

PASS IT ON

COMMUNITY NEWSLETTER



SUBSCRIBE 

October 07 2026

6303 WETZEL AVE. BLDG. 1526, FORT CARSON, CO 80913

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FORT CARSON D.E.S. COMMUNITY APPRECIATION DAY

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BEWARE...THERE'S SOMETHING IN THE AIR



BooFest

October 8 - 10

Located at Elkhorn Conference Center

Oct. 8 - Oct. 9: Haunted House Only
from 5 p.m. to 10 p.m.

Oct 10: Fall Festival & Haunted House
from 3 p.m. to 10 p.m.

**Trunk-or-Treat
Sign Up!**



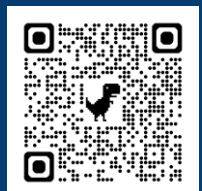
visit carson.armymwr.com



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Directorate of Emergency Services Community Appreciation Day

Get Ready for a fun filled event with the Fort Carson Directorate of Emergency Services! We're throwing a fantastic celebration to thank our awesome Mountain Post community for its incredible support and partnership.

Join us to discover our amazing emergency response capabilities and see how together, we ensure a safe and secure environment. Let's enhance the quality of life on the post while having a blast.

16 October 2026
1400 – 1800

Fort Carson Youth Center
Bldg 5950 Ware Street
Corner of Ware St. and Normandy Rd.

- Incident Command Vehicle
- Interactive Patrol Vehicle Displays
- Interactive Fire Truck Displays
- Smoke House
- Fire Safety Bounce House
- Military Working Dog Displays
- Project You Matter Table
- Mountain Post Community Partners
- Various Off Post Fire and Police Agencies (CSPD, EPSO, Pueblo, CSP, US Air Force)
- Drink, Food, Snacks



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FEATURED EVENTS

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2026 Military Retiree Appreciation Day

HONORING YOUR SERVICE!

COME CELEBRATE & CONNECT

OCTOBER 17TH, 2026

8 a.m. to 1 p.m.

**THE ELKHORN CONFERENCE CENTER
1725 WOODFILL ROAD, BUILDING 7300
FORT CARSON, CO 80913**

- **COMPLIMENTARY BREAKFAST**
- **HEALTH & WELLNESS CHECKS**
- **INFORMATION & SUPPORT**



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EVENTS

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FIRST & MAIN
T O W N C E N T E R



FREE AND OPEN TO THE PUBLIC

3305 CINEMA POINT | COLORADO SPRINGS

**KID AND DOG
COSTUME
CONTESTS**

12:00PM - 1:00PM

**BALLOON CREATIONS
FACE PAINTING
PUMPKIN CRAFTS
VENDORS
PHOTO BOOTH
GAMES & PRIZES!**

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OFF-POST EVENTS

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TRUNK — OR — TREAT



UNITED WAY
Pikes Peak



FAMILY SUCCESS CENTER

1520 VERDE DRIVE
COLORADO SPRINGS
80910



FRIDAY
OCTOBER 23
5PM - 7PM



WEAR YOUR COSTUME
COLLECT SOME CANDY
BE PART OF THE FUN!

Join us for games, family-friendly
trunk-or-treating and family resources!



CANDY • FUN • COMMUNITY

A SAFE & SPOOKY GOOD TIME FOR THE WHOLE FAMILY



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OFF-POST EVENTS

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The Steven A. Cohen
Military Family Clinic
at Red Rock



Walk In's
Welcome
No Registration
Required

3RD ANNUAL Trunk or Treat

October 24, 2026

12:00pm - 2:00pm

Calling all military and veteran families!

The Cohen Clinic is transforming into a Halloween haven where community partners and our dedicated staff will be decorating tables to create a trunk-or-treat experience like no other.

Your little ghosts and goblins can enjoy plenty of treats, including candy and non-candy goodies, all in a warm and welcoming environment—no need to worry about the weather!

