

# ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:  
**CARSON.ARMY.MIL/ACS**

## EDUCATION • OPPORTUNITY • DISCOVERY

### REAL LIFE SOLUTIONS FOR EVERYDAY ARMY LIVING

Regardless of what stage of life you and your family are in, Army Community Service (ACS) has services and programs to make your Army life more successful. If you are new to the Fort Carson area, make sure to stop in and pick up a welcome packet, get maps and directions to the local area and meet our professional staff. ACS offers monthly classes on parenting, finances, relationships, exceptional Family members, self-improvement, military ins-and-outs and volunteer opportunities, plus much more.



#### ACS CENTER

The ACS Center in building 1526 hosts many of the educational classes that support the Fort Carson community. This is the main center for Army Community Service and we look forward to getting to know you here.

6303 Wetzel Ave., Bldg. 1526 • (719) 526-4590



#### COMMUNITY CONNECTION

The ACS Community Connection is your first stop when arriving at Fort Carson to learn how to make the most of your time in Colorado. ACS Community Connection simplifies your move with twelve computer stations for Soldiers and Family members to use at no cost along with printer, fax and copy services.

6391 Wetzel Ave., Bldg. 1524 • (719) 526-1070



#### FAMILY NURTURING CENTER

The ACS Family Nurturing Center is home to the New Parent Support Program's (NPSP) Nurturing classes. NPSP can help parents learn to cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood. The facility is open during class times only.

6070 Barkeley Ave., Bldg. 1354 • (719) 526-0461



#### SURVIVOR OUTREACH SERVICES

Survivor Outreach Services (SOS) became an official Army program in 2009, designed to provide long term support to surviving Families of Fallen Soldiers and Retirees. This program is continually offered based on Survivor feedback and involvement by senior Army leaders.

6990 Mekong St., Bldg. 6215 • (719) 526-2069



#### SOLDIER & FAMILY ASSISTANCE CENTER

The SFAC is a "one stop shop" providing support and resources to Soldiers and their Families assigned to either the Warrior Transition Battalion (WTB) or in the Integrated Disability Evaluation System (IDES). The SFAC supports the needs of Wounded, Ill and Injured Soldiers and their Families.

1481 Titus Blvd., Bldg. 7492 • (719) 526-5807

24

**carson.army.mil/acs (719) 526-4590**

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## RELOCATION READINESS PROGRAM

### HELPING SOLDIERS AND THEIR FAMILIES MAKE A HOME

The ACS Relocation Readiness Program can help you find your way around Fort Carson, build connections with other Soldiers & Families on post, and create a successful plan for your next destination.

#### Newcomers Orientation

This 2-day class will help you learn about services which are available and enjoy a van tour of the post. Lunch is provided.

*2nd Monday of the month • 9 a.m.-1 p.m.*

#### Cultural Meet-ups

Get acquainted with ACS offerings and find new friends in a community at Fort Carson that includes people with similar backgrounds and experiences. Children are welcome.

*German-Meet-Up: Alternating Wednesday • 10 a.m.-Noon*

*Latino Meet-Up: 1st & 3rd Tuesday • 11:30 a.m.-1 p.m.*

*LGBTQ Meet-Up: 1st & 3rd Monday • 2:30-4 p.m.*

*Multicultural Meet-Up: 2nd & 4th Tuesday • 11:30 a.m.-1 p.m.*

#### T3 Sponsorship Training

T3 is a master trainer course for unit sponsors. Soldiers will learn how to train sponsors for the Fort Carson Sponsorship Program.

*Offered semi-annually*

#### S1 Immigration Training

This required training ensures Battalion (BN) and Brigade (BDE) S1's are able to properly assist their Soldiers with the Immigration and Naturalization process. Training is open to all Soldiers, DA Civilians, and Contractors.

#### PCS 101

Get information on planning and executing a successful move. Soldiers within 30 days prior to clearing can pre-clear ACS, AER, Loan Closet and EFMP by attending.

*4th Friday of the month • 1-2 p.m.*

#### Waiting Families Program

For Family members who are separated from their Soldier due to mission requirements, to include TDY's and unaccompanied assignments. Find new friends and stay up-to-date on what is going on at Fort Carson and in the local community.

#### Welcome To Civilian Life

Provides Military Spouses and their Soldiers with information on the transition from active duty into ETS.

#### Homebuyer's Workshop

Learn about real estate agents, selecting the right house, obtaining the right mortgage, VA Loans, and more.

*4th Weds. of the month • 1 p.m.-4 p.m.*

#### Immigration & Naturalization Classes

Immigration 101 class is the best place to start, then schedule a one-on-one appointment, or attend our classes with specific details for Green Card application or Naturalization process.

