

1 September 2021

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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



Give us a call at (719) 526-4590

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

The "Pass It On" is available online at:

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

INSIDE THIS ISSUE:

Click the name to go directly to the specified page.

[ACS Class Highlights](#)

[Army Emergency Relief](#)

[Army Education Center](#)

[Army Substance Abuse Program](#)

[Employee Assistance Program](#)

[Suicide Prevention](#)

[Army Volunteer Corps — Volunteer Opportunities](#)

[Better Opportunities for Single Soldiers \(BOSS\)](#)

[Community Events Bulletin](#)

[Employment Readiness Program](#)

[Exceptional Family Member Program](#)

[Financial Readiness Program](#)

[Food Resources](#)

[Fort Carson & The Surrounding Community News](#)

[Hotlinks](#)

[Military & Family Life Counseling](#)

[Mountain Post Spouses' Club](#)

[Mountain Post Recreation](#)

[Portable Class Delivery](#)

[Religious News & Services](#)

[Safe Exchange Location](#)

[Scholarship News](#)

[Upcoming ACS Classes & Workshops](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Army Emergency Relief Applications

**AS OF AUGUST 15, 2021,
ALL AER APPLICATIONS
WILL BE DONE THROUGH
THE WEB PORTAL.**



To view the
application step-by-step
instructions,
scan the QR code or visit
the following link:
carson.armymwr.com/AER



If you are requiring AER assistance for
EMERGENCY TRAVEL OR FUNERAL COSTS,
please view the online AER application instructions
and then call the AER office at (719) 526-4783
for further guidance.

If ACS/AER is closed, then please call the American Red
Cross at 1-877-272-7337.

To learn
more about
how AER
can help
you,
visit our
Army
Community
Service
Army
Emergency
Relief
webpage

[HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



VOLUNTEERS NEEDED

Pikes Peak Group of Colorado Mountain Club

Organization: Pikes Peak Group of the Colorado Mountain Club (PPG). The PPG has been in CSprgs since 1919 offering hiking along with many other year-round activities and classes for members to safely enjoy the outdoors. The PPG has been maintaining the A-Frame (AF) for the Forest Service since 1999. It was built in 1964. In its tree line location on the east side of Pikes Peak the weather can be brutal.

Who: Looking for any Volunteers to assist in this very beneficial endeavor as we repair this little building by replacing the roof, some 2 x 6 x12' & 14' structural supports and a new paint job inside and out.

What: Volunteers to carry shingles, lumber and tools from the top of Pikes Peak, 14,115 ft down approx. 3 miles on Barr Trail to the AF at 11,600. Each shingle bundle weighs approx. 80 lbs so they will need to be separated into smaller partials. There are about 13 bundles. Also have 8 - 2 in X 6 in X 12 ft or 14 ft length boards. Whatever amount of these supplies we can get transported will be a tremendous help. We'd like to get all supplies located at the AF before beginning construction. After construction there will be a need to bring shingle debris back to the top of Pikes Peak for disposal.

Where: We will arrange for vehicular passage and parking at the top of Pikes Peak. We will be carpooling from Colorado Springs. Contact the POC.

When: On Going project

Point of Contact: Dean Waits, dwaits24@gmail.com < Caution-mailto:dwaits24@gmail.com >

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



VOLUNTEERS NEEDED

Care and Share Food Bank for Southern Colorado Mobile Food Pantry

Organization: At Care and Share Food Bank for Southern Colorado, our core purpose is to bridge the gap between hunger and abundance. Our mission is to provide food, partnering opportunities, and education to fight hunger and food insecurity in Southern Colorado. Our vision is a hunger free Southern Colorado. We reach 97% of people struggling with hunger by engaging our partners and communities with our mission.

Our Mobile Food Pantry trucks are sent to low-income neighborhoods in rural communities to distribute food directly to people in need where human service agencies are too small to accommodate large quantities of food or where no agencies exist. We need your help to set up the mobile food pantry and distribute food.

Who: 25 volunteers are needed. Age: 9 and older.

What: Volunteers help set up tables, bag produce, stage food on tables prior to the start of distribution. Distribute food equitably so that all the food is gone at the end of distribution. Handle and distribute the food safely. Tear down tables, clean up trash, and ensure area is clean before leaving. These distributions occur outdoors, please dress accordingly. Closed-toed shoes are required.

Where: 350 Lyckman Drive. Fountain, Colorado 80817 (Peak Vista parking lot)

When: Second Friday of each month. 8:30am-10:30am.

Why: Care and Share Food Bank serves over 220,775 neighbors across 21 counties. We distribute over 25 million pounds of food annually. We rely on the help from 17,000 volunteers to help serve their neighbors in need. Our Mobile Food Pantries are a wonderful way to directly serve the individuals that we help nourish.

Point of Contact: Brittany Smith, Volunteer Engagement Manager. Phone: (719) 418-4295. Email: Brittany@careandshare.org

Several other volunteer activities are available in Colorado Springs, Fountain, and Pueblo. Please contact Brittany to inquire about and sign up for other opportunities.

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



VOLUNTEER NEED



ORGANIZATION: Warriors Warehouse is a redistribution Center for household items donated by businesses to giveaway Free to our E5 and below in all branches of the service in Colorado Springs.

WHO: Any person with free time that have access to Ft Carson. Age can be a teen that needs volunteer hours. Any spouse/retiree that would like to volunteer and meet some new friends.

WHAT: Volunteers will help sort thru merchandise that is received from businesses and help unpack it. Organize, fold and sort linens then bound with tape. Once folded you will help fill the shelves in the shopping area or storage area. Help organize and make food banks for referrals.

WHERE: 5769 Wallace Street, Fort Carson Co bldg 1045, Warriors Warehouse

WHEN: Recurring on Tuesday, Wednesday and/or Thursday 9:00 till 1:00. Hours can be less but at least 2 hours required.

WHY: To help prepare merchandise for our soldiers to chose from for their homes or barracks rooms for Free.

POINT OF CONTACT: Donna Swanson, Warriors Warehouse Director 402-659-8755 or come by 5769 Wallace Street, Fort Carson, Co bldg 1045 Monday 9:00-1100, Tuesday, Wednesday and Thursday 9:00 till 1:00. Or email ww.ftcarson.1045@gmail.com, or visit our Facebook page at Warriors Warehouse and the Redistribution Center, Inc.

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [HERE!](#)



VOLUNTEERS NEEDED!

AT TURKEY CREEK RANCH

15300 Turkey Creek Lane
Fort Carson, CO 80913

Turkey Creek Ranch is owned by Fort Carson and used by the Fort Carson Mounted Color Guard to host events and keep our 23 military working equine.