Location

The Cohen Clinic at Red Rock
1915 Aerotech Drive Ste 114
Colorado Springs, CO 80916
Office: 719-370-5141

• kwhite@red-rock.com

More Info



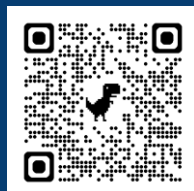
bit.ly/CSTrunkorTreat26

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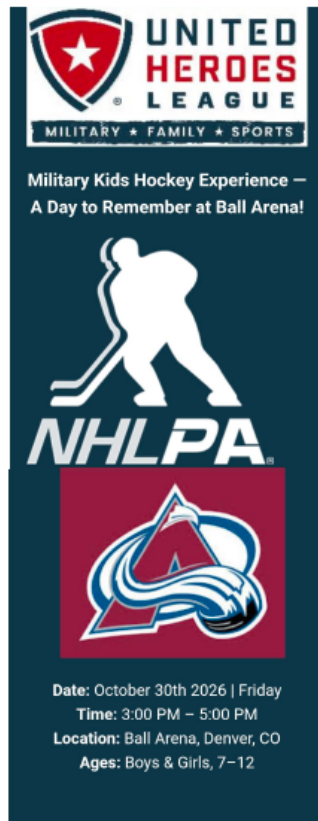
Military Kids Hockey Experience — A Day to Remember at Ball Arena!

Date: Friday, 30 October, 2026

Time: 3:00 PM – 5:00 PM

Location: Ball Arena, 1000 Chopper Cir.
Denver, CO

Ages: Boys & Girls, 7–12



This is a once in a lifetime opportunity for your hockey player, **but it is a surprise!**

To help with keep it a surprise, you can tell your child that they will be coming to skate at Ball Arena to skate on the Pro's Big Ice!

The reality.....what we don't tell the kids

- FREE top-tier hockey equipment donated by the NHLPA for all participating kids
- Surprise meet-and-greet with Devon Toews – plus autograph & photo ops
- Fun, skills-based hockey instruction led by UHL coaches

If your military child is a youth hockey player that qualifies and you would like to give them the chance to attend this exciting event, click the link below for full details and to submit your application!

APPLY HERE

<https://unitedheroesleague.org/camp-colorado-avalanche-hockey-clinic/>

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OFF-POST EVENTS

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FOOD DISTRIBUTION DATES & LOCATIONS



Fort Carson

600 Chiles Ave., Fort Carson

03 Oct 2026 | 10:00AM - 11:30AM

07 & 21 Nov 2026 | 10:00AM - 11:30AM

19 Dec 2026 | 10:00AM - 11:30AM



Fort Carson Prussman Chapel

BLDG 1850, Fort Carson

Thursdays | 5:30PM - 6:30PM



SUNNY SIDE
Market



Free Grocery Market

1. Enroll
2. Schedule Visit



Norris Penrose Event Center Upper Lot

1125 W. Moreno St.

09 & 23 Oct 2026 | 10:00AM - 11:00AM

13 Nov 2026 | 10:00AM - 11:00AM

11 Dec 2026 | 10:00AM - 11:30AM

Free Groceries Delivered to Your Home

1. Select "Nationwide Support"
2. Complete Application
3. Schedule Delivery

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Applications **OPEN** SEPTEMBER 1!

*Bringing Holiday Joy to
Fort Carson Families!*



**YOU WILL
NEED:**



DD-1172-2
(DEERS)

AND



LES or STP
FROM THE LAST
90 DAYS



APPLICATION LINK:

MPSW APPLICATION



[https://form.jotform.com/
mpswapplications/2026-mpsw-application](https://form.jotform.com/mpswapplications/2026-mpsw-application)

GOLD STAR FAMILY APPLICATION LINK:

GOLD STAR FAMILY APPLICATION



[https://form.jotform.com/
mpswapplications/2026-gold-star-family-mpsw](https://form.jotform.com/mpswapplications/2026-gold-star-family-mpsw)



CHILDREN
0-18 YEARS OLD



ACTIVE DUTY
STATIONED AT
FORT CARSON



RETIREES
WITHIN
2 YEARS



**GOLD STAR
FAMILIES**
WITHIN
2 YEARS



**SUPPORTING
MILITARY FAMILIES**
THIS HOLIDAY SEASON



WE HELP



Together, we make the holidays brighter!

