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

08 NOVEMBER 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

[Also In this issue]

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WELLNESS CLASSES

KEEP YOURSELF CURRENT

NOV FLORISSANT FOSSIL BEDS NM EVENTS
THRU 11 NOV FILL THE FIELD
THRU 12 NOV PPCC VETERANS WEEK
09 NOV VETERANS APPRECIATION BREAKFAST
09 NOV TRAINING HOLIDAY
09-17 NOV FLORISSANT FOSSIL BEDS NATIONAL MONUMENT ACTIVITIES
09-16 NOV CIF CLOSURE
12 NOV DIGITAL PHOTOGRAPHY CONTEST STARTS
12 NOV VETERANS DAY
13-15 NOV FLU VACCINES
13-16 NOV AMERICAN EDUCATION WEEK
14 NOV COMMUNITY INFORMATION EXCHANGE (CIE) (WINTER PREP & FUN)
16 NOV MILITARY ADOPTION WORKSHOP
17 NOV A WALK IN THE WOODS FOR VETS AND FAMILIES
17 NOV TURKEY SHOOT
20 NOV COMMUNITY THANKSGIVING MEAL
22 NOV THANKSGIVING
23 NOV TRAINING HOLIDAY
22 NOV HOME-AWAY-FROM-HOME HOLIDAY
01 DEC BETHLEHEM BASH
01 DEC LIFE SKILLS PARENT TRAINING
04 DEC BOOT CAMP FOR NEW DADS
05 DEC MILITARY CHILD OF THE YEAR NOMINATIONS DUE
06 DEC ANNUAL TREE LIGHTING CEREMONY
07 DEC CG SCRAMBLE
13 DEC MARCH OF DIMES MILITARY BABY SHOWER
15 DEC HOLIDAY FUN AT GRANT LIBRARY
24 DEC TRAINING HOLIDAY
24-25 DEC CHRISTMAS MEALS FOR MILITARY
25 DEC CHRISTMAS
THRU 31 DEC CFC CAMPAIGN
31 DEC PRUSSMAN CHAPEL WATCHNIGHT SERVICE
THRU 31 DEC RELIGIOUS SUPPORT OFFICE HOLIDAY ACTIVITIES
31 DEC TRAINING HOLIDAY
01 JAN NEW YEARS DAY
THRU 03 JAN BASKETBALL LEAGUE REGISTRATION

ADVISORIES AND NOTICES

CHANGE OF COMMAND UPCOMING DATES			
DATE	UNIT	TIME	LOCATION

AMERICAN EDUCATION WEEK

Fort Carson Education Center observes American Education Week Nov. 13-16. The education center hosts a four-day event filled with food, fun, and education information. The events will take place at the Education Center from 11 a.m. to 2 p.m. in building 1012, on the second floor, located at 1661 O'Connell Blvd. Mini educational sessions will be provided daily. Sessions include TRiO: Financial Aid 101-What I Need to Know; CSU-Pueblo: Transfer Options-From 2-year to 4-year; Embry-Riddle: Accreditation-National vs. Regional; Pikes Peak CC: Joint Service Transcripts-What Credits Can I Get? And UCCS: Forever GI Bill-What's New?

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.

-Gates 6 and 19 will be closed Nov. 12 in observance of Veterans Day. They will reopen for normal business Nov. 13. Normal business hours for gates 6 and 19 are from 5 a.m. to 6 p.m. The Visitor Control Center will remain open for normal business hours, 5 a.m. to 9 p.m., on Nov. 12.

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.

NEW THIS ISSUE

BASKETBALL LEAGUE

Date: Nov 1 2018 - Jan 3 2019
Intramural Sports - 6415 Specker Ave. Bldg. 1925 Fort Carson 80913 Google Map

- Call to register! 719-524-0859
- Registration: Nov. 1, 2018-Jan. 3, 2019
- Battalion & Company Divisions Games start Jan. 7, 2019
- Games: Monday-Thursday
- Three games per night @ 6:30 p.m., 7:30 p.m., & 8:30 p.m.
- Coaches' Meeting: Jan. 3, 2019, 6:30 p.m. at Iron Horse Gym

Contact

- Tel: +1(719)524-0859

Military DSN Tel: (312)883-0859

FLU VACCINES

Flu vaccines for DOD beneficiaries ages 3 and up will be available Nov. 13-15 from 3 to 5 p.m. at the following housing office locations on Fort Carson.
--Nov. 13: Building 7790, Cheyenne Room, South Housing Office, 1045 Titus Blvd.
--Nov. 14: Building 4355, Colorado Room, North Housing Office, 4355 Funk Ave.
--Nov. 15: Building 6800, Joel Hefley Room, Main Housing Office, 6800 Prussman Blvd.
Beneficiaries must bring their DOD ID cards and children ages 10 and up also need their DOD ID cards.

