

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



14 May 2025

No Fort Carson/ Army Endorsement Implied

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.

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Give us a call at (719) 526-4590
Visit our webpage at: carson.armymwr.com/ACS

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Community Events Bulletin

Pollution Prevention Newsletter

The Directorate of Public Works (DPW) prepares a quarterly P2 (Pollution Prevention) Times newsletter to assist units and activities stay in environmental compliance with U.S. Army regulations and federal, state and local laws.

The March P2 Times includes articles about preventing material mismanagement. For more information about the programs highlighted in the newsletter, email the DPW pollution prevention coordinator at robert.d.cavanaugh2.civ@army.mil.

[Click here](#) to view the newsletter.

Fort Carson on My Army Post App

Download the free app today on the Apple Store and Google Play for facility hours, phone numbers, locations with driving directions, emergency alerts and more.

Once downloaded, select Fort Carson as your installation and you are ready to start taking advantage of the new app. **NOTE:** Fort Carson is no longer updating the Digital Garrison App.

College Graduation and Recognition Ceremony

If you graduated with a degree from a college or university in the summer of 2024 or will by December 2025, the Fort Carson Education Center would like to celebrate this great accomplishment during a graduation and recognition ceremony June 13 from 2-3 p.m. at McMahon Auditorium.

This celebratory event is open to all members of the Fort Carson community to include service members, Family members, veterans, civilians and contractors. This includes graduates of any college or university who may not have had the chance to walk in a graduation ceremony.

To participate, email paul.r.karczewski.civ@army.mil or call 719-526-2124.

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Community Events Bulletin

Free CPR AED Life Support Training for DA civilians

The Fort Carson Employee Assistance Work-Life Program offers an adult CPR Automated External Defibrillator (AED) life support training at no cost to DA civilian employees March 19. The purpose of the training is to prepare employees to recognize and respond effectively to cardiac, breathing and choking emergencies until advanced emergency services or fire rescue arrives.

Participants who successfully complete the online course and in-person skills testing assessment receive a Certificate in CPR AED life support from the American Red Cross that is good for two years. The training is offered monthly, and class size is limited, so early enrollment is encouraged.

Those interested in acquiring CPR AED certification and the confidence and skills to be able to respond effectively to such emergencies should contact the Fort Carson Employee Assistance Program coordinator, Calvin Lidmark, by email at calvin.n.lidmark.civ@army.mil or call 719-526-2196 for more information or to enroll.

Army Community Service Upcoming Classes

ARMY COMMUNITY SERVICE
ACS
Proven Solutions For Successful Army Living

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DATE	CLASS
May 14 May 21	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief; 1000—1230 ACS Center; Bldg 1526 (719-524-7301)
May 14	Understanding Your Credit Score; 1000—1230
May 14 May 21	Disabling Sickness or Condition: Financial Touchpoint/Milestone Training 1100—1200
07 May—06 Aug	KIDS BOWL FREE Thunder Bowling Alley (every Wed & Thurs) 1100—1600
May 14	Blended Family Parenting 1200 –1300 (meets every other Wed) ACS Annex, 1481 Titus Blvd; Bldg 7492 (719) 524-0461
May 14	Sole Parenting Information & Support Group 1200—1330 ACS Annex, 1481 Titus Blvd; Bldg 7492 (719)524-0461
May 14 May 21	Mountain Post Welcome for Spouses and Families 1300—1400 ACS Center; Bldg 1526 (719-524-7301)
May 14	Federal Employment Tools 1330—1500 ACS Center; Bldg 1526 (719-524-7301)
May 14 May 21	Lego Club at Grant Library 1515– 1630
May 15 May 22	Toddler Time 0930– 1100 ACS Annex, 1481 Titus Blvd; Bldg 7492 (719)524-0461
May 15 May 22	Story Time at Grant Library 1030—1130
May 15	Destination Europe 1200—1230
May 15	Interview Skills & Techniques 1330—1430 6303 Wetzal Ave; Bldg 1526 (719) 526-0452
May 15	BOSS Vehicle Maintenance Class, 1800—1900 Fort Carson Auto Skills
May 15 May 22	BOSS Dungeons & Dragons Adventure League 1800—2130 BOSS Lounge
May 15	BOSS The Gathering 1800 –2100 BOSS Lounge

