



# FORT CARSON • ARMY COMMUNITY SERVICE • PROGRAMS

Regardless of what stage of life you and your family are in, Army Community Service has services and programs to make your Army life more successful. If you are new to the Fort Carson, Colorado area, make sure to stop in and pick up a welcome packet, get maps and directions to the local area and meet our professional staff. ACS offers monthly classes on parenting, finances, relationships, volunteerism, Exceptional Family Members, and much, much more.

## ARMY VOLUNTEER CORPS (AVC)

- Assistance finding volunteer opportunities on and off Fort Carson
- Special Volunteer events including: Make A Difference Day and National Volunteer Week
- Stay for a Day- Short Term Volunteer opportunities
- Volunteer Management Information System (VMIS) Support and Training
- Volunteer Recognition: Volunteer of the Quarter and Annual Volunteer Award Recognition

## COMMUNITY INFORMATION & REFERRAL PROGRAM (I&R)

- Information, Referral & Follow Up - Local, State, National, Worldwide

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

- Individualized Family Support
- Connection to Services, Resources, Community Information
- EFMP & Me
- EFMP Systems Navigation/Non-Clinical Case Management Services
- Special Education School Support (IEP/504 Plan)
- Compassionate Action Administrative Support
- EFMP 101
- EFMP Respite Care

## EMPLOYMENT READINESS PROGRAM (ERP)

- Assistance with Resumes, Building a Portfolio and Interviews
- Career Fair Preparation
- Education Scholarships Information
- Federal Employment for Military Spouse
- USAJobs Workshops
- Professional Development Workshops & Career Assessments

## FAMILY ADVOCACY PROGRAM

- Parenting classes for parents of children from infants to teens
- Relationship Preventative Maintenance for Couples & Singles (PMCS)
- Relationship Classes
- Resilience Classes

## FAMILY ENRICHMENT PROGRAM (FEP)

- Army Family Action Plan (AFAP) Program
- Army Family Team Building (AFTB) Training and Readiness Program
- ACS Volunteer Briefer, Facilitator, and Instructor Training
- Educating our Community about Fort Carson and Military Life

## FINANCIAL READINESS PROGRAM (FRP)

- Army Emergency Relief (AER)
- Banking Management and Finance Classes
- Budget, Credit, Debt and Investment Counseling
- Assistance for Soldiers through Community Partners
- Consumer Protection and Mediation
- Thrift Savings Plan
- Food Assistance Program Screening
- Free Access to CARFAX Reports
- Free Access to Consumer Reports
- Providing information on LEAP (Low-Income Energy Assistance Program)
- Understanding your Military Retirement

ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit [www.home.army.mil/carson/](http://www.home.army.mil/carson/) or call (719) 526-0096. Updated: OCT 2023

## MARKETING & OUTREACH

- Facilitating Community Partner Resources for Soldiers and Families
- Slick Deals for Soldiers and Families
- Community Newsletter: "Pass-It-On"

## MOBILIZATION & DEPLOYMENT READINESS PROGRAM (MOB/DEP)

- CARE Team Training
- Emergency Family Assistance Center (EFAC)
- Soldier & Family Readiness Group (SFRG) Support and Training
- OPSEC Training for Military Families
- Pre and Post Deployment Training / Rear Detachment Training
- Reintegration / Reunion Training for Soldiers and Families
- Unit Service Coordinator (USC) Program

## NEW PARENT SUPPORT PROGRAM (NPSP)

- Home Visits with New Parent Support Program
- Nurturing Parenting Programs for Infants to Teenagers
- Play Groups for infants to 5 years of age

## RELOCATION READINESS PROGRAM (RELO)

- Multicultural Support
- Citizenship and Immigration Referrals
- Cultural Meet-Ups
- Installation Welcome Packets
- Nursing Suite at ACS Center
- Sponsorship Training
- Permanent Change of Station Trip Planning
- Waiting Families Program
- Mountain Post Welcome for Spouses and Families

## SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

- Transition assistance to Soldiers and their Families that are assigned to the Soldier Recovery Unit (SRU) and the Integrated Disability Evaluation System (IDES)

## SURVIVOR OUTREACH SERVICES (SOS)

- Benefits Counseling
- Families of the Fallen Social Activities
- Financial Counseling
- Job Search and Education Assistance
- Support and Outreach
- Information & Referral
- Survivor Support Groups
- Post Access Sponsorship
- Bereavement Referral and Support
- Peer-to-Peer Support

## VICTIM ADVOCACY PROGRAM

- Supporting Leadership Response to Domestic Violence
- Support Groups for Domestic Violence
- Victim Advocacy Program and Training



EDUCATION • OPPORTUNITY • DISCOVERY

# ARMY COMMUNITY SERVICE • COURSE CATALOG

ALL PROGRAMS OFFERED AT NO COST!



