



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

19 DECEMBER 2018

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

Army Community Service:
719-526-4590

On Facebook: Fort Carson Army Community Service

On Twitter: FortCarsonACS

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

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[BE THERE PEER SUPPORT](#)
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KEEP YOURSELF CURRENT

The “Pass It On” newsletter will be on hiatus till after the New Year, but we wish you and your Family holidays full of warmth and cheer!

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15 FEB TRAINING HOLIDAY

18 FEB PRESIDENTS DAY



ADVISORIES AND NOTICES

COMMUNITY INFORMATION EXCHANGE

The next Community Information Exchange will be held on Wednesday, January 16th at the Elkhorn, 9:00a.m. This month's topic of focus is On-Post Nonprofits and Scholarships.

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

HOLIDAY GATE CLOSURES

Gates 6 and 19 will be closed Dec. 25 and Jan. 1 in observance of Christmas and New Year's days. They will reopen for normal business Dec. 26 and Jan. 2. 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 these holidays.

HOLIDAY MAILINGS/WAIT TIMES

Due to reduced staffing at the Fort Carson Post Office, wait times for counter assistance are expected to be around 40 minutes. Morning versus lunchtime is anticipated to be shorter. Personnel can also mail items at the Cheyenne Mountain Post Office on 8th Street; the Security Office on Kittery Drive; the Main Colorado Springs Office on E Pikes Peaks or the Fountain Post Office on Santa Fe Avenue. Mailings to APO addresses need to be sent by Dec. 11 for priority and first class mail and Dec. 18 for military express.

LEISURE TRAVEL SERVICES SPECIALS

The DFMWR Leisure Travel Services offers the following monthly specials:

--Monarch lift tickets on sale:

Adult: 18+, \$54:

Teen: Ages 13-17, \$44; Child: Ages 7-12, \$30

Military lesson (must be 13 or older) \$72 --Copper Mountain season passes:

Adult: 18+, \$309; Teen: Ages 13-17, \$269; Child: Ages 6-12, \$189

--Copper Mountain daily lift tickets:

Adult: \$74; Child: Ages 6-12, \$59

--A-basin season passes: Prices good through Dec. 21

Adult: \$99; Child: Ages 6-14, \$79

--A-basin daily lift tickets:

Adult: \$60; Child: Ages 6-12 \$31

--Blue Man Group at Universal Orlando Resort, tickets starting at \$46 per adult and \$26 per child for performances through 2019.

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

BEYOND THE BELL SCHOOL BREAK CAMP



FOR YOUTH DEVELOPMENT •
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



18/19
BA

BEYOND THE BELL SCHOOL BREAK CAMP

Winter Break

Dec. 20-Jan. 9

When school is OUT, the fun is IN at the YMCA!
Come meet new friends, try new things, and
join in on the crazy fun.

AGES

- 5-12 years old

PROGRAM TIME

- 6:30 a.m. - 6 p.m.

LOCATIONS

- Briargate YMCA
- Downtown YMCA
- Tri-Lakes YMCA
- Garden Ranch YMCA

Camps not offered at all locations please
visit ppymca.org/breakcamps for a
complete listing.

COST

Registration Fee

- \$35/child or \$50/family

Cost

- Members \$40.00/child per day
- Nonmembers \$50.00/child per day

With current B&A plan

- Members \$10.00/child per day
- Non-members \$15.00/child per day

To register, please email
childcare@ppymca.org or call 719.329.7289

For more information please visit ppymca.org/breakcamps

MILITARY SPECIAL

- E1-E7 50% off
- E8 & Above 25% off

Please contact Drew Aquino at
daqulno@ppymca.org for more
information, Limited vouchers available.

Financial assistance is available. • The Y is an authorized CCCAP provider.



In partnership with
Children's Hospital Colorado
Colorado Springs

FLORISSANT FOSSIL BEDS NATIONAL MONUMENT 2019 FEE FREE DAYS



National Park Service
U.S. Department of the Interior

Florissant Fossil Beds National Monument
15807 Teller County Road 1
Florissant, CO 80816

Release date: Immediate
Contact: Jeff Wolin
Phone number: (719) 748 – 3253 ext. 202
Date 12/17/2018

Florissant Fossil Beds National Monument News Release

Florissant Fossil Beds National Monument Announces Entrance Fee-Free Days for 2019

Florissant Fossil Beds National Monument will waive its entrance fee on five days in 2019.

The five entrance fee-free days for 2019 will be:

- Monday, January 21 – Martin Luther King, Jr. Day
- Saturday, April 20 – Start of National Park Week/National Junior Ranger Day
- Sunday, August 25 – National Park Service Anniversary
- Saturday, September 28 – National Public Lands Day
- Monday, November 11 – Veterans Day

Florissant Fossil Beds National Monument is one of 115 national parks that has an entrance fee. The other 303 national parks do not charge an entrance fee. The National Park System includes more than 85 million acres and is comprised of 418 sites, including national parks, national historical parks, national monuments, national recreation areas, national battlefields, and national seashores. Last year, 331 million people visited national parks spending \$18.2 billion, which supported 306,000 jobs across the country and had a \$35.8 billion impact on the U.S. economy.

The annual \$80 [America the Beautiful National Parks and Federal Recreational Lands Pass](#) allows unlimited entrance to more than 2,000 federal recreation areas, including all national parks. There are also free or discounted passes available for senior citizens, current members of the military, families of fourth grade students, and disabled citizens.

There are no additional fees for any park programs that run throughout the year (such as ranger programs and night sky programs) beyond the daily entrance fee of \$10.00 per adult (15 and younger are free). This is a 7-day pass. Florissant Fossil Beds National Monument offers 15 miles of beautiful, yet lesser-known, hiking trails to explore, a free Junior Ranger Program, three short self-guided trails, a park video and museum exhibits, and bookstore.