HOLIDAY FUN AT THE GRANT LIBRARY

Date: Dec 15 2018, 11:30 a.m. - 1:30 p.m.
Grant Library - 1637 Flint St. Bldg. 1528 Fort Carson 80913 Google Map

- Celebrate the holidays and have some family fun at the library.
- Special appearance by Santa
- Holiday giveaways
- Holiday craft activity
- Teen activities
- Refreshments served

Contact

- Tel: +1(719)526-2350
- Military DSN Tel: (312)691-2350

LIFE SKILLS PARENT TRAINING

Register at:

https://login.microsoftonline.com/common/oauth2/authorize?response_mode=form_post&response_type=id_token+code&scope=openid&msafed=0&nonce=e87bffe2-2220-4cf5-9aac-226b9d8b462d.636770275506674991&state=https%3A%2F%2Fforms.office.com%2FPages%2FResponsePage.aspx%3Fid%3DkDK_3l5cNEupUNA5dQAtZMWsH2jrgW9Jub0W6ksqDZ1URVowUDRSUDlTMlBGNVYwQ0cxSEMxRFZBNS4u&client_id=c9a559d2-7aab-4f13-a6ed-e7e9c52aec87&redirect_uri=https:%2f%2fforms.office.com%2fauth%2fsignin

Fountain • Fort Carson
SCHOOL DISTRICT EIGHT

Botvin LifeSkills® Training
Evidence-Based Prevention Programs for Schools, Families, and Communities

BOTVIN LIFE SKILLS
PARENT TRAINING

Welte Education Center

330 Lyckman Drive, Fountain

SATURDAY, DECEMBER 1, 2018

9am-4pm

The ***LifeSkills Training* Parent Program** helps to strengthen parenting skills in these areas:

- issues related to adolescent drug abuse
- how to be a good role model for your student
- ways to convey a clear anti-drug message
- tips for effective family communication and parental monitoring
- helping your children develop personal **self-management** and **social skills**

Designed for parents or guardians of students in grades 6-9.

Please register at the following link: Click to register for the Parent Life Skills Class

FREE childcare will be provided. Please indicate the need for childcare on the registration link.

TURKEY SHOOT

Date: Nov 17 2018, 8:30 a.m. - 4:30 p.m.
Cheyenne Mountain Shooting Complex

- Open to the public
- Regular admission fees apply.
- .22 Caliber only
- Unlimited entries allowed
- Contestants are required to purchase targets for $0.50 each
- All categories compete throughout the day
- Ammunition is not provided
- Contestants shoot 10 rounds per target
- All targets are compiled throughout the day and scored individually
- Winners are notified after scoring is completed
- Category winner is limited to one prize
- Tie-breakers are determined by the individual shot nearest to the bullseye
- Prizes are not mailed and must be picked up at the facility

8 Categories

Prizes Awarded:

- 1st prize: Frozen 12 lb. Turkey
- 2nd prize: Shooting pass

Cost

Regular admission fees apply.

RONALD MCDONALD HOUSE NEEDS VOLUNTEERS

With the holidays around the corner, there is an increased need for volunteers at our House and Family Rooms. Ronald McDonald House Charities of Southern Colorado was established on the idea that nothing else should matter when a family is focused on the health of their child – especially not where they will get their next meal or where they will sleep. Our volunteers help remove the stress of everyday life, offering assistance during hardship. Come join us! You can make a difference in the lives of families we serve while their children receive treatment in the Pikes Peak region. Visit our website at **www.rmhcsoutherncolorado.org** for individual, pair and group volunteer opportunities.

A WALK IN THE WOODS FOR VETS AND FAMILIES

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.

Your first opportunity to enroll is:

Federal Benefits Open Season
November 12–December 10, 2018

The coverage effective date is:

January 1, 2019

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

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.

BENEFEDS™

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

FEDVIP

OPM.GOV

BEN10214 v.2 0718

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

the YMCA

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

/Fort-Carson-Army-Community-Service-286726775837

No federal endorsement of sponsors intended.

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

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

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

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
- Military DSN Tel: (312)691-2030

CHRISTMAS MEALS FOR MILITARY

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.

