



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

25 OCTOBER 2018

Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.

Army Community Service:
719-526-4590

On Facebook: Fort Carson Army
Community Service

On Twitter: FortCarsonACS

On the web:
www.carson.army.mil/acs

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KEEP YOURSELF CURRENT

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01 JAN NEW YEARS DAY



ADVISORIES AND NOTICES

CHANGE OF COMMAND UPCOMING DATES

DATE	UNIT	TIME	LOCATION

COMBINED FEDERAL CAMPAIGN

The Fort Carson 2018 Combined Federal Campaign (CFC) will run Nov. 1 to Dec. 31. The mission of CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. On Oct. 11, there will be two CFC training sessions for unit project officers and key workers at 10 a.m. and 1 p.m. at the Freedom Performing Arts Center (FREEPAC).

COMMUNITY INFORMATION EXCHANGE

The next Community Information Exchange will be held on Wednesday, November 14th at the Elkhorn, 9:00a.m. This month's topic of focus is Winter Preparedness & Fun.

EDUCATION CENTER NEW LOCATION

The Fort Carson Army Education Center has moved to a new location, in building 1012. Reception is in room 138 and can be reached at 526-2124. Parking is in the lot at the corner of Specker Avenue and Long Street.

Visit room 138, reception, for education counseling, tuition assistance issues, testing scheduling or any other questions. Building 1117 will be closed for renovation until further notice.

Education center hours are:

--Reception/Admin (building 1012, room 138), Monday-Friday 7:30 a.m. to 4:30 p.m.

--Army education counselors (building 1012, room 138) Monday, Tuesday, and Thursday, 9 a.m. to 3:30 p.m.; Wednesday, noon to 3:30 p.m. for Warrior Transition Battalion Soldiers only (appointments required-call the SFAC at 526-5807 to schedule); and Friday 9 a.m. to noon for appointments only (call 526-2124 to schedule) and 1-3:30 p.m. for walk-in only, no appointments --Computer Lab (building 1012, room 103) Monday-Friday 8 a.m. to 5 p.m.

--Army Personnel Testing, for inquiries, to schedule an exam, or pick up exam results, visit reception/admin office in room 138 Weekly briefing schedule (must sign-in at room 138 at least 15 minutes prior):

--ETS (Attendance mandatory to out-process; pick one session) - Monday or Friday from 8:30-9:30 a.m. or 2-3 p.m. or Tuesday from 2-3 p.m.

--College 101: Tuesday or Thursday, 8:30-9:30 a.m.

--GI Bill: Thursday, 10-11 a.m.

FORT CARSON ROAD & PARKING LOT CONSTRUCTION ADVISORIES

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

GATE CLOSURE

The Directorate of Emergency Services will conduct maintenance on the vehicle barriers Nov. 10. The following gate will be closed to both inbound and outbound traffic during the following times:

--Gate 20 will be closed 7 a.m. to noon.

These hours are approximate and may be adjusted slightly. Community members should plan to use the other gates for access to Fort Carson during these times.

LOAN CLOSET SERVICE ENDING

The Army Community Service (ACS) Relocation Readiness Program will discontinue its Loan Closet Program Nov. 1. Soldiers and Families can request assistance up until Oct. 31. If assistance is needed after Nov. 1, contact ACS at 526-4590 or 526-1070 for additional guidance.

MCMAHON AUDITORIUM CLOSURE

McMahon Auditorium is closed until Feb. 18 for upgrades to the fire alarm system. Organizations can request use of the Freedom Performing Arts Center (FREEPAC) during the closure. For more information or to request the use of FREEPAC, call 524-3953 or 524-8057.

NEW OUTDOOR REC HOURS

Outdoor Recreation will have new hours starting Oct. 1. New hours will be:

Monday: 10 a.m. to 7 p.m.

Tuesday: Closed

Wednesday: Closed

Thursday: 10 a.m. to 7 p.m.

Friday: 10 a.m. to 7 p.m.

Saturday: 10 a.m. to 7 p.m.

Sunday: 10 a.m. to 1 p.m.

ST. LO CIRCLE CLOSURE

St. Lo Circle will be closed for culvert replacement Oct. 1 through Jan. 31. During the closure, the alternate route for accessing the Ute Hill housing community will be off of Titus Boulevard.

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.

#MOUNTAINPOSTLIVING WINTER KICKOFF



Date: Nov 3 2018, 8 a.m. - 2 p.m.

The Hub - 6371 Specker Avenue Bldg. 1532 Fort Carson 80913

Brace yourselves, because winter is coming! Join Fort Carson MWR for a [#MountainPostLiving](#) event at The Hub to kick off the winter season.

- Parking available at the Tri Foods/fast food parking lot behind The Hub, at the SEC, and Mountain Post Soldier Center Parking lot.

Schedule:

- 8-8:30 a.m.: Outdoor winter fitness warm up
- 8:30 a.m.: [Warrior Care Month Sweaty Sweater Run](#)
- 10 a.m.-2 p.m.: [Ski Expo](#) (General Admission)

Featuring:

- [Mountain Post Living](#) booth
- [Fill the Field](#) booth
- Music mixed by DJ Tara
- Entertainment: Elsa and Olaf from Frozen, and a golden living statue
- Activities: face painters, bounce houses
- Food and beverage for sale by the Elkhorn
- Goodie bags for the first 100 kids to arrive

Warrior Care Month Sweaty Sweater Fun Run

- Register at: <https://www.eventbrite.com/e/sweaty-sweater-fun-run-registration-50978590336?ref=ebtnebregn>
- \$10/person (ages 4+) early bird online registration, non-refundable
- \$20 CASH ONLY/person for same-day (in person) registration, non-refundable
- *No pets or companion/comfort/emotional support allowed. Only ADA service animals are allowed. Companion/comfort/emotional support animals are not protected under the ADA. Under Colorado State law HB16-1426 (effective January 2017), it is a crime to knowingly misrepresent an animal as a service animal.*
- Paid registration includes limited edition t-shirt. Adult sizes only, available while supplies last.
- Shirt pick-up: Nov. 2, 2018 at Iron Horse gym, from 5 a.m.-10 p.m.
- 3.2 mile and 1.2 mile routes available
- Warm up with a workout at 8 a.m.
- Run starts at 8:30 a.m.
- **Stop by the Fill the Field booth at Ski Expo** to earn a flag for **Fill the Field Challenge Week** in honor of Veteran's Day
- Dress appropriately for projected weather conditions
- Runners to the left, walkers and strollers to the right
- Ages 3 and under free, limit 4 per paid registration.
- Active Duty Warrior Transition Battalion (WTB) soldiers run for free, registration is required and done through Warrior Transition Battalion. WTB Soldiers must contact their WTB chain of command for details. Offer is valid for WTB Soldiers only and cannot be transferred to non-WTB soldiers or dependents.

