

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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.



ARMY EMERGENCY RELIEF

EST. 1942

A HAND-UP FOR SOLDIERS

AER is your tool in times of need. Talk to your chain of command or local AER Officer if you need help.

Stand with your squad and make a monthly or one-time contribution gift to the Army's own charity.

[Donate today by clicking here!](#)

Campaign extended through June 30th!

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INSIDE THIS ISSUE:

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- [Mountain Post Spouses' Club](#)
- [Religious News & Services](#)
- [Safe Exchange Location](#)
- [Scholarship News](#)
- [Surrounding Military Installations News](#)

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

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As the U.S. Army's only official nonprofit, AER is proud to support Soldiers making the transition to civilian life.

This new category of assistance can help more than 3,000 Soldiers pursue the next step in their careers and during a pandemic, where any transition can be an especially difficult one.

**The AER Campaign has been
EXTENDED to June 30, 2022!**

To learn more about how AER can help you, visit our Army Community Service, Army Emergency Relief webpage

[**HERE!**](#)

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Colorado Springs Western Street Breakfast

When: June 15

Where: Intersection of Tejon and Pikes Peak Avenue, Colorado Springs, CO 80903

What: Volunteer's needed for Setup: 12AM-4AM & Execution: 5AM-9AM

For full details, contact:

Elizabeth Quevedo, Director of Community Impact
Pikes Peak United Way
719.955.0762 / elizabeth@ppunitedway.org

For questions on tracking service hours, contact:
Army Volunteer Corps (AVC) Office: 719.526.1082

 **volunteers
needed**



The Army Volunteer Corps (AVC) offers volunteer opportunities on and off Fort Carson, and in our community.

Fort Carson is home to more than 6,000 volunteers, contributing nearly 200,000 hours annually. This selfless service is equivalent to \$4 million in workforce cost & support.

To reach the Army Volunteer Corps program, click [here](#) to email us or call 719-526-1082/8303.

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Town of Monument Party for the Parks

When: July 16, 2022
1:00-9:00pm

Where: 645 Beacon Lite Rd., Monument, CO 80132

Volunteer Opportunity: Parking Attendants

Direct Points of Contact: Portia Hermann at 719.352.1259 / phermann@tomgov.org or Madeline VanDenHoek at 719.963.1524 / mvandenhoeck@tomgov.org

For questions on tracking volunteer service hours thru VMIS, contact: AVC Office: 719.526.1082

For more volunteer opportunities & resources, visit:
www.carson.armymwr.com/programs/army-volunteer-corps

 **volunteers
needed**



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Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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2DATE	CLASS	TIME
June 7th	Boot Camp For New Dads	9 am - 12 pm
	Banking Management	9:30 am - 11 am
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
June 8th	Nurturing Infants to 5 Years	9:30 am - 11:45 am
	Financial Strength Budgeting 101	10 am - 11 am
	Nurturing 3 to 12 Years	5:30 pm - 7:45 pm
June 9th	Toddler Time	9:30 am - 11 am
	Smart Money Talks	11:30 am - 1 pm
June 10th	Annual Troop Training for Domestic Violence Prevention	10 am - 11 am
	Play Group	10 am - 12 pm
June 13th	Mindful Mondays Playgroup	10:30 am - 11:30 am
June 14th	Cooperative Parenting and Divorce Class	9 am - 1 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Baby Orientation	10 am - 11:30 am
	Center on Fathering	1 pm - 3 pm
	Heartbeat	6:15 pm - 8 pm
June 15th	Nurturing Infants to 5 Years	9:30 am - 11:45 am
	EFMP 101 Sessions	11 am - 12 pm
	Nurturing 3 to 12 Years	5:30 pm - 7:45 pm
June 16th	Toddler Time	9:30 am - 11 am
	Latino Meet-Up	2 pm - 4 pm