COMMUNITY THANKSGIVING MEAL

COMMUNITY THANKSGIVING MEAL

A FREE HOLIDAY MEAL
Tuesday, November 20
5:00 – 7:30 p.m.

What are you THANKFUL for?

Begin the season of giving here at the Southeast Armed Services YMCA. Our staff will prepare and serve a holiday meal while you relax and bond in fellowship with others in our community.

Preparation

Our giant turkey in the lobby will display the menu, If you wish to donate items to our meal please take from our wish list,

Please return the purchased item to the donation bin by Monday, November 19, We will transform these items into a wonderful Thanksgiving meal with all the trimmings,

RSVP online at ppymca.org/register

Search "2018 Community Thanksgiving Southeast"

Please RSVP by November 19.

For more information please contact Military Outreach Director Drew Aquino at daquino@ppymca.org.

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

/SoutheastArmedServicesYMCA

DIGITAL PHOTO CONTEST

This is an event encouraging novice or photography enthusiasts to capture their favorite views, moments and adventures from all across the world. Entries submitted showcase some of the most original and creative minds at work.

Entry Period

Nov. 12, 2018 - Jan. 20, 2019

For information and to enter, visit:
https://www.armymwr.com/programs-and-services/arts-and-crafts/digital-photo-contest

EXCHANGE HIRING FOR THE HOLIDAYS

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

langstonnm@aafes.com ***applymyexchange.com***

FILL THE FIELD

Date: Nov 1 2018, 12 a.m. - Nov 11 2018, 11:59 p.m.

All information is subject to change.

- #MountainPostliving Fill the Field Challenge Week (Nov. 1-11, 2018) provides opportunities to earn flags and fill the grassy area outside of Iron Horse Gym with flags in honor of Veteran's Day.
- Participants will have the opportunity to complete several fitness challenges.
- Once a challenge is complete, finishers will be entered into drawings for prizes.
- In addition, finishers will be issued flags to be displayed on the field adjacent to Iron Horse Physical Fitness center.
- The more challenges that you participate in, the more chances you will have to win.
- So, don't let this challenge slip away!

FAQ's

- This event is honor based.
- Anyone with gym access can enter the competition.
- Any questions, please call Jacob directly at (719) 526-3107.

List of Individual Challenges

- Walk or run a 5K (3.1 miles)...like the **Sweaty Sweater Fun Run on Nov. 3! Sign up online for $10/person ages 4+.**
- Climb the climbing wall
- Complete a group fitness class
- Swim a mile in the pool (35 laps)
- Complete 60 minutes on the elliptical.
- Bench Press (males 160lbs, Females 85lbs)
- Pull ups (Males 7, Females 2)
- Deadlift (Males 250 lbs., Females 135 lbs.)
- Complete a mile on the stair stepper (distance of the incline)
- Bike 10 Miles
- 3 point shoot-out (Monday-Friday 11:30 a.m.-12:30 p.m. on the basketball courts)
- Stop by the Fill the Field booth during the **Ski Expo at #MountainPostLiving Winter Kickoff**

FLORISSANT FOSSIL BEDS NOVEMBER ACTIVITIES

Activities Planned at Florissant Fossil Beds National Monument in November

Florissant Fossil Beds National Monument is open year-round. During November, the Monument is open daily9:00 AM – 5:00 PM.

Friday, November 9, Night Sky Program, 7:00 PM - 9:30 PM.

Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the visitor center.

Sunday, November 11, Fee Free Day for Veterans Day, 9:00 AM – 5:00 PM. All National Park Service areas, including Florissant Fossil Beds, will waive fees in honor of Veterans Day.

Saturday, November 17th, Winter Track Detectives! 11:00 AM – 12:30 PM. Join an interpretive park ranger for a guided hike (up to 2 miles) to discover the clues left behind by the Monument's wildlife. As a track detective, you might encounter tracks, scat, feathers, rubs, burrows, and much more left behind by birds, coyotes, elk, and badgers or perhaps even see some of the wildlife in person. Dress in layers and be ready to walk on uneven ground and possibly snow. Meet at the visitor center.

There are no additional fees for any park programs beyond the daily entrance fee of $7.00 per adult (15 and younger are free). Florissant Fossil Beds National Monument offers 15 miles of beautiful, yet lesser known, hiking trails to explore, a free Junior Ranger Program, three short self-guided trails, a park video and museum exhibits, and bookstore. For additional information, please call (719) 748-3253 or visit our website: Caution-www.nps.gov/flfo < or on Facebook or Twitter at /FlorissantNPS

FORT CARSON EXCHANGE HOLIDAY RETURN POLICY

HOME-AWAY-FROM-HOME HOLIDAY

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.

