

Keep up to date with local events and deals with the



# PASS IT ON COMMUNITY NEWSLETTER

## Financial Milestone

### First Child

For most Soldiers, a new child means changes, especially to your finances. Whether you are having a baby, adopting or becoming a stepparent due to a marriage, learn how to organize your finances efficiently and prepare you for the changes that come with your growing family.



SECURING THE  
FINANCIAL  
FRONTLINE



Fort Carson ACS  
(719) 526-4590

# 18 September 2024

*No Fort Carson/ Army Endorsement Implied*

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

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## TABLE OF CONTENTS

- Community Events Bulletin
- ACS Classes & Workshops
- ACS - What's New and Upcoming?
  - AER Quick Assist Program
  - Financial Readiness Classes
  - Retirement and Spouse Appreciation Day
  - Make a Difference Day (MADD)
  - Domestic Violence Awareness Month (DVAM)
  - WIC at ACS
- ACS Portable Class Delivery
- Army Substance Abuse Program
- Better Opportunities for Single Soldiers
- Child & Youth Services
- Employee Assistance Program
- Evans Army Community Hospital
- Fort Carson Family Homes
- Military & Family Life Counseling
- Mountain Post Spouses' Club / Thrift Shop
- Food Resources
- Religious News & Services
- Fort Carson Family Homes
- Morale, Welfare, & Recreation
- Mountain Post Spouses' Club / Thrift Shop
- Department of Emergency Services
- Scholarship News
- Suicide Prevention
- Tumbleweeds
- Fort Carson and the Surrounding Community

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

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## Community Events Bulletin

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### **DFW and civilian suicide prevention-**

The remaining fiscal 2024 Employee Assistance Program mandatory Drug Free Workplace (DFW) and Civilian Suicide Prevention training sessions will be offered in-person at McMahon Auditorium from 1-2:30 p.m. Thursday, Aug. 22, and from 10-11:30 a.m. Monday, Sept. 9; Thursday, Sept. 19; and Tuesday, Sept. 24. Supervisors attending these trainings should self-identify to obtain the required EAP Supervisor Training, guidance and referral resources. Proof of training will be provided following attendance.

---

### **Transitioning from active service within the next two years?**

Did you know that it is a congressionally mandated requirement for you to begin TAP not later than 365 days prior to your anticipated transition? Transitioning service members can begin TAP 18 months prior to ETS or 24 months prior to retirement. Get started now by visiting [www.armytap.army.mil](http://www.armytap.army.mil) to register and complete the self-assessment. Once complete, stop by Fort Carson TAP (building 1218) or call 719-526-1001/1002, Monday-Friday, 7:30 a.m. to 4 p.m. to get scheduled for an initial counseling appointment.

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### **Legal Assistance phone number change:**

The new phone numbers for Fort Carson Legal Assistance office are 719-524-4955 and 719-526-4788.

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## Community Events Bulletin

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### Upcoming Transition Assistance Program (TAP) events-

There will be a combined Hiring Event & Resource Fair Aug. 22nd from 9 a.m. to noon at the Elkhorn Conference Center. There will be over 50 employers and resources in attendance. Stop by to meet with employers and resource representatives to learn more about some exciting opportunities.

The Hiring Our Heroes Career Summit is set for Sept. 10-11. The Summit connects the military community with local, national and remote employment and training opportunities. This two-day event includes military spouse programming, a networking reception, servicemember workshops and panels, and culminates with a hiring fair. Visit [Fort Carson Career Summit \(brazenconnect.com\)](http://FortCarsonCareerSummit.brazenconnect.com) to register and learn more.

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### Education Center Counseling Department training days-

The Fort Carson Education Center Counseling Department staff training days will change to the 1st and 3rd Wednesday of every month, starting Aug. 21. Only the Counseling Department and Reception/Front Desk will be closed from 7:30-10:30 a.m. during this time. All other departments and schools remain available to customers.

---

### Fort Carson on new My Army Post App-

Download 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.

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**Army Community Service Upcoming Classes**

DATE	CLASS
September 14th	<a href="#">Cosmic Bowling</a>
September 16th	<a href="#">WIC Walk-in's</a>
September 17th	<a href="#">Center on Fathering</a>
	<a href="#">Boot Camp for New Moms</a>
	<a href="#">Infant Massage &amp; Baby Nurturing</a>
	<a href="#">Short-and-Sweet IEP Overview</a>
	<a href="#">Child Support Walk-in's</a>
September 18th	<a href="#">IDES and SRU Soldiers: SFAC Transition and Medical Retirement</a>
	<a href="#">SFRG Informal Funds Custodian Training</a>
	<a href="#">Blended Family Parenting</a>
	<a href="#">PCS 101</a>
	<a href="#">Federal Employment Tools</a>
September 19th	<a href="#">Center on Fathering</a>
	<a href="#">Toddler Time</a>
	<a href="#">Destination Europe</a>
	<a href="#">Interview Skills &amp; Techniques</a>
September 20th	<a href="#">EFMP 101</a>
	<a href="#">Play Group</a>
September 21st	<a href="#">2024 All Services Military Retiree / Spouse Appreciation</a>
	<a href="#">Cosmic Bowling</a>
September 23rd	<a href="#">WIC Walk-in's</a>

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

# Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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DATE	CLASS
<b>September 24th</b>	<a href="#">Center on Fathering</a>
	<a href="#">Infant Massage &amp; Baby Nurturing</a>
	<a href="#">Child Support Walk-in's</a>
	<a href="#">Navigating USAJOBS</a>
<b>September 25th</b>	<a href="#">IDES and SRU Soldiers: SFAC Transition and Medical Ret</a>
	<a href="#">Disabling Sickness or Condition: Financial Touchpoint/Mi</a>
	<a href="#">PCS 101</a>
	<a href="#">Homebuyers Workshop (Online - Attend from any location)</a>
	<a href="#">Relationship Preventative Maintenance for Couples &amp; Si</a>
	<a href="#">New Volunteer Orientation, VMIS and OPOC Training</a>
<b>September 26th</b>	<a href="#">Center on Fathering</a>
	<a href="#">Toddler Time</a>
	<a href="#">Home-Based Business Resource Fair</a>
	<a href="#">Federal Resume 101</a>
<b>September 27th</b>	<a href="#">Play Group</a>
<b>September 28th</b>	<a href="#">Chills &amp; Thrills Book Club</a>
	<a href="#">Cosmic Bowling</a>
<b>September 30th</b>	<a href="#">WIC Walk-in's</a>
<b>October 1st</b>	<a href="#">Center on Fathering</a>
	<a href="#">Boot Camp For New Dads</a>
	<a href="#">Infant Massage &amp; Baby Nurturing</a>
	<a href="#">Understanding Your Credit Score</a>
	<a href="#">Child Support Walk-in's</a>

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](http://aerhq.org/assistance) or scan the QR code for more information about this program.