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

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
June 17th	Play Group	10 am - 12 pm
	Mountain Post Welcome for Spouses and Families	10:30 am - 11:30 am
June 21st	Boot Camp for New Moms	9 am - 12 pm
	Everyday English for Foreign Born Spouses	9:30 am - 11:30 am
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
June 22nd	Nurturing Infants to 5 Years (12 Week Classes)	9:30 am - 11:45 am
	SFAC Transition and Medical Retirement Brief	10 am - 11 am
	Homebuyers Workshop	1 pm - 4 pm
	Nurturing 3 to 12 Years (12 Week Classes)	5:30 pm - 7:45 pm
June 23rd	Toddler Time	9:30 am - 11 am
June 24th	Play Group	10 am - 12 pm
June 27th	Mindful Mondays Playgroup	10:30 am - 11:30 am
June 28th	Baby Sign Language	9 am - 10:30 am
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Sole Parenting Group	12 pm - 1 pm
	Center on Fathering	1 pm - 3 pm
June 29th	Nurturing Infants to 5 Years (12 Week Classes)	9:30 am - 11:45 am
	Volunteer, VMIS and OPOC Training	1:30 pm - 3 pm
	Nurturing 3 to 12 Years (12 Week Classes)	5:30 pm - 7:45 pm
June 30th	Toddler Time	9:30 am - 11 am
July 1st	Play Group	10 am - 12 pm
	EFMP 101 Sessions	11 am - 12 pm

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

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The Exceptional Family Member Program (EFMP) provides comprehensive support to Family Members with Special Needs. EFMP takes an all-inclusive approach to coordinate Military and Civilian Community, Educational, Medical, Housing & Personnel Services to help Soldiers & their Families with Special Needs. An Exceptional Family Member is a Family Member with any Physical, Emotional, Developmental, or Intellectual Disorder that requires Special Treatments, Therapy, Education, Training, and/or Counseling.

Every 1st of each Month the EFMP Department at ACS is hosting an EFMP Overview Session regarding all of the Services the program offers to Military Families. We invite you to attend our Facebook Page for Our EFMP 101 Sessions:

<https://www.facebook.com/FortCarsonEFMP>

Army Community Service – Annex
1481 Titus Blvd., Building 7492
Fort Carson, CO 80913
(719) 526-0400

EFMP Resource Department Email Address:

Usarmy.carson.imcom-fmwrc.list.dfmwr-w-acb-exceptional-fam-mbr@mail.mil

Visit the EFMP webpage [HERE!](#)

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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](#)



FORT CARSON EMPLOYMENT READINESS

WHAT ARE SOFT & HARD SKILLS?

RESUME TIPS

What are hard and soft skills? What is the difference and why should I care?

Hard skills and soft skills are equally valuable. Do you know how to showcase them on your resume? See some examples below:

HARD SKILLS

- Languages
- Computer Skills
- Forklift Operation

Hard Skills are mandatory for some jobs. These skills make you qualified for the position.

These are skills you earn through education and/or training.

SOFT SKILLS

- Team Player
- Organized
- Attention to Detail

Your soft skills define the type of person you are to work with.

Most jobs require customer service/care skills. Don't only tell an employer, show them you possess these skills through your resume.

WHAT TO DO:

Take out your resume and give it another look, make necessary adjustments, and forward to an Employment Readiness Specialist for review.

Call: 719.526.0452



Need help building your resume?
Reach out to our Employment Readiness Program
at (719) 526-0452.

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Did you know our Financial Readiness Program Page has a ton of financial and helpful links like:

[Thrift Savings Plan](#)

[U.S. Savings Bonds](#)

[Office of Financial Readiness](#)

[Military OneSource](#)

[Office of Servicemember Affairs](#)

[Save and Invest](#)

[On Your Own:
Money, Future, Life](#)

[Mortgage Qualification Example](#)

The poster features the ACS logo at the top, followed by the title "Financial Readiness PROGRAM". Below the title is a bulleted list of services: Financial Counseling, Debt Management, Consumer Awareness, Army Emergency Relief, Financial Trainings and Seminars, and Credit Reports. At the bottom, there are three logos (U.S. Army, Army Reserve, and NWR) and the text "Money Management Matters". The footer of the poster says "We help you reach your financial goals!"

