



21 August 2020

*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.*

The “Pass It On” is available online at: <https://carson.armymwr.com/programs/pass-it-on>

No US Army/ Fort Carson endorsement implied.  
Information listed is subject to change.



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### August & September Observances, Holidays and Special Events

*AUG -Antiterrorism Awareness Month*  
*SEPT – Suicide Prevention Month*  
*National Hispanic Heritage Month*

24-25 Aug. – Evans Army Community Hospital Virtual Baby Expo  
26 Aug. – Women’s Equality Day  
4 Sept. – Training Holiday  
7 Sept. – Labor Day Holiday

### Stay connected with Army Community Service



For all inquiries and to make an appointment:  
(719) 526-4596



Fort Carson Army Community Service



@fort\_carson\_acs



FortCarsonACS



Main ACS: 6303 Wetzel Ave, Bldg. 1526  
Army Emergency Relief: (719) 526-4783  
American Red Cross Toll Free: (877) 272-7337  
Victim Advocacy Program (VAP):  
24/7 Cell Phone: (719) 243-7507  
SHARP: (719) 918-9654

# **COMMUNITY BULLETIN**

## **COVID-19 INFORMATION**

Fort Carson COVID-19 updates

For guidance and details regarding recent updates, consult the COVID-19 Frequently Asked Questions at <https://www.carson.army.mil/assets/docs/covid/covid19-faqs.pdf?fbclid=IwAR38eZZNOM2CaMJx8MoZrTzetOBIGVF7hVmhkwnUfza5kfi7hjgyYAnycG4>; refresh the internet browser by pressing the "Control" and "F5" keys.

## **COMMUNITY INFORMATION EXCHANGE**

Learn about Redeployment Resources during the Community Information Exchange (CIE) held September 16 at 10 a.m. via Facebook Live at <https://www.facebook.com/USArmyFortCarson/>. Briefers include representatives from various organizations.

## **EACH VIRTUAL SCHOOL & SPORTS PHYSICALS**

As parents and students prepare for back-to-school season, many potential changes and unknowns due to COVID-19 have affected established routines.

Evans Army Community Hospital (EACH) has adapted by offering virtual school and sports physicals, to include face-to-face screenings for high-risk children, rather than host the annual physical event this year.

Read more at <https://www.fortcarsonmountaineer.com/2020/07/each-offers-school-sports-physicals/?fbclid=IwAR1h1TivIPspuDUugRXDsl3LVegysw8Mqhi1juXd1ckxVYREIE3o9bryEG4>

## **CYS HOURLY CARE**

Beginning Sept. 7, Child and Youth Services (CYS) will be operating with reduced capacity in regards to hourly care spaces. This reduction is as a result of the need for additional full-day care spaces within the community. All hourly care will be offered at the Ivy CDC, building 1840 and will be reserved for medical appointments only. Proof of medical appointment will be required at the time of drop off for care. Reservations can be made by calling the hourly care reservation line at 526-6610 or 526-2463.

Subsequently the Department of Defense has announced that it has an additional way for military parents to find child care solutions for hourly care. Military OneSource will expand its offering through a national online service that will enable families to find, hire and pay for care. For more information regarding this service, visit

<https://www.militaryonesource.mil/family-relationships/parenting-and-children/military-childcare-services>. They can also be reached via phone at 800-342-9647 to speak with a consultant who can support the search for hourly care.

## **CYS UPDATES**

--The Child and Youth Services' (CYS) Fort Carson Youth Center has reopened. The center will have limited spaces due to health and safety precautions. Attendees will be required to make a reservation to attend. All reservations will be taken directly at the youth center and can be made by calling 526-2680. Prior to school commencing for middle and high school students, the hours of operation will be from noon to 7 p.m. daily, Monday-Friday. Once school begins, the hours will be from 3-7 p.m. daily, Monday-Friday.

--The youth center will also program a morning summer camp option that will operate from 5:45 am until noon, Monday-Friday until the school year commences. This option will have associated camp fees. Spaces are limited and all interested patrons should call Parent Central Services at 526-1101 for more information and to register for the program.

--Several Family Child Care (FCC) homes are going through the final inspection process and will be opening soon to provide additional child care spaces for those who prefer an in-home child care option for their children. CYS is looking to expand the number of FCC homes on Fort Carson. Anyone interested in becoming an FCC provider should contact Catalina Cole at 524-2457. Providers must reside in on-post housing in order to apply as an FCC provider.

## **FORT CARSON HUNTING SEASON**

The Fort Carson garrison commander has authorized hunting during the 2020 -2021 fall season on Fort Carson and Piñon Canyon Maneuver Site for both DOD identification card holders and civilians during COVID-19 Health Protection Condition (HPCON) B status. Hunting licenses are valid from April 1, 2020, to March 31, 2021. For information on how to purchase a Fort Carson hunting license, and updates on HPCON-based hunting restrictions, visit

<https://fortcarson.isportsman.net/>.

## **NEW SHUTTLE AT FORT CARSON**

This September, Soldiers looking for a ride from their barracks to the commissary, exchange or the gym will be in luck. The Mountain Post is getting a new type of shuttle that is sure to turn heads, since it drives itself and runs on electricity. Read more at

[https://www.fortcarsonmountaineer.com/2020/08/carson-becomes-a-test-bed-for-latest-av/?fbclid=IwAR1kCwS4pG7VyV3MI5BNawA0eT2Nud6\\_3TchxM\\_eBeJKmEdLvak9t4r7iWQ](https://www.fortcarsonmountaineer.com/2020/08/carson-becomes-a-test-bed-for-latest-av/?fbclid=IwAR1kCwS4pG7VyV3MI5BNawA0eT2Nud6_3TchxM_eBeJKmEdLvak9t4r7iWQ)

## **RSO/OIC TRAINING**

Fort Carson's Directorate of Plans, Training, Mobilization and Security Range Operations RSO/OIC course at McMahon Auditorium is scheduled for the following dates: Sept 3, 10, 15, 17, 22, and 24. To meet COVID-19 safety guidelines, the maximum capacity is 100 people and face coverings are required. Attendance will be on a first-come, first-served basis. Doors will open at noon and then close when capacity has been met, and the class will start at 1 p.m. These additional classes are being offered to facilitate the OIC/RSO requirements for training on Fort Carson and Piñon Canyon Maneuver Site. For more information, call Range Operations Safety Office at 526-6330.

### **IVY WARRIOR RESTAURANTS**

All Ivy Warrior Restaurants (Robert C. Stack, building 2330; James R. Wolf, building 1444; and Warfighter, building 9439) serve "grab and go" only to reduce contact exposure and minimize the risk within each facility. Hours are:

Stack and Wolf IWRs

- Monday-Friday - breakfast from 7-9 a.m., lunch from 11:30 a.m. to 1 p.m. and dinner from 5:30-7 p.m.
- Weekends and federal/training holidays - brunch from 9:30 a.m. to 1 p.m. and supper from 5:30-7:00 p.m.

Warfighter IWR

- Monday-Friday - breakfast from 7:30-9 a.m., lunch from 11:30 a.m. to 1 p.m. and dinner from 5-6:30 p.m.
- Closed weekends and federal/training holidays. NOTE: Closed Aug. 14 for quarterly fire suppression checks.

LaRoche Dining Facility

- Monday-Friday - breakfast 7-9 a.m., lunch 11:30 a.m. to 1 p.m.; no dinner.
- Closed on weekends.

All Warrior Restaurants are cash only.

Standard rate and Family members of E-1 to E-4 service members, respectively, are:

- Breakfast - \$3.50/\$2.60
- Lunch - \$5.65/\$4.30
- Dinner - \$4.90/\$3.70
- Brunch - \$6.30/ \$4.75
- Supper - \$7.70/\$5.80

The Outpost Kiosk, building 2061, is open 8 a.m. to 7 p.m. Monday-Friday and from 9 a.m. to 6 p.m. on weekends and federal/training holidays.

### **FACILITY MANAGEMENT CLASS**

The Directorate of Public Works (DPW) offers a Facility Management Class (FMC) to help military units, directorates and tenant organizations understand their roles and responsibilities in maintaining assigned facilities. The next class is Sept. 15 to 16 from 9:30 a.m. to 3 p.m. in building 1219, room 311. Classes are limited due to COVID-19; register early to ensure a seat. Units need to submit a DA Form 4187 to John O'Brien, Individual Military Training/Troop Schools, at [john.p.obrien50.civ@mail.mil](mailto:john.p.obrien50.civ@mail.mil), to register Soldiers and secure a slot before the registration deadline of Sept. 11. For more information about the training, email [susan.c.galentine.civ@mail.mil](mailto:susan.c.galentine.civ@mail.mil)

### **ENVIRONMENTAL PROTECTION OFFICER CLASS**

The Directorate of Public Works (DPW) presents the Environmental Protection Officer (EPO) Class for individuals assigned the responsibility of environmental protection and management at the unit and higher levels in accordance with AR 200-1. The next EPO Class is Sept. 21 to 25 from 8 a.m. to 4 p.m. in building 1219, room 325. Units must contact John O'Brien, Individual Military Training/Troop Schools, at [john.p.obrien50.civ@mail.mil](mailto:john.p.obrien50.civ@mail.mil), to register Soldiers and secure a slot before the registration deadline of Sept. 18. Classes are limited due to COVID-19; register early to ensure a seat. For more information about the training, email [richard.e.yohn.civ@mail.mil](mailto:richard.e.yohn.civ@mail.mil).

### **PRECLEAR ACS**

Soldiers can use Army Community Service to preclear Army Emergency Relief, the Exceptional Family Member Program and the Relocation Readiness Program. Soldiers can take advantage of the preclearing process by visiting <https://carson.armymwr.com/programs/relocation-readiness-program> to download the necessary forms. For additional questions and to schedule an appointment, call 526-1053 for in-person appointments on Tuesdays and Wednesdays.

### **FORT CARSON MOTORCYCLE LICENSES**

Due to a recent increase in accidents and mishaps, Fort Carson active-duty, military-member motorcyclists must obtain a Fort Carson Motorcycle License, through their unit motorcycle mentor, to ride legally on or off post. The policy, which affects military personnel only, is effective immediately. Military members who are new to the installation will have a 30-day grace period to obtain the new license. Though the new policy may seem stringent to some at first, it does follow Army regulation, and the process for obtaining the new license is fairly simple. See story at <https://www.fortcarsonmountaineer.com/?p=38642>

### **FILM ON THE ROCKIES THE DRIVE-IN**

A cinematic summer celebration at Colorado's most iconic landmark (but make it a Drive-In). For 20 years, Film on the Rocks has brought together outstanding local bands and comedians, everyone's favorite films, and enthusiastic audiences in the most affordable program hosted at Red Rocks Park & Amphitheatre. This year we are turning the summer favorite into a Drive-In movie theater! <https://www.denverfilm.org/programs/fotr-drive-in/>

### **COLORADO PANDEMIC EBT**

Important news! The P-EBT application is now available and can be accessed through late September. P-EBT benefits have been auto-issued for families with eligible children who were participating in SNAP in March, April and/or May. If you have not been auto-issued benefits for all children or months, we encourage you to apply for that child/month. [www.colorado.gov/cdhs/p-ebt](http://www.colorado.gov/cdhs/p-ebt)



**TSC CATALOG WEBSITE**

The Directorate of Plans, Training, Mobilization and Security Training Support Center (TSC) has a new catalog ordering website. Go to <https://go.usa.gov/xvySw> to see what the TSC has to offer. There is a tutorial on how to order items and request pickup and return dates on the lower right side. MILES equipment still requires units to bring a hard copy request to building 2010 for approval.

**EL PASO COUNTY, RECREATION & CULTURAL SERVICES AUGUST/SEPTEMBER PROGRAMMING**

ONLINE REGISTRATION: [www.elpasocountynaturecenters.com](http://www.elpasocountynaturecenters.com). All programs require pre-registration. In light of Covid19, programs are subject to cancellation. Please call nature center or check website for our current status.