## QAP PROGRAM OVERVIEW

### QAP CAN HELP WITH:

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

### WHERE TO BEGIN:

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

### LEVELS OF ASSISTANCE:

#### Requested Amount: Who to Contact:

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

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



Click the graphic to connect with Army Emergency Relief

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## Understanding Your Credit Score

1st Tuesday  
9:30am — 11:00am

October 3  
November 7  
December 5  
January 2  
February 6  
March 5

April 2  
May 7  
June 4  
July 2  
August 6  
September 3

## Financial Strength Budgeting 101

2nd Wednesday  
10:00am — 11:00am

October 11  
November 8  
December 13  
January 10  
February 14  
March 13

April 10  
May 8  
June 12  
July 10  
August 14  
September 11

## Understanding Your Military Retirement Thrift Savings Plan

1st Thursday  
1:00pm — 2:00pm

October 5  
November 2  
December 7  
January 4  
February 1  
March 7

April 4  
May 2  
June 6  
July 4  
August 1  
September 5

## Financial Milestone/Touchpoint Disabling Sickness or Condition

Every Wednesday  
11:00am

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

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

Click the graphic to connect with our Financial Readiness Program



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## 2024 All Services MILITARY RETIREE/SPOUSE APPRECIATION DAY

*Saturday, Sept. 21  
9 a.m. to 1 p.m.*

*The HUB at Fort Carson  
6371 Specker Ave., Bldg. 1532, Fort Carson, CO 80913*

### *Participating Services*

*Medical Wellness*

*TRICARE*

*Legal Assistance*

*Department of Veterans Affairs*

*ID Card services*

*BENEFEDS*

*AAFES*

*DeCA*

### **2024 All Services Military Retiree / Spouse Appreciation Day**

Fort Carson Retirement Services will hold the 2024 Military Retiree/Spouse Appreciation Day on Sept. 21 from 9 a.m. to 1 p.m. at The HUB on Fort Carson, 6371 Specker Ave., Bldg. 1532.

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## MAKE A DIFFERENCE DAY

Saturday, 19 October 2024  
9:00am - 12:00pm

Volunteers meet:  
Iron Horse Park at 0900

To register:  
Fort Carson Army Volunteer Corps  
719-526-1082

Registration required

OR

Limited on-site registration available

Scan the QR Code

*Children 14 years and younger must be accompanied by an adult to volunteer*



### Projects:

- Iron Horse Park clean-up
- Dog Park projects
- On-post housing village clean-up
- Turkey Creek conservation support
- Storm water drain clean-up
- SOS painting project
- On-post DB school clean-up
- Evans Army Community Hospital projects



## Make a Difference Day

## October 19, 2024

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A large purple awareness ribbon is positioned on the left side of the central panel. To its right, there is a large heart outline filled with a pattern of smaller white hearts. The background is light purple with white plus signs and small heart icons scattered throughout.

**OCTOBER IS  
DOMESTIC VIOLENCE  
AWARENESS MONTH  
(DVAM)**

Join the ACS Victim Advocacy Program  
at the  
Cheyenne Shadows Golf Course on  
October 4, 2024 at 1200  
Resource tables with DV supportive  
agencies available with giveaways to  
bring awareness and to kick-off DVAM  
We hope to see you there!

For more information on upcoming resource tables  
please call: 719-526-0461  
24/7 Domestic Violence Hotline: (719)-243-7907

A smaller version of the Army Community Service (ACS) logo is located in the bottom left corner of the central panel.

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## FORT CARSON EMPLOYMENT READINESS PROGRAM

### July-December 2024 Class Schedule

#### Resume Essentials

02 Jul - 1:30-2:30pm  
07 Aug - 9:30-10:30am  
04 Sep - 1:30-2:30pm  
02 Oct - 9:30-10:30am  
06 Nov - 1:30-2:30pm  
04 Dec - 9:30-10:30am

#### LinkedIn Fundamentals & Professional Headshots

03 Jul - 1:30-2:30pm  
08 Aug - 9:30-10:30am  
05 Sep - 1:30-2:30pm  
03 Oct - 9:30-10:30am  
07 Nov - 1:30-2:30pm  
05 Dec - 9:30-10:30am

#### Federal Employment Tools

17 Jul - 1:30-3:00pm  
14 Aug - 9:30-11:00am  
18 Sep - 1:30-3:00pm  
16 Oct - 9:30-11:00am  
13 Nov - 1:30-3:00pm  
11 Dec - 9:30-11:00am

#### Interview Skills & Techniques

18 Jul - 1:30-2:30pm  
15 Aug - 9:30-10:30am  
19 Sep - 1:30-2:30pm  
17 Oct - 9:30-10:30am  
14 Nov - 1:30-2:30pm  
12 Dec - 9:30-10:30am

#### Navigating USAJOBS

23 Jul - 1:30-2:30pm  
27 Aug - 9:30-10:30am  
24 Sep - 1:30-2:30pm  
29 Oct - 9:30-10:30am  
19 Nov - 1:30-2:30pm  
\* Dec - NO CLASS

#### Federal Resume 101

25 Jul - 1:30-2:30pm  
29 Aug - 9:30-10:30am  
26 Sep - 1:30-2:30pm  
31 Oct - 9:30-10:30am  
21 Nov - 1:30-2:30pm  
\* Dec - NO CLASS

All ERP classes are offered in a blended format.  
You may attend in-person or virtually through the Microsoft Teams platform.  
Register at [www.carson.armymwr.com/calendar](http://www.carson.armymwr.com/calendar) or call 719.526.0452  
\* One-on-one appointments available in lieu of December classes.