Ski Expo (General Admission)

- Ski Expo general admission is free
- 10 a.m.-2 p.m. at The Hub
- Discounts up to 50% on ski and snowboard gear, snowshoes, cross country ski gear, 2017 and 2018 winter apparel.
- Got a pass from **Ski Expo VIP Night?** Come back for general admission Ski Expo and move to Front of Line!
- Vendors and resort reps present: Monarch Ski Area, Copper Mountain, Ski Cooper, Ikon Pass, Silverton Mountain and more! (To be announced)
- Open bar inside The Hub
- Stop by and visit the **Fill the Field** booth to earn a flag! Find out more about Fill the Field by visiting their page at:
<https://carson.armymwr.com/calendar/event/fill-field/2680741/31287>

ADOPTION WORKSHOP & FAIR

Adopting while in the military can be complicated. Attend this event to learn about the different types of adoption, home-studies; military reimbursement; application process, etc. Local adoption resource agencies will also be on hand to answer questions. RSVP at <https://www.eventbrite.com/e/military-adoption-workshop-tickets-42570134418>



ARMED SERVICES YMCA

FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 JOINT MILITARY SERVICE ADOPTION WORKSHOP & FAIR

Interested in **ADOPTING** and don't know where to **START?**

Attend this event and learn the different types of adoption, home-study requirements, military reimbursement, per-service training, application process and more. In addition, you will have an opportunity to speak to numerous adoption agencies and discover what they have to offer.

Friday, November 16, 2018

Southeast & Armed Services YMCA
9:00 a.m. — 12:00 p.m.

**This event intended for Active Duty Service members.
For more information please contact
Fort Carson Army Community Service at 719.526.0423.**

REGISTER TODAY!

militaryadoptionworkshop.eventbrite.com

Southeast Family Center & Armed Services YMCA
2190 Jet Wing Dr.
Colorado Springs, CO 80916
ppymca.org

 [/SoutheastArmedServicesYMCA](https://www.facebook.com/SoutheastArmedServicesYMCA)

 [/Fort-Carson-Army-Community-Service-286726775637](https://www.facebook.com/Fort-Carson-Army-Community-Service-286726775637)



No federal endorsement of sponsors intended.



This event is co-hosted by Army Community Service and Armed Services YMCA.

CG SCRAMBLE



Date: Dec 7 2018, 12 p.m.

[Cheyenne Shadows Golf Club](#) - 1050 Titus Blvd. Bldg. 7800 Fort Carson 80913

- Price includes 18 holes of golf, golf cart rental, range balls, lunch, and prizes.
- Pricing is as follows: Military-\$35, Civilian-\$45
- Open to the public.
- The event goes on regardless of weather.
- Must be at least 18 to participate.

Contact

- Tel: [+1 \(719\)526-2030](tel:+1(719)526-2030)
- Military DSN Tel: (312)691-2030



Safety Gram
Army Safe is Army Strong
USAG Fort Carson



Halloween Safety Tips

With Halloween right around the corner, the USAG Safety Office would like everyone to stay safe when they put on their costumes and go out to Trick-or-Treat.

Halloween's greatest hazards aren't vampires and villains, but falls, costume mishaps and traffic accidents, so the Pottawatomie County Sheriff's Office is offering the following tips to help make this Halloween safe:

- Look for flame-resistant costumes.
- Plan the Trick-or-Treat route and make sure adults know where children are going. A parent or responsible adult should accompany young children as they make their way around the neighborhood.
- Make sure the Trick-or-Treaters have a flashlight. Add reflective tape to costumes and Trick-or-Treat bags. Have everyone wear light-colored clothing in order to be seen.
- Visit only the homes that have a porch light on. Accept treats at the door – never go inside.
- Instead of masks, which can cover the eyes and make it hard to see, consider using face paint.
- Walk only on the sidewalks, not in the street. If no sidewalk is available, walk at the edge of the roadway, facing traffic. Look both ways before crossing the street and cross only at the corner. Don't cut across yards or use alleys. Don't cross between parked cars.
- Be cautious around pets and any other animals.

WELCOMING GHOSTS AND GOBLINS:

If someone is welcoming Trick-or-Treaters at their home, they should make sure the outdoor light is on.

Other safety steps include:

- Sweep leaves from the sidewalks and steps.
- Clear the porch or front yard of any obstacles that a child could trip over.
- Restrain any household pets.
- Use a glow stick instead of a candle in the jack-o-lantern to avoid a fire hazard.

Happy Halloween!

MARRIAGE RETREAT

FAMILYLIFE® presents

the art of 
marriage®

getting
to the **heart**
of
God's
design



dates NOV 2 (1800-2100), NOV 3 (0900-1830)

location The Peterson Club

times F 1800-2100, S 0900-1830 **cost** No cost

registration deadline October 31, 2018

to register <https://invitations.afit.edu/inv/index.cfm?i=419318&k=06604B0A7A5F>

additional info:

Space is limited to the first 30 couples to sign-up. Childcare will be provided by the CDC on Peterson at no extra cost to the family. (Ages 0-12) Contact: Chaplain Charles Blizzard, 719-556-7672, charles.blizzard.1@us.af.mil

JOBS FOR VETERANS!



VETERANS JOB FAIR



United States Olympic Training Center

Thursday, November 1, 2018

11:00am – 3:00pm

1 Olympic Plaza

Colorado Springs, CO 80909

120+
JOB OFFERS
EXPECTED!

