

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Employment Readiness

- Federal Resumes
- USAJobs.gov
- Professional Development Series
- Write a Winning Resume
- Military Spouse Preference & Federal Employment
- Professional Development and Career Exploration for Teens and Young Adults



(719) 526-0452

3 July 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.

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

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Community Events Bulletin

DFW and civilian suicide prevention-

The fiscal 2024 Employee Assistance Program Mandatory DFW and Civilian Suicide Prevention training classes will be offered at the below dates and times. Briefings will be held in-person at McMahon Auditorium Theater, unless noted as Microsoft Teams only below. Email calvin.n.lidmark.civ@amry.mil or call 719-526-2196 if you have any questions.

Friday, July 19, 10-11:30 a.m.*
Thursday, Aug. 22, 1-2:30 p.m.
Tuesday, Sept. 10, 10-11:30 a.m.
Thursday, Sept. 19, 10-11:30 a.m.
Tuesday, Sept. 24, 10-11:30 a.m.

Subject to change

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.

Army Community Service Upcoming Classes

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DATE	CLASS
July 4th	ACS Closed to clients—Federal Holiday
July 6th	Cosmic Bowling
July 8th	WIC Walk-in's
July 9th	Center on Fathering
	Cooperative Parenting and Divorce Class
	Infant Massage & Baby Nurturing
	SFRG Informal Funds Custodian Training
	Child Support Walk-in's
	Heartbeat
July 10th	Financial Strength Budgeting 101
	IDES and SRU Soldiers: SFAC Transition and Medical Reti
	Blended Family Parenting
	PCS 101
July 11th	Center on Fathering
	Financial Touchpoints/Milestones
	Toddler Time
	Annual Troop Training for Domestic Violence Prevention
	LinkedIn Fundamentals
July 12th	Play Group
July 13th	Cosmic Bowling
July 15th	WIC Walk-in's

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

Army Community Service Upcoming Classes

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DATE	CLASS
July 16th	Center on Fathering
	Boot Camp for New Moms
	Infant Massage & Baby Nurturing
	Child Support Walk-in's
July 17th	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief
	PCS 101
	Sole Parenting Information & Support Group
July 18th	Center on Fathering
	Toddler Time
	SFRG Key Contact Training
	Destination Europe
	Interview Skills & Techniques
July 19th	Play Group
July 20th	Books, Bowling, and Brunch
	Cosmic Bowling
July 22nd	WIC Walk-in's
July 23rd	Center on Fathering
	Infant Massage & Baby Nurturing
	Child Support Walk-in's
	Navigating USAJOBS

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

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Capt. Smith
Company Commander

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

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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

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ACS participated in Garrison Org Day on
24 June 2024!

We were extremely excited to have all our teammates in one place at one time. The day included an all hands CYS training, DFMWR in brief, food, fun, and socialization with our Garrison peers.

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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 July 10, 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](#)

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ARMY COMMUNITY SERVICE ACS <small>Real-life Solutions For Successful Army Living</small>						
RELATIONSHIP INSPECTION AND MAINTENANCE WORKSHEET						
For use of this form, see carson.armymwr.com/acs , search Family Advocacy Program						
1. ORGANIZATION			2. PROGRAM			
Army Community Service			Family Advocacy Program			
3. PHONE #	4a. BLDG. #	b. STREET ADDRESS	c. CITY	d. STATE	5. ZIP CODE	6. BRANCH
(719) 524-0912	1201	1481 Titus Blvd.	Fort Carson	Colorado	80913	Army
APPLICABLE REFERENCE						
TM NUMBER	TM DATE	TM NUMBER	TM DATE			

Note:

We've been trying to reach you about your relationships extended warranty!

Relationship Preventative Maintenance for Couples & Singles

ALL RELATIONSHIP INSPECTIONS AND EQUIPMENT CONDITIONS RECORDED ON THIS FORM HAVE BEEN DETERMINED IN ACCORDANCE WITH THE ARMY COMMUNITY SERVICE PREVENTION AND RELATIONSHIP EDUCATION PROGRAM.

Relationship Preventative Maintenance for Couples & Singles

Is the Check Engine light of your relationship on? Is Your alignment off? Is the engine of your relationship just not cranking the way it use to? Every Relationship from old Fords to New Teslas' need a little maintenance from time to time.

Join us at the ACS Annex the Second Wednesday of every month and let's do some Preventative Maintenance for Couples & Singles and get your Alignment back on track.

The next class will take place July 24 2024, 1 pm - 3 pm.

[CLICK HERE TO REGISTER](#)

Keep up to date with local events and deals with the



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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)



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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.



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Back-to-School Tips for Families

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

Get Organized:

- Create a Calendar: Use a family calendar to mark important dates, such as the first day of school, parent-teacher meetings, and extracurricular activities.
- Set Up a Study Area: Designate a quiet, well-lit area in your home where your child can focus on homework and study.
- Supply Checklist: Make a list of school supplies your child will need and go shopping together. Don't forget essentials like notebooks, pencils, and a backpack.