For additional information, please call (719) 748-3253 or visit our website: www.nps.gov/flfo or on Facebook or Twitter at /FlorissantNPS

About the National Park Service: More than 20,000 National Park Service employees care for America's 418 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov

FLU SHOTS

Evans Army Community Hospital offers the flu vaccine to support Family members who may be visiting during the holidays who are otherwise TRICARE Select individuals. No appointment is necessary; just walk-in. Flu shots are available Dec. 19-21 and 26-28 from 1-4 p.m. at Warrior Family Medical Clinic, Evans Army Community Hospital.

JANUARY FLORISSANT FOSSIL BEDS NATIONAL MONUMENT ACTIVITIES

Florissant Fossil Beds National Monument is open year-round. During December, the Monument is open daily 9:00 AM – 4:30 PM. The Monument is closed on Christmas Day, December 25th.

Friday, January 4, Night Sky Program, 7:00 PM - 9:00 PM.

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

Saturday, January 19, Winter Track Detectives! 11:00AM – 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.

Monday, January 21, Fee Free Day, Martin Luther King Jr. Day. Enjoy a fee free day at Florissant Fossil Beds in celebration of Martin Luther King Jr. Day.



SERVICES, PROGRAMS AND EVENTS

3ABCT PRE-DEPLOYMENT FAIR

ALL are invited to attend!



Explore programs & services offered by local support agencies on and around Fort Carson!

Explore a variety of programs:

- **Recreation**
- **Education**
- **Housing**
- **Family**
- **Career**
- **Medical**
- **Business**
- **Local Communities**

...and more



More Events and Info at
Carson.ArmyMWR.com



[CarsonMWRRevents](https://www.facebook.com/CarsonMWRRevents)
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



[@CarsonMWR](https://twitter.com/CarsonMWR)
[#CarsonMWR](https://twitter.com/CarsonMWR)



Events & Entertainment
Building 1217, 1675 Elis Ave.
Fort Carson, CO 80913

BASKETBALL LEAGUE



Date: Nov 1 2018 - Jan 3 2019

[Intramural Sports](#) - 6415 Specker Ave. Bldg. 1925 Fort Carson 80913

- 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](tel:+1(719)524-0859)