A FREE HIRING EVENT

FOR VETERANS, TRANSITIONING MILITARY PERSONNEL,
NATIONAL GUARD MEMBERS, RESERVE MEMBERS AND SPOUSES

= COMPANIES ARE HIRING! =

Job Opportunities ▶ Continuing Education Opportunities ▶ Business Ownership Opportunities

REGISTER NOW!

• Follow us on @RecruitMilitary / Facebook

For more details, visit RecruitMilitary.com/ColoradoSprings

SECRET SERVICE EMPLOYMENT FAIR

Join The U.S. Secret Service for a Special Recruiting and Information Fair

Date: Monday, November 5, 2018

Time: 0900-1100 & 1100-1300

Location: 1626 Elwell Street, Bldg 6237
Fort Carson, CO 80913

1. Free admission
2. No registration required
3. Open to all with access to Fort Carson
4. Bring your Federal Resume

Sponsored by Soldier for Life Transition Assistance Program

Call 719-526-1001/1195 for more information.



The U.S. Secret Service is seeking qualified individuals with diverse skills and backgrounds who are interested in a challenging career with our federal law enforcement agency.

Please contact: Elmer Pagaragan at
Elmer.Pagaragan@uss.s.dhs.gov

Find out more at
www.secretservice.gov
or call us at 866-909-9785
202-406-5370 (Deaf and Hard of Hearing)

THOR MEET AND GREET

IT'S HAMMER TIME!

MARVEL CHARACTER
APPEARANCE

MARVEL

THOR



**50% OFF
KIDS MEALS
WITH PURCHASE OF ANY
MEAL COMBO**

**CHECK FOR MANAGERS
SPECIALS IN THE
MAIN EXCHANGE
BALLOONS FOR THE KIDS
(WHILE SUPPLIES LAST)**

The art for Thor and Mjolnir is the property of Marvel Characters, Inc. and are used with permission. Copyright © Marvel 2018.

Thor Meet and Greet

WHERE: Ft. Carson Main Exchange
DATE: Saturday October 27th, 2018
TIME: 1130 - 1330

X
EXCHANGE
You save, we give back.





SERVICES, PROGRAMS AND EVENTS

ACTIVE DUTY FAMILY MEMBERS ELIGIBLE FOR FEDVIP VISION COVERAGE

Welcome, members of the uniformed services



The U.S. Office of Personnel Management (OPM) is proud to welcome you to the Federal Employees Dental and Vision Insurance Program (FEDVIP).

What's happening?

On December 31, 2018, the Defense Health Agency's TRICARE Retiree Dental Program (TRDP), administered by Delta Dental, will end. However, as directed in the National Defense Authorization Act (NDAA) for Fiscal Year 2017, retired uniformed service members and their families, who were eligible for TRDP, will have the opportunity to enroll in FEDVIP. As part of this change, FEDVIP vision coverage will also be available to retired uniformed service members and their families, and family members of active duty service men and women.

Who's eligible?

In general, retired uniformed service members and their families who were eligible for the TRDP in 2018 are eligible for FEDVIP dental coverage and, if enrolled in a TRICARE health plan, FEDVIP vision coverage, beginning in 2019. In addition, family members of active duty uniformed service members who are enrolled in a TRICARE health plan are eligible for FEDVIP vision coverage.

For detailed eligibility information, visit: tricare.benefeds.com

Your first opportunity to enroll is:

Federal Benefits Open Season
November 12–December 10, 2018

The coverage effective date is:

January 1, 2019

Why FEDVIP?

FEDVIP is popular among Federal employees. The more than 3.3 million people already enrolled give the program high marks for quality and value. With 10 dental and four vision carriers to choose from, and some plans offering both high and standard options, FEDVIP offers great flexibility when selecting the right coverage for you and your family.



When can I enroll?

If you'd like dental and/or vision coverage next year, effective January 1, 2019, you must select and enroll in a FEDVIP plan during the next Federal Benefits Open Season. Open season is your annual opportunity to enroll in, change, or cancel a FEDVIP dental and/or vision plan. Each year, it runs from the Monday of the second full work week in November through the Monday of the second full work week in December. This year's open season is November 12 through midnight (ET) December 10, 2018. If you are currently enrolled in a TRDP plan, you will not be automatically enrolled in a FEDVIP plan for 2019. You must enroll during open season.

What's covered?

To familiarize yourself with the program and its current offerings, visit tricare.benefeds.com. Use the plan comparison tool allows you to view 2018 FEDVIP plans and premiums based on your residential zip code and compare up to three dental and vision plans side-by-side.

Dental plans

- ▶ Aetna Dental®
- ▶ Delta Dental®
- ▶ Dominion Dental®
- ▶ EmblemHealth®
- ▶ FEP BlueDental®
- ▶ GEHA®
- ▶ Humana
- ▶ MetLife
- ▶ Triple-S Salud®
- ▶ United Concordia Dental®

Vision plans

- ▶ Aetna Vision®
- ▶ FEP BlueVision®
- ▶ UnitedHealthcare Vision
- ▶ Vision Service Plan (VSP)®

Join our webinars

Our online educational webinars provide an overview of the TRDP-to-FEDVIP transition, how to prepare for open season, and what coverage options are available to you. Register for a live webinar, and a BENEFEDS representative will be available to answer your questions. Or, view on-demand events any time.

Stay informed

Visit tricare.benefeds.com to sign up for updates. We'll notify you when new information is available and key dates approach.

About FEDVIP

FEDVIP is a voluntary, enrollee-pay-all dental and vision program that offers eligible participants a choice between 10 dental and four vision carriers, with some plans offering both high and standard options.

About BENEFEDS

BENEFEDS is the government-authorized and OPM-sponsored enrollment portal that eligible participants use to enroll in FEDVIP coverage. BENEFEDS also manages the billing systems and customer service functions necessary for the collection of FEDVIP premiums. BENEFEDS is administered by Long Term Care Partners, LLC, with oversight by OPM.

For more information, visit:
tricare.benefeds.com



tricare.benefeds.com

ANNUAL TREE LIGHTING CEREMONY



Date: Dec 6 2018, 5:30 p.m. - 8 p.m.

William Reed Special Events Center - 6550 Specker Ave Fort Carson, Colorado

Kick off the holiday season at Fort Carson's annual Tree Lighting Ceremony - a free event for the community to enjoy.

