC TRAINING

Provides information on registration of new volunteers, duties of Organizational Point of Contact (OPOC) and how to use Volunteer Management Information System (VMIS) to enter volunteer hours and awards that have been earned.

Last Wednesday of the month • 1:30–3 p.m.

VOLUNTEER

**HELP YOUR
COMMUNITY
AND EARN
NEW SKILLS**



ACS CENTER

visit carson.armymwr.com/acs for service locations

(719) 526-4590

EXCEPTIONAL FAMILY MEMBER PROGRAM

WE KNOW THE SYSTEM. WE CAN HELP.

We provide a multi-agency approach for community support, housing, medical, educational and personnel services to Families with special health and/or educational needs/concerns.



EFMP & ME

This is a new digital tool to guide military families with special needs to the specific information and resources they need. Using the tool, you can learn about support services, preparing for a move or deployment, responding to changes in education or medical needs, and adjusting to new life situations. EFMP & Me gives families personalized assistance based on their specific circumstances. See our website for more information!

EFMP 101

Join us for EFMP 101, where program myths are busted and accurate information is explained in detail. We'll help you understand the ins and outs of the program, how it affects you, and the services that are offered.

EFMP SCHOOL SUPPORT

If you have a child on an IEP or a 504 Plan, this service is for you! Clearly understanding the basics of the special education process, understanding your rights and responsibilities and those of the education system, and collaborating with educational professionals will help you feel like a true member of your child's IEP team. School support services are tailored to meet your child's individual needs.

EFMP RESPITE CARE

EFMP Respite Care is a temporary rest period for caregivers, providing them the opportunity to rest and rejuvenate with peace of mind, knowing their loved ones will be well cared for. Eligibility criteria required to apply.

SYSTEMS NAVIGATION SERVICES

EFMP Systems Navigation is a Family support component of the EFMP that connects Families who have special needs with the systems of care they need, both on and off the installation. A standardized planning tool is used to help you identify your family's needs and goals, which will be organized and prioritized in a way that is easy to understand.

COMPASSIONATE ACTIONS

ASSISTANCE Meet with an EFMP Systems Navigator to ensure individual circumstances meet criteria for requesting a compassionate reassignment, deletion, deferment or permissive attachment based on the individual Soldier's circumstances.

ACS CENTER

visit carson.armymwr.com/acs for service locations
(719) 526-4590



EMPLOYMENT READINESS PROGRAM

HERE FOR ALL PHASES OF YOUR JOB SEARCH

The ACS Employment Readiness Program (ERP) offers a variety of services that give patrons (Active Duty, Retirees, Family Members and D.A. Civilians) the resources they need to find their next job.



UNLOCK YOUR POTENTIAL

Employment Readiness Specialists provide workshops as well as one-on-one appointments to assist with job searching, resumes, interviews, networking, as well as career skills development. ERP maintains partnerships with local and national employers and agencies in order to share job opportunities.

PROFESSIONAL DEVELOPMENT SERIES

This series includes a different focus each month. Whether you are beginning your career, established in your career, making a career change or just looking for professional and personal development opportunities, we can help. Topics will include: LinkedIn & Personal Branding, Career Assessments, Business Etiquette and much more!

1st Thursday of the month

FEDERAL RESUMES AND USAJOBS.GOV

Searching and applying for federal jobs is a vastly different process than the civilian job search process. ERP will give you the tools to make the most of your federal job search and how to write and tailor your resume to a federal job announcement.

4th Tuesday of each month

MILITARY SPOUSE PREFERENCE & FEDERAL EMPLOYMENT

As a Military Spouse you may be eligible for the Priority Placement Program (PPP), educational opportunities through MyCAA, and the Relocation Licensure Reimbursement. Learn the requirements and documentation needed for these and other spouse employment and educational opportunities. **3rd Wednesday of the month**

PROFESSIONAL DEVELOPMENT AND CAREER EXPLORATION FOR TEENS AND YOUNG ADULTS

ERP invites Mountain Post teens and their parents, and young adults to join us for workshops guaranteed to launch you into a productive future whether you are contemplating college trade school, a gap year, military service or if you are uncertain about what lies ahead. Workshops will cover: Resume Writing & Completing Applications, Interview Preparation, Scholarships, FAFSA and Q&A with colleges.

****Every Summer and Fall, please visit website for specific dates**

WRITE A WINNING RESUME

Having trouble getting calls from your resume? Starting new and want to learn the best practices in resume writing? This course details how to tailor your resume to fit a specific job posting and examine current resume trends. **2nd Wednesday of the month**



ACS CENTER

visit carson.armymwr.com/acs for service locations

(719) 526-4590

FAMILY ADVOCACY PROGRAM

SUPPORTING HEALTHY SOLDIER & FAMILY RELATIONSHIPS

The Family Advocacy Program (FAP) promotes individual, couple and Family wellness by offering a comprehensive program that includes awareness, education and support to prevent Family violence.

5 LOVE LANGUAGES

This class will discuss your "Love Language" and how to use it to strengthen your communication style. The workshop is based on the best-selling book "The 5 Love Languages."

Call (719) 526-0461 for more information

COOPERATIVE PARENTING & DIVORCE

Understand your new roles and how to best support your kids during this transition. This class meets the State of Colorado requirement for divorcing couples.

2nd Tuesday of the month

MARRIAGE WORKSHOP

In this 3-week class you'll relate with your partner in a calm, cool and connected way.

Call (719) 526-0461 for more information

PREP 8.0 CURRICULUM

The "Prevention and Relationship Education Program" will help you as a couple by building on your current strengths and learning new skills. All couples welcome.

Call (719) 526-0461 for more information

TOUGH TOPICS

A group to help assist parents and caregivers with navigating difficult conversations.

Quarterly

SOLE PARENTING GROUP

An opportunity for Soldiers to network with fellow single parents, attain resources and ask questions in a supportive environment. Find a community with this group.