Establishing Routines:

- Morning Routine: Plan a consistent morning routine to ensure your child is ready and on time for school. Include time for a healthy breakfast.
- Evening Routine: Set a regular bedtime to ensure your child gets enough sleep. Include time for winding down, such as reading a book.
- Homework Schedule: Establish a daily homework time and stick to it. This helps create a habit and reduces last-minute stress.

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.

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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!

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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](#)

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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.

Military and Family Life Counseling (MFLC)

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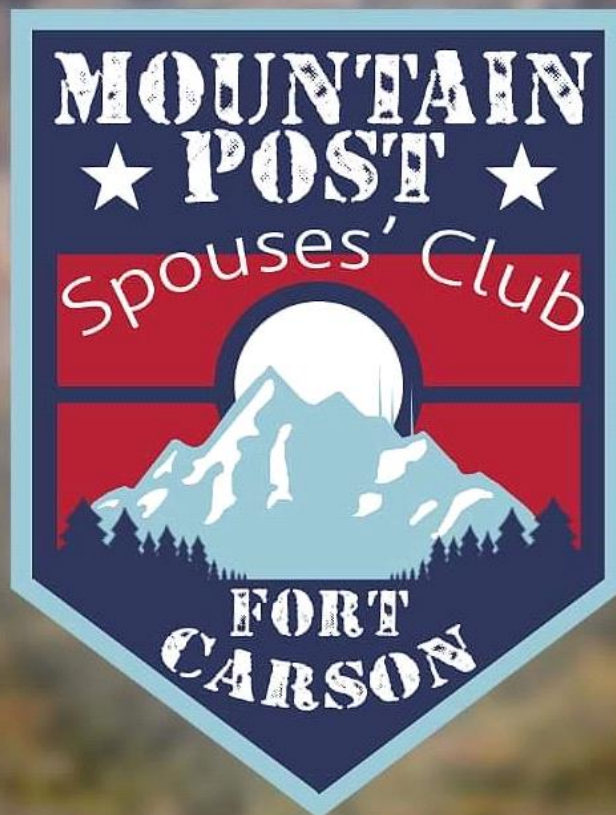


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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



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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

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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



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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.

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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

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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.

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

Food Resources

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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

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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

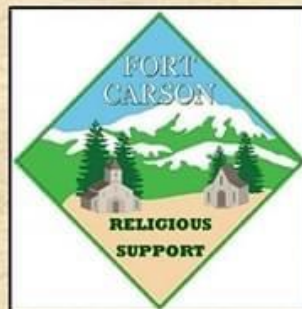
Daily Catholic Mass	Provider Chapel	1145
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WEDNESDAY

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

Islamic Prayers	Veterans Chapel	1315
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QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.

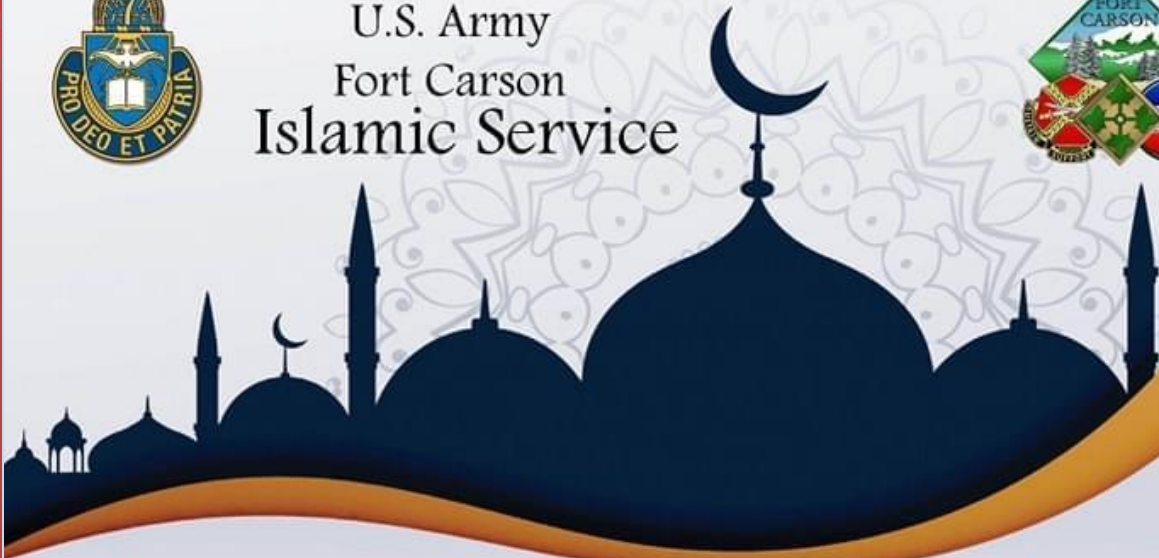
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U.S. Army
Fort Carson
Islamic Service



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

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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!**](#)



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BOSS

**Better Opportunities
for Single Soldiers**



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.