★ MOUNTAINPOSTSANTASWORKSHOP.CO.COM ★

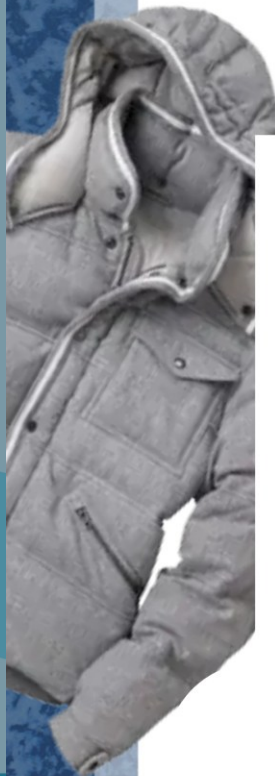
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WARRIOR'S WAREHOUSE

Coat Giveaway



Giveaway on:

OCT. 29, 2026 from 10:00 a.m. - 1 p.m.

William Reed Special Events Center

6550 Specker Ave Bldg 1829

Fort carson, CO

For Info:

(402) 659-8755

www.ftcarson.1045@gmail.com



**Warrior's
Warehouse**

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USSF STARCOM

Virtual Networking Event



Thursday, October 8th
10:00-11:30 am

Open to all DoD ID Card holders

Military spouses especially encouraged!

This will be a virtual event via Microsoft Teams.

Questions? Please call the Employment Readiness Program

Fort Carson Army Community Service
Bldg 1526, 6303 Wetzel Avenue



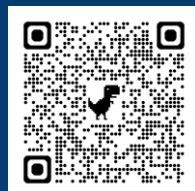
Scan the QR Code to register



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FROM FIELD TO FUNDED

Free 10-Week Agribusiness Planning Course

*Build a real, lender-ready
farm business plan*

Who This Course Is For



Veterans Exploring Their Next Mission



New & Beginning Farmers & Ranchers



Producers Overcoming Barriers to Growth



Small-Scale Farms & Agricultural Businesses

Course Details



10 Weeks



Fully
Online



1-2 Hours
Per Week

Instructor: Maddi Hughes

Goodwill of Colorado

mhughes@goodwillcolorado.org

303.551.2296



Goodwill
of
COLORADO



What You'll Learn

- ✓ Build a Real Farm Business Plan
- ✓ Define Your Business & Goals
- ✓ Plan Land, Labor & Production
- ✓ Research Your Market & Customers
- ✓ Build a Sales & Marketing Strategy
- ✓ Understand Costs, Pricing & Profit
- ✓ Plan for Risk & Business Structure
- ✓ Get Lender & Funding Ready

Register Now

Date: October 15, 2026

Time: 6pm - 8pm MT



Register
Here

[https://
forms.cloud.micros
oft/r/BmPbORdbYz](https://forms.cloud.microsft/r/BmPbORdbYz)

Training Stipend Available

Stipends available for eligible participants

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Girls Fight Back & HUSH No More *Against*



DOMESTIC VIOLENCE

A Personal Safety and Empowered Self-Defense Seminar

For Survivors!

TOPICS:

- Intuition
- Situational Awareness
- Boundary Setting
- De-escalation
- The Badass Basics of Physical Self-Defense.

October 25, 2026
Time: 4-5 PM EST



This interactive seminar is designed to be a safe space for women/girls to learn simple and practical violence prevention strategies.

FREE VIRTUAL EVENT

Register at [Bit.ly/GirlsFightBackAgainstDV2026](https://bit.ly/GirlsFightBackAgainstDV2026)

Contact Dr. Vanessa Guyton at info@hushnomore.org for more information.

You're Worth Fighting For! Be Empowered!



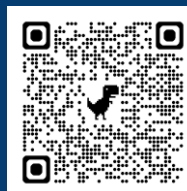
SCAN and SEE

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MILITARY CHILD OF THE YEAR[®]



**Help us find
Operation
Homefront's next
award recipients!**



For more information,
scan the QR code or visit
operationhomefront.org/mcoy

WHAT

Operation Homefront's Military Child of the Year Awards celebrate and recognize the tremendous achievements of outstanding military children.

WHO

Each year, hundreds of military teens (ages 13–18) are nominated by a parent, teacher, mentor or guardian. Candidates for the Military Child of the Year Awards demonstrate resilience, strength of character, and the ability to thrive in the face of the challenges of military life.

WHEN

The Awards Gala will be held in Washington, D.C. in April 2027 during the Month of the Military Child.