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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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**Military and Family Life Counseling (MFLC)**

# 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](http://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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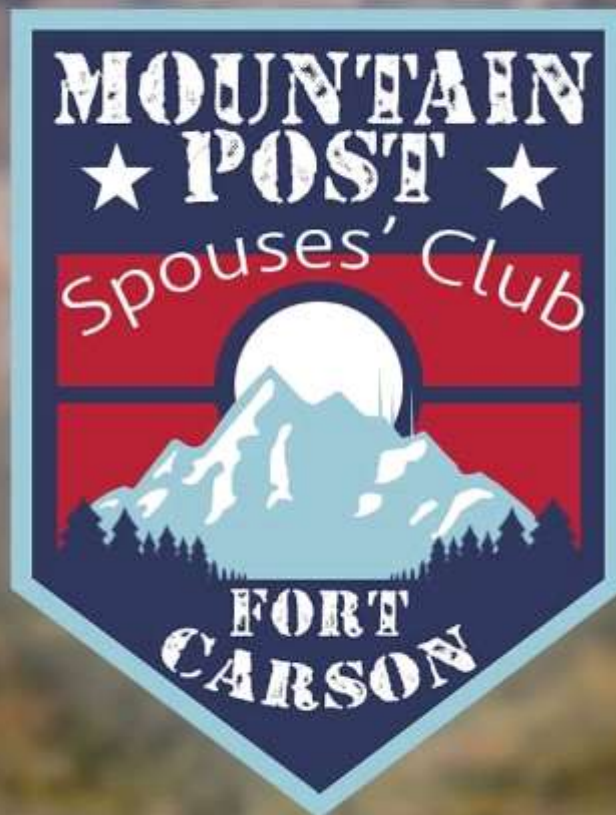


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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





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Food Pantry • Pregnancy Center • Life Skills • Counseling

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

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

719-387-9919

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

## If you need food, your in the right place.

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

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

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

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

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

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

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

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

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

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

Food Resources

**RIDE UNITED**  
*Last Mile Delivery*



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## Food Resources



## FFC8 FOOD PANTRY

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

### WHERE AND WHEN

#### Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

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# We're Glad You're Here!

A Warm Meal Awaits You Inside!



Food Resources

The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year. All welcome! Daily from 10:30am - 1:00pm.

To learn more go to [CCharitiesCC.org](https://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.

Food Resources

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](mailto: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**

Religious News and Services

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## FORT CARSON RELIGIOUS SERVICES

### SUNDAY

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

### MONDAY-FRIDAY

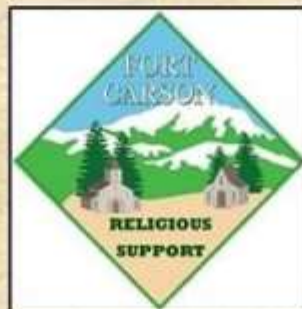
Daily Catholic Mass	Provider Chapel	1145
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### WEDNESDAY

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

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

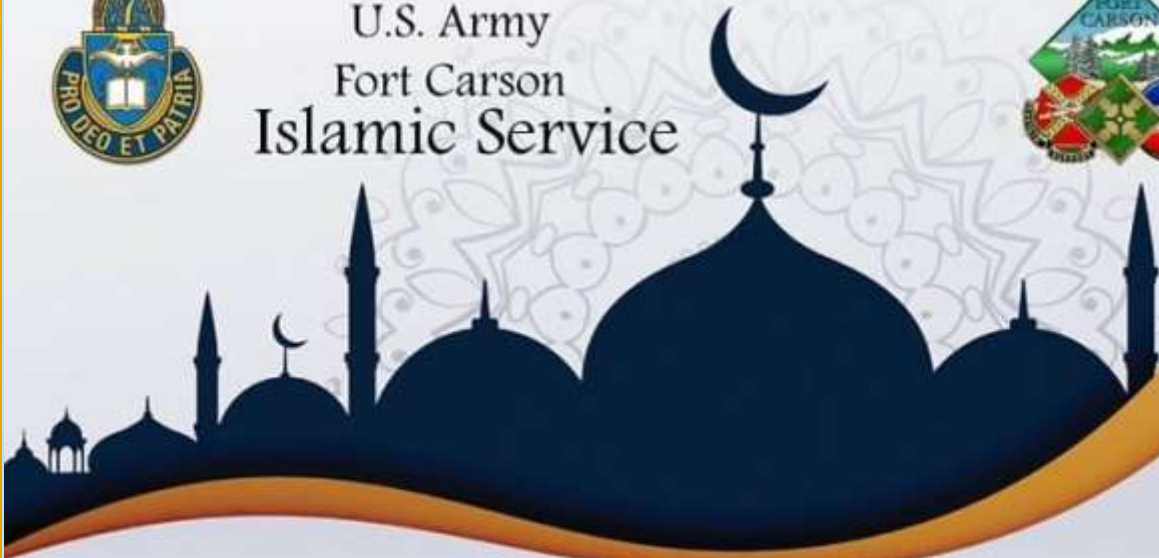
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U.S. Army  
Fort Carson  
Islamic Service



Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: Veterans Chapel

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

Facebook: Fort Carson Muslims

For any question:

Chaplain (CPT) Porter

(304)840-4200

joshua.l.porter20.mil@army.mil

Distinctive Religious Group Leader (DRGL)

SPC Khodeir Mohamed

(951)497-8727

mohamed.h.khodeir.mil@army.mil

Religious News and Services



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# Scholarships

Scholarship News and Information

[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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**Better Opportunities For Single Soldiers**

**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

## September 2024

Major BOSS Event	Quality of Life	Life Skills	Community Service	Recreation & Leisure		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Open Water Scuba Cert @ Blue Hole Lake	2 Open Water Scuba Cert @ Blue Hole Lake	3	4 BOSS General Rep Meeting @ BOSS Lounge @ 1500	5 Study Board @ BOSS Lounge 1600 – 1730 Magic: The Gathering @ BOSS Lounge @ 1800	6 Trip to Bounce Empire 1700-2200	7
8 Horseback Riding @ Broadmoor Stables 1330-1430	9	10	11 BOSS Senior Council Meeting @ Garrison HQ Conference Room @ 1500	12 Study Board @ BOSS Lounge 1600 – 1730 Magic: The Gathering @ BOSS Lounge @ 1800	13	14 Volunteer at the Horticulture Art Society Gardens 1000-1400
15 Paintball @ APC @ 1300	16	17 BOSS Rep Training @ BOSS Lounge 1300-1500	18	19 Study Board @ BOSS Lounge 1600 – 1730 D&D Instruction Class @ BOSS Lounge @ 1800	20	21
22	23	24 Self Defense Class @ Fort Carson Combatives Facility @ 1600	25	26 Study Board @ BOSS Lounge 1600 – 1730 D&D Adventure League @ BOSS Lounge @ 1800	27	28 Volunteer at Habitat for Humanity ReStore 1000-1400
29	30					

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

**Boss Social Media**



**Questions?**  
SGT Lipscomb BOSS President  
[serenity.n.lipscomb.mil@army.mil](mailto:serenity.n.lipscomb.mil@army.mil)  
CPL Lane BOSS Vice President  
[isabella.d.lane.mil@army.mil](mailto:isabella.d.lane.mil@army.mil)

