



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

**28 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](http://www.carson.army.mil/acs)

## [Also In this issue]

[1-YR FREE LINKEDIN PREMIUM FOR VETERANS](#)  
[BE THERE PEER SUPPORT](#)  
[BUTTS ROAD CONSTRUCTION](#)  
[CAREER SKILLS PROGRAM](#)  
[CIVVIES](#)  
[CTU PATRIOT SCHOLARSHIP](#)  
[ED CENTER COMPUTER LAB MOVE](#)  
[EQUINE ASSISTED THERAPY GROUP](#)  
[FREE PRESCHOOL](#)  
[HEALING HORSES 4 ARMED FORCES](#)  
[HORSEMANSHIP FOR VETERANS/AD](#)  
[KINGDOM BUILDERS FAMILY LIFE CENTER](#)  
[LIFT FOR THE 22 – FREE GYM MEMBERSHIP](#)  
[LOVED ONES PTSD SUPPORT GROUP](#)  
[MILE HIGH YOUTH CORPS](#)  
[MILITARY FAMILY LIFE COUNSELORS](#)  
[MILITARY PARENTS NIGHT OUT](#)  
[NEW PARENT SUPPORT PROGRAMS](#)  
[NEWCOMER ORIENTATION](#)  
[OPERATION TBI FREEDOM](#)  
[PEAK MILITARY CARE NETWORK](#)  
[PROJECT RIGHT DIRECTION](#)  
[TAI CHI CLASSES](#)  
[TRANSITIONS WEBSITES](#)  
[WOMEN'S RESOURCE AGENCY](#)

**IN THIS ISSUE - BY DATE: (CLICK FOR DIRECT VIEW)**

## KEEP YOURSELF CURRENT

[CHANGE OF COMMAND DATES](#)  
[NOW THRU 18 AUG WHITEWATER RAFTING TRIPS](#)

[28 JUN ACS CLOSURE](#)  
[29 JUN – 01 JUL FREEDOM FEST](#)  
[30 JUN MILITARY APPRECIATION DAY AT FLORISSANT FOSSIL BEDS](#)  
[02-25 JUL KINGDOM BUILDERS FAMILY LIFE CENTER FOCUS GROUPS](#)  
**04 JUL INDEPENDENCE DAY HOLIDAY**  
[04 JUL COLORADO SPRINGS EXCHANGE HOURS OF OPERATION](#)  
**05 JUL FORT CARSON TRAINING HOLIDAY**  
[10-12 JUL PRO FOOTBALL CAMP](#)  
[11 JUL PIKES PEAK OR BUST RODEO ARMY NIGHT](#)  
[14 JUL, 04 AUG ANNUAL SPORTS-SCHOOL PHYSICAL EVENT](#)  
[14 JUL EL PASO COUNTY FAIR MILITARY APPRECIATION DAY](#)  
[19 JUL EDUCATION FAIR](#)  
**25 JUL FORT CARSON RETIREMENT CEREMONY**  
[28 JUL – 15 AUG EL PASO COUNTY COMMUNITY SERVICES/SPECIAL EVENTS](#)  
[31 JUL PRESEVE AMERICA YOUTH SUMMIT](#)  
**03 AUG FORT CARSON TRAINING HOLIDAY**  
[04 AUG PRUSSMAN CHAPEL: OPERATION BACKPACK](#)  
[06-10 AUG EAGLE LAKE CAMPS](#)  
**13-17 AUG IVY WEEK**  
**15 AUG COMMUNITY INFORMATION EXCHANGE**  
[18 AUG RHYTHM & BREWS](#)  
**24 AUG FORT CARSON RETIREMENT CEREMONY**  
[30 AUG RED CROSS DENTAL TRAINING APPLICATIONS DUE](#)  
**31 AUG FORT CARSON TRAINING HOLIDAY**  
[08-09 SEP TAPS GOOD GREIF CAMP MENTORS NEEDED](#)



## ADVISORIES AND NOTICES

### 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

### COMMUNITY INFORMATION EXCHANGE

There will be no July Community Information Exchange (CIE). Beginning in August, the Community Information Exchange will shift to the third Wednesday of every month. The next CIE will be held on Wednesday, August 15th 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

### 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.



## NEW THIS ISSUE

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### **EL PASO COUNTY COMMUNITY SERVICES/SPECIAL EVENTS**

#### **BEAR CREEK ARCHERY DAY CAMPS**

Join one of the fastest growing outdoor sports! Bear Creek Regional Park has a series of archery camps for youth and adults. USA certified archery coaches will lead a fun interactive camp to learn the basic archery skills. Coaches teach the system that the Olympic team uses with a step-by-step approach to develop the individual's skills at their own pace. Be sure to bring lunch and water!

Dates: July 30 – August 1 OR August 13-15

Location: Bear Creek Regional Park

Ages: 6 to adult

Fee: \$80 per week

Times: 10 a.m. – 1 p.m.

#### **KANE RANCH OPEN SPACE HIKE**

Saturday, July 28, 9 a.m. to 12 p.m.

Preview New Open Space! Join El Paso County Parks and the Trails and Open Space Coalition for a guided preview hike through the Kane Ranch Open Space. Although this park is not open to the public, you can join us for this special hike to learn the history and preview one of El Paso County's upcoming parks. Limited parking: carpooling is highly recommended. This hike is Free for Trails & Open Space Coalition members, and El Paso County Parks Nature Center Members. \$3 for non-members. Pre-registration required; call 719-520-6977 to register.

#### **TOTLYMPICS**

Saturday, August 4, 10:30 a.m. to 12:30 p.m.

Calling all SUPERSTARS, ages 2-6 years old! Join the festivities and compete in a series of activities to test your abilities. Games include soccer, gymnastics, biking, Taekwondo, equestrian skills, archery, track and field, golf and more! Opening ceremonies will begin at 11:00 am with a group warm-up, stretch, and then a torch run. Every child is a winner, and each participant in the event will receive a ribbon for their effort. Guests are encouraged to bring their cameras to capture photos of their young champions, and a picnic lunch to enjoy the park after the event.