Visit the FRP webpage [HERE!](#)

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ARMY FAP SAFE SLEEP CAMPAIGN



The ABC's of Safe Sleep



Alone in Their Sleeping Space

Alone means removing all items from baby's crib:

- ❌ Stuffed animals
- ❌ Loose blankets (swaddling is ok until your baby can roll over)
- ❌ Crib bumpers
- ❌ Anything that could increase risk of strangulation

Alone doesn't mean away.

The risk of SIDS reduces by 50% for babies who sleep in the same room as their parent. Share your room with baby for at least their first six months.



Placed on **Back**



Always place baby on their back on a firm surface to sleep.



Asleep in **Crib**

Use a crib, bassinet, or portable crib that meets safety standards (See <https://www.cpsc.gov/SafeSleep>).

Never let baby sleep on a couch or sofa.

If baby falls asleep in their car seat, move them to their safe sleep spot at your destination.

ARMY NEW PARENT SUPPORT PROGRAM

New Parent Support services are available to all eligible Families with child(ren) **prenatal to 3 years old**, whether they live on or off the installation.

NPSP services are voluntary and **designed to empower parents**, build on the strengths and skills of parents, include both parents and promote positive parenting practices.

NPSP-Home Visitors are Licensed Clinical Social Workers and Registered Nurses who provide a **range of educational services and support** to parents.

Please contact your installation **New Parent Support Program** for more information about safe sleep and the Army New Parent Home Visiting Program.

New Parent Support Program

1481 Titus Blvd., Bldg. 7492
Ft. Carson, CO 80913

(719) 526-0461

[Visit the New Parent Support webpage HERE!](#)

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NEED TO TALK?

Military & Family Life Counseling

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

Call an MFLC at
(719) 526-4590

www.carson.army.mil/acs



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

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.

Visit the MFLC webpage [HERE!](#)

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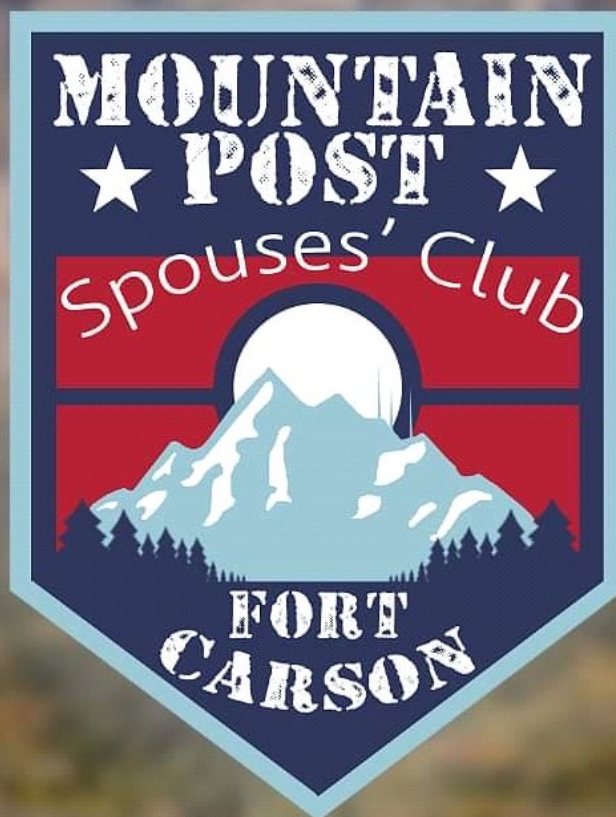


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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



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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Schriever AFB MWR](#)

[Social & Dining](#)

[Specialty Services](#)

[Sports & Fitness](#)

[Tickets \(Leisure Travel Services\)](#)

[U.S. Air Force Academy MWR](#)

[United Service Organizations \(USO\)](#)



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2022 Summer Meals

Times:

Breakfast: 7:30 - 8:30 a.m.
Lunch: 11:30 a.m. - 12:30 p.m.

Dates & Locations:

June 13 - July 8* (M-F)
Aragon Elementary

June 13 - July 15* (M-F)
Abrams Elementary and
Fountain Middle School

*no meals on July 4 at any location

This institution is an equal opportunity provider.