Army Community Service Upcoming Classes

ARMY COMMUNITY SERVICE
ACS
Proven Solutions For Successful Army Living

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DATE	CLASS
May 16 May 23	Play Group 1000—1200 ; ACS Annex 1481 Titus Blvd Bldg 7492 (719) 526-0461
May 16—17	Camp Stuffy at Grant Library 1500—1700 Grant Library
May 16	Yappy Hour; 1600—1800 Iron Horse Park
May 17	BOSS Volunteers Marian House 0945—1330
May 17	BOSS Theme Saturdays Stars Wars 1300—2000 BOSS Lounge
May 19 May 26	Navigating the USCIS Website 1200—1230
May 19 May 26	WIC Walk Ins 1300—1530 ACS Center BLDG 1526
May 20	Boot Camp for New Moms 0900—1200 ACS Annex (Class is offered every 3rd Tuesday of the month)
May 20	Infant Massage & Baby Nurturing 0930—1100 ACS Annex 1481 Titus Blvd Bldg 7492
May 20	Sponsorship Training 0930—1030 ACS Relocation Readiness Program
May 20	Child Support Walk In 1300—1600 ACS Center, Bldg. 1526
May 21	SFRG Fund Custodian Training 1000—1130 ACS Center, 6303 Wetzal Ave., Bldg. 1526
May 21	Navigating USA Jobs 1330—1430
May 22	Federal Resume 1330—1430
May 23	The Murph Challenge 0630– 1000 Garcia Gym
May 24	Run To Remember 5K 1000—1200 Iron Horse Park
	Click HERE to check out the Fort Carson MWR calendar!

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ARMY
EMERGENCY
RELIEF

Capt. Smith
Company Commander

QUICK ASSIST PROGRAM

The QAP enables company commanders and first sergeants to help their Soldiers address short-term financial hardships.

"It's about taking care of Soldiers and definitely putting their priorities first. We want them to take care of all their needs so they can focus on the mission at hand."

Capt. Smith
Company Commander

Go to aerhq.org/assistance or scan the QR code for more information about this program.



QAP PROGRAM OVERVIEW

QAP CAN HELP WITH:

- ★ food
- ★ housing
- ★ utilities
- ★ auto expenses
- ★ medical expenses
- ★ PCS expenses when there is a delay in pay

WHERE TO BEGIN:

Qualifying Soldiers on active duty status and regular Army can go directly to their local AER offices or ask their chains of command for help

LEVELS OF ASSISTANCE:

Requested Amount: **Who to Contact:**

Quick Assist Program up to \$2,000	Company commander or first sergeant
up to \$4,000	AER Officers
up to \$5,000	Garrison Commander or Command Sgt. Maj.
over \$5,000	AER Headquarters

AERHQ.org ★ 866-878-6378
2530 Crystal Dr., Suite 13161
Arlington, VA 22202



Click the graphic to connect
with Army Emergency Relief

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ARMY EMERGENCY RELIEF

ANNUAL CAMPAIGN MARCH 1 - JUNE 14



**AER CELEBRATES THE U.S. ARMY'S
250 YEARS OF BRAVERY AND SERVICE**

HONORING THE PAST **1775 - 2025** SECURING THE FUTURE



Click the graphic to donate to the 2025
Fort Carson Army Emergency Relief Campaign

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Financial Readiness Program

FY '25 Class Schedule



Financial Strength Budgeting 101

1st Tuesday
9:30am — 11:00am

October 1	April 1
November 5	May 6
December 3	June 3
January 7	July 1
February 4	August 5
March 4	September 2

Understanding Your Credit Score

2nd Wednesday
10:00am — 11:00am

October 9	April 9
November 13	May 14
December 11	June 11
January 8	July 9
February 12	August 13
March 12	September 10

Understanding Your Military Retirement Thrift Savings Plan

1st Thursday
1:00pm — 2:00pm

October 3	April 3
November 7	May 1
December 5	June 5
January 2	July 3
February 6	August 7
March 6	September

Financial Milestone/Touchpoint Disabling Sickness or Condition

Every Wednesday
11:00am

This class focuses on the financial implications of dealing with a disabling sickness or condition - and helps you manage your finances more efficiently as you work through it.

To schedule a Financial Milestone/Touchpoint class as a portable class to your unit footprint or as a 1-on-1, please call (719) 524-4601.



Click the graphic to connect with our Financial Readiness Program

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WIC IS NOW AT ARMY COMMUNITY SERVICE



El Paso County Public Health's Women, Infants and Children (WIC) program is now at Fort Carson ACS on Mondays from 12:30 to 3:30 p.m.! WIC provides supplemental food assistance, information on healthy eating, breastfeeding support and community referrals for qualified caregivers, babies and children. Stop by to learn more!

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Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

Army Community Service

Portable Class Delivery



Classes on *your time*, in a location of *your choice*, customized to *your needs*.

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)

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NEED TO TALK?

Military & Family Life Counseling

Military & Family Life Counselors are here to provide help with the stress of military life at no cost.
Call an MFLC at (719) 526-4590
www.carson.army.mil/acs



Did you know MFLCs work with families, individuals, couples, and children?

Visit the MFLC webpage [HERE!](#)

If you wish to speak to an MFLC other than your identified MFLC, please call 719-526-4590 for assistance.

To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.