Pre-registration recommended: \$5 per child. More information can be found online at <https://communityservices.elpasoco.com/totlympics/>, or call 719-520-6977.

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### **EL PASO COUNTY FAIR MILITARY APPRECIATION DAY**

The background of the entire page is a faded American flag, with the stars and stripes visible. The text is centered over this background.

# **2018 El Paso County Fair Military Appreciation Day**

**Saturday, July 14, 2018**

**FREE Admission!**

**For Active Duty Military, Veterans and Dependents  
with valid Military ID**

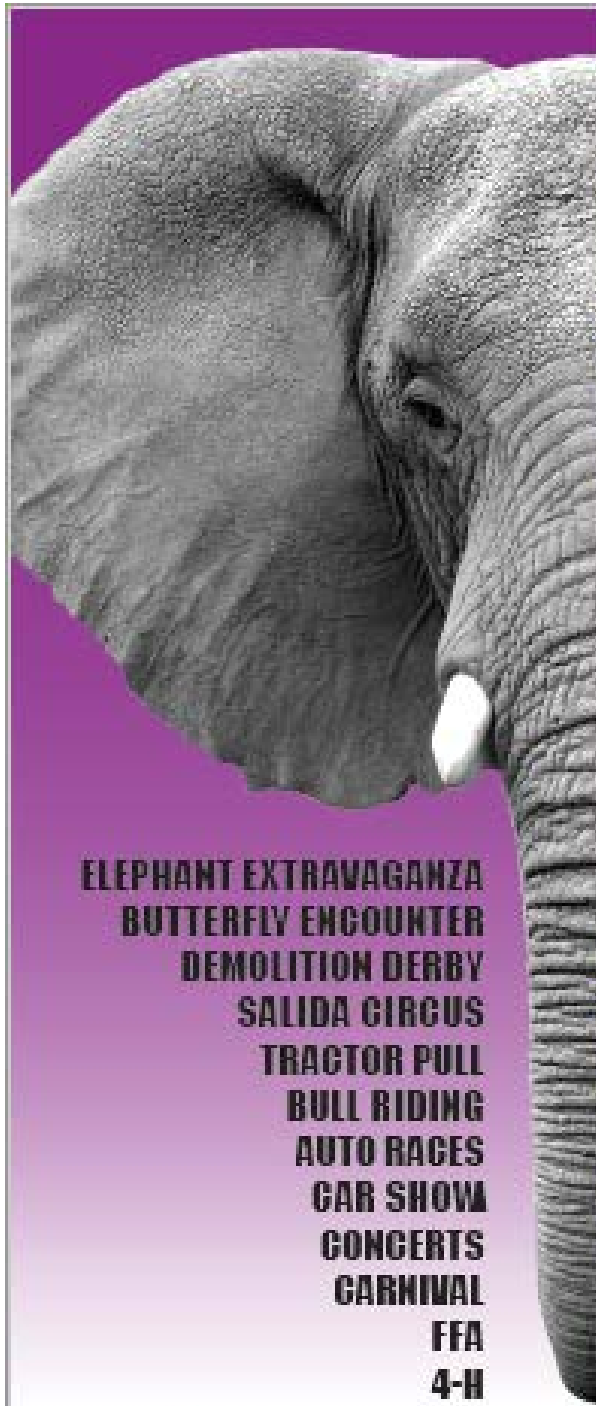
**Daily Shows and Events include:**

**Elephant Extravaganza, Butterfly Encounter, Salida Circus,  
Carnival, Petting Zoo, 4-H Shows and so much more!**

**Evening Entertainment of Auto Races  
(additional admission ticket required) and concert featuring**

**Ashlee and the Longshot Revival**

**[elpasocountyfair.com](http://elpasocountyfair.com)**



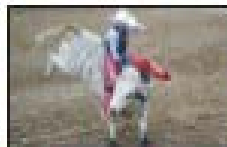
KAISER PERMANENTE. **thrive**  
PRESENTS

# EL PASO COUNTY FAIR JULY 2018

ELEPHANT EXTRAVAGANZA  
BUTTERFLY ENCOUNTER  
DEMOLITION DERBY  
SALIDA CIRCUS  
TRACTOR PULL  
BULL RIDING  
AUTO RACES  
CAR SHOW  
CONCERTS  
CARNIVAL  
FFA  
4-H



**www.ElPasoCountyFair.com**



**EL PASO COUNTY FAIRGROUNDS — CALHAN, COLORADO**  
**SATURDAY, JULY 14 TO SATURDAY, JULY 21**

FREE CONCERTS IN THE PARK



**Free!**

# Concerts in the Park!

Bring your lawn chair or blanket and enjoy the summer nights.

All Concerts are on Wednesdays from 6-8pm at

Bear Creek Regional Park unless otherwise noted.

For More Information, [www.ppjass.org](http://www.ppjass.org) or call 719-520-6977.

**June 27:** New Horizons Kicks Band

**July 18:** The Swing Connection

**August 1:** Academy Jazz Ensemble

**August 8:** New Horizons All In Jazz

**August 22:** Triple Play Quartet

**Special Concert**

Fountain Creek Regional Park

August 15, 6-8pm

101st Army National Guard —

Dixieland Band

**Final Concert**

Bear Creek Regional Park

August 29, 5-8pm

USAF Academy Band Falconaires

and Alumni Band



**TRAGEDY ASSISTANCE PROGRAM - GOOD GRIEF CAMP MENTORS NEEDED**

Mark Your Calendars! September 8-9, 2018; Denver, Colorado

At TAPS Seminars, Youth Programs host Good Grief Camp where children of Fallen Soldiers are able to share and learn coping skills through games, crafts and other activities in a fun and supportive environment. Each child is paired with a military mentor who serves as a "big brother/big sister" and reminds the child that he or she is still a part of the military community. GGC Mentors need to be available as follows:

Saturday, 08 September 2018 @ 7am through 2000

Sunday, 09 September, 0800 to 1600.