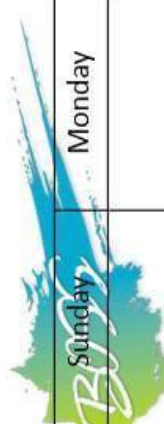
"Let Your Voice Be Heard"



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

Better Opportunities For Single Soldiers

JULY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

- Major BOSS Event**
- Quality of Life**
- Community Service**
- Recreation & Leisure**
- Life Skills**

BOSS Lounge
6391 Chiles Ave, Bldg. 1511
Fort Carson, CO 80913
(719) 524-5202
Wed-Fri 1100 – 2000
Sat-Sun 1300 – 2000
DONSAs 1300-2000

BOSS Office @ The HUB
6371 Specker Ave, Bldg. 1532
Fort Carson, CO 80913
(719) 526-5347
M-F 1000 – 1600



Scan the QR code for more BOSS information!

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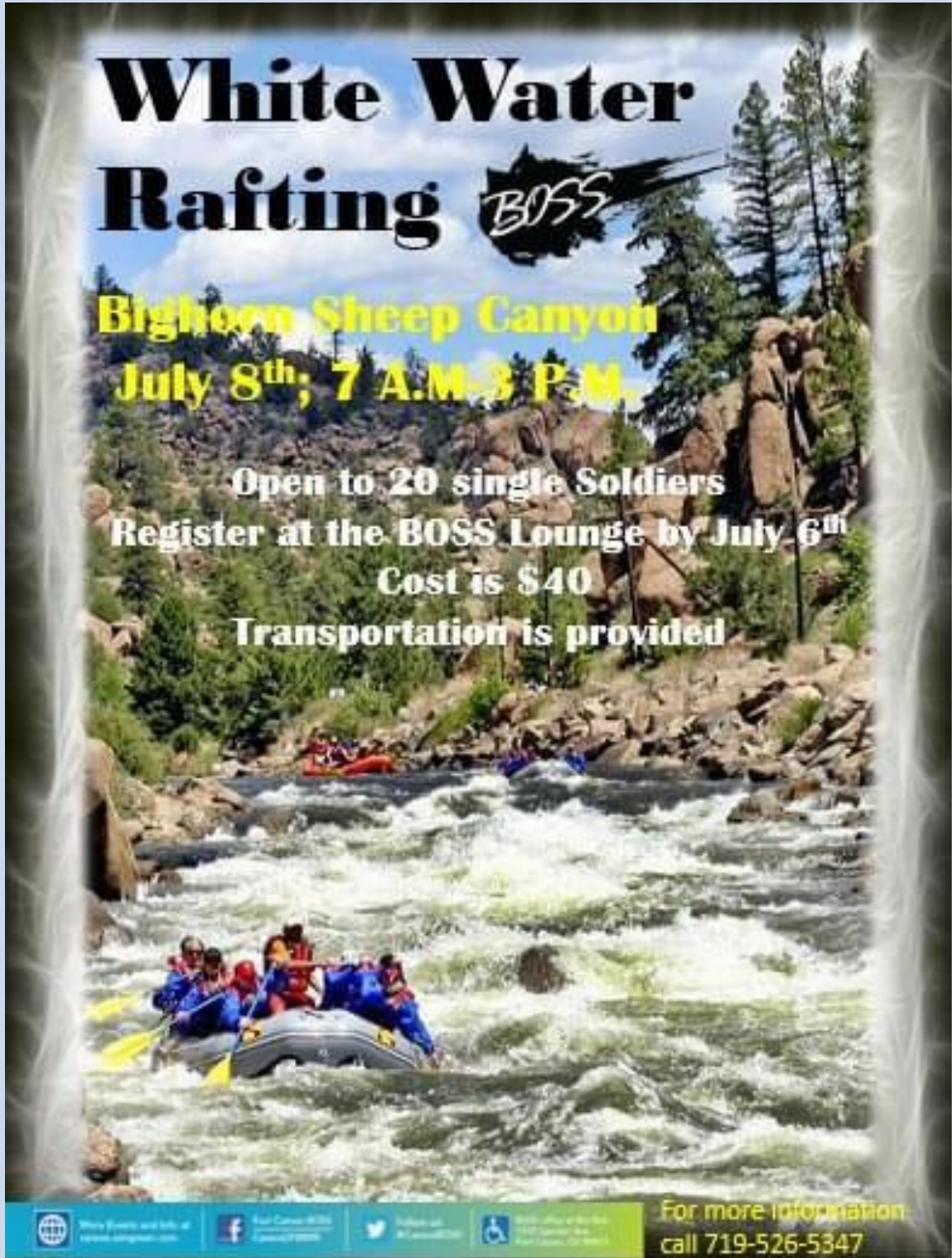
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Better Opportunities For Single Soldiers

White Water Rafting **BOSS**

Bighorn Sheep Canyon
July 8th; 7 A.M.-3 P.M.

Open to 20 single Soldiers
Register at the BOSS Lounge by July 6th
Cost is \$40
Transportation is provided



More Events and info at
www.armycommunity.com



Find Events BOSS
Community



Follow us
@armycommunity



Let's Plan a Trip!
Get together for
an event, call today!

For more information
call 719-526-5347

Better Opportunities For Single Soldiers



Belay Class & Outdoor Rock Climbing!