- Rainbow Falls Clean-Up Day:* Saturday, August 22, 9:00 a.m. – 11:00 a.m.
- Honey Harvest Extraction Demonstration:* Saturday, August 29, 10:00 a.m.- 1:00 p.m.
- Yoga at Rainbow Falls:* Saturday, September 5, 8:30 am – 9:30 am
- Homeschool Field Trip Day: Incredible Insects:* Wednesday, September 9, 10:00 a.m.- 12:00 p.m.
- Be Bear Aware!:* Saturday, September 12, 9:30 a.m. - 10:45 a.m.
- Nature Explorers- Terrific Towhees:* Wednesday, September 16, 9:00-10:30 am & 1:00-2:30 pm & Thursday, September 17, 9:00 a.m.- 10:30 a.m.
- Take A Kid Mountain Biking Day:* Saturday, September 19, 9:00 am – 11:00 am
- Webelos Scout Day:* Saturday, September 19, 9:00 a.m. - 3:00 p.m.
- Little Wonders- Sway and Dance with Animals and Plants:* Wednesday, September 23 & Thursday, September 24, 9:00-10:15 a.m.
- About the Trout of Bear Creek:* Saturday, September 26, 10:00 a.m.- 12:00 p.m.
- Homeschool Field Trip Day: Discover Bear Creek* Wednesday, September 30, 10:00-11:30 a.m.
- First Aid, CPR, AED Classes:* Wednesday, September 30, 6:00 pm to 7:30 pm

4th Infantry Division & Fort Carson

Volunteer of the Quarter Recipients

3rd Quarter, FY20

1st Stryker Brigade Combat Team

1st BN, 38th Infantry Regiment  
Mrs. Minda Jones

4th BN, 9th Infantry Regiment  
Mrs. Wendy Anderson

2nd Stryker Brigade Combat Team

1st BN, 12th Infantry Regiment  
Mrs. Danae McClure

1st BN, 41st Infantry Regiment  
Mrs. Erin Saunders

2nd BN, 77th Field Artillery Regiment  
Mrs. Patricia Webb

3rd Armored Brigade Combat Team

1st BN, 66th Armor Regiment  
Mrs. Janessa Hatch

1st BN, 68th Armor Regiment  
Mrs. Kamyille Coleman

3rd BN, 29th Field Artillery Regiment  
Mrs. Jessica Pullig

4th Combat Aviation Brigade

2nd General Support Aviation BN  
Mrs. Emily Glasscock

3rd Assault Helicopter BN  
1LT Wendy Martin

4th Attack Reconnaissance BN  
Mrs. Allie DiBasilio

6th Squadron, 17th CAV Regiment  
Mrs. Melinda Dagley

4th Sustainment Brigade

68th Combat Sustainment Support Battalion  
Mrs. Hanna Ferguson

10th Special Forces Group (A)

2nd BN, 10th SFG (A)  
Mrs. Ingrid Hall

Directorate of Family, Morale & Welfare Recreation (DFMWR)

Army Community Service  
Mrs. Deliana Dingle  
Mrs. Tonya Renee Dower

Fort Carson Knights of Columbus

SFC Joshua Latko  
Mr. Elijah Utter

MEDDAC-Evans Army Community Hospital







American Red Cross  
Ms. Jo Ann Golden  
Mrs. Carol Wetzig

Mountain Post Santa's Workshop

Mrs. Ashley Simon

Mountain Post Spouses' Club

Mrs. Cindy Grothe  
Mrs. Melissa Murphy-Stolowitz



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## **COMMUNITY UPDATES**

Check out events from the Mountaineer - [Beyond the Gate](#)

All on post MWR events can be found at:

<https://carson.armymwr.com/calendar>

All USO events can be found at:

<https://coloradosprings.uso.org/events>

Find Pikes Peak cultural events at: <http://www.peakradar.com/>

Community Events and Fun Opportunities:

<https://coloradosprings.gov/>

Peterson AFB MWR <https://www.21fss.com/>

Schriever AFB MWR <http://www.schriever.af.mil/Services/>

U.S. Air Force Academy MWR <http://www.usafasupport.com/>

Fountain Fort Carson School District 8 <https://www.ffc8.org>

— FAMILY AND MWR —

Your **Health and Safety**  
is our **Highest Priority!**

**WE ARE OPEN**

PLEASE CALL  
**719-526-2994**  
FOR ACCESS



For more information about our virtual service delivery  
please call (719) 526-4590 or visit [www.carson.army.mil/acs](http://www.carson.army.mil/acs)

**WE ARE STILL HERE**

24/7 Victim Hotline  
**(719)243-7907**



ACS Victim Advocacy Program  
[www.carson.army.mil/acs](http://www.carson.army.mil/acs)  
(719) 526-4590



## Upcoming ACS Classes

\*\*click class name to register\*\*

DATE	CLASS	TIME
<b>21 August</b>	<a href="#">Play Group</a>	10 a.m. – 12 p.m.
	<a href="#">Mountain Post Living Welcome for Spouses and Families</a>	10:30 a.m. - 11:30 a.m.
<b>25 August</b>	<a href="#">Federal Resumes and USAJobs.gov</a>	9 a.m. – 12 p.m.
	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 a.m. – 11 a.m.
	<a href="#">Everyday English</a>	9:30 a.m. – 11:30 a.m.
	<a href="#">Employment Readiness Orientation</a>	9:30 a.m. – 10:30 a.m.
	<a href="#">Baby Sign Language Basics</a>	1 p.m. - 3 p.m.
	<a href="#">Center on Fathering</a>	1 p.m. – 3 p.m.
	<a href="#">Immigration 101</a>	2 p.m. – 4 p.m.
	<a href="#">Fort Carson Heartbeat – Peer Support for Survivors of Suicide Loss</a>	6:15 p.m. – 8 p.m.
<b>26 August</b>	<a href="#">Budgeting 101</a>	10 a.m. – 11 a.m.
	<a href="#">Circus of Bubbles</a>	1 p.m. – 1:30 p.m.
	<a href="#">Homebuyers Workshop</a>	1 p.m. - 4 p.m.
	<a href="#">Volunteer, VMIS &amp; OPOC Training</a>	1:30 p.m. – 3 p.m.
<b>27 August</b>	<a href="#">Toddler Time</a>	9:30 a.m. – 11 a.m.
	<a href="#">SFRG Virtual Chat</a>	10 a.m. – 11 a.m.
	<a href="#">TSP Class</a>	1 p.m. – 2 p.m.
	<a href="#">Center on Fathering</a>	1 p.m. – 3 p.m.
<b>28 August</b>	<a href="#">Play Group</a>	10 a.m. – 12 p.m.
<b>1 September</b>	<a href="#">Bootcamp for New Dads</a>	9 a.m. – 12 p.m.
	<a href="#">Banking Management</a>	9:30 a.m. – 10:30 a.m.
	<a href="#">Everyday English</a>	9:30 a.m. – 11:30 a.m.
	<a href="#">Infant Massage and Baby Nurturing</a>	9:30 – 11 a.m.
	<a href="#">Center on Fathering</a>	1 p.m. – 3 p.m.
	<a href="#">Employment Readiness Orientation</a>	1:30 p.m. – 2:30 p.m.
	<a href="#">Immigration 101</a>	2 p.m. – 4 p.m.
<b>2 September</b>	<a href="#">Command Family Readiness Representative (CFFR) Academy</a>	9:30 a.m. – 4 p.m.
<b>3 September</b>	<a href="#">Toddler Time</a>	9:30 a.m. – 11 a.m.
	<a href="#">Latino Group Meet-Up</a>	10 a.m. – 12 p.m.
	<a href="#">Center on Fathering</a>	1 p.m. – 3 p.m.
	<a href="#">TSP Class</a>	1 p.m. – 2 p.m.
	<a href="#">LinkedIn Fundamentals</a>	1:30 p.m. – 2:30 p.m.
<b>4 September</b>	<a href="#">Play Group</a>	10 a.m. – 12 p.m.



# CIRCUS OF BUBBLES

Aug 26 • 1- 1:30 pm



Join us on Circus of Bubbles presented by Millibo Art Theater. A wonderfully creative performance of circus with lots of bubbles!

# Launching Hope



Sep. 9, 16 & 30 • 11 a.m. to 1 p.m

Now on Zoom

Launching Hope is a 4 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.

Register: [www.carson.army.mil/acs](http://www.carson.army.mil/acs)  
(719) 524-0912



# the 5 Love Languages

Learn how to better communicate with your partner at this fun workshop.

Sep. 18 / Oct 27 • 11 a.m. to 1 p.m • Now on Zoom

Register: [www.carson.army.mil/acs](http://www.carson.army.mil/acs)  
(719) 524-0912



## DID YOU KNOW?

FORT CARSON SOLDIERS CAN EARN PROMOTION POINTS FOR VOLUNTEERING



Join the Fort Carson Volunteer Force.  
Learn how Fort Carson Soldiers can earn the Military Outstanding Volunteer Service Medal.  
Make A Difference with Mountain Post Living.

FORT CARSON ARMY VOLUNTEER CORPS  
[WWW.CARSON.ARMYMIL/ACS](http://WWW.CARSON.ARMYMIL/ACS)



## SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

ACS Annex, BLDG 7492

### STRONG FAMILIES: EASE YOUR TRANSITION

- Contact the SFAC Team for local and national programs that can help you as you transition to civilian life.
  - ❖ Connect with Veterans for physical fitness and Family events (Fly Fishing, Hiking, Sporting events and much more).
  - ❖ Learn about your benefits and how to apply for CRSC, VOC Rehab, and Post 911 education benefits.
  - ❖ Become a part of a community that supports life after the Army.
- Contact our dedicated SFL-TAP Counselor Ms. Laura Foster at 719-524-7310.
- Do not wait until you are almost out of the Army to contact us. We are here to help!



WATCH SFAC VIRTUAL BRIEFS

<https://carson.armymwr.com/programs/soldier-family-assistance-center>



# Transitioning as an **EFMP** Family

When you are transferred, you can smooth your Exceptional Family Member's transition by planning ahead. The Army Community Service (ACS) Exceptional Family Member Program (EFMP) team at your new duty location is an excellent first stop for you upon arrival. Should you need assistance with identifying and locating resources, information on transitioning schools, or any EFMP assistance in general, schedule an appointment to meet with a member of the EFMP team at ACS. Not only will we point you in the right direction, we will collaborate with you to provide focused and consistent EFMP Family support, by helping you identify your Family's needs, then organizing and prioritizing these needs in a way that is easy to understand.

## **Transitioning an Exceptional Family Member (EFM) with Health Concerns**

When you are transferred, the health issues of your EFM can be exacerbated due to stress, climate change and lack of self-care. Preparing for the transition by following these steps can alleviate many of the medical issues that arise during a transfer.

### **Before you leave your current duty station:**

- If you will be traveling with an EFM that has a significant medical condition that might require medical treatment during your transition, request a copy of your EFM's recent medical history, particularly from any specialists they may have seen and any off-post medical providers.
- Request prescriptions for at least a two month supply of any medications.
- If your EFM receives Supplemental Security Income (SSI), contact both the current and new duty location SSI office to facilitate transfer of benefits.
- If your EFM receives state disability benefits/assistance, contact the local office to advise the agency of your impending transfer. Contact the state where you are transferring to and request information on state benefits and assistance to include eligibility and requirements.
- Request a copy of your child's complete educational records. Be sure you have a copy of your child's most recent Individualized Education Program (IEP) or 504 Plan. **DO NOT PACK IN UNACCOMPANIED BAGGAGE OR HOUSEHOLD GOODS!**
- Contact the Military School Liaison Officer (SLO) at your new duty station. This office can be located by calling Child, Youth, and School (CYS) Services at the new duty station.

For additional information, please contact (719) 526-4590 or visit [www.carson.army.mil/acs](http://www.carson.army.mil/acs)



**Special  
education legal  
support now  
available to  
EFMP families!  
Click [here](#) for  
more  
information!**

Ask your EFMP Family Support Office about the  
**DD Form 3054, "Exceptional Family Member  
Program (EFMP) Family Needs Assessment"**



## WHAT IS THE DD FORM 3054?



A tool that guides the family needs assessment process by which the EFMP Family Support provider, in partnership with the family, assesses, documents, and prioritizes the unique needs of the family.

The DD Form 3054 supports consistent, enhanced, and continuous EFMP Family Support and has three sections:



## WHEN SHOULD THE DD FORM 3054 BE COMPLETED, AND WHO COMPLETES IT?

A family can request a DD Form 3054 when they want more than Information & Referral (I&R) from EFMP Family Support.

The EFMP Family Support provider completes the DD Form 3054 through collaboration with families.

The DD Form 3054 is a living document and can be updated to reflect a family's changing needs.



## WHAT COMES NEXT?



Visit your local installation EFMP Family Support Office to learn more about the DD Form 3054, and how it can help your family!



## Video and Telephone Counseling Now Available

Continue your progress at home so you can keep moving forward

The military Family Life Counseling program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical Counseling in addition to face-to-face non-medical counseling.

### Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Children and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff, and support personnel.

### What can I expect from non-medical counseling?

You're military and family life counselor can help with:

- managing stress and changes at home due to covid-19
- adjusting to deployment and reintegration
- preparing to move or adjusting after a move
- strengthening relationships
- managing problems at work
- grieving the death of a loved one or colleague.

Schedule an appointment with a military and family life counselor:

719-323-0944	719-250-3854	719-250-9975
719-323-5026	719-250-1529	719-323-4139

Call Military OneSource anytime, 24/7 at 800-342-9647  
or visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil).

Military & Family Life Counselor (MFLC) services are expanding to provide continuity of care to our community as we continue to navigate the worldwide impacts of the COVID-19 pandemic. MFLCs will provide temporary telehealth services where face-to-face support is restricted and/or unavailable.

Support for Adults: Telephonic and video non-medical counseling

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

To speak to a CYB MFLC, please call Parent Central at 719-526-1101.

