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

17 JANUARY 2019

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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CAR SEAT & CHILD SAFETY
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FITNESS CENTER RENOVATIONS
FREE PRESCHOOL
FREE H&R SCHOLARSHIPS FOR MIL SPOUSES
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ADVISORIES AND NOTICES

COMMUNITY INFORMATION EXCHANGE

The next Community Information Exchange will be held on Wednesday, February 20th at the Elkhorn, 9:00a.m. This month's topic of focus is Resilience Resources.

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 Jan. 21 in observance of Dr. Martin Luther King Jr. Day. They will reopen for normal business Jan. 22. 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 this holiday.

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.

NEW STRAY ANIMAL FACILITY

The stray animal facility used by Fort Carson is under new ownership. The facility once referred to as the Land of Ahs Kennel has been renamed Tumbleweed Country Kennels. The kennel is still at the same location, 12599 Jordan Road, Fountain, CO 80817, and can be contacted at 382-1126. Photos are taken of domestic animals collected on Fort Carson and posted on their website at www.tumbleweedcountrykennels.com. Pet owners have five days to recover their pet before the stray is considered abandoned and placed for adoption. For more information, contact Supervisory Conservation Officer Mike Simon at 503-9250.

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.

VOLUNTEER RECOGNITION IMPORTANT DATES

8 February: 2018 Volunteer of the Year and Hall of Fame Volunteer Nomination Packets due to ACS
1 March: 2018 Exemplary Volunteer Packets due to ACS
21 March: Jan-Feb-March 2019 Volunteers of the Quarter Packets Due
11 April, 10:30 a.m. Volunteer Recognition Ceremony and Reception, Elkhorn
Volunteer Page link is here: https://carson.armymwr.com/programs/army-volunteer-corpS

NEW THIS ISSUE

COLORFEST

Colorfest
Date: Apr 13 2019, 10 a.m. - 2 p.m.
Iron Horse Sports and Fitness Center - 6415 Specker Ave Bldg. 1925 Fort Carson 80913
All information is subject to change.
Save the date for Colorfest 2019!

- 10 a.m.-2 p.m.: Wall, obstacle course, petting zoo, Easter bunny photos, bounce houses, and more at Iron Horse Gym football field
- 10:30 a.m.: Color/Volunteer Run (price TBA) starts at Iron Horse Gym
- 11 a.m.: Egg Hunt at Iron Horse Gym football field
- 12 p.m.-2 p.m.: Egg Splash at Iron Horse Pool
- Various organizations and vendors present
  Contact
- Tel: +1(719)526-2706
- Military DSN Tel: (312)691-2706

MARTIN LUTHER KING JR. DAY OBSERVANCE

The 627th Hospital Center presents a Martin Luther King Jr. Day observance Jan. 22 at noon at the Elkhorn Conference Center. Guest speaker is Retired Col. James Stewart, president emeritus of the Black Chamber of Commerce. The theme is “Remember! Celebrate! Act! A Day On, Not a Day Off.” For more information, call 526-2761.

MARTIN LUTHER KING JR. OBSERVANCE MEAL

JOIN *JAMES R. WOLF DINING FACILITY* ON
24 JANUARY 2019 FOR OUR
MARTIN LUTHER KING JR. OBSERVANCE MEAL
1130-1300HRS

*SAVORY FRIED CHICKEN
*BLACKENED CATFISH
*CAJUN SHRIMP & GRITS
*SMOTHERED PORK CHOPS
*BLACK EYED PEAS
*FRIED OCRA
*STEAMED RICE
*FRIED CABBAGE
*BAKED MAC & CHEESE
*CORN BREAD
*CHICKEN GRAVY
*CHICKEN GUMBO SOUP
*BROCCOLI & CHEESE SOUP
*ASSORTED SALADS
*ASSORTED DESSERTS
*ASSORTED BEVERAGES

WOLF DFAC

Meal Card Holders: FREE
Active OFF. & ENL. (BAS): $5.60
Authorized CIV & MIL RET.: $5.60
Dependents of E4 & Below: $4.25
ATM: Available

MLK 2019

TROOPS TO TEACHERS COLORADO SOCIAL MIXERS

COLORADO
Department of Education

Troops to Teachers
PROUD TO SERVE AGAIN

Troops to Teachers Colorado Social Mixers

Since 1994 Troops to Teachers has assisted over 25,000 eligible make the transition from the front lines to the front of the classroom. Our state grant office provides participants with counseling and assistance regarding state certification requirements, routes to certifications, and employment referrals. You *may* also be eligible for financial assistance in the form of a $5K stipend to reimburse costs to become certified or a $10K bonus to teach in a "high needs" school.

WHO: Transitioning Service Members and Veterans, Troops to Teachers Participants and Alumni
WHAT: Troops to Teachers Social Mixer

WHEN: Tuesday, January 29th, 5:30 pm - 7:00 pm
WHERE: Rocky Mountain Brewery (625 Paonia St, Colorado Springs, CO 80915) www.therockymountainbrewery.com

WHEN: Monday, February 25th, 6:00 pm - 7:30 pm
WHERE: Mt Carmel Veterans Service Center (530 Communication Cir, Colorado Springs, CO 80905) www.veteranscenter.org

WHEN: Thursday, March 21st, 5:30 pm - 7:00 pm
WHERE: Mo's Sports Bar & Lounge (325 S. Union Ave, Pueblo, CO 81003) www.mossportsbar.com

WHEN: Thursday, April 25th, 5:30 pm - 7:00 pm
WHERE: Supernova Bar & Arcade (111 E. Boulder St, Colorado Springs, CO 80903) www.supernovabar.com

Transitioning service members, veterans, TTT participants, and TTT alumni are invited to attend these networking event. Attendees will have opportunities for information sharing and networking. Troops to Teachers Colorado (TTTCO) staff (Korey Brown and John Scheuer) will be available to help with TTT and any licensing questions.

Colorado Department of Education
Troops to Teachers Colorado
SLF-TAP, 1636 Elwell Street, Building 6236, Room 113, Fort Carson, CO 80913
719-526-2208 • TroopsToTeachersCO@cde.state.co.us
www.proudtoserveagain.com

TROOPS TO TEACHERS TEACH AS A SECOND CAREER EVENT

Registration for this event can be found at: https://educatoreffectiveness.wufoo.com/forms/teaching-as-a-next-career-seminars/

You're invited

Since 1994 Troops to Teachers has assisted over 25,000 eligible make the transition from the front lines to the front of the classroom. Our state grant office provides participants with counseling and assistance regarding state certification requirements, routes to certifications, and employment referrals. You *may* also be eligible for financial assistance in the form of a $5K stipend to reimburse costs to become certified or a $10K bonus to teach in a "high needs" school.

COLORADO Department of Education

Troops to Teachers
PROUD TO SERVE AGAIN

Teach as a Second Career!

Learn about the requirements to become a teacher including various licensure pathways, the services Troops to Teachers offers, and discover career opportunities with local school districts.

