

17 March 2021

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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.



Give us a call at (719) 526-4590

Visit our webpage at: www.carson.army.mil/ACS

The "Pass It On" is available online at:

<https://carson.armymwr.com/programs/community-information-newsletter-pass-it>

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Army Emergency Relief

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**ARMY
EMERGENCY RELIEF**
SOLDIERS HELPING SOLDIERS SINCE 1942

**A HAND-UP
FOR SOLDIERS**
1 March to 15 May

AER is your tool in times of need.
Talk to your chain of command or
local AER Officer if you need help.

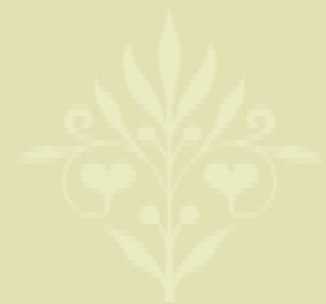
Stand with your squad and make
a small monthly gift to the Army's
own charity.

Donate today
<https://give.armyemergencyrelief.org/FTCARSON>

www.carson.army.mil/acs
Search: Army Emergency Relief
For more information, call (719)526-4783



The Army's 79th
Annual AER
Campaign is March
1st – May 15th and
AER can triple your
donation!
A \$5 donation
equals \$15 in
Soldier support!



To donate now,
[CLICK HERE!](#)

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Automatic Shuttle Service Suspended

The Mountain Express Automatic Shuttle is temporarily suspending service for the week of March 15-19 for technology testing and weather concerns.

TAP Upcoming Events

Tips: Transitioning from active service within the next two years? Did you know that it is a congressionally mandated requirement for service members to have the opportunity to begin TAP not later than 365 days prior to their anticipated transition? Transitioning service members can begin TAP 18 months prior to ETS or 24 months prior to retirement. Get started by stopping by Fort Carson TAP, Monday–Friday 9 a.m. to 3 p.m. to register and get scheduled for your initial counseling and pre-separation counseling appointments. All other requirements are explained in detail during those first two appointments. For more information, call the front office at 526-1001/1002.

War Dog Memorial Postponed

Due to expected inclement weather this weekend, the War Dog Memorial Run previously set for March 13 has been rescheduled for April 17. Registration has been reopened and is available until the maximum capacity of 300 participants has been reached. Visit <https://www.eventbrite.com/e/war-dog-memorial-5k-fun-runwalk-tickets-136620641015> for more information and registration.

Easter Bunny Visit

The Easter Bunny will be at the Fort Carson Exchange March 19-20 from 11 a.m. to 3 p.m. Face coverings and social distancing will be required for attendees at the event.

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Boy Scout Meetings

Boy Scout Troop 164 hosts troop meetings every Tuesday at 6:30 p.m. on Fort Carson. Due to COVID-19 safety guidelines, contact the troop at ftctroop164@gmail.com before attending the meeting.

Tactical/Tech Event

A free Virtual Fort Carson Tactical and Tech Showcase, hosted by the Regional Network Enterprise Center, is scheduled for March 18 at 9 a.m. on Microsoft Teams. Attendees must register in advance by emailing Olivia D'Ovidio at dovidio@ncsi.com or visit www.militaryexpos.com/fortcarson/attend/

COVID-19 Information

To see the latest information on Fort Carson's measures to prevent the spread of COVID-19 and for frequently asked questions and other information on the pandemic, visit <https://www.carson.army.mil>. To ensure the most current page is viewed, refresh the internet browser by pressing the "Control" and "F5" keys.

DHR Relocation

All services provided by the Directorate of Human Resources (DHR) that were conducted from building 1218 have now been moved to building 1012. These services include:

- Administrative Services Division (ASD) - 719-526-9891
- Publications - 526-4458
- Privacy Act/FOIA - 526-2114
- Casualty Assistance - 526-5613
- Directorate staff - 526-4312

All classes normally conducted will also be moved to this new location.

The USO, (phone 571-217-9573), will also have an office in building 1012 in room 211 until its main facility has been completed.

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March 19—Register by clicking [HERE!](#)
April 2—Register by clicking [HERE!](#)

Sign up for the next 'How to Help a Friend' Class

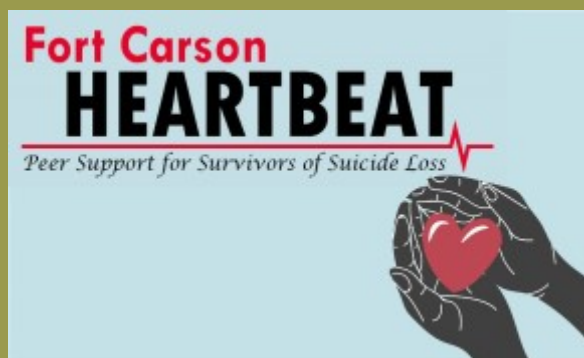
This class will explore the ways a person becomes trapped in an abusive relationship by examining: the cycle of violence model and barriers to "just leaving", the signs of domestic violence, physical signs and subtle signs, ways to broach the subject, ways to safely connect a person to help using on post and off post resources, and Ft. Carson resources and off-post agencies.



March 19—Register by clicking [HERE!](#)
April 16—Register by clicking [HERE!](#)

Sign up for the next 'Mountain Post Living— Welcome for Spouses and Families'

Welcome to Fort Carson. You are invited to our Mountain Post Living Welcome for Spouses and Families. You'll meet other new spouses, get "insider tips" from spouses familiar with the area and have an opportunity to ask questions about your new home.



March 23—Register by clicking [HERE!](#)
April 13—Register by clicking [HERE!](#)

Sign up for the next 'Fort Carson Heartbeat'

HEARTBEAT is a non-profit organization created by LaRita Archibald following the loss of her son to suicide in 1980. We are a peer support group offering empathy, encouragement, and direction following the suicide of a loved one.

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Sign up for the next 'Financial Strength Budgeting 101' Class

If you are experiencing living paycheck to paycheck and find it difficult to manage your money or are in need of a security clearance for your job, please consider attending the virtual basic

March 24—Register by clicking [HERE!](#)
April 14—Register by clicking [HERE!](#)



Sign up for the next 'Center on Fathering' Class

These classes will encourage father-child relationships, cultivate bonding, attachment, communication and build family resiliency.

