

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



This April we celebrate
**Month of the
Military Child!**



**Taking Care of Our
Military Children**



**MILITARY
ONESOURCE**

8 April 2025

No Fort Carson/ Army Endorsement Implied

Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.

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

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**COMMUNITY
NEWSLETTER**

Community Events Bulletin

Pollution Prevention Newsletter

The Directorate of Public Works (DPW) prepares a quarterly P2 (Pollution Prevention) Times newsletter to assist units and activities stay in environmental compliance with U.S. Army regulations and federal, state and local laws.

The March P2 Times includes articles about preventing material mismanagement. For more information about the programs highlighted in the newsletter, email the DPW pollution prevention coordinator at robert.d.cavanaugh2.civ@army.mil.

[Click here](#) to view the newsletter.

Fort Carson on My Army Post App

Download the free app today on the Apple Store and Google Play for facility hours, phone numbers, locations with driving directions, emergency alerts and more.

Once downloaded, select Fort Carson as your installation and you are ready to start taking advantage of the new app. **NOTE:** Fort Carson is no longer updating the Digital Garrison App.

College Graduation and Recognition Ceremony

If you graduated with a degree from a college or university in the summer of 2024 or will by December 2025, the Fort Carson Education Center would like to celebrate this great accomplishment during a graduation and recognition ceremony June 13 from 2-3 p.m. at McMahon Auditorium.

This celebratory event is open to all members of the Fort Carson community to include service members, Family members, veterans, civilians and contractors. This includes graduates of any college or university who may not have had the chance to walk in a graduation ceremony.

To participate, email paul.r.karczewski.civ@army.mil or call 719-526-2124.

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Community Events Bulletin

Free CPR AED Life Support Training for DA civilians

The Fort Carson Employee Assistance Work-Life Program offers an adult CPR Automated External Defibrillator (AED) life support training at no cost to DA civilian employees March 19. The purpose of the training is to prepare employees to recognize and respond effectively to cardiac, breathing and choking emergencies until advanced emergency services or fire rescue arrives.

Participants who successfully complete the online course and in-person skills testing assessment receive a Certificate in CPR AED life support from the American Red Cross that is good for two years. The training is offered monthly, and class size is limited, so early enrollment is encouraged.

Those interested in acquiring CPR AED certification and the confidence and skills to be able to respond effectively to such emergencies should contact the Fort Carson Employee Assistance Program coordinator, Calvin Lidmark, by email at calvin.n.lidmark.civ@army.mil or call 719-526-2196 for more information or to enroll.

Army Community Service Upcoming Classes

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DATE	CLASS
April 8th	REGISTRATION: Early Bird Softball Tournament
	REGISTRATION: Outdoor Soccer League
	REGISTRATION: Cycling Challenge 2025
	REGISTRATION: Intramural Softball League
	Cooperative Parenting and Divorce Class
	Barre Class
	Infant Massage & Baby Nurturing
	Sponsorship Training
	Healthy Environments
	National Library Week
	Child Support Walk-in's
	MilTax
	Heartbeat
April 9th	Federal Employment Tools
	IDES and SRU Soldiers: SFAC Transition and Medical Ret
	Understanding Your Credit Score
	National Library Week
	Disabling Sickness or Condition: Financial Touchpoint
	Lunch & Bowl
	Sole Parenting Information & Support Group
	Lego Club at Grant Library
	Intramural Pick Up Volleyball

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

Army Community Service Upcoming Classes

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DATE	CLASS
April 10th	Lunch & Bowl
	Financial Touchpoints/Milestones
	Barre Class
	Interview Skills & Techniques
	Toddler Time
	MilTax
	National Library Week
	Story Time at Grant Library
	BOSS: Dungeons & Dragons Adventure League
	Magic: The Gathering with BOSS
April 11th	Play Group
	National Library Week
	EFMP Developmental Screening @ CDC Monarch
April 12th	Annie Get Your Gun
	Grant Library: Escape Room
April 14th	Chatter and Scatter with Exceptional Friends
	WIC Walk-in's
April 15th	Boot Camp for New Moms
	Infant Massage & Baby Nurturing
	Sponsorship Training
	Child Support Walk-in's

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

Army Community Service Upcoming Classes

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DATE	CLASS
April 16th	Navigating USAJOBS
	IDES and SRU Soldiers: SFAC Transition and Medical Reti
	SFRG Informal Funds Custodian Training
	Disabling Sickness or Condition: Financial Touchpoint
	Lunch & Bowl
	Blended Family Parenting
	Intramural Pick Up Volleyball
	BOSS Bowling Nights
April 17th	Lunch & Bowl
	Barre Class
	Federal Resume 101
	Toddler Time
	Story Time at Grant Library
	Destination Europe
	Magic: The Gathering with BOSS
April 18th	EFMP 101
	Play Group
	Homeschool Hangout at Grant Library
April 19th	Spring Steel Shoot
	BOSS: Trap & Skeet Shooting
	Spring At the Library
	BOSS: Switchbacks FC Game

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

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Capt. Smith
Company Commander

QUICK ASSIST PROGRAM

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

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

Capt. Smith
Company Commander

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



QAP PROGRAM OVERVIEW

QAP CAN HELP WITH:

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

WHERE TO BEGIN:

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

LEVELS OF ASSISTANCE:

Requested Amount:	Who to Contact:
Quick Assist Program up to \$2,000	Company commander or first sergeant
up to \$4,000	AER Officers
up to \$5,000	Garrison Commander or Command Sgt. Maj.
over \$5,000	AER Headquarters

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



AER

Click the graphic to connect with Army Emergency Relief

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ARMY EMERGENCY RELIEF

ANNUAL CAMPAIGN MARCH 1 - JUNE 14



**AER CELEBRATES THE U.S. ARMY'S
250 YEARS OF BRAVERY AND SERVICE**

HONORING THE PAST **250** 1775 - 2025 SECURING THE FUTURE



Click the graphic to donate to the 2025
Fort Carson Army Emergency Relief Campaign