MILITARY FAMILY LIFE COUNSELORS

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.

MISSION: HEALTHY BABY MILITARY BABY SHOWER

MARCH OF DIMES

Join us for

MISSION: HEALTHY BABY®

The March of Dimes proudly invites you to a baby shower in your honor.

Join us in celebrating military moms and moms-to-be. Plus, you'll learn the best ways to stay healthy and relieve stress during and after pregnancy to get your baby off to the very best start!

WHEN

Thursday, December 13, 2018
10:00 am - 12:00 pm

WHERE

Hotel Elegante Conference & Event Center
2886 S. Circle Drive
Colorado Springs, CO 80906

RSVP

https://missionhealthybaby18co.eventbrite.com
Must be E1-E5 to attend

JOIN ONLINE

MISSIONHEALTHYBABY.ORG

MARCH OF DIMES

PHILIPS

HOTEL Elegante CONFERENCE & EVENT CENTER

© 2018 March of Dimes

PPCC VETERANS WEEK

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 LatinX 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.

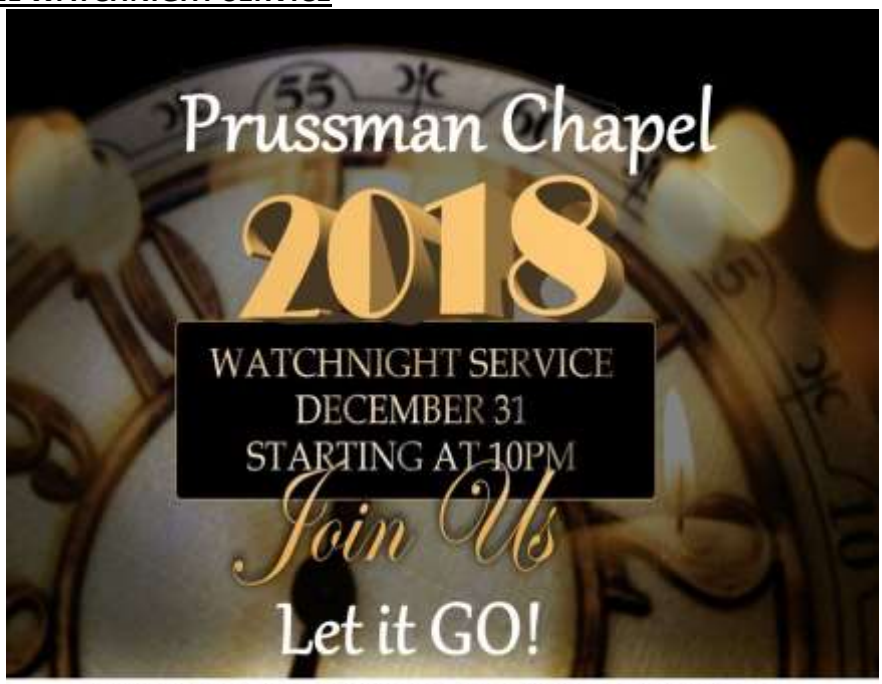
For a complete schedule of Combat Paper events, visit ppcc.edu/calendar.

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 WATCHNIGHT SERVICE



For more information, please email prussmanchapel@gmail.com

RELIGIOUS SUPPORT OFFICE HOLIDAY ACTIVITIES

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 Pie Social	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

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

Fort Carson Religious Support Office
719-526-5744

VETERANS APPRECIATION BREAKFAST

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

NEW PARENT SUPPORT PROGRAMS

NEW PARENT SUPPORT PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

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

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

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

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

SOLE PARENTING GROUP

AUTISM R.I.S.E. RESPITE PROGRAM

the YMCA

Children's Hospital Colorado Colorado Springs

Partners in Youth Development

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

RECREATION · INTEGRATION · SOCIALIZATION · EMOTIONAL WELL-BEING

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

WHO: Ages 6 – 12

WHEN: Saturdays

TIME: 1:30 – 4:30 p.m.

WHERE: Briargate Family Center YMCA
4025 Family Place
Colorado Springs, CO 80920

COST: $55 per day

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

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

"BE THERE" PEER SUPPORT

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.