March 30—Register by clicking [HERE!](#)
April 13—Register by clicking [HERE!](#)



Sign up for the next 'Scream Free Marriage' Class

Learn to relate with your partner in a calm, cool and connected way. This four part series includes topics such as: Calming Down, Growing Up and Getting Closer, The Fires of Lifelong Commitment, and Getting Closer with Intimacy and Love.

March 24—Register by clicking [HERE!](#)

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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DATE	CLASS	TIME
March 19th	<u>Foundational Readiness Classes for Your Personal Finances /Developing a Spending Plan</u>	9:30am to 10:30am
	<u>Play Group</u>	10am – 12pm
	<u>Mountain Post Living Welcome for Spouses and Families</u>	10:30am – 11:30am
	<u>Foundational Readiness Classes for Your Personal Finances /Take Control of Your Personal Finances</u>	11am—12pm
	<u>How to Help a Friend</u>	1pm—2pm
March 22nd	<u>Art and Movement</u>	10:30am—11:30am
March 23rd	<u>Infant Massage and Baby Nurturing</u>	9:30am—11am
	<u>Center on Fathering</u>	1pm—3pm
	<u>Federal Resume and USAJobs.gov</u>	1:30pm—4:30pm
	<u>Heartbeat</u>	6:15pm—8pm
March 24th	<u>Nurturing Ages 0-5</u>	9:30am—11:45am
	<u>Financial Strength Budgeting 101</u>	10am—11am
	<u>Scream Free Marriage</u>	11am—1pm
	<u>Sole Parenting Group</u>	12pm—1pm
	<u>Homebuyers Workshop</u>	1pm—4pm
	<u>Nurturing Ages 3-12</u>	5:30pm—7:45pm
March 25th	<u>Toddler Time</u>	9:30am—11am
March 26th	<u>Foundational Readiness Classes for Your Personal Finances /Thrift Savings Plan</u>	9:30am to 10:30am
	<u>Play Group</u>	10am –12pm
	<u>Foundational Readiness Classes for Your Personal Finances /Car Buying</u>	11am—12pm
March 30th	<u>Command Family Readiness Representative (CFRR) Academy</u>	9:30am—4pm
	<u>Infant Massage and Baby Nurturing</u>	9:30am—11am
	<u>Center on Fathering</u>	1pm—3pm
March 31st	<u>Command Family Readiness Representative (CFRR) Academy</u>	9:30am—4pm

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
March 31st	<u>Nurturing Ages 0-5</u>	9:30am—11:45am
	<u>Scream Free Marriage</u>	11am—1pm
	<u>Volunteer, VMIS, and OPC Training</u>	1:30pm—3pm
	<u>Nurturing Ages 3-12</u>	5:30pm—7:45pm
April 1st	<u>Professional Development Series: LinkedIn Fundamentals</u>	9:30am—10:30am
	<u>Toddler Time</u>	9:30am—11am
	<u>National Child Abuse Prevention Month Kick-Off</u>	10am—12pm
	<u>Thrift Savings Plan (TSP) Class</u>	1pm—2pm
	<u>Latino Meet-Up</u>	2pm—4pm
	<u>Light It Up Blue</u>	12am—11:55pm
	<u>Foundational Readiness Classes for Your Personal Finances / Developing a Spending Plan</u>	9:30am—10:30am
April 2nd	<u>Play Group</u>	10am—12pm
	<u>Foundational Readiness Classes for Your Personal Finances / Take Control of Your Finances</u>	11am—12pm
	<u>How to Help a Friend</u>	1pm—2pm
	<u>Parents as Teachers</u>	10:30am—11:30am
	<u>Boot Camp for New Dads</u>	9am—12pm
April 6th	<u>Banking Management</u>	9:30am—10:30am
	<u>Employment Readiness Orientation</u>	9:30am—10:30am
	<u>Everyday English for Foreign Born Spouses</u>	9:30am—11:30am
	<u>Infant Massage and Baby Nurturing</u>	9:30am—11am
	<u>Center on Fathering</u>	1pm—3pm
	<u>Launching Hope</u>	1pm—3pm

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EFMP Exceptional Family Member Program

EXCEPTIONAL FAMILY MEMBER PROGRAM

Please direct your inquiries to the appropriate EFMP Office:

Evans Army Community Hospital (EACH)

EFMP Office – Ivy Clinic

1650 Cochrane Circle., Building 7500

Fort Carson, CO 80913-4604

(719) 526-7805

usarmy.carson.medcom-each.list.efmp@mail.mil

EFMP Office at Evans Army Community Hospital can assist you with the following:

- Questions/concerns regarding EFMP enrollment (initial enrollment, updating, dis-enrollment, issues with enrollments).
- Family Member Travel Screening (FMTS) conducted when a Soldier desires to have Family members accompany him/her to an overseas duty location (to include Alaska and Hawaii).

Army Community Services (ACS)

EFMP Office – ACS Annex

1481 Titus Blvd., Building 7492

Fort Carson, CO 80913-4604

(719) 526-0400

usarmy.carson.imcom-fmwrc.list.dfmwr-w-acsexceptional-fam-mbr@mail.mil

EFMP Office at Army Community Services can assist you with the following:

- Family support to help you find and navigate services
- Connection to resources, both military and local community
- Understanding what programs/services are offered, how to determine eligibility and how to apply for benefits and entitlements
- Information regarding early intervention, local educational support services and for families with special needs
- Provide your family with non-clinical case management, including individualized family services plans, to help establish and meet goals

**WE KNOW THE SYSTEM.
WE CAN HELP.**

Visit our webpage [HERE!](#)

ACS Employment Readiness Program

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EMPLOYMENT READINESS PROGRAM

One-on-One
Appointments for
resume reviews,
individual career
counseling, and
Interview prep.