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Financial Readiness Program

FY '25 Class Schedule



Financial Strength Budgeting 101

1st Tuesday
9:30am — 11:00am

October 1	April 1
November 5	May 6
December 3	June 3
January 7	July 1
February 4	August 5
March 4	September 2

Understanding Your Credit Score

2nd Wednesday
10:00am — 11:00am

October 9	April 9
November 13	May 14
December 11	June 11
January 8	July 9
February 12	August 13
March 12	September 10

Understanding Your Military Retirement Thrift Savings Plan

1st Thursday
1:00pm — 2:00pm

October 3	April 3
November 7	May 1
December 5	June 5
January 2	July 3
February 6	August 7
March 6	September

Financial Milestone/Touchpoint Disabling Sickness or Condition

Every Wednesday
11:00am

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

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



Click the graphic to connect with our Financial Readiness Program

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TAX TIME

DON'T PAY MONEY

to file taxes. Use the benefits you've earned and file **free** with MilTax from **Military OneSource**: the only software built to account for your MilLife.

Stop by ACS during one of the dates listed to get a live walkthrough on how to use/navigate the MILTAX software.

Tuesday, February 4, 2025	1300	Tuesday, March 11, 2025	1300
Thursday, February 6, 2025	1000	Thursday, March 13, 2025	1000
Tuesday, February 11, 2025	1300	Tuesday, March 18, 2025	1000
Thursday, February 13, 2025	1300	Thursday, March 20, 2025	1300
Tuesday, February 18, 2025	1300	Tuesday, March 25, 2025	1300
Thursday, February 20, 2025	1000	Thursday, March 27, 2025	1000
Tuesday, February 25, 2025	1000	Tuesday, April 1, 2025	1000
Thursday, February 27, 2025	1300	Thursday, April 3, 2025	1000
Tuesday, March 4, 2025	1300	Tuesday, April 8, 2025	1300
Thursday, March 6, 2025	1000	Thursday, April 10, 2025	1000

Questions or Comments:
jeffrey.t.major.civ@army.mil



6303 Wetzel Ave
Building 1526,
Fort Carson, CO
80913

<https://www.militaryonesource.mil/>

MilTax means no cost,
no matter what.



MilTax *LIKE NO OTHER*
FREE TAX SERVICES



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Account for the complexities of MilLife with free tax software and one-on-one help from military tax experts. \$0. No, Really. Backed by the Defense Department and made exclusively for the military community — with MilTax you can: Complete your tax return with specialized software that accounts for the complexities of military life. Connect with a tax pro. File federal and up to three state returns. All for free.

<https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>



VOLUNTEER INCOME TAX ASSISTANCE



VITA provides free tax preparation to individuals and families who have a household income of less than \$64,000.

CALL 2-1-1 TO MAKE AN APPOINTMENT

What to bring to VITA site:

- A photo ID – Required
- Social Security cards (or ITINs) for all family members. Proof of Foreign status if applying for an ITIN. – Required
- All W-2s, 1099s and any other income related documents.
- Proof of mortgage interest, property taxes, daycare payments, charitable contributions and all other tax deductible expenses.
- A copy of last year's return, if available.
- Bank account number and routing number to direct deposit your refund (these numbers can be found on your printed checks).

IRS Free File: Do your taxes for free.

IRS Free File lets qualified taxpayers prepare and file federal income tax returns online using guided tax preparation software. It's safe, easy and no cost to you. Those who don't qualify can still use Free File Fillable Forms. The IRS Free File program is a fast, safe and free way to do your federal tax return online.



The IRS and industry-leading tax software companies deliver the program through the Free File Alliance. This public-private nonprofit organization is dedicated to helping millions of people prepare and e-file their federal taxes for free. The IRS does not endorse any individual partner company.

<https://www.irs.gov/filing/irs-free-file-do-your-taxes-for-free>



Get Ahead Colorado provides easy-to-understand information about tax filing to connect more Coloradans to essential tax credits, such as the Earned Income Tax Credit and the Child Tax Credit. Tax credits can play a pivotal role in improving economic mobility, health, and educational outcomes for Coloradans and their families. Find information about how to file taxes securely and for free at Getaheadcolorado.org and Haciaadelantecolorado.org.

Provides in-person and virtual tax assistance to anyone free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. Tax help is provided in safe environments based on a number of factors, including where you are located, COVID-19 spread, and volunteer availability.

Visit https://www.aarp.org/money/taxes/aarp_taxaide/ for more.



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WIC

IS NOW AT ARMY
COMMUNITY SERVICE



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

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Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

Army Community Service

Portable Class Delivery



Classes on *your time*, in a location of *your choice*, customized to *your needs*.

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)

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EMPLOYMENT READINESS PROGRAM

2025 CLASS SCHEDULE

All classes are offered both in-person and virtually

RESUME ESSENTIALS

Master the art of resume writing and land your dream job with Resume Essentials!

08 Jan 1:30-2:30pm
05 Feb 9:30-10:30am
05 Mar 1:30-2:30pm

02 Apr 9:30-10:30am
07 May 1:30-2:30pm
04 Jun 9:30-10:30am

09 Jan 1:30-2:30pm
06 Feb 9:30-10:30am
06 Mar 1:30-2:30pm
03 Apr 9:30-10:30am
05 May 1:30-2:30pm
05 Jun 9:30-10:30am

Enhance your networking skills and stand out with LinkedIn tips! Professional Headshot included - come dressed to impress and elevate your profile.

LINKEDIN FUNDAMENTALS

FEDERAL EMPLOYMENT TOOLS

Unlock the secrets to landing a federal job with expert tools and guidance!