FLEXIBLE DAYS AND
TIMES

SINGLE OR GROUP
VOLUNTEER
OPPORTUNITIES
AVAILABLE

SCHEDULE A UNIT
VOLUNTEER DAY WITH
US

ENJOY TIME
OUTSIDE

BUILD COHESIVE
TEAMS AND
FAMILIES

CONTACT:

1LT Anne Maffey at
anne.a.maffey.mil@mail.mil
or
717-829-9193

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Garrison Org. Day Staffing/Closures

Various U.S. Army Garrison – Fort Carson offices and services will have minimal staffing or closures Sept. 3 beginning at 10 a.m. for the Garrison organizational day. Normal operating hours will resume Sept. 7 after the Labor Day holiday.

Directorate of Family and Morale, Welfare and Recreation; Directorate of Human Resources; Directorate of Public Works; Directorate of Plans, Training, Mobilization and Security; Safety Office; Directorate of Emergency Services Physical Security Office; and Garrison Resource Management will have minimal staffing.

DES Records Section; Equal Employment Opportunity Office; Plans, Analysis and Integration Office; Garrison Command Section; Headquarters and Headquarters Company, U.S. Army Garrison; Religious Support Office; and Internal Review will be closed.

Fort Carson Transition Assistance Program News

Fort Carson – TAP will host the Hiring Our Heroes (HOH) Career Summit Sept. 16. This event will include keynote speakers, transition-related workshops, industry panels and a Career Skills Program panel from 8 a.m. to 12:15 p.m. at McMahon Auditorium. The event will conclude with a hiring event with over 100 nationwide employers at the William “Bill” Reed Special Events Center from 1-4 p.m. Job seekers are encouraged to register early at hiringourheroes.org/events. In preparation for this event, the TAP Center is offering various workshops such as “How to Make the Job Fair Work for You,” “Interviewing Techniques” and “Mock Interviews”. Contact the TAP Center at 719-526-1001/1002 to register for any of these workshops.

AAFES Food Truck

Units or organizations can request the Army and Air Force Exchange Service food truck coming to their location by calling the Exchange Services Office at 719-576-6182.

COVID-19 Information

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Art in the Park

Directorate of Family and Morale, Welfare and Recreation (DFMWR) will conduct Art in the Park at Iron Horse Park Oct. 2 from 10 a.m. to 2 p.m. Art in the Park will consist of art vendors, craft vendors, music, entertainment and food and beverages for purchase throughout the event. This event is open to DOD ID card holders. Come enjoy family fun, art and a variety of foods at the food truck rally. Art vendors and merchandise vendors. This is also a great opportunity for Soldier and Family Readiness Groups and units to join in. If interested in attending as a vendor, contact Brandy Foe at brandy.a.foe.naf@mail.mil or 719-237-9081.

Holiday Gate Closures

Gates 2, 6, and 19 will be closed Sept. 3 for the training holiday and Sept. 6 for the Labor Day federal holiday. Normal hours of operation for gates 2, 6 and 19 are 5 a.m. to 6 p.m. Monday-Friday.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

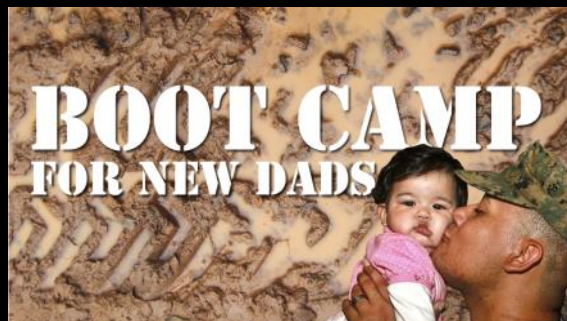
LinkedIn Fundamentals



Learn how to build your professional identity & brand on LinkedIn by understanding its many features. Acquire the necessary skills to make effective connections and develop professional relationships to assist you in your networking and employment quest.

ACS
Class Highlight

Boot Camp for New Dads



A lively discussion group that covers becoming a dad, caring for your new baby and caring for mom.

ACS
Class Highlight

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Banking Management



Today's banking tools make managing money easier than ever before. Learn how to take advantage of all your options. Secure your success by understanding the basics of ATMs, Apps, online banking and much more.

ACS
Class Highlight

Command Family Readiness Representative (CFRR) Academy



This class is designed to prepare Soldiers who are appointed as CFRRs to assist with the operational, logistical, and administrative aspects of the SFRG. As a liaison between the command and the SFRG volunteer the CFRR needs to know the ins and outs of the SFRG and how their role can assist both the command and the volunteers.

ACS
Class Highlight

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

DATE	CLASS	TIME
September 1st	German Meet-Up	10 am - 12 pm
September 2nd	Toddler Time	9:30 am - 11 am
	TSP Class	1 pm - 2 pm
	Professional Development Series: LinkedIn Fundamentals	1:30 pm - 2:30 pm
	Latino Meet-Up	2 pm - 4 pm
September 3rd	Preparing Financially for a New Child —Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	Play Group	10 am - 12 pm
	Marriage: Happily Ever After —Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm
	How to Help a Friend	1 pm - 2 pm
September 7th	Boot Camp For New Dads	9 am - 12 pm
	Banking Management	9:30 am - 10:30 am
	Everyday English for Foreign Born Spouses	9:30 am - 11:30 am
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Nurturing Families Through Play	10:30 am - 12:30 pm
	Center on Fathering	1 pm - 3 pm
September 8th	Nurturing Ages 0-5	9:30 am - 11:45 am
	Financial Strength Budgeting 101	10 am - 11 am
	Write a Winning Resume	1:30 pm - 2:30 pm
	Nurturing Ages 3-12	5:30 pm - 7:45 pm
September 9th	Toddler Time	9:30 am - 11 am
September 10th	Take Control of Your Credit -Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	Play Group	10 am - 12 pm
	Financial Aspects of Divorce —Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm
September 13th	Nourish and Nurture	10:30 am - 11:30 am

Click [HERE](#) to check out the Fort Carson MWR calendar!

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

DATE	CLASS	TIME
September 13th	Nourish and Nurture	10:30 am - 11:30 am
September 14th	Cooperative Parenting and Divorce Class	9 am - 1 pm
	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Baby Orientation	10 am - 11:30 am
	Nurturing Families Through Play	10:30 am - 12:30 pm
	Center on Fathering	1 pm - 3 pm
	Domestic Violence Support Group	1 pm - 2 pm
	Heartbeat	6:15 pm - 8 pm
September 15th	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Nurturing Ages 0-5	9:30 am - 11:45 am
	International Meet-Up	10 am - 12 pm
	You're a Priority: Federal Employment for Military Spouses	1:30 pm - 2:30 pm
	Nurturing Ages 3-12	5:30 pm - 7:45 pm
September 16th	Toddler Time	9:30 am - 11 am
	SFRG Fund Custodian Training	10 am - 11:30 am
	Soldier & Family Readiness Group (SFRG) Key Contact Training	1 pm - 2:30 pm
	Professional Development Series-Interview Skills and Techniques	1:30 pm - 2:30 pm
	Latino Meet-Up	2 pm - 4 pm
September 17th	Preparing Financially for a New Child —Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	Domestic Violence Prevention Training	10 am - 11 am
	Mountain Post Living Welcome for Spouses and Families	10:30 am - 11:30 am
	Marriage: Happily Ever After —Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm

Click [HERE](#) to check out the Fort Carson MWR calendar!