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2022 Comidas para el Verano

Horario:

Desayuno: 7:30 - 8:30 a.m.
Almuerzo: 11:30 a.m. - 12:30 p.m.

Fechas y Localidades:

13 de junio - 8 de julio* (L-V)
Escuela Elemental Aragon

13 de junio - 15 de julio* (L-V)
Escuela Elemental Abrams y
Escuela Intermedia Fountain (FMS)

* No se proveerá comida el 4 de julio,
en ninguna de las localidades.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



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Weekly Food Pantry Pick-ups

Every Tuesday from 2pm - 6pm

3219 S. Academy Blvd. Colorado Springs, CO 80916



Monthly Drive-Thru/Walk-Up

**Food Distribution on the 2nd Friday of
every month behind the building.**

**Line starts at 3:00pm for 4pm
distribution. Ends at 6pm.**

Any questions please give us a call at (719) 985-8935

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



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

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

While you are visiting, check out the many other programs and services they have available, including their Marketplace Pantry, SET Clinic, and Hanifen Employment Center.

To learn more go to CCharitiesCC.org

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**NEED FOOD
ASSISTANCE?**

Register for the Marketplace



Catholic
Charities
of Central Colorado

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

The Marian House Marketplace pantry is currently open Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email pantry@ccharitiescc.org to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about our 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) 387-1574**

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

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



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



Facebook.com/4IDCarsonRSO

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Fort Carson Religious Services

Saturday

Agape (Contemporary)	Soldier Memorial Chapel	1800
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Sunday

Catholic Mass	Soldier Memorial Chapel	0900 and 1100
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Traditional Protestant	Healer Chapel (Evans Hospital)	0900
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Traditional Protestant	Provider Chapel	1100
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Gospel Service	Prussman Chapel	1000
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Samoan	Veterans Chapel	1100
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Tuesday

Jewish Studies	Veterans Chapel	1200
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Wednesday

Wednesday Family Night	Soldier's Memorial Chapel	1700
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Monday - Friday

Daily Catholic Mass	Soldier Memorial Chapel	1145
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Friday

Islamic Prayers	Provider Chapel	1315
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**COMMUNITY
NEWSLETTER**

P Intercessory *Prayer*



Every Thursday
beginning at 11:30
AM.

Pray WITHOUT
CEASING

No Lunch will be
provided.

For more information, please email prussmanchapel@gmail.com



WEDNESDAY *Night* BIBLE STUDY

Begins at 6:00 PM
Prussman Chapel
Fellowship Hall

Sunday school is now combined with Wednesday Night Bible Study

Keep up to date with local events and deals with the



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When: Saturday, 19 February
Time: 9:00 AM

Where: Prussman Chapel, Fellowship Hall
Getting contacted with Brothers in Christ!

THURSDAY
— *Night* —

Choir Rehearsal

Join us!
Rehearsal begins at 6:00 PM

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**COMMUNITY
NEWSLETTER**

Join us Every Sunday Morning at 1000

**Welcome to
Prussman Chapel**

**“Where everyone is someone
and Christ is ALL”**



Sunday Service

Find them on FACEBOOK by searching
www.facebook.com/GospelService

Let them know what you think of chapel
programs

[By Clicking HERE!](#)

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**U.S Army
Fort Carson**



Islamic Service

Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

**Location: Provider Chapel
1364 Barkeley Ave, Fort Carson, CO 80902**

Facebook: Fort Carson Muslims
<https://www.facebook.com/profile.php?id=100075677972627>

**For any question:
Chaplain (CPT) Porter
(304)840-4200**

**Distinctive Religious Group Leader (DRGL)
SPC KHODEIR Mohamed (951)497-8727**

Joshua.l.porter20@army.mil

Usa.ca@yahoo.com

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Spiritually **READY**

WEDNESDAY FAMILY NIGHT

Nursery for infants

Free meal

Awana Club for kids

Eight adult classes

Find your community...

Every Wednesday



Wednesday Family Night is a Christian-based ministry provided by the chapels of Fort Carson and hosted at Soldiers' Memorial Chapel.