WHO: Transitioning Service Members and Veterans

WHAT: Information Luncheon/Session

WHEN: Tuesday, January 29, 2019, 11:30 am - 1:00 pm
WHERE: U.S. Air Force Academy, Airman & Family Readiness Center
(military ID installation access required for installation entry)

WHEN: Thursday, February 14, 2019, 11:30 am - 1:00 pm
WHERE: Buckley Air Force Base, Building 606 Auditorium
(military ID installation access required for installation entry)

WHEN: Monday, February 25, 2019, 5:00 pm - 7:00 pm
WHERE: Mount Carmel Veterans Service Center, (530 Communication Circle, Colorado Springs, CO 80905)

WHEN: Friday, March 8, 2019, 11:30 am - 1:00 pm
WHERE: Mesa County Workforce Center (512, 29 ½ Road, Grand Junction, CO 81504)

WHEN: Thursday, March 21, 2019, 11:30 am - 1:00 pm
WHERE: Pueblo Workforce Center, 212 W. 3rd St, Pueblo, CO 81003

REGISTER NOW

Colorado Department of Education
Troops to Teachers Colorado
SLF-TAP, 1636 Elwell Street, Building 6236, Room 113, Fort Carson, CO 80913
719-526-2208 • TroopsToTeachersCO@cde.state.co.us
www.proudtoserveagain.com / www.linkedin.com/groups/12084733/

WAR DOG MEMORIAL RUN

War Dog Memorial Run
Date: Mar 9 2019, 9 a.m. - 1 p.m.
Iron Horse Park - 6751 Sheridan Ave Fort Carson, Colorado 80913 United States
All information is subject to change.

- $15/person (ages 4+) Early Bird registration closes at 11:59 p.m. on March 7, 2019. Same day registration is $20/person.
- **T-shirt included with paid registration only** (while supplies last)
- Little Kid registration is FREE! (no t-shirt included) Please choose **'Little Kid Registration'** from the **'Additional Items'** menu.
- Prize drawings and giveaways.
- Working dog demo by Fort Carson Department of Emergency Services

FAQs:

- The race route is on asphalt and dirt terrain.
- Strollers are allowed.
- Please observe fun run courtesy. Runners to the left, walkers/strollers to the right.
- No minimum age. Individual waivers are required for participation. All minors ages 13-17 years must have a parent signature. All minors 12 years and under must be accompanied by a parent or guardian at all times.
- Leashed pets welcome. Racers should provide doggies bags to pick up after their pets.
- **A dog that shows aggression or presents a threat to participants or other dogs will be removed from the event immediately, without question or refund.**

Shirt Pick-Up:

- All shirt sizes are final. **No returns or exchanges.**
- **Shirt sizes are limited, and are available on a first come, first served basis.**
- Shirt pick-up: March 8, 2019 at Garcia Gym from 8 a.m.- 8 p.m.

Contact

- Tel: +1 (719)526-4863; +1 (719)526-3944

3ABCT TRIBUTE AND FAMILY APPRECIATION MEAL

The Robert C. Stack Dining Facility will host a 3rd Armored Brigade Combat Team, 4th Infantry Division, Tribute and Family Appreciation Meal Jan. 29 from 11:30 a.m. to 1 p.m. Cost is $4.25 for Family members of corporals and below, and $5.60 for all others. Entrees include grilled steak, fried chicken and blackened fish. The Stack DFAC is located in building 2330, 1913 Specker Ave.

CONNECT WITH A VET HIRING EVENT

CONNECT WITH A VET HIRING EVENT

Thursday, February 21, 2019
10 AM - 3 PM

MEET OVER 75 EMPLOYERS WHO ARE READY TO HIRE YOU

★ VETERANS ★
★ MILITARY SPOUSES ★
★ ACTIVE DUTY SERVICE MEMBERS ★
★ RESERVE/NATIONAL GUARD MEMBERS ★

WILLIAM REED SPECIAL EVENT CENTER (SEC)
6550 SPECKER AVE, BLDG 1829
FORT CARSON, CO

FOR MORE INFO, CHECK ppwfc.org

WORKFORCE CENTER
U.S. ARMY
U.S. AIR FORCE

FAMILY VOICE FOCUS GROUP OPPORTUNITY

Call TODAY!

We Need Your *Family Voice!*

January 15th
5:00 Dinner
5:45-7:45 Focus Group
YMCA Fountain
301 E Iowa Ave.

January 24th
12:00 Lunch
12:45-2:45 Focus Group
Ascension Church
2505 N. Circle Drive

FREE child care for ALL sessions.

Additional sessions will be offered. Call for details.

Focus Group Participants Receive a

KING Soopers

$40 Gift Card

One card per family.

A new community partnership has been created to learn more from families about their priorities.

Adults with at least one child (birth to eight) are being recruited to participate in a two-hour **Focus Group Session.** We need your voice on child care and parenting, employment and education, health, social connections, and financial stability.

Make your voice heard!
Call 719.466.0099 to sign up TODAY!
Registration required.

Sponsored by Community Partners

EPC Department of Human Services
Pikes Peak Workforce Center
EPC Health Department
Catholic Charities of Central Colorado
Discover Goodwill
CPCD giving children a head start
Pikes Peak Community College
Peaceful Households
Lutheran Family Services
Colorado Community Health Alliance
Executives Partnering to Invest in Children
Pikes Peak United Way
The Resource Exchange
AspenPointe
Alliance for Kids
Joint Initiative for Youth & Families

Alliance for Kids
JOINT INITIATIVES for YOUTH & FAMILIES

El Paso County's Early Childhood Council | Allianceforkids.org

FamilySPEAK A Project of AFK | FamilySPEAK.org
For questions please call 719.466.0099

JI is the Fiscal Agent for Alliance for Kids | Jointinitiatives.org
For questions please call 719.630.0927