For more information visit:

<https://carson.armymwr.com/promos/military-family-life-counselors>





# ACS Suicide Prevention Resource List

Organization	Contact
Army Substance Abuse Program	719-526-2727
Army Community Service	719-526-4590
Army Wellness Center	719-526-3887
Fort Carson R2 Performance Center	719-526-0828
Military Family Life Counselors (MFLC)	719-338-7216
Fort Carson Behavioral Health	719-526-7155
Equal Employment Opportunity (EEO)	719-526-5818/4413/9673
Financial Readiness	719-526-4590
Family Advocacy	719-526-4590
Sexual Harassment Assault Response Program	719-338-9654
Exceptional Family Member Program	719-526-4590

Organization	Contact
Suicide Prevention	719-526-0401
BOSS	719-338-0493
Soldier For Life- Transition Assistance Program	719-526-1001
Fort Carson Family Life Center	719-526-0261
Heartbeat	719-229-9657
Safe2tell Colorado	1-877-542-7233
Survivor Outreach Services	719-526-2069
Fort Carson Chaplain's	719-526-5279 719-526-3400 (off-duty emergencies)
Give an Hour	<a href="http://giveanhour.org">giveanhour.org</a>
Pikes Peak Suicide Prevention	719-573-7447

If it's an emergency call **911**

24/7 Hotlines	
Military OneSource	1-800-342-9647
National Suicide Prevention	1-800-273-8255
Military/Veterans Crisis Line	1-800-273-8255 press 1 Text 838255 <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>
Colorado Crisis Services	1-844-493-8255 <a href="http://coloradocrisiservices.org">coloradocrisiservices.org</a>
Domestic Violence Hotline	719-243-7907
DOD Safe Hotline	1-877-995-5247



No US Army/Fort Carson endorsement implied.  
Information listed is subject to change.  
Updated 14 August 2020





**SAFER AT HOME**  
**BE SMART. SAVE LIVES.**

## **MOUNTAIN POST RECREATION: WHAT YOU CAN DO!**

- Fort Carson Safer at Home Resource Page:  
<https://carson.armymwr.com/programs/fort-carson-safe-home>
- There are outdoor workout stations/playgrounds throughout the installation that support body weight exercises...  
be creative with your surrounding environment! (just remember to wash your hands!)
- Exercise your mind with our digital Library resources:  
<https://carson.armymwr.com/programs/grant-library>
- [www.tutor.com/military/spread-the-word](http://www.tutor.com/military/spread-the-word)
- <http://mylibraryus.armybiznet.com/search~S22>
- Check out the Fort Carson Outdoor Clubs: Trail Running meets Saturdays at Garden of the Gods, Distance Running meets at Iron Horse Park and the Beginner Guided Hikes hit local Pikes Peak area destinations on Tuesday and Saturday mornings!
- Fort Carson Trail Map:  
<https://carson.armymwr.com/application/files/6915/7316/9200/CRSN-FCCORunningTrailsMap-fort-carson-2019.pdf>
- We'll keep the lights on for ya! Stadium lights will be on when you need to get out in the late evening and early mornings (fields, running trails and outdoor track are located east and west of Ivy Fitness Center)
- Go Fishing!: <https://fortcarson.isportsman.net/>
- Play ball!: There are multiple outdoor basketball courts, tennis courts, soccer fields, football fields and softball/baseball fields located on the installation. Adjust your game play to keep your social distancing!
- Disc golf is available near the trail system across from the outdoor recreation facility and recently expanded to 18-holes

# MWR NEWS



[Brushes in  
the Park: 22  
Aug](#)



[Family Craft:  
29 Aug](#)



[Dog Splash:  
12 Sept](#)





## DFMWR

### Historic Geocaching on Fort Carson

**Mission:** To provide a free option to get outside with family or friends while maintaining social distancing practices.

- **Who:** Fort Carson Community
- **What:** 15 Historic Geocache sites throughout Fort Carson
- **When:** Started 24 APR 2020, no end date, open during daylight hours
- **Where:** Waypoint coordinates are online at <https://carson.armymwr.com/programs/out-door-recreation>
- **Participation:** Open to all who would like to play. Dogs must be on a leash and please clean up after yourself and your dog.



Photos of Geocaching



**Summary:** Outdoor Recreation worked with the 4ID Museum of Fort Carson to get 15 historic waypoints that helped Fort Carson grow into the base that it is today. Geocachers need to get the waypoints online and then put those coordinates on any smart phone or GPS to go and search for geocache boxes. Each geo cache box has a 1-2 page explanation why that spot is historic, a sign in sheet, and a few take one and leave one trinkets. Once the geocache box is found, please sign the "who was here" page and take a picture of what you took and left from the box; then upload the picture to Mountain Post Recreation Facebook page with the hashtag #Outdoor Rec. All items in box are Mountain Post Living giveaways. Report any loss, damages or issues to the ODR Director at 719-526-3881.

#### Great Things about Historic Geocaching:

- A great way to get outside and get some exercise.
- Family Friendly and Dog Friendly.
- Learn about historic areas within Fort Carson.



## DFMWR

### Beginner & Advanced Hikes

**Mission:** To provide a free option to get outside with family or friends while maintaining social distancing practices.

- **Who:** Fort Carson Community
- **What:** Beginner and Advanced Level Hiking
- **When:** Started 26 APR 2020, no end date. Beginner hikes on Tuesdays and Advanced hikes on Saturdays.
- **Where:** Hikes are all within a commuting radius of Fort Carson
- **Participation:** Open to all DOD ID cardholders who would like to hike. Dogs must be on a leash and please clean up after yourself and your dog.



Photos of Hikes



**Summary:** Outdoor Recreation is offering free beginner hikes on Tuesday mornings starting about 0600 and advanced hikes on Saturday mornings starting 0600. We start early to be off the trail before the heat arrives. Each hike is between 2.5 – 7.5 miles round trip. Signups are done via email and we advertise on [fortcarson.armymwr.com](https://fortcarson.armymwr.com) and Social Media.

#### Great Things about Hiking:

- A great way to get outside and get some exercise.
- Family Friendly and Dog Friendly.
- Adapt to the higher altitudes of Colorado.





## DFMWR Fort Carson Run Club

**Mission:** To provide a weekly run club on base for the Fort Carson Community.

- **Who:** Fort Carson Community
- **When:** Recurring Thursday evenings beginning 07 May 2020 and ending 17 September 2020.
- **What:** Run Club
- **Where:** Iron Horse Park
- **Commander's Cup Points:** 2/person on each attendance
- **Perks:** Free run club t-shirt after attending 10 out of 16 runs



### Program Description:

Fort Carson Run Club takes place on Thursday evenings at Iron Horse Park. Participants may run the marked 5k loop anytime between 4:30pm and 7pm, and must check-in before 6:30pm.

Run club will take place rain or shine, only canceled if post is closed. Well-behaved pets are welcome! Run club is open to all authorized users. Children are welcome but must be accompanied by parent/guardian at all times.

Virtual Option- complete your 5K anywhere that week and email proof to Kelly Devlin at [kelly.f.devlin.naf@mail.mil](mailto:kelly.f.devlin.naf@mail.mil).



## DFMWR Fort Carson Trail Run Club

**Mission:** To provide a weekly trail run club in Cheyenne Mountain State Park for the Fort Carson Community.

- **Who:** Fort Carson Community
- **When:** Recurring Saturday mornings beginning 11 July 2020 and ending 29 August 2020.
- **What:** Trail Run Club
- **Where:** Local Trails in Colorado Springs
- **Commander's Cup Points:** 2/person on each attendance
- **Perks:** Free run club t-shirt after attending 5 out of 8 runs.



### Program Description:



UNCLASSIFIED  
1 of 1

31 JUL 2020



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0600		PT Cycle* @ Ivy	PT Cycle* @ Ivy	PT Cycle* @ Ivy			
		TacticalFitnessTraining *@ Ivy	TacticalFitnessTraining *@ Ivy	TacticalFitnessTraining *@ Ivy			
0900		Strength @IronHorsePark \$3	Yoga@IronHorsePark \$3	Strength @IronHorsePark \$3			
1200		TacticalFitnessTraining *@ McKibben		TacticalFitnessTraining *@ McKibben			
1700	Crossfit* @Waller						
	TotalBodyHitt @Ivy\$3	BootCamp@Waller \$3	Core@IronHorsePark \$3	BootCamp@Waller \$3			
	1800	BootCamp@McKibben \$3	BootCamp@McKibben \$3	XtremeHipHopStep @Ivy\$3			



More Events and Info at  
eventbrite.com



Join the group for  
Carroll County MWR



Follow us on  
@CarrollMWR



Ivy Fitness Center  
6415 Snicker Ave, Building 1925  
Fort Carson, CO 80913



## CLASS DESCRIPTIONS

ALL CLASSES ARE 45-55 MIN and are held at IVY PEC - PFC BLDG 1925, unless otherwise noted.

CLASS	DESCRIPTION
-------	-------------

Class	Description
<b>Classes</b>	Classes are posted on Event Brite.com. Please pay for the class you wish to attend. Have your confirmation code on your phone and be to the location for your class.
<b>Strength</b>	Using straight bars and hand weights. 4 1/2 minutes per body part. Working all the major muscle groups. High Repetition. Great way to get all your lifting done.
<b>Yoga</b>	The term "yoga" comes from a <u>Sanskrit</u> word meaning "union." Yoga combines physical exercises, mental <u>meditation</u> , and breathing techniques to strengthen the muscles and relieve stress. Physical postures strengthen and tone muscles, and when performed in rapid succession, can provide cardiovascular conditioning. Meditation and deep breathing can reduce stress, thereby lowering blood pressure and inducing relaxation. Mind/body awareness can influence mood and <u>self-esteem</u> to improve quality of life.
<b>CrossFit*</b>	All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. The program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience. This Class is Free. Call Waller Fitness Center for a Reservation at 719-526-2742.
<b>PT Classes*</b>	Pt classes are for Active Duty Only. Reservations are taken at Ivy Fitness Center. Call 719-526-2706
<b>Total body HITT</b>	Come and be challenged with a Live Insanity instructor. Designed to push you and challenge you at your own pace. No Videos here.
<b>Tactical Fitness Training*</b>	Is designed to help improve movement, strength/endurance, cardio and agility to help you complete the ACFT. Classes are held on Tuesday (Strength), Wednesday (Circuit) and Thursday (Conditioning). Contact Tim Agan for more information at 719-524-2411 or timothy.j.agan3.naf@gmail.com. This class is for Active Duty only.
<b>Xtreme Hip Hop Step</b>	Xtreme Hip Hop is a fitness movement based on using step aerobics designed to challenge, yet awaken your fun side with callouts over hip-hop and r&b music from yesterday and today. The class is high-energy cardio to help you have fun, show out, and make step great again!



More Events and Info at  
eventbrite.com



Join the group for  
Carroll County MWR



Follow us on  
@CarrollMWR



Ivy Fitness Center  
6415 Snicker Ave, Building 1925  
Fort Carson, CO 80913



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					31	1 Cave of the Winds Lantern Tour & Terror-Dactyl
2	3 Soup Kitchen @ 1600-1800	4	5	6 Study Board @ 1730	7 Boondocks Food & Fun	8 Cheyenne Mtn. Zoo Community Service
9	10 Soup Kitchen @ 1600-1800	11	12	13 Study Board @ 1730	14	15 BBQ Corn Hole Tournament, HUB
16	17 Soup Kitchen @ 1600-1800	18	19	20 Study Board @ 1730	21 Painting With A Twist	22 Horseback Riding Adventures Out West
23	24 Soup Kitchen @ 1600-1800	25	26	27 Study Board @ 1730	28	29 Habitat for Humanity Community Service

**Location and Hours**  
The HUB  
Mon-Fri 0900-1700

**Pricing and Details**  
Check your unit's B.O.S.S board  
and on Facebook at  
Fort Carson BOSS

**President**  
CPL Douglas, Devon  
devon.j.douglas2.mil@mail.mil  
(719) 338-0493

**Committee**  
Vice President – vacant  
Secretary – vacant  
Finance – SGT Ames  
MWR Advisor – Sabine Clark

**Legend**  
Red: Community Service  
Blue: Life Skill  
Green: Recreation &  
Leisure



## Fort Carson MWR is hiring

### A Child and Youth Program Assistant



**\$13.14 /HR**  
**STARTING PAY**

- Promotion potential in as little as six months up to \$14.44.
- Paid training opportunities.
- Some positions offer medical, dental, and/or life insurance.
- Access to the golf course, bowling center, shooting range, gyms, daycare center, and outdoor recreation.

- Plan activities for children and youth.
- Create an environment that promotes positive relationships for children.
- Provide guidance and support through daily interactions.

## APPLY ONLINE AT

## USAJOBS.GOV

Keyword: NAF, location: Fort Carson

Candidates must be 18 years or older, and possess GED or high school diploma.

