

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

BACK TO SCHOOL

WITH EFMP SCHOOL SUPPORT

If you have a child with an IFSP, IEP or a 504 Plan, this service is for you! Clearly understanding the basics of the special education process, understanding rights and responsibilities, collaborating with educational professionals, and understanding/identifying goals provides the tools to become an effective advocate for your child.

FOR MORE INFORMATION CALL 719-526-0400



21 August 2024

No Fort Carson/ Army Endorsement Implied

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.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

TABLE OF CONTENTS

- Community Events Bulletin
- ACS Classes & Workshops
- ACS - **What's New and Upcoming?**
 - AER Quick Assist Program
 - Financial Readiness Classes
 - Volunteer Opportunity
 - WIC at ACS
 - Back-to-School Tips for Families
- ACS Portable Class Delivery
- Army Substance Abuse Program
- Better Opportunities for Single Soldiers
- Child & Youth Services
- Employee Assistance Program
- Evans Army Community Hospital
- Fort Carson Family Homes
- Military & Family Life Counseling
- **Mountain Post Spouses' Club / Thrift Shop**
- Food Resources
- Religious News & Services
- Fort Carson Family Homes
- Morale, Welfare, & Recreation
- **Mountain Post Spouses' Club / Thrift Shop**
- Department of Emergency Services
- Scholarship News
- Suicide Prevention
- Tumbleweeds
- Fort Carson and the Surrounding Community

Give us a call at (719) 526-4590
Visit our webpage at: carson.armymwr.com/ACS

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Community Events Bulletin

DFW and civilian suicide prevention-

The remaining fiscal 2024 Employee Assistance Program mandatory Drug Free Workplace (DFW) and Civilian Suicide Prevention training sessions will be offered in-person at McMahon Auditorium from 1-2:30 p.m. Thursday, Aug. 22, and from 10-11:30 a.m. Monday, Sept. 9; Thursday, Sept. 19; and Tuesday, Sept. 24. Supervisors attending these trainings should self-identify to obtain the required EAP Supervisor Training, guidance and referral resources. Proof of training will be provided following attendance.

Transitioning from active service within the next two years?

Did you know that it is a congressionally mandated requirement for you to begin TAP not later than 365 days prior to your anticipated transition? Transitioning service members can begin TAP 18 months prior to ETS or 24 months prior to retirement. Get started now by visiting www.armytap.army.mil to register and complete the self-assessment. Once complete, stop by Fort Carson TAP (building 1218) or call 719-526-1001/1002, Monday-Friday, 7:30 a.m. to 4 p.m. to get scheduled for an initial counseling appointment.

Legal Assistance phone number change:

The new phone numbers for Fort Carson Legal Assistance office are 719-524-4955 and 719-526-4788.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Community Events Bulletin

Upcoming Transition Assistance Program (TAP) events-

There will be a combined Hiring Event & Resource Fair Aug. 22nd from 9 a.m. to noon at the Elkhorn Conference Center. There will be over 50 employers and resources in attendance. Stop by to meet with employers and resource representatives to learn more about some exciting opportunities.

The Hiring Our Heroes Career Summit is set for Sept. 10-11. The Summit connects the military community with local, national and remote employment and training opportunities. This two-day event includes military spouse programming, a networking reception, servicemember workshops and panels, and culminates with a hiring fair. Visit [Fort Carson Career Summit \(brazenconnect.com\)](http://FortCarsonCareerSummit.brazenconnect.com) to register and learn more.

Education Center Counseling Department training days-

The Fort Carson Education Center Counseling Department staff training days will change to the 1st and 3rd Wednesday of every month, starting Aug. 21. Only the Counseling Department and Reception/Front Desk will be closed from 7:30-10:30 a.m. during this time. All other departments and schools remain available to customers.

Fort Carson on new My Army Post App-

Download free app today on the Apple Store and Google Play for facility hours, phone numbers, locations with driving directions, emergency alerts and more. Once downloaded, select Fort Carson as your installation and you are ready to start taking advantage of the new app. NOTE: Fort Carson is no longer updating the Digital Garrison App.

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

DATE	CLASS
August 22nd	Center on Fathering
	Toddler Time
August 23rd	Play Group
August 24th	Cosmic Bowling
August 26th	WIC Walk-in's
August 27th	Center on Fathering
	Baby Sign Language
	Command Family Readiness Representative (CFRR)
	Infant Massage & Baby Nurturing
	Navigating USAJOBS
August 28th	Child Support Walk-in's
	Command Family Readiness Representative (CFRR)
	IDES and SRU Soldiers: SFAC Transition and Medical Ret
	Disabling Sickness or Condition: Financial Touchpoint
	PCS 101
August 29th	Homebuyers Workshop (Online - Attend from any locati
	Relationship Preventative Maintenance for Couples & Si
	New Volunteer Orientation, VMIS and OPOC Training
August 29th	Center on Fathering
	Federal Resume 101
	Toddler Time
August 30th	Play Group

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

Army Community Service Upcoming Classes

DATE	CLASS
August 31st	Cosmic Bowling
September 2nd	WIC Walk-in's
September 3rd	Center on Fathering
	Boot Camp For New Dads
	Infant Massage & Baby Nurturing
	Understanding Your Credit Score
	Child Support Walk-in's
September 4th	Resume Essentials
	IDES and SRU Soldiers: SFAC Transition and Medical Reti
	Blended Family Parenting
	PCS 101
September 5th	Center on Fathering
	Toddler Time
	Thrift Savings Plan (TSP) Class
	LinkedIn Fundamental
September 6th	Play Group
September 7th	Cosmic Bowling
September 9th	WIC Walk-in's
September 10th	Center on Fathering
	Cooperative Parenting and Divorce Class
	Infant Massage & Baby Nurturing
	Child Support Walk-in's
	Heartbeat

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



QUICK ASSIST PROGRAM

The QAP enables company commanders and first sergeants to help their Soldiers address short-term financial hardships.

"It's about taking care of Soldiers and definitely putting their priorities first. We want them to take care of all their needs so they can focus on the mission at hand."

Capt. Smith
Company Commander

Go to aerhq.org/assistance or scan the QR code for more information about this program.



QAP PROGRAM OVERVIEW

QAP CAN HELP WITH:

- ★ food ★ housing ★ utilities
- ★ auto expenses ★ medical expenses
- ★ PCS expenses when there is a delay in pay

WHERE TO BEGIN:

Qualifying Soldiers on active duty status and regular Army can go directly to their local AER offices or ask their chains of command for help

LEVELS OF ASSISTANCE:

Requested Amount: **Who to Contact:**

Quick Assist Program up to \$2,000 Company commander or first sergeant

up to \$4,000	AER Officers
up to \$5,000	Garrison Commander or Command Sgt. Maj.
over \$5,000	AER Headquarters

AERHQ.org ★ 866-878-6378
2530 Crystal Dr., Suite 13161
Arlington, VA 22202



Click the graphic to connect with Army Emergency Relief

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Understanding Your Credit Score

1st Tuesday
9:30am — 11:00am

October 3
November 7
December 5
January 2
February 6
March 5

April 2
May 7
June 4
July 2
August 6
September 3

Financial Strength Budgeting 101

2nd Wednesday
10:00am — 11:00am

October 11
November 8
December 13
January 10
February 14
March 13

April 10
May 8
June 12
July 10
August 14
September 11

Understanding Your Military Retirement Thrift Savings Plan

1st Thursday
1:00pm — 2:00pm

October 5
November 2
December 7
January 4
February 1
March 7

April 4
May 2
June 6
July 4
August 1
September 5

Financial Milestone/Touchpoint Disabling Sickness or Condition

Every Wednesday
11:00am

This class focuses on the financial implications of dealing with a disabling sickness or condition - and helps you manage your finances more efficiently as you work through it.