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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

The Exceptional Family Member Program (EFMP) provides comprehensive support to family members with special needs. EFMP takes an all-inclusive approach to coordinate military and civilian community, educational, medical, housing, and personnel services to help Soldiers and their Families with special needs.

Where can I find EFMP Services?

EFMP - For Enrollment/ Updates/ Disenrollment/FMTS

Evans Army Community Hospital (EACH)
1650 Cochrane Circle, Bldg. 7500
(719) 526-7805

EFMP – For Family Support Services

Army Community Service – ACS Annex
1481 Titus Blvd., Bldg. 7492
(719) 526-0400

An Exceptional Family Member is a Family member with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling.

Visit our webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

Army Community Service

Portable Class Delivery



**Classes on *your time*, in a location of *your choice*,
customized to *your needs*.**

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

FORT CARSON EMPLOYMENT READINESS

October 2021 - March 2022 Workshop Schedule

Professional Development Series

Oct 7th	LinkedIn Fundamentals--9:30 to 10:30 am	In Person Workshop
Oct 21st	Career Exploration & Assessments--9:30 to 10:30 am	
Nov 4th	LinkedIn Fundamentals--1:30 to 2:30 pm	In Person Workshop
Nov 18th	Make Your Mark, Grow Professionally--1:30 to 2:30 pm	
Dec 2nd	LinkedIn Fundamentals--9:30 to 10:30 am	In Person Workshop
Jan 13th	LinkedIn Fundamentals--1:30 to 2:30 pm	In Person Workshop
Jan 20th	Career Exploration & Assessments--1:30 to 2:30 pm	
Feb 3rd	LinkedIn Fundamentals--9:30 to 10:30 am	In Person Workshop
Feb 17th	Make Your Mark, Grow Professionally--9:30 to 10:30 am	
Mar 3rd	LinkedIn Fundamentals--1:30 to 2:30 pm	In Person Workshop
Mar 17th	Interview Skills & Techniques--1:30 to 2:30 pm	

LinkedIn Fundamentals: Learn how to build your professional identity & brand on this platform by understanding its functions and capabilities. Understand how to make connections and develop professional relationships to help your job search. Class participants receive a referral to a local community partner for a FREE head shot.

Career Exploration & Assessments: Discover your interests, likes & dislikes before setting out on your job search. ERP experts can help you to determine which career may be a good fit for you.

Make Your Mark, Grow Professionally: Learn how to keep up and stand out in today's fast-paced, ever-changing workplace. Grow professionally and experience success by learning how to navigate today's competitive workforce.

Interview Skills & Techniques: Join this interactive workshop to learn what common interview mistakes to avoid. Discuss frequently asked questions. Covers tips & trends and learn how to effectively interview for the job.

ERP offers blended classes with the exception of LinkedIn Fundamentals. Select whether you prefer to attend in person or virtually when you register. All class information subject to change.

Register@www.carson.armymwr.com/calendar or call: 719.526.0452

'Like us' on FB and 'Join Us' on LinkedIn@Ft Carson ACS ERP



Visit our webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

FORT CARSON **EMPLOYMENT READINESS**

October 2021 - March 2022 Resume Class Schedule

Military Spouse Preference (MSP) & Federal Employment

Oct 20th--9:30 to 10:30 am
Nov 17th--1:30 to 2:30 pm
Dec 15th--9:30-10:30am
Jan 19th--1:30 to 2:30 pm
Feb 16th--9:30 to 10:30 am
Mar 16th--1:30 to 2:30 pm

***Write a Winning Resume**

Oct 13th--9:30 to 10:30 am
Nov 10th--1:30 to 2:30 pm
Dec 8th--9:30 to 10:30 am
Jan 12th--1:30 to 2:30 pm
Feb 9th--9:30 to 10:30 am
Mar 9th--1:30 to 2:30 pm

***Federal Resume & USAJobs**

Oct 26th--9:00am to 12noon
Nov 30th--1:30 to 4:30 pm
Dec Class Canceled
Jan 25th--1:30 to 4:30 pm
Feb 22nd--9:00am to 12 noon
Mar 22nd--1:30 to 4:30 pm

ERP resume writing classes are designed to help participants develop a competitive private sector and/or federal resume. For in-person resume reviews, interview prep session or career counseling & assessment, contact an ERP Specialist.

ERP Program Specialists are Certified Federal Career Coaches (CFCC) and Certified Federal Job Search Trainers (CFJST).

***Federal Resume & USAJobs** and **Write a Winning Resume** will be conducted in class/in person. All class information subject to change.

Register@www.carson.armymwr.com/calendar or call: 719.526.0452

'Like us' on FB and 'Join Us' on LinkedIn@Ft Carson ACS ERP



Visit our webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

ACS Financial Readiness Program Presents: Foundational Readiness Classes for Your Personal Finances



PREPARING FINANCIALLY FOR A NEW CHILD

1st and 3rd Friday 9:30 a.m. - 10:30 a.m.

Whether you are having a baby, adopting, or becoming a stepparent due to a marriage, this class is designed to help prepare you for the changes that come with your growing family.

MARRIAGE - HAPPILY EVER AFTER

1st and 3rd Friday 11:00am a.m. - 12:00 p.m.

As a couple, this class will help you make decisions, avoid financial difficulties, and assist you and your loved ones to start off on the right foot no matter what major life event comes your way.

TAKE CONTROL OF YOUR CREDIT

2nd and 4th Friday 9:30 a.m. - 10:30 a.m.

Come learn how to establish credit, to check your credit reports and resolve errors, the debt-to-income ratio, manage existing debt, recognize the warning signs of debt problems, and what to do if your debt is out of control.

FINANCIAL ASPECTS OF DIVORCE

2nd and 4th Friday 11:00 a.m. - 12:00 p.m.

The goal of this class is to help reduce the stress and uncertainty associated with the financial aspects of divorce. Come learn how to make smart, informed financial moves so that you can emerge from your divorce with greater financial confidence.

These classes are currently offered virtually. In-person classes are available by request.

Register at www.carson.army.mil/acs

For more information: (719) 526-4590



Visit our webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



**MILITARY & FAMILY
LIFE COUNSELING**

If you wish to speak to an MFLC other than your identified MFLC, please call 719-526-4590 for assistance.

To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.