More Events and Info at  
carson.armymwr.com

Find us on Social Media  
@CarsonDFMWR

Instagram: @carsonmwr  
Twitter: @CarsonMWR





# FORT CARSON SCHOOL SUPPORT SERVICES

**Mailing Address:** Ft Carson Child Youth & School Services, 1675 Ellis Street (Building 1217) Fort Carson, CO 80913  
Website: [www.mwrfortcarson.com/cyss-school-info-php](http://www.mwrfortcarson.com/cyss-school-info-php)

**Physical Address:**  
Parent Central  
Building 1518, Prussman Blvd.  
Fort Carson, CO 80913  
Ph: 719-526-9987  
Fax: 719-524-0194

## SUMMARY:

Families with school-age children residing on Fort Carson attend school in Fountain-Fort Carson SD #8, which is a public school district. There are four elementary schools (1st-5th grade) and one middle school (6th-8th grade) on post. Students in grades 9th-12th are bussed off-post to Fountain Fort Carson High School. Twenty six school districts are within a fifty mile radius of Fort Carson. To view a map of the districts in the area visit: [www.mwrfortcarson.com/cyss-school-info-php](http://www.mwrfortcarson.com/cyss-school-info-php). Listed below are the six school districts with the highest number of military students.

Due to the number of choices in districts, families planning to reside off post are encouraged to research local schools to determine which will meet their children's needs. School districts generally do allow out of district enrollment but you must then provide the transportation. School Liaison Officers (SLO) can help you determine the school district in which you live.

## SCHOOL DISTRICTS:

Fountain- Fort Carson	Academy	Widefield	Colorado Springs	Harrison	Falcon
719-382-1300 <a href="http://www.fcc8.org">www.fcc8.org</a> <input checked="" type="checkbox"/> MOA Signatory <input checked="" type="checkbox"/> S2S Programs	719-234-1200 <a href="http://www.asd20.org">www.asd20.org</a> <input checked="" type="checkbox"/> MOA Signatory <input checked="" type="checkbox"/> S2S Programs	719-391-3000 <a href="http://www.wsd3.org">www.wsd3.org</a> <input checked="" type="checkbox"/> MOA Signatory <input checked="" type="checkbox"/> S2S Programs	719-520-2200 <a href="http://www.d11.org">www.d11.org</a> <input checked="" type="checkbox"/> MOA Signatory <input checked="" type="checkbox"/> S2S Programs	719-579-2000 <a href="http://www.hsd2.org">www.hsd2.org</a> <input checked="" type="checkbox"/> MOA Signatory <input type="checkbox"/> S2S Programs	719-495-1100 <a href="http://www.d49.org">www.d49.org</a> <input checked="" type="checkbox"/> MOA Signatory <input checked="" type="checkbox"/> S2S Programs

## YOUR STATE PUBLIC SCHOOLS:

☒ Interstate Compact on Educational Opportunities For Military Children Member State

Website: [www.cde.state.co.us](http://www.cde.state.co.us)

Adequate Yearly Progress Reports: [www.cde.state.co.us/FedPrograms/danda/ayp.asp](http://www.cde.state.co.us/FedPrograms/danda/ayp.asp)

School Data: [www.schoolview.org/performance.asp](http://www.schoolview.org/performance.asp)

## SCHOOL REGISTRATION:

### At what age can my child start school?

Although, the cut off date can differ in some districts typically a child must be 5 years old by October 1st of that year to enter kindergarten. Please consult with the school you plan to have your child attend for age requirements.

### What is required for enrollment?

1. Birth Certificate
2. Shot Record/s
3. Social Security Number
4. Emergency Contact Information
5. Proof of Parent/Custodian address
6. Custody or guardian papers filed through the court. (if applicable)
7. Name and address of last school.

### How do I enroll for school?

Enrollment is handled at the local level. Please contact your school district or the School Liaison Office for further details.

Some schools have registration at the school itself, while others require you to register at the school district administration office.

## SCHOOL CHOICE OPTIONS:

- **Public School Choice:** Parents can choose to send their child to a school outside of their home zone, an application must be submitted. Rules and deadlines are determined by each school and/or district. The parent is responsible for transportation to and from the school.
- **Private Schools:** There are many private schools around Fort Carson. Please visit [PrivateSchoolReview.com](http://PrivateSchoolReview.com) to view available schools.
- **Home Schools:** Families can elect to home school their children as long as the person educating the child is the child's, parent, legal guardian, or adult relative designated by the parent.
- **Charter Schools:** Charter schools provide a public school choice. The schools have tuition-free enrollment and some have entrance requirements.
- **Online Education Program:** These programs deliver instruction from teacher to student primarily through the use of technology via the internet. Please check with local school districts or the School Liaison Office for availability.

## REMINDERS:

- **Enroll your child/ren as soon as possible.** It is not recommended that you delay enrolling your child/ren when you transition to a new installation. If you do, you are risking a child having to repeat a grade or their academic performance may be impacted.
- **Fort Carson School Support Services cannot supersede school policy.** Be familiar with school policies and understand that neither the installation nor Fort Carson SLOs can supersede school policies.
- **On post schools are public schools not run by the Department Of Defense (DoD).** If you live off-post, you must complete the permit process if you would like to request your child to attend an on post school.

## OTHER SCHOOL DATA:

Preschool Programs are available in public, private and charter schools. Contact a SLO for more information about fees and availability. School uniforms are typically not required, please check with your school for dress code requirements. All schools have free half day kindergarten which can be extended to full day; however, some districts charge a fee for the service.





## USAG INSTALLATION SERVICES



Sports and Recreation		Army Community Services	
Ivy Pool	Mon-Fri 9 a.m.-9 p.m., Sat-Sun 8 a.m.-8 p.m. 12 person maximum. Lap swim Mon-Fri 5 a.m.-10 p.m., Sat-Sun 6 a.m.-8 p.m.	Army Community Service	By appointment only. Mon, Tue, Thu, Fri 8 a.m.-4:30 p.m.; Wed 9 a.m.-4:30 p.m. Call 719-526-4590
Nelson Pool	Mon-Fri 5 a.m.-1 p.m., Active duty only 6-9 a.m. for physical training.	Army Volunteer Corps	Appointment only. In person and virtual appointments Mon-Fri 8 a.m.-4:30 p.m.; Telephonic support and virtual classes being offered. 719-526-1082
Ellis Outdoor Pool	Open daily 9 a.m.-5 p.m., Recreational use of the pool not to exceed 25% of capacity.	AER / Financial Readiness	Appointment only. In person and virtual appointments available Mon, Tue, Thu, Fri 8 a.m.-4 p.m.; Wed 9 a.m.-4 p.m. Virtual classes being offered. 719-526-4783
Thunder Alley Bowling and Strike Zone Snack Bar	Tue-Thu 1100-2100, Friday-Saturday 1100-2130, Sunday 1300-2000	Donation Management	Telephonic support: Rhea Rollman Work: 719-526-8558 or cell: 719-244-1245, in-person by appointment only
Golf Course	Daily 7 a.m.-dusk, Mulligan's grill Mon-Fri 9 a.m.-4 p.m.; Sat-Sun 8 a.m.-4 p.m.	Employment Readiness	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-524-3816
Leisure Travel Services	Open for customers Tue and Thu 10 a.m.-4 p.m.; telework Mon, Wed, Fri 9 a.m.-5 p.m.	EFMP	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-526-0400
Auto Skills Center	Wed-Fri noon-5 p.m., Sat 9 a.m.-3 p.m. for Active Duty only	Family Advocacy Program	Offering FAP and Nurturing Center virtual prevention classes. 719-526-0445
Outdoor Recreation Complex	Mon-Fri noon-6 p.m.; Wed noon-2 p.m.; Sat 8 a.m.-2 p.m.; Sun 8 a.m.-noon	Family Enrichment Program	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-526-0458
Fitness Centers		Information & Referral	Telephonic support: 719-526-4590 option 5; In person and virtual appointments available. Mon, Tue, Thu, Fri 8 a.m.-4:30 p.m.; Wed 9 a.m.-4:30 p.m.
Ivy	Mon-Fri 5 a.m.-10 p.m. — 6 a.m.-4 p.m. active duty priority and authorized DOD ID card holders on space available basis; Sat-Sun 6 a.m.-8 p.m. — authorized DOD ID card holders first-come/first-served	Military & Family Life Counseling	MFLCs will provide virtual services where face-to-face support is restricted and/or unavailable. Mon, Tue, Thu, Fri 8 a.m.-4:30 p.m.; Wed 9 a.m.-4:30 p.m. 719-526-4590
McKibben	Mon-Fri 5 a.m.-8 p.m. — 6 a.m.-4 p.m. active duty priority and authorized DOD ID card holders on space available basis; Sat-Sun 0600-1400 — authorized DOD ID card holders first-come/first-served	Mobilization & Deployment Readiness	All services available virtually, or in-person by appointment. All classes offered virtually. Custom classes for units available by request. De-Mobilization clearing available telephonically. Office: 719-526-0458
Waller	Open around the clock from 6 a.m. Monday to 6 a.m. Saturday; and also noon to 8 p.m. Saturday-Sunday. Active-duty priority Monday-Friday from 6 a.m. to 4 p.m. and authorized DOD ID card holders on a space-available basis. Saturday and Sunday, first-come, first-served for DOD ID card holders from noon to 8 p.m.	New Parent Support Program	Offering virtual prevention classes. Home visits are being offered virtually. 719-524-1899
Garcia	Mon-Fri 6 a.m.-8 p.m. — 6 a.m.-4 p.m. active duty priority and authorized DOD ID card holders on space available basis; Sat 6 a.m.-2 p.m. — authorized DOD ID	Outreach	Telephonic support: Fiona Mosley Work: 719-526-0423 Cell: 719-313-0893; <a href="https://carson.armymwr.com/programs/pass-it-on">https://carson.armymwr.com/programs/pass-it-on</a>
		Relocation Readiness Program	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-526-1053
		Soldier and Family Assistance Center	Mon, Tue, Thu, Fri 7:30 a.m.-4 p.m.; Wed 9 a.m.-4 p.m. Virtual briefings: Medical Separation and Medical Retirement. 719-526-1053
		Survivor Outreach Services	Appointment only. In person appointments Available Mon-Fri 8 a.m.-4 p.m. 719-526-0442
		Victim Advocacy Program	24/7 Fort Carson Victim Advocacy Crisis Line: 719-243-7907 or <a href="https://carson.armymwr.com/programs/victim-advocacy-program">https://carson.armymwr.com/programs/victim-advocacy-program</a>



## USAG INSTALLATION SERVICES



DHR		Child and Youth Services	
ID Cards (DEERS)	Mon-Fri 8-11:30 a.m., 12:30-4 p.m., limiting the number of customers in facility. ID cards that expired after Jan. 1, 2020, remain valid through Sept. 30.	Parent Central Registration	Appointment only 719-526-1101 or 719-526-8220
Mountain Post Soldier Center	Effective immediately, SRP operations will be centrally controlled and conducted in a distributed manner to ensure critical resources are available to units most in need. The SRP site will remain open for all retiring, ETS and separating personnel by appointment only. Contact Dr. Kimberly Henry, kimberly.a.henry.civ@mail or 719-526-9903 and Mr. James Shelton, james.l.shelton14.civ@mail.mil or 719-526-1140 for scheduling.	CDC / SAC	Accepting enrollments for new Families; apply through <a href="https://militarychildcare.com">MilitaryChildCare.com</a> .
PCS Orders	Soldiers with departure dates of July 1, 2020, and beyond can coordinate with MPD to pick up clearing papers 30 days prior to departure date. Soldiers will need a copy of their PCS orders and an approved leave form. Soldiers can clear all areas except for their final out.	Youth Center	Reservations required, 719-526-2680. Mon-Fri noon-7 p.m. until school year begins; Mon-Fri 3-7 p.m. once school starts. Summer camp Mon-Fri 5:45 a.m.-noon; call 719-526-1101.
ASAP	Mon, Wed-Fri 8 a.m.-noon to support unit 10%, Rehabilitation (RO), Probable Cause (PO) and Competence for Duty (CO) urinalysis tests. Operational Tue from 8 a.m.-noon for in-processing of new DA Civilians. Risk Reduction, Prevention, Employee Assistance, and Suicide Prevention available through email and phone.	Shopping and Food Services	
Casualty Assistance	Mon-Fri 7:30 a.m.-4:30 p.m. at 719-526-5613/14. After duty hours and weekends available at 719-338-8187.	Main Exchange	9 a.m.-6 p.m. daily
SFL-TAP	In-person SFL-TAP classes resumed. Class sizes limited to 40% of the normal capacity with 20 students per classroom. The Computer lab remains closed. Individualized Initial Counselings, Pre-Separation briefings, follow-on counselings and CAPSTONE appointments are available in-person and virtually. UA Veterans in Piping, HBI, SMART Heroes, Textron Systems Aerosonde Unmanned Aircraft, and ABF Freight resumed in-person training July 6 with 7-12 transitioning Soldiers MSSA, SecureSET, VLGMF and O2O will continue in a virtual status.	Exchange Dining	Dine-In services open with social distancing enforced
Finance	Mon-Fri 7:30 a.m.-4 p.m. for all in- and out-processing and SRP support.	Commissary	High Risk Sat-Sun 8-10 a.m., Mon-Fri 9-10 a.m.; Eligible patrons: Mon-Sat 10 a.m.-8 p.m.; Sun 10 a.m.-6 p.m.
DMV	Scheduled to reopen Sept. 8	Express	Gate 3 - Mon-Fri 5 a.m.-11 p.m., Sat 6 a.m.-11 p.m., Sun 7 a.m.-11 p.m.; Gate 4 - Mon-Thu 5 a.m.-9 p.m., Fri 5 a.m.-11 p.m., Sat 8 a.m.-11 p.m., Sun 8 a.m.-9 p.m.; Wilderness - Mon-Fri 5 a.m.-7 p.m.; Gate 20 - Mon-Fri 5 a.m.-9 p.m.; Sat-Sun 7 a.m.-9 p.m.
		Class VI	Mon-Wed 9 a.m.-8 p.m., Thu-Sat 9 a.m.-9 p.m., Sun 10 a.m.-5 p.m.
		Barber Shops	Main Exchange: Mon-Sat 8 a.m.-5 p.m., Sun 10 a.m.-5 p.m.; Mini Mall Mon-Fri 7 a.m.-5:30 p.m., Sat 8 a.m.-5 p.m., Sun 10 a.m.-4 p.m.; Wilderness Mon-Fri 7:30 a.m.-1 p.m.
		UPS Store	Mon, Wed, Thu, Fri 8 a.m.-5:30 p.m., Tue 7 a.m.-5:30 p.m., Sat 10 a.m.-3 p.m.
		Alterations	Mon-Fri 9 a.m.-4 p.m., Sat 10 a.m.-4 p.m.
		Dry Cleaners	Mon-Fri 9 a.m.-4 p.m., Sat 11 a.m.-3 p.m.
		Furniture Store	Mon-Fri 10 a.m.-6 p.m., Sat 10 a.m.-5 p.m., Sun 10 a.m.-4 p.m.
		Clothing and Sales	Mon-Fri 7:30 a.m.-4 p.m., Sat 10 a.m. to 5 p.m.
		Religious Support	
		Religious Support Office	Indoor services at 50% capacity, capped at 100 personnel with 6 feet of social distancing. Livestreaming will continue.
		Changes in the last 7 days	
		Gate 2 open Monday-Friday 5 a.m. to 6 p.m., except federal/training holidays.	
		Effective Aug. 17, Waller Fitness Center will be open round clock 6 a.m. Monday to 6 a.m. Saturday, and noon to 8 p.m. Saturday-Sunday	