Resume
Reviews

Weekly Jobs
Spotlight

Workshops to
support career
readiness

Scholarship,
Certification, and
Licensure
Reimbursement
Information



Fort Carson ACS
(719) 526-4590

FORT CARSON EMPLOYMENT READINESS

Write a Winning Resume Workshop

Learn how to:

- showcase your experience
- highlight your professional accomplishments.
- write an effective resume

To Register, visit: www.carson.armymwr.com/calendar
LinkedIn@fortcarsonacsemploymentreadinessprogram
FB@fortcarsonacsemploymentreadiness



Visit our webpage [HERE!](#)

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COLORADO EMPLOYER PANEL



by amazon pharmacy



mears



TRANSITIONING SERVICE MEMBERS & VETERANS

Join NextOp and USO Colorado virtually for an Employer Panel on Thursday, March 18th. During this panel Amazon, Aramark Uniform Services, Mears, and Lockheed Martin representatives will provide information on their current hiring needs. Each company will be answering questions from participants on the following talking points.

- Real-time information on the current job market
- Application and Hiring Processes
- Resume Assistance
- Interview Tips
- Networking Opportunities

WHEN: March 18, 2021 – 1200 to 1400 MST

WHERE: Zoom Virtual

Register at <https://co-mil-emp-panel.eventbrite.com>

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Providing military spouses the opportunity to earn a career-enhancing credential—the Accredited Financial Counselor® (AFC®)—while providing financial counseling and education to the military community.

LEARN MORE OR APPLY:

www.SaveAndInvest.org/Spouse

CONNECT WITH US

- Like FINRA Foundation on Facebook
- Follow @FINRAFoundation on Twitter

FINRA Investor Education Foundation MILITARY SPOUSE FELLOWSHIP PROGRAM

HOW DOES THE FELLOWSHIP PROGRAM WORK?

The Fellowship is provided by the FINRA Investor Education Foundation in partnership with the Association for Financial Counseling and Planning Education® (AFCPE®), which administers the certification.

The FINRA Foundation Fellowship provides military spouses with:

- portable job skills that can be transferred no matter where the next PCS takes them;
- the ability to give back to the military community by promoting financial readiness at installations around the world;
- a credential to help jumpstart a career in financial counseling; and
- access to a large support network of FINRA Foundation Military Spouse Fellows and other military financial educators.

FINRA Foundation Military Spouse Fellows Are Employed As:

- On-base Personal Financial Managers
- Financial Educators and Coaches
- Mortgage Counselors
- Credit & Debt Counselors
- They also volunteer with service-relief societies, family readiness groups and many others.

SINCE 2006

1,600+
FELLOWSHIPS
AWARDED

155,000+
SERVICEMEMBERS &
FAMILIES COUNSELLED

506,000+
COUNSELING HOURS IN THE
MILITARY COMMUNITY



FINRA is a not-for-profit organization dedicated to investor protection and market integrity. It regulates one critical part of the securities industry—brokerage firms doing business with the public in the United States. The mission of the FINRA Investor Education Foundation is to empower underserved Americans with the knowledge, skills, and tools necessary for financial success throughout life. FINRA and the FINRA Foundation do not sell investment products, promote products or firms, or offer specific investment advice.

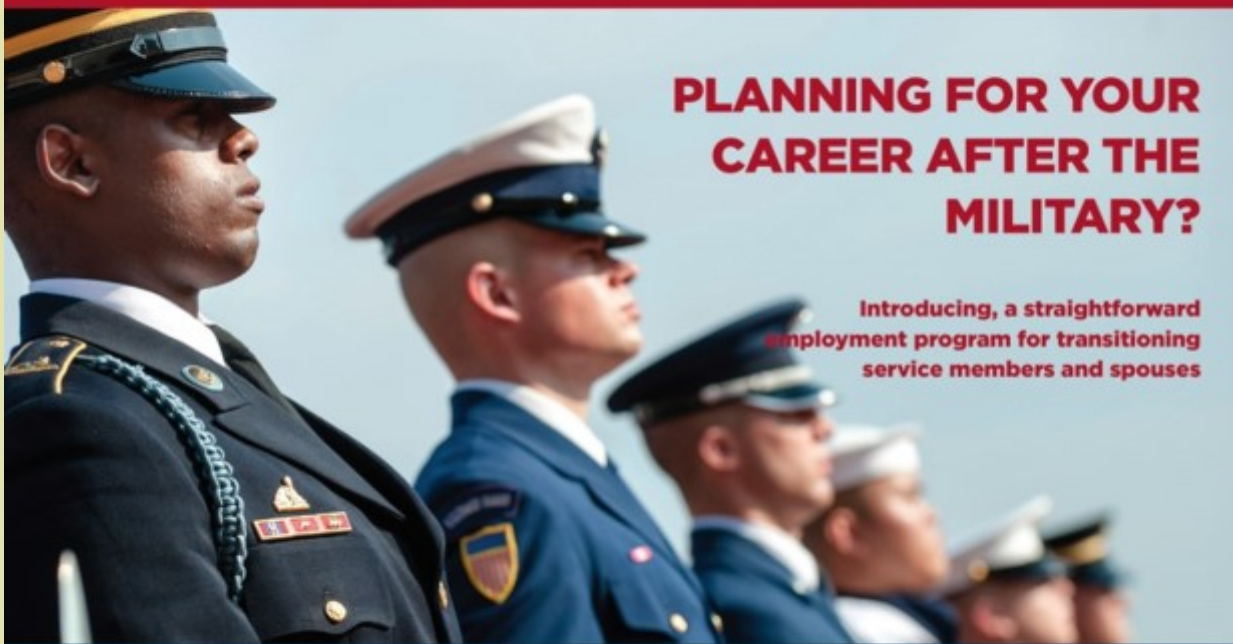
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ONWARD TO OPPORTUNITY

IN PARTNERSHIP WITH:



PLANNING FOR YOUR CAREER AFTER THE MILITARY?

Introducing, a straightforward employment program for transitioning service members and spouses



WHAT IS O2O-VCTP?

Onward to Opportunity in partnership with the Veterans Career Transition Program (O2O-VCTP) understands the time to train and place military families in jobs is while you're still serving and not after.

With no-cost training and certification in over 30 top-paying career fields and direct connections to over 500 military-friendly employers, this career transition program utilizes in-person and online learning options to best fit your needs.

During the program, you are also connected to Hire Heroes USA, our national career services partner program that provides free, personalized career coaching and job sourcing.