- Goodie bags available for the first 500 children to enter the event
- Free cookies, hot cocoa, and hot cider available while supplies last

Schedule

- 5 p.m.: Doors open (not a moment sooner)
- 5:30 p.m. Tree Lighting Ceremony begins
- Activities commence after completion of Tree Lighting Ceremony

Free Activities

- Caricature artists
- Airbrush tattoos
- Face painting
- Bounce houses

Featured Entertainment

- Emcee: Scrooge
- DJ Princess
- 4ID Band Carolers
- Polar Bear mascot

Free Santa Photos

BETHLEHEM BASH



Sponsored by Fort Carson Religious Support Office (RSO).

Bethlehem Bash

Saturday, December 1, 2018

0900-1200

**Free
Kids ages 5-10
Space is limited!**

Parents get three kid-free hours and kids get a holiday workshop with fun activities and make-it take-it crafts!

PRE-REGISTRATION REQUIRED. POC: heidi.a.mcallister.civ@mail.mil

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!

CFC CAMPAIGN



2018 CFC Campaign

1 Nov-31 Dec

Donate now to your favorite charity

See your unit or directorate CFC coordinator for details or www.mountainstatescfc.org



CHRISTMAS MEALS FOR MILITARY

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



INVITE A

Military Member this Christmas



December

24TH OR 25TH



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 24th or 25th, 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

<http://CitizenSoldierConnection.org>



CIF CLOSURE

The Logistics Readiness Center's Central Issue Facility (CIF), located at building 1525 and building 330, will be closed Nov. 9-16 for annual inventory. The CIF will reopen Nov. 19. Any emergency issues should be directed to Larry Parks at 719-524-1888. For more information, contact Larry Parks at 524-1888 or larry.a.parks4.civ@mail.mil.



DOMESTIC ABUSE: TWO REPORTING OPTIONS



RESTRICTED REPORTING PRESERVES PRIVACY & LIMITS WHO'S INVOLVED

- Command and law enforcement not involved.
- Maintain privacy; access medical treatment, victim advocacy, counseling and support.
- You **MUST** report **ONLY** to:
 - Military health care provider
 - Family Advocacy Program Manager
 - Domestic Abuse Victim Advocate
 - Clinical Treatment Provider

**REPORTING TO OTHERS MAY TRIGGER
COMMAND OR LAW ENFORCEMENT
INVOLVEMENT.**



UNRESTRICTED REPORTING COMMAND & LAW ENFORCEMENT INVOLVED

- Launches an official investigation.
- Access command support, medical treatment, victim advocacy, counseling and support.
- Incidents will be reported to:
 - Command
 - Law enforcement
 - Family Advocacy Program
- For domestic violence emergencies, call 911.

**ALL REPORTS OF CHILD ABUSE ARE
UNRESTRICTED AND WILL BE INVESTIGATED.**



BE SAFE, GET THE HELP YOU NEED.

Family Advocacy Program: Fort Carson Army Community Service

Family Advocacy Hotline 719-243-7907

Military OneSource 800-342-9647 | www.MilitaryOneSource.mil

The National Domestic Violence Hotline 800-799-7233 | www.TheHotline.org

EFMP TRICK OR TREAT

October 31 • 3-4:30 p.m.
ACS Center, bldg. 1526

Join ACS EFMP for Trick-or-Treating, crafts and photos!
Costumes are encouraged, but not required.

Our sensory friendly decorations will be monster bash themed. This **FREE** event is for Families enrolled in the Exceptional Family Member Program. Parents must be present at the event.



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

EL PASO COUNTY COMMUNITY SERVICES SPECIAL EVENTS

Rainbow Falls Clean-Up Day

Saturday, November 3, 9:00 a.m. to 12:00 p.m.

Spend a morning giving back to your community by helping clean up Rainbow Falls. Be sure to dress appropriately, bring a water bottle, and work gloves if you have them. All are welcome: call to RSVP.

EXCHANGE CARE PACKAGE EVENT FOR CHILDREN OF DEPLOYED



We Care.

Special Event for Children of Deployed Families

Create a care package for your
deployed loved one!



October 27, 1300 - 1530

At your Ft. Carson

Main Exchange

Space is limited.

Register at Customer Service now!

See associate for more details.



NEED EXTRA SPENDING MONEY FOR THE HOLIDAYS?

The Exchange is hiring seasonal store associates
Applying is Easy!



To view all available openings,
follow these steps:

- Click on "Apply Now"
- Select "Search openings"

When you are ready to take
the next steps and apply:

- Check the box of the job(s) you're interested in and select the "Apply to jobs" button
- Create a profile

Fort Carson, PAFB & USAFA

Human Resource Office

719-576-6543

langstonm@aafes.com

applymyexchange.com

GET EDUCATED: YOUTH MENTAL HEALTH AND WELLNESS

Get Educated: Youth Mental Health and Wellness

Sponsored by:



Manitou Springs School District 14 Cheyenne Mountain School District 12



When: **Wednesday, November 7, 2018**

5:30-8:30 pm

Where: Manitou Springs High School

401 El Monte Place

Manitou Springs, CO 80829

Free registration at:

www.healingouryouth.org/calendar/

SCHEDULE:

- 5:30: Visit our resource fair & talk one-on-one with professionals from the field of mental health
- 6:30: Listen to the Healing Our Youth presentation (see presenters/topics below)
- 8:00: Visit our resource fair & talk one-on-one with our panel speakers and professionals from the field of mental health
- 8:30: Close

- **Listen** to a parent's perspective on raising a child with a mental disorder
- **Learn** important facts/statistics about mental disorders and the basic biology of mental disorders
- **Learn** about the adolescent brain and teen substance use
- **Learn** to identify unhealthy adolescent behavior
- **Learn** what treatments are available for mental disorders and the steps to take to access treatment
- **Connect** with experts and resources in mental health
- **Talk** one-on-one with mental health professionals
- **2 CE credits** offered
- **Light refreshments** included

AN INSPIRING PRESENTATION, PLUS A MENTAL HEALTH RESOURCE FAIR



A Parent's Personal Story by Gina Moore, JD – Past Community Outreach Coordinator and Past President of the National Alliance on Mental Illness Arapahoe/Douglas Counties.