To schedule a Financial Milestone/Touchpoint class as a portable class to your unit footprint or as a 1-on-1, please call (719) 524-4601.

Click the graphic to connect with our Financial Readiness Program

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Volunteers are Needed

Friends of Old Stage & Gold Camp Roads presents United States Forest Service (USFS) Clean Up Sat, 24 Aug 2024

Location: Penrose/Rosemont Reservoir at the intersection of Teller County Road and USFS Road 379. Assembly point is **No Later Than 8:30 am** for those who need a ride or want to follow someone to the event that starts at 9:00 am is at:

Saint Paul's Catholic Church
9 El Pomar Road
Colorado Springs, CO

Cleanup at shooting ranges and camps; removal of trash, graffiti and vandalism. Cleanup gear is provided as well as a great lunch. USFS and County Sheriffs has banned shooting on this day for safety purposes. Volunteers, please wear comfortable, protective footwear, hat and layers.

Enjoy a fabulous lunch when work is complete at 12 Noon.

POC: Mr. Jim Johnson (303) 886-7642; jimj@elkglade.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



PCS 101

Are you preparing to move?

Whether it's the stress or managing the logistics of moving, a PCS move can affect every aspect of life for service members and military families.

The ACS Relocation Readiness Program can assist by providing tools and resources.

Check out their next class on 28 August, 2024 1200-1230pm.

Topics will include:

- Clearing Fort Carson
- Traveling with kids
- Traveling with pets
- Entitlements
- Housing

Spouses highly encouraged to attend.

[Click here to REGISTER for the next class.](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

New Parent Financial Class!

Learn how to budget as new parents,
allocate funds for your child's future,
or plan for a better financial future
with your family!

Friday, August 30th
1000-1100
ACS Annex (Bldg 7492)



Join ACS Friday, August 30, 2024 from 10:00-11:00a.m. at the
ACS Annex for a New Parent Financial Class!

This class will provide information and resources for new parents
to learn how to allocate funds for your child's future or to plan a
better financial future for your family.

Location: 1481 Titus Blvd., BLDG 7492

For more information please call: 719-526-0461

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

FORT CARSON EMPLOYMENT READINESS PROGRAM

July-December 2024 Class Schedule

Resume Essentials

02 Jul - 1:30-2:30pm
07 Aug - 9:30-10:30am
04 Sep - 1:30-2:30pm
02 Oct - 9:30-10:30am
06 Nov - 1:30-2:30pm
04 Dec - 9:30-10:30am

LinkedIn Fundamentals & Professional Headshots

03 Jul - 1:30-2:30pm
08 Aug - 9:30-10:30am
05 Sep - 1:30-2:30pm
03 Oct - 9:30-10:30am
07 Nov - 1:30-2:30pm
05 Dec - 9:30-10:30am

Federal Employment Tools

17 Jul - 1:30-3:00pm
14 Aug - 9:30-11:00am
18 Sep - 1:30-3:00pm
16 Oct - 9:30-11:00am
13 Nov - 1:30-3:00pm
11 Dec - 9:30-11:00am

Interview Skills & Techniques

18 Jul - 1:30-2:30pm
15 Aug - 9:30-10:30am
19 Sep - 1:30-2:30pm
17 Oct - 9:30-10:30am
14 Nov - 1:30-2:30pm
12 Dec - 9:30-10:30am

Navigating USAJOBS

23 Jul - 1:30-2:30pm
27 Aug - 9:30-10:30am
24 Sep - 1:30-2:30pm
29 Oct - 9:30-10:30am
19 Nov - 1:30-2:30pm
* Dec - NO CLASS

Federal Resume 101

25 Jul - 1:30-2:30pm
29 Aug - 9:30-10:30am
26 Sep - 1:30-2:30pm
31 Oct - 9:30-10:30am
21 Nov - 1:30-2:30pm
* Dec - NO CLASS

All ERP classes are offered in a blended format.
You may attend in-person or virtually through the Microsoft Teams platform.
Register at www.carson.armymwr.com/calendar or call 719.526.0452
* One-on-one appointments available in lieu of December classes.



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Back-to-School Tips

Summertime is winding down. Here are some tips to implement to help your kids transition to 'back-to-school mode' smoothly:

Health and Wellness

- **Healthy Eating:** Pack nutritious lunches and snacks. Encourage a balanced diet with fruits, vegetables, whole grains, and proteins.
- **Physical Activity:** Ensure your child gets regular physical activity. It can be as simple as walking to school, playing sports, or spending time at the playground.
- **Immunizations and Health Checks:** Ensure your child's vaccinations are up to date and schedule any necessary health check-ups before school starts.

Emotional Preparation

- **Talk About School:** Discuss any anxieties or concerns your child may have about returning to school. Offer reassurance and support.
- **Social Skills:** Encourage your child to reconnect with friends before school starts. Arrange playdates or attend school events together.
- **Positive Attitude:** Foster a positive outlook about school. Highlight the fun aspects of learning and the excitement of seeing friends and teachers again.

Academic Readiness

- **Summer Reading:** Encourage your child to read books over the summer to keep their mind engaged and improve literacy skills.
- **Review Basics:** Spend some time reviewing basic math, writing, and reading skills to help ease the transition back to school.
- **Goal Setting:** Help your child set realistic academic and personal goals for the school year. Discuss how to achieve these goals and track progress together.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

WIC IS NOW AT ARMY COMMUNITY SERVICE



[El Paso County Public Health's Women, Infants and Children \(WIC\) program](#) is now at Fort Carson ACS on Mondays from 12:30 to 3:30 p.m.! WIC provides supplemental food assistance, information on healthy eating, breastfeeding support and community referrals for qualified caregivers, babies and children. Stop by to learn more!

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

NEED TO TALK?

Military & Family Life Counseling

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



Did you know MFLCs work with families, individuals, couples, and children?

Visit the MFLC webpage [HERE!](#)

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.

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



Food Pantry • Pregnancy Center • Life Skills • Counseling

6436 US Hwy 85, Suite U • Fountain • CO • 80817

(behind Wendy's & Hangry Ohana- [click for map](#))

719-387-9919

[Home](#) [Get Food](#) [Event Calendar](#) [What We Do](#) [Partners](#) [Get Involved](#) [Downloads](#) [Donate](#) [About Us](#)

If you need food, your in the right place.

We have 3 food distribution programs. You may qualify for one or more.

Food Pantry: Fresh food meat, eggs, breads, pastries, veggies, fruits, milk, etc. *

- **Schedule:** Every Thursday 2:00pm - 6:30pm
- **Service Area:** Zip codes served: 80817, 80911, 80925, 80902, 80913, 80906 south of 'B' St.
- **Qualifications:** Resident or Homeless residing in the Service Area with a need for food.
- **How to register:** [Click here to register.](#)

Commodities: Staples rice, beans, canned/frozen meat, canned food, dried fruit, etc. *

- **Schedule:** 1st & 3rd Fridays of month from 10:00am - 2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** Low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

Senior Boxes: Shelf stable items dried fruit, canned food, canned juices, cheese, etc. *

- **Schedule:** 1st & 3rd Fridays of month from 10:00am-2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** 60+ and low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

* Food availability may change from week to week based on our suppliers

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Door Dash has teamed up with Pikes Peak United Way 2-1-1 and [Care and Share Food Bank for Southern Colorado](#) to bring FREE food delivery to Colorado Springs! 🍏 🍷 🥛

Call Pikes Peak United Way 2-1-1 to see if you're within the qualifying area and schedule your free food delivery!