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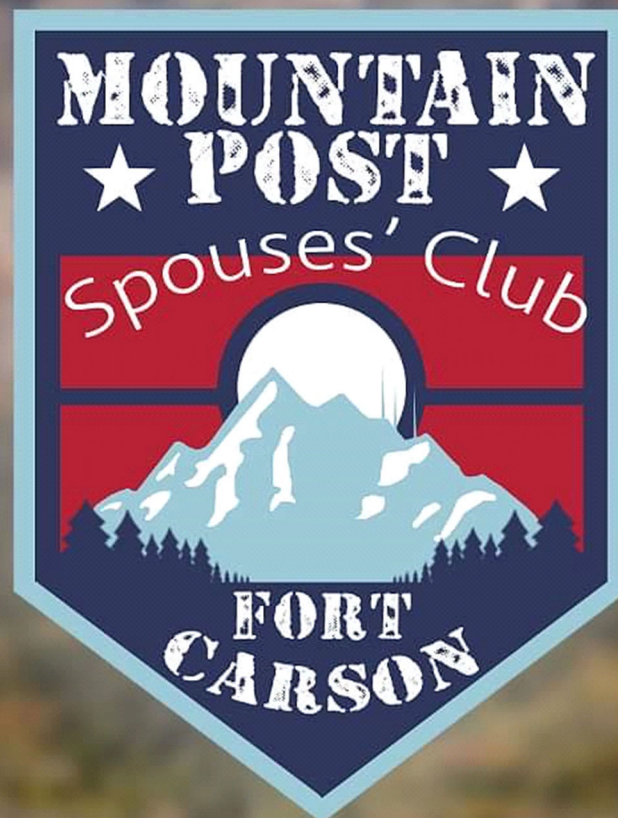


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

Membership is open to all spouses of the Armed Forces, both active and retired.

To learn more, visit: <http://www.mpssc.us/>
or call (719) 526-5966



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Food Pantry • Pregnancy Center • Life Skills • Counseling

6436 US Hwy 85, Suite U • Fountain • CO • 80817
(behind Wendy's & Hangry Ohana- [click for map](#))
719-387-9919

[Home](#) [Get Food](#) [Event Calendar](#) [What We Do](#) [Partners](#) [Get Involved](#) [Downloads](#) [Donate](#) [About Us](#)

If you need food, your in the right place.

We have 3 food distribution programs. You may qualify for one or more.

Food Pantry: Fresh food meat, eggs, breads, pastries, veggies, fruits, milk, etc. *

- **Schedule:** Every Thursday 2:00pm - 6:30pm
- **Service Area:** Zip codes served: 80817, 80911, 80925, 80902, 80913, 80906 south of 'B' St.
- **Qualifications:** Resident or Homeless residing in the Service Area with a need for food.
- **How to register:** [Click here to register.](#)

Commodities: Staples rice, beans, canned/frozen meat, canned food, dried fruit, etc. *

- **Schedule:** 1st & 3rd Fridays of month from 10:00am - 2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** Low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

Senior Boxes: Shelf stable items dried fruit, canned food, canned juices, cheese, etc. *

- **Schedule:** 1st & 3rd Fridays of month from 10:00am-2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** 60+ and low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

* Food availability may change from week to week based on our suppliers

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Door Dash has teamed up with Pikes Peak United Way 2-1-1 and [Care and Share Food Bank for Southern Colorado](#) to bring FREE food delivery to Colorado Springs! 🍏 🥤 🥤

Call Pikes Peak United Way 2-1-1 to see if you're within the qualifying area and schedule your free food delivery!



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FFC8 FOOD PANTRY

Through a combined effort with Care and Share, the district is able to provide families in need with fresh produce, canned goods, and other items. All FFC8 students, staff and families are welcome!

WHERE AND WHEN

Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year. All welcome! Daily from 10:30am - 1:00pm.

To learn more go to [CCharitiesCC.org](https://www.ccharitiescc.org)

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NEED FOOD ASSISTANCE?

Register for the Marketplace



Catholic Charities
of Central Colorado

CLIENTS CAN SCHEDULE AN APPOINTMENT AND SHOP JUST AS THEY WOULD AT A STANDARD GROCERY STORE.

The Marian House Marketplace pantry is currently open for appointments Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email pantry@ccharitiescc.org to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about their services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

Check out their Facebook page at:
Catholic Charities of Central Colorado

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NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

Chaplain Hotline

(719) 291-9619

**A Chaplain is available to you
24 hours a day 7 days a week**

**Chaplains have complete confidentiality
and are here to assist you**



U.S. ARMY CHAPLAIN CORPS
CARING FOR THE SOUL OF THE ARMY



Facebook.com/4IDCarsonRSO

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FORT CARSON RELIGIOUS SERVICES

SUNDAY

Agape (Contemporary)	Abrams Elementary School	1000
Catholic Mass	Provider Chapel	0900 & 1100
General Protestant	Family Life Center	0900
Gospel	Prussman Chapel	1000
Samoan	Veterans Chapel	1100

MONDAY-FRIDAY

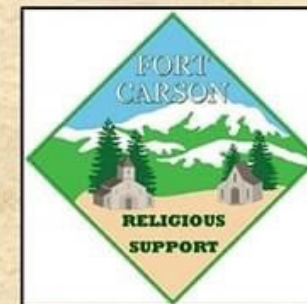
Daily Catholic Mass	Provider Chapel	1145
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WEDNESDAY

Non-Denominational	Healer Chapel (inside Evans hospital)	1215
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FRIDAY

Islamic Prayers	Veterans Chapel	1315
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QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.