Mental Disorders: Facts, Statistics & Biology by Amy Gensler, MD – Board certified pediatrician with Parker Pediatrics & Adolescents; Associate Clinical Professor at the University of Colorado, Dept. of Pediatrics, Children's Hospital Colorado.



Youth Substance Use by Halcy Driskell, LPC, CAC III-Director of Outpatient Services at Peak View Behavioral Health.



A Youth/Young Adult's Personal Story by Julie Slivka: a local young adult shares her journey with a mental disorder and inspires hope.



Moderated by Donna Parisi- Past Board Member of NAMI Arapahoe/Douglas Counties from 2010-2016. Her duties included Vice President, Program Coordinator and CIT Liaison.



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.

HOME-AWAY-FROM-HOME HOLIDAY

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

<http://CitizenSoldierConnection.org>



MAKE A DIFFERENCE DAY



VOLUNTEER & MAKE A DIFFERENCE

JOIN IN ON SATURDAY, OCT. 27TH

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 (SEARCH: MADD 2018)



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 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.



Adult Military Family Life Counselors (MFLC) provide non-medical short term, situational problem-solving counseling to Service Members and their Families. Services can be provided on or off the installation and can be for individuals, couples, families and groups. They provide counseling in the following areas:

Life Skills

- Anger Management
- Communication
- Relationship Issues
- Productivity at Work
- Conflict Resolution
- Parenting
- Decision-making skills

Military Lifestyle

- Deployment Stress
- Coping Skills
- Relocation Adjustment
- Sadness, grief and loss
- Homesickness
- Separation
- Building Resiliency
- Reintegration: warrior to citizen

This program is currently transitioning contracts and the following information was last updated on September 27, 2018. The MFLC program also has counselors assigned to specific Fort Carson units, which are referred to below as embedded counselors.

To speak with an MFLC or to schedule an appointment (in-person or by phone) you can use the following three phone numbers (for non-unit specific counselors):

+1(719)338-7816

+1(719)338-0144

+1(719)440-5341

Embedded MFLCs currently on-board at Fort Carson are as follow (please note, we will continue to update this list as more counselors are on-boarded):

- 1st Stryker Brigade Combat Team, 4th Infantry Division - +1(719)424-8819
- 2nd Infantry Brigade Combat Team, 4th Infantry Division - +1(719)415-0661
- 3rd Armor Brigade Combat Team, 4th Infantry Division - =1(719)313-6887
- 4th Combat Aviation Brigade, 4th Infantry Division - +1(719)400-8067

Child & Youth Behavioral (CYB) Military Family Life Counselors provide broad - ranging support to military children and youth, and to the family members and other adults who support them. They are available at no cost to assist children and youth, parents, family members and staff. Issues addressed by CYB-MFLCs can be done in group sessions, educational presentations and individual meetings. After-hours and weekend appointments are available. Topics include:

- School Adjustment
- Deployment and Separation
- Reunion adjustment
- Sibling and parent-child communication
- Behavioral concerns
- Fear, grief and loss
- Daily life issues

Contact a CYB-MFLC from the list below:

School	Phone #
• Abrams Elementary	• +1(719)367-1950
• Carson Middle	• +1(719)377-1432
• Eagleside Elementary	• +1(719)246-9940
• Fountain Middle	• +1(719)367-1714
• Fountain/Fort Carson High School	• +1(719)651-1452
• Jordahl Elementary	• +1(719)251-9615

School	Phone #
• King Elementary	• +1(719)651-7710
• Mesa Elementary	• +1(719)-367-1715
• Mesa Ridge High School	• +1(719)367-1409
• Mountainside Elementary	• +1(719)651-0880
• Otero Elementary	• +1(719)651-7169
• Patriot Elementary	• +1(719)367-1408
• Soaring Eagles Elementary	• +1(719)377-1577
• Webster Elementary	• +1(719)367-1291
• Weikel Elementary	• +1(719)203-0623

Additional Options for Counseling in the community, should an MFLC not be available:

- Non-medical counseling through Military OneSource can be provided face-to-face in the community, via telephone, video, and online for Soldiers and their Family Members. To reach Military One Source to set-up an appointment call +1(800)342-9647 or <http://www.militaryonesource.mil>.
- Emergencies: call 911 or go to the emergency room.

MILITARY SPOUSE HIRING RECEPTION – HIRING OUR HEROES



MILITARY SPOUSE HIRING RECEPTION

COLORADO SPRINGS | NOV 6, 2018 | 5:00 PM - 7:00 PM



Join us at Penrose House Conference Center at 1661 Mesa Avenue, Colorado Springs, CO 80906 for a special catered networking reception for all military spouses, Gold Star spouses, military members, employers, and service organizations.

**NETWORKING
RECEPTION
5:00 PM - 7:00 PM**

Network with vetted employers, community leaders, senior military spouses, and other job seekers. Gain valuable insight on career planning and how to stand out as a candidate. Bring your resume and get ready to put your best foot forward with employers who want to hire you.

**PROFESSIONAL
HEADSHOTS**

Does your LinkedIn profile picture need an update? Take a FREE professional headshot with our on-site photographer.

**NEED A
RESUME?**

Visit MyCareerSpark.org to build your skills-based resume right from your smartphone. Powered by Toyota.

**EMPLOYERS & MILITARY SPOUSE JOB SEEKERS REGISTER AT
HIRINGOURHEROES.ORG/EVENTS**

HIRING OUR HEROES

U.S. CHAMBER OF COMMERCE FOUNDATION



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. Follow us on Facebook: MPSWS



PPCC VETERANS WEEK NOVEMBER 5-12



COLORADO WOMEN'S HALL OF FAME PORTRAIT EXHIBIT

Portraits of outstanding women who have shaped our state and made significant contributions in their fields.

November 5-9 | 8 a.m.-5 p.m.

Centennial Campus | Atrium and
F-building breezeway

MILITARY AND VETERANS MEMORIAL

Photographs and stories of honored veterans throughout history.

November 5-9 | 8 a.m.-5 p.m.

Centennial Campus | Rotunda and C200

VETERAN COMMUNITY RESOURCE FAIR

Community resources and services for veterans and their families.