Please visit onward2opportunity-vctp.org or talk with your installation Program Manager for more information.



ELIGIBILITY

Active Duty Service Members
(to include active guard and reserve) within 6 months of separation or retirement

National Guard and Reserve
currently serving in a non-active status

Post 9/11 veteran
(retired or separated) with an honorable discharge

Spouses
of any active duty service member, post 9/11 veteran and active duty National Guard or Reserve.

ONWARD2OPPORTUNITY-VCTP.ORG

@Onward2oppVCTP

@IVMFSyracuseU



A program of the Institute for Veterans and Military Families.

JPMORGAN CHASE & CO.



accenture
High performance. Delivered.



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ONWARD
TO
OPPORTUNITY

IN PARTNERSHIP WITH:



CERTIFICATION TRAINING TRACKS*



BUSINESS MANAGEMENT

Project Management:

- PMP
- CAPM
- Six Sigma Green Belt

Human Resources:

- aPHR
- PHR
- SPHR

Customer Service Excellence:

- Call Center Fundamentals



INFORMATION TECHNOLOGY

• CompTIA A+

- Security+
- Cloud+
- Linux+
- Server+
- Network+
- SSCP
- CISSP
- GIAC
- GSEC

• GCIAH

- Certified Ethical Hacker
- CCENT
- CCNA
- ITIL
- Java SE7 & SE8
- Oracle 11G & 12C



DIRECT TO EMPLOYMENT

Complete the O2O assessment and if eligible, be fast-tracked to employment support and interview matching from Hire Heroes USA.

*Courses may vary based on location. Please contact your local installation team.

TESTIMONIAL

QUENTIN HAGEWOOD

U.S. Army Veteran, O2O-VCTP Fort Carson Graduate

Current Position:

Network Operations Center Technician at CenturyLink

Track:

IT (Cisco Certified Network Associate)

"The O2O program offered through the IVMF has provided a fantastic opportunity for me and my wife to obtain highly demanded professional certifications at no cost to us. These certifications give us valuable knowledge as well as make us more marketable in the civilian job market. The courses are challenging and managing your time in order to learn the material and complete the certifications successfully is critical, but well worth it!"



WHY O2O-VCTP?

- ▶ Onward to Your Career Training and access to online learning pathways.
- ▶ Direct connections to 500+ national employer partners through Hire Heroes USA
- ▶ Networking opportunities and connections
- ▶ One FREE industry certification exam
- ▶ FREE resume assistance, interviewing technique training and interview matching to employers in your industry
- ▶ Non-credit certificate of completion from the IVMF at Syracuse University upon course completion



FOR ADDITIONAL INFORMATION

▶ INSTALLATION TEAM

JOE ALDAZ, FORT CARSON PROGRAM MANAGER

E jvaldaz@syr.edu

KATRINA LUSK, FORT CARSON PROGRAM COORDINATOR

E kmilusk@syr.edu

INTERESTED EMPLOYERS CONTACT

▶ ANTHONY COSBY

DIRECTOR, EMPLOYER OUTREACH | O2O-VCTP
INSTITUTE FOR VETERANS AND MILITARY FAMILIES

T 210.844.8154 | E atcosby@syr.edu

*O2O-VCTP leverages DoD SkillBridge authority to conduct career skills training on US military installations. The DoD and Service Branches do not endorse any company, sponsor or their products or services.

APPLY NOW ▶ ONWARD2OPPORTUNITY-VCTP.ORG

Military and Family Life Counseling (MFLC)

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**MILITARY & FAMILY
LIFE COUNSELING**

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.

**Military
& Family
Life
Counseling**

Need to talk?
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



Visit our webpage [HERE!](#)

Mountain Post Spouses' Club

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www.mpsc.us

Mountain
Post
Spouses'
Club

Supporting Soldiers,
Spouses and Dependents

— Since 1960 —

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.

Visit
www.MPSC.us
to learn more!

HOTLINKS

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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Schriever AFB MWR](#)

[Social & Dining](#)

[Specialty Services](#)

[Sports & Fitness](#)

[Tickets \(Leisure Travel Services\)](#)

[U.S. Air Force Academy MWR](#)

[United Service Organizations \(USO\)](#)



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About CommUNITY Pantry

Solid Rock Community Development Corp's Food Pantry's goal is to assist in alleviating hunger in SE Colorado Springs by collecting food for distribution through a network of service agencies (Care and Share, Colorado Food Rescue, COSILove YOU and Harrison School District 2) that will support our efforts. The location of SRCDC food pantry will be at Mission Trace Shopping Center.



Weekly Food Pantry Pickups
EVERY TUESDAY, 2PM - 4PM
Mission Trace Shopping Center
3219 South Academy Boulevard Colorado Springs, CO 80916

Monthly Drive Thru / Walk Up
2ND FRIDAYS, 3:30PM - 6PM
Mission Trace Shopping Center
3219 South Academy Boulevard Colorado Springs, CO 80916

Learn More [HERE!](#)

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MOBILE FOOD PANTRY LIST

AGENCY	DISTRIBUTION TIME
BLANCA/FORT GARLAND COMMUNITY CENTER 17591 Hwy 160, Blanca, CO, 81123	1 st Monday 9:00 a.m.
CRESTONE FOOD BANK 108 W. Galena Ave., Crestone, CO, 81131	1 st Tuesday 9:00 a.m.
DEERFIELD HILLS COMMUNITY CENTER 7290 Deerfield Hills Rd., Colorado Springs, CO, 80916	4 th Friday 11 a.m.
EASTSIDE ACTION SUPPORT TEAM 1315 E 7 th St., Pueblo, CO, 81001	3 rd Friday 2:00 p.m.
PEAK VISTA 350 Lyckman Dr., Fountain, CO, 80817	2 nd Friday 9:00 a.m.
PRAISE COMMUNITY CHURCH E. 3 rd & E. 4 th , Florence, CO, 81226	1 st Friday 12:00 p.m.
UTE MOUNTAIN UTE TRIBE 311 S. Sunset Blvd., Towaoc, CO, 91334	3 rd Tuesday 11:00 a.m.