**Military
& Family
Life
Counseling**

**Need to talk?
Military & Family Life
Counselors are here to
provide help with the
stress of military life at
no cost.
Call an MFLC at
(719) 526-4590**

www.carson.army.mil/acs

Visit our webpage [**HERE!**](#)

Mountain Post Spouses' Club

Keep up to date with local events and deals with the

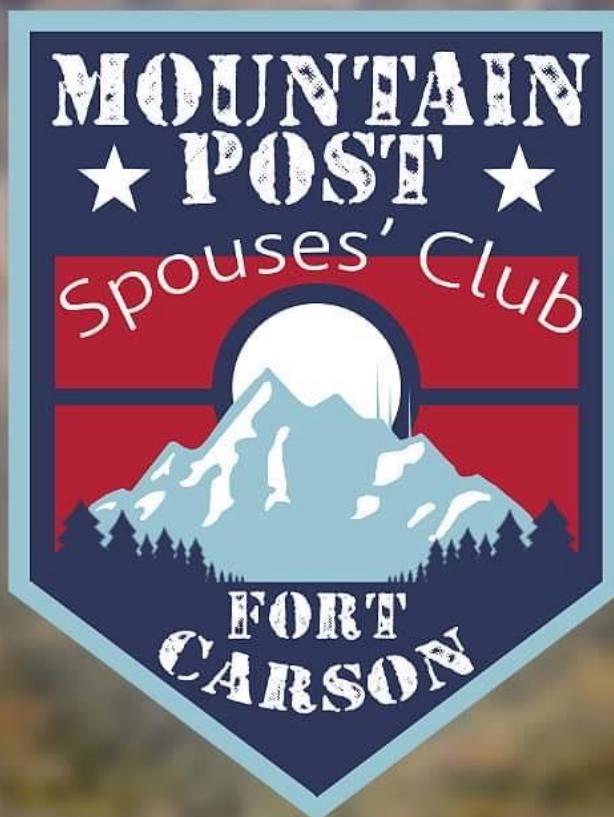


PASS IT ON COMMUNITY NEWSLETTER

The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

Membership is open to all spouses of the Armed Forces, both active and retired.

To learn more, visit: <http://www.mpsc.us/> or call (719) 526-5966



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Schriever AFB MWR](#)

[Social & Dining](#)

[Specialty Services](#)

[Sports & Fitness](#)

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

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

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



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Weekly Food Pantry Pick-ups
Every Tuesday from 2pm - 6pm
3219 S. Academy Blvd. Colorado Springs, CO 80916



Monthly Drive-Thru/Walk-Up
Food Distribution on the 2nd Friday of
every month behind the building.
Line starts at 3:00pm for 4pm
distribution. Ends at 6pm.

Any questions please give us a call at (719) 985-8935

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

GET HELP BUYING FOOD FOR YOUR FAMILY

Did you know benefits could be available to you? The Supplemental Nutrition Assistance Program (SNAP) is an on-going monthly food benefit that helps Colorado families to afford healthy food when budgets are tight. SNAP gives you options--you can choose where to shop and what to buy. These benefits are for you!

SNAP is For You

SNAP is available for all eligible families. You can receive SNAP benefits if you have limited income or high living expenses. If you are an immigrant, receiving SNAP for eligible children (such as US Citizen kids) does not impact public charge. Visit KeepYourBenefits.org for more information about immigration and benefits.

Many Coloradoans use SNAP. There is enough for all who are eligible--it's just waiting for you to use it!



Fill out a SNAP application

You can apply online for SNAP benefits using the Colorado PEAK website colorado.gov/PEAK or on your smartphone using the MyCOBenefits app. You can download the app from the Apple or Android app store.

If your family qualifies for SNAP, you might also qualify for Pandemic EBT (additional funds for groceries to support children) this year! Learn more at cdhs.colorado.gov/p-ebt

Additional Pandemic Resources

Food pantries and other programs (like WIC) offer free food, meals, nutrition support, and more. Visit Hunger Free Colorado's COFoodFinder.org to learn more!

Right now, a family of 3 can be eligible to receive up to \$616 per month!

This institution is an equal opportunity provider. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



COLORADO
Department of Human Services

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



FREE FOOD DISTRIBUTION

LOCATION:

Centennial Elementary, 1860 S. Chelton Road

DATE:

Every 1st & 3rd Thursday of the month

June 17	Aug 19	Oct 7	Nov 18
July 1	Sept 2	Oct 21	Dec 2
July 15	Sept 16	Nov 4	Dec 16
Aug 5			

TIME:

11:30am until food runs out



Dates and times are subject to change.
Visit ppunitedway.org for updated information.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



FOOD INSECURITY?

**We are
here to
help**

Our pantry offers fresh,
frozen and shelf-stable
healthy foods for families and
individuals in crisis

Catholic Charities of Central Colorado has expanded its services to offer monthly shopping in their Marketplace Pantry for a variety of healthy foods to cook at home.

To register or schedule an appointment call 719.866.6288 or email pantry@ccharitiescc.org

Check out their Facebook page at:
Catholic Charities of Central Colorado

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

**Chaplain Hotline
(719) 387-1574**

**A Chaplain is available to you
24 hours a day 7 days a week**

**Chaplains have complete confidentiality
and are here to assist you**



U.S. ARMY CHAPLAIN CORPS
CARING FOR THE SOUL OF THE ARMY



Facebook.com/4IDCarsonRSO

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Wednesday Family Night, Fort Carson

@wednesdayfamilynight · Religious Organization

Wednesday Family Night is a Christian-based ministry provided by the chapels of Fort Carson and hosted at Soldiers' Memorial Chapel.

Make sure to check out their new Facebook page as well at Wednesday Family Night, Fort Carson!

Awana Club, Adult Bible Studies, and Fort Carson Youth Group are beginning August 25th to December 1st!

Awana Clubs are a fun, engaging way for children to grow in their knowledge of the Bible and their relationship with God.

The Fort Carson Youth Group is led by military chaplains and is open to any students 7-12th grade!

SIGN UPS ARE OPEN!

Take a few minutes now if you haven't already by clicking

[HERE!](#)



Dinner



Nursery



Kids Program



Adult Classes

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

CLUB BEYOND AT FORT CARSON

“Where Military Teens Belong”

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



Club Beyond meets every other Thursday afternoon from 3:25 to 4:20PM at Carson Middle School Room A205.

For information and schedules of Club Beyond events, contact Will Sanborn at wsanborn@clubbeyond.org or 402-910-1826

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



Heroes' Legacy Scholarship

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

Click [HERE](#) For More Information



Military Spouses

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

Click [HERE](#) For More Information



Search for Scholarships

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

Click [HERE](#) For More Information

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

MILITARY *families* MAGAZINE

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

Military Family Member Scholarship Opportunities

Click below to learn more!