Open to 15 Single Soldiers
Cost is \$50
Sign up at the BOSS Lounge



Join BOSS and ODR for a 2-part event!

Belay Class: Thursday, July 20th from 6-8 PM at the Outdoor Recreation Complex

Outdoor Rock Climbing: Saturday, July 22nd from 8 AM – 4 PM at Eleven Mile State Park
Transportation is provided from Outdoor Recreation.

For more information
call 719-526-5347

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Better Opportunities For Single Soldiers



Join BOSS and Auto Craft for a class on **Tire Care and **Vehicle Alignment****

Wednesday, July 26th

5 - 6 PM

Auto Craft Center, 7001 Wetzel Ave, Fort Carson

Open to 12 single Soldiers

Sign up at the BOSS Lounge by July 25th



For more information
call 719-526-5347

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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

For more information
call 719-524-5202

Wheelchair Accessible icon

Facebook icon: Find us on Social Media @armycommunityservice

Instagram icon

Twitter icon: @armycommunityservice

Website icon

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**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

Fort Carson Army Substance Abuse Program



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.

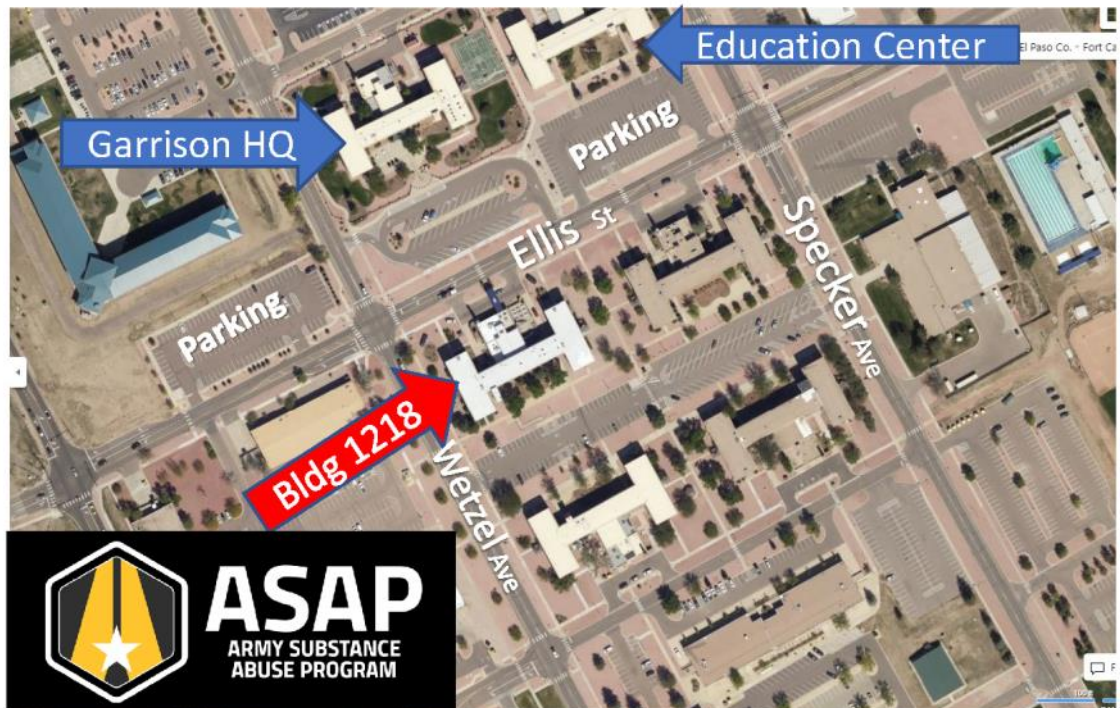
PARKING may be a challenge – plan ahead.

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

Suicide Prevention



Chat with us.
988lifeline.org

988 SUICIDE & CRISIS
LIFELINE

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Suicide Prevention



The mission of Pikes Peak Suicide Prevention Partnership is to unite the community in addressing suicide in the Pikes Peak Region through education, intervention, and postvention.

We serve our community by providing FREE services!

- FREE Individual Therapy
- FREE Peer Support Groups
- FREE Suicide Prevention Trainings
- FREE Postvention Services or Suicide Bereavement Support
- FREE 24/7 Peer Support
- FREE Teen Mentor Program

HELP THEM STAY



SCAN QR code or Use link to DONATE now:

<https://givepikespeak.org/nonprofit/pikes-peak-suicide-prevention-partnership/>

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



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Child Neglect Child Endangerment

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

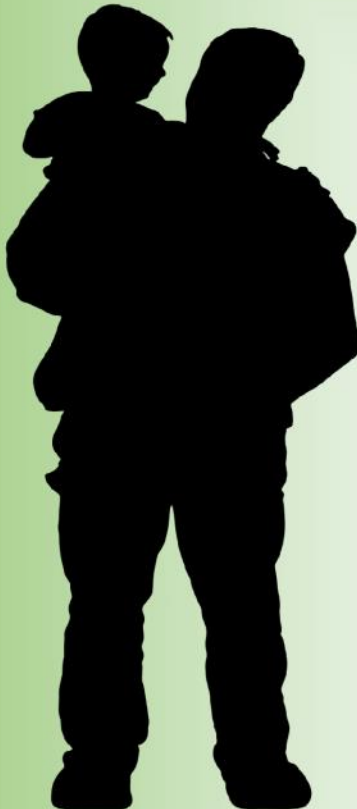
- ❖ Immediate danger, call 9-1-1.
- ❖ Fort Carson Police Department (non emergent) 719.526.2333.
- ❖ If you know or suspect a child is being abused, please call:
 - Colorado's Department of Human Services 24/7 HOTLINE at 844-264-5437
 - Family Advocacy Program – Behavioral Health at 719-526-5050

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.