*Immigration 101: Tues. • 2 p.m.-4p.m.*

*Green Card: 2nd & 4th Thurs. • 8 a.m.-Noon*

*Citizenship: 2nd & 4th Thurs. • 1-4 p.m.*

*Appointment for complex questions, call (719) 526-1070*

#### Monthly Naturalization Ceremony

Join us in welcoming our new citizens. Open to everyone and is specific to Soldiers, Family members and Retirees.

*3rd Thurs. of the month • 2-2:30 p.m.*

#### Everyday English

10-week program for foreign born individuals. Participants develop basic English skills in grammar, conversation, language & composition. Registration required; contact for information.

*Offered quarterly*

#### Destination Overseas

Learn about planning and executing a successful OCONUS PCS. Soldiers within 30 days prior to clearing can pre-clear ACS, AER, Loan Closet and the EFMP by attending this class.

*2nd Fridays • 9:30-11:30 a.m.*

#### PCS Online Levy Briefing

Links to online briefings for Permanent Change of Station (PCS), Expiration of Term of Service (ETS) or Retirement can be found on the ACS website:

[www.carson.army.mil/acs](http://www.carson.army.mil/acs)



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Community Connection  
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## ARMY VOLUNTEER CORPS

### SUPPORTING & TRAINING VOLUNTEERS TO MAKE A DIFFERENCE IN THEIR COMMUNITY

The Fort Carson Army Volunteer Corps (AVC) provides opportunities to make a difference within our Military community and the Colorado Springs area. AVC helps volunteers find positions which fit their current skill set and advance their employment goals.

Volunteerism is a perfect opportunity remain on the cutting edge and connect with new people.

#### Annual AVC Events

AVC leads many annual events which honor volunteers and support the community. These include: Annual Volunteer Recognition Ceremony, Mayoral Elections and Inauguration, National Volunteer Week, National Night Out, Volunteer Holiday Social, and Make A Difference Day.

#### Mayoral Meetings

Mayors meeting with the Garrison Commander, Garrison Command Sergeant Major (GCSM) and Community Partners to discuss issues regarding quality of life within Fort Carson Family Housing.

#### Volunteer, VMIS & OPOC Training

Provides information on registration of new volunteers, duties of the OPOC (Organizational Point of Contact) and how to use the VMIS (Volunteer Management Information System) to enter volunteer hours and awards that have been earned.

*Last Wednesday of the month • 1-2 p.m.*

#### Yard Sale

The Mayoral Program supports yard sales on Fort Carson open to DoD ID holders (nonresidents and barracks residents set up at Bldg. 4355 on Funk Ave).

*April-Dec.: 1st & 3rd Saturdays • 8 a.m.-3 p.m.*

## EMPLOYMENT READINESS PROGRAM

### WE KNOW THE SYSTEM. WE CAN HELP.

We provide a multi-agency approach for community support, housing, medical, educational and personnel services to Families with special health and/or educational needs/concerns.

#### EFMP Bowling Night

What could be more fun than a bowling experience for you and your special needs child? Join the fun and network with other EFMP Families!

#### EFMP Sensory Movie Night

At the EFMP Sensory Movie Night the lights are left on, the sound is turned down and audience members are invited to get up and move about as needed.

#### EFMP 101

Find out how enrollment in the Exceptional Family Member Program (EFMP) will impact your duty assignment and what the program can do for your Family.

#### IEP Basics Class

If you have a child with an Individualized Education Program (IEP) you'll learn about school processes, rights and responsibilities, collaboration with educational professionals, and more!

#### Medicaid Waiver Information Workshop

Learn if your family member may qualify for Medicaid or Medicaid Waiver programs (benefits for those who wouldn't otherwise qualify due to income/assets). Led by an expert in the field.

#### Seasonal Events

Throughout the year ACS EFMP wants to make sure your whole Family can celebrate all the holiday traditions. Check our website for listings of our special events.

#### Systems Navigation Services

A service specific to ACS EFMP that connects you to the systems of care you need, both on and off the installation.

*Walk-in or by appointment, call (719) 526-4590*



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## ARMY FAMILY TEAM BUILDING

### EMPOWERING SOLDIERS & FAMILIES TO MAXIMIZE THEIR PERSONAL GROWTH

Maximizing military knowledge, personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation.

#### Army 101

A 5-hour class designed to help civilian organizations understand more about how the Army works at Fort Carson.  
*Offered 4 times a year.*

#### Company Commander & 1SG Spouse Course

You'll learn about the structure of the Army and Fort Carson, the deployment cycle, customs and courtesies, coping through crisis, character strengths, resilience, and more.

#### Personal Growth (Level G)

Level G focuses on personal growth through communication, exploring personality traits, creative problem solving and many aspects of self improvement.

#### Briefer, Facilitator and Instructor

##### Training Courses

This 3-class series improves public speaking, briefing, facilitating, and instruction skills.