FIGHT THE FLUFF WEIGHT LOSS CHALLENGE

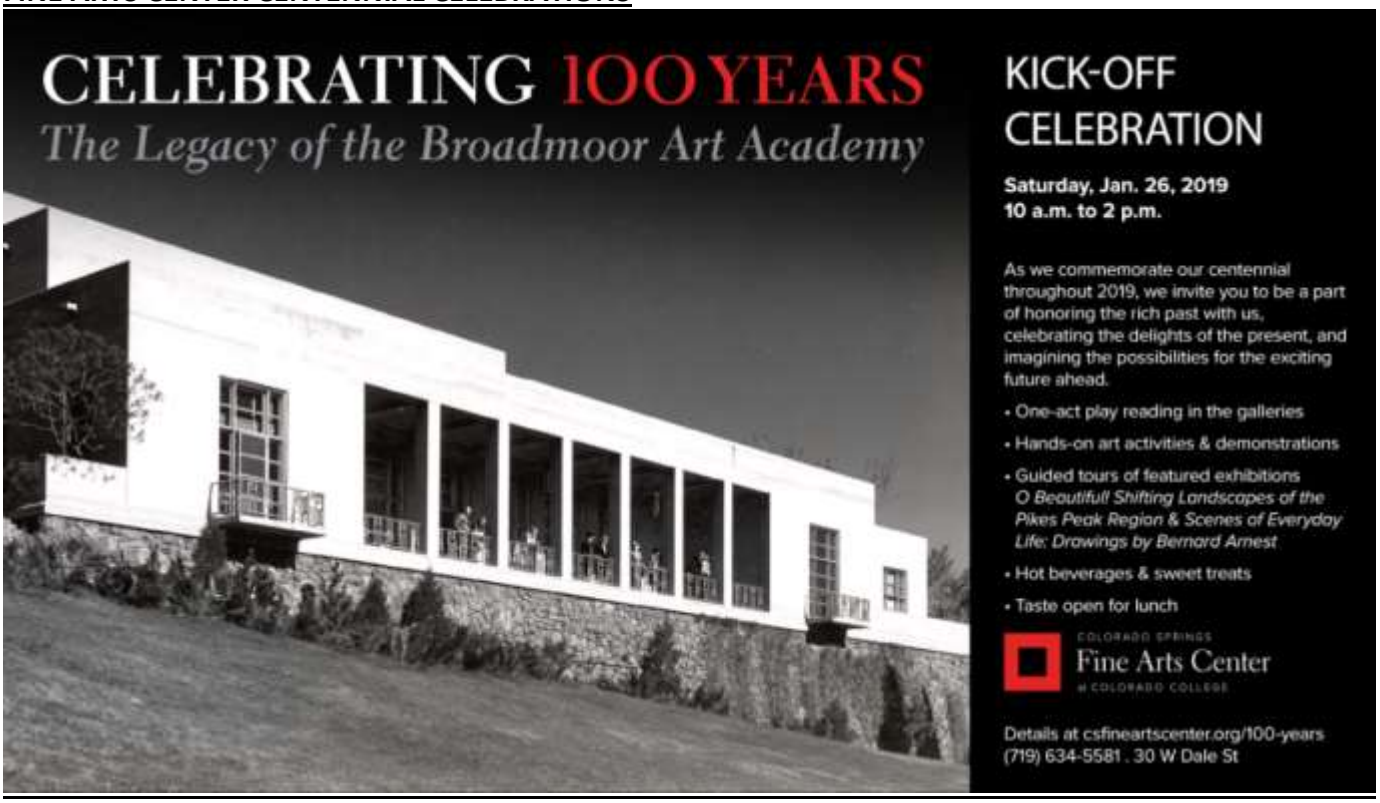
Date: Jan 22 2019, 2 p.m. - 3 p.m.

- 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)
    - 1st place: $125
    - 2nd place: $50
    - 3rd place: $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.

FINE ARTS CENTER CENTENNIAL CELEBRATIONS



FORT CARSON EXCHANGE HOLIDAY RETURN POLICY

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.

EXCHANGE

#92597

GET ON THE BUS TRIP TO MONARCH MOUNTAIN

Date: Jan 26 2019, 6 a.m. - 6 p.m.
Adventure Programs and Education - 7093 Specker Ave Bldg. 2429 Fort Carson 80913
Spend less time searching for parking and more time on the mountain. Outdoor Recreation is here to help make your trip to the mountain even more enjoyable. Sit back and relax as we drive you to Monarch Mountain.

Upcoming Dates

- 2019: Jan. 26, Feb. 9 & 23, March 9 & 23

Time

- 6 a.m.-6 p.m. (return time approximate, subject to change based on weather, road & traffic conditions.)

Rental Equipment

- Outdoor Recreation is now offering same day rental return for all GOTB programs. Rental equipment will be available for pick up on the Friday before each trip.

Lessons

- Outdoor Recreation can help you schedule a lesson through Monarch Mountain Ski School. Please call 719-526-5176 for more details.

Cost

- $85: includes lift ticket, rental equipment, & transportation
- $75: includes lift ticket & transportation
- $55: includes rental equipment & transportation
- $35: includes transportation

Contact

- Tel: +1(719)526-5176
- Military DSN Tel: (312)691-5176

HUNTER EDUCATION COURSE

The Fort Carson Conservation Law Enforcement Program will host the Colorado Hunters' Education Course. The course will be held at the Cheyenne Mountain Shooting Complex. Course dates are Feb. 2 and 3 from 8 a.m. to 5 p.m. Participants must attend both days and pass the Hunters' Education exam to receive the Hunters' Education certification. Registration is open through Feb. 2. There are a limited number of seats available. For more information or to register, visit https://register-ed.com/events/view/135430.