Lodging accommodations are available for those who reside 45 or more miles from the event.

Meals: all meals are provided Saturday, and breakfast and lunch will be provided on Sunday.

If you have any questions about how you can volunteer, please contact [youthprograms@taps.org](mailto:youthprograms@taps.org)

Registration is now open for the Colorado Regional -Please use this link to register as a Mentor:

<https://www.tapsconnected.org/events/mmentor.aspx>

You can also find us on Facebook: TAPS Good Grief Camp Legacy and Military Mentors





ANNUAL SPORTS-SCHOOL PHYSICALS

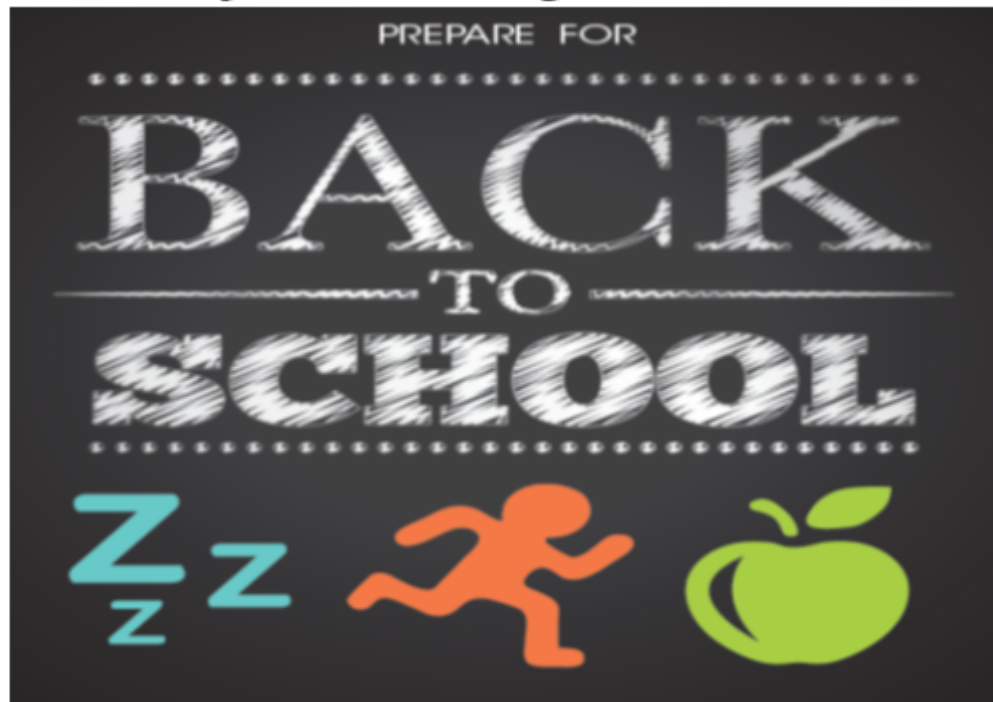


# Annual Sports-School Physical Event

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

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## **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](mailto:usarmy.carson.imcom-central.mbx.dhr-mpd-csp@mail.mil)

	<b>18-Week</b> IT Server & Cloud Administration training & guaranteed interviews with Microsoft and/or Industry Partners.		<b>21-week</b> Cybersecurity Training Program & interviews with Industry Partners.
	<b>10 to 12-Week</b> Training in VA Comp Claims with placement at VA Regional Benefits Offices.		<b>8-Week</b> Training and Internship in Automotive Sales with placement in Colorado Springs or Denver.
	<b>18-Week</b> Accelerated Training in Pipe Welding and placement in Apprenticeship & employment – over 300 locations.		<b>6-Week</b> Intensive CDL training and job placement across the country.
	<b>10-Week</b> no-cost training and certification in over 30 top-paying career fields and direct connections to over 500 military-friendly employers.		<b>16-Week</b> Fellowship that provides management training & local government experience.
	<b>12-Week</b> Fellowship that provides civilian work experience & professional development.		<b>12-Week</b> Diesel Technician Training Program with placement at locations across the country.
	<b>12-Week</b> Pre-Apprenticeship Certificate Training in building methods/trades with job placement across the country.		<b>20-Week</b> MIG Welding Certification and Internship with placement across the country.
	<b>18-Week</b> intensive training program to teach skills required to become an Auto Body Collision Technician with placement across the country.		<b>12-Week</b> individual internship to teach skill sets needed to effectively repair/maintain RVs with placement.

**COLORADO SPRINGS EXCHANGE HOLIDAY HOURS OF OPERATION**



**Colorado Springs Exchange  
Hours of Operation  
4 July 2018**

<b>Ft Carson Facilities</b>	<b>4 July</b>
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**

<b>Restaurants</b>	
Green Beans Coffee	Closed
Dainty's Kitchen	Closed
Smoothie King	Closed
<b>SERVICES</b>	
Wilderness Barber	Closed
Ivy Troop Barber	Closed
<b>Exchange Mall Services</b>	
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
<b>Exchange Mini Mall</b>	
The Cleaners	Closed
Barber Shop	Closed
Alterations	Closed
UPS Store	Closed
Military Memorabilia	Closed
Tumbleweed's	Closed
Exquisite Framing	Closed
Korea Express	Closed





# 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](http://www.dhs.gov/recruitment) to register.

### WEBINAR HIGHLIGHTS

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



**Homeland  
Security**

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



Sponsored by Fort Carson  
Religious Support Office



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

Ages 7-12

heidi.a.mcallister.civ@mail.mil

Registration Opens May 1, 2018 Space limited!