November 7 | 10 a.m.-2 p.m. | Centennial | Atrium

THANK YOU FOR YOUR SERVICE, PPCC

Program and reception honoring student and staff veterans with a focus on 100-year anniversary of the end of World War I.

November 8 | 12:30-1:45 p.m.

Rampart Range Campus | Learning Commons

FILM: "25 STEPS: A STALAG LUFT I STORY"

An amazing story of two WWII Stalag POWs who meet for the first time, over 70 years later. Film directed by Steffan Tubbs and sponsored by PPCC LatirX Student Union. Presented by the Colorado Springs Hispanic Business Council- El Concilio.

November 10 | 7-8 p.m. | Centennial | Theater

VETERANS DAY CELEBRATION:

WW1 100 YEARS

PPCC honors all who served with guest speaker Kristen Christy, 2018 Air Force Spouse of the Year, a Colorado Springs community leader and advocate for military families and suicide prevention. Military band performance. Refreshments.

November 12 | Centennial Campus

7:30-10 a.m. | Breakfast | Atrium

11-11:15 a.m. | Wreath Laying | C Building

11:30 a.m.-1:30 p.m. | Reception | Atrium

COMBAT PAPER EVENTS

Combat Paper is an international organization dedicated to transforming memories of war into works of art. Combat Paper is founded, ran and facilitated by veterans.

For a complete schedule of Combat Paper events, visit ppcc.edu/calendar.

All activities are free and open to the public.

Info: PPCC Military and Veterans Programs 719.502.4100 | ppcc.edu/calendar



Military and Veterans Programs
PIKES PEAK COMMUNITY COLLEGE

WWI
100 YEARS
honoring all who served

PRUSSMAN CHAPEL FALL FESTIVAL

PRUSSMAN CHAPEL

FALL FESTIVAL

Carnival Games
Face Painting
Popcorn
Bouncy Houses
Prizes
Candy Bags

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 WATCHNIGHT SERVICE

Prussman Chapel
2018

WATCHNIGHT SERVICE
DECEMBER 31
STARTING AT 10PM

Join Us
Let it GO!

For more information, please email prussmanchapel@gmail.com

RELIGIOUS SUPPORT OFFICE HOLIDAY ACTIVITIES

Holiday Activities 2018
Religious Support Office

A W A Y I N A
MANGER

LUKE 2:12



NOVEMBER

1	1145/1700	All Saints Day Mass	SMC	RC
17	0830-1200	Advent Workshop	SMC	RC
18	1230	Pre-Thanksgiving Family Dinner	PRUS	PG
18	1100	Operation Thanksgiving Baskets	PRUS	E
18	1230	Hanging of the Greens	PROV	PGP
21	1700-2000	Mass of Thanksgiving and Pe Social	SMC	RC

DECEMBER

1	0900-1200	Bethlehem Bash	SMC	A
3	1900-2100	Parish Reconciliation Service	SMC	RC
7	1700	Immaculate Conception Mass	SMC	RC
8	0900/1600	Immaculate Conception Mass	SMC	RC
8	0830	Children's Reconciliation Retreat	SMC	RC
9	1800	Christmas Musical	PRUS	PG
11	1730	Children's 1st Confession	SMC	RC
12	1830	Spanish Rosary	SMC	RC
12	1900	Spanish Mass	SMC	RC
12	1145	Our Lady of Guadalupe Mass	SMC	RC
15	0830	Hanging of the Greens	SMC	RC
16	1230	Goodie Day	PRUS	PG
24	1600	Children's Christmas Pageant	SMC	RC
24	1630	Christmas Mass	SMC	RC
24	1900	Christmas Eve Worship	SMC	A
24	2400	Midnight Mass	SMC	RC
25	0900/1100	Christmas Mass	SMC	RC
31	1700	Anticipatory Mass	SMC	RC

MS = Middle School
 PROV = Provider Chapel
 PRUS = Prussman Chapel
 SMC = Soldiers' Memorial Chapel
 VET = Veteran's Chapel

FAITH GROUP

A = All Christian Faiths
 B = Buddhist
 E = All persons
 P = Protestant
 C = Chapel NeXt
 G = Gospel
 GP = General Protestant
 L = Latter Day Saints
 RC = Roman Catholic

Fort Carson Religious Support Office
719-526-5744

RELOCATION READINESS MONSTER BASH

October 30 • 5:30 to 6:30 p.m.

ACS, building 1526

Open to newcomers. Come trick or treat, create a craft and hear the story of the “Color Monster”. Registration required.

A Halloween-themed poster for a 'Monster Bash' event. The background is dark purple with a large, glowing pink full moon. Silhouettes of trees and houses with lit windows are visible. In the center, four cartoon monsters (a green one with a crown, a black one with a cape, a blue one, and a white skeleton) are holding jack-o'-lanterns. Text is overlaid on the scene in a yellow, playful font.

Relocation Readiness Program

Monster Bash

Tue, Oct. 30th • 5:30pm-6:30pm

ACS Center, bldg. 1526

If you are new to Fort Carson or settled in, bring your kids to this family friendly event. Trick-or-Treat through our Monster Bash, create a craft and hear the story of the “Color Monster”.

Costumes encouraged, but not required!

Contact the ACS Relocation Team for more information.
(719) 526-1070 • www.carson.army.mil/acs



SOLDIER/FAMILY APPRECIATION MEAL

Robert C. Stack hosts a Soldier and Family appreciation meal Oct. 26 from 5-6:30 p.m. Menu includes sirloin steak, fried shrimp, baked salmon, baked chicken, loaded mashed potatoes, rice pilaf, macaroni and cheese, corn on the cob, asparagus spears, dinner rolls, Italian pasta salad, a Mongolian style grill and assorted desserts and ice cream bar. The meal is free for meal card holders; standard rate for non-meal card holders is \$4.85 and Family members of corporals and below pay \$3.65 per person.