Military DSN Tel: (312)883-0859

CARSON EXCHANGE HOLIDAY HOURS

| Fort Carson Facilities | Mon 24 Dec | Tues 25 Dec | Wed 26 Dec | Thurs 27 Dec | Mon 31 Dec | Tues 1 Jan |
|---|------------------|-------------|--------------|--------------|------------|------------|
| RETAIL | | | | | | |
| Main Store Bldg 6110 | 0900-1900 | CLOSED | 0900-2100 | 0900-2100 | 0900-2000 | 0900-2000 |
| Furniture Store | 1000-1600 | CLOSED | 1000-1800 | 1000-1800 | 1000-1600 | 1100-1800 |
| MCSS | CLOSED | CLOSED | 1000-1600 | 0730-1800 | CLOSED | 0830-1700 |
| Class Six | 1000-1900 | CLOSED | 0900-2000 | 0900-2000 | 0900-2200 | 0900-2000 |
| Gate 3 Express Bldg 510 | Close at 2230hrs | CLOSED | Open 0400hrs | 24 Hours | 24 Hours | 24 Hours |
| B-Street Express Bldg 900 | 1000-1900 | CLOSED | 1000-2100 | 0900-2100 | 0800-2100 | 1000-2100 |
| Wilderness Rd Express Bldg 9478 | CLOSED | CLOSED | 0600-1500 | 0600-1500 | CLOSED | 1000-1700 |
| Gate 20 Express Bldg 3600 | 1000-1900 | CLOSED | 1000-1800 | 1000-1800 | 0800-2100 | 1000-1700 |
| Ivy Express Bldg 2335 | CLOSED | CLOSED | CLOSED | 0800-1500 | CLOSED | CLOSED |
| FOOD | | | | | | |
| Main Exchange Food Court Bldg 6110 | | | | | | |
| Burger King | 1100-1800 | CLOSED | 1100-2000 | 1000-2000 | 1100-1800 | 1000-2000 |
| Charley's Steakery | 1030-1900 | CLOSED | 0800-1800 | 0800-2100 | 1030-1900 | 0800-2000 |
| Taco John's | 1100-1600 | CLOSED | 1100-1700 | 1000-2000 | 1100-1700 | 1000-2000 |
| Anthony's Pizza | 1100-1500 | CLOSED | 1100-1600 | 1100-1900 | 1100-1600 | 1100-1900 |
| Starbucks | 0830-1800 | CLOSED | 0800-1800 | 0600-1900 | 0830-1800 | 0600-1900 |
| Subway | 1100-1800 | CLOSED | 0800-1800 | 0800-2000 | 1100-1800 | 0800-2000 |
| Restaurants | | | | | | |
| Gate 3 Burger King Bldg 510 | 1100-1700 | CLOSED | 1100-1700 | 0800-1800 | 0800-1800 | 0800-1800 |
| B Street Subway Bldg 900 | CLOSED | CLOSED | CLOSED | 0800-1630 | 1000-1600 | 0800-1630 |
| Wilderness Rd Subway Bldg 9478 | CLOSED | CLOSED | CLOSED | 0600-1900 | CLOSED | 1000-1900 |
| Evans Hospital Starbucks | CLOSED | CLOSED | 0630-1300 | 0630-1700 | CLOSED | Closed |
| Triple Food Facility | | | | | | |
| Triple Burger King | 1030-1700 | CLOSED | 1030-1800 | 0800-1800 | 1030-1700 | 1030-1700 |
| Qdoba | 1030-1700 | CLOSED | 1030-1800 | 1030-1800 | 1030-1700 | 1030-1700 |
| Arby's | 1030-1700 | CLOSED | 1030-1800 | 0800-1800 | 1030-1700 | 1030-1700 |
| Granite Inn Subway | CLOSED | CLOSED | CLOSED | 0645-1345 | CLOSED | CLOSED |
| Restaurants | | | | | | |
| Jimmie Johns Bldg 1515 | 1030-2200 | CLOSED | 1030-2200 | 1030-2200 | 1030-2200 | 1030-2200 |
| Green Beans Coffee Bldg 1827 | CLOSED | CLOSED | 0700-1200 | 0700-1200 | CLOSED | CLOSED |
| KFC Bldg 1333 | 1100-2000 | CLOSED | 1030-2100 | 1030-2100 | 1100-2000 | 1030-2100 |
| Pizza Hut Bldg 3940 | 1030-2400 | CLOSED | 1030-2400 | 1030-2400 | 1030-2400 | 1030-2400 |
| Dunkin Donuts Bldg 3940 | 0600-1800 | CLOSED | 0600-2200 | 0600-2200 | 0600-2100 | 0600-2100 |
| Baskin Robbins Bldg 3940 | 1000-1800 | CLOSED | 1000-2100 | 1000-2100 | 1000-2100 | 1000-2100 |
| Hunts Brothers Pizza Bldg 9478 | 1000-1700 | CLOSED | 1000-1900 | 1000-1900 | 1000-1500 | 1000-1500 |
| Dainty's Kitchen Bldg 2335 | CLOSED | CLOSED | CLOSED | 1030-1400 | CLOSED | CLOSED |
| Smoothie King Bldg 9478 | CLOSED | CLOSED | CLOSED | 0700-1400 | CLOSED | CLOSED |
| SERVICES | | | | | | |
| Firestone Auto Care Bldg 1515 | 0900-1700 | CLOSED | 0700-1900 | 0700-1900 | 0900-1700 | 0700-1900 |
| Barber Shop Bldg 9478 | CLOSED | CLOSED | CLOSED | closed | CLOSED | CLOSED |
| Barber Shop Bldg 2335 | CLOSED | CLOSED | CLOSED | closed | CLOSED | CLOSED |
| Exchange Mall Services | | | | | | |
| GNC | 1000-1900 | CLOSED | 0830-2000 | 0830-2000 | 1000-1800 | 1000-1800 |
| Mobile Accessories | CLOSED | CLOSED | 0900-1800 | 0900-1800 | CLOSED | 1000-1800 |
| Barber Shop | 1000-1500 | CLOSED | 0800-1830 | 0800-1830 | 1000-1600 | 1000-1800 |
| Stylique Salon | 1000-1500 | CLOSED | 0800-1800 | 0800-1800 | 1000-1500 | 1000-1800 |
| Petals and Bloom | CLOSED | CLOSED | 0900-1800 | 0900-1800 | CLOSED | 1000-1800 |
| GameStop | 1000-1900 | CLOSED | 0900-2000 | 0900-2000 | 1000-1800 | 1000-1800 |
| Optometry | CLOSED | CLOSED | 0900-1800 | 0900-1800 | CLOSED | CLOSED |
| Optical Center | CLOSED | CLOSED | 0900-1800 | 0900-1800 | CLOSED | 1000-1800 |
| US Patriot | 1000-1900 | CLOSED | 0900-1900 | 0900-1900 | 1000-1800 | 1000-1800 |
| Equisite Framing(Mini Mall) | 1000-1900 | CLOSED | 0900-1900 | 0900-1900 | CLOSED | CLOSED |
| Military Memorabilia | 1000-1900 | CLOSED | 0900-1800 | 0900-1800 | 1000-1800 | 1000-1800 |
| Quality Auto Performance | 1000-1900 | CLOSED | 0900-1800 | 0900-1800 | 1000-1800 | 1000-1800 |
| Mobile Center | 1000-1900 | CLOSED | 0900-2100 | 0900-2100 | 0900-2000 | 1000-1800 |
| Exchange Mini Mall | | | | | | |
| The Cleaners | CLOSED | CLOSED | 1000-1600 | 0900-1800 | CLOSED | CLOSED |
| Barber Shop | CLOSED | CLOSED | 1000-1600 | 0830-1800 | 1000-1600 | 1000-1600 |
| Alterations | CLOSED | CLOSED | 1000-1600 | 0900-1800 | CLOSED | CLOSED |
| UPS Store | CLOSED | CLOSED | 1000-1600 | 0700-1800 | CLOSED | CLOSED |
| Military Memorabilia | CLOSED | CLOSED | 1000-1600 | 0900-1700 | CLOSED | CLOSED |
| TumbleWeeds Gift Shop | CLOSED | CLOSED | CLOSED | 0900-1500 | 0900-1500 | 0900-1500 |
| Tops Setups | CLOSED | CLOSED | 1000-1600 | 1000-1700 | CLOSED | CLOSED |
| Subway | CLOSED | CLOSED | 0900-1800 | 0700-1800 | CLOSED | 1100-1500 |
| Sweet Pet Soap | CLOSED | CLOSED | CLOSED | 1030-1800 | CLOSED | CLOSED |
| Domino's Pizza | 1030-2400 | CLOSED | 1030-2400 | 1030-2400 | 1030-2400 | 1030-2400 |

Closed 2 Jan

CFC CAMPAIGN



2018 CFC Campaign

1 Nov-31 Dec

Donate now to your
favorite charity

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



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



INVITE A

Military Member **this Christmas**



December

24TH OR 25TH



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

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

When: December 24th or 25th, 2018

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

<http://CitizenSoldierConnection.org>





Date: Jan 1 2019 - Mar 23 2019

Aquatics - 6415 Specker Ave Bldg. 1925 Fort Carson 80902

All information is subject to change.

Take the English Channel Swim Challenge: swim 22 miles in 12 weeks.

- Sign up for FREE at Nelson Indoor Pool or Iron Horse Indoor Pool.
- Track your miles by checking in with a lifeguard (honor system)
- All challengers receive a t-shirt upon completion.

FIGHT THE FLUFF WEIGHT LOSS CHALLENGE



Date: Jan 22 2019, 2 p.m. - 3 p.m.