Crafts



Worship & Fellowship



Bible Study



Games

**FREE MILITARY TICKETS TO RHYTHM & BREWS**

Save the Date

# Rhythm & BREWS

REACH

Saturday, August 18<sup>th</sup>, 2018

5PM to 10PM

PIKES PEAK STREET

CLOSED OFF FROM NEWADA TO PIKES PEAK

REACH PIKES PEAK'S 1<sup>ST</sup> ANNUAL  
RHYTHM & BREWS BLOCK PARTY IS A  
FAMILY FRIENDLY FUNDRAISING EVENT.

Rhythm & Brews is free to our military individuals and families in appreciation for their service. Join us for live entertainment, beer garden, food, family and children activities, onsite tiny house, a local Colorado Springs Fire Truck from 5-7PM and more!

Tickets

INDIVIDUALS \$5

FAMILIES \$10  
*of any size*

MILITARY FREE

*individuals & families with T.D.*



## Freedom Fest

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

Iron Horse Park

[www.CarsonFreedomFest.com](http://www.CarsonFreedomFest.com)

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MILITARY APPRECIATION DAY AT FLORISSANT FOSSIL BEDS



National Park Service  
U.S. Department of the Interior

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

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## 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: [www.nps.gov/flfo](http://www.nps.gov/flfo) 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 [www.nps.gov](http://www.nps.gov)*

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# THE 78<sup>TH</sup> CINCH PIKES PEAK OR BUST RODEO

JULY 11-14, 2018

SEE THE BEST IN THE SPORT OF RODEO,  
HAVE TONS OF FAMILY FUN,  
AND HONOR OUR LOCAL MILITARY —  
ALL AT THE PIKES PEAK  
OR BUST RODEO!

Get your tickets NOW at  
[PikesPeakorBust.org](http://PikesPeakorBust.org)!

- Edge of your seat excitement with Championship Rodeo
- Bonus American Freestyle Bullfighting at the first four performances
- Fan Zone fun with rides, games, mutton bustin', & lots of western shopping
- After the Rodeo, enjoy live music & dancing in the Coors Roadhouse Saloon

Parking is FREE!  
Group &  
Military  
Discounts!  
Kids 12 & under,  
half price  
(Grandstand)

Evening performances  
Wednesday, Thursday,  
Friday, & Saturday  
(Rodeo starts at 7 p.m.,  
grounds open at 4 p.m.)

Saturday Matinee starts at  
12:30 p.m., grounds open  
at 10 a.m.

Pikes Peak or Bust Rodeo takes place  
at the Norris-Penrose Event Center at  
1045 Lower Gold Camp Road,  
Colorado Springs, CO 80905.