#### Military Knowledge (Level K)

Level K provides the basic information and skills needed by all military Family members. These include military terms, acronyms, customs, expectations, and much more.

#### Leadership Development (Level L)

Level L will enhance an individual's professional growth and leadership skills. This training is for those who are or wish to be leaders, whether it is in the unit, FRG, or the community.

## MOBILIZATION & DEPLOYMENT

### SUPPORTING SOLDIERS & THEIR FAMILIES IN MILITARY READINESS

The Mobilization, Deployment Readiness & Stability Support Operations Program (MDR&SSO) supports unit commanders in preparing service members, civilian employees, and their Families for military operations.

#### CARE Team Training

Train as a volunteer to fill the gap between the notification team and personal support arriving with the Casualty Response (CARE) Team. Prepares volunteers to help during a time of tragedy or loss.

#### FRG Fund Custodian

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing Family Readiness Group (FRG) Informal Fund accounts and fundraising.

#### Family Readiness Liaison (FRL) Academy

This course trains Soldiers selected to be unit FRLs on how best to assist unit commanders and FRG leadership.

#### Family OPSEC

Protect your Soldier by protecting the information that you know. This way of thinking is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security.

#### vFRG Administrator

[www.armyfrg.org](http://www.armyfrg.org) is a secure website for command to share unit, Family Readiness Group (FRG), and deployment information to soldiers and Family members. Learn how to be a site administrator.

#### FRG Foundations

An introduction to the Family Readiness Group (FRG). Students will review the FRG mission and determine how leaders can advocate mission readiness.

#### FRG Key Contact

This training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.

#### Rear Detachment Leaders Course

Gain a better understanding of the Rear Detachment Leaders role and the many resources available for crisis intervention.



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## FAMILY ADVOCACY PROGRAM

### SUPPORTING HEALTHY SOLDIER & FAMILY RELATIONSHIPS

The Family Advocacy Program (FAP) promotes individual, couple and Family wellness by offering a comprehensive program that includes awareness, education and support to prevent Family violence.

#### 5 Love Languages

This class will discuss your "Love Language" and how to use it to strengthen your communication style. The workshop is based on the best-selling book "The 5 Love Languages".

#### Baby Sign Language Basics

Did you know that babies can actually understand spoken language before they are physically able to speak? You and your child can learn together. Available to parents of infants, toddlers and non-verbal children.

#### Cooperative Parenting & Divorce

Understand your new roles and how to best support your kids during this transition. This class meets the State of Colorado requirement for divorcing couples.

*2nd Tuesday of the month • 9 a.m. - Noon*

#### Heartsaver CPR Training

Learn adult & child CPR and use of an Automated External Defibrillator. Not for those in a healthcare environment.

#### Marriage Workshop

In this 3-week class you'll relate with your partner in a calm, cool and connected way.

#### Parenting Workshop

In this 4-week class learn to relate with your children by taking hold of your own emotional responses. Helps parents to focus on their own behaviors rather than just responding to their children.

#### PREP

"Prevention and Relationship Education Program" will help you as a couple by building on your current strengths and learning new skills. All couples welcome.

#### Resilience Classes

Learn self-awareness, self-regulation, optimism, strength of character, and connection. Each class covers a different subject matter. Attendance of all classes encouraged.

*3rd Thursday of the month • 9 a.m. - Noon*

#### Sole Parenting Group

An opportunity for Soldiers to network with fellow single parents, attain resources and ask questions in a supportive environment.

Find a community with this group.

*2nd & 4th Thursdays of the month • Noon-1 p.m.*

## VICTIM ADVOCACY PROGRAM

### SUPPORTING THOSE THAT NEED A VOICE

We provide emergency and follow-up support services to adult victims of domestic abuse. Advocacy services are available to service members, their current or former spouses, and those who can be seen by a military medical facility. Our services are available 24/7 through our 24 HR Victim Hotline: (719) 243-7907

#### Women's Domestic Violence Support Group

An inviting and safe place where individuals can meet with others who have a history with domestic violence. All ideas and experiences can be expressed in a judgment free environment.

28



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## NEW PARENT SUPPORT PROGRAM

### SUPPORTING MILITARY PARENTS & YOUNG CHILDREN

A professional team of social workers and nurses that provide supportive and caring services to military families. We will help you learn to cope with stress, isolation, post-deployment reunions and the everyday.

#### Basic Training For New Moms

A chance for moms to share motherhood fears, challenges and practical activities. Offered for moms only.

*3rd Tuesday of the month • 9-11:30 a.m.*

#### Boot Camp For New Dads

An interactive and engaging class that focuses on what it means to become a father. Offered for dads only.

*1st Tuesday of the month • 9 a.m.-Noon*

#### Child-Parent-Relationship

This 10-week class teaches parents how to use child play therapy skills to reduce behavioral problems.