RECIPIENTS

Military Child of the Year Award recipients receive a \$10,000 cash award, a laptop, and are flown with a parent or guardian for a 3-night stay in Washington, D.C.

**Nominations accepted
September 2 to
December 1, 2026**

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BOOT CAMP

for New Parents

Navigate the early days of parenthood with confidence! Meet other new parents and get hands-on parenting advice from experts.

Offered Twice Monthly: 1st & 3rd Tuesday
from 0800 - 1600 hours

Army Community Service (6303 Wetzel Ave; Bldg. 1526)

**Register with QR or Call
(719) 526-0461**

**Class meets parental leave requirements of
Fort Carson New Parent Policy #17**



U.S. ARMY



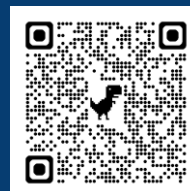
REQUIRED FOR PARENTAL LEAVE

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★ ★ ★ ★ ★

COMMUNITY & VETERANS JOB FAIR



CONNECTING VETERANS, MILITARY
FAMILIES & COMMUNITY MEMBERS
WITH **EMPLOYERS & OPPORTUNITIES**



★ ★ ★ ALL JOB SEEKERS WELCOME ★ ★ ★

TUESDAY, NOVEMBER 10, 2026

10 AM

ACTIVE DUTY, GUARD & RESERVE,
VETERANS & THEIR SPOUSES

11 AM - 2 PM

OPEN TO GENERAL PUBLIC



3960 Palmer Park Blvd.
Colorado Springs, CO 80909



More info: ppwfc.org/usaa-job-fair

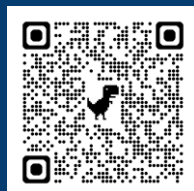


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Area Employers are Looking to Hire YOU!

FOR SEASONAL
EMPLOYMENT

Advantages:

- Meet Short-Term Needs
- Flexible Scheduling
- Extra holiday cash
- Employee Discounts
- Path to Permanent Work
- Skill Builder for Resume



ACS Employment
Readiness Can Help!



www.carson.armymwr.com/programs/employment-readiness-program/job-search-and-support

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OCT BER

Domestic Violence Awareness Month

OCT
3

Kick Off Event: Pause Against Violence 5K @ Ironhorse Park

OCT
7

Light On DV - Light up Fort Carson

*Pick up your FREE light bulbs at ACS Annex, 1481 Titus Blvd BLDG 7492

OCT
13

Let's Chalk About DV - Chalk Art Across Fort Carson

OCT
15

PURPLE THURSDAY! Rock your purple for Domestic Violence Awareness

OCT
27

Wear a Hat - to Put a Cap on DV

Fridays

Meet & Greet with Victim Advocacy Program @ the PX 11am-1pm

ALL
month

Grab a Coffee @ the Fort Carson Green Beans or Dunkin Donuts locations - get a DAVA Coffee Sleeve

ALL
month

Resource Tables across Post @ EACH, ACS Main, ACS Annex and Housing

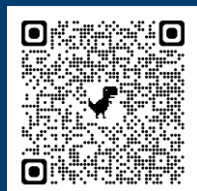
DV Hotline: (719) 243-7907



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Shine a Light on Domestic Violence

October is Domestic Violence Awareness Month

Domestic Violence thrives in silence. By displaying a purple light, you are sending a clear, visible message that our community stands together against abuse! Join the ACS Family Advocacy Program in shining a light, and show support to survivors!

Get your free purple lightbulb:

ACS Main - 6303 Wetzel Avenue, Bldg 1526

ACS Annex - 1481 Titus Blvd, Bldg 7492

Fort Carson Domestic
Violence Hotline (24/7):
719-243-7909



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Chatter and Scatter

Open to all MILITARY Families
who have health needs

with Exceptional Friends



Enjoy FREE arts and crafts activities,
sensory toys and photos

10:00am - 11:30am

**1st Monday of
every Month**

Iron Horse Park, Fort Carson

*In case of inclement weather, location will move to ACS Annex, 1481 Titus Blvd, Bldg 7492

Register Here:



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WELCOME



Moving to a new installation can feel like scaling Pikes Peak, but you don't have to hike it alone!