MILITARY FAMILY LIFE COUNSELORS

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

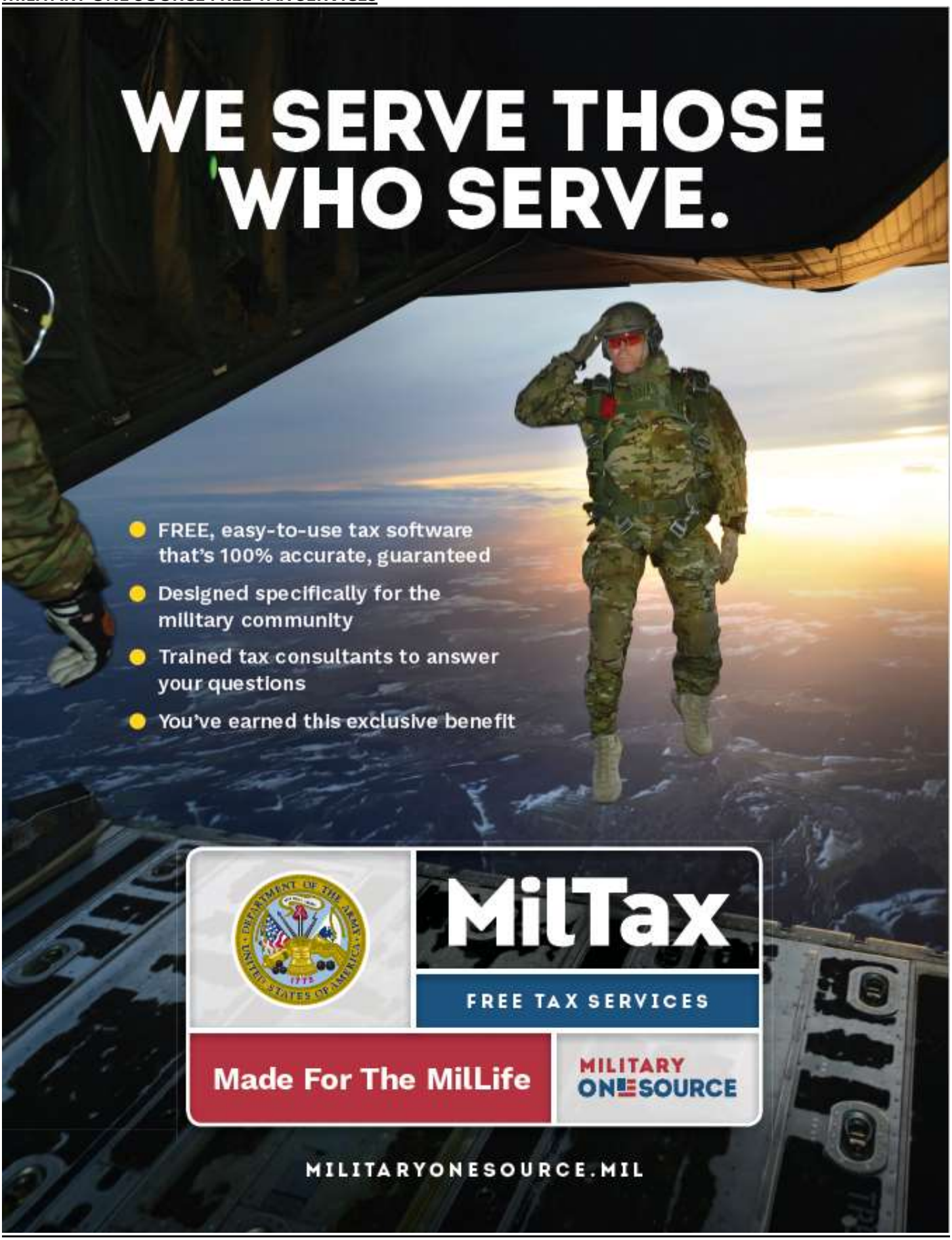
Life Skills

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

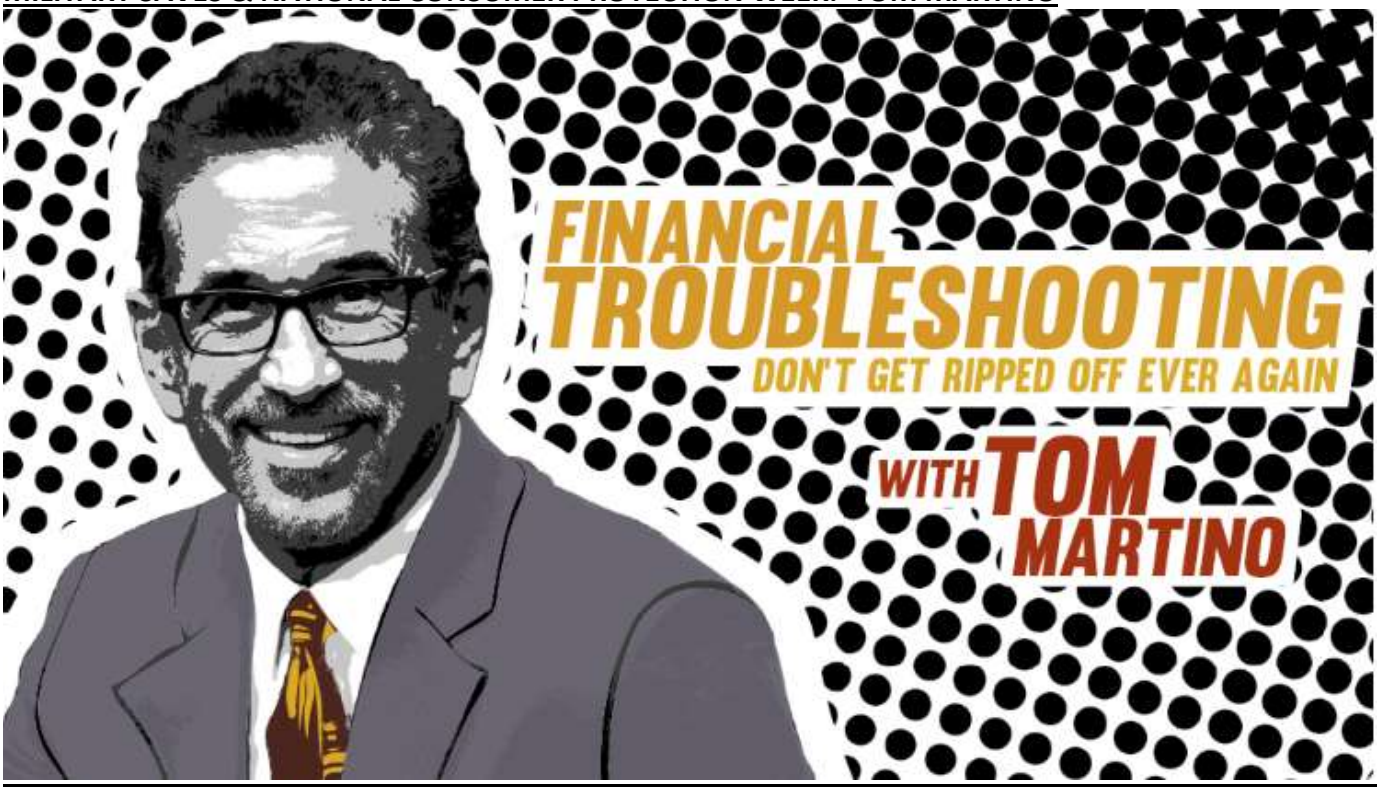
Military Lifestyle

- Deployment Stress
- Coping Skills
- Relocation Adjustment
- Sadness, grief and loss
- Homesickness
- Separation
- Building Resiliency
-

MILITARY ONE SOURCE FREE TAX SERVICES



MILITARY SAVES & NATIONAL CONSUMER PROTECTION WEEK: TOM MARTINO



Date: Feb 13 2019, 9:30 a.m. - 11:30 a.m.
The Hub, 6371 Specker Avenue, Bldg. 1532 Fort Carson 80913

Military Saves and National Consumer Protection Week is an annual readiness initiative authorized by the Undersecretary of Defense for Personnel and Readiness. Military Saves National Consumer Protection seeks to motivate Soldiers and Families to save money, reduce debt and build wealth.

- Military Saves and National Consumer Protection Week is an opportunity for Soldiers and Family members to pledge to save and build their financial portfolio for the future.
- Tom Martino, national radio syndicate will be at Fort Carson presenting information. Tom troubleshoots for today's consumers, fights for their rights and gives consumers the next step for resolution of their issue.