ROBERT C. STACK

**BRING YOUR FAMILY & COME JOIN US ON OUR
SOLDIER & FAMILY APPRECIATION DINNER
OCTOBER 26, 2018, 1700-1830 Hrs**

MENU

Main Line

Sirloin Steak, Fried Shrimp, Baked Salmon, Baked
Chicken

Sides

Loaded Mash Potatoes, Rice Pilaf, Mac & Cheese, Corn
on the Cob, Asparagus Spears, Dinner Rolls

Specialty Salad

Italian Pasta Salad

Specialty Bar

Mongolian Style Grill

Assorted Desserts & Ice Cream Bar

Prices:

Standard Rate - \$4.85 per person

E-4 & Below w/Dependents – \$3.65 per person

SWEATY SWEATER FUN RUN

November 3, 2018 at 8 a.m. Visit <https://carson.armymwr.com/calendar/event/sweaty-sweater-fun-run/2625684/31835> for more information and to register!



October & November Classes

AVAILABLE RIGHT HERE ON FORT CARSON!



SUNFLOWER PAINT CLASS
OCTOBER 11 @ 6 PM
COST-\$20



FAMILY PAINT DAY
OCTOBER 13 @ 10:30 AM
COST-\$15/ADULT
\$8/CHILD



**HAND KNITTING
SCARF CLASS**
OCTOBER 13 @ 2 PM
COST-\$15



CANVAS & FRIENDS
NOVEMBER 3 @ 12 PM
COST-\$20
FOR KIDS AGES 11-17



CANVAS & COOKIES
NOVEMBER 3 @ 10 AM
COST-\$10
FOR KIDS AGES 6-17



TUMBLEWEEDS

AT THE MOUNTAIN POST
1510 Chiles Avenue on Fort Carson

Come craft with us!

**STOP IN OR VISIT US ON
FACEBOOK FOR MORE INFO ON:**

- FRG Paint Nights
- Host a Coffee & Craft Class
- Canvas & Cocktails Classes
- Free Paint Classes for Dependents
of Deployed Soldiers
- Birthday Parties
- Private Parties
- Canvas & Cookies Classes
- Affordable Space Rental
- Craft Consignment
- Volunteer Opportunities

**TUMBLEWEEDS IS LOCATED
IN THE MINI MALL ACROSS THE
HALL FROM DOMINOS!**

VIA AND TA WORKSHOPS

The Fort Carson Education Center will host two hands-on GoArmyEd VIA and tuition assistance (TA) workshops to provide an overview and a walk-through of GoArmyEd's VIA tool and the TA request processes.

VIA is GoArmyEd's career, degree, and school decision support tool designed to help Soldiers make informed decisions about how they use TA benefits. To take advantage of your TA benefits, you must complete VIA and submit your selections for approval by your education counselor.

Due to the hands-on nature of the workshop, space is limited and will be reserved on a first-come, first-served basis. Call the Education Center at 526-2124 to reserve a space.

Dates and times:

--Oct. 31, 9-11 a.m.

Location: Building 1012, sign-in is in room 138 Registration is required by email or phone at usarmy.carson.imcom-central.mbx.dhr-esd-aces@mail.mil or 526-2124.

Education counselors are committed to helping you take advantage of education benefits. For more information, call, email or visit the Fort Carson Education Center.

The Army's Virtual Gateway to Education - Anytime, Anywhere

Attend a VIA & TA Workshop!

Workshop Dates:
Wednesday, 24 OCT 2018
Wednesday, 31 OCT 2018

Apply for TA in 3 Easy Steps:

- 1 Attend VIA Workshop
- 2 Complete the VIA Application
- 3 Get approved by a Counselor

Details:
The **Fort Carson Ed Center** VIA Workshop will provide:

- ★ VIA & TA Usage informational session
- ★ Hands on assistance for VIA application process
- ★ Step by Step assistance registering for courses using TA
- ★ One on One Counseling session

Fort Carson Education Center
Address & Parking:
Building 1012, Room 138
Fort Carson, CO 80913
Use parking lot on the corner of Specker Ave. and Long St.

To Register, Call or Email:
Phone: (719)526-2124
Email: usarmy.carson.imcom-central.mbx.dhr-esd-aces@mail.mil

Ready to Apply for TA?
Visit <https://www.goarmyed.com> to access your VIA application and resources including tutorials, pocket-guides, and reference pages.

WELLNESS CLASSES

The Fort Carson Army Wellness Center, 1891 Prussman Blvd., building 1843, offers a variety of classes. Call 526-3887 for more information. Classes include:

--Upping your Metabolism – Mondays at 9:45 a.m., Wednesdays at 2:15 p.m. and Fridays at 9:45 a.m. This class explores current trends and barriers to weight loss. Learn strategies to optimize your body's calorie burning potential.

--Fueling for Health - Every second Thursday at 9:45 a.m. Develop a better understanding of dietary guidelines and food labels and learn the fundamental components of nutrition.

--Meals in Minutes - Every second Tuesday at 9:45 a.m. (subject to change). Learn a variety of techniques and strategies to get healthy meals on the table quickly, how to read food labels, grocery shopping and meal prep 101.

--Healthy Sleep Habits - Every first and third Thursday at 9:45 a.m. This class examines the science of sleep and explores methods and resources for achieving better quality of sleep.

--Stress Management - Every second and fourth Thursday at 9:45 a.m. Learn tools and resources offered by the AWC to help monitor and manage the physical effects of chronic stress.

--Retire Strong - Every fourth Tuesday at 9:45 a.m. (subject to change). Address and discuss myths related to retirees and exercise. Examine and discuss benefits of remaining active and healthy for retirees. Explore recommendations for healthy diet and exercise for an aging population.

--Stay Fit, Home and Away - Every third Tuesday at 9:45 a.m. This class will discuss the components of cardio, strength and flexibility training and teach you how to build an effective workout routine with or without equipment.



ARMY COMMUNITY SERVICE PROGRAMS

BOOT CAMP FOR NEW DADS

ARMY COMMUNITY SERVICE ACS
Realize Ambitions for Successful Army Lives

NEW PARENT SUPPORT PROGRAM PROGRAM PRESENTS

BOOT CAMP FOR NEW DADS

Facebook, Twitter, and a blue circle with a white symbol (possibly a stylized 'A' or 'M') are located in the bottom left corner. The MWR logo is in the bottom right corner of the image area.

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 Incentive 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 or call (719) 526-0096.