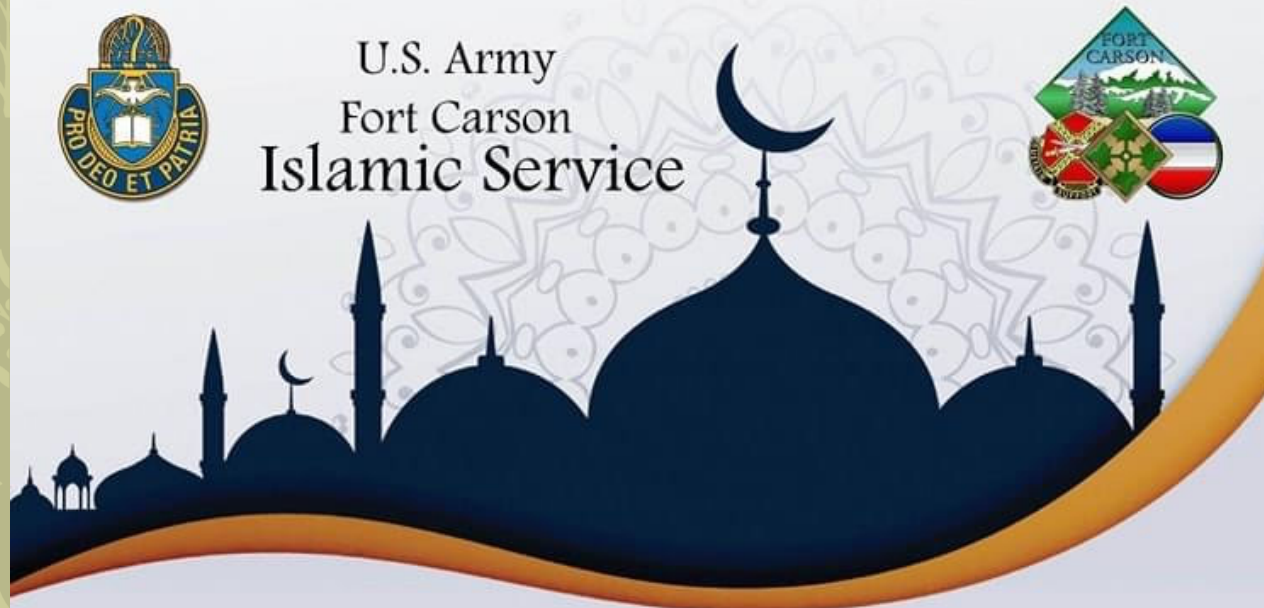
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U.S. Army
Fort Carson
Islamic Service



Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: **Veterans Chapel**
6917 Titus Blvd, Fort Carson, CO 80913 (Building 2359)

Facebook: Fort Carson Muslims

For any question:
Chaplain (CPT) Porter
(304)840-4200
joshua.l.porter20.mil@army.mil

Distinctive Religious Group Leader (DRGL)
SPC Khodeir Mohamed
(951)497-8727
mohamed.h.khodeir.mil@army.mil

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BOSS
BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS

Board Preparation Class

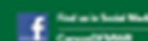
Every Thursday at the
BOSS Lounge
6391 Chiles Ave, Bldg. 1511
From 4:00 – 5:30 pm

Reservation is required by COB
Wednesday prior to the class.

Best Practices

Study Materials

Mock Boards



For more information
call 719-524-5202

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On Fort Carson, you can reach out to the Substance Use Disorder Clinical Care (SUDCC) team for help. 719 – 526 – 7663 / 4585

Contact ASAP at 719 – 526 – 2727 for Education and Prevention support



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

[Employee Assistance Program](#)

[Prevention](#)

[Risk Reduction](#)

[Suicide Prevention](#)

[Drug Testing / Collecting](#)

Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at usarmy.carson.imcom-central.mbx.dhr-asap@army.mil

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ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

ASAP Location - New Building
Bldg. 1218 (Second Floor)
1625 Ellis Street
Fort Carson, CO 80913

These ASAP Specialists are assigned to work with your unit:

1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil
2SBCT NORTHCOM SMD	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil
3 rd ABCT 4 CAB	POC:	Albert Bush 719-526-9191	Albert.j.bush4.civ@army.mil
627 HC MEDDAC/DENTAC/VETCOM 71 ORD 759 MP 4 EN Battalion 4SB	POC:	Susanne Watts 719-526-9283	Susanne.m.watts2.civ@army.mil
10 SFG CID WCAP USAG All others	POC:	Anthony McCollin (Prevention Branch Chief) 719-526-5108	Anthony.j.mccollin.civ@army.mil
Suicide Prevention Program		Cheril Paxton 719-526-0401	Cheril.paxton.civ@army.mil
Program Manager		William Lana 719-526-2501	William.w.lana.civ@army.mil

1. ASAP and SUDCC (Substance Use Disorder Clinical Care.) What is the difference?

On 1 OCT 2016, the Army's substance abuse counselors were reassigned from IMCOM to MEDCOM.