- Are in you ready to step up your workout game?
- The Directorate of Family & Morale, Welfare & Recreation (DFMWR) will host a weight loss challenge at Waller, McKibben, and Garcia Physical Fitness Center.
- The commitment fee of \$90 includes 3 Group X class coupons, an activity tracker device, as well as a t-shirt.
- Every other Tuesday participants will meet each week with program facilitators to check their progress.
- Prizes will be awarded in 2 categories (male & female)
 - 1stplace: \$125
 - 2ndplace: \$50
 - 3rdplace: \$25

FAQ's

- Anyone with a Department of Defense ID can participate over the age of 18.
- For further information, please call 719-526-3944.
- Event will go on regardless of the weather.

CELEBRATING 100 YEARS

The Legacy of the Broadmoor Art Academy

KICK-OFF CELEBRATION

Saturday, Jan. 26, 2019
10 a.m. to 2 p.m.

As we commemorate our centennial throughout 2019, we invite you to be a part of honoring the rich past with us, celebrating the delights of the present, and imagining the possibilities for the exciting future ahead.

- One-act play reading in the galleries
- Hands-on art activities & demonstrations
- Guided tours of featured exhibitions
O Beautiful! Shifting Landscapes of the Pikes Peak Region & Scenes of Everyday Life: Drawings by Bernard Arnest
- Hot beverages & sweet treats
- Taste open for lunch



Details at csfineartscenter.org/100-years
(719) 634-5581, 30 W Dale St





HOLIDAY RETURN / EXCHANGE POLICY

Merchandise purchases made between **November 1** and **December 24, 2018** qualify for the Holiday Return/Exchange Policy. Merchandise may be returned through **January 31, 2019** accompanied with sales receipt. All other conditions of the current Return/Exchange Policy still apply.



GOLF COURSE CHRISTMAS SALE



Date: Nov 23 2018 - Dec 31 2018

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

All information is subject to change.

- Sale begins on Nov. 23, 2018 and ends on Dec. 31, 2018 during pro shop hours of operation.
- Savings from 5%-30% off!
- Pull an ornament off the tree to find out your discount! Discount is valid on all golf merchandise, annual passes and punch cards.

Contact

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

MEET & GREET SANTA CLAUSE

MEET & GREET SANTA CLAUS

at your
Ft. Carson
Exchange

Dec. 22, 2018
1300 - 1500





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
- 4th Sustainment Brigade & 68 CSSB - +1(719)250-3793
- 627 Hospital Command, 4th Engineers, 759th Military Police - +(719)335-9536
- 10 Special Forces Group - +(719)424-0106

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 |

| School | Phone # |
|------------------------------------|--------------------|
| • Fountain/Fort Carson High School | • +1(719)651-1452 |
| • Jordahl Elementary | • +1(719)251-9615 |
| • 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.

NATIONAL PRAYER BREAKFAST

National Prayer Breakfast

07FEB2019

0800-0930

William Reed Special Events Center

Tickets available from unit Chaplains.

Featuring guest speaker Scott Rigsby:

- First double amputee to complete the Hawaiian Ironman...twice!
- Six-time Boston Marathon finisher.



Sponsored by Fort Carson Religious Support Office, 719-526-5279

NEW YEARS EVE BOWLING PARTY



Date: Dec 31 2018, 9:30 p.m. - Jan 1 2019, 12:30 a.m.

[Thunder Alley Bowling Center](#) - 6391 Chiles Ave Bldg. 1511 Ft Carson 80913 Bring your family and friends!

- Bowling from 9:30 p.m.-12:30 a.m.
- Includes party favors, plus pizza and a drink.
- Children under the age of 15 must be supervised and within arm's reach of a parent or guardian at all times.
- Non-military/general public is welcome

Non-Military/General Public Installation Access

- Gate access procedures apply, please plan accordingly.
- Despite the Colorado amendment to legalize marijuana, possession of marijuana on a federal installation is a violation of federal law

Terms and Conditions

- No refunds are issued.
- No federal endorsement is implied for any paid advertising.

Cost

- \$20/person ages 15+
- \$10/child ages 6-14
- Free for 5 and under.

Registration Info

Make reservations in person at [Thunder Alley Bowling Center](#).

Contact

- Tel: [+1\(719\)526-5542](tel:+1(719)526-5542)
- Military DSN Tel: (312)691-5542

PRUSSMAN CHAPEL WATCHNIGHT SERVICE



For more information, please email prussmanchapel@gmail.com

RELIGIOUS SUPPORT OFFICE HOLIDAY ACTIVITIES

Holiday Activities 2018
Religious Support Office

A W A Y I N A
MANGER

LUKE 2:12

NOVEMBER

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

DECEMBER

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

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

FAITH GROUP

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

Fort Carson Religious Support Office
719-526-5744

TURN IT OFF, BURN IF OFF



Date: Jan 12 2019, 10 a.m. - 1 p.m.

Iron Horse Sports and Fitness Center - 6415 Specker Ave Bldg. 1925 Fort Carson 80913

All information is subject to change.

- Wellness expo
- Free fitness classes and workshops

Contact

- Tel: +1(719)526-2706
- Military DSN Tel: (312)691-2706

WARRIORS WAREHOUSE TOY GIVEAWAY

This program is not for those who have received toys through the Mountain Post Santa's Workshop Program.



toy giveaway!

DECEMBER 19 - 21 (9:00 - 2:00)

DECEMBER 22 (9:00 - 12:00)

**RECEIVE 2 GIFTS
PER CHILD**

WHILE SUPPLIES LAST!



LOCATION

5769 WALLACE STREET
BLDG. 1045
FORT CARSON
(402) 659-8755

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

BASIC TRAINING FOR NEW MOMS



Date: Dec 18 2018, 9 a.m. - 11:30 a.m.