Make sure to check out their new Facebook page as well at Wednesday Family Night, Fort Carson!

Awana Clubs are a fun, engaging way for children to grow in their knowledge of the Bible and their relationship with God.

The Fort Carson Youth Group is led by military chaplains and is open to any students 7-12th grade!

SIGN UPS ARE OPEN!

Take a few minutes now if you haven't already by clicking [**HERE!**](#)

CONTINUE
A Biblical Journey in Personal Discipleship



FINANCIAL *Peace*
UNIVERSITY

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Calendar of Events **Spring & Summer 2022**

May

5th	School Dance	1525-1630
12 th	Club (Middle School)	1525-1630
19th	Club (Middle School)	1525-1630
26th	Last club party (Middle School)	1525-1630
29th - 4th	Military Family Camp	

June

5 th - 11 th	Military Family Camp	
6 th - 10 th	VBS	
16 th	BBQ & hangout (location TBD, HS & MS)	1600-1900
23 rd	Trampoline Park (HS & MS)	1800-2100
30 th	Serve day (HS & MS)	1500-1800

July

7 th	Hangout at Ellis Outdoor Pool (HS & MS)	1200-1500
14 th	HS CAMP	
21 st	Serve day (HS & MS)	1500-1800
28 th	Scavenger Hunt (HS & MS)	1600-1900

August

4 th - 8 th	MS Summer Camp	
11 th	First Club of the Semester (Middle School)	1525-1630

For more information contact:

Julie Martinez, Community Director, Club Beyond

E. jmartinez@clubbeyond.org T. 5714351294

For the most up to date events, check out our

Keep up to date with local events and deals with the



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Calendar of Events | **Spring &
Summer 2022**

Facebook page: Club Beyond Fort Carson

Instagram page: @cbatfortcarson

Sign up for camp HERE:

Middle School Camp:



SCAN ME

High School Camp:

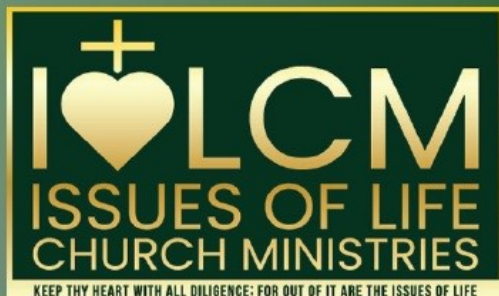


SCAN ME

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JOIN US

2022 Focus: TRANSITION TO TRANSFORMATION

10 am

SUNDAY MORNING WORSHIP

THURSDAY NIGHT BIBLE STUDY

6 pm

10 am

SATURDAY MORNING PRAYER

(716) 427-1128 Access Code: 997460#

PASTOR VERNELL & ELDER AUDIE MURPHY
320 MAIN STREET, COLORADO SPRINGS, CO 80911
(719) 465-3496

VISIT US @

ISSUESOFLIFECM.ORG

FACEBOOK/IOLCM

<https://www.youtube.com/channel/UCcKY1nRSP7uXbOTLWuAf5WQ>

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scholarships

Click [HERE](#) for 35+ Scholarships for Military Spouses and Military Kids

Military Family Member Scholarship Opportunities

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

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

[Freedom Alliance](#)

[Fisher House Foundation
Scholarship Program](#)



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**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.**

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CSU PUEBLO

NEW CLASS!

AT FORT CARSON ARMY POST

GANGS IN CONTEMPORARY AMERICA

(CRIM 425)

October 17 - December 18

Thursdays 5:30-8:00pm

Hybrid format

This course studies the trends,
organizational characteristics, processes,
and causative factors associated with
gangs in contemporary American society.

REGISTER TODAY!

To sign up, visit Kory New, the Fort Carson Services Coordinator,
in room 107 or call 719-586-6930.