All substance use clinical counseling and treatment now belong to the Substance Use Disorder Clinical Care which falls under the Division of Behavioral Health. In many cases, these SUDCC counselors are collocated with their Embedded Behavioral Health teams. They are located in Bldg. 1830. Reach them by phone at (719) 526-7155.

2. What does the ASAP have to assist units on Fort Carson?

- Unit Risk Inventories (URI) – an assessment of high-risk behaviors.
- Training/Education (General prevention education, targeted training, Colorado laws, etc.)
- DUI Simulator goggles.
- Breathalyzers for check out and unit use.
- Consultations with command teams.
- Alcohol and Drug Abuse Prevention Training (ADAPT). A 4.5 hour version is available for higher risk populations.
- National Campaigns.
- Drug paraphernalia identification – great idea for an LPD.
- Invite us to your Safety Stand downs, Family Days and Organization Days.

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HOW TO HELP SOMEONE IN SUICIDAL CRISIS

- ✓ Be direct. Talk openly and matter-of-factly about suicide.
 - ✓ Be willing to listen. Allow expression of feelings. Accept the feelings.
 - ✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.
 - ✓ Get involved. Become available. Show interest and support.
 - ✓ Offer hope that alternatives are available, but do not offer general reassurance such as "It will get better," or "It could be worse."
 - ✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- ⊘ Don't dare him/her to do it.
 - ⊘ Don't act shocked. This will put distance between the two of you.
 - ⊘ Don't be sworn to secrecy. Seek help.

Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).

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8 Positive Coping Strategies to Combat Tough Situations

When we are stressed, it may feel like nothing helps. Having effective coping, problem-solving, and communications skills can make a big difference.

-  1. Seek support from a health care provider, counselor or chaplain.
-  2. Stay connected. Support from friends and family can improve well-being when facing stress.
-  3. Practice relaxation methods: Muscle relaxation, breathing exercises, meditation, stretching, yoga, prayer, listening to quiet music, or time in nature.
-  4. Get good sleep. Poor or insufficient sleep has a significant negative impact on your health.
-  5. Exercise regularly. Cardio and strength training can reduce stress levels and keep you mission ready.
-  6. Get involved in passions, hobbies, or activities that you enjoy—for example art can be a positive, creative way to express feelings.
-  7. Avoid drinking too much or mixing alcohol and medications. It may seem like an easy way to decrease stress, but may create additional problems and actually increase stress.
-  8. Take a break from the news or social media if those activities cause you stress.

Learn how to **#BeThere** for yourself and others at www.dspo.mil.



#BeThere

For everyday life challenges
MILITARY
ONESOURCE
800-342-9647
www.MilitaryOneSource.mil

Veterans Crisis Line | **Military Crisis Line**
1-800-273-8255 **PRESS 1**

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Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.

Resources

[Drug-Free Workplace Brochure](#)
[Employee Assistance Program Brochure](#)
[Suicide Prevention and Intervention Protocols Brochure](#)
[Working Remotely](#)

For more information

Call (719) 526-2196 (Please leave a voicemail for a return call if necessary)
 or email usarmy.carson.imcomcentral.mbx.dhr-asap@army.mil

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Safe Exchange Location



Child Custody Exchange
 Online Purchase Exchange

The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police
 7227 Christie Street (BLDG 2700)
 Fort Carson, Co 80913
 Desk Sergeant: (719) 526-6199



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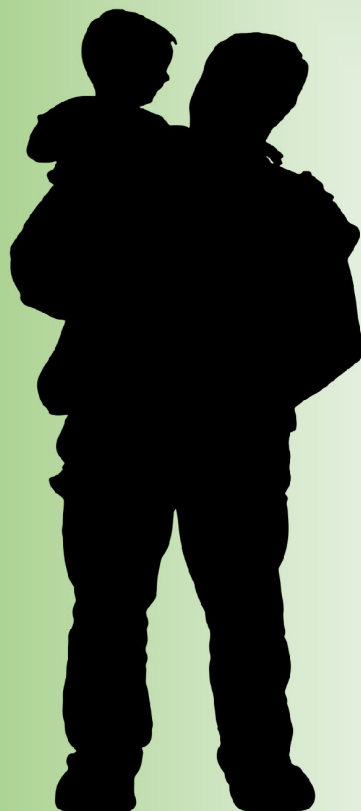
Child Neglect Child Endangerment

What to do if you see or suspect Child Abuse or Neglect:

- ❖ Immediate danger, call 9-1-1.
- ❖ Fort Carson Police Department (non emergent) 719.526.2333.
- ❖ If you know or suspect a child is being abused, please call:
Colorado's Department of Human Services 24/7 HOTLINE at 844-264-5437
Family Advocacy Program – Behavioral Health at 719-526-5050

Feeling a bit overwhelmed or need more information?

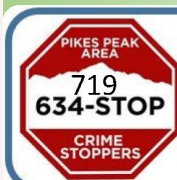
Visit New Parent Support at armymwr.com for assistance and information on Workshops, Nurturing Center, and classes such as Strong Bonds, and Purple Crying.