#PPOBR @PikesPeakRodeo

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

PRESERVE AMERICA YOUTH SUMMIT





# Preserve America Youth Summit

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

## Next Generation Stewards:

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

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

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

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

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**PRO FOOTBALL CAMP**



**LEARN FROM THE PROS  
FOOTBALL SKILLS & CHARACTER**

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

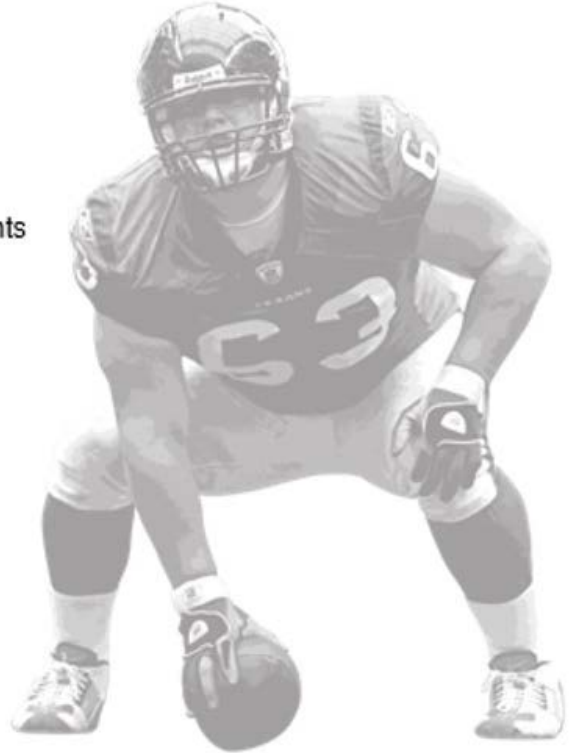
**WHAT: Youth Football Camp**

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

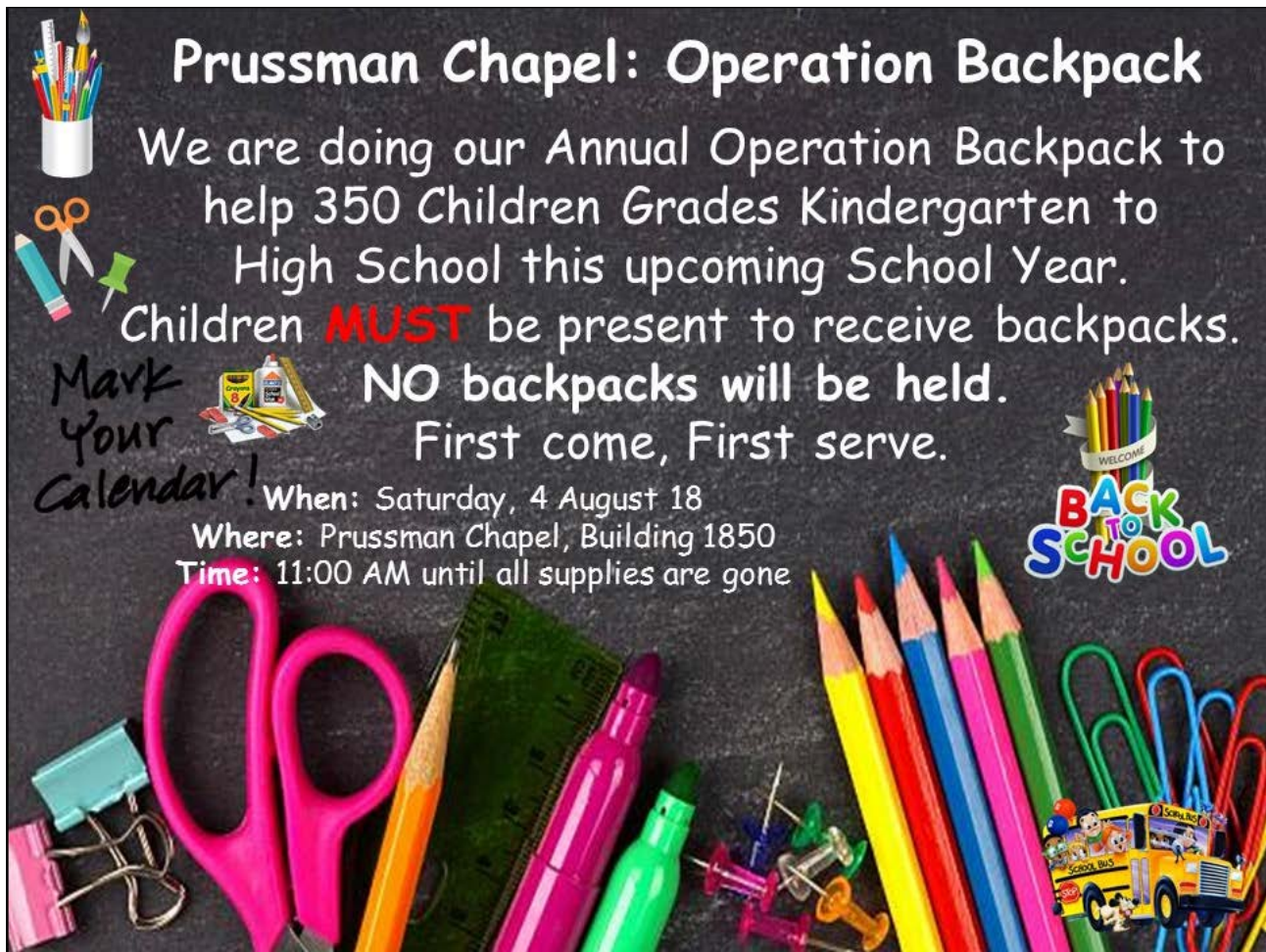
**Who:** Athletes Ages 7-14

**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](http://www.profootballcamp.com) or call: 719-266-9308 A 501c3 ORGANIZATION



**Prussman Chapel: Operation Backpack**

We are doing our Annual Operation Backpack to help 350 Children Grades Kindergarten to High School this upcoming School Year.

Children **MUST** be present to receive backpacks.

**NO backpacks will be held.**

**First come, First serve.**

**When:** Saturday, 4 August 18  
**Where:** Prussman Chapel, Building 1850  
**Time:** 11:00 AM until all supplies are gone

*Mark Your Calendar!*

**BACK TO SCHOOL**

### **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.

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



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

📅 March 30, 2018   👤 Denise Harris   📁 Employment

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

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

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

View this link for more

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

To register for your free Veteran Premium Account,

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

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### 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.

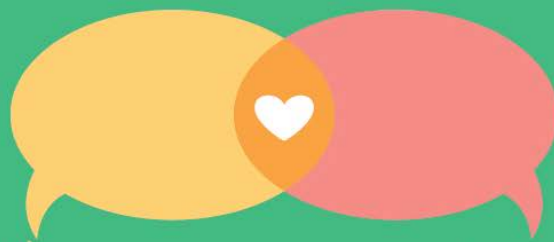


### **ACS CLOSURE**

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



# the **5** Love Languages

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

9 a.m. to Noon • Thursday, Jan. 11 • ACS Center, bldg. 1526

Register: [www.carson.army.mil/acs](http://www.carson.army.mil/acs) (719) 526-4590



## FORT CARSON YARD SALES

FORT CARSON RESIDENTS & DOD ID HOLDERS

# APRIL TO DEC. YARD SALE

1ST & 3RD SATURDAYS • 8 A.M.–3 P.M.

HELD IN ALL ON-POST HOUSING AREAS &

NORTH COMMUNITY CENTER, 4355 FUNK AVE.

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



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



## MEDICAID WAIVER WORKSHOP



# MEDICAID WAIVER WORKSHOP

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

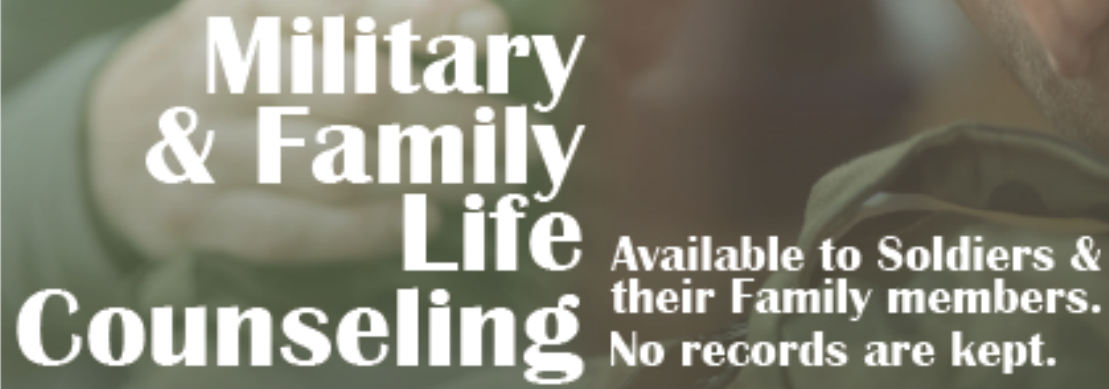
THUR. **JULY 12TH** 10-11 A.M.  
ACS CENTER, BLDG. 1526



(719) 526-4590  
[www.carson.army.mil/acs](http://www.carson.army.mil/acs)



## MILITARY FAMILY LIFE COUNSELORS



# Military & Family Life Counseling

Available to Soldiers &  
their Family members.  
No records are kept.