[Nationwide Surviving Spouse and
Dependent Children Scholarship Program](#)

[Marine Gunnery Sergeant
John D. Fry Scholarship](#)

[Fisher House Foundation
Scholarship Program](#)

[No Angel Left Behind](#)

[Freedom Alliance](#)

Mountain Post Recreation—Ivy Fitness Center

GROUP EXERCISE SCHEDULE

SEP 2021



ALL classes are \$3 each Credit card Preferred for payment and 45-55 minutes long. Monthly passes are available for \$45 each. Holiday weekend Please refer to the MWR Website

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500							
0630	PT Cycle* IVY	PT Cycle Contact McKibben FC	PT Cycle* IVY	PT Cycle Contact McKibben FC	Tactical Training*IVY		
		PT TRX* IVY		PT TRX* IVY			
		Tactical Training*IVY		Tactical Training*IVY			
0645	PT Yoga*Waller	PT Cycle* Waller	PT Yoga* Waller	PT Cycle* Waller			
0800	SRU PT*	SRU PT*	SRU PT*	SRU PT*	SRU PT*		
0900							
1000		TRX Training	Core Blast	TRX Training	TRX Training	TRX Training (30 Orientation)	
1145	Crossfit Waller		Crossfit Waller		Crossfit Waller		
1215						Cycle&CoreWaller 2nd & 4th Saturday	
1230				SRU PT*			
1330		Behavioral Health Yoga*					
1630				Cycle@Ivy			
1700					Total body HITT		
1715	Cycle&CoreWaller	Crossfit Waller	Cycle&CoreWaller	Crossfit Waller			
1715			Olympic lift@Waller				
1830			Zumba				

IVY FITNESS CENTER

Please note:
Credit card is the ONLY payment option.

Masks MUST BE WORN during class.

Make sure you practice 12' social distancing while exercising

Please make sure to sanitize all equipment used in class.



More Events and Info at
carson.armymwr.com



carson.sports
CarsonDFMWR



@carsonmwr
#CarsonMWR



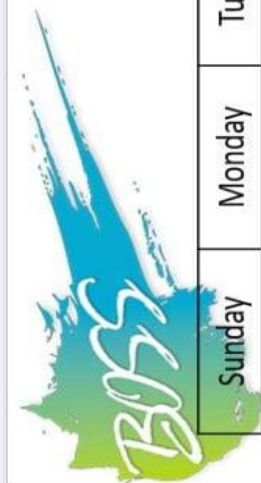
Ivy Fitness Center
6415 Spicker Ave, Building 1925
Fort Carson, CO 80513

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Better Opportunities For Single Soldiers



SEPTEMBER 2021



Major BOSS Event

Quality of Life

Community Service

Life Skills

Recreation & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BOSS General Rep Meeting @ HUB 1300	2 Study Board @ 1730-1900 HUB No DUI Program for MEDDAC Ball Antlers Hotel	3	4 Scuba Open Water Certification @ Santa Rosa Blue Hole NM
5 Scuba Open Water Certification @ Santa Rosa Blue Hole NM	6	7	8 BOSS Executive Council Meeting @ HUB 1300	9 Study Board @ 1730-1900 HUB	10	11 Via Ferrata & Camping Trip with ODR @ Ouray, CO
12 Via Ferrata & Camping Trip with ODR @ Ouray, CO	13	14 Golf Tournament @ Flying Horse North Course 0730 – UTC	15 BOSS General Rep Meeting @ HUB 1300	16 Study Board @ 1730-1900 HUB	17	18 Community Service Habitat for Humanity build site @ Fountain 0830-1200
19	20	21	22	23 Study Board @ 1730-1900 HUB	24	25
26	27	28	29	30	1	2

BOSS Office – The HUB
6371 Specker Ave

Bldg. 1532

Fort Carson, CO 80913

(719) 524-0126

M-F 1000 – 1600

CPL Devon Douglas –
BOSS President
(719) 338-0493

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



FORT CARSON EDUCATION CENTER

VOLUNTEERS NEEDED



Organization: The Fort Carson Education Center offers the full range of ACES* services, to include counseling, Basic Skills Education Program (BSEP), DANTES Education Testing, Army Personnel Testing, and a computer lab. In addition, our 5 on-post schools offer several postsecondary programs, and the TRiO office provides free academic and career assistance, and financial aid assistance for college enrollment.

The ACES mission is to promote lifelong learning, readiness, and resilience through flexible and relevant education programs, services, and systems to support Total Army family. The Fort Carson Education Center is looking for volunteers to assist with conducting its daily operations to fulfill ACES mission.

Who: Currently 2-4 volunteers needed.

What: Volunteers are needed to assist in the following areas:

- **Front desk department:** greeting customers, checking customers in and out in CMT, directing customers, answering telephones, making copies, scheduling appointments for counselors, and passing out education related information.
- **Testing department:** proctoring non APT tests such as the TABE, checking soldiers in and out of the testing center.
- **Computer lab:** assisting with ArmyIgnited account creation and other functions such as changing education path, requesting TA/CA, and submitting helpdesk cases.
- **Support for other programs:**
 - Assisting with opening classrooms for unit trainings, creating classroom reservations in shared calendars, preparing reservation packets, keeping records of reservations and verifying check-out lists completion.
 - Participation in outreach events such as education fairs, unit briefings and other in-house weekly briefings.

Where: Fort Carson Education Center, 1675 Long Street, building 1117, Fort Carson 80913

When: Monday – Friday 07:30 am -16:30 pm

Point of Contact: Vanessa Eymann, College Programs Manager, vanessa.c.eymann.civ@mail.mil

*ACES: Army Continuing Education System

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

**On Fort Carson, you can
reach out to the Substance
Use Disorder Clinical Care
(SUDCC) team for help.
719 – 526 – 7663 / 4585**

**Contact ASAP at 719 – 526 – 2727
for Education and Prevention
support**



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

[Employee Assistance Program](#)

[Prevention](#)

[Risk Reduction](#)

[Suicide Prevention](#)

[Drug Testing / Collecting](#)

Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at

usarmy.carson.imcom-central.mbx.dhr-asap@mail.mil

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

BUST DRINKING MYTHS

Have you or your buddies ever heard the following myths?

IT'S TIME TO GET THE FACTS

MYTH

Beer before liquor, never been sicker; liquor before beer, in the clear.



FACT

How much alcohol you have affects how drunk, sick or hungover you get - not the type or order of the alcohol.

MYTH

Coffee or a cold shower will sober me up.



FACT

Time is the only thing that can help you sober up. Since your body can only process so much alcohol at a time, neither caffeine nor a cold shower will improve your coordination or judgement.

MYTH

A drink before bed will help me sleep better.



FACT

Drinking alcohol before bed might cause you to wake up in the middle of your sleep and make it harder to get quality sleep.

MYTH

Alcohol can ease my chronic pain.