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This Fall 2022:

**Automotive Industry Management [AIM]
classes at Fort Carson Army Post**

Aug. 22 - Dec. 18 | Tues. & Thurs. 5:30pm-8:00pm

AIM 130 – Automotive Brake Systems MLR

AIM 130L – Automotive Brake Systems MLR Lab

REASONS TO ENROLL:

- ✓ Receive college credit
- ✓ Use your TA benefit
- ✓ Work towards the ASE certification
- ✓ Learn how to service your own vehicle
- ✓ Get started in a career field with high demand

Enroll Today! Contact Kory New, Fort Carson
Services Coordinator. Phone: 719.586.6930
Email: korlne.new@csupueblo.edu



**COLORADO STATE
UNIVERSITY PUEBLO**

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CSU PUEBLO

NEW CLASS!

AT FORT CARSON ARMY POST

FORENSIC CRIMINOLOGY

(CRIM 415)

August 22 - October 16

Thursdays 5:30-8:00pm

Hybrid format

This course introduces students to variable aspects of Medicolegal Death Investigation. Students will learn about investigating deaths caused by homicide, suicide, accidents, and natural causes.

REGISTER TODAY!

To sign up, visit Kory New, the Fort Carson Services Coordinator, in room 107 or call 719-586-6930.

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CSU PUEBLO

CLASS OFFERED AT
FORT CARSON ARMY POST

INTRO TO STATISTICS

(MATH 156)

August 22 - October 16, 2022

Mondays and Wednesdays

5:30pm-8:00pm

Hybrid format

Current CSU Pueblo students as well as new students with appropriate placement score are encouraged to apply.

REGISTER TODAY!

To sign up, visit Kory New, the Fort Carson Services Coordinator, in Building 1117 Room 107, or call 719-586-6930.



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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



ASAP
ARMY SUBSTANCE ABUSE PROGRAM

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@mail.mil

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

CONQUER CHRONIC STRESS WITHOUT ALCOHOL

WHAT IS CHRONIC STRESS?



Stress that continues for weeks or months. If left unmanaged, it can put people at risk for serious physical and psychological health concerns.

Some may misuse alcohol to cope with chronic stress. Here's why this is an unhealthy choice for Service members:



DRINKING MORE?

Using alcohol to unwind is common for some people, but drinking more than usual may be a sign you're using alcohol for unhealthy reasons.



ANGRIER THAN USUAL?

Alcohol may briefly diffuse steam, but it could also heighten negative feelings, create more anxiety and lead to emotional distress.



TROUBLE SLEEPING?

One or two drinks before bed may make you fall asleep faster, but it can disrupt your sleep.



ISOLATING YOURSELF?

Reaching for a drink to numb emotions like sadness or loneliness may feel easier than reaching to a buddy. However, drinking can have the opposite effect and make you feel lonelier.



DIFFICULTY FOCUSING?

Alcohol stays in the body longer than you might think. On average, it takes one hour to break down one standard drink. If alcohol is in your body the day after drinking, it can affect your focus while on duty or when hanging out with others.

NEXT STEPS

If you're misusing alcohol to cope with chronic stress, learn about healthy alternatives with these resources:

- Own Your Limits' [Safe Ways to Chill the \[Bleep\] Out](#)
- MilitaryOneSource.mil resources on [emotional wellness and distress](#) and [non-medical counseling](#)

If you're concerned about your alcohol use, visit the "[Get Help](#)" section at [ownyourlimits.org](#) for support before drinking becomes a concern in your life. If you're experiencing signs of crisis, call the [Military Crisis Line](#) at 800-273-8255 (press 1) or text 838255.

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.

www.ownyourlimits.org



U.S. DEPT OF DEFENSE

On Fort Carson, you can reach out to the Substance Use Disorder Clinical Care (SUDCC) team for help.
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ASAP
ARMY SUBSTANCE ABUSE PROGRAM

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.
- The EAP is the point-of-contact for Hospital's Impaired Health-Care Personnel Program and assists with screening, referral to treatment, and return to duty. The EAP provides continuing education and training to health care providers. The program offers CME, CNE, for continuing education.

Resources

[Drug-Free Workplace Brochure](#)
[Employee Assistance Program Brochure](#)

[Suicide Prevention and Intervention Protocols Brochure](#)

[Working Remotely](#)

For more information

Call (719) 526-2727 (Please leave a voicemail for a return call if necessary)
or email usarmy.carson.imcomcentral.mbx.dhr-asap@mail.mil

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Fort Carson Army Suicide Prevention Program

You Are Not Alone

If you or someone you know needs help, please contact the National Suicide Prevention Lifeline.