*offered quarterly, call (719) 534-3105 for details*

#### Home Visits

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age.

*call (719) 526-4601 for more information*

#### Infant Massage & Baby Nurturing

Increase the bond between you and your baby through various infant massage techniques.

*Tuesdays • 10-11:30 a.m.*

#### Nurturing (Infant to 5 years old & 5 to 12 years old)

These two 12-week classes teach parents how to be nurturing to their children as well as to themselves.

*offered quarterly, call (719) 534-3105 for details*

#### Play Group

Fun filled meet-up for parents and children. Your child will improve their social, cognitive and motor skills. For infants to 5 years of age.

School age kids welcome in the summer.

*Fridays • 10-11 a.m.*

#### Toddler Time

Focuses on gross motor enhancement through song and dance; sensory enrichment through arts and crafts; as well as nurturing the child and the parent. 18 months old and older.

*Thursdays • 9:30-11 a.m.*

## EXCEPTIONAL FAMILY MEMBER PROGRAM

### HERE FOR ALL PHASES OF YOUR JOB SEARCH

The ACS Employment Readiness Program (ERP) offers a variety of services that give patrons (Active Duty, Retirees, Family members and Civilian personnel) the resources they need to find their next job.

#### Job Search Orientation

Answer the most common questions about your job search at and around Fort Carson. Once a month a Civilian Personnel Advisory Center (CPAC) briefer will present details on the military Spouse Preference Program and the Priority Placement Program (PPP).

*1st & 3rd Tuesdays of the month • 9:30-11:30 a.m.  
with CPAC brief on the 3rd Tuesday of the month*

#### Resume Writing Workshop

Receive important resume writing tips for the local job market, interview techniques, how to dress for success, and handouts to assist in creating a finished resume.

*1st & 3rd Thursdays of the month • 9:30 a.m.-11:30 p.m.*

#### Professional Preparedness

Schedule an appointment with ERP and we will help you give your best interview. We will work with you to improve your interview techniques and go over how to dress for success.

*by appointment, call (719) 526-0452*

#### Resume Review

Have your resume critiqued by a certified staff member. Includes 2 appointments. Completion of *Resume Writing Workshop* required before scheduling your review.

*by appointment, call (719) 526-0452*



Family Nurturing Center  
6070 Barkeley Ave., Bldg. 1354  
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## SOLDIER & FAMILY ASSISTANCE CENTER

### SUPPORTING WOUNDED SOLDIERS AND THEIR FAMILIES

At the Soldier & Family Readiness Center (SFAC) our staff and partner agencies offer customized, one-on-one support for wounded, ill and injured Soldiers and their Families to promote resilience, wellness and peace of mind while transitioning from the Army or recuperating to return to duty.

#### Family Social

Soldiers and their Families assigned to the Warrior Transition Battalion (WTB) or in the Integrated Disability Evaluation system (IDES) can learn more about the process and resources available. Dinner is provided. All Family members welcome.

*offered quarterly*

#### Medical Separation Orientation Brief

Get orientated to the SFAC Program. Includes a facility tour and information on what services are provided through the SFAC and partner agencies. Open to all WTB/IDES Soldiers and their Families.

*Tuesdays & Thursdays • 1-2 p.m.*

#### Nutrition Center

Getting the right nutrition is an important part of your treatment. The Nutrition Center is open daily with snacks and beverages for WTB/IDES Soldiers and their Families.

#### One-on-one Support

Schedule your one-on-one support with the SFAC to support your transition needs: financial counseling, education benefits appointment scheduling, leave calculations, ID card renewals, outreach opportunities and resume assistance.

*call (719) 526-5807 for an appointment*

#### Transition Brief

Class for WTB and IDES Soldiers that are transitioning out of the military. Covers all of the military benefits and services that transitioning soldiers can utilize through the SFAC and other programs.

*Mondays, Wednesdays & Fridays • 9:45-11:30 a.m.*

## SURVIVOR OUTREACH SERVICES

### SERVING THE FAMILIES OF THE FALLEN

Fort Carson recognizes that coping with the loss of a loved one proves to be an extremely difficult life experience, and when it is connected with the loss of a military loved one, the experiences of that loss are magnified. Survivor Outreach Services (SOS) assists in connecting you with the people who can help you minimize your stress. This includes addressing the unresolved issues or questions that may surface months or even years after the loss of a loved one. SOS offers an enhanced, holistic and multi-agency approach to delivering services to our Families of the Fallen in the States of Colorado, Utah, North Dakota, South Dakota and Wyoming.

#### SOS Offerings

Contact the SOS program at the Survivor Outreach Services building 6215 for classes and other support offerings. These include one-on-one counseling, holiday special events, and much more: (719) 526-2069.



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(719) 526-5807

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