ACS Center - 6303 Wetzel Ave. Building 1526 Fort Carson, Colorado 80913 United States

Are you expecting? Have a new baby (newborn to 3 months old)? Have questions about parenting infants? Seeking insight about your baby's development? Would you like to discover how Moms and Dads can support each other as new parents?

This class is an opportunity to interact with other new moms and develop confidence as a parent. We will discuss infant development, common questions about parenting, postpartum issues, safety proofing and much more.

Class is offered every 3rd Tuesday of the month.

SIGN UP: <https://www.eventbrite.com/e/basic-training-for-new-moms-tickets-14786088589?aff=eac2>

BOOT CAMP FOR NEW DADS



NEW PARENT SUPPORT PROGRAM PROGRAM PRESENTS

BOOT CAMP FOR NEW DADS



EXCEPTIONAL KIDS YOGA



Date: Jan 12 2019, 10 a.m. - 10:45 a.m.

Iron Horse Sports & Fitness Center - 6415 Specker Avenue Bldg. 1925 Fort Carson, Colorado 80913

Come bend, stretch and play...

Exceptional Kids Yoga is a fun therapeutic activity for children with developmental disabilities that offers tools for improving flexibility, physical strength, coordination, confidence, and social skills while in a sensory- friendly environment. This **FREE** class will focus on breathing and yoga techniques which may require hands-on assistance. Exceptional Kids Yoga is designed to be an interactive activity between the caregiver and child. Participants are encouraged to bring their own yoga mats, however yoga mats will be available for use.

For more information about this event, please call **(719) 526-4590**.

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. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit www.carson.army.mil or call (719) 526-0096.

Cost

Free!

Registration Info

Families must be registered in the Exceptional Family Member Program. Your RSVP is required for this event, please sign-up at: <https://carson.armymwr.com/calendar/event/exceptional-kids-yoga/2797199/34244>

Contact

Tel: [+1\(719\) 526-4590](tel:+1(719)526-4590)

FREE PARENTING WORKSHOP

PARENTING WORKSHOP

FROM THE BEST SELLING **screamfree** SERIES



Date: Jan 9 2019, 9 a.m. - 12 p.m.

Family Advocacy Program - 6303 Wetzel Ave. building 1526 Fort Carson 80913

Screamfree parenting is the principle-based approach that's inspiring parents everywhere to truly revolutionize their families. Moving beyond many of the child-centered, technique-based approaches, the Screamfree way compels you to focus on yourself, grow yourself up and calm yourself down.

This is a 4 week class:

9 January 2019

16 January 2019

23 January 2019

30 January 2019

Limited weekday childcare is available for children registered with CYS - reservations must be made in advance by calling 719-526-4028. If your plans change and you will not be attending the course, you must call back to cancel your childcare reservation.

Visit our website to sign up:

<https://carson.armymwr.com/calendar/event/screamfree-parenting/2581390/31488>

FREE MARRIAGE WORKSHOP



Date: Feb 6 2019, 9 a.m. - 11 a.m.

Family Advocacy Program - 6303 Wetzel Ave. building 1526 Fort Carson 80913

Learn to relate with your partner in a calm, cool and connected way. This class includes topics such as, "calming down, growing up, and getting closer"; the fires of lifelong commitment"; getting closer with intimacy and love". Must attend all dates in the series.

*This is a three-week class held every Wednesday until complete, must attend all sessions.

CLASS Dates: 6, 13, 20 February 2019

Must attend all dates in the series.

Childcare: call 719-526-0461 for availability.

Visit our website to sign up:

<https://carson.armymwr.com/calendar/event/marriage-workshop-screamfree-marriage/2753864/33446>

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 9:30 a.m.-11:00 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.-12 p.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 |
| Every Other Month <small>(see website for dates)</small> | Baby Sign Language | 2nd Thursday of the month 9 a.m.-11 a.m. | Babies are happiest when they can communicate with the people who love them the most - their families. Signing is a tool that can be the key into your baby's thoughts and the springboard for future language development. This class will offer different signs and lessons each session. | ACS Center Bldg. 1526 |
| Quarterly | Nurturing <i>(Infant to 5 years)</i> | Jan 9 - March 27* *Register on Jan 2 April 10 - June 26* *Register on April 3 | 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. Call (719) 534-3105 to register. Meets 9:30 a.m. to 11:45 a.m. | Nurturing Center Bldg. 1354 |
| Quarterly | Nurturing <i>(3 to 12 years)</i> | Jan 9 - March 27* *Register on Jan 2 April 10 - June 26* *Register on April 3 | 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. Call (719) 534-3105 to register. Meets on Wednesdays from 5:30 p.m. to 7:45 p.m. | Nurturing Center Bldg. 1354 |
| Quarterly | Nurturing Families through Play <i>(3 to 10 years)</i> | Jan 8 - March 12* *Register on Jan 2 April 9 - June 26* *Register on April 3 | This 10-week class teaches parents of children ages 3 to 10 how to use child play therapy skills to reduce behavioral problems and nurture parent-child relationships. Registration is required. Call (719) 534-3105 to register. Meets Tuesdays from 10:30 a.m. to 12:30 p.m. | 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. | |