For more information (719) 526-0461

BABY SIGN LANGUAGE BASICS

Did you know that babies can actually understand spoken language before they are physically able to speak? You and your child can learn together. Available to parents of infants, toddlers and non-verbal children.

4th Tuesday every other month

PARENTING WORKSHOPS

In this 4-week class learn to relate with your children by taking hold of your own emotional responses. Helps parents to focus on their own behaviors rather than just responding to their children.

Call (719) 526-0461 for more information

RESILIENCE CLASSES

Learn self-awareness, self-regulation, optimism, strength of character, and connection. Each class covers a different subject matter. Attendance of all classes encouraged.

Call (719) 526-0461 for more information

The Family Advocacy Program includes: The Nurturing Center, The New Parent Support Program, and Victim Advocacy



ACS Annex, 1481 Titus Boulevard, Building 7492

FINANCIAL READINESS PROGRAM

EDUCATION FOR A SUCCESSFUL FINANCIAL FUTURE

Financial Readiness Program (FRP) provides financial education, budget assistance, personalized budget counseling, credit counseling and debt management along with a host of other financial support programs.

BANKING MANAGEMENT

Learn the basics of ATMs, checking and savings accounts and how to make the best of the different tools banks offer.

1st Tuesday of the month

BUDGETING 101

Learn how to manage your money, meet your financial goals and save for emergencies.

2nd Wednesday

FINANCIAL STRENGTH

Classes are provided in various categories to meet your specific financial needs. Designed to ensure each person may obtain information on Thrift Savings Plan, Managing Your Debt, Blended Retirement System and Used Car Buying. Classes are offered upon request. **Upon Request**

SMART MONEY TALKS

Enhance your financial knowledge. Designed for Soldiers and Family Members wanting to improve their financial status and plan for the future. Each session covers a different subject and includes a free book on that topic. **Quarterly**

ONE-ON-ONE SUPPORT

ARMY EMERGENCY RELIEF (AER)

AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members, Retirees, Retiree Family Members, and Medically Retired Wounded Warriors needing financial assistance in an unforeseen emergency situation. AER is dedicated to "Helping the Army Take Care of Its Own."

FINANCIAL COUNSELING

Meet with one of our Financial Counselors and get a handle on your specific financial situation. This is one-to-one counseling for budgets, debt management, or retirement plans.



THRIFT SAVINGS CLASS

Learn about your retirement plan and the importance of planning for retirement.

1st Thursday of the month

UNDERSTANDING YOUR MILITARY RETIREMENT

Understand your money and how it fits in with the Army's Blended Retirement System. Featuring a Q&A with financial experts. Bring your questions.

Upon Request

Get Your Online Financial Literacy Training Classes and Certifications at

www.FinancialFrontline.org



ARMY EMERGENCY RELIEF

Soldiers Helping Soldiers

Army Emergency Relief provides interest-free loans, grants and scholarships for soldiers, retired soldiers and their families.

- Rent/Mortgage
- Utilities/Deposits
- Food
- Dental/Medical
- Emergency Travel
- Vehicle Repair
- Funeral Expenses
- Car Seat
- And more...

1-866-878-6378

ACS CENTER

visit carson.armymwr.com/acs for service locations

(719) 526-4590

MOBILIZATION & DEPLOYMENT

SUPPORTING SOLDIERS & THEIR FAMILIES IN MILITARY READINESS

The Mobilization, Deployment & Stability Support Operations Program (MD&SSO) supports unit commanders in preparing Service Members, civilian employees, and their Families for military operations.

vSFRG TRAINING

armyfamilywebportal.com is a secure website for command to share unit, SFRG, and deployment information to Soldiers and Family members.

SFRG TRAINING: KEY CONTACT

This training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.

REAR DETACHMENT LEADERS COURSE

Gain a better understanding of the Rear Detachment Leaders role and the many resources available for crisis intervention.

FAMILY OPSEC

Protect your Soldier by protecting the information that you know. This way of thinking is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security.

SFRG FUND CUSTODIAN

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing Soldier Family Readiness Group (SFRG) Informal Fund accounts and fundraising.



ACS CENTER

visit carson.armymwr.com/acs for service locations
(719) 526-4590

Army Community Service
Portable Class Delivery
Classes on **your time**, in a location of **your choice**, customized to **your needs**.

PORTABLE CLASS DELIVERY

Schedule an Army Community Service class at a time that works best for your unit or family readiness group, in a location of your choice and customized to meet your needs. Simply log onto www.carson.armymwr.com/acs and complete the request a class' form. The complete list of portable classes is Online. Classes on your time at your location, now that's delivery service that you can get excited about.

SOLDIER AND FAMILY READINESS TRAINING

Our team is here to provide for all of your Soldier and Family readiness essentials. From pre-deployment through Reintegration we have the solutions you need. Please call us today and let us help develop a personalized training plan for your unit!

CARE TEAM TRAINING

The CARE Team offers short-term assistance to support Families in the gap between notification team and personal support arriving. Training prepares volunteers to help during this time of tragedy or loss.

COMMAND FAMILY READINESS REPRESENTATIVE (CFRR) ACADEMY This course trains Soldiers selected to be unit CFRRs on how best to assist unit commanders and SFRG leadership.

NEW PARENT SUPPORT PROGRAM

SUPPORTING MILITARY PARENTS & YOUNG CHILDREN

A professional team of social workers and nurses that provide supportive and caring services to military Families. We will help you learn to cope with everyday stress, isolation, and post-deployment reunions.

BOOT CAMP FOR NEW MOMS

A chance for moms to share motherhood fears, challenges and practical activities. Offered for moms only.

1st Tuesday of the month
9 a.m.-12 p.m.

BOOT CAMP FOR NEW DADS

An interactive and engaging class that focuses on what it means to become a father. Offered for dads only.

3rd Tuesday of the month
9 a.m.-12 p.m.

