

BRIEFING/TRAINING NAME	TARGET AUDIENCE	FOCUS AREA(S)	EFFECTIVE DURING DEPLOYMENT CYCLE	TIME REQ'D	DESCRIPTION	OTHER INFORMATION	ACS PROGRAM
ACS Overview	Leaders	Readiness	All Cycles	30 MIN	Overview of Army Community Service programs and resources	Can also be conducted by the Unit Service Coordinator	OUTREACH/USC
Bootcamp For New Moms	Soldiers & Families	Child Abuse	All Cycles	4 HRS	An education and discussion group for moms to share motherhood fears and challenges, practical activities, supporting dad and becoming a great mom.	Offered for moms only	FAP
AFTB Chain of Command	Family Members(New)	Child Abuse	All Cycles	4 HRS	An interactive and engaging class that focuses on what it means to become a father, how to care for baby and how to care for mom.	Offered for dads only	FAP
CARE Team Training	Family Members(New)	Readiness	All Cycles	4 HRS	A small team of individuals activated to support NOK for a short period of time after trauma or crisis to fill the gap between the notification team and family support arriving.	This class is also regularly scheduled at ACS. Can be taught at the unit level with a minimum class size of 15.	FEP
Commander's ACS In-Brief	Soldiers & Family members	Readiness	All Cycles	30-60 MIN	New commander in-brief on local ACS services and programs. Tour of ACS facility and meet-n-greet with staff, Unit Service Coordinator.		I&R
Domestic Violence & Child Abuse Prevention	Soldiers & Family members	Domestic Violence	All Cycles	1 HR	Understand the dynamics of domestic violence and child abuse; reporting procedures, and prevention		FAP
Post Deployment Resilience Training for Spouses/Couples	Soldiers & Family members	Resilience	Post-Deployment	2 HRS	This resilience training module covers independence and resilience, the elements of combat and other high-risk deployments; post-deployment transition and reintegration back home; Lessons learned which may be helpful in avoiding conflicts; indicators that spouses or Soldiers may need help during transition.	This class can also be taught by the unit MRT	MRT
Pre-Deployment Resilience Training for Spouses/Couples	Soldiers & Family members	Resilience	Pre-Deployment	2 HRS	This resilience training module discusses the nature of military life; what Soldiers may experience, as well as the spouses deployment experience at home; potential challenges and changes that are likely to occur; how to reduce/eliminate deployment-related common concerns	This class can also be taught by the unit MRT	MRT
Scream Free Marriage	Soldiers & Family members	Domestic Violence	All Cycles	9 HRS	Relate with your partner in a calm, cool and connected way.	Can be broken up into multiple days	FAP
Scream Free Parenting	Soldiers & Family members	Child Abuse	All Cycles	12 HRS	Learn to relate with your children by taking hold of your own emotional responses.	Can be broken up into multiple days	FAP

The 5 Love Languages	Couples	Domestic Violence	All Cycles	2 HRS	This class will discover your "Love Language" and how it is used to strengthen communication in relationships.		FAP
Medical Separation Brief	Soldiers & Family members	Readiness	All Cycles	30 MIN	This overview will provide Soldiers and leadership information on the medical separation process and the transition resources available		SFAC
ACS Center Computer Lab	Leaders	Readiness	All Cycles	All Day	18 computers connected to printer; internet access; CAC access. Can be reserved to complete mandatory online training or teach an online based class.	Must be reserved minimum 2 weeks in advance; dedicated NCO to monitor. Can be reserved for a specific time, half day or all day. Only 18 computers available - no waiting area available; shifts may be needed for larger group needs	I&R
Resilience	Spouses	Resilience	All Cycles	1-2 HRS	12 Resilience Skills : Resilience Competencies, Hunt the Good Stuff; Goal Setting, ATC, Energy Management, Thinking Traps, Detect Icebergs; Problem solving, Put it in Perspective, Mental Games, Character Strengths, Assertive Comm/Effective Praise.	1 Skill per session (Each skill builds on to the next skill)	FAP
Financial Foundation Series - Four for the Core: (1) Money Management Workshop	Anyone	Financial	All Cycles	1hr	This series of four core classes develops an individual's personal financial knowledge. The series helps establish a solid financial foundation. This class focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit in to your overall financial plan and take away the "Steps to Financial Success."	Available On Demand	FRP