► For additional food pantry referrals dial 2-1-1 or visit the FindFood link on www.careandshare.org

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CARE CENTER

at Pikes Peak Christian Church

Our Food Pantry is Open
Mon & Wed 10-12 / 1-4pm
Friday 9-12pm

4955 Bradly Rd

Colorado Spring CO 80911

Rgonzalez@yes2God.org

(719) 392-8855

Rent and Utility assistance Available Monday and Wednesday by
appointment only Restrictions may apply 719-392-8855

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Marian House Marketplace

14 W. Bijou, Colorado Springs, CO 80903

**Catholic Charities of Central Colorado
Opens Food Pantry at the Marian House Campus!**



Donate

FOOD DONATIONS

can be dropped at 14 W. Bijou St., 8 a.m. - 2 p.m., Monday through Saturday. For large food donations, please call 719-866-6288

CASH

- ONLINE at CCharitiesCC.org
- BY MAIL to 228 N. Cascade Ave., Colorado Springs, CO 80903
- CALL 719.866.6422

Volunteer

Call Doug Rouse at 719-866-6286

Questions

Call Rob Stinson at 719-866-6288

Catholic Charities is expanding services to offer fresh and shelf-stable, healthy foods for families and individuals in crisis in downtown Colorado Springs. Now, people can not only engage in job search and improve employment skills, access healthcare, receive case management, and enjoy a hot, nutritious meal, they can "shop" at the new *Marketplace* for a variety of healthy food to cook at home. These combined services, all located at the Marian House Campus, help families move toward a higher level of stability.

Participants Must Enroll Prior To Shopping

Call 719-866-6288 or Email Pantry@CCharitiesCC.org
Hours of operation: M, W, F 1:30 pm—3:00 pm

What's Available?

- Fresh fruit and vegetables
- Dairy and meat
- Cereal and grains

How Often Can I Shop?

Food allotments are once per month per family

Participants must have their own transportation and refrigeration, and must have an income under \$4,367 per month for a family of four.

One Stop Service at the Marian House Campus



Groceries



Hot Meals



Employment



Case Management



Medical

Note: Families receive case management / life coaching at Family Connections at the Helen Hunt Campus

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Fort Carson Religious Services

Sunday

Catholic Mass	Soldier Memorial Chapel	
	0900 and 1030	
Live stream - https://www.facebook.com/Our-Lady-of-Fort-Carson-622517474897811/		
ChapelNext	McMahon Theater	1000
Live stream - https://www.facebook.com/chapelnexftfortcarson/		
Traditional Protestant	Provider Chapel	1100
Live stream - https://www.facebook.com/ProviderChapel/		
Gospel Service	Prussman Chapel	1100
Live stream - https://www.facebook.com/GospelService/		
Samoan	Veterans Chapel	1100
Live stream - https://www.facebook.com/4samoanprotserviceftcarson/		
Liturgical Service	Soldier Memorial Chapel	1800
	No Live Stream Currently	

Tuesday

Jewish Studies	Veterans Chapel	1200
	No Live Stream Currently	

Tuesday / Thursday

Catholic Mass	Soldier Memorial Chapel	1145
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NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

Chaplain Hotline
(719) 387-1574

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

KIDS FOR JESUS

CHAPEL NEXT

CHILDREN'S CHURCH

CHAPEL NEXT
FORT CARSON
Children's Church

GOSPEL PROJECT
FOR KIDS

AGES 3-11

BASIC DETAILS

- SUNDAY'S 0945-1115
- FAMILY LIFE CENTER
- GOSPEL DRIVEN TEACHING
- LEARN ABOUT JESUS
- MASKS REQUIRED
- ID REQUIRED FOR PICKUP

STARTING 21 FEBRUARY

CALL US: (816) 890-8386
8106 1659, FORT CARSON, CO 80913

Volunteers Needed

We are rebooting the Fort Carson AWANA Program.
A Christian, Bible based club for kids.

We need small groups leaders
for kids ages from 2 yrs old to 12th Grade

Commitment:
Background Check
Approximately 3 hours per week

POC: Heidi McAllister
heidi.a.mcallister.civ@usa.army.mil



Heroes' Legacy Scholarship

College scholarships for children of service members who've died or become seriously injured in the line of duty since 9/11.

Click [HERE](#) For More Information



Military Spouses

Scholarship funds can be used towards degrees, certifications, licensure, clinical supervision for mental health licensure, CEUs, business expenses and more!

Click [HERE](#) For More Information



Search for Scholarships

Find even more scholarships available for children and spouses of military (active, reserve, retired) and veterans.

Click [HERE](#) For More Information

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MILITARY *families* MAGAZINE

Click [HERE](#) for 35+ Scholarships
for Military Spouses and Military Kids

Military Family Member Scholarship Opportunities

Click below to learn more!

Nationwide Surviving Spouse and
Dependent Children Scholarship Program

Marine Gunnery Sergeant
John D. Fry Scholarship

Fisher House Foundation
Scholarship Program

No Angel Left Behind

Freedom Alliance

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How It Works: Tutor.com Classroom

Connecting with expert tutors for on-demand, 1:1 help

The expert tutors at Tutor.com can help you work through a tough homework problem, improve your writing skills, study for a test, review a difficult concept and so much more!



Connect with a tutor now



Get Started

1. Go to: tutor.com/military.
2. Review eligibility requirements.
3. If eligible, create or sign into your free Tutor.com account.
4. Click on "Connect with a Tutor."

01

Get the right tutor

Fill in the quick pre-session questionnaire. Using this information, we will match you with the first available tutor best qualified to assist you.

What do you need help with today?

Please take a moment to review our honor code.

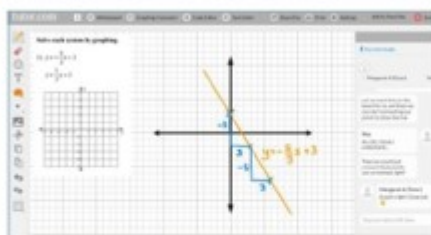
Topic: Subject:

Enter your question:

Type your question here.

Attach a file

02



Communicate

You can use our chat box or an audio connection to either instant message or speak with your tutor once in the online classroom. You and the tutor may also use the interactive whiteboard to share work and ideas. All activity in the classroom is recorded for review and quality control.