**Join BOSS on Discord**



**BETTER OPPORTUNITIES FOR SINGLE SOLDIERS**

Keep up to date with local events and deals with the



# PASS IT ON

## COMMUNITY NEWSLETTER

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Better Opportunities For Single Soldiers

*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



Army Community Service  
Available solutions for successful Army Leaders



Like our Facebook Page  
@armycommunityservice



Follow us on Instagram  
@armycommunityservice



Follow us on Twitter  
@armycommunityservice



For more information  
call 719-524-5202

Keep up to date with local events and deals with the



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Better Opportunities For Single Soldiers



**BOSS**  
BETTER OPPORTUNITIES  
FOR SINGLE SOLDIERS



# DUNGEONS & DRAGONS

## INSTRUCTION CLASS

SEP. 19 | 6 P.M. | BOSS LOUNGE

SIGN UP AT THE BOSS LOUNGE,  
DISCORD OR GOOGLE FORMS BY SEPTEMBER 17

LEARN HOW TO PLAY OR BECOME MORE  
SKILLED WITH DUNGEONS & DRAGONS.

More Events and Info at  
[carsonarmymwr.com](http://carsonarmymwr.com)

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

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

BOSS  
6391 Chilee Ave, Bldg. 1511  
Fort Carson 80913

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

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Better Opportunities For Single Soldiers

  
**BOSS**  
BETTER OPPORTUNITIES  
FOR SINGLE SOLDIERS



# DUNGEONS & DRAGONS

## ADVENTURE LEAGUE

SEP. 26 | 6 P.M. | BOSS LOUNGE

SIGN UP AT THE BOSS LOUNGE,  
DISCORD OR GOOGLE FORMS

 More Events and Info at [carson.armymwr.com](http://carson.armymwr.com) |  Find us on Social Media [@CarsonMWR](https://www.facebook.com/CarsonMWR) |  [@CarsonMWR](https://www.instagram.com/CarsonMWR) |  BOSS  
6391 Chiles Ave, Bldg. 1511  
Fort Carson 80913

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# HABITAT FOR HUMANITY ReStore

Sept. 28 | 10 a.m.-2 p.m. | Sign up at BOSS By Sept. 25  
At Wahsatch



## We need 10 Volunteers!



Miss Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media @CarsonOfMWR



CarsonArmy @CarsonOfMWR



BOSS 4391 Ridge Ave, Bldg 1611 Fort Carson 80913



Visit [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM) for more information

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Better Opportunities For Single Soldiers

# BOSS SELF DEFENSE CLASS

At Fort Carson  
Combatives Facility



**SEPT. 24**  
4 p.m.



Sign up at BOSS Lounge,  
Discord or Google forms  
By Sept. 19

**Open to 20 Single Soldiers!**



Army Events and life at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



BOSS  
6391 Chis Ave, Bldg. 1511  
Fort Carson 80913



Visit [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM) for more information

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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](mailto:usarmy.carson.imcom-central.mbx.dhr-asap@army.mil)

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**Fort Carson Army Substance Abuse Program**



**ASAP**  
ARMY SUBSTANCE  
ABUSE PROGRAM

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

**These ASAP Specialists are assigned to work with your unit:**

1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil
2SBCT NORTHCOM SMDC	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil
3 <sup>rd</sup> 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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**Fort Carson Army Substance Abuse Program**

### ASAP Location – New Building

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

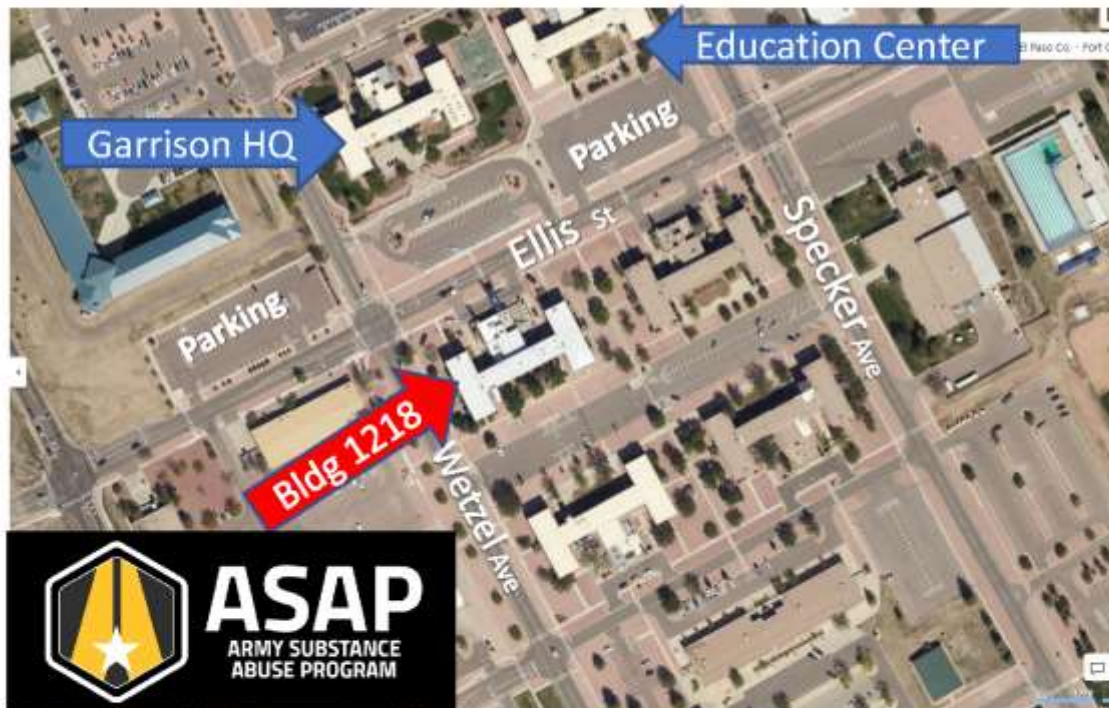
PARKING may be a challenge – plan ahead.