Financial Foundation Series - Four for the Core: (2) Basics of Budgeting (Iron Horse Budget)	Anyone	Financial	All Cycles	1hr	Sick of living paycheck to paycheck? This class will help you develop a budget, track expenses, and create a system to save and pay your bills on time.	Available On Demand	FRP
Financial Foundation Series - Four for the Core: (3) Managing Debt and Understanding Credit	Anyone	Financial	All Cycles	1hr	No credit or bad credit, this class will help you increase your credit score and understand how lenders see you. Know where you stand before making a large purchase. Also recommended for Soldier's approaching their Secret (10 yrs) and Top Secret (6 yrs) security clearance renewal date.	Available On Demand	FRP
Financial Foundation Series - Four for the Core: (4) Basics of Investing and Your TSP	Anyone	Financial	All Cycles	1hr	The best time to start investing is NOW! Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds, and mutual funds.	Available On Demand	FRP

Navigating the Military Financial Lifecycle: Initial Duty Station Financial Checkup	Initial Term Soldiers	Financial	All Cycles	4 hr	Whether you're a Service Member entering basic training, or you just hung up the uniform, we can help you handle financial challenges at every step of your military career. Financial basics for new and current servicemembers. Servicemembers are expected to keep their finances in order at every step of their military career. Learn about Service Members Civil Relief Act (SCRA), Borrowing money and the Military Lending Act (MLA), Strategies for tackling student loan with military deferment, creating a budget, and making a big purchase such as purchasing a vehicle.	ACS also offers this 4 HR refresher training on the 2nd and 4th Wednesday of each month. Available On Demand	FRP
Navigating the Military Financial Lifecycle: Operation Drive: Deals on Wheels (Car Buying Workshop)	Anyone	Financial	All Cycles	1HR	Military members are proud of their vehicles. Many Soldiers are young and single and have a decent disposable income to buy nice cars and other cool toys. There's no problem with that, if you can afford it. The problem comes when you drive more car than you can afford. The safe way to buy a car is to analyze your budget before you ever set foot in the showroom or buy in the used car market. Other factors such as fuel costs, insurance rates, and long-term repair costs which all should be a factor when purchasing a vehicle. Armed with good information and the right attitude, military car buyers can get the vehicle that's right for them.	Available On Demand	FRP
Navigating the Military Financial Lifecycle: Financially Master your PCS Move	Soldiers & Families 3-6 months prior to PCS	Financial	All Cycles	1 HR	Moving can be stressful and financially draining. If you know you're going to PCS within the next six months or so, start setting aside extra money to ease the financial burden. Consider that a spouse may not be able to find a job right away. When the PCS Briefing is offered, take your spouse with you. Discuss what entitlements are available during a PCS and develop a PCS budget along with a Projected LES for your new duty station which may or may not include COLA or Special Pay. Issues may also arise with homeownership and vehicle leases.	Available On Demand	FRP
Navigating the Military Financial Lifecycle: Financial Preparation for Deployment	Anyone	Financial	Pre-Deployment	1 HR	Which emotion best describes your pre-deployment state of mind? Excitement? Anxiety? If you're like many service members and military spouses, there's probably a lot of stress as well. While you can't eliminate pre-deployment stress, getting your finances under control can help reduce it. Developing a deployment financial plan will allow you to concentrate on your upcoming duties.	Available On Demand	FRP / AER

Navigating the Military Financial Lifecycle: Post Deployment Finances	Anyone	Financial	Post-Deployment	1 HR	Homecoming is an exciting time as you reconnect with family and friends and reintegrate to life stateside. During this readjustment period, it's important that you revisit your financial affairs since your income and monthly expenses will change now that you are no longer serving in a combat environment. Evaluating your financial health to make sure your obligations and needs are covered will help you prevent financial related stress that could eventually lead to debt, relationship challenges or psychological health concerns. This workshop will help give you financial peace of mind as you reintegrate to life at home.	Available On Demand	FRP / AER