- 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-reunion-reintegration issues
- Flexible meeting places
- Walk-ins welcome

[www.carson.army.mil/acs](http://www.carson.army.mil/acs)





# NEW PARENT SUPPORT PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

The Army Community Service New Parent Support Program (NPSP) is a professional team of social workers and nurses that provide supportive and caring services to military Families. Our trained and supervised home visitors have extensive knowledge of the issues confronting military parents and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. A variety of classes are offered to meet the schedule and needs of our Fort Carson Families.

Weekly	Infant Massage & Baby Nurturing	Tuesdays 10 a.m.-11:30 a.m.	Pregnant moms and parents with babies are encouraged to attend. Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed. The first Tuesday of each month will feature a nurse and lactation specialist to discuss nutrition, growth and development of babies. No registration required, walk-ins welcomed.	Nurturing Center Bldg. 1354
Weekly	Playgroup	Fridays 10 a.m.-11 a.m.	A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills. No registration required, walk-ins welcomed.	Nurturing Center Bldg. 1354
Weekly	Toddler Time	Thursdays 9:30-11 a.m.	Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, walk-ins welcomed.	Nurturing Center Bldg. 1354
Monthly	Basic Training for New Moms	3rd Tuesday of the month 9 a.m.-11:30 a.m.	Topics include becoming a new mom, caring for your baby and caring for yourself.	ACS Center Bldg. 1526
Monthly	Boot Camp for New Dads	1st Tuesday of the month 9 a.m.-Noon	Topics include becoming a new dad, caring for your baby and caring for mom.	ACS Center Bldg. 1526
Quarterly	Nurturing (Infant to 5 years)	Call (719) 534-3105 for next session	This 12-week class teaches parents how to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more.	Nurturing Center Bldg. 1354
Quarterly	Nurturing (5 to 12 years)	Call (719) 534-3105 for next session	This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more.	Nurturing Center Bldg. 1354
By Appointment	Home Visits	Call (719) 526-0461	A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.	



ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time with the exception of the Family Enrichment events (i.e., AFTB, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled & rescheduled. For installation weather notifications, visit [www.carson.army.mil](http://www.carson.army.mil) or call (719) 526-0096.



Find us on Facebook:  
"Fort Carson ACS Family Nurturing"

## NEWCOMER'S ORIENTATION

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



Relocation Readiness Program presents

# Newcomers Orientation

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

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

**[www.carson.army.mil/acs](http://www.carson.army.mil/acs) (719) 526-4590**



## NURTURING FAMILIES THROUGH PLAY

This 10-week class teaches parents of children 3-10 years of age how to use child play therapy skills to reduce behavioral problems and nurture parent-child relationships. Registrations is require to participate. For more information and current dates please contact (719) 534-3105.



### New Parent Support Program

Supporting Military Parents & Young Children




**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.

**10 Week Class -  
Call for the Next Session**

**Family Nurturing Center,  
bldg. 1354**



[www.carson.army.mil/acs](http://www.carson.army.mil/acs) • (719) 526-4590

**SOLE PARENTING GROUP**



# Sole Parenting

*a resource group for single parents*

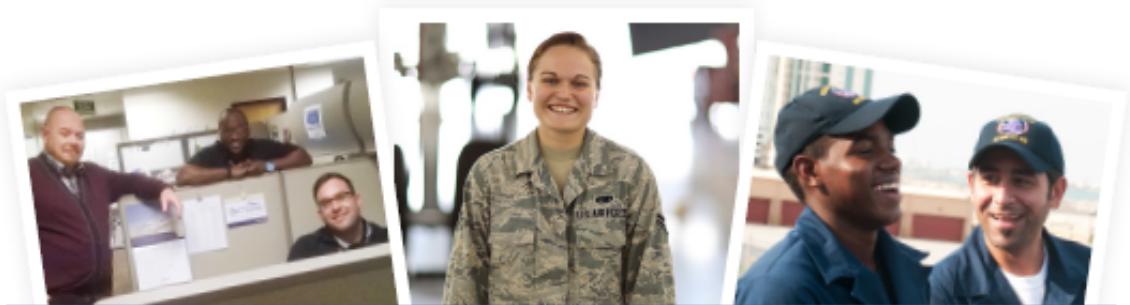
Connect with fellow Soldiers and community partners to help you on your journey to survive and thrive as a single parent.

Last Thursday of each Month  
Noon-1 P.M. • ACS Center, bldg. 1326

[www.carson.army.mil/acs](http://www.carson.army.mil/acs) • (719) 526-0461



## COMMUNITY PARTNER PROGRAMS



## Peer Support Call and Outreach Center

Active Duty, National Guard, Reserves and family members are eligible to use the BeThere Peer Support Call and Outreach Center's services.

Call and speak to a Veteran or military spouse when you need to:

- Talk to someone who shares your military experience
- Connect to resources
- Get support in any area of life

Peer specialists support you after your call with follow up for as long as you want it.

**For unlimited access  
to confidential  
peer support,  
available 24/7/365  
worldwide, connect  
with us today.**




Chat: <https://www.BeTherePeerSupport.org>



Text: 480-360-6188



Call: 844-357-PEER (7337)

Follow Us:  @BeTherePeerSupport  
 @DoDPeerSupport



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CIVVIES



# CIVVIES

CIVILIAN WEAR FOR  
MEN & WOMEN



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

A monetary donation is suggested.

*Open daily from 8 am – 5 pm*

*Donations can be dropped off and processed through  
any Goodwill donation center.*

*Mt. Carmel can not accept clothing donations*

**719-309-4714**

**530 Communication Circle**

# CTU PATRIOT SCHOLARSHIP

## ABOUT THE PROGRAM

For ten years, Colorado Technical University has awarded 50 scholarships annually to positively impact the lives of the extraordinary men and women whose lives have been altered due to injury while serving in the United States Armed Forces.

