



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

## 20 SEP 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)

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## ADVISORIES AND NOTICES

### CHANGE OF COMMAND UPCOMING DATES

DATE	UNIT	TIME	LOCATION

### **COMMUNITY INFORMATION EXCHANGE**

The next Community Information Exchange will be held on Wednesday, October 17th at the Elkhorn, 9:00a.m. This month's topic of focus is Resources for the Holidays.

### **FORT CARSON ROAD & PARKING LOT CONSTRUCTION ADVISORIES**

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

### **GATE 20 CLOSURE**

Gate 20 will be closed to inbound and outbound traffic Sept. 29 from 7-11 a.m. for barrier maintenance and testing. These hours are approximate and may be adjusted slightly. Community members should plan to use other gates for access to Fort Carson during these times.

### **RECYCLING LOCATIONS**

The hours of operation for Fort Carson's full-service recycle location at the southeast corner of the Exchange on Sheridan Avenue are Monday-Sunday from 8 a.m. to 4 p.m. The Exchange site accepts cardboard, mixed paper (white paper, newspaper, magazines, shredded paper, junk mail, etc.), aluminum, tin, plastic, glass, non-accountable/expendable metals and ink and laser printer cartridges. Customers can also bring the following nontraditional items for recycling:

--Electronics, including computers, cell phones, DVDs, TVs and other devices. There is a limit of one CRT TV or one flat screen TV accepted per family. (Only personal, non-government, electronics will be accepted.) --Porcelain (remove hardware and rubber gaskets) --Mattresses (not box springs) --Batteries There are also two primary recycle collection points for cardboard, mixed paper (white paper, newspaper, magazines, shredded paper, junk mail, etc.) aluminum, tin and plastic at the following locations:

--Wolf Dining Facility parking lot

--Specker Avenue and Long Street parking east of the Education Center Note that these recycle locations cannot be used to dispose of household trash. (The Exchange drop-off location does accept limited furniture and household hazardous waste.) For more information, call the Directorate of Public Works Recycle Program manager at 719-491-0218.

### **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.

## #MILCHAT ON TWITTER

# #MilChat on Twitter

Hosted by [@StopFraudCo](#), the Colorado Attorney General's Office Consumer Protection Section



**Social Media Scams & Staying Safe on the Internet**  
**September 13, 2018 at 1 p.m. M.T. / 3 p.m. E.T.**

### Promo Tweets:

Join us for the next #MilChat on 9/13 at 1 pm MT with @StopFraudCo. We'll talk about #SocialMedia Scams & Staying Safe on the Internet with the #military community!

Mark your calendars for the next #MilChat on 9/13 with @StopFraudCo! 📅 We'll be chatting about Social Media Scams & Staying Safe on the Internet at 1 pm MT! #SocialMediaSafe

### Questions:

1. Staying safe while browsing the internet is critical in an ever changing cyber security landscape. What are some threats you could encounter online?
2. How can military consumers protect themselves and their families while visiting websites?
3. New technology has allowed videos to be manipulated in very realistic ways. How might this technology affect the tactics scammers use to target consumers online?
4. What other scams happen on social media platforms and how can military consumers and families identify them?
5. One of the primary avenues for marketing Bitcoin and other cryptocurrency is social media. What should potential crypto investors know to protect themselves from scams & fraud?



6. Social media can provide benefits for investors, but it also presents opportunities for fraudsters. What should people know before engaging in investment talks or transactions over social media?
7. Military consumers may be buying or selling goods, renting housing, or helping military spouses look for jobs through online classified ad sites. What common scams happen there?
8. Data breaches become more common as thieves find creative ways to obtain information from businesses and retail sites. Is there anything military consumers can do to protect themselves?
9. What other tips do you have to help protect military consumers and their families from online scams and cyber fraud?
10. Where are resources to help us stay ahead of social media scams and other internet pitfalls?

**Join our monthly #MilChat on Twitter during the  
second Thursday of every month at 1 p.m M.T. / 3 p.m. E.T.**

**Next Month's Chat is October 11, 2018 at 1 p.m. M.T. / 3 p.m. E.T. with featured  
guest @BBBSouthernColo on Military Identity Theft & Cyber Security.**



# Family Retreat

## Welcome Home Warrior, Inc.

will be hosting a **free** retreat for combat veterans and their families on October 19th-21st, 2018

at

Golden Bell Camp in Divide, CO.  
380 County Rd. 512 Divide, Co 80814



The view of Pikes Peak from Golden Bell

## Fun for the whole family

**Quality time together and help to reconnect.**

Daily optional activities including: sports, arts and crafts, swimming, tubing, climbing wall, campfire with S'mores,

Spa afternoon and an outing to the Wolf Sanctuary.

Child care provided with supervised activities.

Classes for couples, and special groups for children and teens

**Meals, snacks, and large rooms included.**

For information and reservations call 719-439- 3621 or email

[welcomhomewarrior@comcast.net](mailto:welcomhomewarrior@comcast.net). Website: [whwarrior.org](http://whwarrior.org)

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EVANS ARMY COMMUNITY HOSPITAL  
HOSTS THE ANNUAL



# Flu Vaccine Clinic

FOR TRICARE BENEFICIARIES AGES 3 & UP  
PROTECT YOURSELF FROM INFLUENZA  
THIS SEASON

**DATE**

Oct. 22-26  
9 a.m.- 5 p.m.

**LOCATION**

Special Events Center  
Fort Carson

**DATE**

Oct. 27  
9 a.m.- 3 p.m.

**Just walk in with your DOD ID card to receive a vaccine**



## MAKE A DIFFERENCE DAY



Spend the day making Fort Carson a more beautiful space.  
Continental breakfast served at 7:30am

### **PROJECTS:**

#### **IRON HORSE PARK / SPORTS COMPLEXES & DOG PARK**

A makeover and overall beautification of Fort Carson's Iron Horse Park. This includes general cleaning, raking and maintenance of the grounds of Iron Horse Park, Sports Complex, and Dog Park.

#### **FORT CARSON STORM WATER DRAINS**

General cleaning and maintenance of storm water drains to include clearing of debris and stenciling water drainage.

#### **FORT CARSON MILITARY HOUSING**

General cleaning and maintenance of the Fort Carson Military Housing Community. This includes a makeover and beautification of picnic areas, playgrounds, and common areas--as well as painting/repairing fences and landscape maintenance.