Navigating the Military Financial Lifecycle: Money & Marriage (The Moneymoon)	Married Couples & FRG	Financial	All Cycles	1 hr	Most of us don't go right into asking our date/partner about their credit score or bank account. But it's natural to talk about your life objectives, such as where you want to live or your career aspirations and your common goals for your future. Those objectives have financial ramifications that can lead you into a natural discussion about money. This workshop touches on financial personalities, reason why couples argue about finances, and how to establish marriage principles for money.	Available On Demand	FRP
Navigating the Military Financial Lifecycle: Money Savy Teens	Soldiers & spouses with teenagers	Financial	All Cycles	1 hr	The goals of the workshop are to provide teens age 13-19 with learning experiences to do the following: Build confidence to make financial decisions related to managing personal financial resources, building earning capability, protecting assets, and adapting to unexpected events. Apply sound foundational financial decision-making principles through the many stages of life. Exhibit mindful money management behaviors that benefit themselves and their families.	Available On Demand	FRP
Navigating the Military Financial Lifecycle: Women's Guide to Money Matters	Female Soldiers and Spouses & FRG	Financial	All Cycles	1 HR	Women often have very different money needs than men. They frequently earn less, live longer, and, in the unfortunate event of divorce, can experience a drastic decrease in standard of living. This workshop will also help you prepare for life-altering events such as death or divorce. The topics are certainly not fun to think about, but they are important to plan for nonetheless. Spending a few hours outside of your comfort zone now may help better prepare you for such an event and may save you from additional struggle down the road. To help women everywhere take charge of their financial futures, we have created a comprehensive money management and investing workshop, The Woman's Guide to Money Matters.	Available On Demand	FRP

Navigating the Military Financial Lifecycle: Military Separation Workshop	Separating Soldiers	Financial	All Cycles	1 HR	To help make the transition to civilian life easier, the Financial Readiness Program has created this workshop to navigating the most common financial challenges. Ideally, people in the military should start planning at least two years before they expect to hang up their uniforms, so you'll find key moves to make if you're still in the service, as well as resources to consult once you've left. The more you can learn, the better - and once you step foot off base and out of uniform, life begins to speed up.	Available On Demand	FRP
Personal Financial Topic of Choice	Anyone	Financial		45 MIN	Upon request, the ACS Financial Readiness Program will adapt any personal financial topics of interest designated by leadership into a 45 minute workshop.	minimum 2 week notice	FRP
Newcomer's Orientation	Anyone	Readiness	All Cycles	1 HR	Learn about Fort Carson specific programs and services. Materials are provided.	Minimum of 15. Van tour can be coordinated for Fort Carson and local area.	RELO
Homebuyer's Workshop	Anyone	Financial	All Cycles	3 HRS	Learn about the local housing market; to include choosing a real estate agent, selecting the right home, VA Loans, closing process and much more. Materials are provided.	Minimum of 40. Taught by the Pikes Peak Association of Realtors (PPAR).	RELO
Immigration 101	Anyone	Readiness	All Cycles	2 HRS	Helps to understand immigration processes and how they work (timelines, document requirements, etc.).	Minimum of 15.	RELO
Destination Overseas	Anyone traveling OCONUS	Readiness	All Cycles	60 min	Learn about planning and executing a successful PCS overseas. Spouses encouraged to attend. Materials are provided.	Minimum of 10.	RELO
PCS 101	Anyone traveling CONUS	Readiness	All Cycles	60 min	Learn about planning and executing a successful PCS stateside. Spouses encouraged to attend. Materials are provided.	Minimum of 10.	RELO
S1 Immigration Training	S1 Personnel	Readiness	All Cycles	2 HRS	Interactive class walking participants through all the paperwork required for Naturalization. Materials are provided.	Minimum of 10.	RELO