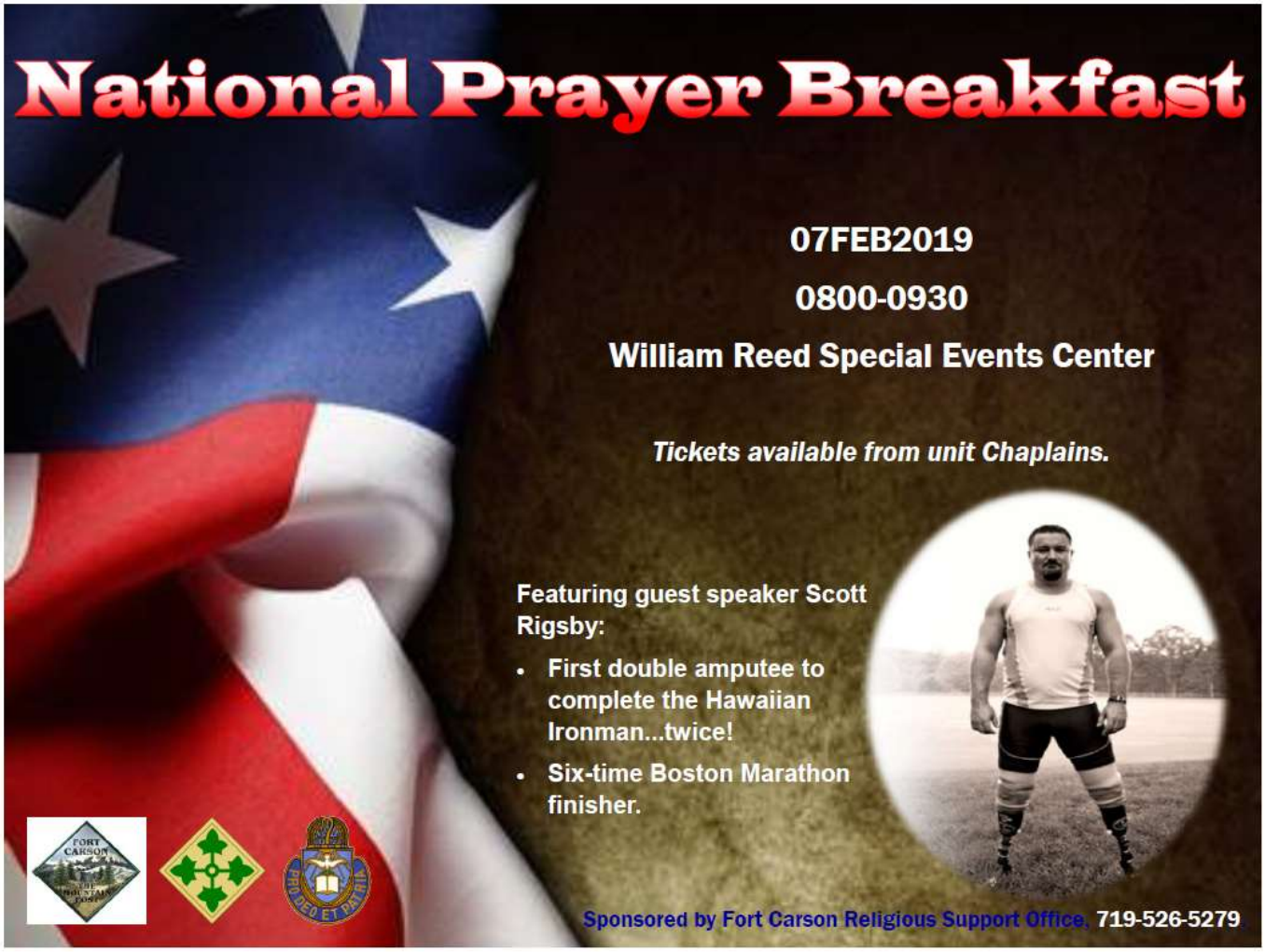
Registration Info

No registration required

Contact

- Tel: +1(719)526-4605
- Military DSN Tel: (312)619-4605

NATIONAL PRAYER BREAKFAST AND 1 MILE FUN RUN



Fort Carson Religious Support Office 1 Mile Fun Run and National Prayer Breakfast
Date: Feb 7 2019, 6:30 a.m. - 9:30 a.m.
Mountain Post Sports Complex - Victory Loop Fort Carson, Colorado 80913 United States

Call 719-526-6264 or e-mail joey.d.honeycutt2.mil@mail.mil for more information.

The Fort Carson National Prayer Breakfast (NPB) is a yearly event held on Fort Carson on the first Thursday of February each year. The purpose of the NPB is to bring Soldiers together and celebrate God's blessings through prayer and community. Open to the Fort Carson community.
Fun Run

- The 1.06 mile fun run will be conducted at **Mountain Post Sports Complex** from 6:30 a.m.-7:30 a.m. with a shotgun start to kickoff
- This is a voluntary participation run
- All subordinate units are encouraged to attend the fun run. It is permissible to carry flags, guidons, or to wear unit colors. However, the event is a release run and formation type runs are not allowed.
- Prayer Breakfast
- All seats are now reserved for the prayer breakfast.

Contact

- Tel: +1 (719)526-6264

SKI & SOAK MOUNTAIN TRIP

Date: Jan 26 2019, 6 a.m. - 6 p.m.

Adventure Programs and Education - 7093 Specker Ave Bldg. 2429 Fort Carson 80913

Come with us to beautiful Monarch Mountain for a fun-filled day of skiing or snowboarding. After a great day on the slopes, relax in the hot springs of Mt. Princeton.

- Upcoming dates: Feb. 23, 2019

Cost

- $65 for transportation and the hot springs
- $105 for transportation, lift ticket, & hot springs
- $120 for transportation, lift ticket, rental gear & hot springs

Registration Info

- Sign up at the Outdoor Recreation Complex

Contact

- Tel: +1(719)526-5176
- Military DSN Tel: (312)691-5176

SKI AND SNOWBOARD TUNING CLINIC

Ski and Snowboard Tuning Clinic

Date: Jan 19 2019, 2 p.m. - 5 p.m.
Adventure Programs and Education - 7093 Specker Ave Bldg. 2429 Fort Carson 80913

- $20/person ages 15+

Having properly tuned equipment is one of the best ways to have fun and be safe on your skis or snowboards. Outdoor Recreation is here to help you learn the basics of at-home ski and snowboard repair. Our professionally trained technicians will teach you techniques to keep your equipment performing the way you want. Be sure to ask about custom orders for your own tuning tools!

Upcoming Dates

- 2019: February 16, March 16

Contact

- Tel: +1(719)526-5176
- Military DSN Tel: (312)691-5176

TAPS GOOD GRIEF CAMP MENTOR'S NEEDED

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS
3033 Wilson Boulevard, Third Floor ★ Arlington, VA 22201
800-959-TAPS ★ 202-588-TAPS (8277) ★ www.taps.org

CURRENT AND FORMER SERVICE MEMBERS - MAKE A DIFFERENCE
Mentor Children of America's Fallen Military Heroes

TAPS Mountain State Regional Military Survivor Seminar and Good Grief Camp
March 29-31 in Colorado Spring, CO

BACKGROUND: The Tragedy Assistance Program for Survivors (TAPS) is the national nonprofit caring for the families of America's fallen heroes. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief programming and resources at no cost to surviving military families. We have assisted more than 85,000 surviving family members, casualty officers, and battle buddies.

THE SURVIVOR PROGRAM: At the Mountain State Regional Military Survivor Seminar and Good Grief Camp, surviving military family members from across the region will come together and connect with others who have experienced similar losses. Children ages 4-18 create lasting friendships, learn coping skills, build resiliency, and honor their fallen service member. Group lessons combine team building, sharing, and playing to create an environment where children feel safe to explore their grief. Pairing each child with their own mentor is the key to our success.

