

The "Pass It On" is available online at: <a href="https://carson.armymwr.com/programs/pass-it-on">https://carson.armymwr.com/programs/pass-it-on</a>

# 21 JUNE 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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BE THERE PEER SUPPORT

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**CIVVIES** 

**CTU PATRIOT SCHOLARSHIP** 

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LOVED ONES PTSD SUPPORT GROUP

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**CHANGE OF COMMAND DATES** 

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30 AUG RED CROSS DENTAL TRAINING APPLICATIONS DUE

CHANGE OF COMMAND UPCOMING DATES				
DATE	UNIT	TIME	LOCATION	
18 JUN	4STB	1530	Founder's Field	
20 JUN	242 EOD Bn	1300	Founder's Field	
22 JUN	1 <sup>st</sup> Space Bde Change of Responsibility	1000	Founder's Field	
22 JUN	AFSBn	1330	Founder's Field	
26 JUN	588 BEB	1330	Founder's Field	
26 JUN	Hospital Troop Command	0930	Founder's Field	
06 JUL	USAG	1000	Founder's Field	
06 JUL	1 <sup>ST</sup> SPACE Bn	1330	Founder's Field	
13 JUL	759 <sup>th</sup> MP Bn	1000	Founder's Field	
13 JUL	1 <sup>st</sup> Space Bde	1400	Founder's Field	

# **BUTTS ROAD CONSTRUCTION ALTERNATE ROUTES**

A Butts Road reconstruction project between the Crows Foot Bridge and Wilderness Road begins May 29 and is slated for completion by Sept. 30. The reconstruction project involves repaving the roadway and intersection improvements at Skyraider Lane, Route 5A and Frank Baldwin Road. During the reconstruction, there will be two-way traffic flow open on Butts Road during the duty day. Flaggers will reduce traffic to one-way through the work zones at night and on weekends. Despite two-way traffic flow open on Butts Road during the day, traffic speeds will be reduced and drivers should anticipate additional delays. It is recommended that drivers consider using alternate routes such as those through Gates 6 and 19 while the project is underway. For more information regarding this project, contact the Directorate of Public Works Traffic Engineering at 526-9267.

# **COMMUNITY INFORMATION EXCHANGE**

The next Community Information Exchange will be held on Thursday, June 28th at the Elkhorn, 9:00a.m.

### **ED CENTER LOCATION UPDATES**

- --Education center computer lab moved: The Computer Lab has moved from the Education Center to building 1012, room 103. This 50-station, CAC-enabled facility is open to Soldiers Monday-Friday from 8 a.m. to 5 p.m. (closed on federal holidays) and has scanning and print capability (10-page limit per day).
- --Army personnel testing (APT) relocated: The Army Personnel Testing Office has relocated. Exams given include DLPT, DLAB, SIFT, AFCT, OPI, TABE, Pre-GT and SAT/ACTs. For any inquiries, or to schedule an exam or to pick up exam results, visit the Education Center Reception/Admin Office, building 1117, room 150. Soldiers already scheduled for exams should call 526-2124 in advance to confirm the exam location.
- --On-post college offices relocated: The following college offices have moved from the Education Center to building 1012, second floor: Embry-Riddle Aeronautical University (ERAU), University of Colorado-Colorado Springs (UCCS), Colorado State University-Pueblo (CSU-P), the TRIO office and Pikes Peak Community College (PPCC). Visit these colleges and explore the many opportunities available for Soldiers and Family members on Fort Carson and in the Colorado Springs community, especially with the fall term not far off. The TRIO office will assist with financial aid opportunities, completing the FAFSA, etc.

### FORT CARSON ROAD & PARKING LOT CONSTRUCTION ADVISORIES

Visit http://www.carson.army.mil/organizations/dpw.html for details and maps



### HAIL DAMAGE CLAIMS UPDATE

- --Personnel from the Army Center for Personnel Claims Support (CPCS) will be on Fort Carson June 19-21 to assist with hail damage claims. The claims assistance office will be located in the Fort Carson Tax Center, building 1358, and will be open from 9-11:30 a.m. and 1-4 p.m. The Claims Assistance Office may be reached during business hours at 719-524-1013. Claims for damage occurring OFF of Fort Carson that are not "incident to service" are NOT payable.
- --USAA and GEICO have insurance adjusters on post to assist with personal vehicle claims associated with the June 13 hail storm.
- -USAA will have representatives at Butts Army Airfield near building 9629 daily from 7 a.m. to 7 p.m. until the need no longer exists. Follow signs after entering the airfield. Initial claims can be filed on site, however officials recommend filing a claim prior to arrival to limit the amount of time necessary.
- -GEICO will have adjusters on post through June 22. GEICO customers can call 334-703-9737 to schedule an appointment.