NURTURING

(Infant-5 years old & 3-12 years old)
These two 12-week classes teach parents how to be nurturing to their children as well as to themselves.

Call (719) 960-6435 for details

NURTURING FAMILIES THROUGH PLAY

This 10-week class teaches parents of children 3 to 10 years old how to use child play therapy skills to reduce behavioral problems. **Offered quarterly**

Call (719) 960-6435 for details

HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age.

Call (719) 524-1899 for more information



PLAY GROUP

Fun filled meet-up for parents and children. Your child will improve their social, cognitive and motor skills. For infants to 5 years of age. School age kids welcome in the summer.

Fridays • 10 a.m.-12 p.m.

TODDLER TIME

Focuses on gross motor enhancement through song and dance; sensory enrichment through arts and crafts; as well as nurturing the child and the parent. 18 months old and older.

Thursdays • 9:30-11 a.m.

INFANT MASSAGE & BABY NURTURING

Increase the bond between you and your baby through various infant massage techniques. **Tuesdays • 9:30 -11 a.m.**



ACS CENTER

visit carson.armymwr.com/acs for service locations

(719) 526-4590

RELOCATION READINESS PROGRAM

HELPING SOLDIERS AND THEIR FAMILIES MAKE A HOME

The ACS Relocation Readiness Program can help you find your way around Fort Carson, build connections with other Soldiers & Families on post, and create a successful plan for your next destination.

WAITING FAMILIES PROGRAM

For Families who are geographically separated from their Soldier due to mission requirements, to include TDY's and unaccompanied assignments. Find new friends and stay up-to-date on what is going on at Fort Carson and in the local community.

Call for more details (719) 526-0466

MOUNTAIN POST WELCOME FOR SPOUSES AND FAMILIES

Welcome to Fort Carson. You are invited to our Mountain Post Living Welcome for Spouses and Families. Meet other spouses, get "insider tips" from spouses familiar with the area and have an opportunity to ask questions about Fort Carson.

3rd Friday of the month • 10:30 a.m.

RSVP at (719) 526-0457



IMMIGRATION & NATURALIZATION REFERRALS

Free service open to all Soldiers, Spouses, and DA Civilians; Active Duty and retired.

Call (719) 526-0466



HOMEBUYER'S WORKSHOP

Learn about Real Estate agents, selecting the right house, obtaining the right mortgage, VA Loans, and more.

4th Wednesday of the month

PCS 101

Provides PCSing Soldiers with information on planning and executing a successful move. Soldiers and Family Members can go online for this information or schedule a one-on-one appointment to cover all your questions.

By appointment/portable class, call (719) 526-1053

CULTURAL MEET-UPS

Get acquainted with ACS offerings and find new friends in a community at Fort Carson that includes people with similar backgrounds and experiences. Children are welcome.

International Meet-Up: 1st & 3rd Wednesday

Latino Meet-Up: 1st & 3rd Thursday

EVERYDAY ENGLISH

Participants develop basic English skills in grammar, conversation, language and composition. Registration required, contact for more information. **Call for more details (719) 526-0466**



ACS CENTER

visit carson.armymwr.com/acs for service locations

(719) 526-4590

SOLDIER & FAMILY ASSISTANCE CENTER



6303 Wetzel Ave., Bldg. 1526

(TEMPORARILY LOCATED AT)
1517 Ellis St., Bldg. 1201

The SFAC is a “one stop shop” providing support and resources to Soldiers and their Families assigned to either the Soldier Recovery Unit (SRU) or in the Integrated Disability Evaluation System (IDES). The SFAC supports the needs of wounded, ill and injured Soldiers and their Families.

At the Soldier & Family Assistance Center (SFAC) our staff and partner agencies offer customized, one-on-one support for wounded, ill and injured Soldiers and their Families to promote resilience, wellness and peace of mind while transitioning from the Army or recuperating to return to duty.

ONE-ON-ONE SUPPORT

Schedule your one-on-one support with the SFAC to support your transition needs: financial counseling, leave calculations, outreach opportunities and resume assistance.

Call (719) 526-5807 for an appointment



TRANSITION AND MEDICAL RETIREMENT BRIEF

This briefing is for SRU and IDES Soldiers who have received their Army Disability Rating and are transitioning out of the military. The brief covers all of the military benefits and services transitioning Soldiers can utilize.

Call 719-526-5807 for times and dates.

MEDICAL SEPARATION ORIENTATION BRIEF

Get orientated to the SFAC Program. Includes a facility tour and information on what services are provided through the SFAC. Open to all SRU, Integrated Disability Evaluation System (IDES) Soldiers and their Family Members.

Call 719-526-5807 for times and dates.

ACS CENTER

visit carson.armymwr.com/acs for service locations
(719) 526-4590

SURVIVOR OUTREACH SERVICES



6990 Mekong St.,
Bldg. 6215
(719) 526-2069

SERVING THE FAMILIES OF THE FALLEN

If you are a surviving Family Member, Survivor Outreach Services offers you access to support, information, and services, closest to where you live, when you need it and for as long as you need. SOS is part of the Army Casualty Continuum of Care. It's designed to provide long-term support to surviving Families of Fallen Soldiers.

SOS Support Coordinator

Your SOS Support Coordinator is your link to finding the resources and answers that will work best for you. Your local Support Coordinator is available to meet with you as you journey through this difficult transition by providing direct services as well as information, referrals, and recommendations. The Support Coordinator can also connect you with support groups, spiritual resources, and bereavement counselors. Your SOS Coordinator helps you request and obtain copies of documents, navigate local, state, federal agencies, and directs you to additional Survivor resources.