## ACS CENTER

## Soldier & Family Assistance Center

6303 Wetzel Ave.  
Building 1526  
(719) 526-4590

Mon, Tu, Thu, Fri: 8 a.m.-4:30 p.m.  
Wed: 9 a.m.-4:30 p.m.  
Federal Holidays: Closed



## ACS ANNEX

## Family Nurturing Center

1481 Titus Blvd.  
Building 7492  
(719) 526-0461

Mon, Tu, Thu, Fri: 8 a.m.-4:30 p.m.  
Wed: 9 a.m.-4:30 p.m.  
Federal Holidays: Closed



## SURVIVOR OUTREACH SERVICES

6990 Mekong St.  
Building 6215  
(719) 526-2069

Mon: Tue: 8 a.m.-5 p.m.  
Wed: 9 a.m.-5 p.m.  
Thur: 8 a.m.-1 p.m.  
Fri: 8 a.m.-4 p.m.  
Federal Holidays: Closed

- Army Volunteer Corps (AVC)
- Army Emergency Relief (AER)
- Community Information & Referral (I&R)
- Employment Readiness Program
- Family Enrichment Program
- Financial Readiness Program
- Mobilization & Deployment Readiness Program
- Relocation Readiness Program
- Soldier & Family Readiness Program (SFRP)
- Computer Lab
- Donations Management
- Fort Carson and surrounding community information
- Multicultural Support

## SOLDIER & FAMILY ASSISTANCE CENTER

Services for Soldiers and their Families assigned to the SRU or IDES, including:

- Benefits Counseling
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Military Personnel Services (HR)
- Partner Agencies located inside:
  - Colorado Department of Labor & Employment (CDLE)
  - Education and Employment Initiative (E2I)
  - Operation Warfighter
  - Transition Assistance Program (TAP)
  - Veteran Administration Health Liaisons
  - Wounded Warrior Project

- Exceptional Family Member Program (EFMP)
- Family Advocacy Program
- New Parent Support Program
- Victim Advocacy Program

## FAMILY NURTURING CENTER (open during class times only)

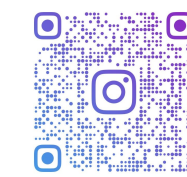
- Parenting classes and meet-ups, including:
- Baby Nurturing
  - Infant Massage
  - Nurturing Classes
  - Play Group
  - Rockin' Grannies
  - Toddler Time

Services for Families of the Fallen, including:

- Benefits Counseling
- Bereavement Referral and Support
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Post Access Support
- Peer-to-Peer Support
- Community Groups meeting at FHFC:
  - Gold Star Moms
  - Gold Star Wives
  - Suicide Bereavement
  - Kid and Teen Support Groups



[carson.armymwr.com/acs](http://carson.armymwr.com/acs)



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Fort Carson Army Community Service



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# COURSES, EVENTS & SERVICES

ACS programs offer a wide variety of classes, events and services. Each program is represented online. Find class times and further details of ACS classes and events at [www.carson.armymwr.com/acs](http://www.carson.armymwr.com/acs). To speak with a program specialist, call (719) 526-4590.

## ARMY FAMILY TEAM BUILDING (719) 526-4590

### AFTB: MILITARY KNOWLEDGE (LEVEL K)

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

### AFTB: LEADERSHIP DEVELOPMENT (LEVEL L)

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

### AFTB: PERSONAL GROWTH (LEVEL G)

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

### ACS INSTRUCTOR TRAINING COURSE

Students will learn the many skills and techniques necessary to be a successful facilitator. As well as how to prepare for and present effective briefings, developing platform skills, teaching adult learners, and more.