Sponsorship Training	Sponsors	Readiness	All Cycles	60 min	Interactive class to assist sponsors in being successful with welcoming new Soldiers and or their Families. Materials are provided.	Minimum of 10.	RELO
Individual Assessments	Soldiers and spouses	Readiness	All Cycles	TBD	Provides one-on-one assessments for Soldiers. Soldiers speak individually with a specialist who can assist in providing ACS referrals and resources to assist with individual readiness or growth.	To schedule, number of Soldiers to be assessed is required. Time depends on number of Soldiers to be assessed.	FEP

AFTB Military Life	Family Members (new)	Readiness	All Cycles	75 MIN	The learner will understand the mission, commitment required, and challenges of military life in order to define realistic expectations to positively impact their military experience.	Mimimum of 10.	FEP
AFTB Military Acronyms and Terms	Family Members (new)	Readiness	All Cycles	1 HR	The learner will be able to communicate by employing military specific language, terms, acronyms and time with Army personnel, DA Civilians, and contractors in a military environment.	Mimimum of 10.	FEP
AFTB Chain of Command	Family Members (new)	Readiness	All Cycles	1 HR	The learner will comprehend military structure including rank, chain of command, and basic unit organization to successfully interact within the military community.	Mimimum of 10.	FEP
AFTB Customs, Courtesies, Ceremonies & Traditions	Family Members (new)	Readiness	All Cycles	1 HR	The learner will understand and exhibit appropriate behavior in accordance with proper military customs, courtesies and protocol in daily military life leading to personal satisfaction and a sense of belonging.	Mimimum of 10.	FEP
AFTB Military Social Functions	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will apply the skills needed to assist in feeling comfortable with social aspects of the military lifestyle.	Mimimum of 10.	FEP
AFTB Military Benefits & Entitlements	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will differentiate between available benefits and provided entitlements to select the most favorable to meet individual needs.	Mimimum of 10.	FEP
AFTB Introduction to Military and Civilian Community Resources	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will be able to describe and select military and community resources appropriate to meet various life situations.	Mimimum of 10.	FEP
AFTB Introduction to Family Readiness Groups	Soldiers & Family members	Readiness	All Cycles	45 MIN	The learner will understand the mission; structure and purpose of the Family Readiness Group identifying the benefits FRGs bring to the Total Military Community.	Mimimum of 10.	FEP
AFTB Military Family Preparedness	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will discuss the importance of family preparedness including legal preparation, financial preparation, preparing for emergencies and maintaining accurate record keeping of important documents.	Mimimum of 10.	FEP
AFTB Resiliency	Soldiers & Family members	Resilience	All Cycles	1 HR	The learner will discuss the definition and characteristics of resilience and develop strategies to increase personal resilience.		FEP

AFTB Learn to Communicate	Soldiers & Family members	Communication	All Cycles	1 HR	The learner will employ effective skills and develop communication strategies for their personal and professional lives.	Mimimum of 10.	FEP
AFTB Effective Conflict Management	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will appraise conflict and employ respectful conflict management techniques in personal and professional lives.	Mimimum of 10.	FEP
AFTB Problem Solving Strategies	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will be able to evaluate problem-solving strategies and generate effective solutions in their personal and professional lives.	Mimimum of 10.	FEP
AFTB Exploring Personality Traits	Soldiers & Family members	Communication	All Cycles	1 HR	The learner will differentiate personality traits to discover effective ways to interact with peers, co-workers, friends and family.	Mimimum of 10.	FEP
AFTB Improving Personal Relationship	Soldiers & Family members	Communication	All Cycles	1 HR	The learner will be able to discuss how to develop and maintain healthy personal relationships and identify the benefits of being a supportive group member. The learner will also identify the impact of self-esteem on building relationships as well as the benefits of networking.	Mimimum of 10.	FEP