Fort Carson

Career Skills Program

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

Microsoft EMBRY-RIDDLE Aeronautical University	**18-Week** IT Server & Cloud Administration training & guaranteed interviews with Microsoft and/or Industry Partners.	secure|set ACADEMY	**21-week** Cybersecurity Training Program & interviews with Industry Partners.
VA U.S. Department of Veterans Affairs	**10 to 12-Week** Training in VA Comp Claims with placement at VA Regional Benefits Offices.	Colorado Drives PHIL LONG Since 1945	**8-Week** Training and Internship in Automotive Sales with placement in Colorado Springs or Denver.
UNITED ASSOCIATION VFUA VETERANS IN PIPING	**18 -Week** Accelerated Training in Pipe Welding and placement in Apprenticeship & employment – over 300 locations.	ABF Freight TEAMSTERS MILITARY	**6-Week** Intensive CDL training and job placement across the country.
ONWARD TO OPPORTUNITY	**10-Week** no-cost training and certification in over 30 top-paying career fields and direct connections to over 500 military-friendly employers.	VLCMT	**16-Week** Fellowship that provides management training & local government experience.
HIRING OUR HEROES	**12-Week** Fellowship that provides civilian work experience & professional development.	Ryder Ever better.	**12-Week** Diesel Technician Training Program with placement at locations across the country.
HBI BUILDING CAREERS	**12-Week** Pre-Apprenticeship Certificate Training in building methods/trades with job placement across the country.	PMG	**20-Week** MIG Welding Certification and Internship with placement across the country.
CALIBER COLLISION	**18-Week** intensive training program to teach skills required to become an Auto Body Collision Technician with placement across the country.	CAMPING WORLD	**12-Week** individual internship to teach skill sets needed to effectively repair/maintain RVs with placement.

CIVVIES

CIVVIES
CIVILIAN WEAR FOR MEN & WOMEN
Mt Carmel
CENTER OF EXCELLENCE
Discover Goodwill
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 FREE HOME SUPPORT PROGRAM

PEAK VISTA COMMUNITY HEALTH CENTERS

FIRST VISITOR

Knowledge • Resources • Support

First Visitor

Unleash the power of parenting!

"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.

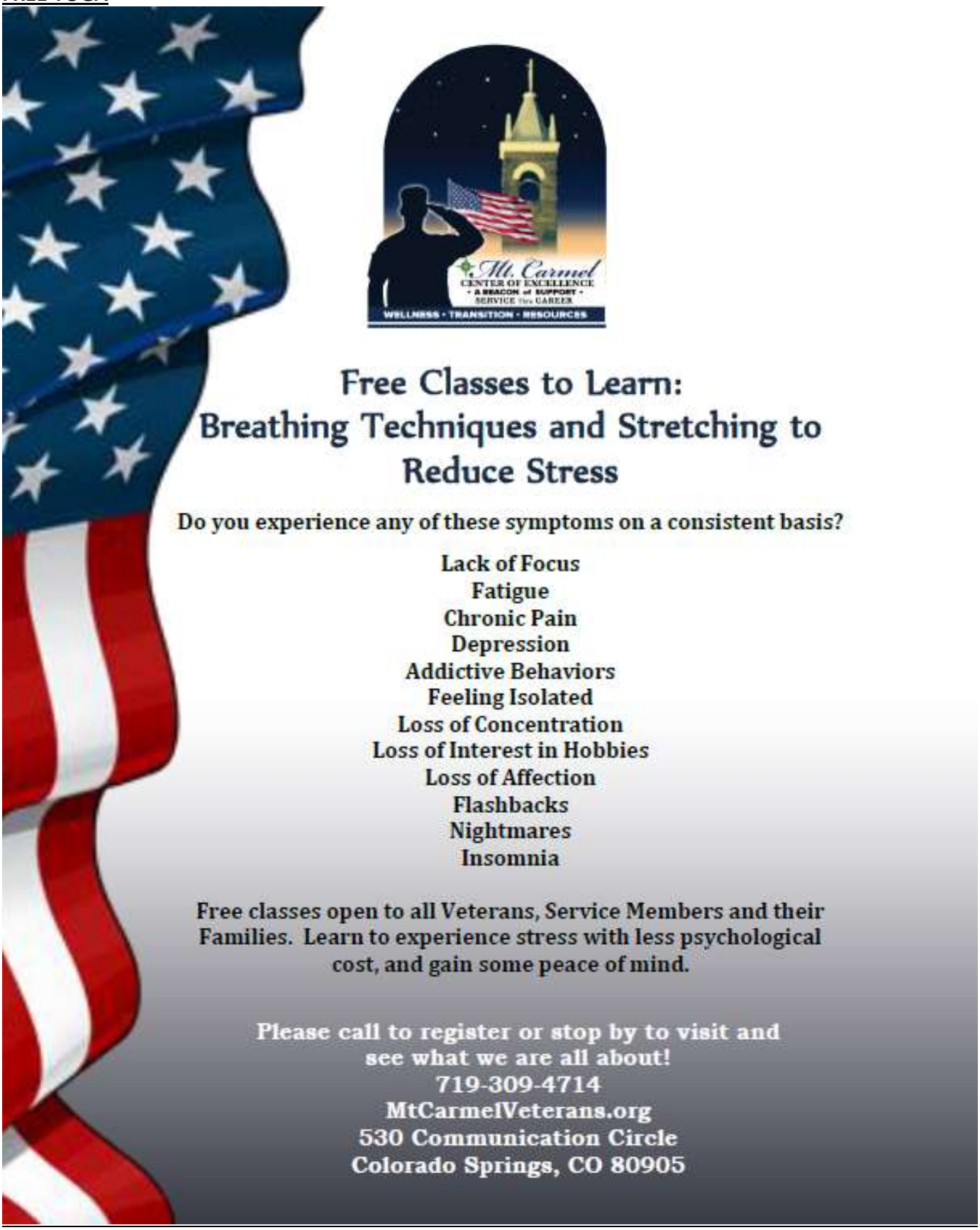
Program C
24 mos. - 36 mos.