### **ADDITIONAL DETAILS:**

- Bring your own rake and wire cutters. Supplies & some tools will be provided
- Work boots/sturdy shoes and work gloves are required
- Children welcome with Parent/Guardian monitoring
- Volunteers will meet at the Fort Carson Iron Horse Park at 8:00 a.m.
- Continental Breakfast and Lunch will be provided to all volunteers

### **REGISTRATION & MORE INFORMATION:**

**[WWW.CARSON.ARMY.MIL/ACS](http://WWW.CARSON.ARMY.MIL/ACS)** (SEARCH: MADD 2018)



## MARRIAGE RETREAT FOR MILITARY COUPLES



# MARRIAGE RETREAT

*for Military Couples*

October 19-21, 2018 *or*  
November 9-11, 2018



at the  
**Hilton Denver  
Inverness**

200 Inverness Dr West,  
Englewood, CO 80112

### RETREAT INCLUDES:

- Two-Night Hotel Stay
- Marriage Workshop
- Breakfast Sat/Sun, Lunch Sat
- Childcare *(limited spots available)*

**Cost:** Paid in full by funds granted to The Center for Relationship Education

*Date  
Night*

Saturday Night is Date Night! Plan a creative and romantic night for you and your spouse. Participate and share your date night experience for a chance to win \$100 Visa Gift Card.

*Free for all military - active duty, reserve, and retired.*

To register, visit **myrelationshipcenter.org** or call **720-488-8888**.

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: # 95FM0008.  
These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.



## **MILITARY CHILD OF THE YEAR NOMINATIONS**

Operation Homefront Accepting 2019 Military Child of the Year®

Nominations and Military Child of the Year® Award for Innovation Applications

Operation Homefront, the national nonprofit that builds strong, stable, and secure military families, is now accepting nominations for the 2019 Military Child of the Year® Awards, as well as applications for the 2019 Military Child of the Year® Award for Innovation. Military Child of the Year® is the nation's premier celebration of the achievements of military children. Nominations are open through December 5, and all awards will be presented at a recognition gala April 18, 2019 in the nation's capital.

The annual awards will recognize seven outstanding young people ages 13 to 18 who are legal dependents of a service member or military retiree. Six Military Child of the Year® recipients will represent a branch of the armed forces — the Army, Marine Corps, Navy, Air Force, Coast Guard, and National Guard — demonstrating resiliency, leadership, and achievement during their parents' military service. The seventh award is the Military Child of the Year® Award for Innovation presented by global technology and consulting firm Booz Allen Hamilton. This award goes to a military child who has designed a bold and creative solution to address a local, regional, or global challenge.

"Operation Homefront's Military Child of the Year® Awards recognize the extraordinary young people in military families who serve alongside their parents and excel while facing the pressures and uncertainties associated with military life," said Brig. Gen. (ret.) John I. Pray Jr., President and CEO of Operation Homefront. "As we have seen for the past decade of awards ceremonies we have hosted, military kids are known for having a strong inner compass that guides them to lead, to volunteer, and to serve others and their communities. I encourage those in the military community and beyond to consider nominating a military child for this national level recognition of exceptional service."

To nominate a child for the award, visit [www.militarychildoftheyear.org](http://www.militarychildoftheyear.org) and click the Nominations tab. Nomination fields include when and how long a parent has deployed, number of family moves, Gold Star Family or Exceptional Family Member Program status, whether a parent is a wounded service member, nominee's volunteerism, and five short answers as to why the nominee is deserving.

All seven Military Child of the Year® Award recipients will be flown with a parent or guardian to Washington, D.C., and recognized at the April 18 gala, where they will receive \$10,000 each and a laptop computer. The recipient of the Military Child of the Year® Award for Innovation will also receive donated business expertise in bringing their creative solution to market.

For more information about the Military Child of the Year® nomination process, Visit [www.militarychildoftheyear.org](http://www.militarychildoftheyear.org).

# NO MORE SECRETS

## BREAKING THROUGH BARRIERS

Oct. 5-6, 2018

Antlers Hotel, 4 S. Cascade Ave., Colorado Springs

*No More Secrets aims to combat mental-health stigma in local communities of color and to connect individuals and families with the resources they need.*

"It's family business."

"What goes on in this home, stays in this home."

The symposium is **FREE** and organized by:

-  Empowering Minds  
Nurturing Souls, Inc.
- Madeline Arroyo, BA
- Michel Cremeans, MA, NCC
- Dr. Nathaniel Granger Jr., PsyD
- Dr. Tiko Hardy, LCSW, PsyD
- NAMI Colorado Springs
- Norma Thibodeau, BA

**FRIDAY, OCTOBER 5** 5 to 7 p.m.

Opening reception and keynote from Hakeem Rahim, internationally recognized mental health consultant, educator and author

**SATURDAY, OCTOBER 6** 8:30 a.m. to 4 p.m.

Workshops on depression, trauma, faith communities and more; keynote from Dr. Nathaniel Granger Jr., pastor, psychotherapist & founder of Be REAL Ministries

Free, with lunch provided | Register at [namicoloradosprings.org](http://namicoloradosprings.org) or 719.473.8477





### FRIDAY'S KEYNOTE SPEAKER

Hakeem Rahim, who holds degrees from Harvard and Columbia universities, leads I Am Acceptance, Inc., a nonprofit destigmatizing mental illness and empowering college students to take control of their mental health. He began to speak openly in 2012 about living with bipolar disorder; today, he has presented to 65,000-plus students; testified on Capitol Hill; and served as a TEDx speaker, author and spoken word artist.



### SATURDAY'S KEYNOTE SPEAKER

Dr. Nathaniel Granger Jr., is president of APA Division 32, Society for Humanistic Psychology, and founder and director of Be REAL Ministries, Inc., where he works closely with marginalized groups as a pastor and registered psychotherapist. He is also an adjunct professor at Saybrook University. Having gotten his start as a nurse, Dr. Granger has over 30 years' experience in human services.

## BREAKOUT SESSIONS

*Sessions on Saturday will begin at 9 a.m., with lunch at noon and the day ending at 4 p.m. Check [namicoloradosprings.org](http://namicoloradosprings.org) in the days leading up to the event for a detailed schedule.*

**THE MANY FACES OF DEPRESSION** As the most common form of mental illness, depression is often missed, minimized or ignored. The consequences can be profound for individuals and families. Increase your understanding of what depression is, how it manifests and why a little intervention can go a long way.

**INSIDE OPIOID ADDICTION** How bad is the opioid crisis locally? How do so many people find themselves trapped by addiction? Gain understanding of one of the hottest topics in health today, from medication management to signs and symptoms of addiction to current treatments to, of course, local resources.