03

Share a file

You can share many types of files with your tutor in the classroom. Upload an essay, your lab report, a PowerPoint presentation and more. You and your tutor will be able to view the file together in the classroom.



04

www.tutor.com/military

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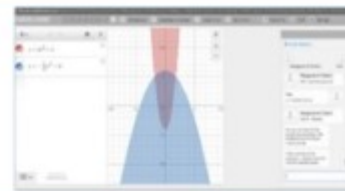


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05

Use special tools

The classroom includes a graphing calculator, text editor and code editor when working on subject material that may require these special tools. Open these tools using the buttons above the whiteboard.



Please answer this survey:

Rate & Review Your Session

After each session, be sure to let us know how we did. Complete the survey and share your comments. Then, you'll have the option to play a video of your session, and email or print the chat log and whiteboards.

06

07

Submit your paper

Our drop-off review service allows you to get expert help from a tutor without having to connect for a real-time session. Drop off your writing assignment and get detailed feedback and explanations within 24 hours. Retrieve your tutor's review under "My Sessions."

93%



Practice for a test

Use our practice quizzes to assess your level of knowledge and practice for upcoming tests or quizzes in math, science and English. Take a quiz, review your results and connect with a tutor to discuss any missed questions.

08

09

Use "My Account"

- Review previous sessions and retrieve drop-off reviews from "My Sessions." Be sure to tag your favorite tutors when reviewing your sessions.
- Reconnect with your favorite tutors or see when they are next scheduled from "My Favorite Tutors."
- Access files you have saved or files you have shared with your tutors in session from "My Locker."

My Account ▾

My Sessions
My Favorite Tutors
My Locker

Account Settings

Sign out

www.tutor.com/military

Visit www.tutor.com/military/eligibility for full funding and program eligibility details. The appearance of the U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.



TUTOR.COM for
U.S. MILITARY FAMILIES
www.tutor.com/military



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IVY FITNESS CENTER



Tactical Athlete Performance

Unit Reservations Required
Limited 10 participants

Days/Times
Tuesday—0630
Thursday—0630

To make reservations please call Ivy Fitness Center
719-526-2706

T.A.P Can Help Improve

- Fitness Test
- Optimum Job Performance
- Fitness Training
- Reduce Injuries
- Improve Mission—Related Task

Tim Agan
NSCA—TSAC-F
NASM—Personal Trainer
Corrective Exercise Specialist
Fitness Nutrition Specialist
Sports Conditioning Specialist



Email: timothy.j.agan3.naf@mail.mil

Phone: 719-526-3972

Tactical Athlete Performance: Is performance-based, focused on building foundational physical skills and capacity to execute mission-related tasks well.

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**FORT CARSON EDUCATION CENTER
SPRING 2021 MINI VIRTUAL EDUCATION FAIR**



Join us for our next Mini Virtual Education Fair!

Date/Location/Time:

Thursday 25 MARCH 2021 from 11:30 pm – 13:30 pm

Register at:

<https://www.surveymonkey.com/r/5ZSRBZ3>

Or QR code:

Participating Institutions:

Trio Office
Colorado School of Mines
Colorado State University – Pueblo
The University of Colorado at Colorado Springs
Colorado State University Global Campus
Embry-Riddle University
Pueblo Community College
Colorado Christian University
Metropolitan State University of Denver
Pikes Peak Community College
Colorado Technical University
University of Maryland Global Campus
Webster University
Adams State University
Regis University
Fort Carson Army Counselors



Email questions to: vanessa.c.eymann.civ@mail.mil

Register to receive the links to the schools or like our Facebook page. Links will be posted 1 week prior to the event.

<https://www.facebook.com/FortCarsonArmyED>

Safe Exchange Location

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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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Military Family Camp at Young Life's Trail West

**All camping opportunities are
subject to COVID protocols/
restrictions at time of camp.**



What: Military Family Camp. Does your Family like adventure, laughter and fun – or just need a break from the daily stresses of life? **Then join us this summer at Military Family Camp at Young Life's Trail West** Offering horseback riding, pony rides, ropes course, swimming pool, water slide, hot tub, trout pond, tennis courts (rackets and balls available), basketball, sand volleyball, Frisbee golf course, playground, 4x4 jeep tours & White Water Rafting, this is **a perfect setting to relax and connect with your Family.**

Childcare is available on site during scheduled Family activities.

Who: Approx. 105 Active Duty Service Members & their Families. Please note: Single parent Families and Families with a deployed spouse are invited to participate as well.

When: 30 May-5 June, 6-12 June, and 13-19 June, 2021 (**Online applications available beginning 15 February, 2021**)

Where: Buena Vista, CO (Transportation to/ from the camp is a Family responsibility)

Why: To allow Service Members and their Families to spend quality time together, laugh a lot, and be restored.

How Much: In order to thank our Service members and their Families, the discounted fee below will be available to the Families selected to attend. This fee covers all meals, activities and lodging for the Family for the week. The registration fee is based on rank:

Note: Young Life is a Christian organization, but that is not a requirement to attend. There will be a nightly program with a short message and sing-a-long songs, as well as all the numerous recreational activities.

To apply go to:

www.militaryfamilycamp.younglife.org

For more information, e-mail

mfc@clubbeyond.org

The information that appears in this flyer is intended to inform Soldiers of special offers provided to them and their families and is not intended to constitute an endorsement by Ft. Carson, the United States Army or the Department of Defense. It is strictly intended to be used for informational purposes only.



Tragedy Assistance Program for Survivors

Keep up to date with local events and deals with the



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TAPS
Tragedy Assistance Program for Survivors

TAPS invites those currently serving in the military, veterans, and military survivors to volunteer as a mentor for the Mountain Regional Military Survivor Seminar and Good Grief Camp. The world changes for a grieving child when someone is there for them — and that's where you come in.

In the Good Grief Camp, children and teens grieving the loss of a loved one who served in the military come together from all over the region to create lasting friendships, learn coping skills, build resiliency, and honor their fallen service member.

Children learn through active play, and the curriculum is designed to meet each child where they are in their grief journey. The one-on-one attention give each child the companionship and support needed to feel comfortable connecting with others and engaging in activities. You'll definitely create lasting memories and feel pride in yourself for the work you've done.