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



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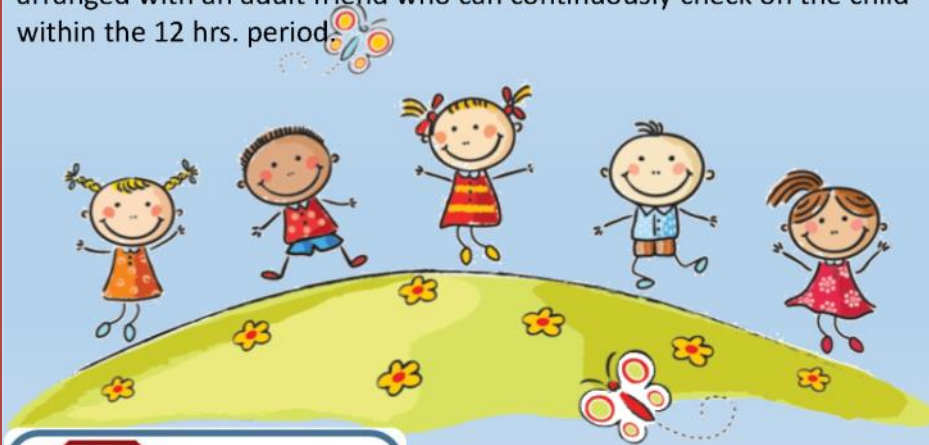
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NOTE: If you wish to submit an anonymous tip, please contact the Pikes Peak Area Crime Stoppers.

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



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Chain of Command Child Neglect Indicators & Assistance



Indicators for Soldier and House Checks

Child

- Clothing**
- Dirty, Tattered, Lack of.
 - Unchanged Diaper.

- Body**
- Excessively Dirty.
 - Overly bruised, cuts.
 - Lethargic.

Outside of House

- Yard**
- Excessive overgrowth.
 - Filled with animal feces.
 - Bags or overflowing trash.

- Front Door**
- Sudden smell of trash, rotten food, feces, and urine.
 - More than normal clutter and trash.

Inside of House

- 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.

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 Greet 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/FTCPD>
2700 Christy Street, Fort Carson, CO 80913



Department of Emergency Services

Keep up to date with local events and deals with the



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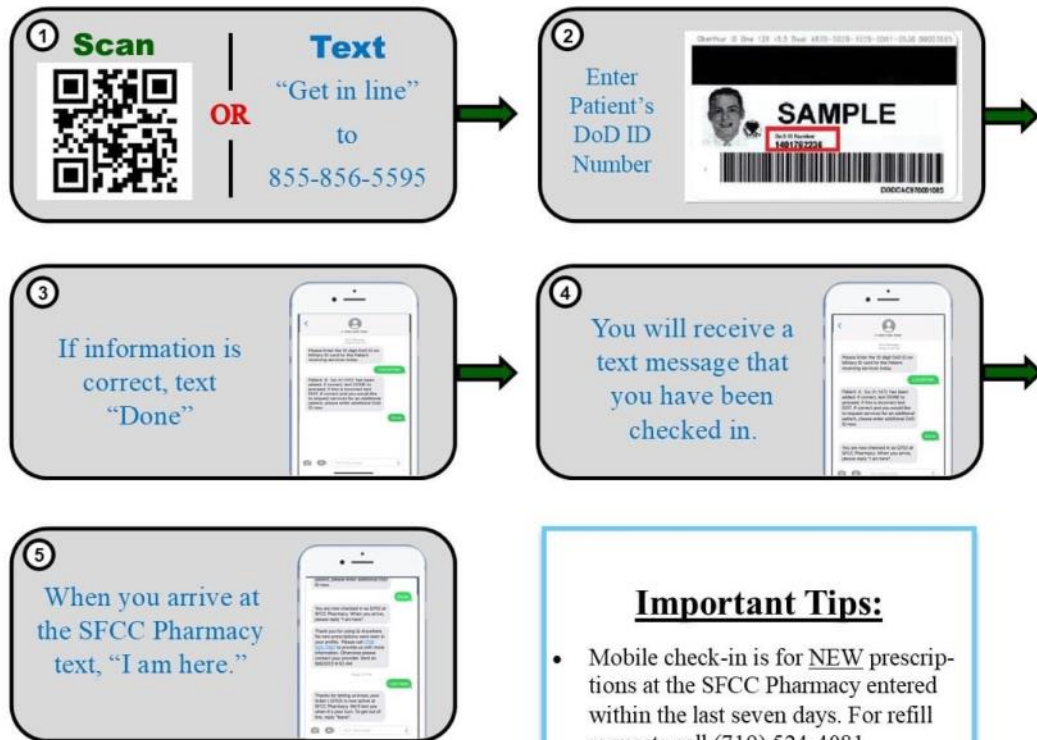