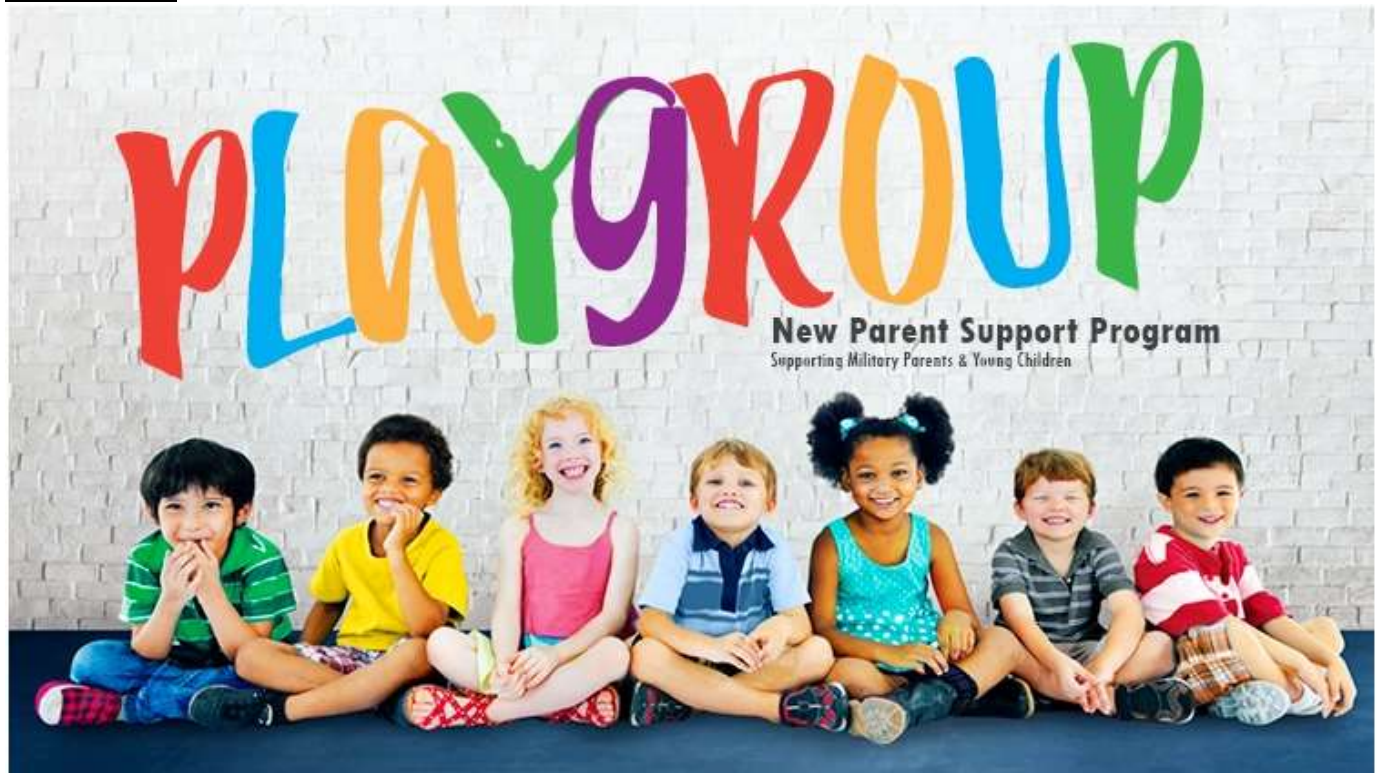


ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time with the exception of the Family Enrichment events (i.e., AFTB, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more 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"

PLAY GROUP



Date: Fridays, 10 a.m. - 12 p.m.

[New Parent Support Program](#) - Barkeley Ft. Carson 80913 United States

A fun-filled interactive meet-up for parents and children. Activities in the play group help children improve their social, cognitive and motor skills. Parents can meet others on Fort Carson and form a stronger social network.

Open to infant to 5 year old children, school age kids welcome during the summer months.

Fridays 10 a.m. - Noon. Nurturing Center Bldg 1354.

Cost

Free

Registration Info

No registration required, walk - ins welcomed.

Contact

Tel: [+1 \(719\) 526-0461](tel:+1(719)526-0461)

SOLE PARENTING GROUP

Sole Parenting
a resource group for single parents

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

Last Thursday of each Month
Noon-1 P.M. • ACS Center, bldg. 1326
www.carson.army.mil/acs • (719) 526-0461

TODDLER TIME

New Parent Support Program
Supporting Military Parents & Young Children

Toddler Time
Every Thursday
9:30-11 a.m.

Family Nurturing Center, bldg. 1354
Focuses on gross motor enhancement through song and dance; sensory enrichment through arts and crafts; as well as nurturing the child and the parent. For ages 18 months old and up.
www.carson.army.mil/acs • (719) 526-4590



COMMUNITY PARTNER PROGRAMS

AUTISM R.I.S.E. RESPITE PROGRAM

YMCA



Children's Hospital Colorado
Colorado Springs

Partners in Youth Development

AUTISM

R.I.S.E. RESPITE PROGRAM



RECREATION · INTEGRATION ·
SOCIALIZATION · EMOTIONAL WELL-BEING

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

WHO: Ages 6 - 12

WHERE: Briargate Family Center YMCA

WHEN: Saturdays

4025 Family Place

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

Colorado Springs, CO 80920

COST: \$55 per day

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

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

BeThere



Peer Support Call and Outreach Center

Active Duty, National Guard, Reserves and family members are eligible to use the BeThere Peer Support Call and Outreach Center's services.

Call and speak to a Veteran or military spouse when you need to:

- Talk to someone who shares your military experience
- Connect to resources
- Get support in any area of life

Peer specialists support you after your call with follow up for as long as you want it.

For unlimited access to confidential peer support, available 24/7/365 worldwide, connect with us today.





Chat: <https://www.BeTherePeerSupport.org>



Text: 480-360-6188



Call: 844-357-PEER (7337)

Follow Us:  @BeTherePeerSupport
 @DoDPeerSupport



CAREER SKILLS PROGRAM

The Fort Carson Career Skills Program (CSP) offers opportunities for eligible transitioning service members to gain the knowledge, skills and abilities needed for successful careers after they transition from active duty. To be eligible for any CSP, transitioning service members must be on active duty and within 180 days of transitioning from service as of the class start date, anticipate fully honorable or under honorable conditions discharge and have approval of the first field grade commander in their chain to participate. Each program also has additional eligibility criteria. Interested transitioning service members are encouraged to attend the appropriate information session as indicated below. They can also visit the Career Skills Program Office (building 6236, rooms 101-104) Monday-Friday, 7 a.m. to 4 p.m.