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

FREE YOGA


Mt. Carmel
CENTER OF EXCELLENCE
WELLNESS • TRANSITION • RESOURCES
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 BUILDERS FAMILY LIFE CENTER

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

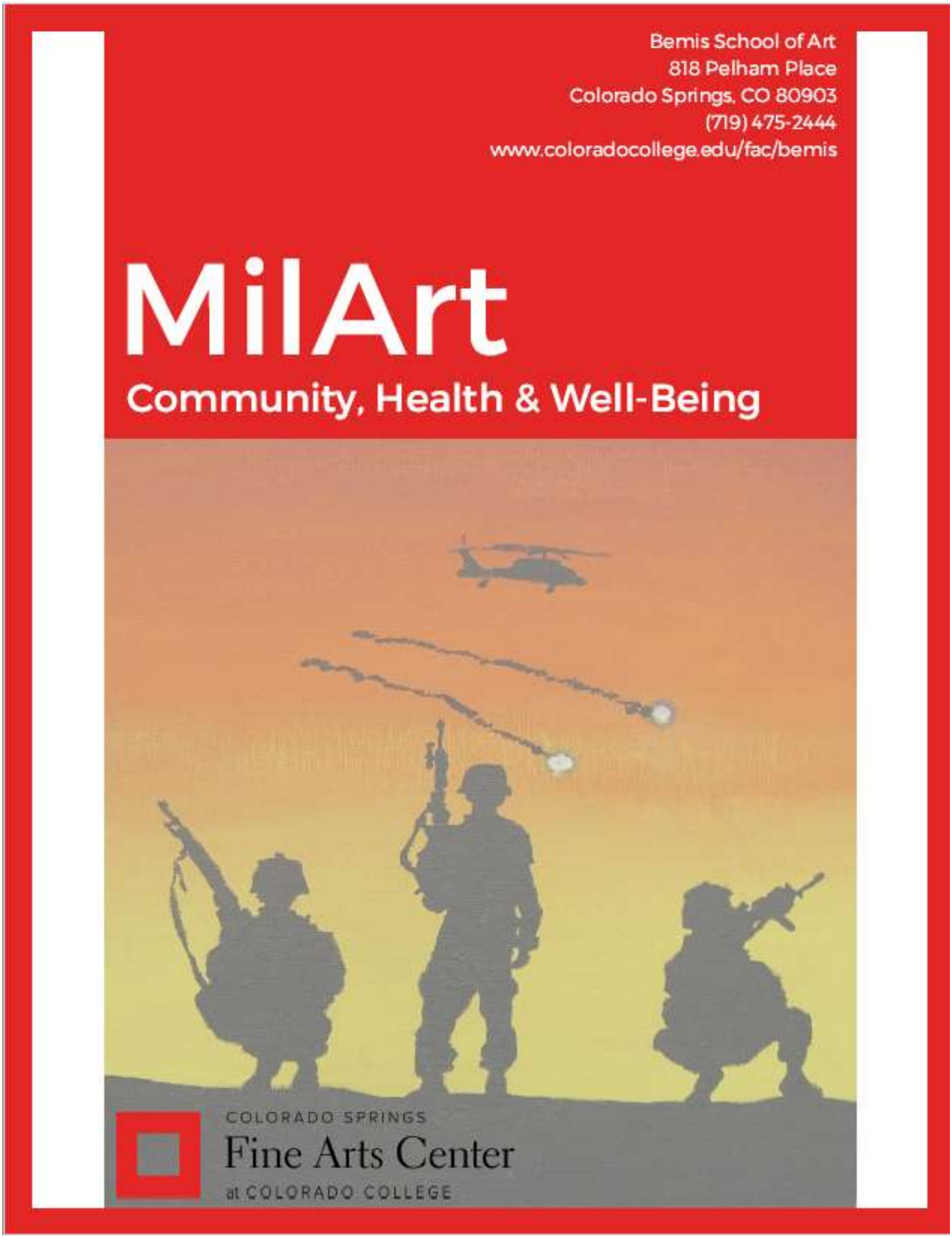
Call: 719-464-6676

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.



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.

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.

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.

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

the YMCA

ARMED SERVICES YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

★ MILITARY ★

PARENT'S NIGHT OUT

Southeast & Armed Services YMCA

MILITARY PARENTS

NEED SOME TIME ALONE?