Food Resources

RIDE UNITED
Last Mile Delivery



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Food Resources



FFC8 FOOD PANTRY

Through a combined effort with Care and Share, the district is able to provide families in need with fresh produce, canned goods, and other items. All FFC8 students, staff and families are welcome!

WHERE AND WHEN

Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

We're Glad You're Here!

A Warm Meal Awaits You Inside!



Food Resources

The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year. All welcome! Daily from 10:30am - 1:00pm.

To learn more go to CCharitiesCC.org

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



PANTRY@CCHARITIESCC.ORG

NEED FOOD ASSISTANCE?

Register for the Marketplace



Catholic
Charities
of Central Colorado

CLIENTS CAN SCHEDULE AN APPOINTMENT AND SHOP JUST AS THEY WOULD AT A STANDARD GROCERY STORE.

Food Resources

The Marian House Marketplace pantry is currently open for appointments Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email pantry@ccharitiescc.org to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about their services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

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) 291-9619

**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

Religious News and Services

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

FORT CARSON RELIGIOUS SERVICES

SUNDAY

Agape (Contemporary)	Abrams Elementary School	1000
Catholic Mass	Provider Chapel	0900 & 1100
General Protestant	Family Life Center	0900
Gospel	Prussman Chapel	1000
Samoan	Veterans Chapel	1100

MONDAY-FRIDAY

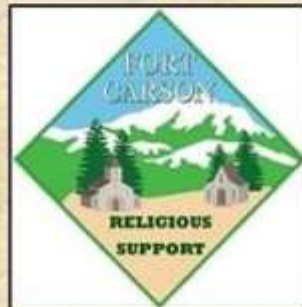
Daily Catholic Mass	Provider Chapel	1145
---------------------	-----------------	------

WEDNESDAY

Non-Denominational	Healer Chapel (inside Evans hospital)	1215
--------------------	---------------------------------------	------

FRIDAY

Islamic Prayers	Veterans Chapel	1315
-----------------	-----------------	------



QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.

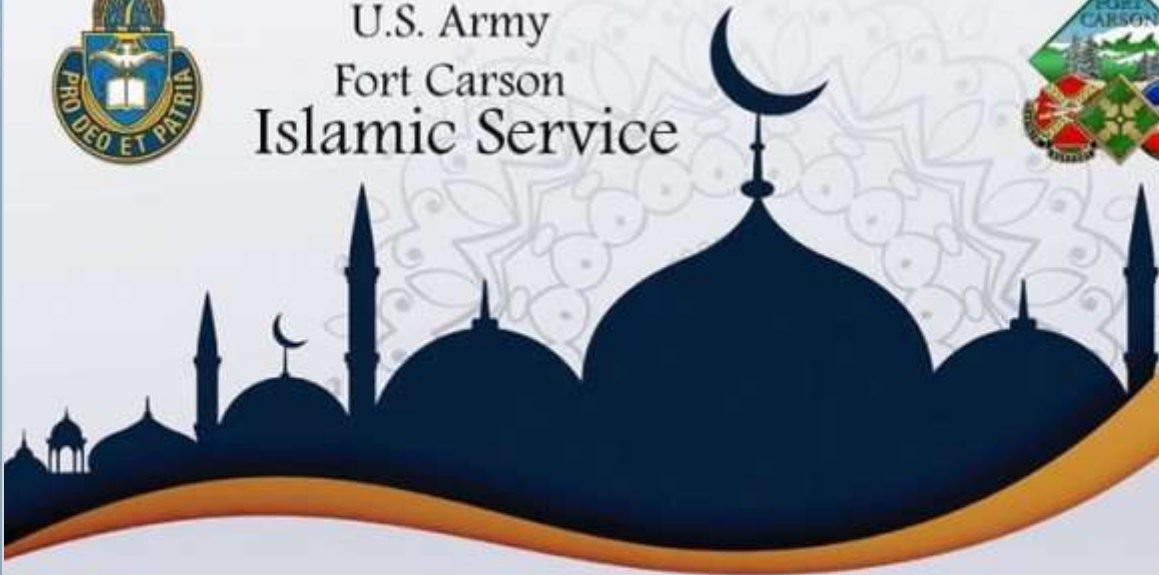
Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



U.S. Army
Fort Carson
Islamic Service



Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: **Veterans Chapel**

6917 Titus Blvd, Fort Carson, CO 80913 (Building 2359)

Facebook: Fort Carson Muslims

For any question:

Chaplain (CPT) Porter

(304)840-4200

joshua.l.porter20.mil@army.mil

Distinctive Religious Group Leader (DRGL)

SPC Khodeir Mohamed

(951)497-8727

mohamed.h.khodeir.mil@army.mil

Religious News and Services

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Scholarships

[Mrs. Patty Shinseki Spouse Scholarship Program \(AER\)](#)

[MG James Ursano Scholarship Program \(AER-For military kids\)](#)

[My Career Advancement Account Scholarship \(MyCAA\)](#)

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

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

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

[**CLICK HERE FOR MORE!**](#)



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

BOSS

**Better Opportunities
for Single Soldiers**



The Better Opportunities for Single Soldiers (BOSS) program represents the voice of the single Soldier. If you're a single Soldier, the BOSS triad advocates for you by advancing quality of life issues on the installation and in the barracks to senior leaders on post and throughout the Army.

"Let Your Voice Be Heard"



Meet at
The Hub
or call (719)
524-2677
to get
involved.

Better Opportunities For Single Soldiers

Better Opportunities For Single Soldiers

AUGUST 2024

Major BOSS Event	Quality of Life	Life Skills	Community Service	Recreation & Leisure		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Trip to the May Natural History Museum 0930 – UTC	5	6	7 BOSS General Rep Meeting @ BOSS Lounge @ 1500	1 Study Board @ BOSS Lounge 1600 – 1730 ASAP Ambassador Training @ Bldg. 1218, 2 nd floor 0900 – 1700	2 ASAP Ambassador Training @ Bldg. 1218, 2 nd floor 0900 – 1300	3
11 White Water Rafting and Camping Trip with ODR	12	13	14 BOSS Senior Council Meeting @ Garrison HQ Conference Room @ 1500	8 Study Board @ BOSS Lounge 1600 – 1730 Magic: The Gathering @ BOSS Lounge @ 1800	9	10 White Water Rafting and Camping Trip with ODR
18 Trip to the Colorado Gators Reptile Park 0800 – UTC	19	20 BOSS Rep Training @ BOSS Lounge 1300-1500	21	15 Study Board @ BOSS Lounge 1600 – 1730	16	17 Volunteer at the Marian House 0945-1330
25	26	27	28	22 Study Board @ BOSS Lounge 1600 – 1730 Magic: The Gathering @ BOSS Lounge @ 1800	23 No DUI Program for 1-41 Ball @ Antlers Hotel 2000-2300	24
				29 Study Board @ BOSS Lounge 1600 – 1730	30	31

BOSS Lounge
6391 Chiles Ave, Bldg. 1511
Fort Carson, CO 80913
(719) 524-5202
Tues – Fri 1000-1800; Sat 1300-2000

Boss Social Media


Questions?
 SGT Lipscomb BOSS President
serenity.n.lipscomb.mil@army.mil
 CPL Lane BOSS Vice President
isabella.d.lane.mil@army.mil

Join BOSS on Discord


BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

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

Better Opportunities For Single Soldiers

BOSS

BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS

Board Preparation Class

Every Thursday at the
BOSS Lounge
6391 Chiles Ave, Bldg. 1511
From 4:00 – 5:30 pm

Reservation is required by COB
Wednesday prior to the class.