**A DEEPER FAITH** Religious leaders are recognizing that mental illness is a real and prominent issue in their houses of worship. Yet echoes of "Pray about it" linger, and many people struggle to find support from the community they often turn to first. Hear ideas for sparking important conversations, and creating greater hope, in your faith community.

**STANDING FIRM ON SHAKY GROUND** Whether you live with mental illness, love someone with mental illness, or work in mental health, your wellness is ultimately reliant on self-care. Tune into your body and your mind in this eye-opening, symposium-closing session. Add to the box of tools you can use to achieve the balance you need.

**THE TRUTH ABOUT TRAUMA** The word is thrown around so often, it's hard to know what "trauma" really is. Learn about types and levels of trauma, possible impacts — to include suicidal thoughts and actions — and the logistical and emotional complexities of dealing with trauma. Also find out where there's local support.

**THE LGBTQ DISCONNECT** LGBTQ individuals are almost three times more likely than the general public to experience a mental health condition. Hear stories of "coming out" into families and communities of color, as well as thoughts on sexuality as a "lifestyle choice" and resources available to the local LGBTQ community.

**THE CRISIS SYSTEM: A GUIDED TOUR** Even if you know where to turn in a mental health crisis, you may not know what to expect — or what to ask for. Join panelists from across the local crisis community, who will illuminate the process and share some of the more recent and encouraging developments within the local system.





**Prussman Chapel  
Annual Family Picnic**

**Bring your Whole Family!  
Invite a Single Soldier!  
Invite a Friend!**

**Come out for Food, Fun and  
Fellowship**

**When: Sunday, 30 September**  
**Where: Iron Horse Park**  
**Time: 11:00 AM**

*Cotton Candy*  
*Popcorn*  
*Bouncy Houses*

**Food Catered by Lil Howard's BBQ**

For more information, please email [prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)



# PRUSSMAN CHAPEL

## FALL FESTIVAL

Carnival Games

Popcorn

Face Painting

Bouncy Houses

Candy Bags

Prizes

Come out and join us for  
some fun in a Christian way  
with fellowship, food and  
fun!

This is a FREE event!  
All is welcome

When: Saturday, October 27

Where: Prussman Chapel

Time: 11:00 am – 3:00 pm

Cotton Candy

FREE Lunch  
Hotdogs, chips and drinks





# Prussman Chapel

# 2018

WATCHNIGHT SERVICE  
DECEMBER 31  
STARTING AT 10PM

*Join Us*

## Let it GO!

**For more information, please email [prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)**

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## Prussman Women of the Chapel Annual Women's Tea



**When: Saturday, 29 September**

**Where: Brayla Wedding and Event Center**

2165 Academy Pl, Colorado Springs, CO 80909

**Time: 11:00 AM**

**FREE  
EVENT**

For more information and to RSVP, please email  
Sister Gwen Wescott at [gjw978@yahoo.com](mailto:gjw978@yahoo.com)

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VOLKSFEST - FORT CARSON MINI MALL

**Friday Sept. 28, 2018**

# **VOLKSFEST**

**Ft. Carson Mini Mall**  
1510 Chiles Ave.



**1630 -1930**

**Bouncy House**

**Face Painting**

**Petting Zoo**

**Give-a-ways**

**Car Exhibit**

**Beer Tents**

**Food Trucks**

**Games**

**Manager's Specials**

**Furniture Store Promotions**

**Large Appliance Promotions**



**THE NEW  
MILITARY STAR**  
NOW EVEN MORE REWARDING





## SERVICES, PROGRAMS AND EVENTS

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### **ACTIVITIES PLANNED AT FLORISSANT FOSSIL BEDS NATIONAL MONUMENT IN SEPTEMBER**

Florissant Fossil Beds National Monument is open year round. During September, the Monument is open 9:00 AM – 5:00 PM. (with extended hours 8:00 AM – 6:00 PM during Labor Day Weekend)

#### Daily Interpretive Program Schedule

During the month of September there will be limited interpretive programs offered daily depending upon staffing levels. These programs may include talks, walks, fossil demonstrations, and tours of an 1878 homestead. Please call ahead for more details at (719) 748-3253.

#### Weekly Programs:

Yoga Hikes, Mondays, 9:00 AM – 10:30 PM. Join a certified yoga instructor and a Park Ranger for a 1 hour and 15 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.

#### Special Events:

Saturday, September 22, Fee Free Day/ Public Lands Day, 9:00 AM – 5:00 PM. Enjoy your public lands on National Public Lands Day free! The Monument has 15 miles of hiking trails, a museum and film, and self-guided trails. Kids can earn a Junior Ranger Badge by completing a Junior Ranger gamebook available at the visitor center desk.

#### Night Sky Program

Friday, September 28, Night Sky Program, 7:30 PM – 10:00 PM. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the visitor center.