EVANS ARMY COMMUNITY HOSPITAL  
HOSTS THE ANNUAL FORT CARSON

# VIRTUAL BABY EXPO

Join us for our annual event online this year! We will feature guest speakers from OB-GYN, The Mountain Post Birthing Center and Army Community Service. Learn about community resources, hospital services, and connect with Fort Carson families.

All beneficiaries in the Pikes Peak region are welcome.

FEATURING CLASSES, RESOURCES AND GIVEAWAYS

**Facebook Live Event**  
**August 24 & 25**  
**Sessions from 8 a.m. to 1 p.m.**

[WWW.EVANS.AMEDD.ARMY.MIL](http://WWW.EVANS.AMEDD.ARMY.MIL)



## WeCare, RHC-C The Smartphone Resource App

- Offers hotline numbers, website links and other useful resources for SHARP, Suicide Prevention, domestic violence, Equal Opportunity (EO), TRICARE Online and more.
- Access hotlines without having to dial, and visit websites at the push of a button.
- The app is available for all Android and Apple. Search for "WeCare, RHC-C" to download it from the app store.







## Fort Carson Religious Services / Programs

### Catholic Mass

Soldier Memorial Chapel

0900 in person by reservation

1030 Outdoor / Drive in Service no reservation

Live stream - <https://www.facebook.com/Our-Lady-of-Fort-Carson-622517474897811/>

### Chapel Next

McMahon Theater

1000

Live stream - <https://www.facebook.com/chapelnexfortcarson/>

### Traditional Protestant

Provider Chapel

1100

Live stream - <https://www.facebook.com/ProviderChapel/>

### Gospel Service

Prussman Chapel

1100

Live stream - <https://www.facebook.com/GospelService/>

### Samoan

Veterans Chapel

1100

Live stream - <https://www.facebook.com/4samoanprotserviceftcarson/>

## Fort Carson Religious Services / Programs

### Catholic Woman of the Chapel (CWOC) Kick Off

Soldier Memorial Chapel

2 Sep 2020

1530

### Protestant Woman of the Chapel (PWOC) Kick Off

Soldier Memorial Chapel

25 Aug 2020

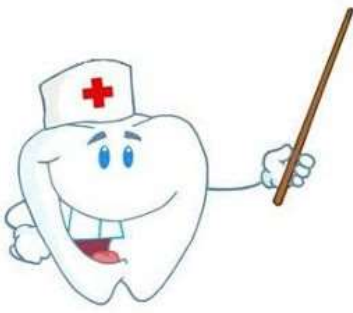
0900

Youth of the Chapel

Soldier Memorial Chapel

1<sup>st</sup> and 3<sup>rd</sup> Sunday

1700



The Fort Carson  
American Red Cross  
is excited to announce  
our annual  
Volunteer Dental Assistant  
Training Program!

Applications will be available Aug. 3, 2020, at 8 a.m.  
in the American Red Cross office (Room 1011) at  
Evans Army Community Hospital. Military ID will be verified at  
time of application pick-up.

Applications must be dropped off at the DENTAC  
Headquarters by 4 p.m. on Sept. 2, 2020.

DENTAC Headquarters  
1667 Cochrane Circle, Bldg. 7495  
Fort Carson, CO 80913

No late applications will be accepted!

This program is open to **military family member ID card holders** who  
are American citizens and are **at least 18** years of age with a valid high  
school diploma or GED. The program will run **full time (Monday  
through Friday, 6:45 a.m. to 4:15 p.m.)** from Jan. 4 to June 30, 2021.  
All classes must be attended; no partial credit will be given.

For more information, contact the American Red Cross at (719) 526-7144.



American  
Red Cross

COLORADO PARKS & WILDLIFE

## Honoring Our Military

THANK YOU FOR YOUR SERVICE



### Our military members receive Free Admission to all State Parks in AUGUST

Active duty, veterans or National Guard members are admitted free  
into Colorado's state parks during the month of August. All other  
applicable park fees (i.e. camping or fishing) still apply.

#### Pick up your August Military Pass

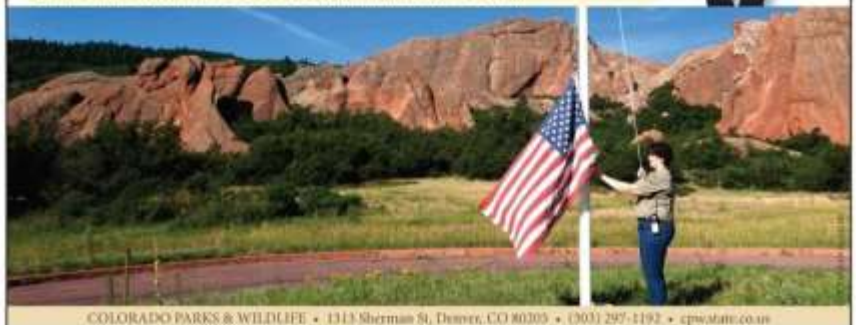
Any state park office or Colorado Parks and Wildlife office can  
issue a free August pass. Passes become available on August 1.

#### Other Military Park Entry Benefits

- Each November 11, Veterans Day, military members and veterans  
receive free entry into all state parks.
- A vehicle displaying a Colorado disabled veteran license plate  
receives year-round free entry to all state parks.

#### Applicable Forms of Identification

The military member or veteran must show proof of military service (DD214; DD Form  
2; DD Form 2765; Active, retired or veteran military identification cards; a current  
Colorado Driver's License or state issued identification card with the word 'Veteran'  
printed on it as specified in 42-2-303 (5)(a), C.R.S.; VA medical card.)



COLORADO PARKS & WILDLIFE • 1313 Sherman St, Denver, CO 80205 • (303) 297-1192 • [cpw.state.co.us](http://cpw.state.co.us)





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 Birthday Club Winner Facebook
2	3 Yard of the Month Winners Facebook	4	5	6	7	8
9	10	11	12 Book Giveaway Main CC	13	14	15 Birthday Club September Registration Deadline Facebook
16	17	18 Trash Pickup North Neighborhoods 1:15pm	19 Townhall Facebook Live	20	21 Virtual Bingo Facebook Live RSVP in FB event	22
23	24	25 Trash Pickup Playgrounds 1:15pm	26 How to Clear Housing 5:30pm Facebook Video	27	28 Family Fishing Photo Contest Drawing Facebook	29
30	31 Craft Supply Giveaway 12pm   Main CC					



No one is perfect.  
THAT'S WHY PENCILS HAVE ERASERS.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Trash Pickup South Neighborhoods 1:15pm	2 Birthday Club Winner Facebook	3	4 Yard of the Month Winners Facebook	5
6	7 Labor Day CLOSED	8 Trash Pickup Playgrounds 1:15pm	9	10 1st Day of School Craft Kits RSVP in FB event and Email Ashley	11	12
13 Grandparents' Day	14 Resident Guide Series 5:30pm Facebook Video	15 Birthday Club October Registration Deadline Facebook	16	17	18 1st Day of School Photo Contest Drawing Facebook	19
20	21	22 First Day of Autumn Trash Pickup Playgrounds 1:15pm	23	24	25	26
27	28 Resident Guide Series 5:30pm Facebook Video	29	30 How to Clear Housing 5:30pm Facebook Video	1	2	3





**Effective  
September 1, 2020**

**The Price of a  
regular haircut will  
increase to **\$14.55****

As the result of our Annual Barber Survey, the price of a regular haircut will increase to \$14.55 Effective 1 Sept  
Pricing is established based on surveys done at civilian barber shops determined to be the competition.  
The Exchange offers an average savings of 25% compared to local competition.



## **NOW OPEN SATURDAYS**

### **MCS**

Monday	0730 - 1800
Tuesday	0730 - 1800
Wednesday	0730 - 1800
Thursday	0730 - 1800
Friday	0730 - 1800
Saturday	1000 - 1700
Sunday	CLOSED

### **STRIPES**

Monday	0900 - 1800
Tuesday	0900 - 1800
Wednesday	0900 - 1800
Thursday	0900 - 1800
Friday	0900 - 1800
Saturday	1000 - 1600
Sunday	CLOSED