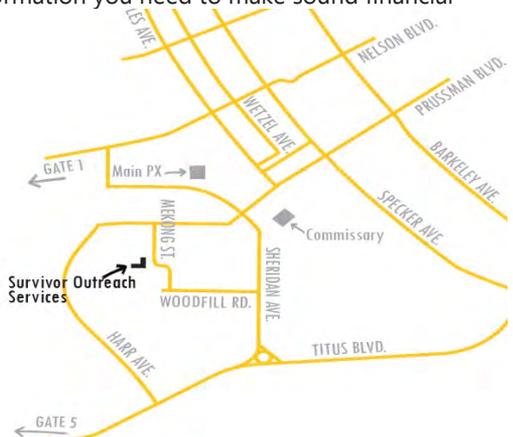
SOS Financial Counselor

In times of emotional distress, figuring out what to do about finances can create a heavy burden. The SOS Financial Counselor provides professional financial information and services in areas such as investing, estate planning, tax issues, and basic budgeting. The SOS Financial Counselor is committed to helping you create financial security. Schedule an appointment to ensure you get the information you need to make sound financial decisions by calling (719) 526-4173.



for current events,
classes, and more

@ Fort Carson ACS SOS



VICTIM ADVOCACY PROGRAM

SUPPORTING THOSE THAT NEED A VOICE

We provide emergency and follow-up support services to adult victims of domestic abuse. Advocacy services are available to Service Members, their current or former spouses, and those who can be seen by a military medical facility. Victim Advocacy services are available 24/7 through the Victim Hotline: (719) 243-7907.

WOMEN'S DOMESTIC VIOLENCE SUPPORT GROUP

An inviting and safe place where individuals can meet with others who have a history with domestic violence. All ideas and experiences can be expressed in a judgment free environment.

Call for more information (719) 524-1899

LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE

Contact Victim Advocacy to train your unit leaders.

Call for more information (719) 524-1899

**YOU ARE NOT ALONE.
WE ARE HERE 24/7.**



**24/7 VICTIM
HOTLINE:
CALL or TEXT
(719) 243-7907**

MFLC

Military & Family Life Counseling Program

The Military and Family Life Counseling Program supports Service Members, their Families and survivors with non-medical counseling worldwide. Trained to work with the Military community, Military and Family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the Military community both on and off the installation.

To Speak with an MFLC or to schedule an appointment, call:

(719) 331-4668	(719) 323-5972
(719) 338-7216	(719) 238-7248
(719) 244-5831	(719) 338-7816
(719) 323-4122	(719) 338-0144



AUTO SKILLS

A do-it yourself, low cost facility with professional guidance providing complete coverage of all Automotive needs, including special instruction for safe use of a vast array of equipment.

EQUIPMENT AND SERVICES

- Tool Boxes Available for Every Bay
- Hydraulic Press
- Chop Saw / Band Saw / Drill Press
- Steam Cleaner
- Engine Block Cleaner
- Sand Blast Cabinet
- Hand Held Diagnostic Testing
- Tire Mounting / Tire Balancing
- Conexes available for Motorcycle Storage
- Four Wheel Alignment
- Brake Drums / Brake Rotors Machined
- Exhaust Bending
- AC EVAC/Recharge (R134A and R1234YF)
- Welding (MIG, TIG, ARC, Plasma)
- Vehicle Door Unlock
- FREE Automotive Classes
- Winter & Summer Checks
- Conexes Available for Automotive Parts Storage

OTHER SERVICES

SPRAY-ON BED LINER

Professional bed liner services for all applications! Owner must prep vehicle.



FEATURES

- Central Tool Issuing Room
- Parts Cleaning Bays
- 9 Drive on Bays
- 9 General Repair Bays
- 10 Two Post Bays
- 1 Vehicle Alignment Bay
- 5 Engine Overhaul Bays
- 4 Auto Body Repair Bays
- 2 Paint Booths
- 1 Muffler Bays
- 2 Motorcycle Lifts



DEPLOYED SPOUSES SERVICE

Free oil change service every Wednesday with the purchase of oil and filter.

VEHICLE RESALE LOT

- Open 24 hours
- Permit required

FORT CARSON AUTO SKILLS CENTER

7001 Wetzel Ave., Bldg. 2427
(719) 526-2147

Hours of Operation

Wednesday - Friday 10am - 8pm
Saturday - 8am - 6pm

CHEYENNE MOUNTAIN SHOOTING COMPLEX

SAFETY IS OUR PRIMARY CONCERN.

Trained staff ensures strict safety policies and rules are adhered to, **no exceptions.**



COMPLEX INCLUDES

- 7 independent ranges with over 110 individual covered firing points
- Over 50 pistol positions with targets between 5-50 yards
- Archery range
- Trap & Skeet Ranges
- FFL Transfer Services

FIREARM RENTALS AVAILABLE

- Must be 21+ to rent handguns
- Must be 18+ to rent rifles
- Valid ID required; see carson.armymwr.com for prices
- Must purchase ammunition at range if using rental firearms

INSTRUCTIONAL CLASSES

- Basic Introduction to Firearms
- Hand Gun Instruction
- Concealed Carry
- Private Lessons
- Personal Protection
- Instructor Level Courses
- Contact the range office for a full list of classes provided at the Cheyenne Mountain Shooting Complex (CMSC)

FAQS

- Weapons do not need to be registered on Fort Carson to utilize the range.
- Shotguns are allowed and can be used to shoot static targets.
- ECI's (Empty Chamber Indicators) are required & will be provided by CMSC if necessary.
- Purchase a target stand on site for a reasonable price or bring your own. (Must be built to dimensions listed on website)
- Shooting distances are limited for certain rifles. Please speak to the manager on duty for more information.
- Volunteer opportunities available! Speak with the Lead Volunteer Coordinator for more info.



SPECIAL PROGRAMS

KID'S MARKSMANSHIP CAMP

Kids can participate with a \$10 registration fee. This event includes marksmanship and safety classes, small competition, snacks and drinks. Prizes given away for each category winner.

"ANNIE GET YOUR GUN" DAYS

Ladies shoot for FREE every 2nd Saturday of each month!

CONCEALED CARRY SHOOT DAYS

Concealed card holders shoot for \$8 every 3rd Saturday of the month all year round!