AFTB Successful Team Dynamics	Soldiers & Family members	Communication	All Cycles	1 HR	The learner will appraise relationships and interpret healthy personal and professional relationships.	Mimimum of 10.	FEP
AFTB Growing through Change	Soldiers & Family members	Resilience	All Cycles	1 HR	The learner will examine change and determine strategies for positively managing change in their personal and professional lives.	Mimimum of 10.	FEP
AFTB Resiliency during Crisis & Grief	Soldiers & Family members	Resilience	All Cycles	1 HR	The learner will be able to define resiliency during crisis and grief and understand the stages of the grieving process. They will also examine and determine appropriate coping strategies as well as identify resources within their own personal, military, local, and community environments.	Mimimum of 10.	FEP
AFTB Overcoming Stress	Soldiers & Family members	Resilience	All Cycles	1 HR	The learner will examine stress and employ stress reduction techniques to increase resiliency and reduce the effects of stress within their personal and professional lives.	Mimimum of 10.	FEP
AFTB Winning at Time Management	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will acquire time management skills and techniques to prioritize activities in their personal and professional lives.	Mimimum of 10.	FEP

AFTB The Volunteer Experience	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will explore the importance of volunteerism within the military and civilian communities and the benefits to both the volunteer and the organizations they serve. They will also examine the documentation required to validate the volunteer service as well as the organization served.	Mimimum of 10.	FEP
AFTB Heading towards leadership	Soldiers & Family members	Readiness	All Cycles	75 MIN	The learner will distinguish various leadership characteristics and examine leader-follower relationships in their personal and professional groups.	Mimimum of 10.	FEP
AFTB Leadership through Understanding Needs	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will analyze the behaviors associated with Maslow's Hierarchy of Needs and identify motivational strategies to help fulfill those needs. The learner will also evaluate the importance of group needs and create a personal action plan to meet both individual and group needs.	Mimimum of 10.	FEP
AFTB Examing your leadership style	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will identify their innate leadership approach and examine the alternative styles of others in order to incorporate various approaches into their personal and professional lives.	Mimimum of 10.	FEP
AFTB Effective Communication for Leaders	Soldiers & Family members	Communication	All Cycles	1 HR	The learner will construct communication strategies to successfully convey information as leaders to teams or individuals.	Mimimum of 10.	FEP
AFTB Developing Great Meetings	Soldiers & Family members	Readiness	All Cycles	90 MIN	The learner will select elements and techniques needed to successfully develop and conduct meetings in personal and professional venues.	Mimimum of 10.	FEP
AFTB Establishing Team Dynamics	Soldiers & Family members	Communication	All Cycles	1 HR	The learner will discuss ways leaders can build strong and cohesive teams, by capitalizing on a positive attitude, understanding their role in the stages of team development, building commitment within the team, and being aware of the characteristics of an effective team.	Mimimum of 10.	FEP
AFTB Resolving Conflict	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will explore causes and benefits of conflict and will develop approaches to conflict management. Through practical exercises the learner will apply conflict management approaches.	Mimimum of 10.	FEP

AFTB Supporting Others through Coaching and Mentoring	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will differentiate between the role of a coach and the role of a mentor, assess his/her strengths and challenges as a coach and as a mentor, examine behaviors of a leader as a coach and as a mentor, and identify effective feedback techniques to incorporate into his/her leadership repertoire to enhance his/her effectiveness in leadership roles.	Minimum of 10.	FEP
AFTB Virtual Meetings Tips & Techniques	Soldiers & Family members	Readiness	All Cycles	1 HR	The learner will identify key elements to conduct a virtual meeting and devise strategies to effectively manage a virtual meeting.	Minimum of 10.	FEP