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

Phone numbers will remain the same:

DTCP: 719-526-8407

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



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

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## Fort Carson Army Substance Abuse Program

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

<b>Unit Prevention Leader (UPL) Course</b> This class will prepare SGTs and up to perform UPL duties.	3 Day course
<b>Alcohol and Drug Abuse Prevention Training (ADAPT)</b> This mandatory class is for Soldiers identified with a positive UA or alcohol related incident	12 hour course
<b>Commander's Risk Reduction Toolkit (CRRT) training</b> An overview of the features of this web-based high risk behavior reporting tool	30 minute course
<b>Unit Risk Inventories (URI)</b> A 52 question, anonymous survey. Gives leaders a snapshot of Soldier perceptions	30 minute survey
<b>Applied Suicide Intervention Skills Training (ASIST)</b> Class for gatekeepers in identifying and reacting to suicidal thoughts and behaviors in others	2 day class
<b>DUI Prevention training</b> Standard briefing about the consequences and ways to avoid a DUI charge	Flexible
<b>Responsible alcohol use training</b> Basic knowledge of drinking behaviors	Flexible
<b>Substance specific training</b> Can be tailored to address a specific substance issue	Flexible
<b>Mock Barracks Drug ID room</b> 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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**The 988 Suicide & Crisis Lifeline is available for your support!**



If you or someone you know needs support now, call or text 988  
or chat [988lifeline.org](https://988lifeline.org)

**[CLICK HERE TO CHAT WITH 988](#)**

**Suicide Prevention**

Keep up to date with local events and deals with the



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## Pikes Peak Suicide Prevention



### Suicide Support

***Suicide*** – a leading cause of death in the state of Colorado – a stark reality that we can work together to change. Pikes Peak Suicide Prevention Partnership has served the Pikes Peak Region since 1993, providing free suicide prevention resources and support services to increase awareness, provide education, and connect individuals and organizations to needed resources. Suicide can be prevented by increasing protective factors and decreasing risk factors. One really important protective factor we can all work on each day is creating connections with one another. Each month, PPSPP puts out a Connections Calendar full of community events where connections can be made, or strengthened, through spending time together doing something fun!

**[CHECK OUT THE CONNECTIONS CALENDER HERE](#)**

Suicide Prevention

Keep up to date with local events and deals with the



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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](mailto: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





Keep up to date with local events and deals with the



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Department of Emergency Services



## 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](http://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



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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



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

### Garrison Policy Letter #8 (Child Supervision)

#### Newborn – 5 years old:

Can not be left alone for any period.

#### 1<sup>st</sup> to 3<sup>rd</sup> 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.

#### 4<sup>th</sup> – 6<sup>th</sup> grade

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

#### 7<sup>th</sup> – 8<sup>th</sup> 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.

#### 9<sup>th</sup> – 12<sup>th</sup> 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/ITCPD>  
2700 Chivly Street, Fort Carson, CO 80913



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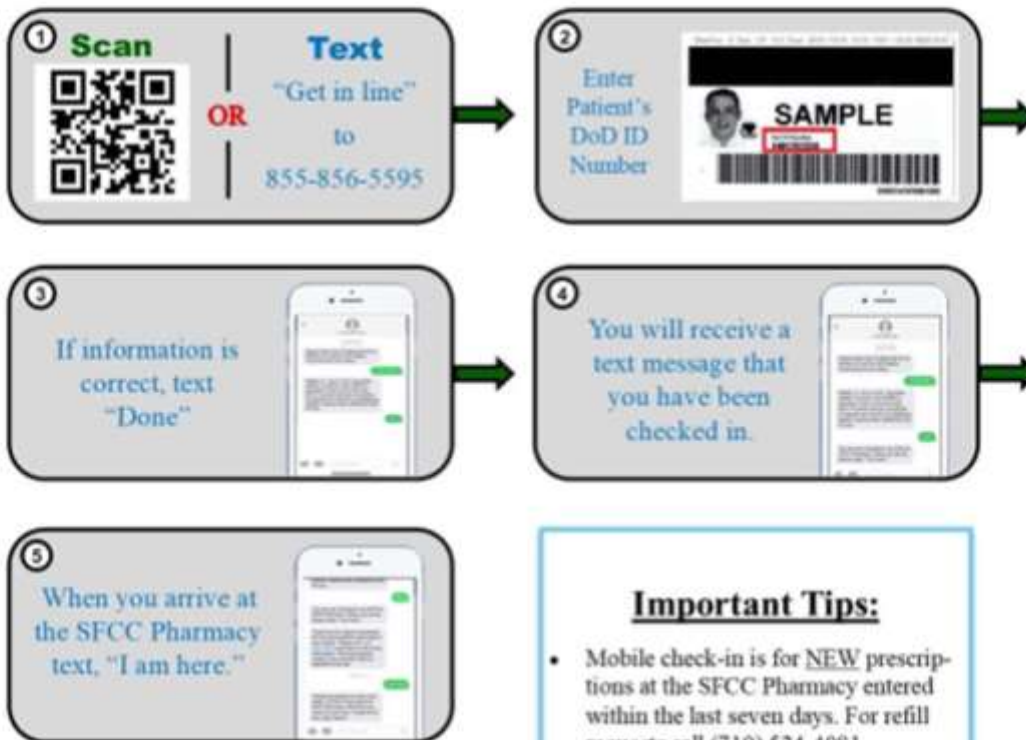


## Soldier Family Care Center Pharmacy

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



#### Important Tips:

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

#### Q-Anywhere Mobile Check-in

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

# Fort Carson Family Homes

Keep up to date with local events and deals with the



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# September

800 People Think December is a hidden gem of the year! The 7th person to find the answer with their address in (719)499-0707 wins!

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Village Spotlight Chippewa</b> 1</p>	<p><b>LABOR DAY!</b> CLOSED 2</p>		<p><small>Sold by the 7190 building for a lot and a raffle ticket on Thursday 9/5 starting at 2:30pm while supplies last.</small> 4</p>	<p><b>National Cheese Pizza Day and Raffle</b> 5</p>	<p><b>The National Pizza Day Raffle winner will be announced 6 at 9am today.</b> 6</p>	<p><b>Post Wide YARD-SALE</b> 7</p>
<p><small>All YOM winners this week will be entered into a raffle for a fun prize that will be announced at 5pm on Friday the 13th!</small> 8</p>	<p><b>Happy Birthday</b> 9</p>	<p><b>YOM SEARCH</b> 10</p>		<p><b>Grand Opening Apache Volleyball 20 Court</b> 11</p>	<p><b>Final 2024 YOM winners</b> 12</p>	<p><b>Post Wide YARD-SALE</b> 13</p>
<p><b>Post Wide YARD-SALE</b> 15</p>	<p><b>Maintenance Monday</b> 16</p>	<p><small>Popcorn at 6800 Pecosman Blvd starting at 2:30pm</small> 17</p>	<p><small>Popcorn at 6800 Pecosman Blvd starting at 2:30pm</small> 18</p>		<p><b>Ladies Game night</b> 27</p>	<p><b>Cooking With The Kiddos</b> 28</p>
<p><b>hello FALL</b> 22</p>	<p><b>Maintenance Monday</b> 23</p>	<p><small>Popcorn at 6800 Pecosman Blvd starting at 2:30pm</small> 24</p>	<p>25</p>	<p>26</p>	<p><b>At 6pm at 6800</b> 29</p>	<p><b>At 6pm at 6800</b> 30</p>
	<p> </p>	<p><i>Fort Carson Family Homes Loves Raffleing Off Prizes!</i></p>				

Please include your on post address with all sign ups and raffles! For questions or concerns please do not hesitate to contact Jennylee Hanlon at jhanlon@bbcgrp.com or (719)499-0707.