Fort Carson Garrison Policy 8

Home Alone Policy

- **5 yo or younger** – Must be supervised at all times and places.
- **1-3 grade** – Supervised at all times and places. Can walk to and from home and school. Can be alone in front or back yard with a parent present in the home.
- **4-6 grade** – Can not be unsupervised for longer than 4 hrs. which includes to and from school. Can only be left home alone if the parent deems the child mature and responsible.
- **7-8 grade** – Can not be unsupervised for longer than 8 hrs. unless arranged with an adult friend who can continuously check on the child within the 8 hrs. period except between 2400-0600.
- **9-12 grade** – Unsupervised for no longer than 12 hrs. unless arranged with an adult friend who can continuously check on the child within the 12 hrs. period.



NOTE: If you wish to submit an anonymous tip, please contact the Pikes Peak Area Crime Stoppers.

In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/FTCPD>
2700 Christy Street, Fort Carson, CO 80913

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Child Neglect Child Endangerment

What to do if you see or suspect Child Abuse or Neglect:

- ❖ Immediate danger, call 9-1-1.
- ❖ Fort Carson Police Department (non emergent) 719.526.2333.

- ❖ If you know or suspect a child is being abused, please call:
Colorado's Department of Human Services 24/7 HOTLINE at 844-264-5437
Family Advocacy Program – Behavioral Health at 719-526-5050

Feeling a bit overwhelmed or need more information?

Visit New Parent Support at armymwr.com for assistance and information on Workshops, Nurturing Center, and classes such as Strong Bonds, and Purple Crying.

Fort Carson Garrison Policy 8

Home Alone Policy

- **5 yo or younger** – Must be supervised at all times and places.
- **1-3 grade** – Supervised at all times and places. Can walk to and from home and school. Can be alone in front or back yard with a parent present in the home.
- **4-6 grade** – Can not be unsupervised for longer than 4 hrs. which includes to and from school. Can only be left home alone if the parent deems the child mature and responsible.
- **7-8 grade** – Can not be unsupervised for longer than 8 hrs. unless arranged with an adult friend who can continuously check on the child within the 8 hrs. period except between 2400-0600.
- **9-12 grade** – Unsupervised for no longer than 12 hrs. unless arranged with an adult friend who can continuously check on the child within the 12 hrs. period.



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Chain of Command Child Neglect Indicators & Assistance



Indicators for Soldier and House Checks

Child	Outside of House	Inside of House
Clothing <ul style="list-style-type: none">• Dirty, Tattered, Lack of.• Unchanged Diaper. Body <ul style="list-style-type: none">• Excessively Dirty.• Overly bruised, cuts.• Lethargic.	Yard <ul style="list-style-type: none">• Excessive overgrowth.• Filled with animal feces.• Bags or overflowing trash. Front Door <ul style="list-style-type: none">• Sudden smell of trash, rotten food, feces, and urine.• More than normal clutter and trash.	<ul style="list-style-type: none">• Excessive trash.• Rotten food on the ground.• Feces and urine on the ground and walls.• Rotten food on counters.• No food in cupboards or refrigerator.• Broken toilets.• Backed up sinks with mold and rotten food.• Backed up toilets with additional feces or urine.

Garrison Policy Letter #8 (Child Supervision)

Newborn – 5 years old:

Can not be left alone for any period.

1st to 3rd grade:

Does not have to be supervised while walking back and forth to school.
Child can be in the front or back yard with a parent or guardian home.

4th – 6th grade

Child can not be left alone for more than 4 hours.
The child must be deemed mature by the parent.

7th – 8th grade:

Child can not be alone for longer than eight hours.
There must be an identifiable adult that checks on the child during the time alone.
The child can be left alone between 2400-0600.

9th – 12th grade:

Child can not be left alone for longer than twelve hours.
There must be an identifiable adult that checks on the child during the time alone.

Babysitter

Person who has attained the age of 13 and successfully completed the Red Cross Baby Sitting or similar course whose curriculum has been approved by CYS. May be a sibling at least 13 yo, who resides in the household of the child. Sibling are not required to get specialized training. Babysitters under the age of 16 yo are limited to 8 hrs.

Child

Unmarried child, whether biological, adopted, foster, step-child, or ward of an adult for whom treatment is authorized in a medical facility.

Parent

Mother or Father of a child related by blood, marriage (step-parent), adoption, or legal guardian, or and person charged with parental rights, duties, and responsibilities

Assistance

ACS Family Advocacy (armymwr.com)

Schedule of Family Advocacy Programs covers classes such as; Safe Parenting, Relationship programs, Scream Free, Five Love Languages, Saving Your Marriages before it starts, Ten Greet Dates.