## ARMY VOLUNTEER CORPS (AVC) (719) 526-1082

### NEW VOLUNTEER, VMIS & OPOC TRAINING

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

### VOLUNTEER OF THE QUARTER

4 times a year AVC organizes award ceremonies recognizing Fort Carson Volunteers.

### ANNUAL AVC EVENTS

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

## EXCEPTIONAL FAMILY MEMBER PROGRAM (719) 526-0400

### EFMP 101

Join us for EFMP 101, where program myths are busted and accurate information is explained in detail. We'll help you understand the ins and outs of the program, how it affects you, and the services that are offered.

### COMPASSIONATE ACTIONS ASSISTANCE

Meet with an EFMP Systems Navigator to ensure individual circumstances meet criteria for requesting a compassionate reassignment, deletion, deferment or permissive attachment based on the individual Soldier's circumstances.

### EFMP & ME

This is a new digital tool to guide military families with special needs to the specific information and resources they need. Using the tool, you can learn about support services, preparing for a move or deployment, responding to changes in education or medical needs, and adjusting to new life situations. EFMP & Me gives families personalized assistance based on their specific circumstances.

### SYSTEMS NAVIGATION SERVICES

EFMP Systems Navigation is a Family support component of the EFMP that connects Families who have special needs with the systems of care they need, both on and off the installation. A standardized planning tool is used to help you identify your family's needs and goals, which will be organized and prioritized in a way that is easy to understand.

## EMPLOYMENT READINESS PROGRAM (ERP) (719) 526-0452

### FEDERAL RESUMES 101

Did you know that there are some differences between the private sector resume and federal resume? This class will cover the required elements of the federal resume and teach you how to write and tailor your resume to federal job announcements.

### MILITARY SPOUSE PREFERENCE & FEDERAL EMPLOYMENT

Are you a Military Spouse interested in federal employment? You may be eligible for Military Spouse Preference (MSP) when applying for Department of Defense (DoD) positions. Learn the requirements and documentation needed for MSP and other federal Military Spouse hiring authorities.

### PROFESSIONAL DEVELOPMENT AND CAREER EXPLORATION FOR TEENS AND YOUNG ADULTS

Provides teens and young adults workshops guaranteed to launch you into a productive future. Workshops will cover: Developing Initial Resume & Completing Job Applications, Volunteering, Interview Preparation, Scholarships, FAFSA and Q&A with colleges.

### LINKEDIN FUNDAMENTALS

Learn how to build your professional brand on this networking platform. Understand how to make connections and develop professional relationships to help in your job search.

### REAR DETACHMENT LEADERS COURSE

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

### NAVIGATING USAJOBS

Searching and applying for federal jobs is different than the civilian job search process. Learn about the federal hiring process, how to navigate usajobs.gov and tips and techniques on how to make the most of your job.

## FAMILY ADVOCACY PROGRAM (719) 526-0461

### 5 LOVE LANGUAGES

This class will discuss your "Love Language" and how to use it to strengthen your communication style.

### PARENTING WORKSHOP

Learn to relate with your children by taking hold of your own emotional responses in this 4 week class. Helps parents to focus on their own behaviors.

### COOPERATIVE PARENTING & DIVORCE

Understand your new roles in this important relationship and how to best support your kids during this transition. Meets the State of Colorado requirement for divorcing couples.

### RELATIONSHIP PREVENTATIVE MAINTENANCE FOR COUPLES & SINGLES (PMCS)

These classes will help you achieve your goals as a couple by building on your current strengths and learning new skills. All couples and singles are welcome.

### MARRIAGE WORKSHOP

In this 3 week class you'll relate with your partner in a calm, cool and connected way. Work on communication, intimacy and much more.

### SOLE PARENTING GROUP

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

### RESILIENCE CLASSES

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

### LAUNCHING HOPE

Launching Hope is a 3 week class that lays out a clear path for how parents can lead their teenagers into a more productive future and create a better relationship with them along the way. Single parents and couples are welcome to participate.

## FINANCIAL READINESS PROGRAM (FRP) (719) 526-4590

### UNDERSTANDING YOUR CREDIT SCORE

This class ensures Soldiers understand the importance of credit and why credit should be a part of their financial knowledge. If your credit score is less than 700, take this class to increase your financial knowledge and increase your purchasing power.