#### Elk Hikes (September and October)

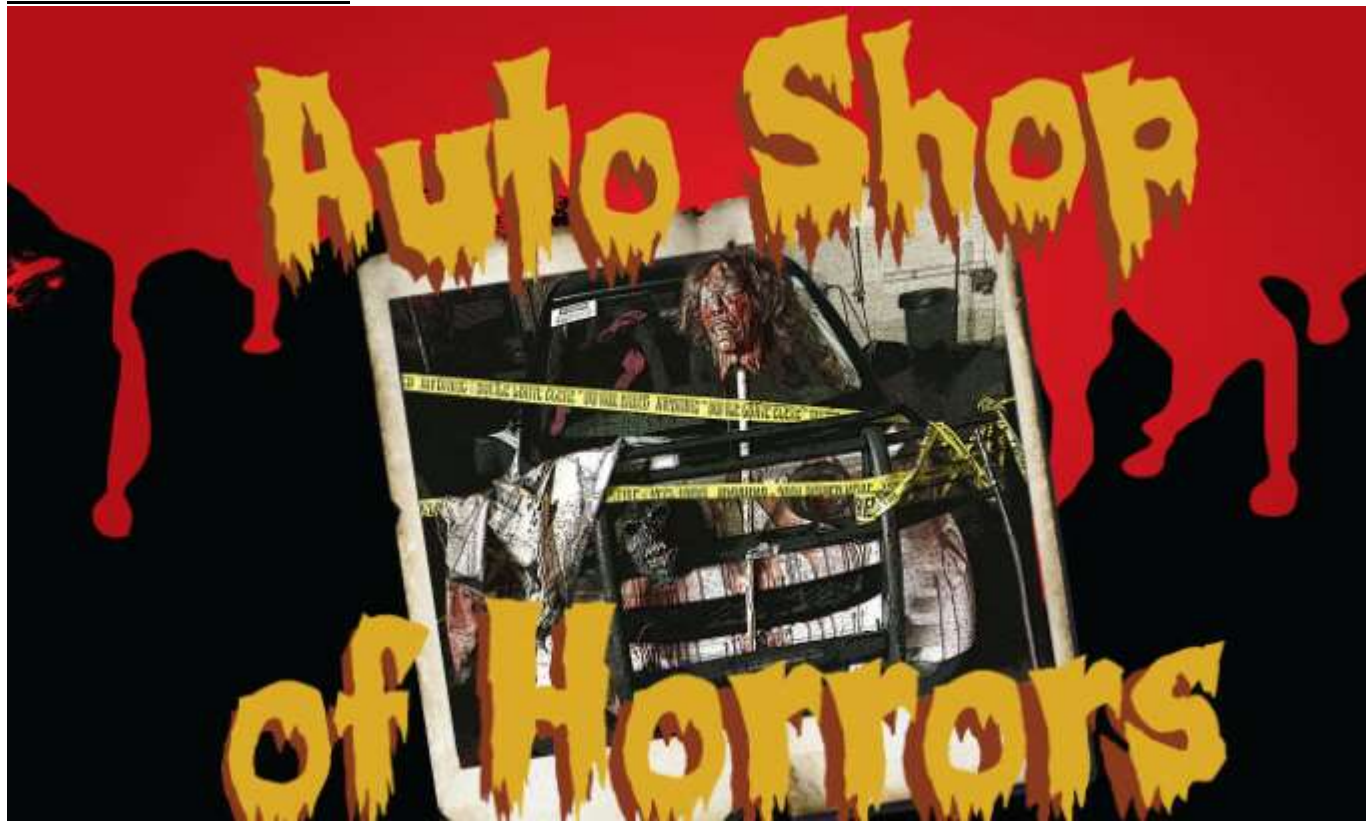
Saturday September 29 and Sunday 30, 4:45 PM – 7:15 PM. Join a ranger for a RESERVATION ONLY evening hike, to listen to the magical sounds of elk bugling. These 1-2 mile, off-trail hikes and can be in rugged terrain at times. Children must be at least 10 years old to attend. For reservations, please call (719) 748 – 3253 ext. 202.

October dates for elk hikes include: 10/5 – 10/7 and 10/13 – 10/14.

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



## AUTO SHOP OF HORRORS



**Date:** Oct 20 2018, 5 p.m. - 10 p.m.

Auto Skills Center - 7001 Wetzel Ave. Bldg. 2427 Fort Carson 80913 [Google Map](#)

Save the date for the Auto Shop of Horrors, a #MountainPostLiving program. More to come. All information is subject to change.

## CAR CARE CLASS

**COST:** Free for military members and their families

**DATE:** 3 November 2018

**TIME:** 10:00am - 12:00pm

**LOCATION:** Autosmith, 528 E. Pikes Peak Avenue



*presents...*

# CAR CARE CLASS

*by Autosmith Professional Auto Service*

Do you ever feel anxious about your car breaking down or are worried you have been taken advantage of by a mechanic? Put those fears to rest with this **FREE** event. You will walk away with automotive knowledge and communication skills that will assist you in dealing with cars and mechanics for THE REST OF YOUR LIFE. This is a terrific opportunity for all drivers, to include teens!

Citizen Soldier Connection will pay for childcare during the class. Childcare will be provided by Child and Youth Services on Fort Carson, and will be arranged by Citizen Soldier Connection. Please register by October 25th in order to receive free childcare!

To register, visit <http://citizensoldierconnection.org>. Space is limited, so sign up early!



**Military Members: You can sign up with friends!  
Visit our website to sign up!**



INVITE A



# **Military Member this Christmas**



December

**24<sup>TH</sup> OR 25<sup>TH</sup>**



The holiday season can be an especially difficult time for a service member and their family; many are far from family and friends. This Christmas, the local community can do something that can make the holiday a lot easier for our troops.

**What:** Host a Military member / family for Christmas in your Home

**When:** December 24<sup>th</sup> or 25<sup>th</sup>, 2018

Please sign up with the Citizen Soldier Connection by visiting:  
<http://CitizenSoldierConnection.org>. For more details or questions,  
contact us directly at [Elizabeth@citizensoldierconnection.org](mailto:Elizabeth@citizensoldierconnection.org)

**<http://CitizenSoldierConnection.org>**





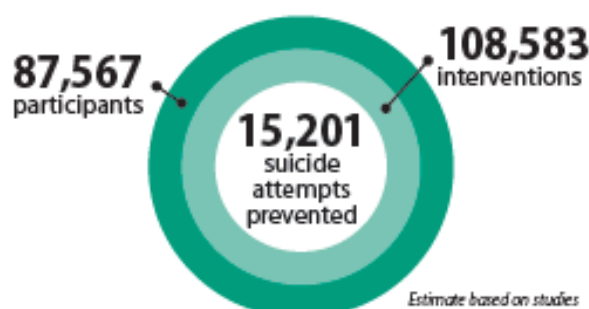


# Learn the skills. Help save a life.

**Suicide is preventable. Anyone can make a difference.**

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

## ASIST's impact in 2016



## ASIST changes lives

Odds of improvement after receiving an ASIST intervention (2013 study):

- ▲ 35% more hopeful
- ▼ 31% less depressed
- ▼ 46% less overwhelmed
- ▼ 74% less suicidal

## ASIST is cost-effective

**50:1** return on investment in decreasing long-term costs of suicide (2015 study)

## ASIST works

Studies show that ASIST participants gain:

- ✓ Knowledge about suicide
- ✓ Skills to reach out
- ✓ Confidence to help save a life

**Upcoming ASIST workshop**  
**Audience: Military Spouses and Dependents**

**Date: 25-26 September 2018**

**Time: 0830-1600**

**Location: 4355 Funk Ave**

**Cost: FREE**

**To inquire or register, call  
719-526-0401**

**or email  
Cherll.paxton.civ@mail.mil**

Learn more about ASIST and see the evidence at [www.livingworks.net/ASIST](http://www.livingworks.net/ASIST)

## GREAT PUMPKIN SHOOTOUT



### Great Pumpkin Shootout

**Date:** Oct 27 2018, 10:30 a.m. - 4:30 p.m.

Cheyenne Mountain Shooting Complex - 7790 Route 1 Fort Carson 80913 [Google Map](#)

All information is subject to change.