FACT

While drinking may ease chronic pain in the moment, it's only temporary. In fact, this type of alcohol misuse could possibly increase pain in the long-term by damaging your nerves.

MYTH

Alcohol can be substituted for food.



FACT

Alcohol contains a lot of calories which is why your body feels a short burst of energy when you drink. However, it doesn't contain the nutrients your body needs and is not a substitute for food.

Visit ownyourlimits.org to make sure you know the facts about drinking.

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.

www.ownyourlimits.org



U.S. DEPT. OF DEFENSE

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Dear Cal,

When COVID hit, I left my job to homeschool my kids. Now that things are seeming to improve, I am dreading going back to work. What can I do to make it easier?

“ASK CAL”

Answering the Fort Carson community's questions about balancing life, work and family.



(719) 526-2196

Calvin.N.Lidmark.civ@mail.mil

You're not alone. COVID has forced people to make significant changes to their lives often out of necessity, rather than by choice. Some have welcomed their changes the Pandemic have afforded them. Others have become accustomed to their new roles and dread returning to the way things were.

Whatever your particular situation, there are some things that you can do. First, accept that change is inevitable. It's not the changes we face, but rather our perceptions. Considering the positive aspects of returning to work, weighing competing interests, looking for the benefits, identifying opportunities will make a difference. Is it the intrinsic reward you get from working, or what working can allow you to do outside of work? Perhaps, things you cannot do now.

Second, recognize that you probably have supports in place; family, friends, former coworkers, clergy, and others you can reconnect with or recognize are

still in place. We're not alone when we have such supports and we normally won't lose them with the changes we make. In fact, they can be a stabilizing presence while we make changes.

Third, you were able to adapt during the Pandemic, and probably before that. Recalling how you were able to adapt in the past, will likely provide you with the resources and means you need now. Previous changes may have been challenging, albeit in a different context, but shows you were able to come through before. You can do it again.

In summary, change is inevitable. It's not change but our perceptions of change that can make it difficult. Recognizing we have relationships in place that can provide support and be a stabilizing factor is important. You're not alone. There's the ability to adapt you've proven you can do, if only to have homeschooled during the Pandemic. Now that they're returning to school, you are free to retrieve the benefits of working.

It is important we not limit ourselves. Welcoming change is healthy.

[Submit Your Question By Clicking HERE](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

TOP RISK FACTORS FOR SUICIDES

65%

Access to Lethal Means

More than 65% of military suicide deaths involve the use of a firearm



Relationship Challenges

Approximately 40% of active duty Service members experienced a failed or failing relationship 90 days prior to suicide death



Fall from Glory

Approximately 30% of active duty Service members experienced administrative or legal problems in the 90 days prior to suicide death



Perceived Stigma

Hesitancy to access mental health or other support services due to perceived stigma associated with help-seeking

RISK FACTORS



Lack of belonging and sense of being a burden



Emotional and psychological pain



Inability to deal with stress



Access to lethal means



Mental health problems

PROTECTIVE FACTORS



Feeling a sense of belongingness and connectedness (e.g., family, friends, trusted peer/adult, community support, or spiritual) and having a purpose



Being able to express feelings and having access to care/support



Having effective coping, problem-solving and communication skills, and positive thinking



Willingness to use a variety of support and care



Means reduction and safety planning

HOW TO HELP SOMEONE IN SUICIDAL CRISIS

- ✓ Be direct. Talk openly and matter-of-factly about suicide.
 - ✓ Be willing to listen. Allow expression of feelings. Accept the feelings.
 - ✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.
 - ✓ Get involved. Become available. Show interest and support.
 - ✓ Offer hope that alternatives are available, but do not offer general reassurance such as "It will get better," or "It could be worse."
 - ✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- ⊗ Don't dare him/her to do it.
 - ⊗ Don't act shocked. This will put distance between the two of you.
 - ⊗ Don't be sworn to secrecy. Seek help.

Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).

RESOURCES

FOR EVERYDAY LIFE CHALLENGES

MILITARY ONE SOURCE

800-342-9647
www.MilitaryOneSource.mil



Veterans Crisis Line
1-800-273-8255 PRESS 1



Military Crisis Line
Dial 911

Make it Your Mission to...
#BeThere

DEFENSE SUICIDE PREVENTION OFFICE

facebook.com/DSPOMil | twitter.com/DSPOMil
instagram.com/DSPOMil

Version 2/16/14

September is Suicide Prevention Month
#BeThere: Connect to Protect

Suicide Prevention Lifeline

**Call 1-800-273-8255 or Text 838255
TO GET HELP NOW!**

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Safe Exchange Location

Child Custody Exchange
Online Purchase Exchange



The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police
7227 Christie Street (BLDG 2700)
Fort Carson, Co 80913
Desk Sergeant: (719) 526-6199



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Medicare Series



The PPACG Area Agency on Aging and Security Public Library have joined together to offer these classes providing the knowledge and tools that older adults need as they approach Medicare.

~~July 14 | 12:00 PM~~

Medicare and Tricare Lunch and Learn: An Intro to What You Need to Know

Learn about the things the retired military community needs to know about becoming eligible for Medicare and how Medicare coordinates with TriCare coverage.



~~August 11 | 12:00 PM~~

Don't Get Scammed

Learn about the latest Fraud and Scams targeting Older Adults and tips on how to Detect, Report and Protect yourself and your loved ones, from becoming a victim.



September 15 | 5:30 PM

Medicare Open Enrollment

Learn about 2022 Medicare Drug Plans and Medicare Advantage Plans

Classes are provided at no cost
Registration Required
[PPACG.org/events](https://ppacg.org/events)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Big Brothers Big Sisters.
OF COLORADO

IGNITE POTENTIAL

Big Brothers Big Sisters of Colorado's professional staff recruit, screen, and train volunteer mentors (Big Brothers and Big Sisters), and match them in one-to-one relationships with young people. We support and oversee the success of each match by communicating regularly with the volunteers, the children, and their families, and by providing activities designed to strengthen the match relationship. We know from research that successful mentoring relationships have a lasting impact on young people and their families, offer positive experiences for volunteers and create stronger, safer, and more successful communities.

In 2020, Big Brothers Big Sisters of Colorado supported 1,397 one-to-one mentoring relationships between children facing adversity and adult volunteer mentors. These mentoring relationships impacted youth by helping them improve their sense of self and sense of future, form positive relationships with peers and family, avoid risky or delinquent behavior, and achieve educational success. We are looking for dedicated adults to join us as mentors, advocates, and donors!