# 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.

WATER QUALITY REPORT	
	onart provides
The Fort Carson Directorate of Public Works (DPW) has issued the 2018 Water Quality Report. The re	
a summary of the water quality delivered throughout the installation via the water distribution sys	
Springs Utilities supplies Fort Carson's water. The DPW staff is committed to delivering customers a	reliable supply
of high quality water. The annual report is designed to inform customers about the drinking water	er delivered to
their water tap every day. The report can be viewed online by visiting the DPW	
· · · · · · · · · · · · · · · · · · ·	
http://www.carson.army.mil/organizations/dpw.html. The report will not be mailed out in hardco	
housing residents. For more information, call the DPW at 526-1730. The report can also	
http://installation.carson.army.mil/pao/WEBUPDATES/_layouts/listform.aspx?PageType=4&ListId={E	3E4650E8-
BF05-48C6-8B2C-E1545ED38C2D}&ID=81&ContentTypeID=0x01004FB78016C33D6B46B091D4C2CFF	D4E73.
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# **ANNUAL EDUCATION FAIR**



# **COLORADO SPRINGS EXCHANGE HOLIDAY HOURS OF OPERATION**



# Colorado Springs Exchange Hours of Operation 4 July 2018

Ft Carson Facilities	4 July
Main Store	0900-1900
Food Court BK	0830-1900
Charley's Steakery	1030-1800
Taco John's	Closed
Anthony's Pizza	Closed
Food Court Starbucks	0830-1800
Food Court Subway	1030-1800
Furniture Store	1100-1800
Military Clothing	Closed
Class Six	0900-2000
Mini Mall Subway	Closed
Gate 3 Express	24 HRS
Gate 3 Burger King	1100-1800
B-Street Express	1000-1900
B Street Subway	1000-1500
Wilderness Express	Closed
Wilderness Subway	Closed
Gate 20 Express	1000-1800
Ivy Troop Store	Closed
Hospital Starbucks	Closed
Triple Burger King	0800-1800
Qdoba	1030-1800
Arby's	1030-1800



# Colorado Springs Exchange Hours of Operation 4 July 2018

Restaurants	
Green Beans Coffee	Closed
Dainty's Kitchen	Closed
Smoothie King	Closed
SERVICES	
Wilderness Barber	Closed
Ivy Troop Barber	Closed
Exchange Mall Services	
GNC	0930-1800
Mobile Accessories	0930-1800
Barber Shop	0930-1800
Stylique Salon	0930-1800
Petals and Bloom	Closed
GameStop	0930-1800
Optometry	Closed
Optical Center	0930-1800
US Patriot	0930-1800
Things Remembered	0930-1800
Military Memorabilia	0930-1800
Quality Auto	0930-1800
Mobile Center Kiosk	0900-1900
Exchange Mini Mall	
The Cleaners	Closed
Barber Shop	Closed
Alterations	Closed
UPS Store	Closed
Military Memorabilia	Closed
Tumbleweed's	Closed
Exquisite Framing	Closed
Korea Express	Closed



# MILITARY FAMILY LIFE COUNSELORS



- Brief "solution-focused" problem solving sessions
- · No records made or kept
- Confidential
- Resources are for all active duty service members
- Individual, marital, Family and child sessions available
- · Focusing on stress, anger, grief, loss and deployment-reunionreintegration issues
- Flexible meeting places
- Walk-ins welcome

www.carson.army.mil/acs











# **NURTURING FAMILIES THROUGH PLAY**



This 10-week class teaches parents of children ages 3 to 10 how to use child play therapy skills to reduce behavioral problems and nurture parent-child relationships.

Registration is required to participate. For more information and sign-up dates call (719) 534-3105.

**Family Nurturing Center,** bldg. 1354

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







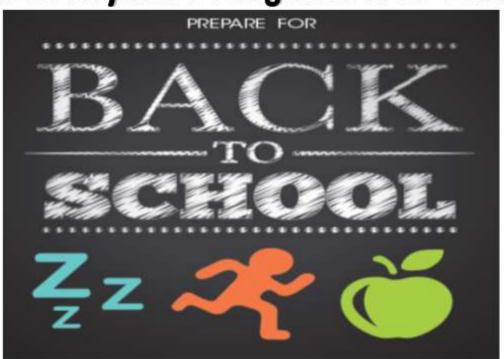




ANNUAL SPORTS-SCHOOL PHYSICALS

# **Annual Sports-School Physical Event**

Held in Warrior Family Medicine Clinic, Evans Army Comm. Hospital, Ft. Carson SAT: 14 July and 04 Aug from 0730 -1600hrs



Call Access to Care Line:

(719) 524-2273 or (719) 526-2273

Ages: 4—21, School and Sports Physicals

### **CAREER SKILLS PROGRAM**

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.