Soldier Family Care Center Pharmacy

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



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	SUN	MON	TUE	WED	THU	FRI	SAT
 Send in those photos! YOM	 1 Village Spotlight	 2	 3 PAINTING FIREWORKS	 4 Closed	 5 Garden Of The Month	 6 crafting From 10am to 12pm PinGo! At 1pm	 6 crafting From 10am to 12pm PinGo! At 1pm
7 Happy Birthday Bill Today	8 Maintenance Monday	9	10 crafting at 2pm	11	12	13	13
14 We are in search of Patriotic Decor! YOM Announcement	15	16	17 BACK TO SCHOOL BASH	18	19	20 Post Wide YARD SALE	20 Post Wide YARD SALE
21 Post Wide YARD SALE	22 Maintenance Monday	23	24	25	26	27	27
28	29	30 	31 	Fort Carson LIVING	FOLLOW US		

For questions, concerns or to volunteer for an event please contact jhanlon@bbcgpp.com or (719) 499-0707.



Keep up to date with local events and deals with the



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Fort Carson Family Homes

Events for This Month



JULY



2024

**SAT
06**

**CRAFTING FROM
10AM TO 12PM**

At The 6800 Prussman Blvd
Community Center



AT 1PM

**SUN
07**

**THE JULY KIDS
BIRTHDAY CLUB
ANNOUNCEMENT**



**WED
17**

**THE BACK TO
SCHOOL BASH**

↘ 6800 Prussman Blvd

**SAT
7/20 &
SUN
7/21**

**POST WIDE YARD
SALE**

↘ Text "Yard Sale" and your on post address to
(719)499-0707 by 7/14 to be added.

For more information:



jhanlon@bbcgrp.com

Keep up to date with local events and deals with the



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fun Independence Day
**THE JULY 2024
YARD OF THE
MONTH**



We are
searching for
Patriotic
Decor!



Send In your photos
to
jhanlon@bbcgrp.com
or (719)499-0707.

The July YOM's
will Be Announced
7/15.

**If you win YOM 3 times during your stay in FCFH
you win a free Team Clean at Moveout!
You may not win YOM 2 months in a row.**

Keep up to date with local events and deals with the



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Fort Carson Family Homes



The July 2024 Post Wide Yard Sale



July 20th & 21st
8am to 2pm

**SIGN UP BY 7/14 TO BE
ADDED TO THE LIST
OF HOMES**



To add your address to the list
of homes participating text
“Yard Sale” and your on post
address to (719)499-0707.



For questions contact jhanlon@bbcgrp.com
or see Pg. 57 in your community Guidelines

Keep up to date with local events and deals with the



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

PLUS

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



U.S. Army Child, Youth
& School Services

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



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Fort Carson Child & Youth Services



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



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Fort Carson MWR



FORT CARSON MWR
JULY EVENTS

Colorado WIC Program

July 1 | Army Community Services

CG Scramble

July 5 | Golf

Abandoned Vehicle

Auction Begins

July 5 | Auto SKills

Whitewater Rafting

July 6, 13, & 27 | Outdoor Recreation

Fourth of July Shoot

July 6 | Shooting Complex

Kids Marksmanship Camp

July 6 | Shooting Complex

**Volunteer at the Colorado Wolf
and Wildlife Center**

July 7 | BOSS

Meet at Cheyenne State Park

July 9 & 23 | Grant Library

Blended Families Parenting

July 10 | Army Community Services

Board Preparation Classes

July 11, 18, & 25 | BOSS

Climbing Wall Orientation

July 11 & 25 | Outdoor Recreation

Dinosaur Museum

July 13 | Grant Library

Demo Day

July 13 | Golf

Get on the Bus to Water World

July 13 | Outdoor Recreation

Annie Get Your Gun Day

July 13 | Shooting Complex

**Lead Climbing Orientation
at ODR**

July 18 | Outdoor Recreation

visit carson.armymwr.com

Keep up to date with local events and deals with the



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Fort Carson MWR



FORT CARSON MWR
JULY EVENTS

Lead Climbing Clinic

July 18 & 20 | BOSS

Yappy Hour

July 19 | Outdoor Recreation

Books, Bowling, and Brunch

July 20 | Grant Library

**Red Rock Open Space
Rock Climbing**

July 20 | Outdoor Recreation

SUP with your PUP

July 20 | Outdoor Recreation

Match Player Qualifier

July 20 | Golf

Tough Mudder

July 20-21 | Special Event

Summer Slam

July 20 | Intramural Sports

**Garden of the Gods
Rock Climbing**

July 21 | Outdoor Recreation

Night Rider Tournament

July 26 | Intramural Sports

Right Arm Night

July 26 | Special Event

**Volunteer with Habitat
for Humanity**

July 27 | BOSS

Grand Finale Party

July 27 | Grant Library

Summer in Breck Trip

July 27 | Outdoor Recreation

visit carson.armymwr.com

Keep up to date with local events and deals with the



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Movement & Mobility Group Exercise Class

Ivy Fitness Center
Room 203

Mondays
9 - 10 a.m.