- **Meet fellow spouses**
- **Get insider installation tips**
- **Grab a coffee with us!**

**25 JUL
22 AUG
19 SEP
24 OCT
9am-10am**

**04 AUG
15 SEP
5:30pm-
6:30pm**

FORT CARSON SPOUSE WELCOME

New View, New Community

REGISTER HERE:



**Army Community Service Center
6303 Wetzel Ave, Bldg 1526**

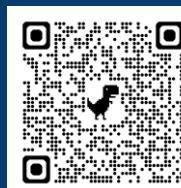


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Gain the mental **Edge** you need to dominate your **Fitness** goals!

Aspiring adventurers face cognitive demands that can stall the fitness journey. Army **READY** and **RESILIENT (R2)** Performance Teams provides the tools to sustain focus, manage fatigue, and perform at your peak.

Available anywhere - R2 Teams have options to meet your needs!



WHO?

You!

Individual Performance Coaching is open to all Soldiers, DoD Civilians or Family members interested in improving mental performance.

Regular Army, ARNG, USAR Soldiers, and their families are eligible for no-cost mental performance coaching anywhere in the world.



HOW

R2 Performance Coaches provide one-on-one coaching in person at installation performance centers, on location at relevant training sites, or remotely from your home or office.

R2 Performance Coaches work with you to identify your needs, prioritize skills and tools, and develop a tailored training plan to support your goals.



WHY?

Equip yourself to perform at your best!

- ✓ Boost physical endurance and stamina
- ✓ Fine-tune precision and motor skill control
- ✓ Enhance self-regulation and stress management

Your R2 Performance Teams can help you target exactly what you need to succeed.

Mental Readiness is within reach. Scan the QR code to download the Individual Mastery Performance Coaching (IMPC) consultation request form, or go here to learn more about what R2 Performance Teams can do for You or your Unit:



<https://www.armyresilience.army.mil/ard/r2/R2-Performance-center.html>

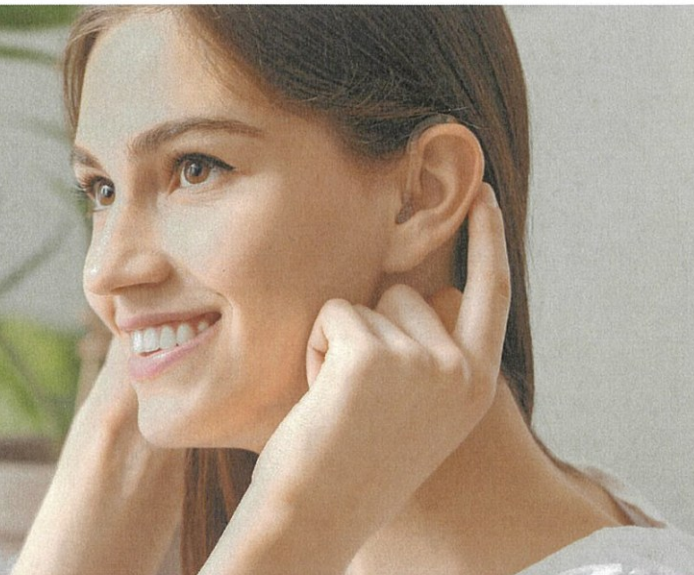


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The Hearing Aid Project (HAP) addresses the increased demand for hearing aids by providing direct assistance to qualifying individuals across the U.S.

We are proud to work with audiology and hearing aid professionals dedicated to helping individuals get the support they need. We have partnered with the Department of Hearing & Speech, University of Kansas Medical Center to maintain the program's official hearing aid bank.

1 What do we do?

The Hearing Aid Project aims to assist individuals who cannot hear without assistive devices by providing them with hearing aids that otherwise end up in landfills.

Thanks to the generous support of our donors and the medical expertise of our audiology partners, we are able to provide refurbished hearing aids, accessories and select services to those who need our help most!

2 How is HAP funded?

The Hearing Aid Project is supported by individuals like you! All monetary gifts go to directly benefit the Project and the individuals served.

If you would like to donate to HAP, you can visit HearingAidDonations.org or send a check to Sertoma International, c/o Hearing Aid Project.

3 How can I help?

We gladly accept all hearing aids regardless of age or condition. We are also happy to take any hearing aid accessories, unexpired batteries and unopened cleaning tools.