12 Feb 9:30-10:30am
12 Mar 1:30-2:30pm
04 Apr 9:30-10:30am

14 May 1:30-2:30pm
11 Jun 9:30-10:30am

04 Feb 10:00-11:00am
24 Apr 10:00-11:00am
24 Jul 10:00-11:00am
24 Oct 10:00-11:00am

Build a captivating digital portfolio that highlights your unique talents and skills!

DIGITAL PORTFOLIOS

NAVIGATING USAJOBS

Learn how to navigate USAJOBS and unlock your path to a federal career!

22 Jan 1:30-2:30pm
19 Feb 9:30-10:30am
16 Apr 9:30-10:30am

21 May 1:30-2:30pm
18 Jun 9:30-10:30am

16 Jan 1:30-2:30pm
13 Feb 9:30-10:30am
13 Mar 1:30-2:30pm

15 May 9:30-10:30am
12 Jun 9:30-10:30am

Ace your interview! Sharpen your interviewing skills and techniques to confidently land your next job!

INTERVIEW SKILLS & TECHNIQUES

FEDERAL RESUME 101

Craft a winning federal resume with expert tips in Federal Resume 101!

23 Jan 1:30-2:30pm
20 Feb 9:30-10:30am
20 Mar 1:30-2:30pm

17 Apr 9:30-10:30am
22 May 1:30-2:30pm
17 Jun 9:30-10:30am

Virtual attendance is provided through Microsoft Teams and you will be provided a sign in link after your registration is completed.



719 - 526 - 0452



www.carson.army.mwr.com

Register Early!
Scan the QR Code



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NEED TO TALK?

Military & Family Life Counseling

Military & Family Life Counselors are here to provide help with the stress of military life at no cost.

Call an MFLC at
(719) 526-4590

www.carson.army.mil/acs



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

Visit the MFLC webpage [HERE!](#)

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

To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.

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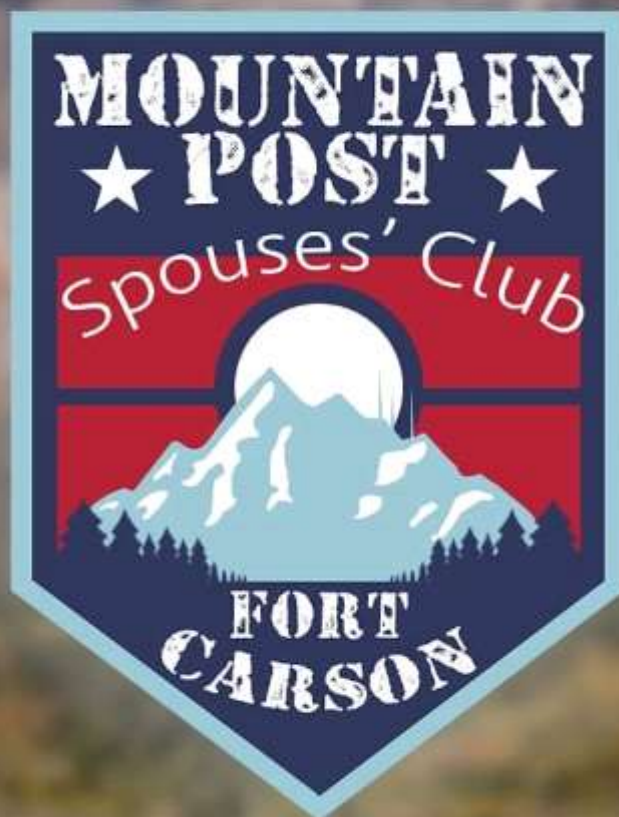


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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



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Food Pantry • Pregnancy Center • Life Skills • Counseling

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

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

719-387-9919

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

If you need food, your in the right place.

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

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

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

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

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

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

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

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

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

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

RIDE UNITED
Last Mile Delivery



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FFC8 FOOD PANTRY

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

WHERE AND WHEN

Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation
follow the school calendar.

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year.

All welcome! Daily from 10:30am - 1:00pm.

To learn more go to CCharitiesCC.org

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PANTRY@CCHARITIESCC.ORG

**NEED FOOD
ASSISTANCE?**

Register for the Marketplace



**Catholic
Charities**
of Central Colorado

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

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

**Check out their Facebook page at:
Catholic Charities of Central Colorado**

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NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

Chaplain Hotline

(719) 291-9619

**A Chaplain is available to you
24 hours a day 7 days a week**

**Chaplains have complete confidentiality
and are here to assist you**



U.S. ARMY CHAPLAIN CORPS
CARING FOR THE SOUL OF THE ARMY



Facebook.com/4IDCarsonRSO

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FORT CARSON RELIGIOUS SERVICES

SUNDAY

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

MONDAY-FRIDAY

Daily Catholic Mass	Provider Chapel	1145
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WEDNESDAY

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

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

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The Fort Carson Samoan service will be on hiatus while the leaders travel to Samoa. Please note the schedule:

October 15: regular worship

October 22-November 12: no service

November 19: return to regular service schedule



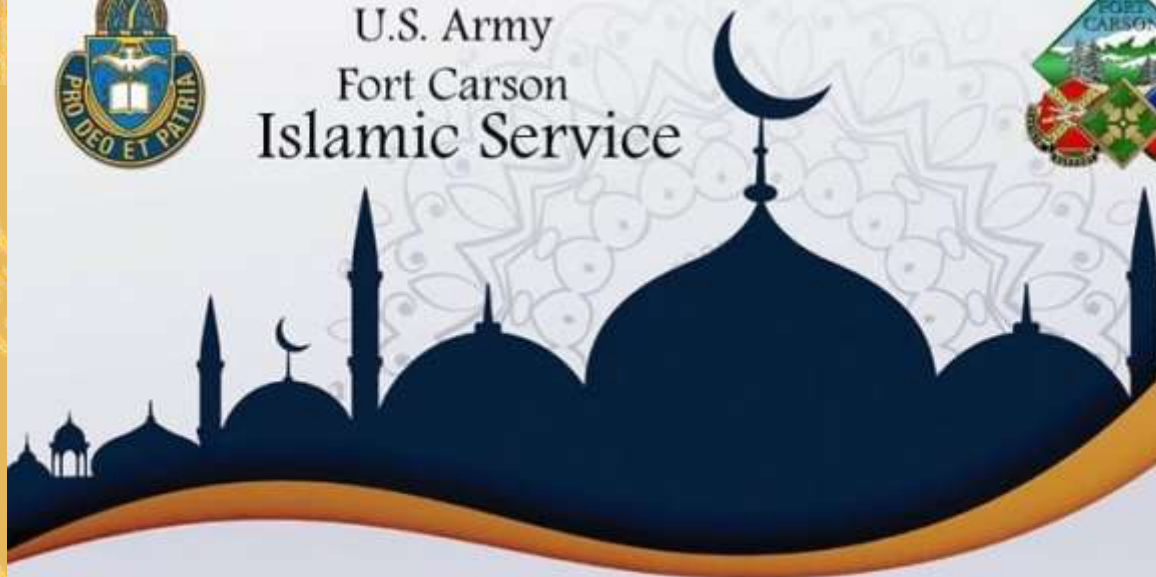
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U.S. Army
Fort Carson
Islamic Service



Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: **Veterans Chapel**

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

Facebook: Fort Carson Muslims

For any question:

Chaplain (CPT) Porter

(304)840-4200

joshua.l.porter20.mil@army.mil

Distinctive Religious Group Leader (DRGL)

SPC Khodeir Mohamed

(951)497-8727

mohamed.h.khodeir.mil@army.mil

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scholarships

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

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

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

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

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

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

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



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BOSS

**Better Opportunities
for Single Soldiers**



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

"Let Your Voice Be Heard"



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

Better Opportunities For Single Soldiers

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APRIL 2025

BOSS Theme Event		Quality of Life	Life Skills	Community Service		Recreation & Leisure	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2 *BOSS Gen Rep Meeting @ BOSS Lounge 1500 *BOSS Bowling Night @ Thunder Alley 1800-2000	3 *Study Board @ BOSS Lounge 1600-1730 *Magic: The Gathering @ BOSS Lounge 1800	4 No DUI Program for 2-4GSAB Ball @ DoubleTree Hotel 1700-2200	5 Ski/Snowboard Trip to Monarch with ODR 0600-1900 Cost \$60	
6	7	8	9 BOSS Senior Council Meeting @ Garrison HQ 1500	10 *Study Board @ BOSS Lounge 1600-1730 *Magic: The Gathering @ BOSS Lounge 1800 *D&D @ BOSS Lounge 1800-2130	11 No DUI Program for 1-68AR Ball @ Antlers Hotel 1730-UTC	12	
13	14	15 *IVY Leader Resource Development Program @ Bldg. 1218, Rm 208 0800-1600 *BOSS Rep Training @ BOSS Lounge 1300-1400	16 *IVY Leader Resource Development Program @ R2 Performance Center 0800-1600 *BOSS Bowling Night @ Thunder Alley 1800-2000	17 *IVY Leader Resource Development Program @ ACS morning and Bldg. 1218 afternoon 0800-1600 *Study Board @ BOSS Lounge 1500-1730 *Magic: The Gathering @ BOSS Lounge 1800	18	19 *Trap & Skeet Shooting Event @ CMSC 0900-1200 *Switchbacks Game 1600-UTC Cost \$15	
20	21	22 Combative PT @ FC Combatives Facility 0630	23	24 *Study Board @ BOSS Lounge 1600-1730 *Magic: The Gathering @ BOSS Lounge 1800 *D&D @ BOSS Lounge 1800-2130	25	26 Esports Tournament with UCCS Marvel Rivals 1300-UTC	
27	28	29	30 BOSS Bowling Night @ Thunder Alley 1800-2000				

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

BOSS Social Media

Sign Up Events

Join BOSS on Discord

Questions?
fortcarsonboss1@gmail.com

BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS

Keep up to date with local events and deals with the



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THUNDER ALLEY BOWLING CENTER



BOSS
BETTER OPPORTUNITIES
FOR SINGLE SERVICE MEMBERS

BOWLING NIGHT



April 2, 16 and 30
6-8 p.m.

Location: Thunder Alley Bowling Center

Open to single Soldiers

Free bowling and shoe rental

Sign up at the BOSS Lounge, through Discord or Google forms.



More Events and Info at
carson.armymwr.com



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



[@carsonmwr](https://www.instagram.com/carsonmwr)
[#CarsonMWR](https://www.instagram.com/CarsonMWR)



BOSS
6391 Chiles Ave, Bldg. 1511
Fort Carson 80902

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

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BOSS

BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS

Board Preparation Class

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

Reservation is required by COB
Wednesday prior to the class.

Best Practices

Study Materials

Mock Boards



For more information
call 719-524-5202

Keep up to date with local events and deals with the



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**On Fort Carson, you can
reach out to the Substance
Use Disorder Clinical Care
(SUDCC) team for help.
719 – 526 – 7663 / 4585**

**Contact ASAP at 719 – 526 – 2727
for Education and Prevention
support**



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

[Employee Assistance Program](#)

[Prevention](#)

[Risk Reduction](#)

[Suicide Prevention](#)

[Drug Testing / Collecting](#)

Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at

usarmy.carson.imcom-central.mbx.dhr-asap@army.mil

Keep up to date with local events and deals with the



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ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

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

These ASAP Specialists are assigned to work with your unit:

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

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

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

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

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

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

Keep up to date with local events and deals with the



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ASAP Location – New Building