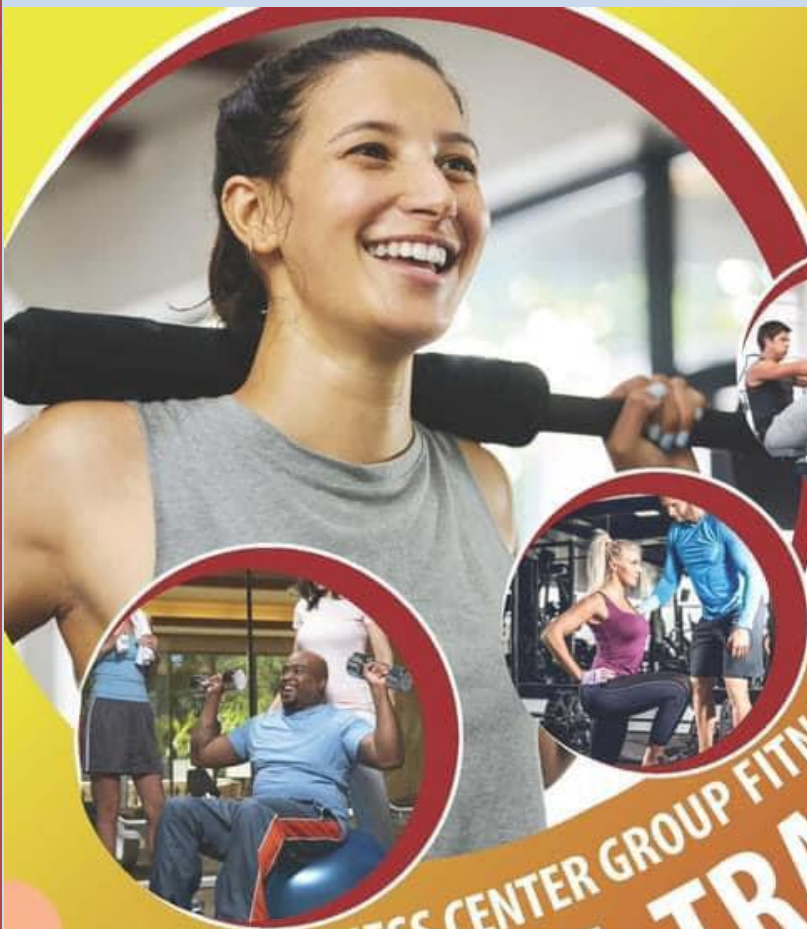
Fort Carson MWR

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Fort Carson MWR



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

More Events and Info at carson.armymwr.com

Find us on Social Media
[@wallerfitnesscenter](https://www.facebook.com/wallerfitnesscenter)

@carsonmwr
#CarsonMWR

Waller Physical Fitness Center
6946 Magnath Ave., Building 2357
Fort Carson, CO 80913

(719) 526-2742

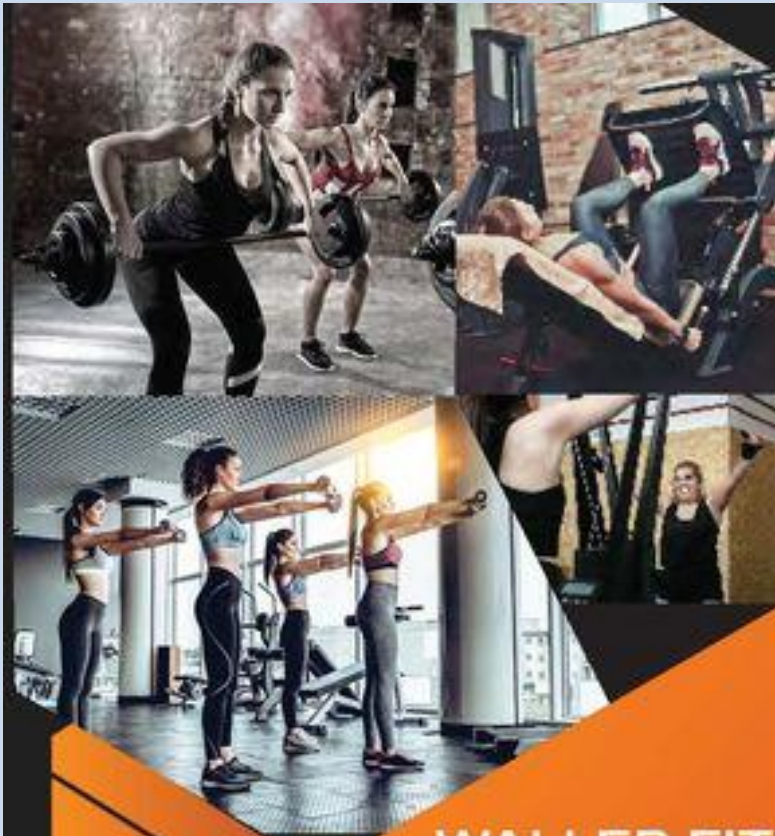
"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"