Best Practices

Study Materials

Mock Boards



More Events and info at
www.armycommunity.com



Get our Social Media
updates!



Follow us on
Twitter



For more information
call 719-524-5202

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@army.mil

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



ASAP ARMY SUBSTANCE ABUSE PROGRAM

ASAP Location - New Building
Bldg. 1218 (Second Floor)
1625 Ellis Street
Fort Carson, CO 80913

These ASAP Specialists are assigned to work with your unit:

1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil
2SBCT NORTHCOM SMDC	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil
3 rd ABCT 4 CAB	POC:	Albert Bush 719-526-9191	Albert.j.bush4.civ@army.mil
627 HC MEDDAC/DENTAC/VETCOM 71 ORD 759 MP 4 EN Battalion 4SB	POC:	Susanne Watts 719-526-9283	Susanne.m.watts2.civ@army.mil
10 SFG CID WCAP USAG All others	POC:	Anthony McCollin (Prevention Branch Chief) 719-526-5108	Anthony.j.mccollin.civ@army.mil
Suicide Prevention Program		Cheril Paxton 719-526-0401	Cheril.paxton.civ@army.mil
Program Manager		William Lana 719-526-2501	William.w.lana.civ@army.mil

1. ASAP and SUDCC (Substance Use Disorder Clinical Care.) What is the difference?

On 1 OCT 2016, the Army's substance abuse counselors were reassigned from IMCOM to MEDCOM.

All substance use clinical counseling and treatment now belong to the Substance Use Disorder Clinical Care which falls under the Division of Behavioral Health. In many cases, these SUDCC counselors are collocated with their Embedded Behavioral Health teams. They are located in Bldg. 1830. Reach them by phone at (719) 526-7155.

2. What does the ASAP have to assist units on Fort Carson?

- Unit Risk Inventories (URI) – an assessment of high-risk behaviors.
- Training/Education (General prevention education, targeted training, Colorado laws, etc.)
- DUI Simulator goggles.
- Breathalyzers for check out and unit use.
- Consultations with command teams.
- Alcohol and Drug Abuse Prevention Training (ADAPT). A 4.5 hour version is available for higher risk populations.
- National Campaigns.
- Drug paraphernalia identification – great idea for an LPD.
- Invite us to your Safety Stand downs, Family Days and Organization Days.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Army Substance Abuse Program

ASAP Location – New Building

Location: Bldg. 1218, second floor. Street Address is 1625 Ellis Street, Fort Carson CO, 80913. Building 1218 is located at the Southeast corner of Wetzel Ave and Ellis St, just South of the Garrison Headquarters.

PARKING may be a challenge – plan ahead.

Beginning Monday, 27 March, ALL UA Specimen turn in will happen in Bldg. 1218.

Phone numbers will remain the same:

DTCP: 719-526-8407

ASAP Phone tree: 719-526-2727 (ASAP)



This does NOT affect SUDCC (where Soldiers go for screening and treatment).
SUDCC will remain in Bldg. 1830, Mountain Post Behavioral Health Clinic.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Army Substance Abuse Program

ASAP Training opportunities – Contact the ASAP Specialist for your unit listed below to schedule

Unit Prevention Leader (UPL) Course This class will prepare SGTs and up to perform UPL duties.	3 Day course
Alcohol and Drug Abuse Prevention Training (ADAPT) This mandatory class is for Soldiers identified with a positive UA or alcohol related incident	12 hour course
Commander's Risk Reduction Toolkit (CRRT) training An overview of the features of this web-based high risk behavior reporting tool	30 minute course
Unit Risk Inventories (URI) A 52 question, anonymous survey. Gives leaders a snapshot of Soldier perceptions	30 minute survey
Applied Suicide Intervention Skills Training (ASIST) Class for gatekeepers in identifying and reacting to suicidal thoughts and behaviors in others	2 day class
DUI Prevention training Standard briefing about the consequences and ways to avoid a DUI charge	Flexible
Responsible alcohol use training Basic knowledge of drinking behaviors	Flexible
Substance specific training Can be tailored to address a specific substance issue	Flexible
Mock Barracks Drug ID room Class for leaders to identify drug paraphernalia and overview of rules of evidence	Flexible

Anthony McCollin Prev. Branch Chief 719-526-5108	Vacant Call Mr. McCollin until we hire someone	Norma Rivera 719-526-2710	Albert Bush 719-526-2422	Susanne Watts 719-526-9283
10 SFG(A)	1SBCT	2SBCT	3ABCT	4DSB
CID	4SFAB	NORTHCOM	4CAB	743 MI Bn
USAG	HHBn	SMDC		759 MP Bn
WCAP	DIVARTY			71 EOD
				4 EN
				PHC
				627 FH
				EACH/SRU/DENTA C

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

The 988 Suicide & Crisis Lifeline is available for your support!



If you or someone you know needs support now, call or text 988
or chat 988lifeline.org

[CLICK HERE TO CHAT WITH 988](https://988lifeline.org)

Suicide Prevention

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Pikes Peak Suicide Prevention



Suicide Prevention

Suicide Support

Suicide – a leading cause of death in the state of Colorado – a stark reality that we can work together to change. Pikes Peak Suicide Prevention Partnership has served the Pikes Peak Region since 1993, providing free suicide prevention resources and support services to increase awareness, provide education, and connect individuals and organizations to needed resources. Suicide can be prevented by increasing protective factors and decreasing risk factors. One really important protective factor we can all work on each day is creating connections with one another. Each month, PPSPP puts out a Connections Calendar full of community events where connections can be made, or strengthened, through spending time together doing something fun!

[CHECK OUT THE CONNECTIONS CALENDER HERE](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.

Resources

[Drug-Free Workplace Brochure](#)
[Employee Assistance Program Brochure](#)
[Suicide Prevention and Intervention Protocols Brochure](#)
[Working Remotely](#)

For more information

Call (719) 526-2196 (*Please leave a voicemail for a return call if necessary*)
or email usarmy.carson.imcomcentral.mbx.dhr-asap@army.mil

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



Child Neglect Child Endangerment

What to do if you see or suspect Child Abuse or Neglect:

- ❖ Immediate danger, call 9-1-1.
- ❖ Fort Carson Police Department (non emergent) 719.526.2333.
- ❖ If you know or suspect a child is being abused, please call:
Colorado's Department of Human Services 24/7 HOTLINE at 844-264-5437
Family Advocacy Program – Behavioral Health at 719-526-5050

Feeling a bit overwhelmed or need more information?

Visit New Parent Support at armymwr.com for assistance and information on Workshops, Nurturing Center, and classes such as Strong Bonds, and Purple Crying.

Fort Carson Garrison Policy 8

Home Alone Policy

- **5 yo or younger** – Must be supervised at all times and places.
- **1-3 grade** – Supervised at all times and places. Can walk to and from home and school. Can be alone in front or back yard with a parent present in the home.
- **4-6 grade** – Can not be unsupervised for longer than 4 hrs. which includes to and from school. Can only be left home alone if the parent deems the child mature and responsible.
- **7-8 grade** – Can not be unsupervised for longer than 8 hrs. unless arranged with an adult friend who can continuously check on the child within the 8 hrs. period except between 2400-0600.
- **9-12 grade** – Unsupervised for no longer than 12 hrs. unless arranged with an adult friend who can continuously check on the child within the 12 hrs. period.