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

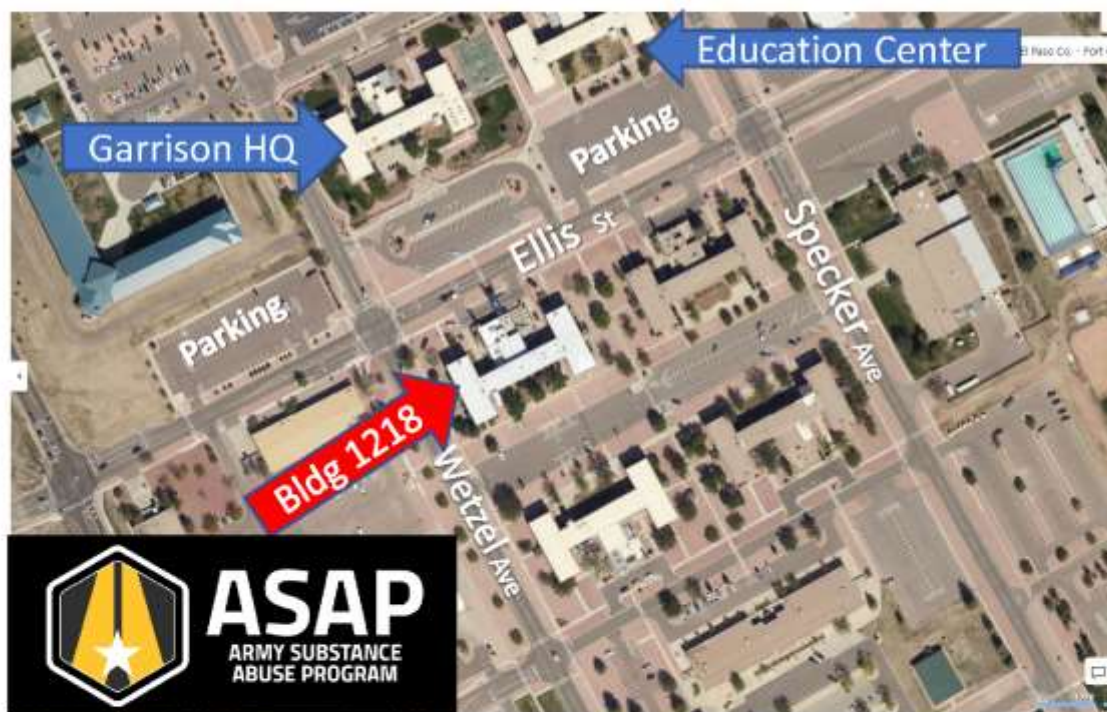
PARKING may be a challenge – plan ahead.

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

Phone numbers will remain the same:

DTCP: 719-526-8407

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



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

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

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

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

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HOW TO HELP SOMEONE IN SUICIDAL CRISIS

- ✓ Be direct. Talk openly and matter-of-factly about suicide.
 - ✓ Be willing to listen. Allow expression of feelings. Accept the feelings.
 - ✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.
 - ✓ Get involved. Become available. Show interest and support.
 - ✓ Offer hope that alternatives are available, but do not offer general reassurance such as "It will get better," or "It could be worse."
 - ✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.
-
- ⊗ Don't dare him/her to do it.
 - ⊗ Don't act shocked. This will put distance between the two of you.
 - ⊗ Don't be sworn to secrecy. Seek help.

Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).

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8 Positive Coping Strategies to Combat Tough Situations

When we are stressed, it may feel like nothing helps. Having effective coping, problem-solving, and communications skills can make a big difference.



1. Seek support from a health care provider, counselor or chaplain.



2. Stay connected. Support from friends and family can improve well-being when facing stress.



3. Practice relaxation methods: Muscle relaxation, breathing exercises, meditation, stretching, yoga, prayer, listening to quiet music, or time in nature.



4. Get good sleep. Poor or insufficient sleep has a significant negative impact on your health.



5. Exercise regularly. Cardio and strength training can reduce stress levels and keep you mission ready.



6. Get involved in passions, hobbies, or activities that you enjoy—for example art can be a positive, creative way to express feelings.



7. Avoid drinking too much or mixing alcohol and medications. It may seem like an easy way to decrease stress, but may create additional problems and actually increase stress.



8. Take a break from the news or social media if those activities cause you stress.

Learn how to **#BeThere** for yourself and others at www.dsps.mil.



#BeThere

For everyday life challenges
MILITARY
ONE SOURCE
800-342-9647
www.MilitaryOneSource.mil

Veterans | **Military**
Crisis Line | **Crisis Line**
1-800-273-8255 **PASS IT ON**

Version: 2019_v1

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Employee Assistance Program

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

Professional Services

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

Resources

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

For more information

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

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Safe Exchange Location

Child Custody Exchange
Online Purchase Exchange



The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police
7227 Christie Street (BLDG 2700)
Fort Carson, Co 80913
Desk Sergeant: (719) 526-6199



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Child Neglect Child Endangerment

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

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

Feeling a bit overwhelmed or need more information?

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



Fort Carson Garrison Policy 8 Home Alone Policy

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



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

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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2700 Christy Street, Fort Carson, CO 80913

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Chain of Command Child Neglect Indicators & Assistance



Indicators for Soldier and House Checks

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

Garrison Policy Letter #8 (Child Supervision)

Newborn – 5 years old:

Can not be left alone for any period.