For more information and to register, please visit www.taps.org/militarymentor or email youthprograms@taps.org with any questions or concerns.



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FREE TUITION PRESCHOOL

FOR
AGES 0-5



VARIETY
OF CLASS
TIMES



SAFE
QUALITY
PROGRAMS



65
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



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

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Proudly Sponsored By:



Aspen Teen Club

Location:

Widefield Parks & Rec - AP Room
705 Aspen Drive, 80911

Dates:

Mondays - Thursdays, February 1 - May 14
(NO club on February 15 & March 22 - 25)

Times:

Daily from 2 - 3:30pm

▶▶▶



FREE!

Snacks & Drinks

Games & Books

Chromebooks & Wi-Fi

Crafts & Coloring

Sports Equipment

Sign up for the days you want to come at:

<https://signup.com/go/xJwdUUK>



Security Public Library

securitypubliclibrary.org | 719-391-3196

Widefield Parks & Recreation

ParksAndRec.wsd3.org | 719-391-3515



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Hop over
to your **FT. CARSON EXCHANGE**
to **Visit** with the

Easter Bunny

March
19th & 20th, 2021
1100 - 1500



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Apply for U.S. Citizenship!

Virtual Info Session

Tuesday, March 23 at 6:00 pm

- Join this call to find out more about the citizenship process, if you qualify, and how to apply.
- **Register here:** <http://bit.ly/March23info>

Virtual Citizenship Workshop

Thursday, April 8 starting at 9 am

- **Free help** with your U.S. citizenship application
- **Register here:** <http://bit.ly/citizenshipApril8>

For more info, email will.mcnamara@lfsrm.org



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March 2021

MHS Military Health System
health.mil

Traumatic Brain Injury Center of Excellence (TBICoE)

FCCO TBI News

STAY INFORMED!

FCCO News provides a brief look at TBI-related information specifically for use by medical personnel on Fort Carson. It is produced by the FCCO Regional Education Coordinator for the Traumatic Brain Injury Center of Excellence (TBICoE).

Are you TBI Ready?

The Military Health System (MHS) recognizes March as Brain Injury Awareness Month to increase traumatic brain injury (TBI) awareness and improve healthcare providers' ability to identify, care for, and treat service members and veterans who are affected by TBI.

During Brain Injury Awareness Month, TBICoE and the MHS will promote the theme "Be TBI Ready" – recognizing that health care providers and others in the military community need to be aware of the latest educational trainings, research, fact sheets, and other available resources to prevent, diagnose, and treat TBI.

The month will focus on the work of TBI stakeholders whose roles are to:

- Learn about TBI prevention, recognition, support, recovery, and reintegration.
- Increase awareness about TBICoE, its state-of-the-science research, and its many resources for health care providers, service members, veterans, and caregivers.

During Brain Injury Awareness Month, TBICoE is offering 23 virtual information & training events. All events will be on MS Teams or audio TELCON line and will be facilitated by TBICoE Regional Education Coordinators and SMEs.

A calendar of these events (with links and TELCON info) is available by scrolling to the bottom of the page at:

HEALTH.MIL/BIAMonth

If you would like an Outlook or MS Teams calendar invite sent to you for any BIAM events, please contact me using the information below and I will send you one.

FCCO TBICoE Regional Education Coordinator

For provider trainings and Concussion/mTBI education briefings, contact the FCCO REC:

Chris Lewandowski MSW, LMSW
Office: 719-526-8636
Mobil: 719-306-5724
Christopher.h.lewandowski.ctr@mail.mil

MARCH IS BRAIN INJURY AWARENESS MONTH



MEDICAL PROVIDERS, BE TBI READY

With a click of a mouse, you can access TBICoE's training materials and TBI clinical recommendations to help you do your part in maintaining a medically ready force.



MHS Military Health System
health.mil

health.mil/BIAMonth #BIAMonth

Highlighted BIAM Virtual Events:

3/3/2021 & 3/5/2021 What is a Regional Education Coordinator?

Join us for an informative session about the role TBICoE's regional education coordinators—or RECs—play in supporting the DHA's TBI mission. Learn ways your local REC can support your facility or organization when it comes to TBI awareness and prevention.

3/9/2021 & 3/23/2021 Military Acute Concussion Evaluation 2 (MACE2)

A full training by a subject matter expert on the Military Acute Concussion Evaluation 2 (MACE 2). This training is approximately 2.5 hours in length and is appropriate for corpsmen, medics, and providers. Eligible for 3 CEU credits.

3/25/2021 Military Acute Concussion Evaluation (MACE2) REFRESHER

This is a 1 hour "refresher" course on the MACE 2. It is appropriate for corpsmen, medics, and providers who are already familiar with this TBICoE assessment tool.

3/17/2021 & 3/22/2021 & 3/29/2021 Progressive Return to Activity (PRA) CR Update

Join us for a Progressive Return to Activity Clinical Recommendation (PRA) revision update presented by a TBICoE subject matter expert. The revised 2021 PRA has a number of significant changes that will be discussed.

3/10/2021 & 3/30/2021 Introducing TBICoE Fact Sheets

This informative session will cover the various TBICoE fact sheets that provide general information about TBI such as common signs and symptoms, coping and recovery tips, and the importance of treatment.

3/17/2021 DHA Acute Concussion (QPP) Initiative

This lunch and learn event will provide an overview of the Acute Concussion Quadruple Aim Performance Process (QPP) Initiative with a member of the TBICoE's clinical affairs team.

3/25/2021 Special Topic: TBI Findings in SOF **

Topics include: Current Sleep Clinical Tools for SOF, SOF TBI and Co-morbidities, Treating Sleep in SOF, and Psychotherapy in PTSD and Co-morbid TBI Patients

****Please contact the FCCO TBICoE Regional Education Coordinator for the MS Teams link to this event**

REMEMBER: This is just a small sampling of the 20+ events offered by the TBICoE Regional Education Network during this years BIAM.