NOTE: If you wish to submit an anonymous tip, please contact the Pikes Peak Area Crime Stoppers.

In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/FTCPD>
2700 Christy Street, Fort Carson, CO 80913

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Child Neglect Child Endangerment



What to do if you see or suspect Child Abuse or Neglect:

- ❖ Immediate danger, call 9-1-1.
- ❖ Fort Carson Police Department (non emergent) 719.526.2333.

❖ If you know or suspect a child is being abused, please call:
Colorado's Department of Human Services 24/7 HOTLINE at 844-264-5437
Family Advocacy Program – Behavioral Health at 719-526-5050

Feeling a bit overwhelmed or need more information?

Visit New Parent Support at armymwr.com for assistance and information on Workshops, Nurturing Center, and classes such as Strong Bonds, and Purple Crying.

Fort Carson Garrison Policy 8 Home Alone Policy

- **5 yo or younger** – Must be supervised at all times and places.
- **1-3 grade** – Supervised at all times and places. Can walk to and from home and school. Can be alone in front or back yard with a parent present in the home.
- **4-6 grade** – Can not be unsupervised for longer than 4 hrs. which includes to and from school. Can only be left home alone if the parent deems the child mature and responsible.
- **7-8 grade** – Can not be unsupervised for longer than 8 hrs. unless arranged with an adult friend who can continuously check on the child within the 8 hrs. period except between 2400-0600.
- **9-12 grade** – Unsupervised for no longer than 12 hrs. unless arranged with an adult friend who can continuously check on the child within the 12 hrs. period.



NOTE: If you wish to submit an anonymous tip, please contact the Pikes Peak Area Crime Stoppers.

In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/FTCPD>
2700 Christy Street, Fort Carson, CO 80913

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Chain of Command Child Neglect Indicators & Assistance



Indicators for Soldier and House Checks

<u>Child</u>	<u>Outside of House</u>	<u>Inside of House</u>
Clothing <ul style="list-style-type: none">• Dirty, Tattered, Lack of.• Unchanged Diaper.	Yard <ul style="list-style-type: none">• Excessive overgrowth.• Filled with animal feces.• Bags or overflowing trash.	<ul style="list-style-type: none">• Excessive trash.• Rotten food on the ground.• Feces and urine on the ground and walls.• Rotten food on counters.• No food in cupboards or refrigerator.• Broken toilets.• Backed up sinks with mold and rotten food.• Backed up toilets with additional feces or urine.
Body <ul style="list-style-type: none">• Excessively Dirty.• Overly bruised, cuts.• Lethargic.	Front Door <ul style="list-style-type: none">• Sudden smell of trash, rotten food, feces, and urine.• More than normal clutter and trash.	

Garrison Policy Letter #8 (Child Supervision)

Newborn – 5 years old:

Can not be left alone for any period.

1st to 3rd grade:

Does not have to be supervised while walking back and forth to school.
Child can be in the front or back yard with a parent or guardian home.

4th – 6th grade

Child can not be left alone for more than 4 hours.
The child must be deemed mature by the parent.

7th – 8th grade:

Child can not be alone for longer than eight hours.
There must be an identifiable adult that checks on the child during the time alone.
The child can be left alone between 2400-0600.

9th – 12th grade:

Child can not be left alone for longer than twelve hours.
There must be an identifiable adult that checks on the child during the time alone.

Babysitter

Person who has attained the age of 13 and successfully completed the Red Cross Baby Sitting or similar course whose curriculum has been approved by CYS. May be a sibling at least 13 yo, who resides in the household of the child. Siblings are not required to get specialized training. Babysitters under the age of 16 yo are limited to 8 hrs.

Child

Unmarried child, whether biological, adopted, foster, step-child, or ward of an adult for whom treatment is authorized in a medical facility.

Parent

Mother or Father of a child related by blood, marriage (step-parent), adoption, or legal guardian, or and person charged with parental rights, duties, and responsibilities.

Assistance

ACS Family Advocacy (armymwr.com)

Schedule of Family Advocacy Programs covers classes such as; Safe Parenting, Relationship programs, Scream Free, Five Love Languages, Saving Your Marriages before it starts, Ten Great Dates.

Parental

New Parent Support, 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.0461. New Parent Support (armymwr.com)

Financial

Financial Readiness 1481 Titus Blvd (Bldg. 7492), FCCC, 80913. 719.526.4590. ACS - Financial Readiness (armymwr.com)

In case of an emergency contact 911 or 719-526-2333
social media: <https://www.facebook.com/ITCPD>
2700 Chivly Street, Fort Carson, CO 80913



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

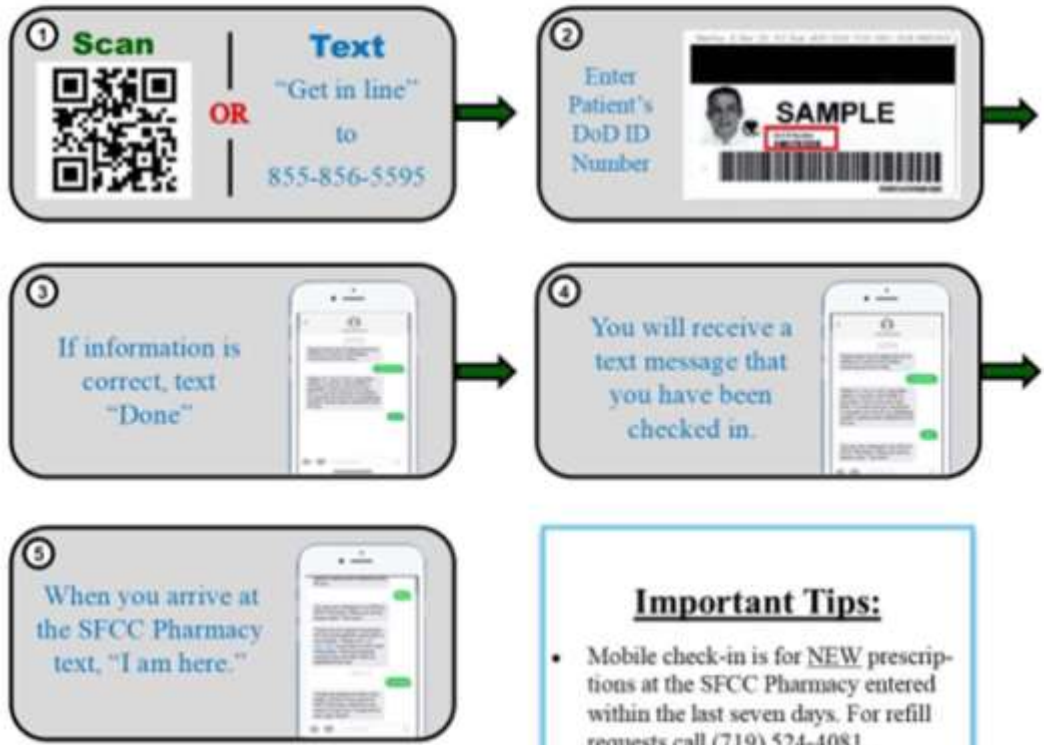


Soldier Family Care Center Pharmacy

1650 Cochrane Circ. BLDG 7503, First Floor (by Starbucks)
Fort Carson, Colorado 80913
Pharmacy Phone: (719) 503-7067

No Line, No wait Prescriptions!