MILITARY MENTOR ROLE: Current and former service members are eligible to volunteer for this incredible opportunity. After a group training session with TAPS Youth Programs staff, mentors are paired with their own mentee and work in small groups facilitated by an experienced leader. You may request the age group you'd like to work with. Children learn through active play, and the curriculum is designed to meet each child where they are in the grief process through engaging activities. The one-on-one time with your mentee gives them the companionship and support needed to feel comfortable connecting with peers and engaging in lessons. This video shows the impact of the Good Grief Camp on our youngest survivors.

MILITARY MENTOR SCHEDULE:

Friday, March 29	*5:30pm – 9:30pm*	*Good Grief Camp Kid Zone (OPTIONAL)*
Saturday, March 30	6:30am – 8:15am	Mentor training - MANDATORY FOR ALL MENTORS
	8:15am – 7:00pm	Good Grief Camp
Sunday, March 31	7:45am – 3:00pm	Good Grief Camp

LOCATION: All activities will take place in Colorado Springs, CO

UNIFORM: Casual comfortable clothing and closed toed shoes. TAPS mentor t-shirts and a name tag are provided at training.

COST: All meals will be provided at no cost, and free parking is available on-site. There is limited lodging available Friday and Saturday nights to those who are travelling 40+ miles from the seminar.

HOW TO REGISTER:

1. Go to taps.org/militarymentor and complete the registration
2. Immediately log back into your new account and complete the background check release
3. You'll receive an email when background check is completed, and THEN you can sign-up for the Good Grief Camp.

Questions can be directed to mentors@taps.org or call 202-588-TAPS (8277)

TURN IT OFF, BURN IF OFF

Date: Jan 12 2019, 10 a.m. - 1 p.m.
https://carson.armymwr.com/calendar/event/turn-it-burn-it-mountain-post-living-event/2798725/34311

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

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

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

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 (see website for dates)	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 *(Infant to 5 years)*	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 *(3 to 12 years)*	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 *(3 to 10 years)*	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

SOLE PARENTING GROUP

TODDLER TIME

AUTISM R.I.S.E. RESPITE PROGRAM

the YMCA

Children's Hospital Colorado
Colorado Springs

Partners in Youth Development

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

RECREATION · INTEGRATION · SOCIALIZATION · EMOTIONAL WELL-BEING

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

WHO: Ages 6 – 12

WHEN: Saturdays

TIME: 1:30 – 4:30 p.m.

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

COST: $55 per day

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

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

"BE THERE" PEER SUPPORT

BeThere

Peer Support Call and Outreach Center

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

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

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

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

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

Chat: **https://www.BeTherePeerSupport.org**

Text: **480-360-6188**

Call: **844-357-PEER (7337)**

Follow Us: **@BeTherePeerSupport**
@DoDPeerSupport

CAREER SKILLS PROGRAM

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

Fort Carson

Career Skills Program

Basic Eligibility:

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

Microsoft EMBRY-RIDDLE Aeronautical University	**18-Week** IT Server & Cloud Administration training & guaranteed interviews with Microsoft and/or Industry Partners.	secure set ACADEMY	**20-week** Cybersecurity Training Program & interviews with Industry Partners.
VA U.S. Department of Veterans Affairs	**10 to 12-Week** Training in VA Comp Claims with placement at VA Regional Benefits Offices.	Colorado Dodge PHIL LONG Since 1949	**8-Week** Training and Internship in Automotive Sales with placement in Colorado Springs or Denver.
UNITED ASSOCIATION VFIA VETERANS IN PIPING	**18 -Week** Accelerated Training in Pipe Welding and placement in Apprenticeship & employment – over 300 locations.	TEAMSTERS MILITARY ABF Freight	**6-Week** Intensive CDL training and job placement across the country.
ONWARD TO OPPORTUNITY	**10-Week** no-cost training and certification in over 30 top-paying career fields and direct connections to over 500 military-friendly employers.		**16-Week** Fellowship that provides management training & local government experience.
HIRING OUR HEROES	**12-Week** Fellowship that provides civilian work experience & professional development.	Ryder Ever better.	**12-Week** Diesel Technician Training Program with placement at locations across the country.
HBI BUILDING CAREERS	**12-Week** Pre-Apprenticeship Certificate Training in building methods/trades with job placement across the country.	CALIBER COLLISION	**18-Week** intensive training program to teach skills required to become an Auto Body Collision Technician with placement across the country.
Individual Internship Opportunities	**Up to 20 Weeks** Individual Internships are based on individual's timeline with vetted and approved employers, and have high likelihood of employment.	*Approved Individual Internship Opportunities:* *Camping World* *HACH Individual Internship* *Shift Military Fellows Program* *Geohazard Mitigation Technician* *Xcel Energy* *Pikes Peak Ranger District* *Top Gun Estimator Internship*	

CIVVIES

CIVVIES
CIVILIAN WEAR FOR MEN & WOMEN
Mt Carmel
CENTER OF EXCELLENCE
Discover Goodwill
In collaboration with Discover Goodwill, Mt. Carmel presents "CIVVIES", a men's and women's clothing boutique to assist with professional and business casual attire.
A monetary donation is suggested.
Open daily from 8 am – 5 pm
Donations can be dropped off and processed through any Goodwill donation center.
Mt. Carmel can not accept clothing donations
719-309-4714
530 Communication Circle

FIRST VISITOR FREE HOME SUPPORT PROGRAM

PEAK VISTA COMMUNITY HEALTH CENTERS

FIRST VISITOR

Knowledge • Resources • Support

First Visitor

Unleash the power of parenting!

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

peakvista.org

(719) 344-6639

(English)

(719) 344-7147

(Spanish)

Program A
Prenatal - 12 mos.

Discover your newborn's amazing abilities.

Program B
12 mos. - 24 mos.

Encourage language development.
Proper nutrition and portion size.

Program C
24 mos. - 36 mos.