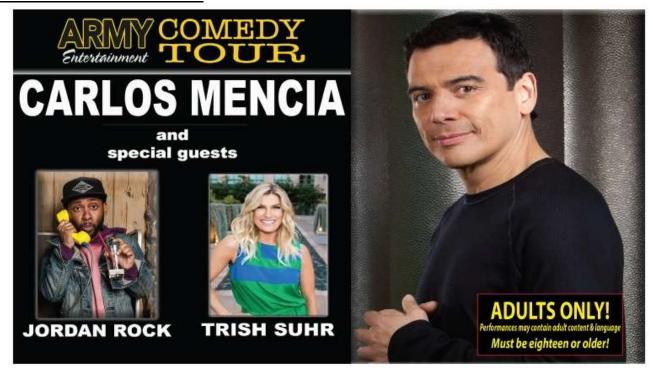


### Basic Eligibility:

- Active Duty and Within 180 days of transitioning from active service
  - Some programs open to Veterans and Military Family Members
- Anticipate fully honorable or under honorable conditions discharge
- No legal or flag actions pending (e.g. ART-15)
- Completed mandatory Transition Assistance Program requirements prior to class start date
- Meet program specific criteria
- Attend CSP Info Session held 1<sup>st</sup> & 3<sup>rd</sup> Wed of each month, 1200 1500 at the SFL-TAP Center (Bldg 6237)
- For additional information, email usarmy.carson.imcom-central.mbx.dhr-mpd-csp@mail.mil

EMBRYRIDDLE Aestratical University	18-Week IT Server & Cloud Administration training & guaranteed interviews with Microsoft and/or Industry Partners.	secure set	21-week Cybersecurity Training Program & interviews with Industry Partners.
VA 1.5. Department of Veterians Affairs	10 to 12-Week Training in VA Comp Claims with placement at VA Regional Benefits Offices.	Calarado Deires PHILLONG STERRESSON Store 1945	8-Week Training and Internship in Automotive Sales with placement in Colorado Springs or Denver.
SETERANS IN PIPING	18 - Week Accelerated Training in Pipe Welding and placement in Apprenticeship & employment – over 300 locations.	ABF Freight TEAMSTERS	6-Week Intensive CDL training and job placement across the country.
ONWARD	10-Week no-cost training and certification in over 30 top-paying career fields and direct connections to over 500 military-friendly employers.	W.CHI	16-Week Fellowship that provides management training & local government experience.
HIRING OUR HEROES	12-Week Fellowship that provides civilian work experience & professional development.	Ryder Ever better.	12-Week Diesel Technician Training Program with placement at locations across the country.
HB BUILDING CAREERS	12-Week Pre-Apprenticeship Certificate Training in building methods/trades with job placement across the country.	PMG	20-Week MIG Welding Certification and Internship with placement across the country.
CALIBER	18-Week intensive training program to teach skills required to become an Auto Body Collision Technician with placement across the country.	CAMPING	12-Week individual internship to teach skill sets needed to effectively repair/maintain RVs with placement.

### **CARLOS MENCIA COMEDY TOUR**



# Carlos Mencia Comedy Tour

Date: Jun 22 2018, 7 p.m. - 10 p.m.

William Reed Special Events Center - 6550 Specker Avenue Bldg. 1829 Fort Carson 80913

₹ Google Map

# Open to DOD ID card holders and their guests.

Join us for an evening of laughs at the William "Bill" Reed Special Events Center featuring Carlos Mencia and his special guests Trish Suhr and Jordan Rock!

This event is ages 18+ only. Please plan accordingly for your childcare needs.

# **Ticketing Options:**

We are offering **free admission** to the **first 100 people** that register here! Move quick - these seats won't last! **General Admission** after the free tickets are gone will be \$10.00 per person plus the service fee.

A VIP Experience Presented by USAA will also be available at \$20.00 per person plus the service fee. VIP access will include tabletop seating on the floor, one beverage ticket, and access to our VIP area. Table Beverage service will also be available.

VISIT https://carson.armymwr.com/calendar/event/carlos-mencia-comedy-tour/2326077/28205 FOR TICKETS

# **CHALLENGE AMERICA EMPLOYMENT FAIR**

A Challenge America and Mt. Carme Veterans Service Center employment fair for military spouses, active-duty service members and veterans takes place June 21 from 10 a.m. to 3 p.m. at Mt. Carmel Veterans Service Center, 530 Communication Circle, Colorado Springs CO 80905. The first 50 job seekers to attend will get free tickets to the June 25 "Nashville Comes to the Broadmoor" featuring Vince Gill and Amy Grant with special guest Robin Meade.



# 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



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

# Sponsored by Fort Carson Religious Support Office O6-10 August, 2018 O830-1600 Fort Carson, CO Ages 7-12 Registration Opens May 1, 2018 Space limited! Registration Opens May 1, 2018 Space limited! Games

### FLORISSANT FOSSIL BEDS NATIONAL MONUMENT ACTIVITIES IN JUNE

Florissant Fossil Beds National Monument is open year round. During June the Monument is open 8:00 AM – 6 PM.