### ARMY EMERGENCY RELIEF (AER)

AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members, Retirees, Retiree Family Members, and Medically Retired Wounded Warriors needing financial assistance in an unforeseen emergency situation. AER is dedicated to "Helping the Army Take Care Its Own."

### FINANCIAL COUNSELING

Meet with one of our Financial Counselors and get a handle on your specific financial situation. This is one-to-one counseling for budgets, debt management, or retirement plans.

### THRIFT SAVINGS PLAN CLASS

Learn about your retirement plan and the importance of planning for your retirement. Registration is required.

### 1ST TERMERS TRAINING

As a new Soldier, learn how to save and invest your valuable earnings, establish savings goals, debt elimination strategies, and create a savings plan for emergency situations. This class is open to all new Soldiers, their Family members and DoD ID card holders.

### FINANCIAL MILESTONES

These classes are designed to increase your knowledge on the Common Military Milestones that you may face during your military career, such as: marriage/divorce, your first child, and PCSing.

### FINANCIAL STRENGTH BUDGETING 101

If you've never thought of having a budget, this class will help you learn how to create your own specific to your needs. Designed to ensure that each Soldier has a plan to better manage their money and create a sound financial plan. Family members are welcome to attend.

## MOBILIZATION & DEPLOYMENT (719) 526-0458

### CARE TEAM TRAINING

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.

### SFRG RESOURCE OVERVIEW

Review of available ACS, Installation, community, and national resources for Soldiers and their Families. This is an ideal course for anyone who takes an active role in helping Soldiers and their Families.

### SFRG FUND CUSTODIAN TRAINING

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing SFRG Informal Fund accounts and fundraising.

### SFRG MANAGEMENT COURSE

This course is ideal for anyone who plays an active role in the SFRG. Covers all aspects of SFRG Management.

### COMMAND FAMILY READINESS REPRESENTATIVE (CFRR) ACADEMY

This course trains Soldiers selected to be unit Command Family Readiness Representative (CFRR) on how best to assist unit commanders with their SFRG.

### SFRG KEY CONTACT TRAINING

Soldier Family Readiness Group (SFRG) 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.

### FAMILY OPSEC

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.

### REAR DETACHMENT LEADERS COURSE

## NEW PARENT SUPPORT PROGRAM (719) 526-0461

### BABY ORIENTATION

Our goal is to provide parents, who have recently delivered, with information on programs and services available to them, while also discussing safety and caring for a new born.

### BOOT CAMP FOR NEW MOMS

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.

### NURTURING FAMILIES THROUGH PLAY

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

### BOOT CAMP FOR NEW DADS

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.

### HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age. Services are provided free of charge by NPSP staff.

### INFANT MASSAGE & BABY NURTURING

Increase the bond between you and your baby through various infant massage techniques. This class includes strokes to alleviate colic, creating strong bonds and increasing communication between parent and baby.

### NURTURING

These two 12-week classes teach parents how to be nurturing to their children as well as to themselves. Touches on communication, building your child's self-esteem, behavior management techniques and much more. Classes are divided by child age: Infant to 5 years of age and 5 to 12 years of age.

### PLAY GROUP

Fun filled, interactive meet-up for parents and children. Your child will improve their social, cognitive and motor skills. For infants to 5 years of age. School age kids welcome in the summer.

### CENTER ON FATHERING

This 15- week class will encourage father-child relationships, cultivate bonding, attachment, communication and build family resilience. Must sign up for the full 15 weeks. For more information please call 719-351-2997 or 719-524-1899.

### TODDLER TIME

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

### TOUGH TOPICS

A group to help assist parents and caregivers with navigating difficult conversations.

### BABY SIGN LANGUAGE BASICS

Did you know that babies can actually understand spoken language before they are physically able to speak? You and your child can learn together.

### BRINGING UP YOUR BABY

Are you an expecting parent? Join us for 'Bringing Up Your Baby' hosted by the New Parent Support Program! Learn about caring for your little one, local parenting resources, and current safety recommendations.

# NEED TO TALK?

## MILITARY & FAMILY LIFE COUNSELORS ARE AVAILABLE!

### CALL TO SCHEDULE: (719) 526-4590

## RELOCATION READINESS PROGRAM (719) 526-4590

### HOMEBUYER'S WORKSHOP

Topics include: choosing a real estate agent, selecting the right house, obtaining the right mortgage, VA Loans, understanding the closing process and much more.