As of January 2018, CTU has awarded 500 scholarships valued at \$8.5 million.

## YOUR EDUCATION, ACCESSIBLE

CTU makes it possible for those serving in the U.S. Armed Forces—along with their families and caregivers—to earn a university degree anywhere, anytime. Scholarship recipients have the option to complete an associates, bachelor's, master's, or doctoral degree program online or at one of CTU's campuses in Colorado Springs or Aurora.

### WHO IS ELIGIBLE?

- Active-duty members or veterans of the U.S. Armed Forces (including Reserves and National Guard) with a service-connected disability
- Spouses and unmarried dependent children of U.S. service members with a service-connected disability
- Caregivers/non-medical assistants of a service member with a service-connected disability

### RECIPIENTS RECEIVE

- Full tuition to any CTU degree program
- New laptop computer
- All course books, in hard-copy or electronic format
- Dedicated Student Success Coach and specially trained military education advisors
- 24/7 technical support and tutoring
- Option to study online or at one of CTU's campuses

### IMPORTANT DATES

March 1, 2018	Application Window Opens
June 30, 2018	Application Deadline
November 11, 2018	Recipients Announced
January/February 2019	Recipients Start Class



**START YOUR APPLICATION**  
[coloradotech.edu/CTUPatriot](http://coloradotech.edu/CTUPatriot)



Colorado Technical University is accredited by The Higher Learning Commission, [www.hlcommission.org](http://www.hlcommission.org). CTU cannot guarantee employment or salary. Find employment rates, financial obligations and other disclosures at [www.coloradotech.edu/disclosures](http://www.coloradotech.edu/disclosures). 852-1275824 1281664 1/18

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





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

### What is EAT?

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

#### How do I sign up?

Contact Chester DeAngelis @  
719-495-3908  
[deangelis@pptrc.org](mailto: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](http://www.PPTRC.org)



**FIRST VISITOR FREE HOME SUPPORT PROGRAM**



FIRST VISITOR

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

**peakvista.org**  
**(719) 344-6639**

(English)

**(719) 344-7147**  
(Spanish)



**Program A**  
**Prenatal - 12 mos.**

Discover your newborn's  
amazing abilities.



**Program B**  
**12 mos. - 24 mos.**

Encourage language  
development.  
Proper nutrition and  
portion size.




**Program C**  
**24 mos. - 36 mos.**

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

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

**FREE PRESCHOOL AT FORT CARSON CPCD**



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

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

**Call us today to learn more.**



(719) 635-1536 | [cpcdheadstart.org](http://cpcdheadstart.org)

**FREE YOGA**





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

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

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

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

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

719-309-4714

[MtCarmelVeterans.org](http://MtCarmelVeterans.org)

530 Communication Circle  
Colorado Springs, CO 80905





## *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](http://www.eaglesnestranch.org)

[eaglesnestranch501@gmail.com](mailto:eaglesnestranch501@gmail.com)

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





### **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](mailto:info@prtr.org)

**"Achieving Goals, Enhancing Lives, Healing through Horses"**

Promise Ranch Therapeutic Riding is a 501(c)3 organization. Our tax ID # is: 26-2431767.

Mailing address: P.O. Box 545, Franktown, CO 80116





# Kingdom Builder's Family Life Center



Our Hours:  
Mon-Sat  
times vary

Satellite Hotel

411 Lakewood  
Circle #C206B  
Colorado  
Springs, CO  
80910

## WE OFFER

**Domestic Violence Support Groups**

**Mentoring/Life Coaching**

**Family Violence prevention workshops**

**Workshops, trainings and resources**

**For the entire family**

**and much more**

## ENROLL NOW!

**TO REGISTER**

**Call: 719-464-6676**

**[info@kingdombuildersfamilylifecenter.org](mailto:info@kingdombuildersfamilylifecenter.org)**

**[www.kingdombuildersfamilylifecenter.com](http://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 9<sup>th</sup>:** <https://www.eventbrite.com/e/project-right-direction-parent-focus-group-tickets-46886801686>

**July 25<sup>th</sup>:** <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 Group 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)
- 

**To Register for the Focus Group:** Go 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 18<sup>th</sup>:** <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 Offers Free Gym Memberships for Veterans

📅 March 28, 2018   👤 Denise Harris   📁 Health

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

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

CO Springs Fit Quest

Racks and Roses Kinetic Training Systems in Lakewood

Golden Fights MMA Gym in Grand Junction

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



SOUTHERN FRONT RANGE

# APPLY NOW!

## SUMMER OF SERVICE CORPSMEMBERS

*May—August 2018*

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



**To apply:**

Visit [milehighyouthcorps.org](http://milehighyouthcorps.org) and click "Apply Now".

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

**MILITARY PARENTS NIGHT OUT**





ARMED SERVICES YMCA

FOR YOUTH DEVELOPMENT •  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ★ MILITARY ★ PARENT'S NIGHT OUT

## Southeast & Armed Services YMCA

### MILITARY PARENTS NEED SOME TIME ALONE?

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

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

#### 2018 DATES

April 21	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**

(Veterans, Retirees, Contractors)

##### Non Y Member Military Rate:

**E1–E5: \$22.50**

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

**E6 & Above: \$30**

(Veterans, Retirees, Contractors)

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



#### Must register in person.

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

For more information or to sign up please contact

Child Watch Coordinator Camisha Mobley at  
[cmobley@ppymca.org](mailto:cmobley@ppymca.org) or

Military Outreach Director Drew Aquino at  
[daquino@ppymca.org](mailto: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](http://ppymca.org)



/SoutheastArmedServicesYMCA



MAKING MILITARY LIFE EASIER.