You can also refer potential patients or hearing health providers to us, set up local collection points and share HAP info in your community.

4 How can I send hearing aids to HAP?

Package your donation in a sturdy, crush-proof container along with your donation form from HearingAidDonations.org.

Ship all donations to the Hearing Aid Project, 20 W. 14th Ave., Ste. 135, North Kansas City, MO 64116.

Note: To ensure donations directly benefit HAP recipients, we do not cover postage costs.

HearingAidDonations.org | (816) 333-8300

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ADULT ESL CLASSES

FFC8 will be hosting another cohort of Adult English Language Learners!

Classes will be held at FFCHS and Fort Carson Education Center. Each class will be from 5 pm-7pm twice a week for ten weeks. Starting the week of September 14, 2026.

The class will focus on helping to communicate with teachers, workplace terminology, and larger community settings.

We will follow the FFC8 calendar-No classes the week of Oct. 12 and Nov 23

To sign up for the class please complete the google form linked in the QR code to the right or go this link. <https://forms.gle/er7xuBAUGRJ2nC53A>

For questions contact:

Mary Brennan

719-382-1300

mbrennan@ffc8.org

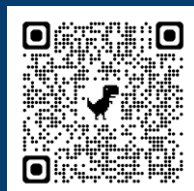


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FORT CARSON EMPLOYMENT READINESS PROGRAM AUGUST- DECEMBER 2026

NAVIGATING USAJOBS

Aug 25, 9:30-10:30
Sep 23, 1:30-2:30
Oct 21, 9:30-10:30

RESUME ESSENTIALS

Aug 5, 9:30-10:30
Sep 2, 1:30-2:30
Oct 1, 9:30-10:30
Nov 4, 1:30-2:30
Dec 2, 9:30-10:30

FEDERAL RESUME 101

Aug 26, 9:30-10:30
Sep 24, 1:30-2:30
Oct 22, 9:30-10:30

INTERVIEW SKILLS & TECHNIQUES

Aug 11, 9:30-10:30
Sep 8, 1:30-2:30
Oct 6, 9:30-10:30
Nov 10, 1:30-2:30
Dec 8, 9:30-10:30

FEDERAL EMPLOYMENT TOOLS

Aug 12, 9:30-11:00
Sep 9, 1:30-3:00
Oct 7, 9:30-11:00
Nov 18, 1:30-3:00
Dec 9, 9:30-11:00

INTRODUCTION TO ENTREPRENEURSHIP

Aug 27, 8:00-4:00
Oct 29, 8:00-4:00
Dec 10, 8:00-4:00



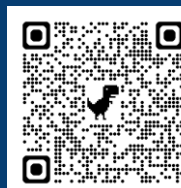
Scan QR Code to register

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FINANCIAL READINESS PROGRAM

FY27

Army Community Service (ACS) Financial Readiness Program teaches Soldiers through classroom training and one-on-one counseling how to build a budget, set savings goals, strategies to eliminate debt, and prepare for financial emergencies.

Budget 101 - A Game Plan For Your Money

1st TUESDAY OF EVERY MONTH - 1300 - 1400



Take control of your income & expenses, build a simple plan, create financial strategies that work in real life.

UPCOMING DATES

October 06	April 06
November 03	May 04
December 01	June 01
January 05	July 06
February 02	August 03
March 02	September 07

Credit 101 - Your Score & Report

2nd WEDNESDAY OF EVERY MONTH - 1000- 1100



Stay on top of your credit. Help prevent fraud or identity theft by understanding your credit score and managing your credit report.

UPCOMING DATES

October 14	April 14
November 11	May 12
December 19	June 09
January 13	July 14
February 10	August 11
March 10	September 09

TSP ROTH in-Plan Conversion

2nd TUESDAY OF THE MONTH- 1300- 1400



Help your future self avoid unnecessary taxes.

UPCOMING DATES

October 13	April 13
November 10	May 11
December 08	June 08
January 12	July 13
February 09	August 10
March 09	September 14

Thrift Savings Plan (TSP) 101 - Your 401(k)

1st THURSDAY OF EVERY MONTH - 1300- 1400



A beginner friendly class that breaks down how the TSP works, investment options available, and how to maximize your retirement savings.