Q-Anywhere Mobile Rx Check-In: 855-856-5595



Important Tips:

- Mobile check-in is for **NEW** prescriptions at the SFCC Pharmacy entered within the last seven days. For refill requests call (719) 524-4081.
- Mobile check-in for same day pick up is available from 8 a.m. to 4:30 p.m. MDT. If you come in on a different day, please pull a ticket at the kiosk.
- You may receive a status notification under certain conditions (e.g., prescription is too soon, prior authorization required, provider clarification needed, prescription not found).

Q-Anywhere Mobile Check-in

- For **NEW** prescriptions picked up at the SFCC pharmacy on first floor (by Starbucks).
- Mobile Check-In Hours: 8 a.m.—4:30 p.m.
- Tickets are valid only for the same day.
- For refills call (719) 524-4081

Fort Carson Family Homes

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

SPECIAL EVENTS MANAGER JENNYLEE HANLON
 JHANLON@BBCGRP.COM OR (719)499-0707.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Family Homes

Celebrate With FCFH
Amenity Spotlight

What to expect: Bubbles and Balloons

FCFH will Raffle Off Fun Items for residents that attend at 4:45pm.

Stop by for a slice of pizza.

OUR NEW SPACE IN CHEYENNE VILLAGE

When: *Wednesday 8/21 at 4pm*

Where: *Cheyenne Village off of Attu Dr. Between Cheyenne Village and Kiowa Village*

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Family Homes



POST WIDE YARD SALE

When: Saturday & Sunday 8/24 and 8/25
8am to 2pm

Fort Carson Family Homes Residents

All residents are encouraged to participate in the Post Wide Yard Sale!

Kiowa:
 6416D Bastogne
 6464B Leyte Ct.
 Cherokee East:
 5412C Red Dawn Dr.
 Choctaw:
 5800F Harr
 5811C Harr
 Chippewa:
 6082C Argonne Loop
 6175A Marne Loop
 Comanche:
 4865A Kit Carson Dr.
 4886B Kit Carson Dr.
 Dakota Ridge:
 6535C Sam Houston
 6539A Sam Houston Loop
 6582D Picatinny Lane

Sioux:
 4512D Hughes Ct.
 4523D Karopczyc Circle
Iroquois:
 6804B Sasser Dr.
 6956B Albanese St.
 6974A Joel St.
 6987B Joel St.
Ute:
 47 Hourglass Drive

Cheyenne:
 7219B Attu Dr.
 7220B Manila Rd
 7264A Guadal Canal
 Navajo South:
 7806B Bayonet Circle
 7907D Bayonet Circle
 7920B Bayonet Circle
 Navajo North:
 7846B Just Cause Dr.
Apache:
 4712A Molnar Rd.
 4727A Belcher St.
 4818A McNerney St.
Shoshone:
 4436A Willett Circle
 4442A Willett Circle
 4450A Bellrichard Ct.
Blackfoot:
 6380 Woodfill Rd.

Call (719)499-0707 For Questions



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

100% Childcare Discount
for the first child for all **CYS Staff**

PLUS

25% Discount for
each additional child after
15% multi-child discount



Commissary Privileges to ALL CYS staff

CURRENTLY HIRING

At \$16.70/hr to start

\$17.70/hr after 6 months

\$18.91/hr after 1 year

Scan Here



Questions? Call 719-526-1101

Fort Carson Child & Youth Services

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Babysitter's Course

- Youth will learn the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.
- Youth will also be Red Cross certified in CPR and First Aid.

Who: 13-18 year olds (12 & in Middle School is ok)

When: 1st Saturday every month (0830-1700)

Where: Fort Carson Youth Center

TO REGISTER:

Parent Central Services — 719-526-1101

Youth Center — 719-526-2680

(class size limited to 15)



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson MWR



FORT CARSON MWR
AUGUST EVENTS

Story Time

Aug. 15 | Grant Library

Yappy Hour

Aug. 16 | Outdoor Recreation

Books, Bowling, and Brunch

Aug. 17 | Grant Library

Get on the Bus to Elitch's

Aug. 17 & 31 | Outdoor Recreation

Intro to Multipitch

Aug. 17 | Outdoor Recreation

Two Person SBA Championship

Aug. 17 | Golf

Volunteer at Marian House

Aug. 17 | BOSS

Colorado Gators Reptile Park

Aug. 18 | BOSS

Fall Flag Football Starts

Aug. 19 | Intramural Sports

Corn Hole Tournament

Aug. 23 | Intramural Sports

Float & Soak

Aug. 24 | Outdoor Recreation

Garden of the Gods

Rock Climbing

Aug. 30 | Outdoor Recreation

Cheyenne Canyon Mountain

Bike Shuttle

Aug. 30 | Outdoor Recreation

Right Arm Night


Aug. 30 | DFMWR

visit carson.armymwr.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

 The Center and East basketball courts at the Ivy Fitness Center will be closed from August 22 to September 7. We appreciate your understanding.

IVY FITNESS CENTER TEMPORARY AREA CLOSED



VISIT CARSON.ARMYMWR.COM

Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson MWR



TRIP TO BOUNCE EMPIRE

Sep. 6 | 5 -10 p.m.

Meet at BOSS Lounge at 3 p.m.

Cost:\$25 | Sign up by SEP. 3

visit carson.armymwr.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson MWR

Pajama Jump Night

Sep. 7 | 5 p.m.-9 p.m.

\$10 per wristband

*For more information, contact Outdoor Recreation
at (719) 526-5176*



visit carson.armymwr.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson MWR

Auto Skills **CAR SHOW**

**SEPT. 7
10 a.m.**



VISIT CARSON.ARMYMWR.COM

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson MWR



DOG SPLASH!

at the Ellis Outdoor Pool



SEP. 7

10 a.m.- 1 p.m.

visit carson.armymwr.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

CHILLS & THRILLS BOOK CLUB



Sep. 28 | Book of Choice: *Like Mother, Like Daughter*

Oct. 19 | Book of Choice: *A House with Good Bones*

Nov. 20 | Book of Choice: *You Will Never Be Me*

Meetings: 2 - 3 p.m.

For more information, call (719) 526-2350.

visit carson.armymwr.com

Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

TRICK OR TROT 5K OR 1 MILE FUN RUN/WALK



VISIT CARSON.ARMYMWR.COM

Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Movement & Mobility Group Exercise Class

Ivy Fitness Center
Room 203

Mondays
9 - 10 a.m.



Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



WALLER FITNESS CENTER GROUP FITNESS CLASS SCHEDULE & PERSONAL TRAINING

One-On-One Training	
Sessions	Packages
1	\$40
5	\$175
10	\$300

Buddy Training	
Sessions	Packages
1	\$70
5	\$230
10	\$320



Fort Carson MWR



More Events and Info at carson.armymwr.com



Find us on Social Media
@wallerfitnesscenter



@carsonmwr
#CarsonMWR



Waller Physical Fitness Center
4946 Magrath Ave., Building 2367
Fort Carson, CO 80913

(719) 526-2742

"Lead in Modernizing and Innovating to be The Army's premier installation to work, live, train, and thrive"

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



**First Saturday
Of the Month**

8:30-9:30 a.m.

Learn and refine form with this total body weight-room workout utilizing dumbbells, barbells, cables and machines.

Fort Carson MWR

WALLER FITNESS CENTER

LADIES LIFT

**\$3 per class
First Class Free**



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonCFMWR



@carsonmwr
#CarsonMWR



Waller Physical Fitness Center
6946 Megath Ave., Building 2337
Fort Carson, CO 80913

Questions? Call 526-2742

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Do you need more time to complete your project?

AUTO SKILLS SUPER SATURDAYS!