Keep up to date with local events and deals with the



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Fort Carson MWR



**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.

WALLER FITNESS CENTER

LADIES LIFT

\$3 per class
First Class Free



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Waller Physical Fitness Center
6946 Magrath Ave., Building 2357
Fort Carson, CO 80913

Questions? Call 526-2742

Keep up to date with local events and deals with the



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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



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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



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Come Consign Your Crafts

on Fort Carson at

TUMBLEWEEDS AT THE MOUNTAIN POST

If you are Active Duty, a Military Spouse
or Dependent, Retireed 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



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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



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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).

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Fort Carson and the Surrounding Community

NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Catholic Charities
of Central Colorado



Catholic Charities
of Central Colorado

Family Connections



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.



Catholic Charities
of Central Colorado

719.578.1222

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**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.



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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:



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

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

Servicios de PREP y ITS para el VIH en su comunidad



Fort Carson, CO

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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.™

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Be Herd Wellness Group

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



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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.



Fort Carson and the Surrounding Community

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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



Keep up to date with local events and deals with the

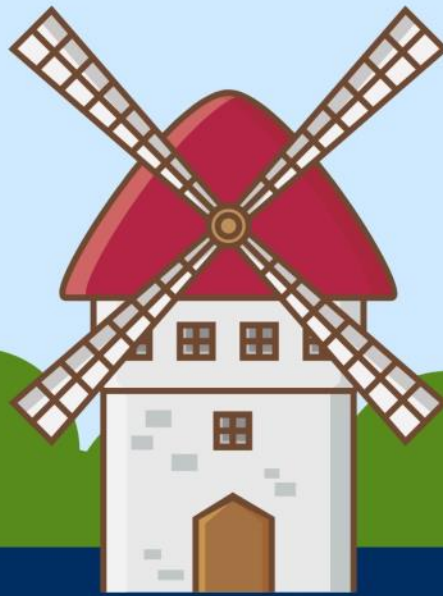


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Fort Carson and the Surrounding Community



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>



Keep up to date with local events and deals with the



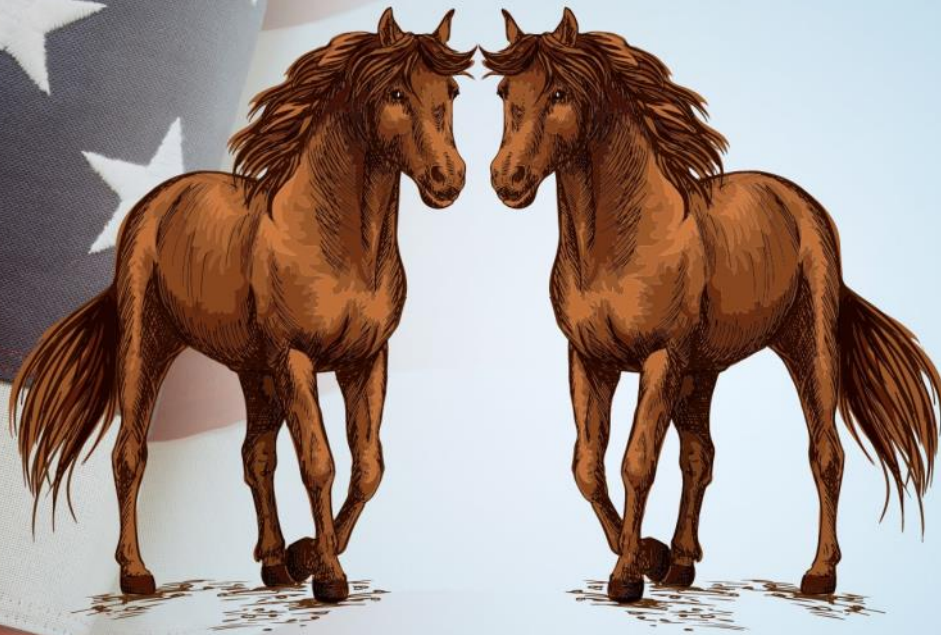
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4th Tuesday of the Month

🕒 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



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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



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HOMEFRONT PROGRAM

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

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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

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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
PRESCOLAR GRATUITO



FOR AGES BIRTH TO 5

PARA EDADES DE NACIMIENTO A 5 AÑOS



CPCDHEADSTART.ORG
719.635.1536

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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

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Fort Carson and the Surrounding Community



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.

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Happy Fourth Of July—Be Safe

“The July 4th holiday is a time of increased hazards and preventable off-duty mishaps. With fireworks and outdoor activities as traditional parts of the holiday, it is crucial to remember the potential dangers they pose. Use proper risk management to stay safe and healthy! Keep cool in the heat, handle fireworks responsibly, and mind the grill for a hazard-free barbeque. Drink plenty of fluids, use sunscreen, stay in the shade when possible, and wear lightweight clothing. Remember to celebrate responsibly!”