YOU CAN MAKE A DIFFERENCE THROUGH THE PROVEN POWER OF ONE-TO-ONE MENTORING

Community Based

- Activities take place in the community
- 1 year commitment
- In-person meetings 2-4x a month
- Matched based on shared interests
- Flexible scheduling
- Volunteer provides transportation

Sports Buddies

- Site-based mentoring
- 6 month commitment
- In-person meetings 1-2x a month (typically Saturdays)
- Participatory and spectator recreational activities
- Volunteer not responsible for transportation

mentor2.0

- School-based mentoring
- 2, 3, or 4 year commitment depending on school/mentee
- Online communication 1x a week, flexible scheduling
- In-person meetings 1x a month (evenings at school)
- College and career readiness focus

Learn more at BigLittleColorado.org or email Natalie at NatalieS@biglittlcolorado.org



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Responding to Relationships

FREE

Military & Responder MARRIAGE SERIES & RETREAT

Oct. 8 & Nov. 5-7 2021

myrelationshipcenter.org/rtr

REGISTRATION OPENS AUG. 30th

SAVE THE DATE

The Center for Relationship Education has a new federally funded project called **Responding to Relationships**. Under the grant, we are able to serve military and emergency responder couples (seriously dating, engaged, long-term partnership, married) for **FREE**. Attached you will find the Save the Date for the next series. Registration is on a first-come/first-serve basis.

[REGISTER HERE](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Catholic
Charities
of Central Colorado
Family Connections

KIDS CLOTHING GIVEAWAY

THE DETAILS

COST: FREE

WHEN: ~~Thursday, 10 am - Noon~~
~~July 8, Aug. 12, Sept 9, Oct 7~~

WHERE: Family Connections
917 E. Moreno Avenue
Colorado Springs, CO

WHAT TO EXPECT:

Please expect a wait as we work to serve everyone safely



Photos by Terricks Noah and Mediamodifer on Unsplash



Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER



Fostering Resilience in Early Education (FREE)

Are you a grandma, aunt, nanny, friend, or neighbor watching young children?



Join a Connection Cafe today!

- Individualized self-care planning
- \$100 to support self-care practices in your home
- Monthly social networking opportunities
- One-on-one coaching or training to support self-care
- Mindfulness activities to support adult and child well-being

Contact: Kim Santaniello, FFN FREE Coach | KSantaniello@jointinitiatives.org | 719.650.3736



**Rocky Mountain
Prevention Research Center**
colorado school of public health

**Alliance
for Kids**



**JOINT INITIATIVES for
YOUTH & FAMILIES**

Principal Investigators: Dr. Charlotte Farewell and Dr. Jini Puma

This project is funded by The Colorado Springs Health Foundation and the Temple Hoyne Buell Foundation IRB Protocol # 20-1235

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



The IC Talk: People with Disabilities Interacting with Law Enforcement

Tuesday, September 14
10am-11:30 am
Outdoor Patio at The Independence Center

Join us for a disability-focused conversation with officers from the Colorado Springs Police Department. During this free event, we will:

- Hear helpful information about how to best communicate a disability to law enforcement.
- Receive tips on how to ensure positive interactions with law enforcement.
- Engage in small group conversations with the officers to share experiences and ask questions.

Open to the public; no reservations required. Refreshments will be provided.

ASL interpretation will be available. For additional accommodations, please complete our online request form: https://bit.ly/request_accom

HAVE QUESTIONS?

Email Deb Walker at dwalker@the-ic.org.



729 South Tejon St.
Colorado Springs, CO 80903
719-471-8181
VP: 719-358-2513

A NONPROFIT
ORGANIZATION
the-ic.org

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



BABYSITTER'S COURSE

What will youth learn in this class?

We walk youth through the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.

The babysitter's class consists of eight modules designed to teach youth the basics of childcare and how to run a successful babysitting business. Youth will be able to register with the Parent Central Services database of babysitters after completion of the course.

Day 1, 0800-1400

- I'm Alone: Staying Home Alone—Help youth understand how to be safe when staying home alone.
- Babysitters Course: Youth will learn about the ages and stages of child development, safety, food and nutrition, how to handle emergency situations, fun activities to do with children and babysitting as a business.

Day 2, 0800-1200

- CPR/First Aid—Youth will become Red Cross certified on CPR and First Aid

To register for this class contact:

Parent Central Services (719)526-1101/8220 or Fort Carson Youth Center. (719-526-2680)

Class size is limited to 15.

Upcoming classes: ~~August 21 and August 28~~ or September 18 and September 25.
Youth must attend both Day 1 and Day 2 to become a certified Babysitter

Fort Carson and the Surrounding Community

Pollution Prevention Week Shredding Event

When: Sept. 23 from 9 a.m. to 3 p.m.

Where: At building 3710 north of Gate 20 off of Specker Avenue.

How: Drop off all unwanted, unclassified paper, including old bank statements, credit card offers, cancelled checks, old medical records, pay check stubs, etc., to shred it and get rid of it. (**No classified documents will be accepted.**) The event is free and open to all ID card holders.

Ensure documents brought in are free of trash and non-paper items (binders, paper clips, etc.) for ease of processing.

Why: The event is part of Fort Carson's Pollution Prevention Week observance Sept. 19-24 and provides a venue for shredding and recycling of paper. Come do your part to help Fort Carson reduce waste from going to the landfill!

For more information, email the Directorate of Public Works at: robert.d.cavanaugh2.civ@mail.mil.
For more information about Pollution Prevention Week visit <https://www.epa.gov/p2week>.



Note: COVID-19 social distancing and masks are required on site during drop off of paper.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



MISSION: HEALTHY BABY®

Mission: Healthy Baby® is designed specifically to address the unique needs of military families. Military families sacrifice a great deal and many are relocated to bases away from family and friends. The goal of this program is to provide free pregnancy and newborn health education, support services and baby supplies to help military moms and families have healthy, full-term babies.

This year's event will be virtual and will shower over 1,000 moms with education, baby items and more. Moms will have the chance to network with other moms-to-be and learn about support networks we've set up to address their specific needs, including online community resources.

TIMELINE:

- **July 12:** Registration opens—moms will need to register using this link: <https://www.marchofdimes.com/forms/military-baby-shower-2021>
- **September 1:** Registration closes
- **Late September/October:** Becoming a Mom sessions—these are free online education classes for moms where additional gifts will be given away.
- **November 13:** National virtual military shower—moms must attend this event to receive the free baby items, which will be shipped directly to their home within 4-6 weeks of the shower. (Time of shower TBD.)

ELIGIBILITY TO ATTEND:

- All military families that are E5 rank or below.
- Must be pregnant at the time of the shower.



For more information, please contact Meredith Repik at mrepik@marchofdimes.org or 843-614-3355.