### MOUNTAIN POST WELCOME FOR SPOUSES AND FAMILIES

Meet other new spouses, get "insider tips" from spouses familiar with the area and have an opportunity to ask questions about your new home. Soldiers are welcome to attend.

### SPONSORSHIP TRAINING

Required training for all Fort Carson sponsors. Soldiers learn about sponsorship and resources available on Fort Carson.

### CULTURAL MEET-UPS

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

### WAITING FAMILIES PROGRAM

Open to any geographically separated Families, to include TDY's, unaccompanied assignments, and deployment. Stay up-to-date with what is going on at Fort Carson and local communities.

### PCS 101

Provides PCSing Soldiers with information on planning and executing a successful move. Soldiers and Family Members can go online for this information or schedule a one-on-one appointment to cover all your questions.

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Provides PCSing Soldiers with information on planning and executing a successful move. Soldiers and Family Members can go online for this information or schedule a one-on-one appointment to cover all your questions.

### MULTI-CULTURAL SUPPORT

Schedule a one-on-one assessment. An ACS Specialist will work with you to create a plan of identified goals. Topics discussed range from language skills development (e.g., ESL, career goals) to obtaining citizenship to adapting to the military lifestyle. The ACS Specialist can advocate for their client; helping them to navigate through the different multicultural resources and service providers (e.g., immigration and or cultural adaptation processes).

## IMMIGRATION / NATURALIZATION REFERRALS

Free service open to all Soldiers, Spouses, and DA Civilians; Active Duty and retired. Representative works with the USCIS Denver Office representatives.

## ST IMMIGRATION TRAINING

Required for BN and BDE S1's to properly assist their Soldiers with the Immigration and Naturalization process.

## DESTINATION OVERSEAS

Learn about planning and executing a successful OCONUS PCS. Soldiers and Family Members can go online for this information or schedule a one-on-one appointment to cover all your questions.

## SOLDIER & FAMILY ASSISTANCE CENTER (719) 526-5807

### TRANSITION AND MEDICAL RETIREMENT BRIEF

This briefing is for SRU and IDES Soldiers who have received their Army Disability Rating and are transitioning out of the military. The brief covers all of the military benefits and services transitioning Soldiers can utilize.

### MEDICAL SEPARATION ORIENTATION BRIEF

Get orientated to the SFAC Program. Includes a facility tour and information on what services are provided through the SFAC. Open to all SRU, Integrated Disability Evaluation System (IDES) Soldiers and their Family Members.

## ONE-ON-ONE SUPPORT

Schedule your one-on-one support with the SFAC to support your transitions needs: financial counseling, education benefits, leave calculations, resume assistance, and recreation opportunities.

# ACS supports Commander's readiness goals with our portable class schedule.

For Units & SFRGs, on your time at your place. To schedule, go to [www.carson.armymwr.com/acs](http://www.carson.armymwr.com/acs)

## SURVIVOR OUTREACH SERVICES (719) 526-2069

### HEARTBEAT

Heartbeat Peer to Peer Support for Survivors of Military Suicide Loss. The Fort Carson Heartbeat group meets virtually and is open to anyone affected by a Military Suicide Loss. The group is facilitated by Survivors of Military Suicide Loss, and offers time to address suicide bereavement by offering comfort, encouragement and direction to those left to mourn.

## VICTIM ADVOCACY PROGRAM (719) 526-0461

Non-clinical advocacy services and support to Soldiers and Family Members who are experiencing domestic violence.

### WOMEN'S DOMESTIC VIOLENCE EMPOWERMENT SUPPORT GROUP

An 8 week Women's support group for survivors of domestic violence. A group to support, encourage and empower women affected by domestic violence.

### LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE

This class is designed to help command teams understand their role in domestic violence response and to provide them with resources and information from the ACS Victim Advocacy Program, and information on the dynamics of domestic abuse.

### 24/7 VICTIM HOTLINE

Call or Text (719) 243-7907

# FIND CLASS DATES & REGISTER

[www.carson.armymwr.com/acs](http://www.carson.armymwr.com/acs)

International Meet-Up: 1st & 3rd Wednesday  
Latino Meet-Up: 1st & 3rd Thursday

Call (719) 524-1788