



FORT CARSON • ARMY COMMUNITY SERVICE • PROGRAMS

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

ARMY VOLUNTEER CORPS (AVC)

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

COMMUNITY INFORMATION & REFERRAL PROGRAM (I & R)

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

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

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

EMPLOYMENT READINESS PROGRAM (ERP)

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

FAMILY ADVOCACY PROGRAM

- Parent Classes for parents of children from infants to teens
- Prevention & Relationship Enhancement Program (PREP)
- Relationship Classes
- Resilience Classes

FAMILY ENRICHMENT PROGRAM (FEP)

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

FINANCIAL READINESS PROGRAM (FRP)

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

MARKETING & OUTREACH

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

MOBILIZATION & DEPLOYMENT READINESS PROGRAM (MOB DEP)

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

NEW PARENT SUPPORT PROGRAM

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

RELOCATION READINESS PROGRAM (RELO)

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

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

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

SURVIVOR OUTREACH SERVICES (SOS)

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

VICTIM ADVOCACY PROGRAM

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



EDUCATION • OPPORTUNITY • DISCOVERY

ARMY COMMUNITY SERVICE • COURSE CATALOG

ALL PROGRAMS
OFFERED AT

NO COST!



ACS CENTER

- Army Volunteer Corps (AVC)
- Army Emergency Relief (AER)
- Community Information & Referral (I&R)
- Employment Readiness Program
- Family Enrichment Program
- Financial Readiness Program

SOLDIER & FAMILY ASSISTANCE CENTER

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

- Benefits Counseling
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Military Personnel Services (HR)
- Partner Agencies located inside:

Colorado Department of Labor & Employment (CDLE)
Education and Employment Initiative (E2I)
Operation Warfighter
TAP
Veteran Administration Health Liaisons
Wounded Warrior Project

- Computer Lab
- Donations Management
- Fort Carson and surrounding community information
- Multicultural Support



ACS ANNEX

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

FAMILY NURTURING

Parenting classes and meet-ups, including:

- Baby Nurturing
- Infant Massage
- Nurturing Classes
- Play Group
- Rockin' Grannies
- Toddler Time



SURVIVOR OUTREACH SERVICES

Services for Families of the Fallen, including:

- Benefits Counseling
- Bereavement Referral and Support
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Post Access Support
- Peer-to-Peer Support
- Community Groups meeting at FHFC:

Gold Star Moms
Gold Star Wives
Suicide Bereavement
Kid and Teen Support Groups



1517 Ellis St.
Building 1201

(719) 526-4590

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

1481 Titus Blvd.
Building 7492

(719) 526-0461

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

*New Home to Family
Nurturing Program

(719) 526-0461 / 960-6435
Open during class times only

6990 Mekong St.
Building 6215

(719) 526-2069

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



ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit www.carson.army.mil or call (719) 526-0096. Last Updated: April, 2021

WWW.CARSON.ARMY.MIL/ACS • (719) 526-4590



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

ARMY FAMILY TEAM BUILDING

AFTB: MILITARY KNOWLEDGE (LEVEL K)

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

AFTB: LEADERSHIP DEVELOPMENT (LEVEL L)

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

ARMY VOLUNTEER CORPS (AVC)

NEW VOLUNTEER, VMIS & OPOC TRAINING

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

Last Wednesday of the month

AFTB: PERSONAL GROWTH (LEVEL G)

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

BRIEFER, FACILITATOR AND INSTRUCTOR TRAINING COURSES

This 3-class series improves public speaking, briefing, facilitating, and instruction skills. ACS volunteer instructors are chosen from the Instructor Training Course.

VOLUNTEER OF THE QUARTER

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

ANNUAL AVC EVENTS

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

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP 101

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

EFMP RESPITE CARE

EFMP Respite Care is a temporary rest period for caregivers, providing them the opportunity to rest and rejuvenate with peace of mind, knowing their loved ones will be well cared for. Eligibility criteria apply.

EFMP SCHOOL SUPPORT

If you have a child on an IEP or a 504 Plan, this service is for you! Clearly understanding the basics of the special education process, understanding your rights and responsibilities and those of the education system, and collaborating with educational professionals will help you feel like a true member of your child's IEP team. School support services are tailored to meet your child's individual needs.

MORNING BREW WITH YOUR EFMP CREW!

Join a virtual chat where we will have relevant conversations concerning our EFMP families, current policies, new changes, and community resources, all while enjoying your morning coffee or tea! Discussions topics will be determined by participants' interests.

EFMP & ME

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

SYSTEMS NAVIGATION SERVICES

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

by appointment, call (719) 526-0400

EMPLOYMENT READINESS PROGRAM (ERP)

FEDERAL RESUMES AND USAJOBS.GOV

Searching and applying for federal jobs is a vastly different process than the civilian job search process. ERP will give you the tools to make the most of your federal job search and how to write and tailor your resume to a federal job announcement.

4th Tuesday

PROFESSIONAL DEVELOPMENT SERIES

This series will include workshops with a different focus each month. Topics will include: LinkedIn & Personal Branding, Career Assessments, Business Etiquette and much more!

1st & 3rd Thursday

WRITE A WINNING RESUME

Does your resume tell the whole story? This course will detail how to tailor your resume to fit a specific job posting and examine current resume trends.

2nd Wednesday

3rd Wednesday

PROFESSIONAL DEVELOPMENT AND CAREER EXPLORATION FOR TEENS

ERP invites Mountain Post teens and their parents to join us for workshops guaranteed to launch your teen into a productive future. Workshops will cover: Resume Writing & Completing Applications, Volunteering, Interview Preparation, Scholarships, FAFSA and Q&A with colleges.