This event will coincide with the Federal Holiday if that month has one or we choose a day for this event to occur.

Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



PICK UP INDOOR SOCCER

Every Wed. evening
Special Event Center
Bldg. 1829

Soccer players can come together and play indoor soccer. Once checked into the courts, teams will be organized and games will be held 6:30, 7:30 and 8:30 p.m.

For more information contact Intramural Sports at (719) 526-7585



More Events and Info at carson.armymwr.com



Find Us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Intramural Sports
6550 Specker Ave. Bldg. 1829
Fort Carson CO. 80913

"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"

Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Come Consign Your Crafts

on Fort Carson at

TUMBLEWEEDS AT THE MOUNTAIN POST

If you are Active Duty, a Military Spouse
or Dependent, Retired or a Retiree Spouse,
we'd love to hear more about your craft!

JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!



Please call, stop by or send us a Facebook message to learn more about consigning.

Our crafty consigners retain 80% of their sales profit while 20% helps Tumbleweeds give back to the Fort Carson Community and maintain our everyday operations.

Consigners can opt to volunteer a couple of times a month or pay \$30 a month for a consigner fee.



TUMBLEWEEDS
AT THE MOUNTAIN POST



Call us at 719.393.3734 or visit us on Facebook and Instagram!

1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

Tumbleweeds

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

COOKING MATTERS[®] AT HOME

Cooking Matters at Home has **eight sessions** that can be offered in either 30 or 60 minute lengths.

Cooking Matters at the Store is also available online as a 60-minute session. All sessions can be offered on their own or as part of a series.



Kids Say Yes to Fruits & Veggies

This session will discuss pros and cons of using different forms of fruits and vegetables, how to prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping kids enjoy more fruits and vegetables.



Making Recipes Work For You

This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks, and share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.



No More Mealtime Madness

This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve kids in the meal planning to create more buy-in at mealtime.



Hack Your Snack

This session will share tips for saving time when buying and preparing healthy snacks, practice making healthy, homemade snacks, reading food labels, and identifying healthier choices when choosing prepackaged snacks, and practice comparing unit prices to save money.



The Family Kitchen

This session will prepare caregivers to work together with kids in their care to discuss safe, age-appropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly steps, and make healthy meals and snacks that everyone will enjoy.



Money-Saver Alert

This session will discuss how to use everything that you have (or have access to), practice using 'hard to utilize' ingredients in a variety of recipes, and discuss how to save foods that you can't use right away and how to limit food waste with children while still introducing new foods.



Drink To Your Health

This session will discuss how sugary drinks impact health and describe how to make and taste a variety of healthy beverages at home.



Feeding in the First Year

This session will discuss infant feeding options including the safe introduction of solid foods, different food preparation methods that can be adapted for infants at different developmental stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.



Cooking Matters at the Store: Shopping on a Budget

This session will discuss how to buy fruits and vegetables on a budget, and practice comparing unit prices, reading food labels, and reading ingredient labels to find whole grains.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



The
Center for
Relationship
Education

Have you been looking for a marriage retreat that's no cost to attend?

The Center for Relationship Education has scheduled Couple's Workshop and Retreat's for the next year with spaces for military couples to attend free of cost! Slots are limited, register today to attend [HERE!](#)

Responding to Relationships

Relationship retreats designed to serve those bravely serving others. Retreat series are customized for all emergency response fields and military personnel (Active duty Military, Veterans, Guard, and Reserves welcome).

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community

NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Catholic Charities
of Central Colorado



Family Connections at the Helen Hunt Campus offers many services to families within our community. From tangibles like diapers and formula to life coaching and parenting/early education classes, we are here to support you.



719.578.1222

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community



**TAP COMBINED MINI HIRING EVENTS
& RESOURCE FAIRS**

**MEET OVER 50 EMPLOYERS,
RESOURCES & CSP PARTNERS!**

~~October 12th, 2023~~

~~January 18th, 2024~~

~~April 25th, 2024~~

~~June 20th, 2024~~

August 29th, 2024

**Elkhorn Conference Center (ECC)
1725 Woodfill Road, Building 7300
Fort Carson, CO
0900-1200**

EMPLOYERS , RESOURCES AND CSP PARTNERS MUST REGISTER WITH THE TAP CENTER.

NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Department of Public Health Supports YOU!



HIV PrEP and STI Services in Your Community



The Fort Carson Department of Public Health has a confidential clinic that offers STI & HIV testing and HIV PrEP medical management. We make it easy for you to get the supported care for your LGBTQ needs! Please call to schedule an appointment—719-526-9929

Resources/Recursos for LGBTQ needs:

Mental Health— Military One Source 800-342-9647, in CRISIS text 838255, FREE resource 866-615-6464

Advocacy— Salud Family Health Centers 303-444-6121

STI/HIV Testing Centers— El Paso County, CO Health Department 719-575-8500

Support Centers— Colorado Health Network, 719-578-9092

Fort Carson Public Health— 719-526-9929, 719-524-4156

La Gente Program at Servicios de la Raza— 303-953-5902

Veteran Affairs (VA) Mental Health Resource— 800-799-4889

Youth or Pediatric HIV/STI resources— visit Children’s Hospital Colorado, Parent support program at www.childrenscolorado.org/aboutHIV —prevention.org or call 800-624-6553



NEW walk-in hours:
Monday—Friday
0730-1100 @ Fort
Carson Dept. of
Public Health

Servicios de PREP y ITS para el VIH en su comunidad



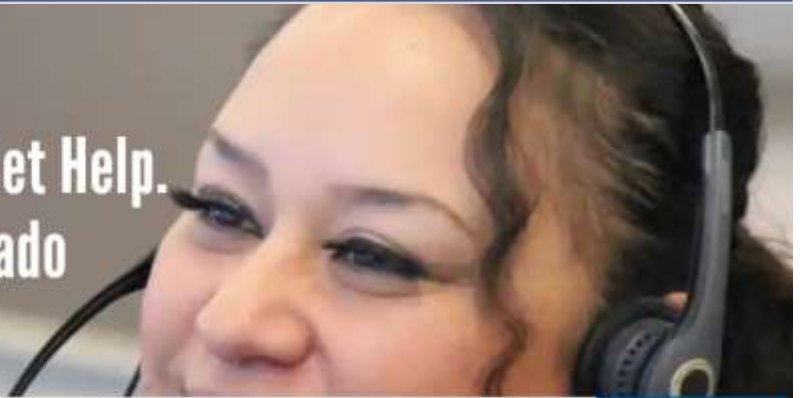
Fort Carson, CO

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

2-1-1 Colorado
Get Connected. Get Help.
Serving all Colorado
communities.



CONNECT TO HELP WITH

MENTAL HEALTH,
EMPLOYMENT,
COUNSELING,
RENT ASSISTANCE,
TRANSPORTATION,
ADDICTION,
CHILD CARE,
PARENTING...

THOUSANDS OF RESOURCES.
ONE CALL.

2.1.1

Get Connected. Get Help.™

Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community

Be Herd Wellness Group

Open to the public at NO-COST for people to find connection and community among StableStrides' herd of therapy horses.



Colorado Springs

STABLESTRIDES

HEALTH & HEALING THROUGH HORSES



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community

Suicide Loss Grief Group

"Understanding your Suicide Grief"

Tuesdays 6pm-7:30pm
(starting August 29th, 2023)

This is a 12 week, closed group, for ages 18+. Pre-registration is required. Please call (719) 573-7447 or email cass@pikespeaksuicideprevention.org.