YOUTH RANGE DAYS

50% OFF range fees for kids ages 6-17 every 4th Saturday of each month!

TRAP AND SKEET SHOOTING

\$9 for one round (27 clay pigeons)

Youth Discount: \$7 for one round (ages 6-17)



CHEYENNE MOUNTAIN SHOOTING COMPLEX

Off I-25: exit 132, outside Fort Carson Gate 20
(719) 896-6196

CHEYENNE SHADOWS GOLF CLUB

A PLACE FOR FRIENDS, FAMILY & FUN

Home to the Army's best golf experience. Cheyenne Shadows is not just home to great course conditions and beautiful views, we pride ourselves on great service and the best public golf experience in Southern Colorado.

FULLY STOCKED GOLF SHOP

The golf shop is your destination for all of your equipment and apparel needs. With a complete indoor/outdoor fitting center and Trackman technology our PGA Professionals will make sure that you find the perfect equipment for your game.

DRIVING RANGE AND LEARNING CENTER

- € Cheyenne Shadows offers golf instruction for individuals, juniors, and families.
- € Rent a portion of the driving range for up to one hour for your military unit and we will provide the golf clubs!
- € State of the art fitting with TRACKMAN and SAM Putting Lab.

MULLIGAN'S GRILL

Join us for lunch or a post round drink. Mulligans has a full menu of great food options and beautiful views of Cheyenne Mountain.



CHEYENNE SHADOWS GOLF CLUB

1050 Titus Blvd., Bldg. 7800
(719) 526-4102

PARENT CENTRAL SERVICES

carson.armymwr.com/programs/cys-services

REGISTRATION REQUIREMENTS

- Up-to-date immunization records
- Current health assessment (must be filed within 30 days)
- Copy of current sports physical (less than a year old) required to participate in sports
- Proof of income, LES (sponsor and spouse)
- Two emergency contacts other than parents (must be local)



Additional paperwork/and or screenings may be required. If you answer yes to any Health Screening tool questions, a review may be needed by our Public Health Nurse and it will be determined if a Special Needs Accommodations Process (SNAP) is needed.

REQUEST FOR CARE

Through militarychildcare.com, eligible families can search and request care for full-day and part-day options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.

SCHOOL SUPPORT SERVICES

carson.armymwr.com/programs/school-support-services

Service is provided for public, charter, private and parochial schools in addition to on-post schools.

- Finding a school or transferring schools
- Deployment and separations
- Home schooling
- Parent workshops
- Scholarship information & more



CHILDCARE AND ACTIVITIES

CHILD DEVELOPMENT CENTERS

carson.armymwr.com/CYS

Child Development Centers (CDC) offer full-day child care for children 6 weeks to 5 years of age with a before and after school program for Kindergarten. The Army provides care in a multi-age group setting. The concept of the multi-age classroom is to provide a family-style environment where the children can learn from and nurture each other.

FAMILY CHILDCARE

carson.armymwr.com/CYS

Provided by Military Family Members working as independent contractors in individual housing units located on post.

SCHOOL AGE CENTERS

carson.armymwr.com/programs/CYS

School Age Centers (SAC) offer before school and after school programs for students in 1st–5th grade. Services are also available during the schools' off days. Fall, winter, spring and summer camps operate according to the Fountain-Fort Carson (D-8) calendar.

YOUTH SERVICES

carson.armymwr.com/CYS

The Fort Carson Youth Center offers a wide variety of recreational, educational, and social programs for middle and high school age teens. Army youth program standards as well as affiliation with the Boys & Girls Clubs of America and National 4-H ensures a variety of wholesome, fun, and interesting program choices for pre-teens and teens to participate in. Fort Carson Youth Center programs provide a broad framework for developing lifelong skills designed to enhance a child's future.



PARENT CENTRAL SERVICES

1352 Ellis St., Bldg. 5939
(719) 526-1101

YOUTH SPORTS & FITNESS

The Youth Sports and Fitness Program encourages children between the ages of 3–18 to foster a healthy and active life-style through sports and athletic activities. Take advantage of Start Smart programs for preschool-aged children or sign your child up for team sports, athletic activities and participate in after-school programs. CYS registration and annual sports physicals are required for participation.

Sports subject to change based on enrollment numbers, volunteer coaches, available partners, facility/practice space and availability of competition.

Shirt included in registration cost; additional equipment not supplied. CYS registration and annual sports physicals required for participation.

Fall Through Summer Season

Registration and season run dates available at: carson.armymwr.com/CYS

-Soccer: ages 5-15

-Tennis: ages 3-18

-Basketball: ages 3-18

-Flag Football: ages 5-15

-Wrestling: ages 5-15

-Girls Softball: ages 3-18

-Cheerleading: ages 3-18

-Summer T-Ball: ages 3-18

-Track: ages 3-18



To register, visit Parent Central Services or visit webtrac.mwr.army.mil/webtrac/carsoncyms.html

PRICES

Prices vary by age group.

For complete details visit: carson.armymwr.com/CYS

YOUTH SPORTS

1352 Ellis St., Bldg. 5939
(719) 526-4425

ELKHORN CATERING AND CONFERENCE CENTER

- 24,000 square foot facility with a view of the Cheyenne Mountain and space for up to 450 guests
- A variety of creative menu options available for your special event
- On and off site catering/bar
- All-inclusive custom packages available for weddings, birthdays and special events
- Private parties available through advanced reservations

Having a Change of Command or other ceremony?

Call us at (719) 526-4071 or send us a message on Facebook. We will take care of everything from set-up to clean-up, and related to the reception so you can focus on the more important tasks.

1725 WOODFILL RD., BLDG. 7300
(719) 526-4071

THE HUB

- Rooms for groups ranging from 10-250 guests.
- Call for reservations



6371 SPECKER AVE.,
BLDG. 1531
(719) 526-4071

MULLIGAN'S

Snack bar and grill at Cheyenne Shadows Golf Club.