Basic Eligibility:

- Active Duty and Within 180 days of transitioning from active service
 - Some programs open to Veterans and Military Family Members
- Anticipate fully honorable or under honorable conditions discharge
- No legal or flag actions pending (e.g. ART-15)
- Completed mandatory Transition Assistance Program requirements prior to class start date
- Meet program specific criteria
- Attend CSP Info Session held 1st & 3rd Wed of each month, 1200 – 1500 at the SFL-TAP Center (Bldg 6237)
- For additional information, email usarmy.carson.imcom-central.mbx.dhr-mpd-csp@mail.mil

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



CIVVIES
CIVILIAN WEAR FOR
MEN & WOMEN



In collaboration with Discover Goodwill,
Mt. Carmel presents
“CIVVIES”, a men’s and women’s clothing
boutique to assist with professional and
business casual attire.
A monetary donation is suggested.

Open daily from 8 am – 5 pm
Donations can be dropped off and processed through
any Goodwill donation center.
Mt. Carmel can not accept clothing donations
719-309-4714
530 Communication Circle



FIRST VISITOR

"To Provide Exceptional Health Care to People Facing Access Barriers."

peakvista.org

(719) 344-6639

(English)

(719) 344-7147

(Spanish)



**Program A
Prenatal - 12 mos.**

Discover your newborn's amazing abilities.



**Program B
12 mos. - 24 mos.**

Encourage language development.
Proper nutrition and portion size.




**Program C
24 mos. - 36 mos.**

Master positive discipline and guidance.
Teaching tips on toilet training.

Want to make a difference in your child's life? First Visitor is a FREE home support program designed to celebrate the birth and growth of every child. We provide new parents with emotional support, a network of community-based resources; as well as, basic information on child health, nutrition, safety and early development during the critical first three years!

FREE PRESCHOOL AT FORT CARSON CPCD

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

Most of a
child's brain
growth occurs
before age 5.
**Is your child
school-ready?**

CPCD's Ft. Carson center provides **free preschool** and complete early childhood services to qualifying children (0 to 5) and families.

Call us today to learn more.



(719) 635-1536 | cpcdheadstart.org

FREE YOGA



Free Classes to Learn: Breathing Techniques and Stretching to Reduce Stress

Do you experience any of these symptoms on a consistent basis?

**Lack of Focus
Fatigue
Chronic Pain
Depression
Addictive Behaviors
Feeling Isolated
Loss of Concentration
Loss of Interest in Hobbies
Loss of Affection
Flashbacks
Nightmares
Insomnia**

Free classes open to all Veterans, Service Members and their Families. Learn to experience stress with less psychological cost, and gain some peace of mind.

Please call to register or stop by to visit and see what we are all about!

719-309-4714

MtCarmelVeterans.org

**530 Communication Circle
Colorado Springs, CO 80905**



Kingdom Builder's Family Life Center



Our Hours:
Mon-Sat
times vary

Satellite Hotel

411 Lakewood
Circle #C206B
Colorado
Springs, CO
80910

WE OFFER

Domestic Violence Support Groups

Mentoring/Life Coaching

Family Violence prevention workshops

Workshops, trainings and resources

For the entire family

and much more

ENROLL NOW!

TO REGISTER

Call: 719-464-6676

info@kingdombuildersfamilylifecenter.org

www.kingdombuildersfamilylifecenter.com

MILART

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

Bemis School of Art
818 Pelham Place
Colorado Springs, CO 80903
(719) 475-2444

www.coloradocollege.edu/fac/bemis

MilArt

Community, Health & Well-Being



COLORADO SPRINGS
Fine Arts Center
at COLORADO COLLEGE

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

Military Artistic Healing for Active Duty & Veterans

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

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

Immersive Glassblowing Experience for Active Duty & Veterans

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

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

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

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

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

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

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

Military Family Artistic Healing

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

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

Wheel Throwing for Active Duty & Veterans

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

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

MILITARY PARENTS NIGHT OUT



ARMED SERVICES YMCA

FOR YOUTH DEVELOPMENT *
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Southeast & Armed Services YMCA

MILITARY PARENTS NEED SOME TIME ALONE?

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

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

2018 DATES

April 21

May 19

June 16

July 15

August 18

September 15

October 20

November 17

December 16

TIME

5-10 p.m.

AGES

3 — 12 (Must be potty trained.)

COST

Y Member Military Rate:

E1-E5: \$15

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

E6 & Above: \$20

(Veterans, Retirees, Contractors)

Non Y Member Military Rate:

E1-E5: \$22.50

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

E6 & Above: \$30

(Veterans, Retirees, Contractors)

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



Must register in person.