Saturday, June 9, Night Sky Program, 8:30 PM - 10:30 PM. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the visitor center.

Daily Interpretive Programs, June 13 – Labor Day

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

### Weekly Programs (June 13 – Labor Day):

Yoga Hikes, Mondays, 9:00 AM - 10:30 AM. 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.

Fossil Demonstration Excavation Site, Wednesdays, 10:00 AM - 12:00 PM. 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.

Art in the Parks, Thursdays, 10:00 AM - 12:00 PM. Drop in and join volunteer artists and other visitors to sketch and/or water color paint scenes of Florissant Fossil Beds. Stay as long or as short as you would like anytime between 10 AM - 12:00 PM. Start at the visitor center desk.

Wildflower Walks, Saturdays, 9:00 AM - 10:30 AM. Join Ranger Stacey for a weekly look at blooming flowers. This may be a 1-2 mile hike. Meet at the visitor center.

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

# **FREEDOM FEST**



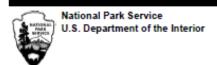
# Freedom Fest

Date: Jun 29 2018, 3 p.m. - Jul 1 2018, 11:30 p.m.

Iron Horse Park

www.CarsonFreedomFest.com

### MILITARY APPRECIATION DAY AT FLORISSANT FOSSIL BEDS



Florissant Fossil Beds National Monument 15807 Teller County Road 1 Florissant, CO 80816

Release date: Immediate Contact: Jeff Wolln Phone number: (719) 748 – 3253 ext. 202 Date 6/05/2018

# Florissant Fossil Beds National Monument News Release

Military Appreciation Day at Florissant Fossil Beds, Saturday June 30, 8:00 AM - 6:00 PM

On Saturday June 30, Florissant Fossil Beds National Monument will be hosting a Military Appreciation Day for the military community. All US Active Duty Military and their families will receive a free pass to all national parks and monuments in the United States. Throughout the day, the Monument will be offering ranger guided programs. In addition there will be live music and a Geology Boot Camp for Kids.

National parks and the military have strong ties going back to the establishment of Yellowstone as the world's first national park in 1872. The U.S. Cavalry watched over America's national parks and did double duty, serving as the first park rangers until the National Park Service was created 44 years later.

The National Park Service preserves and shares the stories of the American military over the last three centuries. Our National Park System provides opportunities for our military community to connect to the beautiful landscapes, to enjoy recreation, to heal, and to learn about the places and history they defend.

Activities for Military Appreciation Day:

Wildflower Hike, 9:00 AM - 10:30 PM, join a ranger for a guided hike to see what is blooming

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

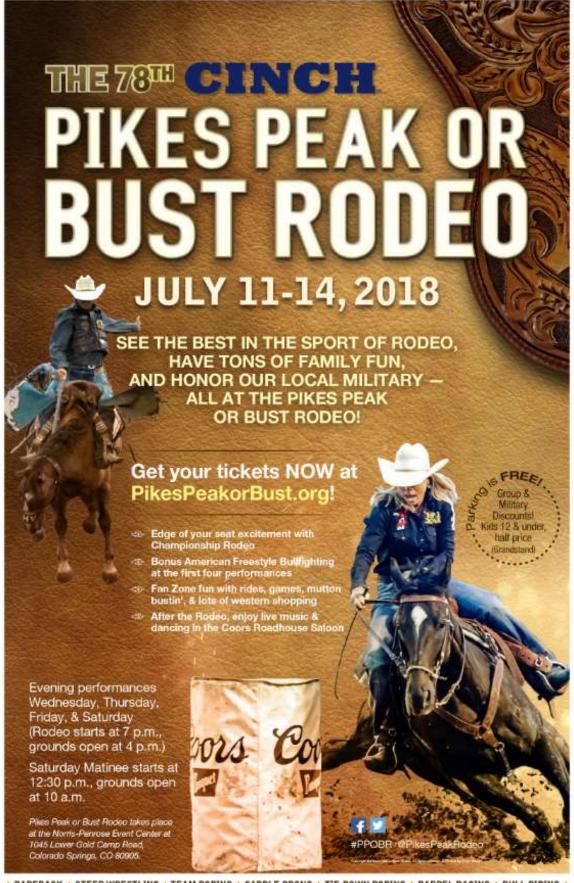
Hornbek Homestead, 11:00 AM - 1:00 PM, take a tour of an 1878 homestead

Geology Boot Camp for Kids, all day, Participate in a hands on geology activity and earn a Junior Ranger Badge.