1st to 3rd grade:

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

4th – 6th grade

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

7th – 8th grade:

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

9th – 12th grade:

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

Babysitter

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

Child

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

Parent

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

Assistance

ACS Family Advocacy (armymwr.com)

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

Parental

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

Financial

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

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



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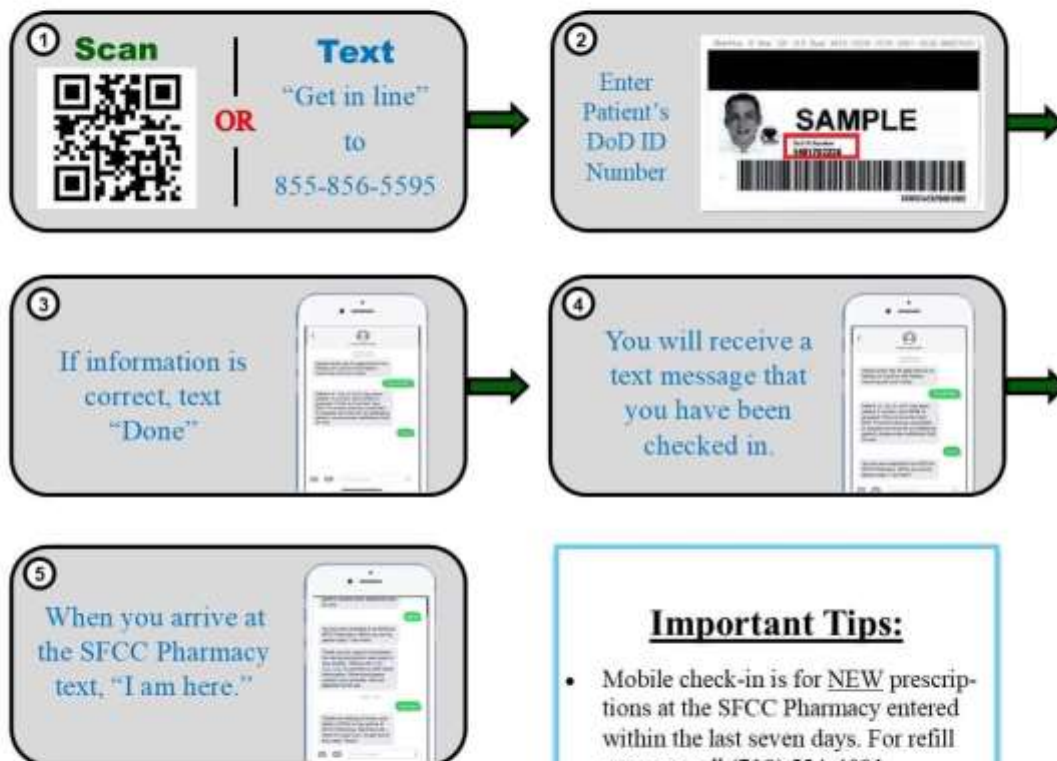


Soldier Family Care Center Pharmacy

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

No Line, No wait Prescriptions!

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



Q-Anywhere Mobile Check-in

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

Important Tips:

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

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COMMUNITY NEWSLETTER



THE COMMUNITY GARDEN

SIGN UP FOR THE 2025 SEASON WILL
OPEN APRIL 1, 2025.



**THE COMMUNITY GARDEN AREA IS ONLY OPEN TO
RESIDENTS THAT HAVE SIGNED UP FOR A GARDEN SPOT.**

RESIDENTS THAT WOULD LIKE TO SIGN UP FOR A GARDEN SPOT OF
THEIR OWN TO CARE FOR FROM APRIL TILL OCTOBER MAY CONTACT
THE EVENTS MANAGER AT (719)499-0707 OR
JHANLON@BBCGRP.COM ON APRIL 1ST 2025.



ALL FCFH AMENITIES ARE FOR CURRENT RESIDENTS



Email: jhanlon@bbcgrp.com

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FORT CARSON FAMILY HOMES RESIDENT

EASTER EGGSTRAVAGANZA

EGG HUNT AT 4:05PM

DJ BEN

FACE PAINTING

PETTING ZOO

POPCORN & COTTON CANDY

FREE

**FRIDAY APRIL 25, 2025
FROM 4PM TO 6PM**

6800 PRUSSMAN BLVD

FORT CARSON FAMILY HOMES EVENTS ARE FOR FCFH
CURRENT RESIDENTS. FOR QUESTIONS CONTACT (719) 499-
0707 OR JHANLON@1BBCGRP.COM.

Fort Carson Family Homes

Keep up to date with local events and deals with the



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moTmC

BANNER MAKING CRAFT



Join Mrs. Jenny for a delicious rootbeer float while creating a banner to decorate the Community Centers, the banner will include your favorite military memories. Your banner piece may be a photo, story or a drawing. The sky is the limit!

When: Saturday 4/12 at 11am at the 6800 Prussman Blvd Community Center



Sign up by emailing jhanlon@bbcgrp.com.

Keep up to date with local events and deals with the



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CHILD, YOUTH & SCHOOL SERVICES

SPRING
SPORTS
2025



REGISTRATION OPEN
FEBRUARY 3–MARCH 7
SEASON RUNS
MARCH 24–MAY 17

TO REGISTER, VISIT:

Parent Central Services at
5939 Ellis St. or Call 719-526-1101 or visit
webtrac.mwr.army.mil/webtrac/carsonCYS.html

CHEERLEADING
Ages 3–18

FLAG FOOTBALL Ages 5–15

SOCCER
Ages 3–18

Ages 3–4 \$30
Ages 5–18 \$65

TENNIS
Ages 5–15 \$75

All sports offered
are subject
to enrollment
numbers and
availability of
competition.