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

SOLE PARENTING GROUP



Sole Parenting

a resource group for single parents

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

Last Thursday of each Month
Noon-1 P.M. • ACS Center, bldg. 1526
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

WHERE: Briargate Family Center YMCA

WHEN: Saturdays

4025 Family Place

TIME: 1:30 - 4:30 p.m.

Colorado Springs, CO 80920

COST: \$55 per day

CONTACT: Austin Morrison amorrison@ppymca.org 719-495-5110

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

BeThere



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 1st & 3rd 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

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

FREE PRESCHOOL AT FORT CARSON CPCD

A young child with dark hair, wearing a red shirt and a green patterned cardigan, is looking upwards and to the right. Their right hand is reaching towards a computer keyboard. 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

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**



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

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

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 or

Military Outreach Director Drew Aquino at
daquino@ppymca.org or call 719.622.9622.

Southeast Family Center & Armed Services YMCA
2190 Jet Wing Drive
Colorado Springs, CO 80916
719.622.9622
ppymca.org

/SoutheastArmedServicesYMCA

★ ★ ★ MAKING MILITARY LIFE EASIER. ★ ★ ★

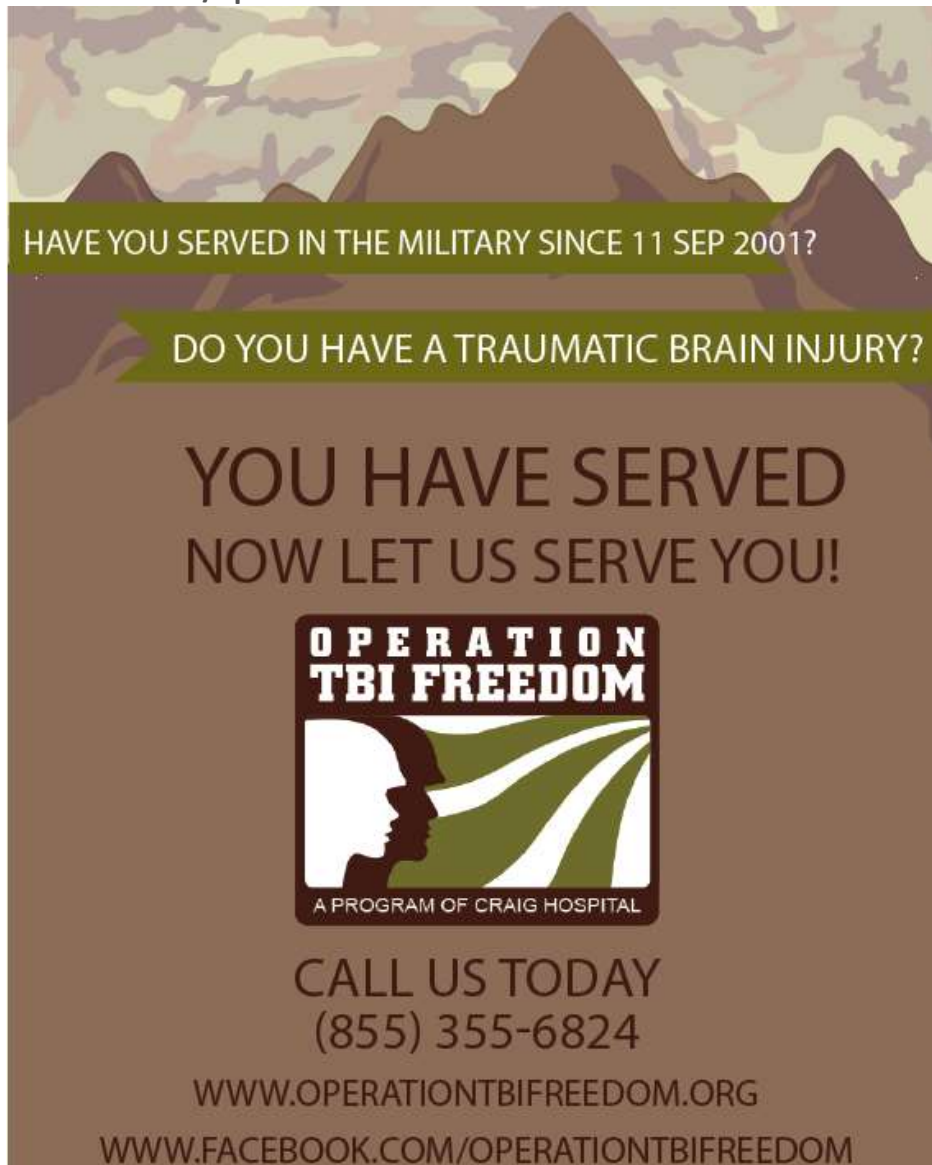
OPERATION TBI FREEDOM

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

Facebook: www.Facebook.com/operationtbifreedom

The graphic features a background of stylized mountains in shades of brown and tan. A dark green banner across the top contains the text "HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?". Below this, another dark green banner contains the text "DO YOU HAVE A TRAUMATIC BRAIN INJURY?". The main body of the graphic is a solid brown color with the text "YOU HAVE SERVED NOW LET US SERVE YOU!" in large, dark brown, sans-serif font. In the center is a square logo with a dark brown border. The top half of the logo contains the text "OPERATION TBI FREEDOM" in white, bold, sans-serif font. The bottom half of the logo features a white silhouette of a soldier's head in profile, facing right, with a green and white striped flag behind it. Below the logo, the text "A PROGRAM OF CRAIG HOSPITAL" is written in small, dark brown, sans-serif font. At the bottom of the graphic, the text "CALL US TODAY (855) 355-6824" is displayed in dark brown, sans-serif font, followed by the website addresses "WWW.OPERATIONTBIFREEDOM.ORG" and "WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM" in the same font.

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

WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM

OPERATION TBI FREEDOM



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

PEAK MILITARY CARE NETWORK



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



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

719-577-7417 | www.pmcn.org

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



Youth and Young Adults AGES 11-24

PROJECT RIGHT DIRECTION

WE PROVIDE:

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

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

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

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

Please go to our website for more information; mtcarmelveterans.org

719-309-4714
MtCarmelVeterans.org
530 Communication Circle
Colorado Springs, CO 80905

8:00am – 5:00pm M-F

****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.**