Every Summer and Fall, please visit website for specific dates

FAMILY ADVOCACY PROGRAM

5 LOVE LANGUAGES

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

Call (719) 526-0461 for more information

COOPERATIVE PARENTING & DIVORCE

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

2nd Tuesday of the month

MARRIAGE WORKSHOP

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

Call (719) 526-0461 for more information

RESILIENCE CLASSES

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

Call (719) 526-0461 for more information

PARENTING WORKSHOP

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

Call (719) 526-0461 for more information

PREP PREVENTION AND RELATIONSHIP ENHANCEMENT PROGRAM

The Prevention and Relationship Enhancement Program will help you achieve your goals as a couple by building on your current strengths and learning new skills. All couples welcome.

Call (719) 526-0461 for more information

SOLE PARENTING GROUP

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

Call (719) 524-0461 for more information

LAUNCHING HOPE

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

Call (719) 526-0461 for more information

FINANCIAL READINESS PROGRAM (FRP)

BANKING MANAGEMENT

Today's banking tools make managing money easier than ever before. Secure your success by understanding the basics of ATMs, Apps, online banking and much more.

1st Tuesday of the month

FINANCIAL COUNSELING

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

by appointment

1ST TERMERS TRAINING

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

by appointment

THRIFT SAVINGS PLAN CLASS

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

1st & 3rd Thursdays

MOBILIZATION & DEPLOYMENT

CARE TEAM TRAINING

The CARE Team offers short-term assistance to support Families in the gap between notification team and personal support arriving. Training prepares volunteers to help during this time of tragedy or loss.

SFRG TRAINING: FUND CUSTODIAN

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

COMMAND FAMILY READINESS REPRESENTATIVE (CFRR) TRAINING

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

FAMILY OPSEC

Protect your Soldier by protecting the information you know. This is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security guidelines.

VFRG TRAINING

www.armyfrg.org is a secure website for command to share unit, SFRG, and deployment information to soldiers and Family members.

SFRG TRAINING: FOUNDATIONS

This class will serve as an introduction to the Soldier Family Readiness Group (SFRG). Students will review the SFRG mission and determine how leaders can advocate mission readiness.

SFRG TRAINING: KEY CONTACT

Soldier Family Readiness Group (SFRG) Key Contact training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.

REAR DETACHMENT LEADERS COURSE

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

NEW PARENT SUPPORT PROGRAM

BABY ORIENTATION

The NPSP will provide parents who have recently delivered, information on safety and the services offered for new parents.

2nd Tuesday of the month

NURTURING FAMILIES THROUGH PLAY

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

Call (719) 960-6435 for times and dates

HOME VISITS

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

Call (719) 526-0461 for more information

NURTURING

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

Call (719) 960-6435 for times and dates

NOURISH AND NURTURE

Class designed to assist parents in feeding their infants and children up to age 3 years. Monthly topic will cover a variety of subjects: nursing infants, bottle feeding, first foods, picky eaters, ages and stages of development in feeding, and homemade baby foods.

2nd Monday

CENTER ON FATHERING

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

Tuesdays

TOUGH TOPICS

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

Offered Quarterly

NEED TO TALK?

MILITARY FAMILY LIFE COUNSELORS ARE AVAILABLE.

CALL TO SCHEDULE.

(719) 526-4590

RELOCATION READINESS PROGRAM (RELO)

HOMEBUYER'S WORKSHOP

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

4th Wednesday

SPONSORSHIP TRAINING

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

by appointment/portable class, call (719) 526-0466

EVERYDAY ENGLISH

Program for foreign born Spouses and Soldiers. Participants develop basic English skills through conversation and activities.

1st & 3rd Tuesday

WAITING FAMILIES PROGRAM

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

Call (719) 526-0466 for more informaition

BOOT CAMP FOR NEW MOMS

An education and discussion group for moms to share motherhood fears and challenges, practical activities, supporting dad and becoming a great mom. Offered for moms only.

3rd Tues. of the month

BOOT CAMP FOR NEW DADS

An interactive and engaging class that focuses on what it means to become a father, how to care for baby, and how to care for mom. Offered for dads only.

1st Tues. of the month

INFANT MASSAGE & BABY NURTURING

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

Tuesdays

PLAY GROUP

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

Fridays

TODDLER TIME

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

Thursdays

BABY SIGN LANGUAGE BASICS

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

4th Tuesday Every other month

ART AND MOVEMENT

Class designed for ages 18-36 months to support fine, motor and cognitive development skills. Supplies will be provided if needed. Information will be included in the zoom invitation for the date and time to pick up supplies at the ACS Annex.

4th Monday

SI IMMIGRATION TRAINING

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

by appointment/portable class, call (719) 526-1127

DESTINATION OVERSEAS

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

by appointment/portable class, call (719) 526-1053

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

TRANSITION AND MEDICAL RETIREMENT BRIEF

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

Call 719-526-5807 for times and dates.

MEDICAL SEPARATION ORIENTATION BRIEF

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

Call 719-526-5807 for times and dates.

ONE-ON-ONE SUPPORT

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

call (719) 526-5807 for an appointment



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

**for Units & SFRG's on your time at your place.
To schedule go to www.carson.army.mil/acs**

SURVIVOR OUTREACH SERVICES (SOS)

HEARTBEAT

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

Virtually, 2nd & 4th Tuesday

VICTIM ADVOCACY PROGRAM

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

HOW TO HELP A FRIEND

This course will explore the ways a person becomes trapped in an abusive relationship and learn how to safely connect a person to help using on post and off post resources.

For more information call (719) 524-1899

WOMEN'S DOMESTIC VIOLENCE EMPOWERMENT SUPPORT GROUP

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

For more information call (719) 524-1899

LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE

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

Call 719-524-1899 for more information or to schedule a class.

24/7 VICTIM HOTLINE

Call or Text (719) 243-7907