More Events and Info at
carson.armymwr.com



Carson CYSS
CarsonDFMWR



@CarsonMWR
#CarsonMWR



Youth Sports at the Youth Center
6181 Ware St., Bldg. 5950

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FORT CARSON MWR APRIL EVENTS

April 3

- Magic: The Gathering | BOSS

April 4

- Child Abuse Prevention Month Kick-Off: Under the Sea with NPSP | ACS Annex

April 5

- Get on the Bus (GOTB) to Monarch Ski Area | Outdoor Recreation & BOSS

April 9

- Get on the Bus to Monarch Ski Area | Outdoor Recreation

April 10

- Climbing Wall Orientation | Outdoor Recreation
- Magic: The Gathering | BOSS
- Dungeons & Dragons: Adventure League | BOSS

April 12

- Get on the Bus (GOTB) to Breckenridge | Outdoor Recreation
- Backcountry Ski & Snowboarding on Hoosier Pass | Outdoor Recreation
- Escape Room | Grant Library

April 14

- Chatter and Scatter with Exceptional Friends | ACS Annex

April 15

- Purple-Up Day | ACS

April 17

- Magic: The Gathering | BOSS

April 18

- Hop into Gear Sale | Outdoor Recreation
- Coolant/Heating System Workshop | Auto Skills
- Homeschool Hangout | Grant Library

April 19

- Spring in the Garden Rock Climbing | Outdoor Recreation
- Hop into Gear Sale | Outdoor Recreation
- Trap & Skeet Shooting Tournament | BOSS
- Spring at the Library | Grant Library
- Spicy Reads Book Club | Grant Library
- Spring Steel Shoot | Shooting Complex

April 23

- Lead Climbing Orientation | Outdoor Recreation

visit carson.armymwr.com

Fort Carson MWR

Keep up to date with local events and deals with the



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FORT CARSON MWR APRIL EVENTS

April 24

- Magic: The Gathering | BOSS
- Dungeons & Dragons: Adventure League | BOSS

April 26

- Royal Gorge Rim Trail | Outdoor Recreation
- Esports Tournament | BOSS
- Earth Day | Grant Library
- Spring Fest | Red Cloud & Kit Carson Soccer Fields (Behind Ivy RFC)

April 29

- Men's Golf League Season Starts | Golf



visit carson.armymwr.com

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YOUTH SPORTS SUMMER SEASON

2025

REGISTRATION OPENS:

APRIL 7 - MAY 9

SEASON RUNS:

JUNE 2 - AUGUST 2

To Register, visit:

Parent Central Services at 5939 Ellis Street or register online!

ALL SPORTS OFFERED SUBJECT TO ENROLLMENT NUMBERS
AND AVAILABILITY OF COMPETITION.

TRACK

AGES 6-15 | \$65

T-BALL

AGES 3-6 | \$30-\$65

BASEBALL

AGES 7-15 | \$65

SOFTBALL

AGES 7-15 | \$65



visit carson.armymwr.com

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VISIT CARSON.ARMYMWR.COM

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Do you need more time to complete your project?

AUTO SKILLS SUPER SATURDAYS!



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

Keep up to date with local events and deals with the



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**COMMUNITY
NEWSLETTER**

Come Consign Your Crafts

on Fort Carson at

TUMBLEWEEDS AT THE MOUNTAIN POST

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

JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!



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

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

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



TUMBLEWEEDS
AT THE MOUNTAIN POST



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

1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

Tumbleweeds

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TUMBLEWEEDS

AT THE MOUNTAIN POST

CONSIGN YOUR ART

We showcase dozens of local artists works from military affiliated members in our community



VOLUNTEER OPPORTUNITIES

Our shop offers lots of volunteer opportunities, from running the store to teaching classes



AFFORDABLE CLASSES

We strive to offer affordable classes to give back to our community in the best way we know how (through art!)



Our shop offers lots of volunteer opportunities, from running the store to teaching classes

AFFORDABLE CLASSES

We strive to offer affordable classes to give back to our community in the best way we know how (through art!)



SUPPORT YOUR MILITARY COMMUNITY

Our mission is completely military run, from our artists to volunteers, we give our whole hearts into making our shop a welcoming space



ONE STOP SHOP

Since we showcase so many artists in our shop, we have the unique opportunity to offer everything from metal work and jewelry to soaps and fiber art



Keep up to date with local events and deals with the



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USO COLORADO

APR **19**
6-9pm

**80'S PROM MURDER
MYSTERY DATE NIGHT!**



USO Colorado

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USO YOUTH PROGRAMS

NATIONAL UNICORN DAY APRIL 9TH



USO.org/YouthPrograms

USO Colorado

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PASS IT ON COMMUNITY NEWSLETTER



USO VIRTUAL BOOK CLUB

Join USO Colorado for our next book club
Tuesdays at 7:30pm MDT on Zoom



Starting April 16th- May 14th

RSVP: bit.ly/43ChWX2



REGISTER HERE!



USO Colorado

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

COOKING MATTERS[®] AT HOME

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

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



Kids Say Yes to Fruits & Veggies

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



Making Recipes Work For You

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



No More Mealtime Madness

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



Hack Your Snack

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



The Family Kitchen

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



Money-Saver Alert

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



Drink To Your Health

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



Feeding in the First Year

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



Cooking Matters at the Store: Shopping on a Budget

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

Keep up to date with local events and deals with the



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The
**Center for
Relationship
Education**

Have you been looking for a marriage retreat that's no cost to attend? The Center for Relationship Education has scheduled Couple's Workshop and Retreat's for the next year with spaces for military couples to attend free of cost! Slots are limited, register today to attend [HERE!](#)

Responding to Relationships

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

Keep up to date with local events and deals with the



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NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Catholic
Charities
of Central Colorado



Catholic
Charities
of Central Colorado

Family Connections



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



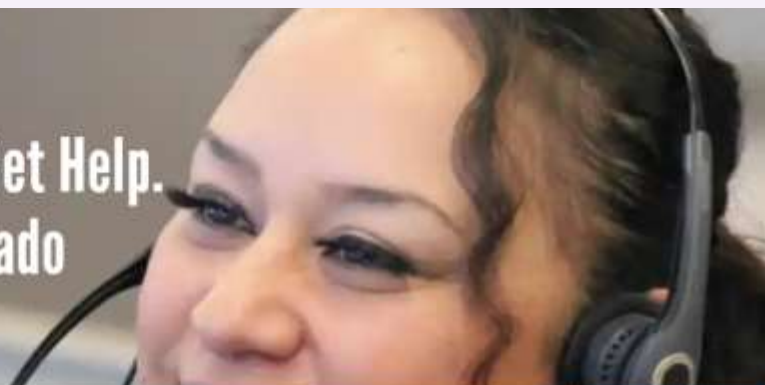
719.578.1222

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



CONNECT TO HELP WITH

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

THOUSANDS OF RESOURCES.
ONE CALL.