New Volunteer Orientatation, Volunteer Managemnent Information System(VMIS) & Organization Point of Contact (OPOC) Training	Volunteers, Soldiers, Family members, FRL's and Volunteer Coordinators	Readiness	All Cycles	2 HRS	Provide information on registration of a new volunteer, duties /responsibiites of the Organization Point of Contact (OPOC) and how to use /navigate the Volunteer Management Information System (VMIS) These training opportunities provide knowledge and skills to enable management of volunteers' hours, awards, training, and position descriptions within VMIS. Training also focuses on writing effective award nominations, and understanding the administrative and legal issues involved with managing Army volunteers		AVC
EFMP 101	Newly Enrolled EFMP Families	Readiness	All Cycles	1 HR	EFMP 101 will bust program myths and explain information in detail, helping you understand the ins-and-outs of the EFMP, how it affects you and your assignments, and services that are offered.	Anyone may attend	EFMP
Baby Signs	Parents of Non-Verbal or Communication Impaired Children	Communication	All Cycles	1 HR	Learn how to teach your child communication skills that will make both of your lives easier.	For parents of Non-Verbal or Communication Impaired Children	EFMP
CARE Team Training	Volunteers identified by Command to serve on CARE Team	Readiness	All Cycles	3 HRS	The CARE Team offers short-term assistance to support Families in the gap between notification team and personal support arriving. Training prepares volunteers to help during this time of tragedy or loss.	Minimum of 10	FEP
R.E.A.L. FRG Fund Custodian Training	FRG Volunteers	Readiness	All Cycles	90 MIN	Learn about the responsibilities of the Fund Custodian and the Army regulations for managing FRG Informal Fund accounts and fundraising.	Minimum of 10	FEP

Family OPSEC	Family members	Readiness	All Cycles	90 MIN	Protect your Soldier by protecting the information you know. This is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security guidelines.	Minimum of 10	FEP
R.E.A.L. FRG Foundations	FRG Volunteers	Readiness	All Cycles	2 HRS	This class will serve as an introduction to the Family Readiness Group (FRG). Students will review the FRG mission and determine how leaders can advocate mission readiness.	Minimum of 10	FEP
R.E.A.L. FRG Key Contact	FRG Volunteers	Readiness	All Cycles	90-120 MIN	Family Readiness Group (FRG) Key Contact training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.	Minimum of 10	FEP
R.E.A.L. CMD Team Course	Soldiers	Readiness	All Cycles	2 HRS	Commanders training on how to set up & maintain their FRG program. Learn about FRG Mission, Essential Activities, structure and requirements in accordance with AR 608-1	Minimum of 6	FEP
Rear Detachment Leader Training	Soldiers	Readiness	Deployment	2 Day Course	Gain a better understanding of the Rear Detachment Leaders role and the many resources available for crisis intervention.	Minimum of 15, requires 60 day prior request, and dependent on availability of outside resources	FEP
Rear Detachment STX	Rear Detachment and FRG personnel	Readiness	Pre-Deployment	4 HRS	Learn effective communication and triage techniques for dealing with family issues along with the baseline services and programs. Using scenarios, enhance the team approach to incidents. Meet key program support personnel.	Attendees should include all rear detachment and FRG leadership to be effective.	FEP
R.E.A.L. FRG Leader Training	FRG Leaders	Readiness	All Cycles	8 HRS	Leaders training on how to set up, maintain & handle challenges within the FRG arena. Learn about FRG structure and requirements in accordance with AR 608-1	Minimum of 10. Does Fort Carson Resource Day (Day 2) is not available on demand, but is held separately on regular schedule.	FEP
Spark Your Next Career Move	Anyone	Financial	All Cycles	1 HR	Learn about ways to finance additional training and education, explore what resources you have to apply for colleges, and how the FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) works.		ERP
The 5 Love Languages of Appreciation in the Workplace	Soldiers/Teams	Readiness	All Cycles	90-120 MIN	A great choice for your next OPD, NCOPD or team building event! Learn how to communicate authentic appreciation in the ways meaningful to your coworkers, increase loyalty, reduce cynicism and create a more positive work environment.	Minimum of 10	FEP