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

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

2018 DATES

April 21
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. ★ ★ ★

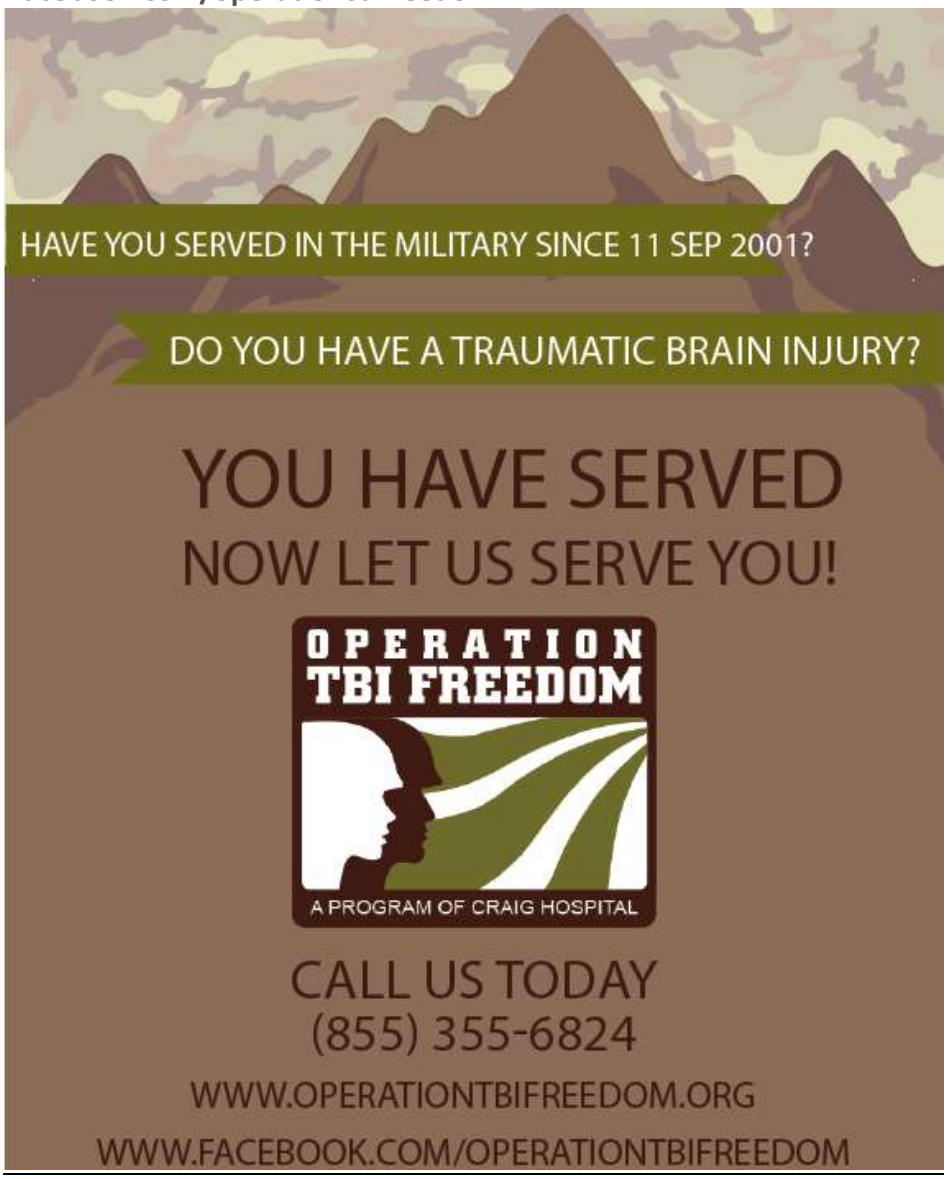
OPERATION TBI FREEDOM

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**



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

Peak Military Care Network