Keep up to date with local events and deals with the



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**RESIDENT APPRECIATION WEEK**

# FESTIVAL **Flannel**

*&* **AUTUMN  
EXTRAVAGANZA**

**DJ BEN-FOOD-FUN-  
PUMPKINS-PETTING ZOO  
OCTOBER 11TH  
4PM TO 6PM**

**6800 PRUSSMAN BLVD  
COMMUNITY CENTER**

**PRIZE RAFFLE FOR  
FLANNEL WEARERS**

EMAIL: [JHANLON@BBCGRP.COM](mailto:JHANLON@BBCGRP.COM)  
OR (719)499-0707 FOR QUESTIONS

**Fort Carson Family Homes**



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# Fort Carson Family Homes


**Celebrate With FCFH**  
*Amenity Spotlight*

What to expect: Bubbles and Balloons



FCFH will Raffle Off Fun Items for residents that attend at 4:45pm.

Stop by for a slice of pizza.



**OUR NEW SPACE IN CHEYENNE VILLAGE**

**When:** *Wednesday*  
*8/21 at 4pm*

**Where:** *Cheyenne Village off of Attu Dr. Between Cheyenne Village and Kiowa Village*

Keep up to date with local events and deals with the



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

**PLUS**

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



**Commissary Privileges to ALL **CYS** staff**

**CURRENTLY HIRING**

**At \$16.70/hr to start**

**\$17.70/hr after 6 months**

**\$18.91/hr after 1 year**

Scan Here



**Questions? Call 719-526-1101**

**Fort Carson Child & Youth Services**



Keep up to date with local events and deals with the



**PASS IT ON** COMMUNITY NEWSLETTER

Fort Carson Child & Youth Services



# Babysitter's Course

- Youth will learn the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.
- Youth will also be Red Cross certified in CPR and First Aid.

**Who:** 13-18 year olds (12 & in Middle School is ok)

**When:** 1st Saturday every month (0830-1700)

**Where:** Fort Carson Youth Center

**TO REGISTER:**

Parent Central Services — 719-526-1101

Youth Center — 719-526-2680

(class size limited to 15)



Keep up to date with local events and deals with the



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# GRANT LIBRARY SEPTEMBER CALENDAR

FOR MORE INFORMATION AND TO MAKE RESERVATIONS  
PLEASE CONTACT US AT (719) 526-2350/2842

## SPECIAL EVENTS

**Sept. 14: Books, Bowling & Buns New Kids Book Club**

Meet at Thunder Alley to bowl, discuss the book, and eat!

Book pickup at Grant Library; \$15 registration paid at the event.

**Sept. 19: 10:30-11:30 a.m. Spanish Storytime**

Featuring a guest reader.

**Sept. 20: 2-3 p.m. Homeschool Hangout**

**Sept. 21: 11 a.m.-12 p.m. Cooking With Kids**

Led by Chef Briggidy. LIMITED SLOTS; registration is required.

**Sept. 28: 2-3 p.m. Chills & Thrills Book Club**

This month's title is *Like Mother, Like Daughter* (adults advised)



**VISIT [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM)**

**Fort Carson MWR**

Keep up to date with local events and deals with the



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## LAUNCH YOUR HOME-BASED BUSINESS WITH CONFIDENCE!

Join Us for a Comprehensive Guide on Operating Your Home-Based Business at Fort Carson



**SEPT. 26 | 10 a.m. - 1 p.m.**

*Located at: Army Community Service Center*

**Learn the Dos and Don'ts:** Understand the approval process and get tips for success.

**Get On-the-Spot Approvals:** Obtain necessary approvals from key directorates.

**Meet Key Agencies:** Connect with the Small Business Administration (SBA) and other resources.

**Access Valuable Tools:** Discover resources and tools from non-profit organizations to support your business.

**Don't Miss Out! Mark Your Calendar and Get Ready to Elevate Your Business!**



Contact us at : (719) 526-0452

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

Fort Carson MWR

Keep up to date with local events and deals with the



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🍁 Join us at Fall Fest for lots of fun including stilt walkers, fire poi spinners, German dance groups, and FREE PUMPKINS!

📅 October 5  
🕒 12 to 4 p.m.  
📍 Iron Horse Park.

👛 Get your bounce house wristbands for Fall Fest:  
\$10 early bird sale from now until October 4  
\$15 on the day of the event, October 5

👉 Come into Outdoor Recreation Complex, 7093 Specker Ave, BLDG 2429, to buy your wristband today!

**FALL FEST**  
IRON HORSE PARK

**VISIT [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM)**

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# CHILLS & THRILLS BOOK CLUB



Sep. 28 | Book of Choice: *Like Mother, Like Daughter*

Oct. 19 | Book of Choice: *A House with Good Bones*

Nov. 20 | Book of Choice: *You Will Never Be Me*

Meetings: 2 - 3 p.m.

For more information, call (719) 526-2350.

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

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# TRICK OR TROT 5K OR 1 MILE FUN RUN/WALK



VISIT [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM)

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# Movement & Mobility Group Exercise Class

Ivy Fitness Center  
Room 203

Mondays  
9 - 10 a.m.