Parental

New Parent Support, 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.0461. New Parent Support (armymwr.com)

Financial

Financial Readiness 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.4590. ACS - Financial Readiness (armymwr.com)

In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/FTCPD>
2700 Christy Street, Fort Carson, CO 80913



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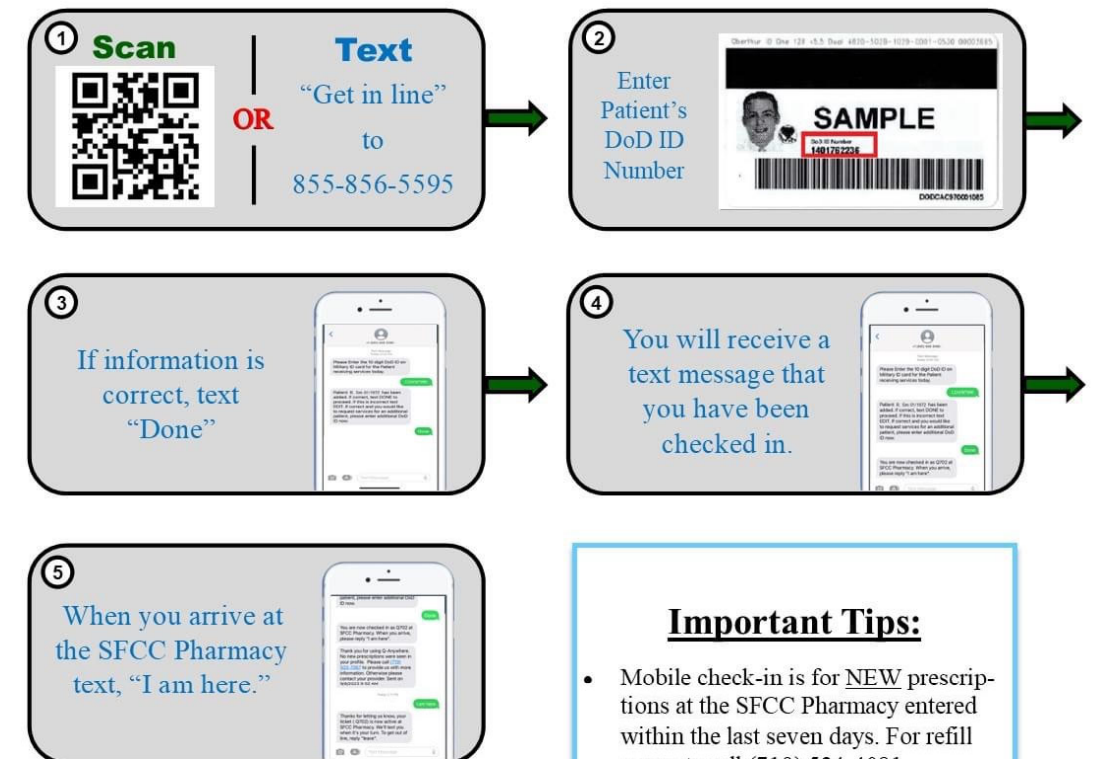


Soldier Family Care Center Pharmacy

1650 Cochrane Circ, BLDG 7503, First Floor (by Starbucks)
Fort Carson, Colorado 80913
Pharmacy Phone: (719) 503-7067

No Line, No wait Prescriptions!

Q-Anywhere Mobile Rx Check-In: 855-856-5595



Q-Anywhere Mobile Check-in

- For NEW prescriptions picked up at the SFCC pharmacy on first floor (by Starbucks).
- Mobile Check-In Hours: 8 a.m.—4:30 p.m.
- Tickets are valid only for the same day.
- For refills call (719) 524-4081

Important Tips:

- Mobile check-in is for NEW prescriptions at the SFCC Pharmacy entered within the last seven days. For refill requests call (719) 524-4081.
- Mobile check-in for same day pick up is available from 8 a.m. to 4:30 p.m. MDT. If you come in on a different day, please pull a ticket at the kiosk.
- You may receive a status notification under certain conditions (e.g., prescription is too soon, prior authorization required, provider clarification needed, prescription not found).

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Come Consign Your Crafts on Fort Carson at **TUMBLEWEEDS AT THE MOUNTAIN POST**

If you are Active Duty, a Military Spouse
or Dependent, Retireed or a Retiree Spouse,
we'd love to hear more about your craft!

JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!



Please call, stop by or send us a Facebook message to learn more about consigning.

Our crafty consigners retain 80% of their sales profit while
20% helps Tumbleweeds give back to the Fort Carson Community
and maintain our everyday operations.

Consigners can opt to volunteer a couple of times
a month or pay \$30 a month for a consigner fee.



TUMBLEWEEDS
AT THE MOUNTAIN POST



Call us at 719.393.3734 or visit us on Facebook and Instagram!

1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

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COOKING MATTERS[®] AT HOME

Cooking Matters at Home has **eight sessions** that
can be offered in either 30 or 60 minute lengths.

Cooking Matters at the Store is also available
online as a 60-minute session All sessions can
be offered on their own or as part of a series.



Kids Say Yes to Fruits & Veggies

This session will discuss pros and cons of using different forms of fruits and vegetables, how to
prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping
kids enjoy more fruits and vegetables.



Making Recipes Work For You

This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks,
and share meal ideas that allow each family member to choose the toppings or ingredients that
they enjoy.



No More Mealtime Madness

This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve
kids in the meal planning to create more buy-in at mealtime.



Hack Your Snack

This session will share tips for saving time when buying and preparing healthy snacks, practice
making healthy, homemade snacks, reading food labels, and identifying healthier choices when
choosing prepackaged snacks, and practice comparing unit prices to save money.