Live Music, 11:00 AM and 1:00 PM, Join the Fourth Infantry Band for a live concert in the amphitheater

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: <a href="https://www.nps.gov/flfo">www.nps.gov/flfo</a> or on Facebook or Twitter at /FlorissantNPS

About the National Park Service. More than 20,000 National Park Service employees care for America's 417 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at <a href="https://www.nps.gov">www.nps.gov</a>



\* BAREBACK \* STEER WRESTLING \* TEAM ROPING \* SADDLE BRONC \* TIE-DOWN ROPING \* BARREL RACING \* BULL RIDING \*

# 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 nonprofits. 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



# **Preserve America Youth Summit**

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.



# LEARN FROM THE PROS FOOTBALL SKALLS & CHARACTER

# \*MILITARY DISCOUNT CODE: "MILITARY" (All Caps) / \$100 OFF REGISTRATION\*

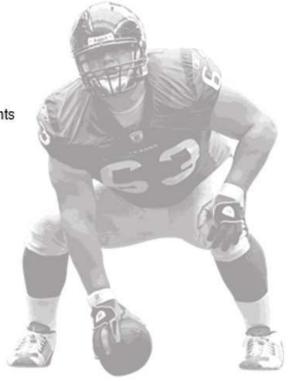
# **WHAT: Youth Football Camp**

- Coached by NFL Athletes
- Professional, Certified Speed & Agility Trainers
- 4 12:1 ratio between Coaches & Participants
- Daily "Off the Field" with a NFL Athlete teaching character qualities that relate to football and everyday life.

Who: Athletes Ages 7-14

When: July 10-12, 2018 8:00-11:30 a.m.

Where: Vista Ridge High School 6888 Black Forest Road, Colorado Springs, CO 80923



For More Information and to Register: www.profootballcamp.com or call: 719-266-9308 ASSILES CRIGARIZATION



# **RED CROSS DENTAL TRAINING**

The American Red Cross Dental Assistant Training Program is coming up. Applications will be released beginning Aug. 1 at 8 a.m. in the Red Cross Office (room 1011) at Evans Army Community Hospital. Applications must be dropped off by 4 p.m. Aug. 30 at the Dental Activity headquarters, 1631 Wetzel Ave., building 815, room 113. The free program is open to military identification card holders (active duty, retired and Family members) who are American citizens and are at least 18 years old with a valid high school diploma or GED. The program will run full time, Monday-Friday from 6:45 a.m. to 4:15 p.m. from Jan. 2 to June 27. All classes must be attended; no partial credit will be given. For more information, call 526-7144.

**US SENIOR OPEN FREE MILITARY DAY** 



# We Salute You

The 39<sup>th</sup> U.S. Senior Open will serve as the capstone event of The Broadmoor's Centennial Celebration. In order to express our gratitude, **All members of the military AND their families will receive**:

- Free admission on Monday, June 25th for Military Day at The Open (MDO)
- 50% off all gallery tickets, Tuesday Sunday
- · Free admission for all kids 17 and under when accompanied by a ticketed adult
- Access to The Bunker military hospitality area located at the 18<sup>th</sup> green including complimentary drinks and pub fare.

For more information, visit our website at 2018ussenioropen.com.



# **VETERANS ELIGIBLE FOR A FREE 1-YAR PREMIUM LINKEDIN SUBSCRIPTION**



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

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-byside 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 STATE GAMES 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:

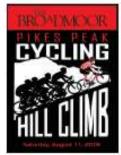
- Field Hockey (July 20-22): sideline marshals/recover errant balls
- Great Inflatable Race 5K: packet pickup (July 20); race support (July 21)
- Track & Field (July 21): athlete check-in, scoring, medals/results, event support
- Color in Motion 5K: packet pickup (July 27); race support (July 28)
- . 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!

<u>CLICK HERE</u> to volunteer for Labor Day Lift Off as a balloon crew volunteer.
<u>CLICK HERE</u> 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 TRD

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 TRANSPORTATION AGENCY RECRUITING

The White House Transportation Agency hosts an informational and recruiting session to Transportation Corps Soldiers June 26-27 from 9 a.m. to 4 p.m. at the Freedom Performing Arts Center (FREEPAC), 1129 Specker Ave., building 1129. The session is designed to educate leaders about the agency and to conduct on-the-spot recruiting for available 88Ms and 88Hs in the ranks of staff sergeant-sergeant first class. All ranks are welcome to attend. For more information, call 202-757-0753/0754/0770 or visit http://mdwhome.mdw.army.mil/subordinate-commands/usata.