1050 TITUS BLVD.,
BLDG. 7800
(719) 526-4102



STRIKE ZONE

Snack bar and grill at Thunder Alley Bowling Center.
Call 719-524-1800 to place a to-go order.

6391 CHILES
AVE., BLDG. 1511
(719) 524-1800



For more information
about our facilities visit,
CARSON.ARMYMWR.COM

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"

The BOSS program is based on four program pillars:

- Quality of Life
- Community Service
- Recreation and Leisure
- Life Skills

BOSS Single Soldiers:

- Coordinate and participate in community service projects
- Organize recreation and leisure activities
- Actively support the quality of life needs of single Service members

The BOSS Lounge is co-located at the Bowling Center.

Meet us at The Hub or call (719) 526-5347 to get involved.



As a member of BOSS, you have a voice in how you live, how you spend your leisure time and how you support the community around you.

BOSS

**Better Opportunities
for Single Soldiers**



For more information about our facilities visit,
CARSON.ARMYMWR.COM

f FORTCARSONBOSS
@BOSSFORTCARSON

GRANT LIBRARY

FEATURES

- Free Wi-fi
- Quiet Study rooms
- Fax machine
- Dedicated MIL NETWORK Computers
- Reference/Research assistance available
- Test-prep and Army Reading List collections
- Grant Library Teen Center & Children's Room
- Books, audio books, DVDs, video games, board games, graphic novels, newspapers & magazines
- 24/7 access to extensive list of online resources, including Mango Languages, Tutor.com, and Overdrive and Libby
- FREE weekly & monthly programs for all ages, including LEGO club, story time, book clubs, and MakerSpace Meetups
- Computer lab with commercial network computers (e-mail, Internet, and Microsoft Office Suite) with Color or B/W printing capability
- Meeting/conference room available for reservation



GRANT LIBRARY

1637 Flint. St., Bldg. 1528
(719) 526-2350 / 526-2842

FAMILY MORALE, WELFARE, & RECREATION



KNOWN AS ARMY MWR, WE MANAGE PROGRAMS AND SERVICES
THAT SUPPORT READINESS AND RESILIENCE FOR SOLDIERS AND FAMILIES.

[CARSON.ARMYMWR.COM](https://carson.armymwr.com)

ADVENTURE PROGRAMS

WATER ADVENTURES

- Stand Up Paddle Board
- White Water Rafting
- Inflatable Kayaking

MOUNTAIN BIKE ADVENTURES

- AM & PM Mountain Biking
- Fat Tire Bike Trips

WINTER ADVENTURES

- Get on the Bus Ski & Snowboard Trips
- Cross Country Ski Trips
- Snowshoe Trips
- Overnight Ski & Snowboard Trips
- Ski Tuning Basics Clinic
- Sledding



CLIMBING ADVENTURES

- Climbing Wall Orientation
- Lead Climbing
- Crack Climbing Clinics
- Morning & Evening in the Garden
- Ice Climbing
- 11 Mile Canyon Climbing
- Shelf Road Climbing
- Turkey Rocks Crack Climbing
- Via Ferrata in Ouray & Telluride



ADVENTURES

- Hatchet Throwing
- Women in the Wilderness
- Backpacking Trips

PT Options

- Indoor Rock Climbing
- Mountain Biking

SCAN HERE



To sign up
for any
of our
programs!



For more details, including dates and pricing information: CARSON.ARMYMWR.COM

ADVENTURE PROGRAMS

7093 Specker Ave., Bldg. 2429 (719) 526-5176

WARRIOR ADVENTURE QUEST

Warrior Adventure Quest (WAQ) is a reintegration program to help Soldiers respond to stress and excitement following a major training or deployment. Use adventure-based activities to help promote positive adrenaline responses, improve morale and communication, and develop trust and teamwork.

ELIGIBILITY REQUIREMENTS

- Conducted at a platoon level; available only for soldiers and their platoons
- Must be executed within the first 120 days of returning from a major training or deployment
- Must be conducted during a duty day
- No drinking prior or during the activity
- Mandatory completion of post activity survey
- New eligibility to WAQ: if a unit has not been on a WAQ trip within two years
- Each platoon is allowed one WAQ Program per RESET cycle

STAGE 1: SCHEDULE A WAQ TRIP

To schedule your trip, call (719) 526-2186

STAGE 2: LEADER TRAINING

Platoon leaders will learn the importance and goals of the WAQ program and how to facilitate a Leader-Led After Action Debrief (L-LAAD).

STAGE 3: SOLIDER BRIEF

Platoon leaders describe the details of the WAQ program to all participating soldiers, explaining the trip they are scheduled for as well as the goals of WAQ.

STAGE 4: YOUR HIGH ADVENTURE WAQ PROGRAM

Ski and snowboard trips, rock climbing, paintball, trap & skeet shooting, go-karting, whitewater rafting, ziplining, and inflatable kayaking trips are offered seasonally.

STAGE 5: THE L-LAAD

A basic debrief the day's high adventure program, held immediately after the activity and facilitated by the L-LAAD trained leaders.

WARRIOR ADVENTURE QUEST

7093 Specker Ave., Bldg. 2429
(719) 526-2186

OUTDOOR RECREATION

OUTDOOR RECREATION COMPLEX EQUIPMENT CHECKOUT CENTER

- Ski & Snowboards (Adults & Juniors)
- Snowshoes & Cross Country Skis
- Specialty Inflatables
- Party Rentals
- Travel Trailers
- Tables & Chairs
- Sports Equipment
- Visit Our Website For More Rental Items!



RV STORAGE FACILITIES

A safe and secure location for privately owned vehicles, recreational vehicles, travel trailers, and utility trailers of all kinds. Spaces are available at a nominal fee to authorized patrons. Monthly storage rates are based on the size of the space.