## LABOR DAY WEEKEND HOURS OF OPERATION FORT CARSON

Fort Carson Facilities	Fri 4 Sep	Sat 5 Sep	Sun 6 Sep	Mon 7 Sep	
<b>Main Exchange Complex Bldg. 6110</b>					
Main Store	0900-1800	0900-1800	0900-1800	0900-1800	
Mobile Center	0900-1800	0900-1800	1000-1800	0900-1800	
<b>Main Food Court</b>					
Burger King	1100-1700	1100-1600	1100-1600	1100-1500	
Charley's Steakery	1030-1700	1100-1700	1100-1700	1030-1700	
Boston Market	1100-1700	1100-1700	CLOSED	1100-1600	
Bun-D	CLOSED	CLOSED	CLOSED	CLOSED	
Starbucks	0700-1700	0800-1700	0800-1700	0800-1600	
Subway	1100-1600	1100-1600	CLOSED	1100-1600	
<b>Exchange Mall Services</b>					
GNC	1000-1700	1000-1700	1100-1700	1100-1700	
Blue Line Tactical	1000-1700	CLOSED	CLOSED	CLOSED	
Barber Shop	1000-1700	1000-1700	1100-1700	1100-1700	
Stylique Salon	1000-1700	1000-1700	1100-1700	CLOSED	
Petals and Bloom	1000-1700	1000-1700	CLOSED	CLOSED	
GameStop	1000-1700	1000-1700	1100-1700	1100-1700	
Optometry	0900-1600	0900-1600	CLOSED	CLOSED	
Optical Center	0900-1600	0900-1600	CLOSED	1000-1500	
US Patriot	1000-1700	1100-1700	CLOSED	1000-1700	
Exquisite Framing	1000-1700	CLOSED	CLOSED	CLOSED	
Military Memorabilia	0900-1700	0900-1700	CLOSED	0900-1700	
Out of the Norm	1000-1700	CLOSED	CLOSED	CLOSED	
Quality Auto Performance	1000-1700	1000-1400	CLOSED	CLOSED	
<b>Triple Food Facility Bldg. 1534</b>					
Burger King	1030-2000	1030-2000	1030-2000	1030-1900	
Qdoba	1030-1900	1030-1900	1030-1900	1100-1700	
Arby's	0800-2000	0800-2000	1030-2000	1100-1600	
<b>Exchange Mini Mall Bldg. 1510</b>					
Furniture Store	1100-1800	1100-1700	1100-1600	1100-1700	
Military Clothing Sales (MCS)	0730-1800	1000-1700	CLOSED	1000-1700	
Class Six	0900-2100	0900-2100	1000-1700	0900-2100	
Dry Cleaners	1000-1600	CLOSED	CLOSED	CLOSED	
Barber Shop	1000-1500	1000-1500	CLOSED	1000-1600	
Alterations	1000-1600	CLOSED	CLOSED	CLOSED	
UPS Store	1000-1600	1000-1500	CLOSED	CLOSED	
Durable Medical Equipment (DME)	0900-1700	CLOSED	CLOSED	CLOSED	
Tops and Blues	1100-1400	CLOSED	CLOSED	CLOSED	
All Clear	1000-1500	CLOSED	CLOSED	CLOSED	
TumbleWeeds Gift Shop	CLOSED	CLOSED	CLOSED	CLOSED	
Subway	CLOSED	CLOSED	CLOSED	CLOSED	
Domino's Pizza	1000-2400	1000-2400	1100-2300	1100-2300	
Brisket Bros	1100-1500	CLOSED	CLOSED	CLOSED	
<b>Expresses</b>					
Gate 3 Express Bldg 510	0700-2200	0700-2200	0700-2200	0700-2200	Unattended fuel 24/7
Gate 3 Burger King	1030-1800	1030-1800	1100-1800	1030-1800	
B Street Express Bldg. 900	0700-2100	0800-2100	0800-2000	0800-1800	Unattended fuel 24/7
B Street Subway	0900-1700	1000-1600	1000-1600	1000-1700	
Gate 20 Express Bldg. 3600	0700-1900	0700-1900	1000-1900	1000-1900	Unattended fuel 24/7
Gate 20 Jimmy Johns	1000-1900	1000-1900	1000-1900	1000-1900	
Wilderness Express Bldg. 9478	CLOSED	CLOSED	CLOSED	CLOSED	Unattended fuel 24/7
Wilderness Subway	CLOSED	CLOSED	CLOSED	CLOSED	
Wilderness Hunts Brothers Pizza	CLOSED	CLOSED	CLOSED	CLOSED	
Wilderness Barber Shop	CLOSED	CLOSED	CLOSED	CLOSED	
Wilderness U.S Patriot	CLOSED	CLOSED	CLOSED	CLOSED	
Ivy Express Bldg. 2355	1000-1500	1000-1500	1000-1500	CLOSED	
Ivy Barber Shop	CLOSED	CLOSED	CLOSED	CLOSED	
Ivy Dainty's Kitchen	CLOSED	CLOSED	CLOSED	CLOSED	
Firestone Auto Care Bldg. 1515	0700-1900	0700-1800	0800-1700	0800-1700	
Jimmy Johns Bldg 1515	1030-2200	1030-2200	1030-2200	1030-2200	
<b>Coffee</b>					
Hospital Starbucks Bldg. 7503	0630-1300	CLOSED	CLOSED	CLOSED	
Dunkin Donuts Drive Thru Bldg. 980	CLOSED	CLOSED	CLOSED	CLOSED	
Green Beans Coffee Bldg 1827	CLOSED	CLOSED	CLOSED	CLOSED	
Perfect Java	CLOSED	CLOSED	CLOSED	CLOSED	
<b>Restaurants</b>					
KFC Bldg 1533	1100-1900	1100-1900	1100-1900	1100-1900	DRIVE THRU ONLY
Pizza Hut Bldg 5940	1000-0100	1000-0100	1000-2400	1000-2400	
Dunkin Donuts Bldg 5940	0800-1800	0800-1800	0800-1800	0800-1800	
Baskin Robbins Bldg 5940	1000-1800	1000-1800	1000-1800	1000-1600	



Hours Of Operation  
Shopping  
Wed / Thursday  
9 AM-12:30 PM  
Food Bank  
Monday 9 AM-11 AM  
Tuesday - Thursday  
9 AM-1:00 PM


**\*\* NO \*\***  
**CHILDREN**  
**IN SHOPPING AREA**  
**DUE TO SAFETY / SPACE**

**MASK REQUIRED**



**Warriors Warehouse**  
**Redistribution Center, Inc.**  
redistributioncenter.org

Veteran Shopping Available With Referral



**WARRIORS WAREHOUSE**  
**AND**  
**THE REDISTRIBUTION CENTER, INC.**  
**FORT CARSON**

5769 Wallace Street, Bldg. 1045  
Fort Carson, CO

The Warrior's Warehouse is a redistribution center that supplies soldiers and their families with FREE household items.

Soldiers and their families, E-5 and below, may utilize the warehouse one time per month to obtain new or like new items for their homes.

Each soldier/family is allowed 1 large item (dish sets, small appliances, furniture, etc.) and 4 small items (home decor, sheet sets, kitchen accessories, bath accessories, etc.) PER 30 DAYS.

We also assist with financial hardship and disaster relief.  
\*Note: See your financial NCO or ACS for assistance.

[WW.FTCARSON1045@GMAIL.COM](mailto:WW.FTCARSON1045@GMAIL.COM)

## FREE FOOD GIVEAWAY

**11:00 AM**  
Until food runs out  
**Fridays**  
**Aug 7 & 21    Sept 18**  
**Oct 2 & 16    Nov 6 & 20**  
**Dec 4 & 18**



In collaboration with Care & Share Food Bank for Southern CO and Colorado Springs Food Rescue, Mt. Carmel is providing a drive-thru food distribution every other Friday.



**Mt. Carmel**  
VETERANS SERVICE CENTER  
WELLNESS • TRANSITION • RESOURCES  
**530 Communication Circle**  
**Off 8th Street on West Side**

**Walk-ups Acceptable**  
**No Registration Needed**  
**Everyone Welcome**



**CARE AND SHARE**  
FOOD BANK FOR SOUTHERN COLORADO

**MOBILE FOOD PANTRY**  
**DISTRIBUTION**

— ✕ —

**FREE PRODUCE, BREAD, AND OTHER BONUS TEFAP FOOD!**

**4th Thursday at 9 a.m.**  
**The Independence Center**  
**729 S. Tejon St.**  
**Colorado Springs, CO 80903**

This distribution is for all neighbors in need. TEFAP eligible guests qualify for on-site food that can be received in addition to monthly TEFAP products.

Product will be distributed on first come, first served basis.

[www.careandshare.org](http://www.careandshare.org) | 719.528.1247  
Our contributions are equal opportunities provided.





**Attention Clients:** As our agency continues to respond to the COVID-19 pandemic, we are working to make as many services as possible available virtually and/or by phone. Please note the following:



• **Vital Records** (birth/death certificates) requires appointments. Please visit [elpasocountyhealth.org/service/birth-death-records](http://elpasocountyhealth.org/service/birth-death-records) to schedule a visit.



• **Women, Infants, and Children (WIC)** is currently serving clients and taking new referrals. Please call 719-578-3199, Option 6 to schedule an appointment.



• **Family Planning** is offering limited services by appointment only. Please call (719) 578-3199, Option 1.



• **Immunizations** is offering limited services for children. Please call (719) 578-3294 to schedule an appointment.



• **Environmental Health** has a self-service station outside its office on the second floor, suite 2044. For questions call 719-578-3167 or visit [elpasocountyhealth.org](http://elpasocountyhealth.org).



• **Laboratory** is taking in-person clients for water quality testing and pretrial services.

## Medicare 101



**Medicare 101** Classes are offered at no cost to provide information for people approaching Medicare.

These classes provide an opportunity for older adults to:

- \* Understand the basic Medicare benefits of;
  - Medicare Part A, B, (C), and D
  - Costs and Coverage
  - Enrollment and Coordination
- \* Learn about other insurance options such as
  - Medigaps/Supplements
  - Medicare Advantage Plans
  - Employer Group Plans

**Registration Required**  
[www.ppacg.org/events](http://www.ppacg.org/events)

Previous attendees say;  
 "I didn't realize there were so many options out there";  
 "The speaker was succinct, direct and well educated";  
 "I learned a lot and took away a list of resources to use going forward"

### Webinar Classes

#### PPLD Partnership



PPACG Partners with the Pikes Peak Library District to offer special classes in coordination with their libraries.

August 5, 5:30 PM  
 August 14, 11:00 AM  
 September 10, 5:30 PM  
 September 14, 5:30 PM  
 October 5, 5:30 PM  
 October 13, 1:00 PM

#### Area Agency on Aging



PPACG hosts Medicare 101 classes twice each month.

3rd Monday at 9:00 AM  
 4th Thursday at 5:30 PM

August 17, 9:00 AM  
 August 27, 5:30 PM  
 September 21, 9:00 AM  
 September 24, 5:30 PM

Pikes Peak Area Agency on Aging  
 (719) 421-2096 [www.ppacg.org](http://www.ppacg.org)

## Social Security 101



### "Understanding Your Social Security Benefits"

Classes are offered at no cost to provide information for people approaching retirement.

Sessions cover many of the common retirement questions;

**Registration Required**  
[www.ppacg.org/events](http://www.ppacg.org/events)

- \* Eligibility for retirement
- \* How age affects retirement benefit
- \* How work affects retirement benefit
- \* How non-covered pensions (PERA) can potentially affect your retirement and survivor benefits.

Also discussed:

- \* Spousal benefits
- \* Children's benefits
- \* Survivor benefits
- \* And a brief explanation of Medicare.

**Social Security Administration**  
 Helping you secure today and tomorrow.

Open a my Social Security account today at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount)

### 2020 Class Schedule

#### Webinar

August 24, 4:00-5:30 PM  
 September 28, 4:00-5:30 PM  
 November 9, 4:00-5:30 PM

"Straight forward and to the point"

"Good info, presented in a clear and understandable format"

Presented by Josh Weller, SSA Public Affairs Specialist



Pikes Peak Area Council of Governments  
 Colorado's Leading Agency

Pikes Peak Area Agency on Aging • (719) 421-2096 • [www.ppacg.org](http://www.ppacg.org)



# PATRIOT DAY GIVE BACK

*For Military, Veterans & Family Members*

## SEPTEMBER 4<sup>TH</sup>



<b>FREE</b>	<b>9 AM CHECK-IN</b>
<b>NON-PERISHABLE FOOD</b>	<b>FOR MILITARY, VETERANS</b>
<b>HYGIENE ITEMS</b>	<b>&amp; FAMILY MEMBERS</b>
<b>&amp; MORE!</b>	<b>REGISTRATION REQUIRED</b>
<b>DRIVE-THRU</b>	<b>VETERANSCENTER.ORG</b>

**NORRIS PENROSE UPPER LOT OFF OF MORENO**

**VALID MILITARY ID OR DD214 REQUIRED**

**VETERANSCENTER.ORG 719.309.7000 EVENTRSVP@MTCARMELCENTER.ORG**

EL PASO COUNTY



## TANF Disaster Assistance Program

*(Available due to COVID-19)*

### What is it?

- Emergency funding for those who have a child under the age of 18 and/or are pregnant and/or are the spouse of someone who is pregnant, all residing in the same home.
- The applicant must provide proof that there is a need for assistance as a result of COVID-19.
- All eligibility requirements will be based on household income.

### Who might Qualify?

- An applicant that declares and provides proof that his/her household living expenses are greater than his/her current income as a result of the COVID-19.
- Example: Applicant might be on unpaid leave of absence from work due to COVID-19 & will return to work.
- Applicant has returned to work, but working reduced hours causing the household's income to be reduced.

### What should I know?

- Must be a U.S. Citizen or Lawful Permanent Residents of the United States.
- Must have applied or be applying for Unemployment Insurance Benefits.
- The household's gross income must be under \$75,000 annually.
- Must be (a) attached & have ID will return to work.
- Must have a plan of how your household will stabilize financially after any time aid is provided (if eligible).

### How do I apply?

- Online: <https://coloradopenk.secure.force.com/>
- MyCOBenefits app (available for both iPhone & Android users)

### Is this forever?

- If eligible, this will be one time financial aid for the month in which you applied.
- One time financial aid is dependent upon available funding.



# Join Rachel Hunsell

for her presentation on  
**Finding Joy on the Trail of Grief**  
5 – 5:45 p.m. ET on August 22

at our

## VIRTUAL MILITARY SURVIVOR SEMINAR

from August 21 - 22  
**TAPS.org/seminars/2020/midwest**

**TAPS**



### Northrop Grumman STEM Virtual Learning Series EarthEcho International Expedition: PlasticSeas and Albatross Bolos Dissection

**Thursday, August 27  
10 AM PDT/1 PM EDT**

Have you ever wondered what can happen to plastic when it gets in our oceans? Philippe Cousteau and the EarthEcho International team take us on a journey to Melbourne, Australia and its connection to the global plastic problem in our oceans. Interested to see what impact plastics can have on marine wildlife? We will be dissecting an albatross bolus live on camera. Not sure what a bolus is or why it is important to dissect? Join us and find out!

The target audience is grades 5-8, but all are welcome!



Register [here](#)

For optimal viewing,  
download the Zoom app.