For the complete list of events visit

HEALTH.MIL/BIAMonth

and scroll to the bottom of the page for the events calendar

TBICoE @AHFTF_Page

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2021 SCHEDULE

FREE LEGAL SELF-HELP CLINIC

FOR PARTIES WITHOUT AN ATTORNEY
Generously hosted by your FOUNTAIN LIBRARY and
your PIKES PEAK LIBRARY DISTRICT

FIRST MONDAY OF EVERY MONTH

3:30 PM – 5:00 PM

Fountain Library, Pikes Peak library District
230 S Main St, Fountain, CO 80817

FREE CLINIC IS OPEN
TO ALL AREA RESIDENTS!!

January 4, 2021

February 1, 2021

March 1, 2021

April 5, 2021

May 3, 2021

June 7, 2021

No July Clinic (July 4th Holiday)

August 2, 2021

No September Clinic (Labor Day)

October 4, 2021

November 1, 2021

December 6, 2021

Volunteer attorneys will assist each clinic patron individually

To be added to the sign-up sheet,
please call (719) 531- 6333 ext 6058

A **FREE** legal clinic for parties who have no attorney. As a COVID work-around, instead of clinic patrons coming in-person to your local public library (*which has limited access*), the volunteer attorney will call the clinic patron's telephone directly, using the phone number provided to your library staff. Volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for civil legal issues, including family law, civil litigation, property law, probate law, collections, appeals, landlord-tenant law, veteran's benefits, and civil protection orders.

The volunteer attorneys do not represent you just because they help you at this clinic. This clinic is information only, and is no substitute for legal representation. You have the right to retain an attorney of your choice at any time, and are advised to do so.

If possible, patrons are encouraged to have their desktop, laptop, or tablet available during the call.

www.checkerboard.co for one-click access to all forms, statutes, videos, instructions & flowcharts

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WE ARE HERE TO HELP

COVID-19 crisis support **services are provided at no cost.**

Visit us online at www.aspenpointe.org/covidresponse,
email CovidResponse@aspenpointe.org or call
(719) 299-2996 to get started today.

FOR IMMEDIATE HELP

If you or someone you know is in crisis or in need of immediate mental health assistance at anytime, these three options are available:

- Call 844-493-TALK (8255)
- Text TALK to 38255
- Walk-in to AspenPointe's Crisis Center at
115 S. Parkside Drive, Colorado Springs, CO 80910
Open 24 hours, 7 days a week

ASPENPOINTE

aspenpointe.org/covidresponse | (719) 299-2996

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CLUB BEYOND AT FORT CARSON

"Where Military Teens Belong"



Club Beyond is an authorized program for middle school students at Fort Carson to experience community and grow in faith. Club combines **FUN, FRIENDS, GAMES, COMPETITIONS, PRIZES, VIDEOS, MUSIC, FOOD**
AND DID WE MENTION FUN?!!

In addition to regular Club meetings on post, we have occasional other events like bowling, putt putt golf, camps and more.

Any and every middle school student is welcome to come!

Club Beyond follows all current COVID guidelines and restrictions.

For information on the schedule of meetings and events, contact Will Sanborn at wsanborn@clubbeyond.org or 402-910-1826.

CLUB BEYOND IS A RECOGNIZED NON-FEDERAL ENTITY AND IT IS NOT PART OF THE DEPARTMENT OF DEFENSE AND HAS NO GOVERNMENTAL STATUS.

APPROVED BY THE GARRISON CHAPLAIN

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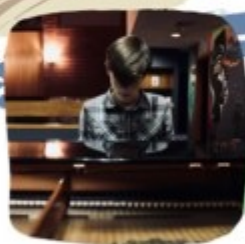
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Since 1994

COLORADO SPRINGS
CONSERVATORY
CULTIVATING YOUNG PERFORMING ARTISTS

CITIZEN SOLDIER CONNECTION



CITIZEN SOLDIER CONNECTION IS PARTNERING WITH THE COLORADO SPRINGS CONSERVATORY TO OFFER FREE MUSIC CLASSES FOR THE MILITARY!

THANKS TO OUR FRIENDS AT CITIZEN SOLDIER CONNECTION, COLORADO SPRINGS CONSERVATORY IS VERY PLEASED TO OFFER A PACKAGE OF FOUR PRIVATE/SEMI PRIVATE HALF HOUR MUSIC LESSONS TO SOLDIERS AND THEIR FAMILIES. LESSONS ARE AVAILABLE IN VOICE, PIANO, GUITAR, DRUMS, VIOLIN, RECORDING ARTS AND OTHER INSTRUMENTS.

THE SPRING SEMESTER BEGINS JANUARY 18 AND RUNS THROUGH MAY 1 AND CLASSES MAY BE IN PERSON AT THE CONSERVATORY OR ON-LINE (EXCEPT FOR RECORDING ARTS). CONTACT COLORADO SPRINGS CONSERVATORY TODAY AND BEGIN THE NEW YEAR WITH A GIFT OF MUSIC FROM CITIZEN SOLDIER CONNECTION.

THIS PROGRAM IS AVAILABLE FOR ACTIVE DUTY MILITARY, VETERANS, THEIR SPOUSES AND CHILDREN OVER 12.

FOR FURTHER INFORMATION AND REGISTRATION PLEASE CONTACT EMILY NELSON: ENELSON@CSCONSERVATORY.ORG

**COLORADO SPRINGS CONSERVATORY
415 SOUTH SAHWATCH ST. COLORADO SPRINGS CO 80903**

719-577-4556 | CSCONSERVATORY.ORG

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PARENTING RESOURCES



LENA START

FREE LENA Start classes can help you make a difference in your baby's life just through early talk and interaction! Join the ten week program to help your child build language skills. Participants will receive free books and incentives. To learn more contact mfellers@ppld.org or visit us at ppld.org/LENASart.



PRENATAL SESSIONS

Join Pikes Peak Library District, Nurse Family Partnership, and local organizations to help guide you through your pregnancy. This six-week series will be repeated quarterly. To learn more contact mfellers@ppld.org or visit us at ppld.org/whats-new/prenatal-series.



PARENTING LITTLE ONES

Have questions about parenting little ones? Join PPLD's Family Place Libraries and community professionals in the field of child development, nutrition, speech/language, and more to have all your questions answered. Learn about these resources at ppld.org/ParentingQandA.

Looking for additional resources? Check out our LibGuide!
tinyurl.com/PPLDParentingResources