The Family Kitchen

This session will prepare caregivers to work together with kids in their care to discuss safe, age-
appropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly
steps, and make healthy meals and snacks that everyone will enjoy.



Money-Saver Alert

This session will discuss how to use everything that you have (or have access to), practice using
'hard to utilize' ingredients in a variety of recipes, and discuss how to save foods that you
can't use right away and how to limit food waste with children while still introducing new foods.



Drink To Your Health

This session will discuss how sugary drinks impact health and describe how to make and taste a
variety of healthy beverages at home.



Feeding in the First Year

This session will discuss infant feeding options including the safe introduction of solid foods,
different food preparation methods that can be adapted for infants at different developmental
stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.



Cooking Matters at the Store: Shopping on a Budget

This session will discuss how to buy fruits and vegetables on a budget, and practice comparing unit
prices, reading food labels, and reading ingredient labels to find whole grains.

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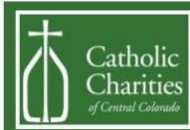
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NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Family Connections at the Helen Hunt Campus offers many services to families within our community. From tangibles like diapers and formula to life coaching and parenting/early education classes, we are here to support you.



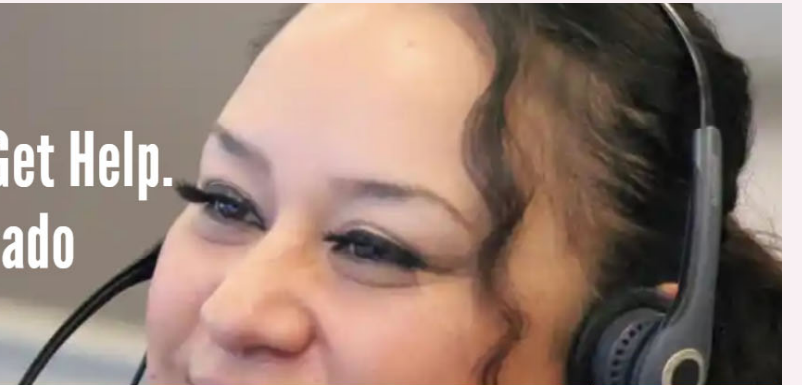
719.578.1222

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2-1-1 Colorado
Get Connected. Get Help.
Serving all Colorado communities.



CONNECT TO HELP WITH

MENTAL HEALTH,
EMPLOYMENT,
COUNSELING,
RENT ASSISTANCE,
TRANSPORTATION,
ADDICTION,
CHILD CARE,
PARENTING...

THOUSANDS OF RESOURCES.
ONE CALL.

2.1.1

Get Connected. Get Help.™

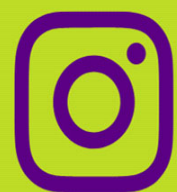
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If you'd like to learn more about Colorado Preschool Program | Head Start | Early Head Start

[Click HERE!](#)



DID YOU KNOW?

WE ARE ON INSTAGRAM

Follow us @cpcdhs



SUCCESS STARTS EARLY
EL ÉXITO COMIENZA TEMPRANO



FREE TUITION PRESCHOOL
PREESCOLAR GRATUITO

FOR AGES BIRTH TO 5

PARA EDADES DE NACIMIENTO A 5 AÑOS



CPCDHEADSTART.ORG
719.635.1536

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SURVIVING THE STORM

SUICIDE LOSS GRIEF SUPPORT GROUPS

GROUP BY AGE

.....➔ **ADULT GRIEF GROUP**
Tuesdays 6-7:30pm
*This is a **closed** group that requires PRE-registration

.....➔ **TEEN GRIEF GROUP**
Wednesdays 6-7:30pm

.....➔ **KIDS GRIEF GROUP**
Fridays 6-7pm

.....➔ **HEARTBEAT SUICIDE LOSS SURVIVOR GROUP**
Fridays 6-7pm
*This is an adult suicide loss grief group

All groups are **FREE**

Snacks and drinks provided

Registration required



www.pikespeaksuicideprevention.org

info@pikespeaksuicideprevention.org



CONTACT US

719-573-7447

704 N Tejon St
Colorado Springs, CO, 80903

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NAMI Colorado Springs is offering both **virtual support groups on Zoom** and **in-person groups at First United Methodist Church**, 420 N. Nevada Ave., in downtown Colorado Springs. All are led by trained peers — people who either manage a mental illness or love someone who does.

BASICS SUPPORT GROUP

For parents and caregivers of children and teens showing signs of mental illness

2nd Mondays, 7-8:30 p.m., virtual

CONNECTION SUPPORT GROUP

For adults experiencing mental illness

Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness

1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

In-person group participants must pre-register: Call 719.473.8477 or email office@namicos.org by noon on the day of the group.

In-person groups will follow social distancing protocols.

Virtual group participants can find call-in info at namicoloradosprings.org.



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

719.473.8477 | office@namicos.org | namicoloradosprings.org

The NAMI office at 1615 S. Murray Blvd., is open weekdays, 9 to 5.