# WHITEWATER RAFTING

Directorate of Family and Morale, Welfare and Recreation offers whitewater rafting trips through Big Horn Sheep Canyon on the mighty Arkansas River, each Saturday from 7 a.m. to 3 p.m. June 2 to Aug. 18. Each participant is a key element as the guide calls out commands and steers the crew through some of Colorado's most classic rapids. No experience is necessary (individuals must be able to swim, weigh a minimum of 60 pounds and be at least 8 years old). Spots fill up quickly, so reserve a trip early. Cost is \$60 per individual, \$55 per person for groups of five or more and \$40 a person for ages 8-15. Sign up at Outdoor Recreation building 2429 or by calling 526-1993.





# **ACS CLOSURE**

Army Community Service (ACS) facilities will be closed June 28 for the staff to attend strategic planning. This includes: Army Community Service Center, Community Connection, Soldier and Family Assistance Center, Family Nurturing Center and the Survivor Outreach Service. Normal hours of operation will resume on June 29.

# **5 LOVE LANGUAGES CLASS**





# **MEDICAID WAIVER WORKSHOP**



Find out how you may qualify for Medicaid Supplemental Support for your Exceptional Family Member & conquer the paperwork with our help.



### **NEW PARENT SUPPORT PROGRAMS**



# NEW PARENT SUPPORT PROGRAM

### OFFFRED 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.

Infant Massage & Baby Nurturing	Tuesdays 10 a.m11:30 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 norse and factation specialist to discuss notrition, growth and development of babies. No registration required, walk-ins welcomed.	Hurtwing Center Eldg. 1354
Playgroup	Fridays 10 a.m11 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.	Murturing Center Bldg. 1354
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 nortoring the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, walk-ins welcomed.	Murturing Center Bldg. 1354
Basic Training for New Moms	3rd Tuesday of the month 9 a.m11:30 a.m.	Topics include becoming a new mom, caring for your baby and caring for yourself.	ACS Center Bldg. 1526
Boot Camp for New Dads	1st Tuesday of the month 9 a.mNoon	Topics include becoming a new dad, caring for your baby and caring for mom.	ACS Center Bldg. 1526
Norturing (Infant to 5 years)	Call (719) 534-3105 for next session	This 12-week class teaches parents how to be nortoring 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.	Murturing Center Bldg. 1354
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.	Murturing Center Bldg. 1354
Home Visits	Call (719) 526-0461	A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thro Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.	
	Playgroup  Toddler Time  Basic Training for New Moms  Boot Camp for New Dads  Nurturing (Infant to 5 years)  Nurturing (5 to 12 years)	Playgroup Fridays 10 a.m11 a.m.  Toddler Time Thursdays 9:30-11 a.m.  Basic Training for New Moms  Boot Camp for New Dads  Nurturing (Infant to 5 years)  Nurturing (5 to 12 years)  Call (719) 534-3105 for next session	Baby Nurturing  10 a.m11:30 a.m.  Systematic infant massage strokes alleviate colic, create strong boads, increase the communication between body and parent and provide a foundation of unconditional lave and attachment. Topics pertaining to infant development and health are discossed. The first Tuesday of each most half getaver a norse and lactation specialist to discoss notificing, growth and development of babies. No registration required, wulk-ins welcomed.  Playgroup  Fridays 10 a.m11 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.  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 northering the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, walk-ins welcomed.  Basic Training for New Moms  3rd Tuesday of the month 9 a.m11:30 a.m.  Topics include becoming a new mom, caring for your baby and caring for yourself.  Nurturing (Infant to 5 years)  Call (719) 534-3105 for next session  This 12-week class teaches parents how to be northering to their children as well as themselves. Topics include communication with your child, how to brild your child's self-esteem, behavior management techniques and much more.  Call (719) 534-3105 for next session  Call (719) 534-3105 for next session  Filis 12-week class includes topics of communication with your child, how to brild your child's self-esteem, behavior management techniques and much more.  Call (719) 526-0461  A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by WSS staff. Appointments are evaluable Mooday three fridey from 8 a.m. to













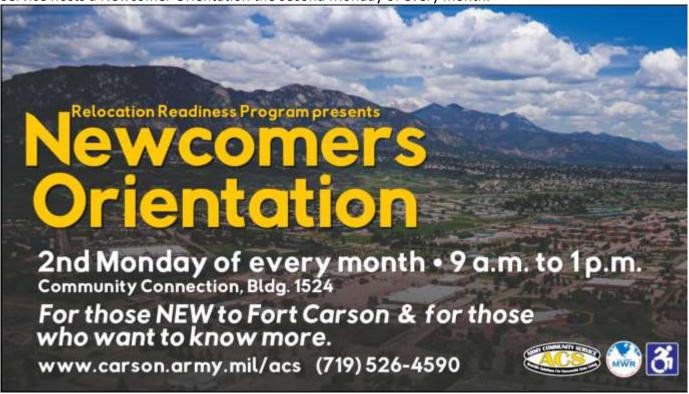


ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time with the exception of the Family Enrichment events (i.e., AFTB, FBG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more 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: "Fart Carson ACS Family Martering"

### **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.



# **SOLE PARENTING GROUP**





# **COMMUNITY PARTNER PROGRAMS**

# "BE THERE" PEER SUPPORT





# 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.



(III) Chaf: https://www.BeTherePeerSupport.org



1 Text: 480-360-6188



(Call: 844-357-PEER (7337)





Follow Us: @BeTherePeerSupport @DoDPeerSupport



















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**



# 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 aftered 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



Educada Technical University is accredited by The Higher Learning Commission, www.bloommission.org. CTU cannot guarantee employment or salary. Find employment ortes, financial obligations and other disclosures at www.columbatesh.edu/disclosures.