SIGN UP TODAY

PHILIPS

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

MILITARY & VETERAN WOMEN'S GROUP

SUPPORT IN SHARING AND
INTEGRATING EXPERIENCES,
SELF-GROWTH, & COMMUNITY

Fridays
1230-1330

**FEMALE-IDENTIFYING
ANY BRANCH, ANY ERA, ANY STATUS**

Contact Tegan (303) 525-7660
to join or get more information



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



2021 ANNUAL ADOPTION WORKSHOP & INFORMATION FAIR

TUESDAY, NOV 2, 9 AM-NOON

SOUTH EAST ARMED SERVICES YMCA,
2190 JET WING DR, COLORADO SPRINGS, CO 80916

WORKSHOP – 9-10:30 am. Learn about different types of adoption, military reimbursement, application processes and more.
INFO FAIR – 10:30 am-noon. Connect with the various adoption agencies and community partners who support adoption/foster care families.

FOR MORE INFO & REGISTRATION, please contact the USAF Academy Airman & Family Readiness Center at 719-333-3444 or 10FSS.FSH.AFRC@us.af.mil



This event is co-hosted by USAF Academy and the Armed Services YMCA

Supported by the PAFB, Schriever A&FRC & FT Carson ACS



USAFAsupport.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

FREE TUITION PRESCHOOL

FOR
AGES 0-5



VARIETY
OF CLASS
TIMES



SAFE
QUALITY
PROGRAMS



65
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



If you'd like to
learn more about
Colorado Pre-
school Program |
Head Start | Early
Head Start

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



THE JUSTICE CENTER

**WEDNESDAY NIGHTS
7 PM - 9 PM**

FREE

LEGAL

ADVICE

CALL (719) 473-6212

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



YARD SALE

EVERY 1ST & 3RD SATURDAY
MAY THROUGH DECEMBER

~~May 1 & 15~~

Sep 4 & 18

~~Jun 5 & 19~~

Oct 2 & 16

~~Jul 3 & 17~~

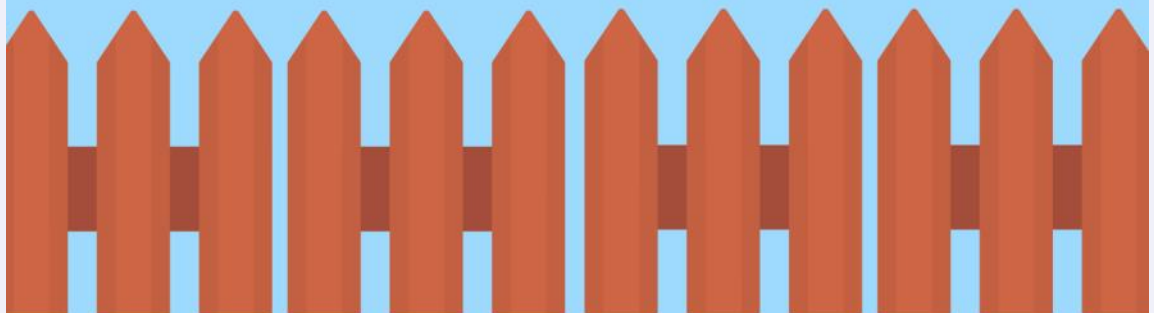
Nov 6 & 20

~~Aug 7 & 21~~

Dec 4 & 18

You may not post signs to any fixed structure. If you place yard signs in the community they must be removed next day.

-Must follow current Covid-19 guidelines-



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Connect with WIC today:

- Request an appointment at ColoradoWICsignup.com
- Visit ColoradoWIC.com
- Call 1-855-855-4626 (Food Resource Hotline)

WHAT IS WIC



WIC does not ask for, keep, or share information regarding visa status or citizenship. This institution is an equal opportunity provider.

EMPOWERING FAMILIES
WITH FOOD, NUTRITION
EDUCATION, AND MORE



HALF OF ALL INFANTS BORN IN COLORADO ARE ON WIC.

WHAT IS WIC?

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and community support to income-eligible pregnant women, moms of infants, and children up to 5 years old.

WHO IS ELIGIBLE?

- Pregnant women.
- Mothers of babies up to 6 months old.
- Mothers who are breastfeeding babies up to 12 months old.
- Babies and kids up to 5 years old.

Many people don't realize they're eligible for WIC. Households with a low to medium income or who receive Medicaid, SNAP, TANF or FDIPIR are income-eligible for WIC.

WE'RE HERE FOR YOU

Did you know? Colorado WIC offers:



HEALTHY FOOD + NUTRITION TIPS

We help you feed your kids nutritious meals.

We provide:

- Monthly benefits to buy fruits, vegetables, whole grains, iron-rich foods, milk, cheese, yogurt, formula and more.
- An EBT card and smartphone app to make shopping for WIC foods easy.
- Tips on how to shop for healthy food, how to cook it, and how to encourage your kids to eat it.
- A larger food package for mothers who breastfeed exclusively to help them stay healthy.



A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists.
- Breastfeeding specialists.
- Breast pumps.
- Mother-to-mother support.



REFERRALS

We introduce you to care beyond WIC, including:

- Healthcare professionals such as pediatricians and dentists.
- Immunization services.
- Other services.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



12:00 PM (noon)

1st Tuesday of each month
(Zoom call)

for Teller, Fremont & Park County Veterans

The Veteran Support Group is designed to allow veterans the opportunity to share ideas and thoughts in common goal barriers in collaboration and support of each other. Topics can range from PTSD to everyday living in a civilian community. Our peer support group will focus on helping veterans and their families manage the stresses they share. Group interaction encourages vets of all ages and eras to learn to access policies they may find useful in easing transitions.

Please contact Brock Ernst for more information, to RSVP for Zoom and/or to request accessibility accommodations at 719-660-0528 or bernst@the-ic.org.

Main Office: 729 South Tejon St. Colorado Springs, CO 80903 | theindependencecenter.org
719-471-8181 | Video Phone for the Deaf 719-358-2513

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

23RD ANNUAL

STAND DOWN

For Colorado's Homeless Veterans

Tue 21 Sept 2021

1000 -1500 Hours



**VA & COMMUNITY REPRESENTATIVES
WILL BE ON SITE!**

Clothing • Boots • Personal Care Items
Box Lunches • Flu Shots • VA Medical Care
VA and Rocky Mountain Human Services
Veterans Administration • VA Claims Assistance
DD-214 Assistance • Veterinary Care

@317 E Kiowa St (Parking Lot of 1st Baptist Church)

MORE INFO & RESOURCES: www.epchvc.org

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



2021 SCHEDULE

FREE LEGAL SELF-HELP CLINIC

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

FIRST MONDAY OF EVERY MONTH

3:30 PM – 5:00 PM

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

FREE CLINIC IS OPEN
TO ALL AREA RESIDENTS!!

~~January 4, 2021~~

~~February 1, 2021~~

~~March 1, 2021~~

~~April 5, 2021~~

~~May 3, 2021~~

~~June 7, 2021~~

~~No July Clinic (July 4th Holiday)~~

~~August 2, 2021~~

No September Clinic (Labor Day)

October 4, 2021

November 1, 2021

December 6, 2021

Volunteer attorneys will assist each clinic patron individually

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

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

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

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

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