MOUNTAIN POST OUTFITTERS

- Winter apparel for Men, Women, & Children
- Helmets, hats, goggles
- Gloves, mittens, scarves, socks
- Colorado branded apparel and gear
- Pool floats & inflatable coolers
- Brand new snowboards & bindings
- Brand new snowboard boots

Merchandise offered tax-free and below MSRP for all eligible MWR patrons with military ID (Active Duty, military dependents, retired military, reservists, DOD civilian personnel & contractors).



**BRAND NEW
NAME-BRAND
GEAR
FOR OUTDOOR
ADVENTURE
ACTIVITIES!**



Full list of rental items
and prices available at
CARSON.ARMYMWR.COM

FORT CARSON OUTDOOR RECREATION COMPLEX

7093 Specker Ave., Bldg. 2429 (719) 526-1993

WILLIAM REED SPECIAL EVENTS CENTER

The William "Bill" Reed Special Events Center is available to all military units and government organizations by reservation. This 54-year old facility hosts a wide variety of events such as change of command ceremonies, retirements, deployments, redeployment, trainings, meetings, civilian events and more!

FEATURES

- 8,000 square feet
- State-of-the-art sound system

Call 719-524-1163 for more information
or visit carson.armymwr.com



WILLIAM REED SPECIAL EVENTS CENTER

6550 Specker Ave., Bldg. 1829
(719) 524-1163

LEISURE TRAVEL SERVICES OFFICE

- Travel, cruises, airline & train tickets
- Local Colorado attractions
- Local entertainment and sporting events
- Colorado ski resort lift tickets and season passes
- Out-of-state attractions:
 - Disneyland
 - Disneyworld
 - Universal Orlando (FL)
 - Universal Hollywood (CA)
 - NASCAR
 - and many more!



OFFICE HOURS

Monday–Friday
10 a.m. – 4 p.m.

**Closed Federal
Holidays and
Training Days**



Full list of offerings,
destinations,
and prices at
CARSON.ARMYMWR.COM

The LTS Office does not provide WIFI



LEISURE TRAVEL SERVICES OFFICE

Inside the Hub; 6371 Specker Ave., Bldg. 1532
(719) 526-5366

INTRAMURAL SPORTS

REGISTRATION

Registration for league play is done through email:
Lorraine.Thorson.naf@army.mil

When submitting your roster for a league, please leave your contact information for your team. League play is open to all DoD ID Card holders over 18 years old.

FREE AGENTS

Interested individuals who are new to Fort Carson may contact the Intramural Sports Office and sign up as a free agent. Call (719) 526-7585 for more information.

BECOME A CERTIFIED SPORTS OFFICIAL OR SCORE/TIME KEEPER

The Fort Carson Athletic Official's Association (FCAOA) is looking for sports officials & official scorekeepers! Training is available.

LEAGUES & EVENTS

*All leagues are FREE to join unless otherwise noted.



INTRAMURAL SPORTS

Building 2031
(719) 526-7585

IVY FITNESS CENTER

IVY FITNESS CENTER

6415 Specker Ave., Bldg. 1925
(719) 526-2706

- Men's & Women's Locker Rooms
- Men & Women Dry Sauna
- Indoor/Outdoor Basketball Courts
- 1 Regulation Size Racquetball Court
- 1/9 Mile Indoor Track
- Large Group Exercise Rooms
- Group Fitness Classes
- Strength Equipment
- HD Elite Power Racks, platforms with bumper plates
- Cardio Equipment
- Men's & Women's Hot Tub
- Personal Training Available

CLIMBING WALL INFORMATION

All climbers required to go through a brief climbing wall safety orientation before they begin. Call 526-2706 to schedule an orientation, but walk-ins are welcome if an instructor is available. Parental supervision is required at all times for anyone under the age of 18.

- **Climbing Gear Available to Rent**
- **Active Duty only during PT Hours**



MCKIBBEN FITNESS CENTER

MCKIBBEN FITNESS CENTER

5785 Barkeley Ave., Bldg. 1160
(719) 526-2597

- Strength-Training Room with Plate Loaded Machines and Free Weights, Selectorized Machines
- Multi-Purpose Room with Olympic Platforms/Half-Racks, Bumper Plates, Functional Fitness Rig.
- Climbing Ropes
- Boxing Equipment
- Spartan Training Equipment
- Cardiovascular Equipment
- Co-ed Dry Sauna
- Pull-Up Rig & Rings
- Tractor Tires, Sleds
- Men's & Women's Locker Rooms
- Outdoor Running Track
- Personal Training Available



GARCIA FITNESS CENTER

GARCIA FITNESS CENTER

6360 Porter St., Bldg. 1856
(719) 526-3944

FEATURES

- Co-ed Sauna & Hot Tub
- Men's & Women's Locker Rooms
- Multi-Purpose Room with Power Racks, Platforms, and Bumper Plates, and Turf Lane
- Cardiovascular Equipment
- Converted Racquetball Court with Functional Fitness Rig.
- TRX Training Equipment
- Free Weight, Plate Loaded, and Selectorized Machines
- Strongman Equipment

WALLER FITNESS CENTER

WALLER FITNESS CENTER

6946 Magrath Ave., Bldg. 2357
(719) 526-2742

FEATURES

- Men's and Women's Locker Rooms
- Co-ed Sauna & Hot Tub
- 3 Weight Rooms
- 1 Boxing Room
- Multi-Purpose Room
- Cardiovascular Equipment
- Free Group P.T. Classes Upon Request
- Group Fitness Classes
- Personal Training Available Large Functional Fitness Area with Functional Fitness Rig, Platforms with Bumper Plates, Squat Racks with Full Lifting Platforms, Turf, and more.