# 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



"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.

Knowledge · Resources · Support
First Visitor
Unleash the power of parenting!

Program B 12 mos. - 24 mos.

Encourage language development.

Proper nutrition and portion size.

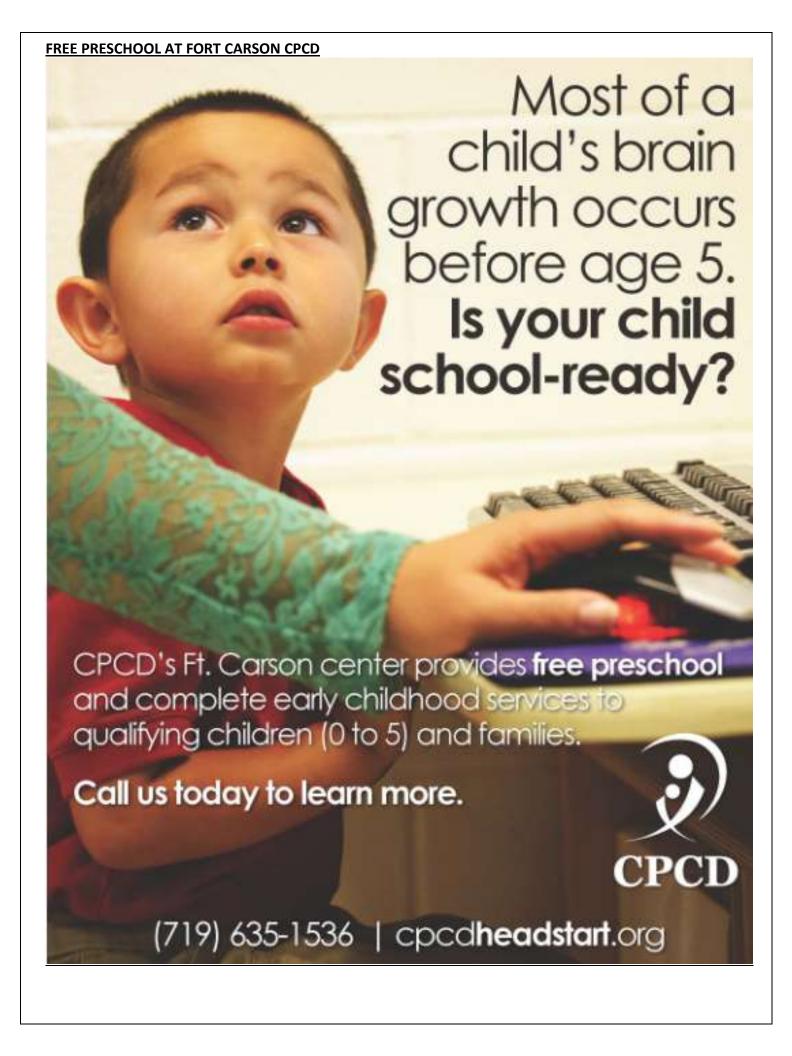
Program C 24 mos. - 36 mos.

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

Want to make a difference in your child's life? First Visitor is a FREE home support program designed to

celebrate the birth and growth of every child. We provide new parents with emotional support, a network of

community-based resources; as well as, basic information on child health, nutrition, safety and early development during the critical first three years!







# Free 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/bife Coaching Family Violence prevention workshops Workshops, trainings and resources For the entire family and much more

TO REGISTE Call: 719-464-6676

info@kingdombuildersfamilylifecenter.org www.kingdombuildersfamilylifecenter.com

## Join Us for A Parent's Focus Group



## We Want Your Opinions About How We can Better Assist Our Youth

## "IT TAKES A VILLAGE TO RAISE A CHILD" LET'S WORK TOGETHER TO BE THAT VILLAGE

We would like your input! Please help us answer these questions:

- Is your youth failing in school and you are unsure what to do?
- What would help with getting them back on the right track?
  Who could be most helpful?

What support would you need to help your child?

The Kingdom Builder's Family Life Center is revamping their current programs and want to learn more about issues that youth between the ages of 11-17 face. We want to hear from YOU?