UPCOMING DATES

October 01	April 04
November 05	May 06
December 03	June 03
January 07	July 01
February 04	August 05
March 04	September 02

Major Purchases - Home & Car Buying Guide

2nd WEDNESDAY OF EVERY MONTH - 1300- 1400



Practical class that walks you through the steps, costs, and smart strategies for making two of life's biggest purchases with confidence.

UPCOMING DATES

October 14	April 14
November 10	May 12
December 09	June 09
January 13	July 14
February 10	August 11
March 10	September 08

If you would like to attend one of the classes above, please register using the QR code



<https://carson.armymwr.com/programs/acs/financial-readiness>



1-866-804-8763



FinancialReadiness-FortCarsonACS@army.mil



6303 Wetzel Ave, BLDG 1526 Fort Carson



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THE FINANCIAL READINESS MILESTONE SCHEDULE

FY27

Navigating Your Required Common Military Training (CMT)

Promotion CMT

1st TUESDAY OF EVERY MONTH – 1300 - 1400



(mandatory for Service members in paygrades E-1 to E-5 and O-1 to O-4).

A new rank means a bigger paycheck—don't let it slide away before you can save it.

UPCOMING DATES

October 06	April 06
November 03	May 04
December 01	June 01
January 05	July 06
February 02	August 03
March 02	September 07

Permanent Change of Station CMT

1st WEDNESDAY OF EVERY MONTH - 1000 - 11:00



A move can be expensive—don't let out-of-pocket costs drain your wallet. Maximize allowances, Budget for hidden costs of housing, utilities, and setup. Plan your move to keep your finances stress-free.

UPCOMING DATES

October 07	April 07
November 04	May 05
December 02	June 02
January 06	July 07
February 03	August 04
March 03	September 01

Marriage CMT (Major Life Event)

1st WEDNESDAY OF THE MONTH- 1300- 1400



Blending your lives means blending your finances—start strong together!

Merge your budgets to align your financial goals. Manage joint accounts and tackle debt as a team.

UPCOMING DATES

October 07	April 07
November 04	May 05
December 02	June 02
January 06	July 07
February 03	August 04
March 03	September 01

Continuation Pay CMT

1st THURSDAY OF EVERY MONTH – 1000 - 1100



Approaching 8 to 12 years of service under BRS?

Lock in your one-time mid-career cash bonus in exchange for your continued service. Don't leave free money on the table.

UPCOMING DATES

October 01	April 04
November 05	May 06
December 03	June 03
January 07	July 01
February 04	August 05
March 04	September 02

Divorce CMT (Major Life Event) Located at the ACS Annex

2nd Tuesday OF EVERY MONTH - 0900- 1000



Protect your financial health as you transition.

Update benefits by adjusting your, BAH, and tax withholdings.

Rebuild your budget as a single income household.

Separate joint accounts and protect your credit score.

UPCOMING DATES

October 13	April 13
November 10	May 11
December 08	June 08
January 12	July 13
February 09	August 10
March 09	September 14

If you would like to attend one of the classes above, please register using the QR code



<https://carson.armymwr.com/programs/acs/financial-readiness>



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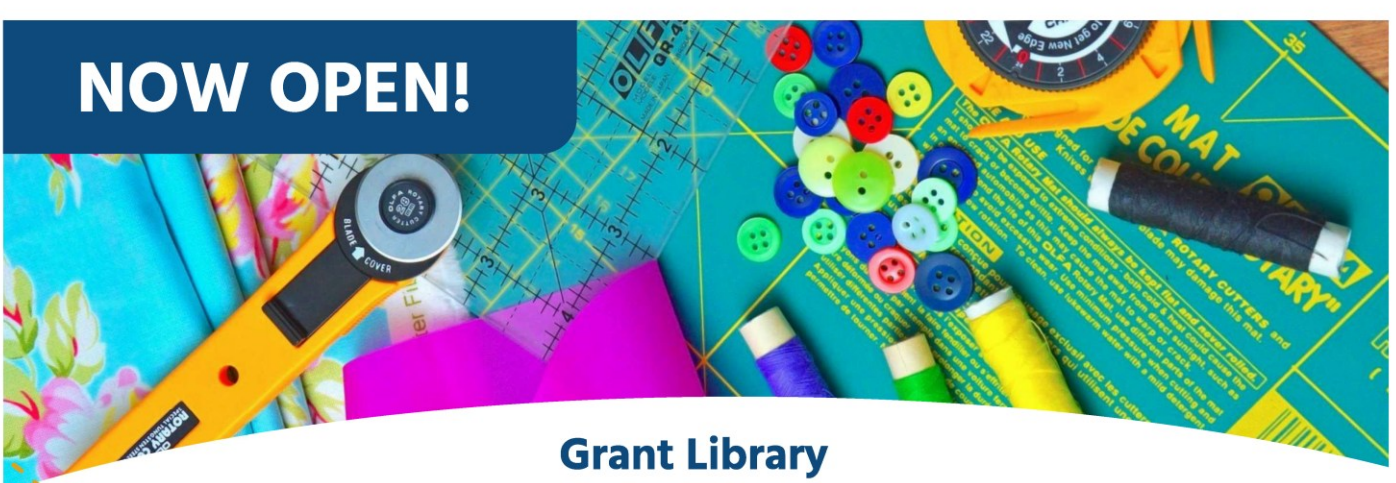
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MAKER SPACE