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



The Steven A. Cohen
Military Family Clinic
at Red Rock



RESOURCES AND REFRESHMENTS

3RD TUESDAY OF THE MONTH

5:00 PM - 6:00 PM

Military connected and free to attend!

Join us on the 3rd Tuesday of the month in our community room for socializing and snacks while connecting with others and learning about resources available in the community for veterans and individuals transitioning out of service.



THE STEVEN A MILITARY FAMILY CLINIC AT RED ROCK
1915 AEROTECH DR STE 114 COLORADO SPRINGS, CO 80916



Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



The Steven A. Cohen
Military Family Clinic
at Red Rock



MILITARY CONNECTED PLAY FREE

MINI GOLF TUESDAYS

1ST TUESDAY OF EACH MONTH

Location: Lost Island Mini Golf 1825
Dominion Way, Colorado Springs, CO 80918

Time: 5:00pm-6:30pm

Questions/RSVP: Abanovz@red-rock.com

Registration is highly encouraged

<http://bit.ly/CohenClinicCOGolf>



Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

4th Tuesday of the Month

🕒 9am - 11am

Equestrian Tuesdays



Military connected and free to attend!
Join us on the 4th Tuesday of the month at the USAFA Equestrian Center to enjoy a beautiful mountain setting and spend quality time with horses while connecting with other veterans and individuals transitioning out of service.

Location:

USAF Academy Equestrian Center 7067
Cottonwood Drive USAFA, Colorado 80840

↔️
Reach out to Alex with questions

Abanovz@red-rock.com

Registration is highly recommended



Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community



Help your kid be exactly who they are.

No-cost, judgment-free
workshops for parents,
guardians, teachers,
social workers, and others!

To learn more, visit
envision-you.org/q-is-for-questioning

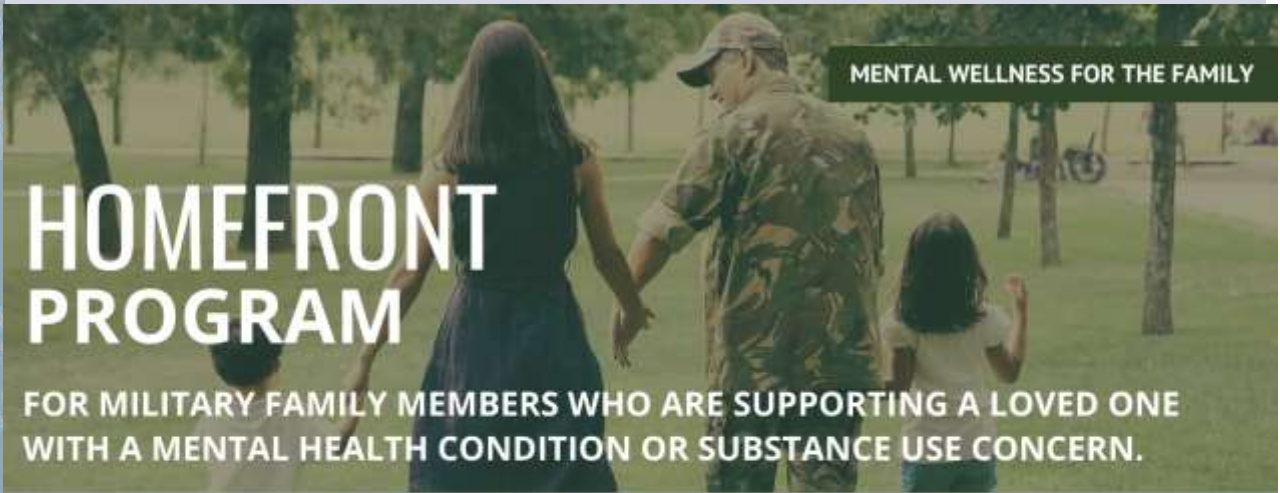


Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community



FOR MILITARY FAMILY MEMBERS WHO ARE SUPPORTING A LOVED ONE WITH A MENTAL HEALTH CONDITION OR SUBSTANCE USE CONCERN.

Tuesdays starting January 30, 6-8:30 p.m.
HYBRID class in Southeast Colorado Springs*

*Exact location/Zoom link provided upon registration

NAMI Homefront is a **free**, 6-session educational program taught by family members who support loved ones with mental health conditions within a military family.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community
- Participate in-person or virtually!



Learn to care for yourself and support your family member with compassion



Understand current research, treatments and evidence-based therapies



Navigate challenges that impact and affect the entire family



Manage a crisis, solve problems and communicate effectively

REGISTRATION REQUIRED

To register or find out more information:
namicoloradosprings.org • 719-473-8477 • AngelaSweeten@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email AngelaSweeten@namicos.org.



SCAN ME

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community

Healthy Transitions Group

A group for Active Duty Service Members who may be in the transition process, questioning their gender identity, or seeking support and resources.

WHO: This group is appropriate for ADSM's in all phases of social or medical transition. This is an open group with ongoing admission.

WHERE: Mountain Post Behavioral Health Clinic, BLDG 1830, 6541 Specker Ave, Fort Carson, CO 80913

WHEN: 1st and 3rd Thursdays of every month, 1500-1630

Clinic Phone Number: 719-526-7155

For more information please contact Dr. Healey at (719)-524-5664 / Kellylynne.e.healey.civ@health.mil or Dr. Bergeron at (719)-524-3508 / Derek.p.bergeron4.civ@health.mil

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community

If you'd like to learn more about Colorado Preschool Program | Head Start | Early Head Start

[Click HERE!](#)



SUCCESS STARTS EARLY
EL ÉXITO COMIENZA TEMPRANO




DID YOU KNOW?

WE ARE ON INSTAGRAM

Follow us @cpcdhs

FREE TUITION PRESCHOOL
PREESCOLAR GRATUITO



FOR AGES BIRTH TO 5

PARA EDADES DE NACIMIENTO A 5 AÑOS



CPCDHEADSTART.ORG
719.635.1536

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson and the Surrounding Community



SURVIVING THE STORM

SUICIDE LOSS GRIEF SUPPORT GROUPS

GROUP BY AGE

-➔ **ADULT GRIEF GROUP**
Tuesdays 6-7:30pm
*This is a **closed** group that requires PRE-registration
-➔ **TEEN GRIEF GROUP**
Wednesdays 6-7:30pm
-➔ **KIDS GRIEF GROUP**
Fridays 6-7pm
-➔ **HEARTBEAT SUICIDE LOSS SURVIVOR GROUP**
Fridays 6-7pm
*This is an adult suicide loss grief group

All groups are **FREE**

Snacks and drinks provided

Registration required



www.pikespeaksuicideprevention.org
info@pikespeaksuicideprevention.org



CONTACT US

719-573-7447
704 N Tejon St
Colorado Springs, CO, 80903

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

NAMI Colorado Springs is offering both **virtual support groups on Zoom** and **in-person groups at First United Methodist Church, 420 N. Nevada Ave.,** in downtown Colorado Springs. All are led by trained peers — people who either manage a mental illness or love someone who does.

BASICS SUPPORT GROUP

For parents and caregivers of children and teens showing signs of mental illness
2nd Mondays, 7-8:30 p.m., virtual

CONNECTION SUPPORT GROUP

For adults experiencing mental illness
Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness
1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

In-person group participants must pre-register: Call 719.473.8477 or email office@namicos.org by noon on the day of the group.

In-person groups will follow social distancing protocols.

Virtual group participants can find call-in info at namicoloradosprings.org.



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
719.473.8477 | office@namicos.org | namicoloradosprings.org

The NAMI office at 1615 S. Murray Blvd., is open weekdays, 9 to 5.