#### OPERATION TBI FREEDOM

Operation TBI Freedom a Colorado non-profit that is located in Colorado Springs and offers case management services throughout Colorado. Services provided include (but are not limited to): crisis

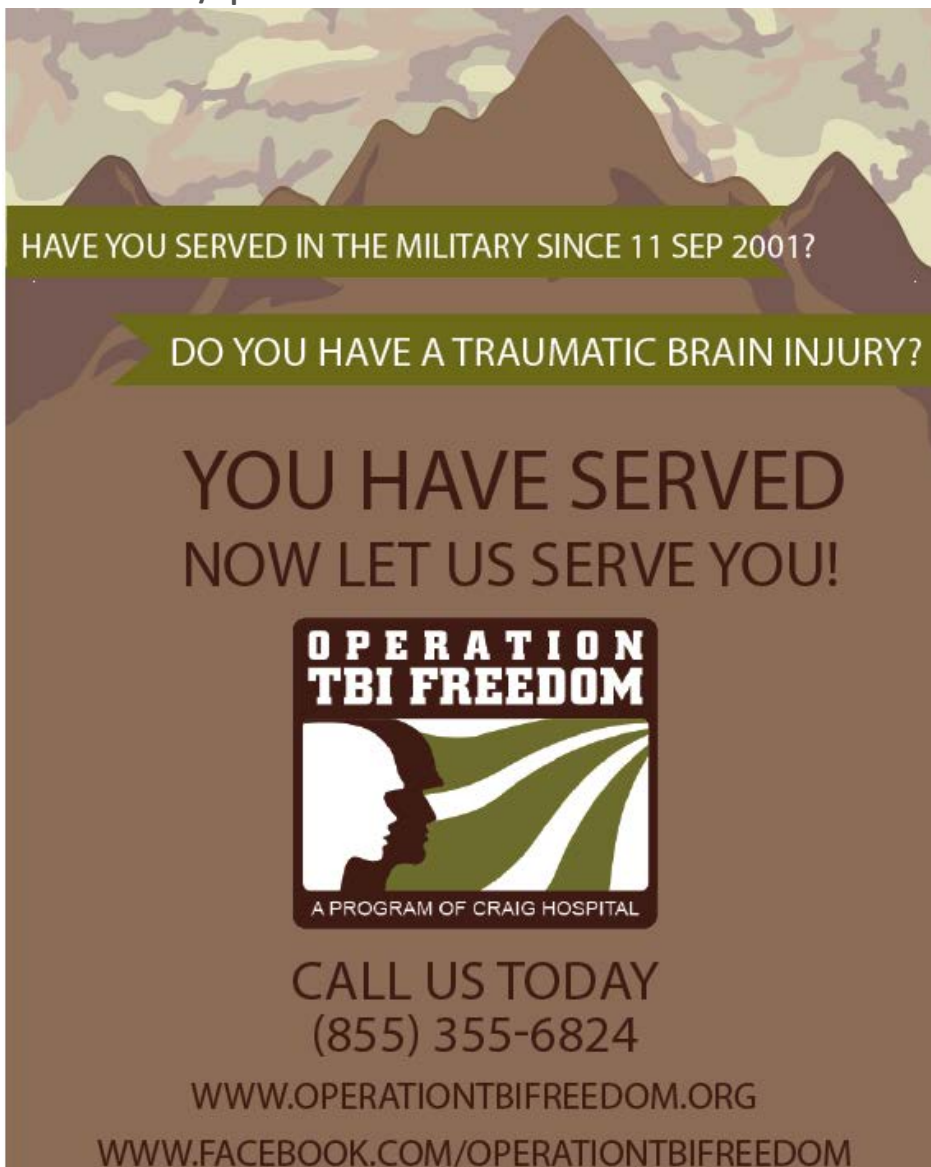


management, employment/education training, psychosocial educational programming, assistance navigating complex benefits system, etc. For more information or apply for our assistance please call or email us.

Toll Free: (855) 355-6824

Email: [OTF@craighospital.org](mailto:OTF@craighospital.org)

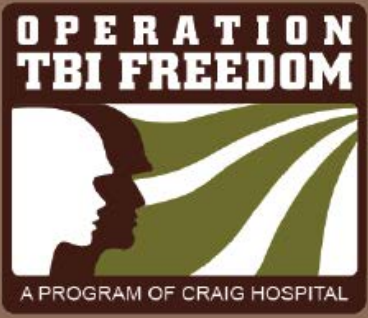
Facebook: [www.Facebook.com/operationtbifreedom](http://www.Facebook.com/operationtbifreedom)



HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?

DO YOU HAVE A TRAUMATIC BRAIN INJURY?

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



**OPERATION  
TBI FREEDOM**

A PROGRAM OF CRAIG HOSPITAL

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

[WWW.OPERATIONTBIFREEDOM.ORG](http://WWW.OPERATIONTBIFREEDOM.ORG)

[WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM](http://WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM)



## A PROGRAM OF CRAIG HOSPITAL

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

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

### Services provided or coordinated by OTF include the following:

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



Learn more at [craighospital.org/OTF](http://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](http://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](mailto:Louis.Weiss15@gmail.com)

Please go to our website for more information; [mtcarmelveterans.org](http://mtcarmelveterans.org)  
719-309-4714  
[MtCarmelVeterans.org](http://MtCarmelVeterans.org)  
530 Communication Circle  
Colorado Springs, CO 80905  
8:00am – 5:00pm M-F



TEACH • EMPOWER • ADVOCATE

## We're opening a location in Fountain, CO!

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

- ✧ Resources
- ✧ Job Search
- ✧ Resumes
- ✧ Interviewing
- ✧ Support



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

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

### **Women's Resource Agency — Fountain**

Peak Vista Building, Pikes Peak Workforce Center Office

350 Lyckman Dr, Fountain, CO, 80817

Open Tuesdays and Thursdays from 10 AM to 4 PM

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

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