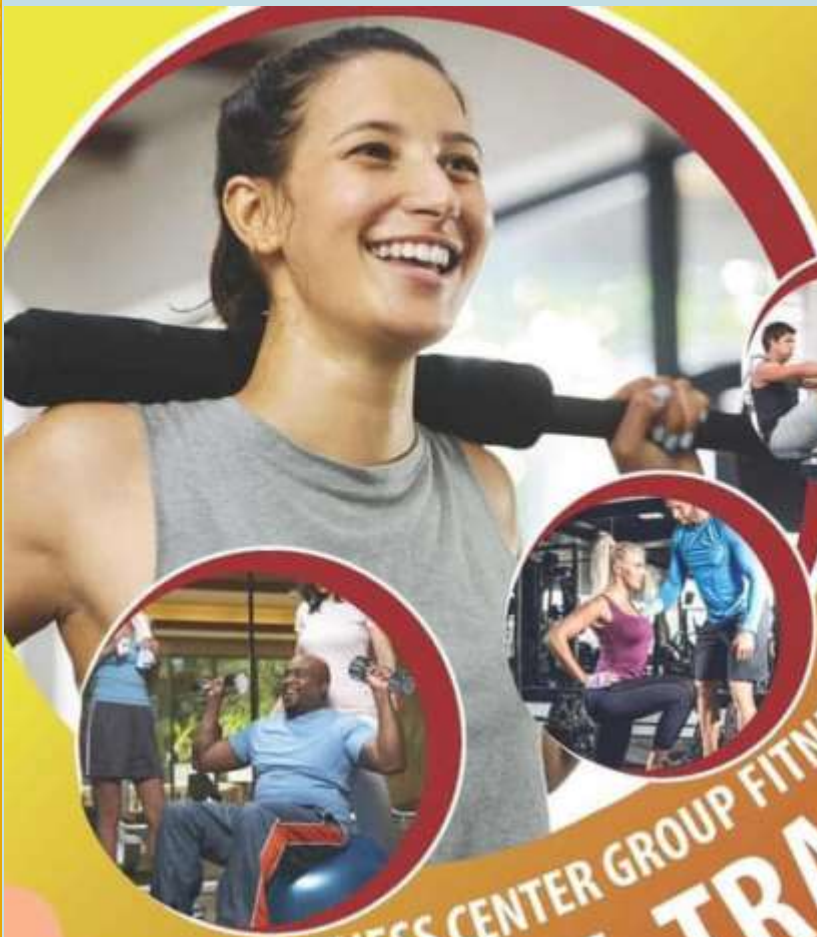


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## WALLER FITNESS CENTER GROUP FITNESS CLASS SCHEDULE & PERSONAL TRAINING

One-On-One Training Sessions	Packages
1	\$40
5	\$175
10	\$300

Buddy Training Sessions	Packages
1	\$70
5	\$230
10	\$320



Fort Carson MWR



More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
@wallerfitnesscenter



@carsonmwr  
#CarsonMWR



Waller Physical Fitness Center  
4946 Magrath Ave., Building 2367  
Fort Carson, CO 80913

(719) 526-2742

\*Lead in Modernizing and Innovating to be The Army's premier installation to work, live, train, and thrive!



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**First Saturday  
Of the Month**

8:30-9:30 a.m.

Learn and refine form with this total body weight-room workout utilizing dumbbells, barbells, cables and machines.

WALLER FITNESS CENTER

# LADIES LIFT

\$3 per class  
First Class Free



More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
@CarsonCFMWR



@carsonmwr  
#CarsonMWR



Waller Physical Fitness Center  
6946 Megath Ave., Building 2337  
Fort Carson, CO 80913

Questions? Call 526-2742

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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.

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# PICK UP INDOOR SOCCER

Every Wed. evening  
Special Event Center  
Bldg. 1829



Soccer players can come together and play indoor soccer. Once checked into the courts, teams will be organized and games will be held 6:30, 7:30 and 8:30 p.m.

For more information contact Intramural Sports at (719) 526-7585

Fort Carson MWR



More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



Find Us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Intramural Sports  
6550 Specker Ave. Bldg. 1829  
Fort Carson CO. 80913

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

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*Come Consign Your Crafts*

on Fort Carson at

# TUMBLEWEEDS AT THE MOUNTAIN POST

If you are Active Duty, a Military Spouse  
or Dependent, Retired 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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## COOKING MATTERS<sup>®</sup> 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.

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# BROTHERS AFTER WAR

## MOVIE & SEMINAR

CALLING ALL VETS, SERVICE MEMBERS & FAMILY

Join us at **Cinemark Carefree Circle**

*Enjoy free lunch, movie, and seminar*

**Come be a part of this inspiring movie & seminar experience!**

Led by an incredible team of Veteran trainers,  
this event is like nothing you've experienced before...

- 8:00 am Introduction & Welcome
- 8:15 am Watch the award-winning "BROTHERS AFTER WAR"
- 10:00 am Receive a free personal journal and experience interactive discussion
- 12:00 pm Enjoy a free lunch and the camaraderie of fellow service members

**Date:** Saturday, October 12th      **Time:** 08:00 - 12:00

**Location:** 3305 Cinema Point Colorado Springs, CO 80914

**RSVP:**

<https://www.eventbrite.com/e/brothers-after-war-movie-and-seminar-tickets-928812692767>

SPACE IS LIMITED



**RSVP**

*"The film helped me realize I'm not alone  
or broken. It gives me hope for my future."*

- Veteran

*"This is real, raw, and honest.  
Accurate and so beautifully told."*

- Military Child & Army Wife

[www.brothersafterwar.com](http://www.brothersafterwar.com) | Sponsored by the Gary Sinise Foundation



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The  
**Center** for  
**Relationship**  
**Education**

Have you been looking for a marriage retreat that's no cost to attend?

The Center for Relationship Education has scheduled Couple's Workshop and Retreat's for the next year with spaces for military couples to attend free of cost! Slots are limited, register today to attend [HERE!](#)

## Responding to Relationships

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

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# NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Catholic Charities  
of Central Colorado



*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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**TAP COMBINED MINI HIRING EVENTS  
& RESOURCE FAIRS**

**MEET OVER 50 EMPLOYERS,  
RESOURCES & CSP PARTNERS!**

~~October 12th, 2023~~

~~January 18th, 2024~~

~~April 25th, 2024~~

~~June 20th, 2024~~

**August 29th, 2024**

**Elkhorn Conference Center (ECC)  
1725 Woodfill Road, Building 7300  
Fort Carson, CO  
0900-1200**

**EMPLOYERS, RESOURCES AND CSP PARTNERS MUST REGISTER WITH THE TAP CENTER.**

**NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.**





## HIV PrEP and STI Services in Your Community



The Fort Carson Department of Public Health has a confidential clinic that offers STI & HIV testing and HIV PrEP medical management. We make it easy for you to get the supported care for your LGBTQ needs! Please call to schedule an appointment—719-526-9929