Save the date for the Great Pumpkin Shootout! The Great Pumpkin Shootout is a #MountainPostLiving program.

- Open to the public
- \$10/person
- Kid shootout: 10:30 a.m.-12:30 p.m.
- Adult shooutout: 1:30 p.m.-4:30 p.m.
- Pumpkin carving contest
- Prizes, giveaways and more.
- Range regulations and age requirements are enforced.
- Contact Cheyenne Mountain Shooting Complex for cancellation policy.



You can sign up  
with a friend!  
See our website  
for details!!



YOU ARE INVITED TO ENJOY A

# HOME-AWAY-FROM-HOME *Holiday!*



*This Thanksgiving, spend time  
with your Friends in the Community*

The local community appreciates your service. To thank you and your families for the sacrifices you make, local citizens are opening their homes to you. The holidays can be a difficult time when you are stationed far from family and friends. The local community would like to make this holiday much easier.

**Spend Thanksgiving with a local family**  
**THURSDAY, NOVEMBER 22, 2018**

For more information and to register please go to our website:

<http://CitizenSoldierConnection.org/programs> OR  
email [Elizabeth@citizensoldierconnection.org](mailto:Elizabeth@citizensoldierconnection.org)

<http://CitizenSoldierConnection.org>





**LAUNCH: A RUNNING CLUB FOR CHILDREN WITH SPECIAL NEEDS AND THEIR FAMILIES**

A running club for children  
with special needs and  
their families.



**RUN DATES**

4 AUG, 18 AUG, 15 SEP, 29 SEP, 13 OCT |  
McKibben Track | 0800

**POINT OF CONTACT**

CH (CPT) Jarrod McCleary, 1-66 AR | 719.503.1280  
jarrod.j.mccleary.mil@mail.mil

## Join Us for Interactive Webinars!

Military OneSource is pleased to offer interactive webinars about topics important to you. Join us online each month to watch a panel of licensed counselors discuss healthy relationships, managing finances, coping with change, thriving as a military family and much more.

No registration is required. Just use the link on the day of the event you want to attend, type in your first name or nickname, and join the webinar. Message us your questions and comments during the events, or just sit back and learn.

### Upcoming Events

*Resolving Anger*

[September 19, 2018, 2-2:45 p.m. ET](#)

*Coping With Stress as a Military Couple*

[October 17, 2018, 2-2:45 p.m. ET](#)

*Couples: Stay Connected When Living Apart*

[November 14, 2018, 2-2:45 p.m. ET](#)







# APPLICATION SEASON 4 SEPT-2 NOV



**WHAT:** Mountain Post Santa's Workshop is a non-profit, which supports the Soldiers and Families of Fort Carson during the holiday season. We provide toys, books and games for children aged 6 months to 12 years.

**WHO:** All Soldiers (and/or Spouses) stationed at Fort Carson with a financial need may apply for our services.

**HOW:** Download an application from our website. Fill it out completely. Turn it in to your unit's CFNCO or FRL for proper signatures.

**WHEN:** Applications are available 4 September until 2 November.

**They must be in by 2 November.** Shopping week is 3-7 December by appointment only.

**WHERE:** Find more information and applications on our website

[www.mountainpostsantasworkshopco.com](http://www.mountainpostsantasworkshopco.com). Follow us on Facebook: MPSWS





## **NO BARRIERS EVENT**

17 Oct, 4:30 p.m.: NO BARRIERS <https://www.nobarriersusa.org/> will be here at Fort Carson. Guest speaker and founder, Erik Weihenmayer, who is blind, will share his personal stories of kayaking the Grand Canyon and hiking Mt. Everest. His organization is all about unleashing the potential of the human spirit.

## **OPERATION OUTDOORS MILITARY FAMILY WEEKEND CAMP**



**ARMED SERVICES YMCA • YMCA CAMP SHADY BROOK**

# **OPERATION OUTDOORS**

## **MILITARY FAMILY WEEKEND CAMP**

**Columbus Day Weekend**

### **PROVIDING U.S. SERVICE MEMBERS AND THEIR FAMILIES MEMORIES TO LAST A LIFETIME**

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

#### **CAMP WEEKEND DATE**

**October 5–7, 2018**  
Registration Period:  
July 1 – September 23 (Limited space available.)\*

#### **Pre-Event Meeting (Required)**

**September 28, 2018, 1730 – 1830**  
Southeast & Armed Services YMCA  
Community Room A  
2190 Jet Wing Drive  
Colorado Springs, CO 80916  
Please bring Military ID card

#### **TIME**

1300–1600 Arrival time Friday, October 5  
1300–1600 Departure time Sunday, October 7  
(Transportation not included.)

#### **COST**

\$40 per family, E1–E5, nonrefundable (covers 2 adults and 2 kids.)  
\$60 per family, E6 & above & Vets nonrefundable (covers 2 adults and 2 kids.)  
Children under 2 years of age are free

#### **Accommodation Notes**

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

**For more information please contact Military Outreach Director Drew Aquino at [daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.3567 or 719.622.9622.**

#### **Camp activities may include:**

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

(NOTE: Activities offered based on age requirements.)

#### **Register online at [ppymca.org/register](http://ppymca.org/register)**

Search “2018 Operation Outdoors Weekend”

#### **LODGING**

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

### **MAKING MILITARY LIFE EASIER.**

No federal endorsement of sponsors intended.

[ppymca.org](http://ppymca.org) | [campshadybrook.org](http://campshadybrook.org)  
[facebook.com/SoutheastArmedServicesYMCA](https://facebook.com/SoutheastArmedServicesYMCA) | [facebook.com/CampShadyBrook](https://facebook.com/CampShadyBrook)

## PHOTOGRAPHY CLASS FOR EXPERIENCED PHOTOGRAPHERS



# Get Behind the Camera

**FREE CLASS**

### Photography Basics + Business Tips

**\*\*for Experienced  
Photographers\*\***

Join us for a FREE class with professional photographer and business owner, Tara Patty. She'll teach you basic skills, techniques, and lighting tips. She'll also mentor you on business development, marketing, and transitioning businesses from location to location. Please bring your own camera.