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

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

FORT CARSON ON-POST COLLEGE SCHEDULE SPRING 2019

Fort Carson Education Center
On - Post College Schedule
Spring 2019

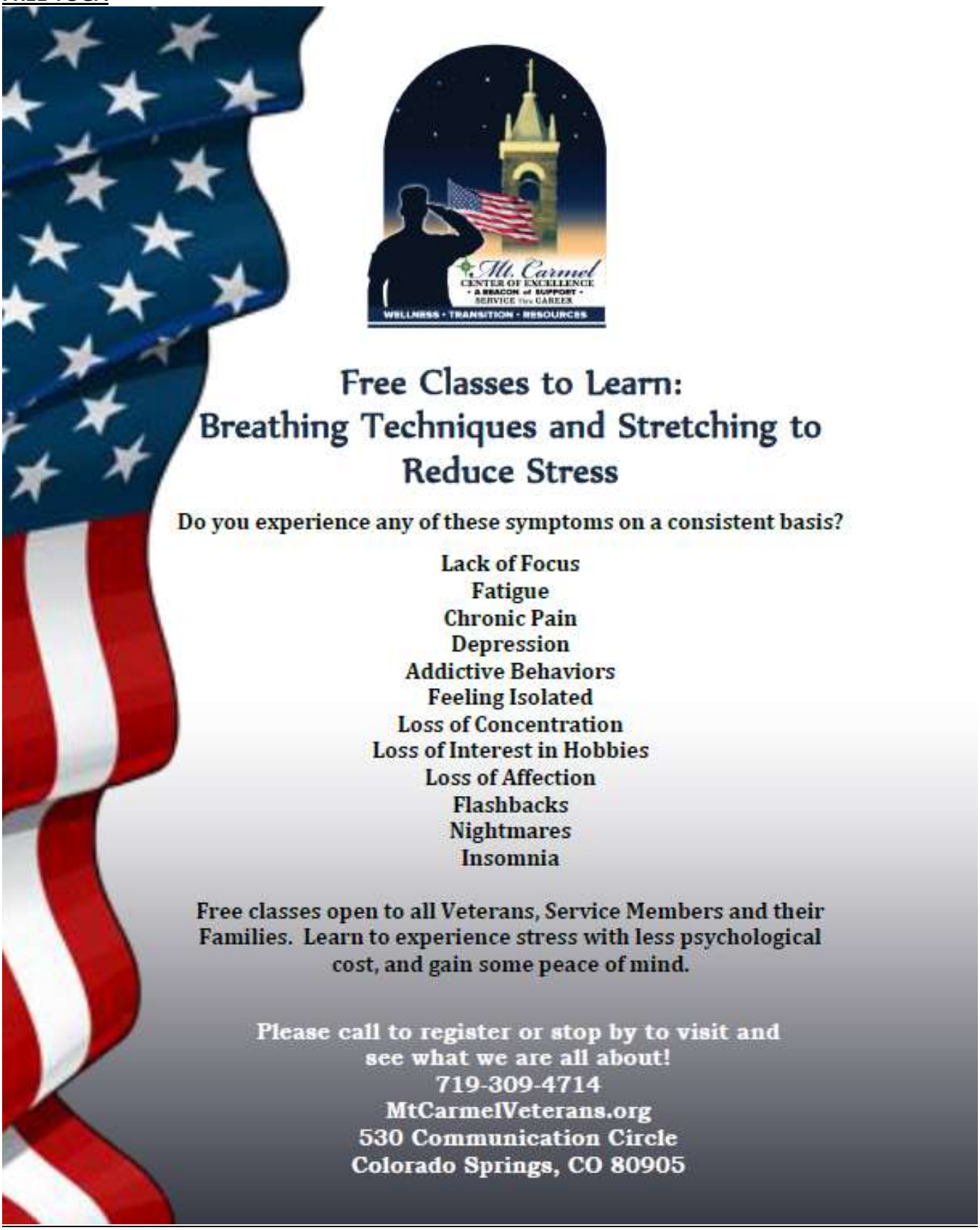
Subject	Cse #	Section	Title	Days	Start	End	Room #	Type
COLORADO STATE UNIVERSITY - PUEBLO						**4 MAR - 3 MAY**		
HIST	136	9204	Southwest U.S.	T & R	1730	2000		C
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU)						**7 JAN - 10 MAR**		
MGMT	391	2425	Introduction to Project Management	R	1800	2120		EVC
RSCH	202	2010	Introduction to Research Methods	W	1800	2120		EVC
SFTY	409	2423	Aviation Safety	T	1730	2050		EVC
PIKES PEAK COMMUNITY COLLEGE						**26 JAN - 13 APR**		
AAA	109	9HW	Advanced Academic Achievement	S	1205	1405		C
CCR	092	9HW	College Composition & Reading	S	830	1130		C
COM	115	9HW	Public Speaking	S	1100	1255		C
ENG	122	9HW	English Composition II	S	830	1025		C
MAT	055	9HW	Algebraic Literacy	S	830	1150		C
PSY	102	9HW	General Psychology II	S	1130	1255		C
						28 JAN - 24 MAR		
AAA	109	9H1	Advanced Academic Achievement	T	1730	2010		HY
AAA	109	9H2	Advanced Academic Achievement	W	1730	2010		HY
PSY	101	9H1	General Psychology 1	R	1730	2010		HY
UNIVERSITY OF COLORADO - COLORADO SPRINGS						**28 JAN - 22 MAR**		
SOC	2500		Social Problems	R	1800	2130		C
CJ	1001		Introduction to Criminal Justice	M & R	1700	1940		C
						22 JAN - 16 MAY		
GPS	3010		Gateway Program Seminar	HY	1645	1920		HY

Note: GPS class will be held in class on the last Thursday of each month: 31 Jan, 28 Feb, 28 Mar, and 25 Apr

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule
Type: C= Classroom, HY=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom
TBD=To Be Determined
Schedule is subject to change. Please see a College Representative for more information.

FREE PRESCHOOL AT FORT CARSON CPCD

FREE YOGA


Mt. Carmel
CENTER OF EXCELLENCE
WELLNESS • TRANSITION • RESOURCES
Free Classes to Learn:
Breathing Techniques and Stretching to Reduce Stress
Do you experience any of these symptoms on a consistent basis?
Lack of Focus
Fatigue
Chronic Pain
Depression
Addictive Behaviors
Feeling Isolated
Loss of Concentration
Loss of Interest in Hobbies
Loss of Affection
Flashbacks
Nightmares
Insomnia
Free classes open to all Veterans, Service Members and their Families. Learn to experience stress with less psychological cost, and gain some peace of mind.
Please call to register or stop by to visit and see what we are all about!
719-309-4714
MtCarmelVeterans.org
530 Communication Circle
Colorado Springs, CO 80905

KINGDOM BUILDERS FAMILY LIFE CENTER

Kingdom Builder's Family Life Center

Our Hours:
Mon-Sat
times vary

Satellite Hotel

411 Lakewood Circle #C206B
Colorado Springs, CO 80910

WE OFFER

Domestic Violence Support Groups

Mentoring/Life Coaching

Family Violence prevention workshops

Workshops, trainings and resources

For the entire family

and much more

ENROLL NOW!