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

### Resources/Recursos for LGBTQ needs:

**Mental Health**— Military One Source 800-342-9647, in CRISIS text 838255, FREE resource 866-615-6464

**Advocacy**— Salud Family Health Centers 303-444-6121

**STI/HIV Testing Centers**— El Paso County, CO Health Department 719-575-8500

**Support Centers**— Colorado Health Network, 719-578-9092

**Fort Carson Public Health**— 719-526-9929, 719-524-4156

**La Gente Program at Servicios de la Raza**— 303-953-5902

**Veteran Affairs (VA) Mental Health Resource**— 800-799-4889

**Youth or Pediatric HIV/STI resources**— visit Children’s Hospital Colorado, Parent support program at [www.childrenscolorado.org/aboutHIV](http://www.childrenscolorado.org/aboutHIV) —prevention.org or call 800-624-6553

*Servicios de PREP y ITS para el VIH en su comunidad*



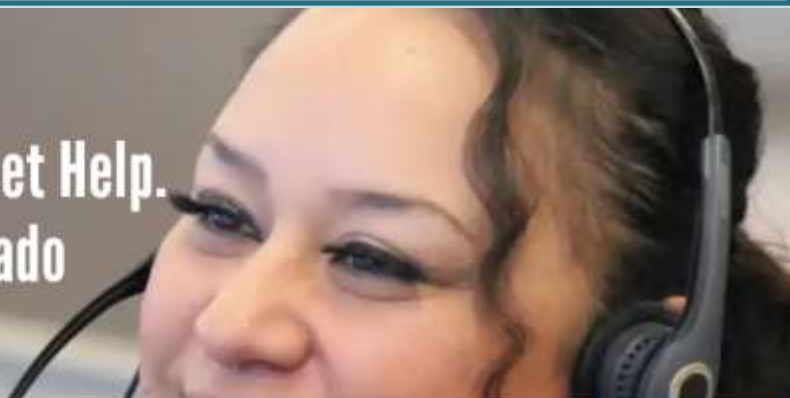
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2-1-1 Colorado  
Get Connected. Get Help.  
Serving all Colorado  
communities.



**CONNECT TO HELP WITH**

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

**THOUSANDS OF RESOURCES.  
ONE CALL.**

**2.1.1**

Get Connected. Get Help.™

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# Be Herd Wellness Group

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



Colorado Springs

**STABLESTRIDES**

HEALTH & HEALING THROUGH HORSES



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## Suicide Loss Grief Group

*"Understanding your  
Suicide Grief"*

Tuesdays 6pm-7:30pm  
(starting August 29th, 2023)

This is a 12 week, closed group, for ages 18+. Pre-registration is required. Please call (719) 573-7447 or email [cass@pikespeaksuicideprevention.org](mailto: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](mailto: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](mailto:Abanovz@red-rock.com)

*Registration is highly recommended*





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## Help your kid be exactly who they are.

No-cost, judgment-free  
workshops for parents,  
guardians, teachers,  
social workers, and others!

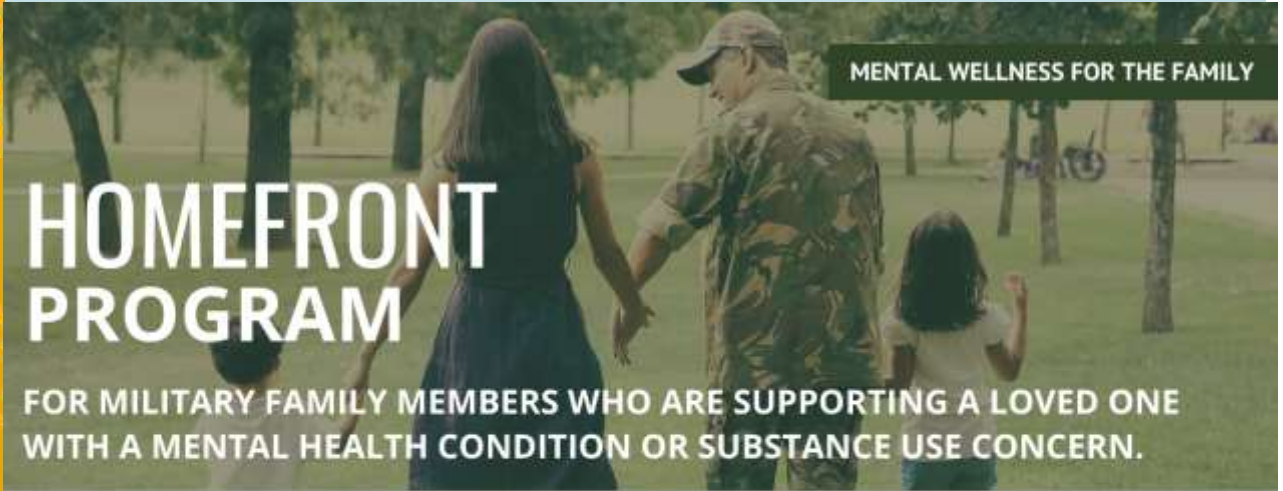
To learn more, visit  
[envision-you.org/q-is-for-questioning](http://envision-you.org/q-is-for-questioning)



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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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## Healthy Transitions Group

A group for Active Duty Service Members who may be in the transition process, questioning their gender identity, or seeking support and resources.

**WHO:** This group is appropriate for ADSM's in all phases of social or medical transition. This is an open group with ongoing admission.

**WHERE:** Mountain Post Behavioral Health Clinic, BLDG 1830, 6541 Specker Ave, Fort Carson, CO 80913

**WHEN:** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month, 1500-1630

**Clinic Phone Number:** 719-526-7155

For more information please contact Dr. Healey at (719)-524-5664 / [Kellylynne.e.healey.civ@health.mil](mailto:Kellylynne.e.healey.civ@health.mil) or Dr. Bergeron at (719)-524-3508 / [Derek.p.bergeron4.civ@health.mil](mailto:Derek.p.bergeron4.civ@health.mil)

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

[Click HERE!](#)



**SUCCESS STARTS EARLY**  
**EL ÉXITO COMIENZA TEMPRANO**



DID YOU KNOW?

**WE ARE ON INSTAGRAM**

Follow us @cpcdhs

**FREE TUITION PRESCHOOL**  
**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](http://www.pikespeaksuicideprevention.org)  
[info@pikespeaksuicideprevention.org](mailto:info@pikespeaksuicideprevention.org)



#### CONTACT US

719-573-7447  
704 N Tejon St  
Colorado Springs, CO, 80903

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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](mailto: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](http://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](mailto:office@namicos.org) | [namicoloradosprings.org](http://namicoloradosprings.org)



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