For a full list of events and classes offered at the fitness centers visit, carson.armymwr.com

ELLIS OUTDOOR POOL

5954 Ellis St., Bldg. 1231
(719) 526-4456

- 50-yard lap pool
- Water slide
- 1 meter diving board

*Open seasonally from
Memorial Day weekend
through
Labor Day weekend*



IVY INDOOR POOL

6415 Specker Ave., Bldg. 1925
(719) 526-4093



PRICES AND PASSES

- 25-yard lap pool
- Water slides
- Mushroom fountain

- Active Duty Military: Free
- Daily rates apply
- Individual and Family passes available for purchase

- Zero depth kid pool
- 1 & 3 meter diving board
- Family changing room

NELSON INDOOR POOL

1770 Nelson St., Bldg. 1446
(719) 526-3107



All prices and policies are subject to change.
Full details available at CARSON.ARMYMWR.COM

THUNDER ALLEY BOWLING CENTER

FEATURES

- 36 fully-upgraded lanes
- "Bumper rails" for youth
- 4 multimedia screens for viewing your favorite sports team
- Strike Zone Snack Bar (featured on page 15)
- T & M's Pro Shop www.t-msproshop.com
- Special Event rooms available (call for pricing & details)



BIRTHDAY PARTY PACKAGES

Package 1: 90 minutes of bowling and shoe rentals.

Package 2: 90 minutes of bowling, shoe rentals, 1 corn dog, drink, 45 minute rental of the party room, and birthday pin.

Package 3: 90 minutes of bowling, shoe rentals, 2 slices of pizza, drink, 45 minute rental of the party room, and birthday pin.

BINGO

Over \$200k in cash every year! Play paper & electronic Bingo to get your share!



RENT-A-LANE available, Wednesdays, Thursdays, Fridays. See CARSON.ARMYMWR.COM for prices & details.

JOIN ONE OF OUR BOWLING LEAGUES!

Visit or call the bowling alley for league details.

Wednesday is Ladies Day!
Sunday is Family Day!

EVENTS AND PACKAGES

FAMILY DAY

Sunday, 1 p.m. - close

COSMIC BOWLING

Saturday, 6 p.m. - 9 p.m.

PIZZA BOWL

Sunday, 1 p.m. - close

THUNDER ALLEY BOWLING CENTER

6391 Chiles Ave., Bldg. 1511 (719) 526-5542

FACILITIES

AQUATIC CENTERS

1. Ivy Indoor Pool	526-4093	1925
2. Nelson Indoor Pool	526-3107	1446
3. Outdoor Pool	526-4456	1231

CHILD & YOUTH SERVICES

1. Aspen CDC	503-7725	4356
2. Cheyenne Mountain CDC	526-5845	6203
3. East CDC	526-5977	6058
4. Ivy CDC	503-8202	1840
5. Mesa School Age Services	524-2985	4790
6. Monarch CDC	503-5020	2764
7. Parent Central	526-1101	5939
8. Patriot School Age Services	526-5424	6204
9. West CDC	524-0151	6060
10. Youth Center	526-2680	5950

DINING AND ENTERTAINMENT

1. Elkhorn Catering & Conference Center The Ivy Irish Pub	576-6646	7300
2. Mulligan's Snack Bar & Grill	526-4122	7800
3. Special Events Center	524-1163	1829
4. Strike Zone Snack Bar & Grill	526-5542	1511

FITNESS CENTERS

1. Ivy Fitness Ctr. Indoor Pool Intramural Sports	526-2706 526-4093 526-3972	1925
2. McKibben Fitness Ctr.	526-2597	1160
3. Garcia Fitness Ctr.	526-3944	1856
4. Waller Fitness Ctr.	526-2742	2357

ADDITIONAL DINING

BD Bun D	CC Carson Café	GB Green Beans Coffee	ST Starbucks
AR Arby's	CP Charleys Philly's	JJ Jimmy Johns	SU Subway
BK Burger King	DFAC Dining Facility	KFC Kentucky Fried Chicken	QD QDOBA
BM Boston Market	DD Dunkin' Donuts	PH Pizza Hut	
PJ Perfect Java	DP Domino's Pizza		

INDOOR LEISURE

1. Auto Skills Center	526-2147	2427
2. Grand Library	526-2350	1528
3. Thunder Alley Bowling	526-5542	1511

Strike Zone Snack Bar & Grill
T&M's Pro Shop

TRAVEL & OUTDOOR LEISURE

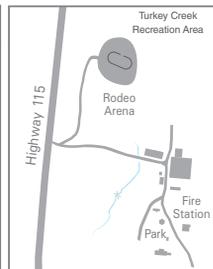
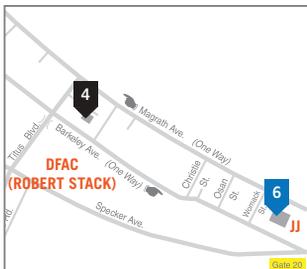
1. Cheyenne Shadows Golf Course Mulligan's Snack Bar & Grill	526-4102 526-4122	7800
2. Cheyenne Mountain Shooting Complex	896-6196	
3. Outdoor Recreation	526-3907	2429

Adventure Programs 526-3907
Equipment Checkout Center and RV Storage 526-1993
ITR, Leisure Travel Services 526-5366

Mountain Post Outfitters 526-9723

ARMY COMMUNITY SERVICE

1. ACS Center	526-4590	1526
1a. Temporarily location (until 1 Aug)		1201
2. Survivor Outreach Services	526-2069	6215
3. ACS Annex	526-0461	7492





We challenge you to be inspired.

Mountain Post Ready inspires a life of balance; a way of defining your personal journey along the way by bringing together mind, body, and community into your personal destination experience.

We encourage you to take advantage of installation services and programs. Improve your health and performance, connect with the community and explore beyond our gates.

Work. Play. Thrive.



Your new hometown,
get to know it online.

For activities and points of interest in the Colorado Springs Front Range Community, please visit the website using the provided QR code.



FORT CARSON

FAMILY, MORALE, WELFARE & RECREATION



CARSON.ARMYMWR.COM

 CARSONDFMWR

   @CARSONMWR