### When + Where

October 19<sup>th</sup>, 2018  
10:00am – 12:00pm

Tara Patty Photography Studio,  
815 S. Sierra Madre, Suite 200  
Colorado Springs, CO 80903

Space is limited. Register at:  
[citizensoldierconnection.org](http://citizensoldierconnection.org)

TARA · C · PATTY  
PHOTOGRAPHY





# SOLDIER FOR LIFE

Transition Assistance Program

Fort Carson, Colorado

"Once a Soldier, Always a Soldier  
... Soldier for Life"



## PUBLIC SERVICE JOB FAIR

### *Participating Employers:*

Colorado Springs Fire Department  
Colorado Springs Police Department  
Colorado State Patrol  
Denver Police Department  
Douglas County Sheriff's Office  
El Paso County Sheriff's Office  
Federal Bureau of Investigation  
Fort Carson Fire Department  
Fountain Fire Department  
Jefferson County Sheriff's Office  
Lakewood Police Department  
Parker Police Department  
Pueblo County Sheriff's Office  
Pueblo Fire Department  
Summit County Sheriff's Office  
Teller County Sheriff's Office  
Thornton Police Department  
U.S. Customs and Border Protection  
Weld County Sheriff's Office

Thursday, September 27, 2018 10:00 AM - 2:00 PM BLDG 6237

For GPS Navigation use 7366 Mekong St., Fort Carson

Event is open to Soldiers transitioning off Active Duty, USAR, ARNG, Veterans, Retirees, and Dependent Family Members. No Registration Required.



## **PUMPKIN SPLASH**



**Date:** Oct 18 2018, 5 p.m. - 7 p.m.

**Aquatics** - 6415 Specker Ave Bldg. 1925 Fort Carson 80902

All information is subject to change.

The Pumpkin Splash is a #MountainPostLiving Program

- Open to DOD ID card holders
- Free for Fort Carson Aquatics pass holders
- \$3 per person for non-pass holders, all ages, including Active Duty and infants.
- Tickets required for admission
- Come swim in our glowing green pool
- All children receive a goodie bag
- Parent or guardian must be present with children under the age of 12.
- All Fort Carson Aquatics safety policies and regulations apply

## PUMPKIN WALK



**DATE: OCT 16 2018, 5:30 P.M. - 7:30 P.M.**

Youth center - 6181 ware st. Bldg. 5950 fort carson

Save the date for the cys pumpkin walk, a #mountainpostliving program. More to come; all information is subject to change.

## SPEED MENTORING NIGHT

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

### **You'll have the opportunity to:**

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

**SPACE IS LIMITED!  
RESERVE YOUR SPOT:**

Register online at  
[citizensoldierconnection.org](http://citizensoldierconnection.org)



**REGISTER**  
[citizensoldierconnection.org](http://citizensoldierconnection.org)



OCT 25<sup>TH</sup> FROM 5:30 – 8:30PM  
MT. CARMEL VETERANS SERVICE CENTER  
530 Communication Circle, Colorado Springs, CO 80905

# **SPEED MENTORING NIGHT**

## STRONG SOLDIER COMPETITION



**Date:** Oct 20 2018, 9 a.m. - 1 p.m.

[Garcia Physical Fitness Center](#) - 6360 Porter St Bldg. 1856 Ft Carson 80913

Strong Soldier Competition is a #mountainpostliving program.



**TRUNK-OR-TREAT**

Trunk-or-Treat will be held at Soldiers' Memorial Chapel Oct. 21 from 2-3:30 p.m. (or until the candy runs out). It's an opportunity for Families to meet and greet the chaplains of various faith communities and for children to trick-or-treat in a safe environment. The Religious Support Office is seeking volunteers and various directorates to host trunks. All volunteers are expected to bring a large amount of initial candy to pass out to the children and their Families. Back-up candy will be limited. For more information or to reserve a spot, contact Pat Treacy at 524-2458 or [patricia.a.treacy2.civ@mail.mil](mailto:patricia.a.treacy2.civ@mail.mil).



# **Open House Celebration!**

## **PFC Floyd K. Lindstrom VA Outpatient Clinic**

3141 Centennial Blvd, Colorado Springs, CO 80907

### **Come meet your VA staff and learn more about:**

- Pikes Peak Therapeutic Riding Center • Mt Carmel Veteran Service Center
- The Independence Center • Discover Goodwill • Southeast Armed Services • YMCA
  - Onward to Opportunity • Peak View Behavioral Health
- El Paso County Department of Human Services • Operation Homefront
  - Rocky Mountain Human Services • Operation TBI Freedom
- Minority Veterans of America • Peak Military Care Network • Women's Army Corp
  - Marine Corps League • Disabled American Veterans • VA Vet Center



**Friday, 28 September | 9:30 am to 3:00 pm**



**YOUTH FALL SPORTS REGISTRATION BEGINS JULY 23**

# 2018 Youth Sports Calendar



Sport	Registration Dates	Ages & Costs	First Practices	Last Games
Winter Basketball Developmental	November 6-December 8	3-4 yrs. \$25.00	January 8	February 24
Winter Basketball	November 6-December 8	5-18 yrs. \$45.00	January 8	February 24
Winter Cheerleading Developmental	November 6-December 8	3-4 yrs. \$25.00	January 8	February 24
Winter Cheerleading	November 6-December 8	5-18 yrs. \$45.00	January 8	February 24
Winter Wrestling	November 6-December 8	6-15 yrs. \$45.00	January 8	February 24
Spring Soccer Developmental	February 12-March 16	3-4 yrs. \$25.00	April 2	May 26
Spring Soccer/Flag Football	February 12-March 16	5-18 yrs. \$45.00	April 2	May 26
Tennis	February 12-March 16	5-15 yrs. \$45.00	April 2	May 26
Girls Softball	April 16-May 18	7-15 yrs. \$45.00	June 4	August 3
Track & Field	April 16-May 18	6-15 yrs. \$45.00	June 4	August 3
Summer T-Ball Developmental	April 16-May 18	3-4 yrs. \$25.00	June 4	August 3
Summer T-Ball (5-6) & Baseball	April 16-May 18	5-18 yrs. \$45.00	June 4	August 3
Volleyball	July 23-August 24	7-15 yrs. \$45.00	September 10	November 10
Fall Soccer Developmental	July 23-August 24	3-4 yrs. \$25.00	September 10	November 10
Fall Soccer	July 23-August 24	5-18 yrs. \$45.00	September 10	November 10
Fall Cheerleading Developmental	July 23-August 24	3-4 yrs. \$25.00	September 10	November 10
Fall Cheerleading	July 23-August 24	5-18 yrs. \$45.00	September 10	November 10
Fall Flag Football	July 23-August 24	5-18 yrs. \$45.00	September 10	November 10
Indoor Soccer	October 8-November 2	5-12 yrs. \$45.00	November 14	December 21
Fall Wrestling	October 8-November 2	6-15 yrs. \$45.00	November 14	December 21