connecting people to resources

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

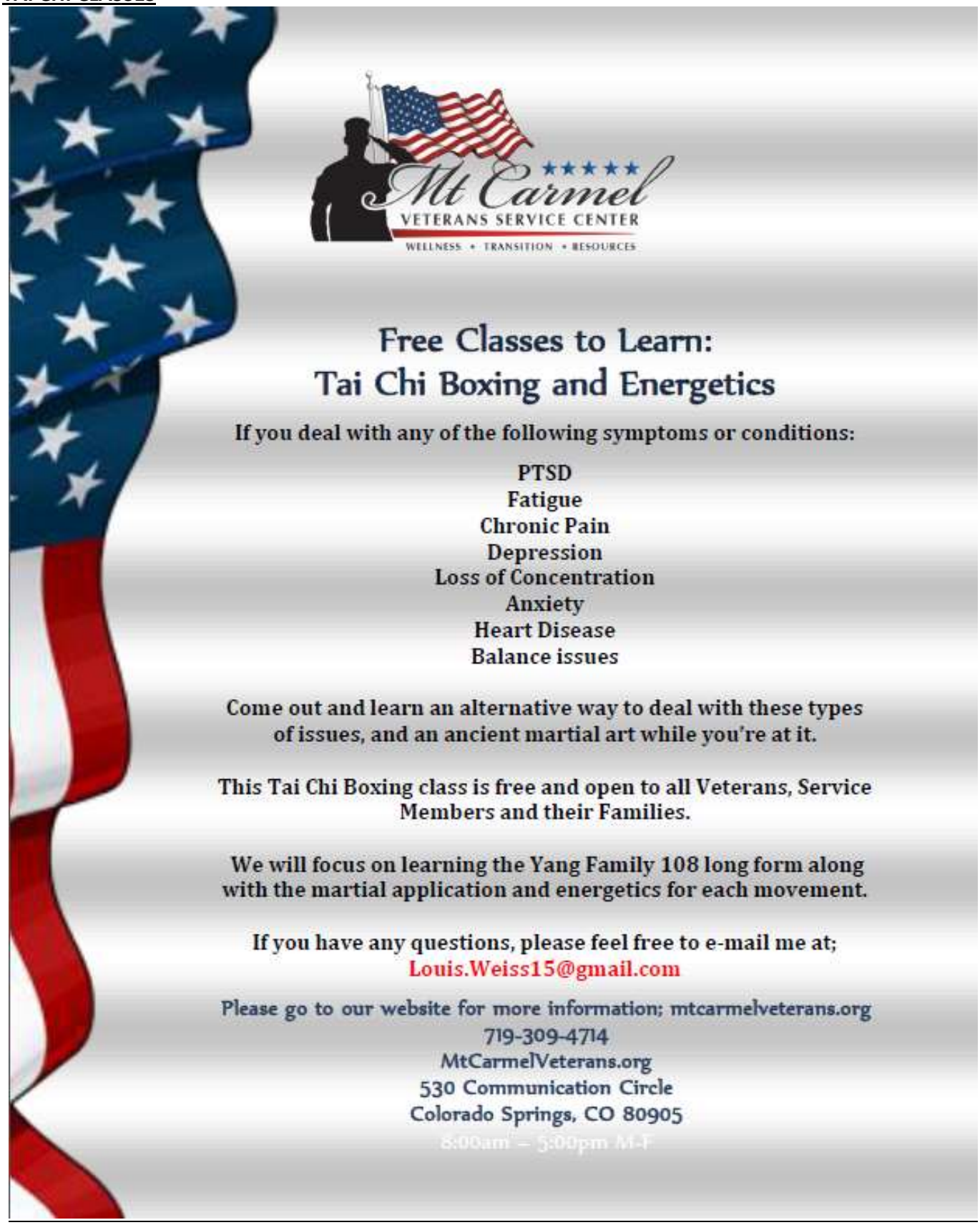
One contact, multiple resources making it easier for you and your family

719-577-7417 | www.pmcn.org

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

PROJECT RIGHT DIRECTION

TAI CHI CLASSES



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