TO REGISTER

Call: 719-464-6676

info@kingdombuildersfamilylifecenter.org

www.kingdombuildersfamilylifecenter.com

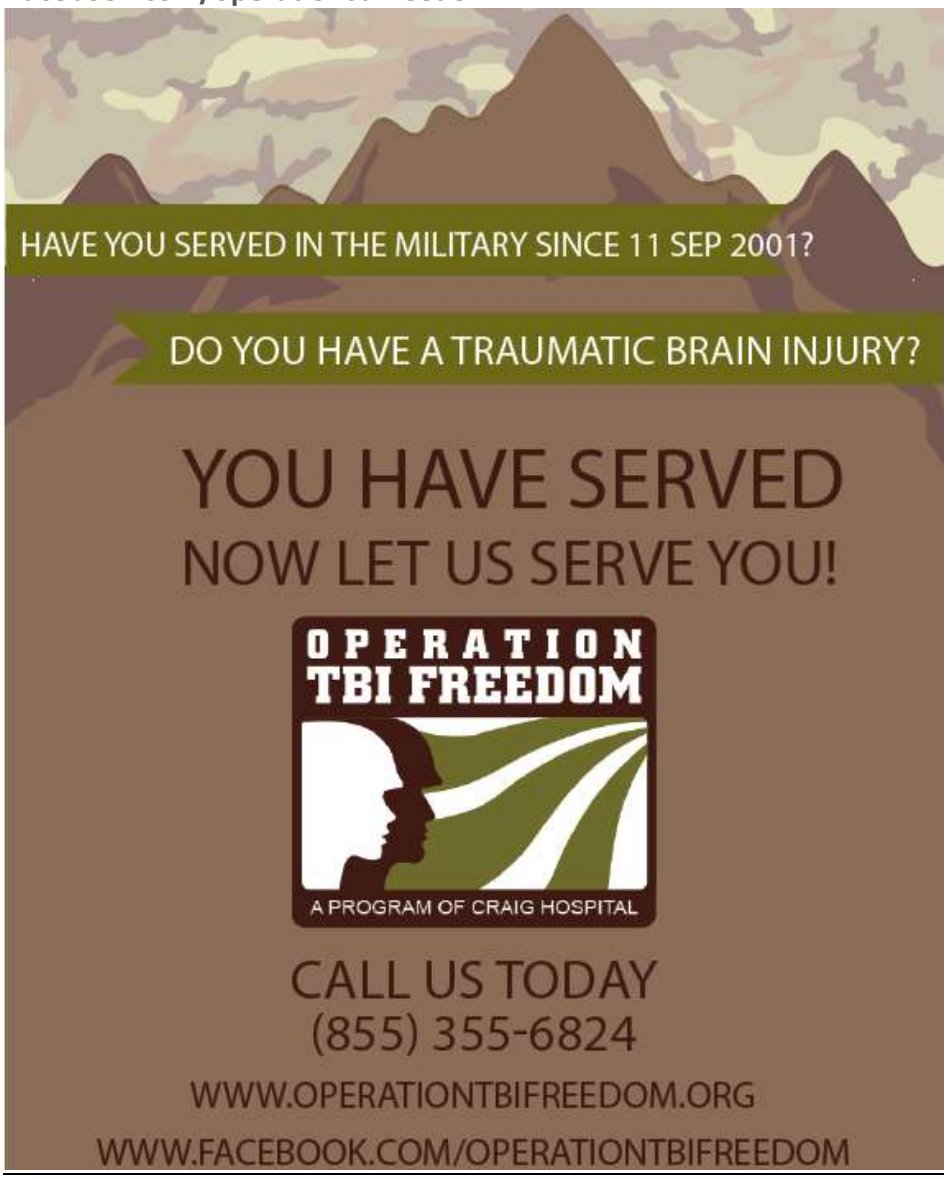
OPERATION TBI FREEDOM

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

Toll Free: (855) 355-6824

Email: **OTF@craighospital.org**

Facebook: **www.Facebook.com/operationtbifreedom**



A PROGRAM OF CRAIG HOSPITAL

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

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

Services provided or coordinated by OTF include the following:

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

Learn more at craighospital.org/OTF

PEAK MILITARY CARE NETWORK

Peak Military Care Network

connecting people to resources

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

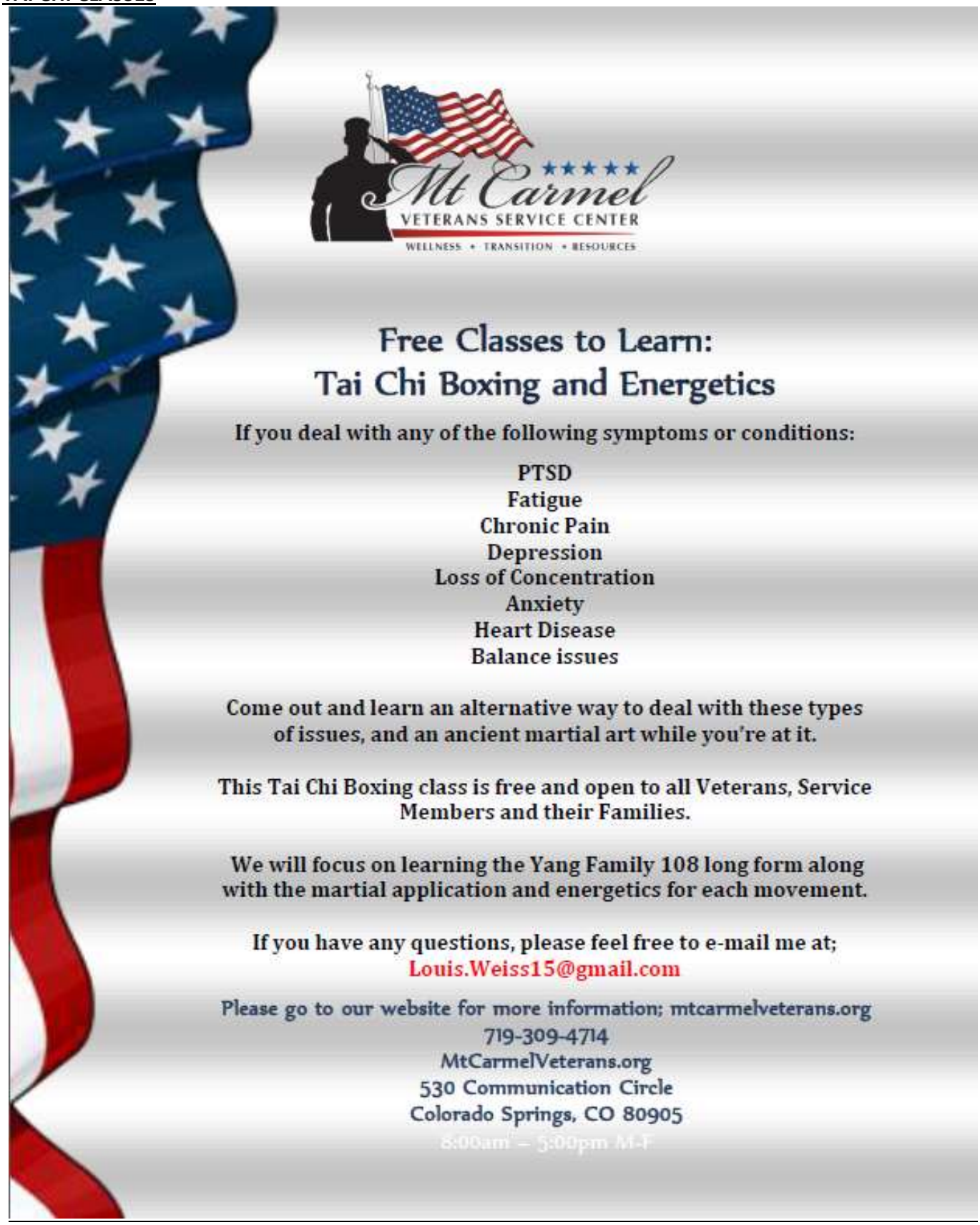
One contact, multiple resources making it easier for you and your family

719-577-7417 | www.pmcn.org

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

PROJECT RIGHT DIRECTION

TAI CHI CLASSES



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