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

For more information or to sign up please contact

Child Watch Coordinator Camisha Mobley at
cmobley@ppymca.org or

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

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

/SoutheastArmedServicesYMCA

★ ★ ★ MAKING MILITARY LIFE EASIER. ★ ★ ★

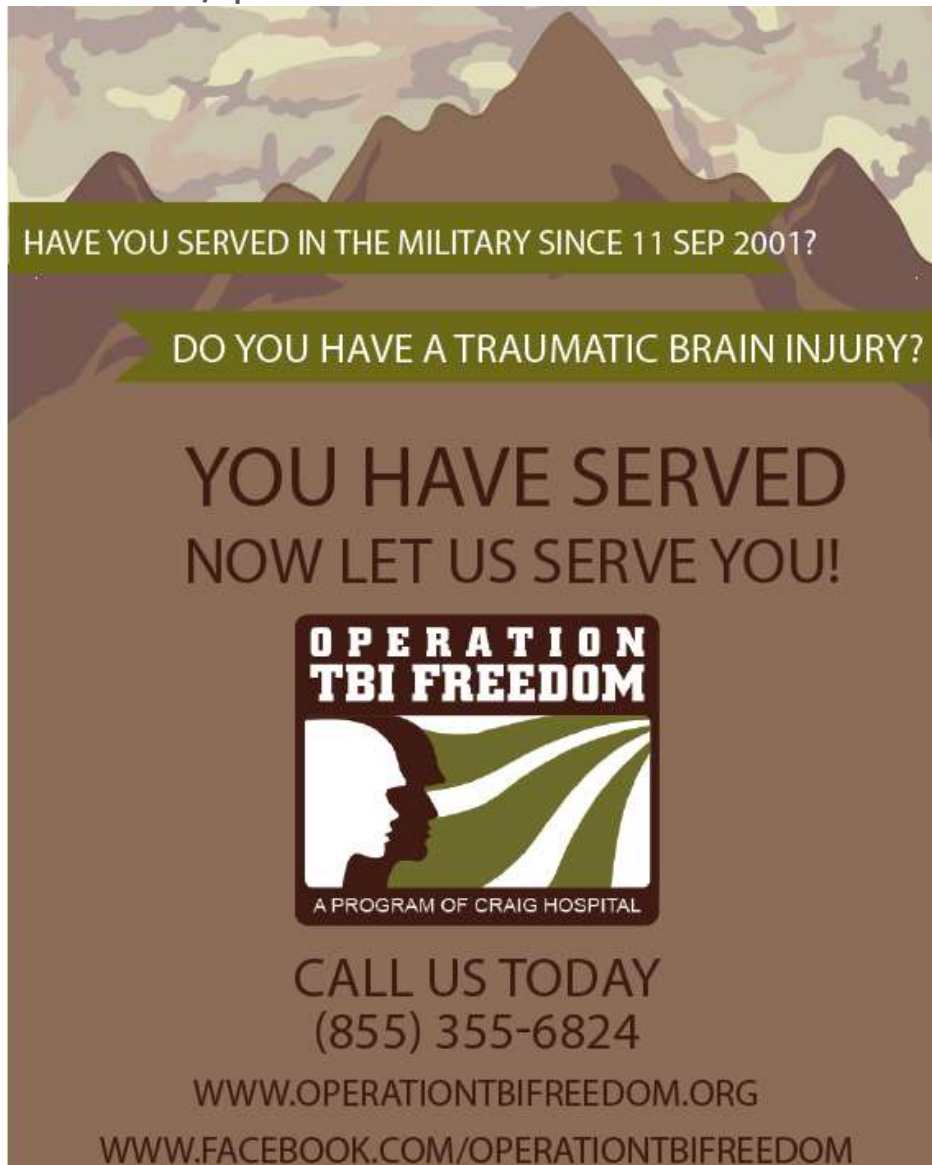
OPERATION TBI FREEDOM

Operation TBI Freedom a Colorado non-profit that is located in Colorado Springs and offers case management services throughout Colorado. Services provided include (but are not limited to): crisis management, employment/education training, psychosocial educational programming, assistance navigating complex benefits system, etc. For more information or apply for our assistance please call or email us.

Toll Free: (855) 355-6824

Email: OTF@craighospital.org

Facebook: www.Facebook.com/operationtbifreedom

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

HAVE YOU SERVED IN THE MILITARY SINCE 11 SEP 2001?

DO YOU HAVE A TRAUMATIC BRAIN INJURY?

YOU HAVE SERVED
NOW LET US SERVE YOU!



CALL US TODAY
(855) 355-6824

WWW.OPERATIONTBIFREEDOM.ORG

WWW.FACEBOOK.COM/OPERATIONTBIFREEDOM

OPERATION TBI FREEDOM



A PROGRAM OF CRAIG HOSPITAL

Operation TBI Freedom (OTF) is a privately funded program of Craig Hospital, that assists Veterans and active duty military personnel living or stationed in Colorado with traumatic brain injuries (TBI) who have served since September 11, 2001. More than 7,200 military personnel with a TBI will return to Colorado in the next three years. Our program tailors a unique plan for each client that promotes optimum independence, productivity and successful reintegration into civilian life.

Each Veteran is assigned a Military Support Specialist (MSS) who is a Veteran and Certified Brain Injury Specialist. The MSS begins with a comprehensive analysis of the Veteran's needs and concerns. It is the responsibility of the MSS to use all resources—the Veterans Administration, local governmental and non-governmental entities—as efficiently as possible, ensuring no duplication of effort. OTF analyzes complex VA benefits, identifies potential benefit enhancements and assists the Veteran in maximizing his or her access to healthcare and other benefits. OTF has leveraged more than \$5.5 million in services and therapies through our partnerships with military and community organizations.

Services provided or coordinated by OTF include the following:

- Crisis management and counseling
- Employment training and support
- Peer and Family support groups
- Assistive technology devices
- Emergency financial assistance for food and housing needs
- Mentoring
- Medical care
- Parenting classes
- Mental health referrals
- Assistance navigating complicated benefit processes



Learn more at craighospital.org/OTF

PEAK MILITARY CARE NETWORK



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



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

719-577-7417 | www.pmcn.org

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



Youth and Young Adults AGES 11-24

PROJECT RIGHT DIRECTION

WE PROVIDE:

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

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

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

PLUS:

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

Activities:

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

**HOURS VARY
Monday-Saturday**

TAI CHI CLASSES



Free Classes to Learn: Tai Chi Boxing and Energetics

If you deal with any of the following symptoms or conditions:

PTSD
Fatigue
Chronic Pain
Depression
Loss of Concentration
Anxiety
Heart Disease
Balance issues

Come out and learn an alternative way to deal with these types of issues, and an ancient martial art while you're at it.

This Tai Chi Boxing class is free and open to all Veterans, Service Members and their Families.

We will focus on learning the Yang Family 108 long form along with the martial application and energetics for each movement.

If you have any questions, please feel free to e-mail me at;
Louis.Weiss15@gmail.com

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

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

8:00am – 5:00pm M-F

****This e-mail is for informational purposes only. Distribution of this information does not express nor imply endorsement by Fort Carson or the US Army. Private Organizations are not affiliated with Fort Carson or the US Army.**