What's Inside:

SEWING MACHINES : Repair a seam or quilt a masterpiece.

CRICUT & HEAT PRESS : Design custom apparel and decals.

3D PRINTER : Bring your digital designs to life.

MUG PRESS : Create personalized gifts.

BUTTON MAKER: Design custom pins and flair.

READY TO GET STARTED?
ASK THE FRONT DESK OR CALL 719-5262350 TO RESERVE YOUR SPOT!



Grant Library

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719-526-2350

<https://carson.armymwr.com/GrantLibrary>



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Quality of Life Presentations from Military and Family Life Counselors

Explore our MFLC presentation library for a wide range of topics to help your military community thrive.

Communication & Relationships

- Adult Relationships: Communication
- Building Strong Relationships
- Developing Skills for Connection
- Learning About Communication
- Navigating Parent-Child Conflict
- The Power of Connection: Enhancing the Parent-Child Relationship
- Trust: In the Workplace and in Friendships

Parenting & Family Dynamics

- ACCESSing Digital Parenting
- Changes & Families: Child Focused
- Child Focused: Helping Children Thrive Through Deployment Cycles
- Collaborative Parenting
- Family Life Cycle: Embracing Change
- Helping Children With Parental Separation and Divorce
- Helping Kids Cope With Retirement & Separation
- Navigating Divorce
- No More Bullying

Transitions & Military Life

- A Service Member's Journey Through Retirement and Separation
- Military Life: Managing Relationships During the Deployment Cycle
- Military-Related Transitions for Children
- Staying Connected During Change
- Thriving During Transitions
- Transition to Civilian Life
- Unique Challenges and Experiences of National Guard and Reserve Families

Resilience, Wellness & Mental Health

- Adapting Health and Wellness
- Building Emotional Resilience
- Dealing with Crisis and Disaster
- Journey Through Grief and Loss
- Promoting Resilience in Military Life
- Resiliency During Uncertainty

Work, Life & Career Development

- Building Healthy Work Environments
- Finding Your Next Job: Steps for Success
- Growth Through Education
- Preparing for Physical Fitness Assessments
- Work-Life Balance

Financial, Legal & Practical Resources

- Financial Management: Money Matters
- Home Sweet Home: Housing Support and Resources
- Legal and Criminal Issues

Program/Informational

- MFLC Program Briefing

Contact your local military and family life counselor for more information:
<https://www.militaryonesource.mil/resources/tools/mflc-locator/>.



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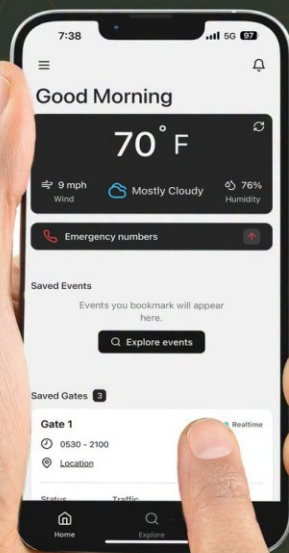
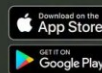


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STAY CONNECTED.

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***COMMUNITY
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