Questions? Email  
[STEMEducation@nps.com](mailto:STEMEducation@nps.com)



**Chick-fil-A** Fountain



## FAMILY CORNHOLE TOURNAMENT

**SATURDAY, AUGUST 29, 10am START**

**FOUNTAIN CREEK REGIONAL PARK**

**Youth Team: 12 years and under: \$10**

**Teen Team: 13-16 years: \$15**

**Adult Team: 16-116 years: \$20**

**\$5 Discount for Friends of EPC Nature Centers and  
Military Families and Veterans with ID**

Masks Required: Social Distancing Rules available upon registration. All prizes provided by Chick-fil-A Fountain. Proceeds go to Friends of El Paso County Nature Centers, a 501c3 that supports environmental education programs.



**Advance Registration Required:**  
[www.elpasocountynaturecenters.com](http://www.elpasocountynaturecenters.com)  
[theresaodello@elpasoco.com](mailto:theresaodello@elpasoco.com) ~ 719-520-6977





COLORADO  
**RUN FOR THE FALLEN**

OVER 300  
**HEROES**

3 DAYS  
100 MILES

**SEPT 11-13, 2020**

VOLUNTEER | RUN | DONATE | ENGAGE

[Colorado.RunForTheFallen.org](http://Colorado.RunForTheFallen.org)









**Register for the 36<sup>th</sup> Annual Army Ten-Miler, Virtual Edition!**  
 Virtual Race Registration Now Open!  
 Register at [www.armytenmiler.com](http://www.armytenmiler.com)

★ [ARMYTENMILER.COM](http://ARMYTENMILER.COM) ★ **#RUN ARMYRUN STRONG** ★ [f](#) [i](#) [t](#) [s](#) **FOLLOW US & SHARE!** ★

Share your inspirational ATM story with us at [usarmy.mcnair.mdw.mbx.armytenmiler@mail.mil](mailto:usarmy.mcnair.mdw.mbx.armytenmiler@mail.mil)

**Co-Lead Sponsors**




**Major Sponsors**










Sponsorship. No Federal Endorsement Implied.

All Race Proceeds Benefit U.S. Army MWR Programs.



# USO Colorado Springs

The USO strengthens America's military service members by keeping them connected to family, home, and country, throughout their service to the nation.

[facebook/uspcoloradosprings](https://facebook.com/uspcoloradosprings)

Center closed: Programs are active,  
Facebook/virtual and drive thru events  
Transitions site closed: Program is active  
[Register@USOPathfinderprogram](mailto:Register@USOPathfinderprogram)



This is the first in many upcoming drive thru pick-ups and virtual interactive programs to help build resiliency and strengthen quality family time.



Story time! Active duty service member reads children's favorite stories via Facebook live every other Wednesday!

## P/S Garrison: Deployed Families and Active Duty, Drive Thru Lunch 21-Aug 2020

Time: 11:30-12:30  
Peterson Chapel drive  
Menu: Texas Roadhouse 10-G  
PDC: Ch. James Fawcett  
MSG Nick Tucker 556-4442



Gary Sinise partnering with USO Colorado Springs to provide lunch or dinners for PAFB deployed families and active duty airmen. Additional events are planned for all Military installations in the Colorado Springs area.

Virtual Coffee Connection is the second Friday every month. Military spouses of all branches meet virtually to connect and build resiliency!



## USO Colorado Springs Contacts

### Director

Sonja Dahmer  
Cell: 571-215-7623  
[sdahmer@uso.org](mailto:sdahmer@uso.org)

### Center Programs and Operations Manager

Katie Barley  
Cell: 571-217-9573  
[kbarley@uso.org](mailto:kbarley@uso.org)



# FREE TUITION PRESCHOOL

FOR  
AGES 0-5



VARIETY  
OF CLASS  
TIMES



SAFE  
QUALITY  
PROGRAMS



65  
LOCATIONS

Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY  
CALL TODAY  
ENROLLING YEAR-ROUND

719-635-1536 | [cpcdheadstart.org](http://cpcdheadstart.org)



# PREESCOLAR GRATUITO

PARA  
EIDADES 0-5



VARIEDAD  
DE HORARIOS  
DE CLASE



PROGRAMAS  
SEGUROS Y DE  
CALIDAD



65  
UBICACIONES



Colorado Preschool Program | Head Start | Early Head Start

EL ÉXITO COMIENZA TEMPRANO  
LLAMA HOY

INSCRIPCIONES DURANTE TODO EL AÑO

719-635-1536 | [cpcdheadstart.org](http://cpcdheadstart.org)





# LOOKING FOR QUALITY CHILD CARE?

There are four ways families can connect:

- 1) Contact a Child Care Navigator by dialing **1-877-338-CARE (2273)**  
Child Care Navigators can assist you in English and Spanish, Monday through Friday, from 8:00 a.m. to 5:00 p.m.
- 2) Chat live with a Child Care Navigator at [unitedwaydenver.org/childcarereferrals](https://unitedwaydenver.org/childcarereferrals)
- 3) Email [childcarereferrals@unitedwaydenver.org](mailto:childcarereferrals@unitedwaydenver.org)
- 4) Find a program online at [coloradoshines.com](https://coloradoshines.com)




**22ND ANNUAL**

# STAND DOWN

**For Colorado's Homeless Veterans**

**15 Sept 2020**  
**1000 -1500 Hours**



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

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

**@317 E Kiowa St Parking Lot of First Baptist Church**

**MORE INFO & RESOURCES: [www.epchvc.org](http://www.epchvc.org)**



Visit the ACS Employment Readiness Program  
at

<https://carson.armymwr.com/programs/employment-readiness>

## FORT CARSON EMPLOYMENT READINESS PROGRAM SEPTEMBER 2020 Prepare for your next job with our virtual classes

**SEPT 1, 8, 15, 22, 29**

Employment  
Readiness  
Orientation  
1:30-2:30PM

**SEPT 9**

Write a Winning  
Resume  
1:30-2:30PM

**SEPT 16**

You're a Priority:  
Federal Employment  
for Military Spouses  
1:30-2:30PM

**SEPT 22**

Federal Resumes  
and USAJobs  
1:30-4:30PM

Registration is Simple & Classes are Provided at No Cost:

- Go to our website & click on the calendar icon at the top of the page
- Find the class & date on the calendar, click on it for details
- Register for the selected class(es)
- One-on-one appointments available for resume reviews or career related inquiries

Registrants will receive login info via email allowing you to join the virtual class.



To register visit: [www.carson.army.mil/acs](http://www.carson.army.mil/acs)

## FORT CARSON EMPLOYMENT READINESS PROGRAM SEPTEMBER 2020 Professional Development Series

**SEPTEMBER 3**

LinkedIn Fundamentals

1:30-2:30PM

Do you have a professional profile on LinkedIn? Do you have a strong brand? Learn how to build your professional brand by understanding it's many features.

**SEPTEMBER 17**

Career Assessments

1:30-2:30PM

Discover your interests, likes and dislikes before setting out on your job search. ERP experts can help you determine what career/job is a good fit for you.

Registration is Simple & Classes are Provided at No Cost:

- Go to our website & click on the calendar icon at the top of the page
- Find the class & date on the calendar, click on it for details
- Register for the selected class(es)

Registrants will receive login info via email allowing you to join the virtual class.



To register, visit:  
[WWW.CARSON.ARMY.MIL/ACS](http://WWW.CARSON.ARMY.MIL/ACS)



**HIRING OUR HEROES**  
U.S. CHAMBER OF COMMERCE FOUNDATION  
MILITARY SPOUSE PROGRAM

# VIRTUAL AMPLIFY

SPONSORED BY:

**REGISTER**

AUGUST 27-28 | 2020

Register: <https://www.hiringourheroes.org/military-spouses/amplify-military-spouse-career-intensives/amplify-application/>





## FORT CARSON EMPLOYMENT READINESS Job Spotlight

Employment Opportunities for Veterans and Spouses  
For Week of August 17 to August 21

**Cheyenne Mountain Zoo**  
Colorado Springs

**PR & Social Media Assistant Manager**  
jkoch@cmzoo.org www.cmzoo.org

**District 11**  
Colorado Springs

**Teachers, Support Staff & Various Positions**  
www.d11.org Search: Careers

**PBS Kids**  
Virtual

**Spanish Language Spec. & Cultural Advisor**  
pbsparentsjob@pbs.org

**Vetjobs.org**  
Virtual

**Project Manager**  
#286829BR mgrantham@vetjobs.org

**Vetjobs.org**  
Virtual

**Sales Specialist**  
#286666BR mgrantham@vetsjobs.org

For more details and job listings  
visit: [www.carson.army.mil/acs](http://www.carson.army.mil/acs)  
search: Employment Readiness



# NOW HIRING CLASS-A DRIVERS



## Excellent Benefits!

- Hourly pay with overtime
- Shift differentials
- Paid orientation period
- Continuous dispatch pay
- Sunday premium pay
- Paid federal holidays
- Local daily per diem pay
- Home two nights a week or more
- Accrue up to 13 sick / 26 vacation days annually
- Assigned trucks and bid routes
- Driver referral program
- Medical and Dental Benefits  
*Available Immediately*
- Supplemental Personal and Dependent Supplemental Life Insurance

**Veterans Incentives**  
Military service may count towards retirement and leave accrual rate

**Tax-Free Shopping**  
Privileges at military exchanges

**Department of Defense Benefits Package:**

- Pension
- 401K
- Tuition reimbursement

*We require a clean driving record, two years of experience, and doubles endorsement.*

*Immediate opportunities available in Dayton, Ohio; Newport News, VA; Waco, TX; Columbus, GA; Tacoma, WA; Riverside, CA; and other locations.*

**Visit:** [www.applymyexchange.com](http://www.applymyexchange.com)



# Virtual Job Fair

August 25th  
2020

9am-2pm

FREE FOR ALL JOB SEEKERS, VETERANS AND FAMILY MEMBERS

Be prepared to interview online with hiring managers and recruiters from top hiring companies. This online chat will connect you directly with organizations from the comfort of your home, office, smartphone or tablet. Our online, cloud-based platform makes it easy and fun for you to participate. After signing in, you will be able to explore the available information and opportunities, and participate in 1-on-1 text-based chats with representatives from participating organizations. Share your background and experience, and get all your questions answered.

Registration Link:

<https://app.brazenconnect.com/a/DeVry/e/4ADED>

Companies Included but not limited to:





IN PARTNERSHIP WITH



**EMPLOYER PANEL**  
FORT CARSON, CO

  
**LOCKHEED MARTIN**





**TRANSITIONING SERVICE MEMBERS & VETERANS**

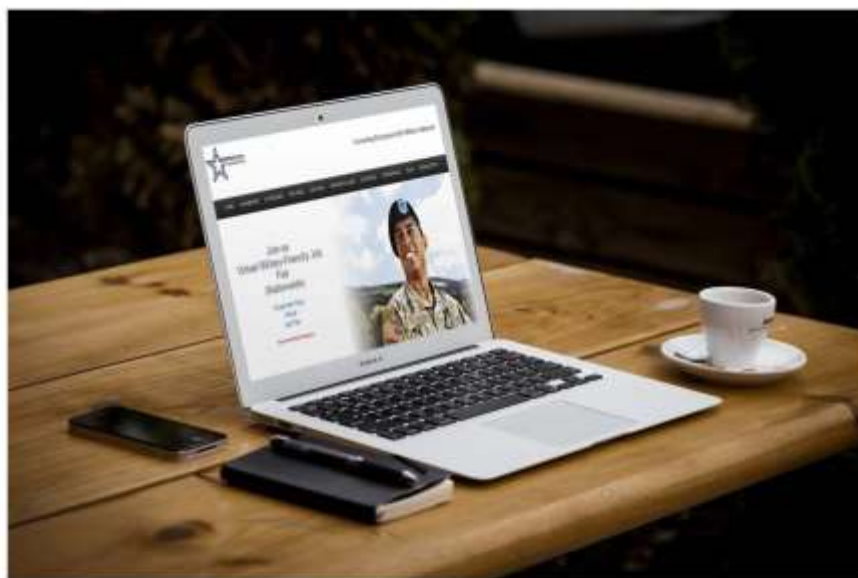
Join NextOp and Colorado Spring's USO virtually for an Employer Panel on Thursday, August 27th. During this panel Amazon, Wells Fargo, and Lockheed Martin will provide information on their current hiring needs. Each company will be answering questions from participants on the following talking points:

- Real-time information on the current job market
- Application and Hiring Processes
- Resume Assistance
- Interview Tips
- Networking Opportunities

**WHEN:** August 27, 2020 – 1300 to 1500 MST  
**WHERE:** Zoom Virtual

Register at <https://carson-employer-panel.eventbrite.com>





## MILITARY-FRIENDLY VIRTUAL JOB FAIR FOR GOVERNMENT AGENCIES

August 27, 2020 \* 10 am - 2 pm (ET)

Meet government agencies - online - at the Corporate Gray VIRTUAL Military-Friendly Job Fair. Registered employers include Defense Nuclear Facilities Safety Board, Federal Deposit Insurance Corporation (FDIC), Military Sealift Command, Transportation Security Administration (TSA), National Oceanic and Atmospheric Administration (NOAA), and others. Especially for transitioning and former military and family members seeking employment. Free and open to all job seekers.