## Your opinions & experiences matter!

We are looking for 15-20 parents who have children between ages 11-17 to participate in a 2-hour focus group discussion. A focus group is a discussion with 15 to 20 people about their views and experiences of chosen topics. We will have 2 different focus groups and you are only allowed to sign-up for one of the sessions. This will be a facilitator lead discussion.

When: Monday, July 9,2018 and Wednesday July 25, 2018

6:00 - 8:00 pm (Snacks and a store gift card will be provided to participants)

➤ Where: 411 Lakewood Circle #C206A. Colorado Springs, CO (Satellite Hotel 2<sup>nd</sup> floor)

>

To Register for the Focus Group: Go to Eventbrite and cut and paste link below on the date you would like register for.

July 9th: https://www.eventbrite.com/e/project-right-direction-parent-focus-group-tickets-46886801686

July 25th; https://www.eventbrite.com/e/project-right-direction-parent-focus-group-tickets-46886882929

Questions? Please call the local focus group leader, Lisa Jenkins at 719-464-6676

ALL INFORMATION WILL BE CONFIDENTIAL. No one will be identified by name in any reports. No one's name will be shared with any other agency.

Kingdom Builder's Family Life Center

Focus Oroup Flyer

## Join Us for A Young Adult Focus Group



## We Want Your Opinions About How We can Better Assist Our Youth

## "IT TAKES A VILLAGE TO RAISE A CHILD" LET'S WORK TOGETHER TO BE THAT VILLAGE

We would like your input! Please help us answer these questions:

- What obstacles have you gone through and you wish you had support to overcome them?
- "What would have helped you get back on the right track?
- " Who could be most helpful?

The Kingdom Builder's Family Life Center is revamping their current programs and want to learn more about issues that young adults between the ages of 18-24 face. We want to hear from YOU?

## Your opinions & experiences matter!

We are looking for 15-20 young adults between the ages of 18-24 to participate in a 2-hour focus group discussion. A focus group is a discussion about their views and experiences of chosen topics. We will have 2 different focus groups and you are only allowed to sign-up for one of the sessions. This will be a facilitator lead discussion.

When: Monday, July 2,2018 and Wednesday July 18, 2018

6:00 - 8:00 pm (Snacks and a store gift card will be provided to participants)

➤ Where: 411 Lakewood Circle #C206A. Colorado Springs, CO (Satellite Hotel 2nd floor)

6

To Register for the Focus Group: Oo to eventbrite and cut and paste below link for the date you are interested in registering for:

July 2: https://www.eventbrite.com/e/project-right-direction-young-adult-focus-group-tickets-46885589059

July 18th: https://www.eventbrite.com/e/project-right-direction-young-adult-focus-group-tickets-46885966187

Questions? Please call the local focus group leader, Lisa Jenkins at 719-464-6676

ALL INFORMATION WILL BE CONFIDENTIAL. No one will be identified by name in any reports. No one's name will be shared with any other agency.

Kingdom Builder's Family Life Center

Focus Group Flyer

#### LIFT FOR THE 22 – FREE GYM MEMBERSHIP



## Lift for the 22 Offers Free Gym Memberships for Veterans

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**



# 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 September 15
May 19 October 20
June 16 November 17
July 15 December 16
August 18

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
(Vaterans, Retiress, 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

5outheastArmedServicesYMCA









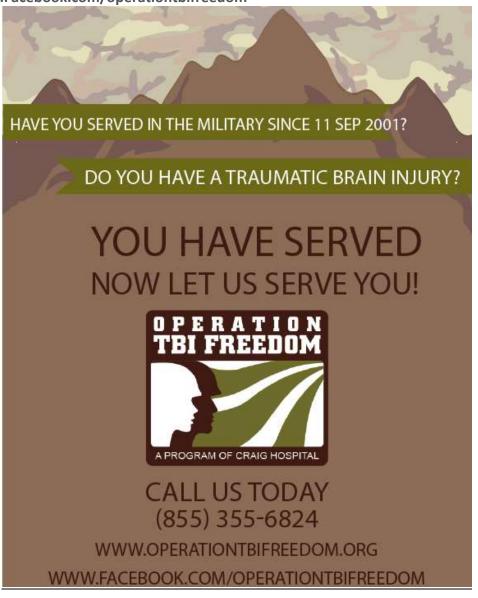


#### **OPERATION TBI FREEDOM**

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 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

- Mentorina
- Medical care
- · Parenting classes
- Mental health referrals
- Assistance navigating complicated benefit processes



Learn more at craighospital.org/OTF



Connecting military service members, veterans and their families to the highest quality resources provided by our trusted community partners



One contact, multiple resources making it easier for you and your family

719-577-7417 | www.pmcn.org

1257 Lake Plaza Dr. Suite 220 Colorado Springs, CO 80906



## 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



# 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...

- so Resources
- So 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.

<sup>\*\*</sup>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.