2.1.1

Get Connected. Get Help.™

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April is Volunteer Month!

Learn how to volunteer as a
NAMI HelpLine Specialist today!



Fort Carson and the Surrounding Community

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Be Herd Wellness Group

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



Colorado Springs

STABLESTRIDES

HEALTH & HEALING THROUGH HORSES



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Suicide Loss Grief Group

"Understanding your Suicide Grief"

Tuesdays 6pm-730pm
(starting August 29th, 2023)

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



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The Steven A. Cohen
Military Family Clinic
at Red Rock



RESOURCES AND REFRESHMENTS

3RD TUESDAY OF THE MONTH

5:00 PM – 6:00 PM

Military connected and free to attend!

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



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



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The Steven A. Cohen
Military Family Clinic
at Red Rock



MILITARY CONNECTED PLAY FREE

MINI GOLF TUESDAYS

1ST TUESDAY OF EACH MONTH

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

Time: 5:00pm-6:30pm

Questions/RSVP: Abanovz@red-rock.com

Registration is highly encouraged

<http://bit.ly/CohenClinicCOGolf>



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4th Tuesday of the Month

🕒 9am - 11am

Equestrian Tuesdays



Military connected and free to attend!

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

Location:

USAF Academy Equestrian Center 7067
Cottonwood Drive USAFA, Colorado 80840

Reach out to Alex with questions

Abanovz@red-rock.com

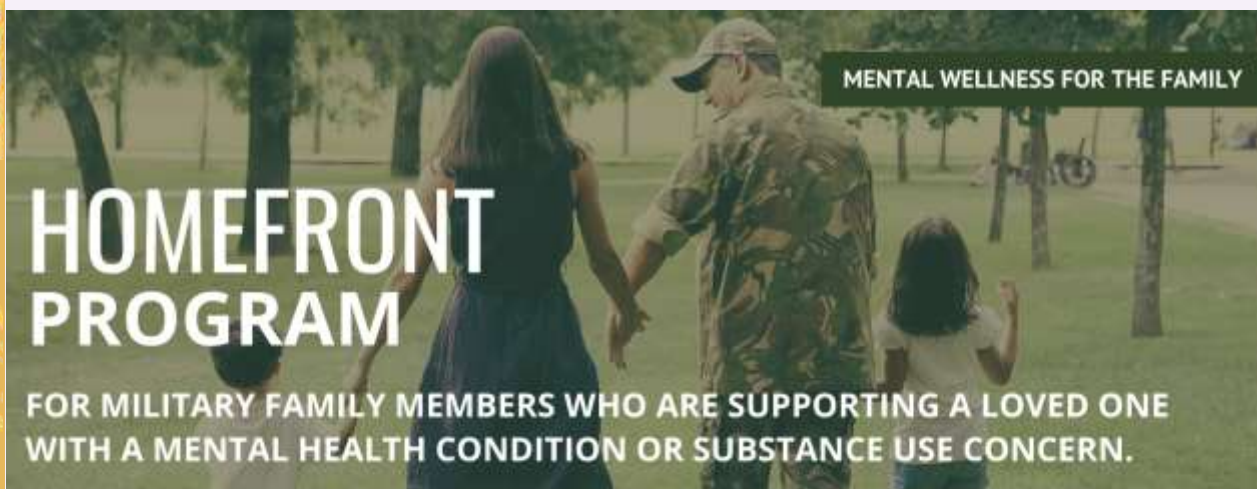
Registration is highly recommended



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

*Exact location/Zoom link provided upon registration

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

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



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



Understand current
research, treatments and
evidence-based therapies



Navigate challenges that
impact and affect the
entire family



Manage a crisis, solve
problems and
communicate effectively

REGISTRATION REQUIRED

To register or find out more information:

namicoloradosprings.org • 719-473-8477 • AngelaSweeten@namicos.org



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



SCAN ME

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

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs



CPCD
giving children a head start

SUCCESS STARTS EARLY
EL ÉXITO COMIENZA TEMPRANO



**FREE
TUITION
PRESCHOOL**
PREESCOLAR GRATUITO



**FOR AGES
BIRTH TO 5**

**PARA EDADES
DE NACIMIENTO
A 5 AÑOS**



CPCDHEADSTART.ORG
719.635.1536

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SURVIVING THE STORM

SUICIDE LOSS GRIEF SUPPORT GROUPS

GROUP BY AGE

.....➔ **ADULT GRIEF GROUP**

Tuesdays 6-7:30pm

*This is a **closed** group that
requires PRE-registration

.....➔ **TEEN GRIEF GROUP**

Wednesdays 6-7:30pm

.....➔ **KIDS GRIEF GROUP**

Fridays 6-7pm

.....➔ **HEARTBEAT SUICIDE LOSS SURVIVOR GROUP**

Fridays 6-7pm

*This is an adult suicide loss grief group

All groups
are
FREE

Snacks
and drinks
provided

Registration
required



www.pikespeaksuicideprevention.org

info@pikespeaksuicideprevention.org



CONTACT US

719-573-7447

704 N Tejon St

Colorado Springs, CO, 80903

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NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

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

BASICS SUPPORT GROUP

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

CONNECTION SUPPORT GROUP

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

FAMILY SUPPORT GROUP

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

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

In-person groups will follow social distancing protocols.

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



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

719.473.8477 | office@namicos.org | namicoloradosprings.org



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