Pre-registration for this event is required.

<https://www.corporategray.com/jobfairs/429>

Sponsored by Corporate Gray, publisher of "The Military-to-Civilian Transition Guide" and "Social Media and Your Job Search." The Department of Defense and the Service Branches do not endorse any company, sponsor, or their products or services.

## Prep Connect 360

Bridging the gap between military & civilian careers

### Free 5-Day Advanced Job Seeker's Workshop For Veterans, Active Duty, Guard/Reserves, & Military Spouses

Date: September 14-18, 2020

Mt Carmel Veterans Service Center  
530 Communication Circle  
Colorado Springs, CO 80905

Time: 8:30 AM – 4:00 PM

Join us for an in-depth, hands-on focus on You & Your Career!  
Small Group Instruction – seats are limited.

**Reserve your seat Today!**

Email your 2 page resume to: [info@prepconnect360.org](mailto:info@prepconnect360.org)

**Workshop Topics:** career assessments, interviewing, career goal development, social media, employer-connections, networking, and more!

*\*NOTE: This is not a resume writing class.*

**Dress:** Business Casual (Mon, Tue, Wed, Fri), Interview Attire (Thursday)

**\*\*Attendees must purchase the book\*\***

**What Color Is Your Parachute?**  
please purchase current edition

By Richard N. Bolles  
(list price \$19.99 at any bookstore)

Based on  
**WHAT COLOR IS YOUR  
PARACHUTE**

**PIKES PEAK  
WORKFORCE CENTER**  
A proud partner of the American Job Center network



**& Exceptional  
Volunteers**

Home Front Military Network





## My Career Advancement Account Helping Spouses Reach Career Goals

The My Career Advancement Account Scholarship is a workforce development program that provides up to \$4,000 of tuition assistance to eligible military spouses. The scholarship assists military spouses in pursuing licenses, certifications or associate degrees necessary to gain employment in an occupation or career field. Spouses may use their My Career Advancement Account Scholarship funds at any academic institution approved for participation in the scholarship.

### Fast Facts

The My Career Advancement Account Scholarship provides a maximum tuition benefit of \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses who need professional credentials to meet their career goals. Annual cap waivers are available for licensure and certificate programs if there is an upfront tuition cost that exceeds \$2,000, up to the maximum education benefit of \$4,000.

### Who is eligible for the My Career Advancement Account Scholarship?

Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who have successfully completed high school and have the ability to request tuition assistance while their military sponsor is on Title 10 military orders are eligible. Spouses married to members of the National Guard and reserves in these same pay grades are eligible.

### Those who are *not* eligible include the following:

- Spouses who are married but legally separated, or under court order or statute of any state or U.S. territory, from a member of the armed forces on Title 10 orders
- Spouses whose National Guard or reserves military sponsor is in a warning orders or alert, post-deployment, demobilization or transition status

### The My Career Advancement Account Scholarship will NOT pay for the following:

- Tuition for courses and examinations not included in the spouse's Education and Training Plan and courses already started or completed by the spouse
- Reimbursements of any kind
- Books, supplies, equipment, uniforms, computers and electronic devices of any kind
- Student activities, events and entertainment
- Prepayment or deposits for future courses, unless costs are part of a block of study

1

For more information, visit <https://mycaa.militaryonesource.mil/mycaa>.

*The My Career Advancement Account Scholarship will NOT pay for the following continued...*

- School or college level entrance examinations, comprehensive exams and related preparatory courses
- Courses, tests or fees normally paid by an employer as part of a job training program
- Fees of any kind, including but not limited to registration fees, technology fees, parking fees, etc.
- Nonacademic credit or ungraded courses, including courses taken on an audit basis or as an internship, practicum, apprenticeship or clinical supervision; also, nonacademic credit or ungraded orientation programs
- Courses taken more than one time, unless the My Career Advancement Account Scholarship has received a full refund from the school
- Academic credit by examination
- General studies, liberal arts and interdisciplinary associate degrees that do not have a concentration
- Personal enrichment courses, excluding academic credit or graded electives in the spouse's Education and Training Plan
- Transportation, lodging, child care and medical services
- Course extensions, except for approved hardship waivers
- Study-abroad programs, excluding programs of study offered by participating My Career Advancement Account Scholarship schools on overseas military installations
- Private licenses. For example, a private pilot's license would not be covered because it is for recreational use, but a commercial pilot's license would be covered because it would be used for an occupation.
- High school completion programs, including online high school completion programs
- Continuing education credits to maintain a standing in a professional organization

The My Career Advancement Account Scholarship program is part of the Department of Defense Spouse Education and Career Opportunities program that offers comprehensive coaching, information, tools and resources to support military spouse career exploration, education, training and licensing, employment readiness and career connections.

### How to establish an account with the My Career Advancement Account Scholarship

Spouses can visit the My Career Advancement Account Scholarship website at <https://mycaa.militaryonesource.mil/mycaa> and provide the required Spouse Profile information. All scholarship participants are required to use DS Logon to access their accounts. Military spouses enrolled in the Defense Enrollment Eligibility Reporting System, or DEERS, are eligible for a DS Logon account. For information about creating a DS Logon premium account, access the 'How do I use DS Logon to create and access My Career Advancement Account?' guide on the 'Resources' page: <https://mycaa.militaryonesource.mil/mycaaresources>

### What about schools and organizations?

Schools interested in participating in the My Career Advancement Account Scholarship program can call 334-517-6160 option 2 for assistance or visit the 'For Institutions' resource page on the My Career Advancement Account Scholarship website at <https://mycaa.militaryonesource.mil/mycaa/school-resources/for-institutions> for program eligibility and participation information.

### Where to get additional information or assistance

 **Contact a SECO career coach by calling Military OneSource at 800-342-9647**

Spouses with an established account with My Career Advancement Account Scholarship may use the Message Box feature to receive information and assistance quickly.

 **Coaches are available**

**Monday through Friday**  
7 a.m. to 10 p.m. ET

**Saturday**  
10 a.m. to 5 p.m. ET





# Fort Carson

## Career Skills Program

### Basic Eligibility:

- Active Duty (AD) and Within 180 days of transitioning from active service
  - Some programs open to Veterans (V), Spouses (S), & Family Members (FM)
- Anticipate fully honorable or under honorable conditions discharge
- No legal or flag actions pending (e.g. ART-15)
- Completed mandatory Transition Assistance Program requirements prior to class start date
- Meet program specific criteria
- Reach out to the staff for CSP Participation Memorandum:
  - Kandi Moore: [kandi.moore.csp@gmail.com](mailto:kandi.moore.csp@gmail.com)
  - Christina Hillard: [christina.hillard.csp@gmail.com](mailto:christina.hillard.csp@gmail.com)
  - Cheryl Flanner: [cheryl.flanner.csp@gmail.com](mailto:cheryl.flanner.csp@gmail.com)

<b>Microsoft</b> EMBRY-RIDDLE AERONAUTICAL UNIVERSITY	<b>18-Week</b> IT Server & Cloud Administration training; or <b>18-Week</b> IT Cloud Applications Developer; guaranteed interviews with Microsoft and/or industry partners.	<b>secure/set</b> ACADEMY	<b>20-week</b> Cybersecurity Training Program & interviews with industry partners.
<b>VA</b> U.S. Department of Veterans Affairs	<b>10 to 32-Week</b> Training in VA Comp Claims with placement at VA Regional Benefits Offices.	<b>Group to Research</b> GROUP TO RESEARCH	<b>28-week</b> "Education Track" K-12 Teaching Certification provided by UCD-ASPRE. Placement in public/private/charter schools across Colorado.
<b>WETA</b> WETA	<b>18-Week</b> Accelerated Training in Pipe-Fitting/Welding; placement in Apprenticeship & employment - over 300 locations.	<b>ABF</b> TEAMSTERS 100 MILITARY	<b>6-Week</b> Intensive CDL training and job placement across the country.
<b>ONWARD</b> TO OPPORTUNITY	<b>20-Week</b> no-cost training and certification in over 30 top-paying career fields and direct connections to over 300 military-friendly employers.	<b>CYBERNETICS</b> CYBERNETICS	<b>18-Week</b> Fellowship that provides management training & local government experience.
<b>HIRING OUR HEROES</b> HIRING OUR HEROES	<b>12-Week</b> Fellowship that provides civilian work experience & professional development.	<b>Ryder</b> Ever better.	<b>12-Week</b> Diesel Technician Training Program with placement at locations across the country.
<b>HBI</b> HBI	<b>12-Week</b> Pre-Apprenticeship Certificate Training in building methods/trades with job placement across the country.	<b>CALIBER COLLISION</b> CALIBER COLLISION	<b>18-Week</b> intensive training program to teach skills required to become an Auto Body Collision Technician with placement across the country.
<b>SMART HEROES</b> SMART HEROES	<b>7-Week</b> course in welding, sheetmetal, HVAC, & general other trainings - Placement at one of the 150 facilities across the country.	<b>Phil Long</b> PHIL LONG	<b>3.5-Week</b> Training & Internship in automotive sales <b>\$2,500/week</b> training & internship in Automotive Mechanics; Placement in Colorado Springs or Denver.
<b>TEXTRON Systems</b> TEXTRON SYSTEMS	<b>6-Week</b> in Aerospace Small Unmanned Aircraft Systems (SUAS) opportunities to operate drones. Must be willing to deploy globally.	<b>AFES</b> AFES	<b>16-week</b> fellowship El Paso County Sheriff's Office in Colorado Springs with various career opportunities.
<b>AAR EMBRY-RIDDLE</b> AERONAUTICAL UNIVERSITY	<b>6-Week</b> training in Aviation Maintenance Technology (AMT) to work in the aerospace industry. Will participate in guaranteed interviews with the industry's leading partners.	<b>AAFES</b> AAFES	<b>11-week</b> in Veteran Retail Management Training (VRMT) program at AAFES. Management placement within a COPUS AAFES location upon completion.

**Individual Internship Opportunities**  
Up to 20 Weeks for total or 120 PTOW days for individual internships, based on Service Member's timeline with vetted and/or approved Employers, and have high likelihood of employment. Must be within 180 days until separation date, and completed STU-TAP requirements.

SPOUSE EDUCATION & CAREER OPPORTUNITIES

## Looking for a New Job? We can help!

The Spouse Education and Career Opportunities program has two new services to strengthen your resume and match you with job openings.

### ON DEMAND RESUME REVIEW

Need a second set of eyes on your resume? Unsure of how to craft the perfect cover letter?

- Email them to [SECOCareerCoach@MySECO.org](mailto:SECOCareerCoach@MySECO.org) along with your career goal or job description.
- Within three business days, a SECO career coach will send you feedback to strengthen your resume and cover letter.
- If you have questions, just email them to your career coach.
- It's easy, convenient and you don't need an appointment.

### JOB SEARCH NAVIGATOR

The SECO Job Search Navigator will review job openings at the more than 440 employers in the Military Spouse Employment Partnership to find positions that best fit your interests and qualifications.

- Your SECO career coach will give your information to the Job Search Navigator.
- Within three to five business days, you will receive a customized list of 10-15 job postings.
- This service does not guarantee employment; it provides strong job leads with MSEP partners.
- Connect with a SECO career coach at 800-342-9647 to take advantage of this new service.

The Spouse Education and Career Opportunities program provides expert education and career guidance to military spouses worldwide. To connect with a SECO career coach, call Military OneSource at 800-342-9647. For more information, visit <https://myseco.militaryonesource.mil>.



Have questions about  
Unemployment?

*We can help!*

PPWFC is providing services  
by appointment only at



1049 N. Academy Blvd  
Colorado Springs CO, 80909



Please call us at 719-667-3700



Or visit [ppwfc.org](http://ppwfc.org)



To schedule your appointment



## QUICK ANSWERS TO YOUR UNEMPLOYMENT INSURANCE QUESTIONS!

Am I eligible for unemployment benefits if:

I work part-time and my employer  
reduced hours to zero for the next 30 days

1

YES

I work for an entertainment  
venue full-time and my  
hours were reduced

2

Yes, if you are  
working fewer than  
32 hours a week.

I tested positive for COVID-19  
and am quarantined for 14 days

3

Pending federal proposal and  
proposed emergency rules.

I have flu-like symptoms  
and my employer asked  
me to self-quarantine

4

Pending federal  
proposal and proposed  
emergency rules.

My employer  
laid off all employees

5

YES

If I work a few hours a  
week, can I still get  
federal and state aid?

6

Yes, if you are  
working fewer than  
32 hours a week.

How long before  
I receive  
unemployment?

7

It may take 2 to 6 weeks to complete  
processing, depending on how many  
employers are part of the claim.

How much does  
unemployment  
pay?

8

Unemployment benefits are approximately  
55 percent of a person's average weekly  
wage over a 12-month time period.