**THE ABOVE INFORMATION IS SUBJECT TO CHANGE BASED ON VOLUNTEER COACHES, ENROLLMENT, AVAILABLE PARTNERS, AND FACILITY/PRACTICE SPACE**

TO REGISTER FOR SPORTS, PLEASE VISIT PARENT CENTRAL REGISTRATION IN BUILDING 1518.  
 APPOINTMENTS CAN BE MADE BY CALLING (719) 526-1101  
 A SPORTS PHYSICAL IS REQUIRED TO PARTICIPATE IN ALL YOUTH SPORTS ACTIVITIES  
 FOR QUESTIONS REGARDING PROGRAM, PLEASE CALL THE SPORTS STAFF AT (719) 526-4425



## ARMY COMMUNITY SERVICE PROGRAMS

### 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.CARSONARMY.MIL/ACS • (719) 526-1082



### BOOT CAMP FOR NEW DADS



**ARMY COMMUNITY SERVICE ACS**  
*Real Life Solutions for Successful Army Lives*

**NEW PARENT SUPPORT PROGRAM PRESENTS**

**BOOT CAMP FOR NEW DADS**





## NEW PARENT SUPPORT PROGRAMS



# NEW PARENT SUPPORT PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

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

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

### **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.



The poster features a large yellow sun-like graphic on the left with the text "NURTURING FAMILIES THROUGH PLAY" inside. At the top center is the ACS logo. To the right of the logo is the title "New Parent Support Program" and the subtitle "Supporting Military Parents & Young Children". Below the title is a paragraph describing the 10-week class. Further down is a registration notice. At the bottom left are social media icons for Facebook, Twitter, and MySpace, along with the MWR logo. At the bottom right is the website URL and phone number.

**ACS**  
New Parent Support Program  
Supporting Military Parents & Young Children

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**



The poster features a black and white photo of a smiling young girl. Overlaid on the left side is the title "Solo Parenting" in a large, white, cursive font, with the subtitle "a resource group for single parents" in a smaller, white, sans-serif font. Below the title is a paragraph describing the group. Further down is the meeting schedule and location. At the bottom left is the website URL and phone number. At the bottom right are the ACS, MySpace, and MWR logos.

**Solo Parenting**  
a resource group for single parents

Connect with fellow Soldiers and non-military 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

### AUTISM R.I.S.E. RESPITE PROGRAM

YMCA



Children's Hospital Colorado  
Colorado Springs

Partners in Youth Development

# AUTISM

## R.I.S.E. RESPITE PROGRAM



RECREATION • INTEGRATION •  
SOCIALIZATION • EMOTIONAL WELL-BEING

The YMCA Autism R.I.S.E. Respite Program provides recreational opportunities for youth with intellectual, social, or sensory disabilities.\* The four initiatives of this program are to provide recreation, integrate sensory exploration with all activities, provide an environment to make new friendships and larger social circles, and increase you and your child's emotional well being by giving you both respite!

**WHO:** Ages 6 – 12

**WHEN:** Saturdays

**TIME:** 1:30 – 4:30 p.m.

**WHERE:** Briargate Family Center YMCA

4025 Family Place

Colorado Springs, CO 80920

**COST:** \$55 per day

**CONTACT:** Austin Morrison [amorrison@ppymca.org](mailto:amorrison@ppymca.org) 719-495-5110

\* We are unequipped to support extreme behavioral issues or medical supports beyond basic first aid.



## 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





## 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.



**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**





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!*



A young child with dark hair and a red shirt is looking up and to the right. A hand in a green patterned sleeve is reaching out to a computer mouse on a desk. The background is a plain, light-colored wall.

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  
530 Communication Circle  
Colorado Springs, CO 80905**



## HIGH FITNESS CLASS BY FORT CARSON FAMILY HOMES



### High Fitness Class

Hosted by: Fort Carson Family Homes

Check out our new fitness class offered 100% for FREE! Kids are welcome to tag along as long as you are comfortable with them playing outside on the fenced in playground or quietly in the room we'll be in! \*We will not have childcare so kiddos will need to be able to play with little supervision.\*

- When: Every Thursday in the month of July
- Time: 8:30am - 9:30am
- Where: 7790 Titus Blvd. Fort Carson, CO



# 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)**



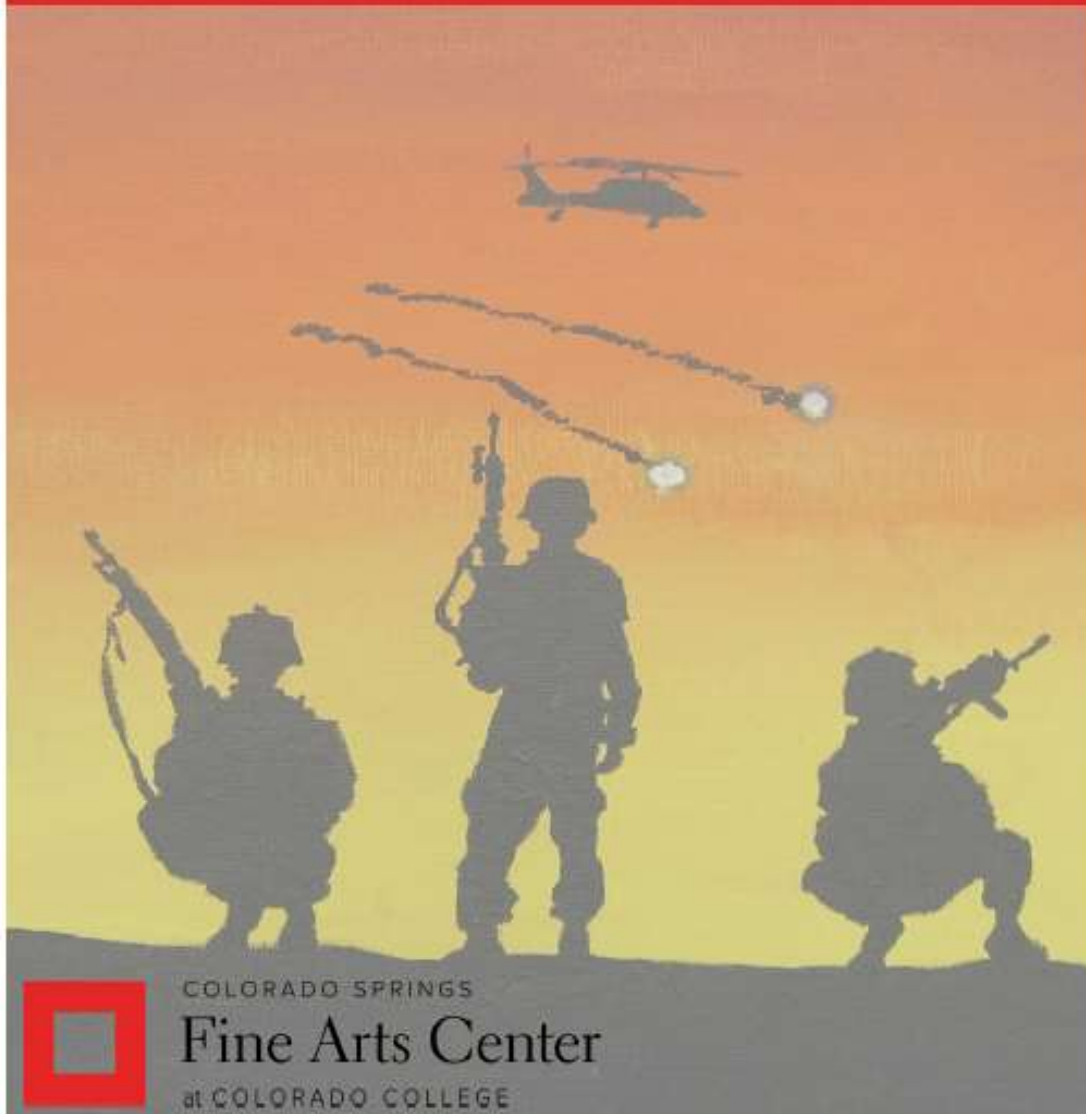
## MILART

Free art classes for military, Veterans and Active Duty. A variety available, wheel throwing (pottery) and glassblowing recently offered. Registration required.

Bemis School of Art  
818 Pelham Place  
Colorado Springs, CO 80903  
(719) 475-2444  
[www.coloradocollege.edu/fac/bemis](http://www.coloradocollege.edu/fac/bemis)

# MilArt

Community, Health & Well-Being



COLORADO SPRINGS  
**Fine Arts Center**  
at COLORADO COLLEGE

**Thanks to grants and individual donations, MilArt classes are offered at NO CHARGE to military veterans, active duty military, and their families. All supplies will be provided. Registration is required.**

### **Military Artistic Healing for Active Duty & Veterans**

Discover the techniques to inspire creative skills and gain greater self-awareness. Learn to utilize artistic and creative exercise, through therapeutic processes, to develop self-expression and healing. Explore possibilities, develop your creativity, and gain personal insight through working with a variety of controllable media. Increase personal management of life stressors by utilizing artistic exercises outside of class to help with trauma and stress reduction. We'll tour the Fine Arts Center galleries and engage in discussions as a source for inspiration. Adult.

MAH1 Tuesdays, 9/18-11/13 @ 3-5 p.m.

### **Immersive Glassblowing Experience for Active Duty & Veterans**

These veteran-taught workshops will introduce you to the excitement of glassblowing through the guided creation of unique items. The class begins with an inspirational tour of the magnificent Dale Chihuly collection in the Fine Arts Center galleries. Following the tour and a short demonstration, you'll start to create your own works of glass with a team comprised of your classmates and the instructor. Ages 16-Adult.

MAH3 Friday, 10/19 @ 12:30-3:30 p.m.

MAH4 Friday, 10/19 @ 4-7 p.m.

MAH5 Friday, 11/16 @ 12:30-3:30 p.m.

MAH6 Friday, 11/16 @ 4-7 p.m.

MAH7 Friday, 12/14 @ 12:30-3:30 p.m.

MAH8 Friday, 12/14 @ 4-7 p.m.

### **Military Family Artistic Healing**

Discover the techniques to help express memories, ideas, musings, emotions, and spirituality without being representational. The main goal of this class is to help you loosen up and create without worrying about the outcome. Experience the freedom in focusing on intuitive rhythm, shape, texture, line, and balance. Family members will have opportunities to work together with hands-on projects, as well as exercises to improve interaction and communication skill. We'll tour the Fine Arts Center galleries and engage in discussions as sources of inspiration. Ages 7-Adult.

MFAH2 Tuesdays, 9/18-11/13 @ 5:30-7:30 p.m.

### **Wheel Throwing for Active Duty & Veterans**

This veteran-taught wheel throwing class for active duty military and veterans is an introduction to making vessels on the pottery wheel. From preparing the clay, through the spinning processes, all the way to completely glaze-fired work, you'll learn all the steps necessary for making food-functional and sculptural pieces alike. No experience required. Adult.

MAH9 Saturdays, 9/22-12/8 @ 5-7 p.m.



## MILITARY PARENTS NIGHT OUT



ARMED SERVICES YMCA

FOR YOUTH DEVELOPMENT •  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Southeast & Armed Services YMCA

## MILITARY PARENTS NEED SOME TIME ALONE?

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

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

### 2018 DATES

April 21  
May 19  
June 16  
July 15  
August 18

September 15  
October 20  
November 17  
December 16

### TIME

5–10 p.m.

### AGES

3 — 12 (Must be potty trained.)

### COST

#### Y Member Military Rate:

**E1–E5: \$15**

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

**E6 & Above: \$20**

(Veterans, Retirees, Contractors)

#### Non Y Member Military Rate:

**E1–E5: \$22.50**

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

**E6 & Above: \$30**

(Veterans, Retirees, Contractors)

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



### Must register in person.

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

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

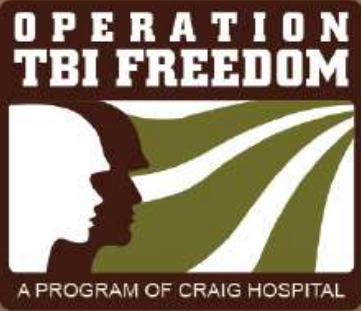
Facebook: [www.Facebook.com/operationtbifreedom](http://www.Facebook.com/operationtbifreedom)



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!



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

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## **Youth and Young Adults AGES 11-24**

### **PROJECT RIGHT DIRECTION**

#### **WE PROVIDE:**

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

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

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

#### **PLUS:**

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

#### **Activities:**

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

**HOURS VARY  
Monday-Saturday**

## TAI CHI CLASSES



### 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

**\*\*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.**