Call **1-800-273-TALK (8255)** and press 1 for the Military Crisis Line.

TEXT: 838255

CHAT NOW



I NEED TO TALK TO SOMEONE NOW



I WANT TO HELP SOMEONE



I WANT TO BUILD RESILIENCE



I AM HAVING THOUGHTS OF SUICIDE

To learn more, visit the Army Resilience Suicide Prevention webpage [HERE](#)

Keep up to date with local events and deals with the



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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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MOUNTAIN POST RECREATION: BETTER TOGETHER!



Upcoming Mountain Post Recreation Programs in June:

- 1st – 31st – Group Fitness Classes at Ivy Fitness Center and Waller Fitness Center. Classes are \$3 each or patrons can purchase a ticket book for \$30 for 11 classes and a prize. Classes include Indoor Cycle, Barre, Olympic Lifting, BootCamp, Core Blast, and TRX and are led by Certified Instructors. Full schedule is available on the MWR website.
- 8th - The Directorate of Family and Morale, Welfare and Recreation (DFMWR) will host Balance and Brews in Iron Horse Park on 08 June, 1700-1800. Registration is \$5 per person, and open to all DoD ID card holders. Register at Ivy Fitness Center. This event is family friendly, and will include a 30 minute balance workout and beverages for purchase.
- 11th-12th - The Directorate of Family and Morale, Welfare and Recreation (DFMWR) will host Spartan Race on 11-12 June. This event is open to the public. Register at www.spartan.com.



MOUNTAIN POST RECREATION: BETTER TOGETHER!



Follow us on Facebook and Instagram! Please call 719-526-2350 for more information.

Grant Library Programs for June:

- Summer Reading Program @ Grant Library June 4 – July 30! Read and earn prizes, take part in activities! Registration begins May 17, register at <https://grantlibrary.beanstack.org>.
- 4th – Pick-up registration bags/shirts (all day)
- 7th – State Park Presents @ 10:30 – The Wonder of Fire!
- 8th, 15th, 22nd – Lego Club @ 10:30
- 9th, 16th, 23rd – Story Time @ 10:30
- 10th – STEAM Event Foil boats @ 10:30
- 11th – Encanto Sing-a-Long @ 10:30
- 14th – State Park Presents @ 10:30 - Predator Versus Prey! At Cheyenne Mountain Park
- 17th – Denver Museum @ 10:30
- 21st – State Park Presents @ 10:30 – Liquid Gold, Water!
- 24th – STEAM Event Kite Making @ 10:30
- 25th – Birds of Prey @ 10:30



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



MOUNTAIN POST RECREATION: BETTER TOGETHER!



Upcoming Mountain Post Recreation, Outdoor Recreation Events & Adventure Programs
For Information Call 526-5176

Outdoor Recreation Programs for June:

- 2nd - Climbing Wall Orientation, ODR Climbing Wall, 6-8pm, \$25
- 4th - Kickoff to Summer, ODR, 3-6pm
- 9th - Lead Climbing Clinic, ODR Climbing Wall, 6-8pm, \$35
- 11th - Get on the Boat Whitewater Rafting, 7a-3p, \$100
- 16th - Crack Climbing Clinic, ODR Climbing Wall, 6-8pm, \$35
- 18th - 11 Mile Canyon Climbing Overnight, \$TBD
- 18th - Hike to Pancake Rocks
- 18th - Get on the Boat Whitewater Rafting, 7a-3p, \$100
- 23rd - Climbing Wall Orientation, ODR Climbing Wall, 6-8pm, \$25
- 25th - Get on the Boat Whitewater Rafting, 7a-3p, \$100
- 30th - Lead Climbing Clinic, ODR Climbing Wall, 6-8pm, \$35



MOUNTAIN POST RECREATION: BETTER TOGETHER!



Upcoming Mountain Post BOSS Programs in June: Follow us on Social Media @ Facebook and Instagram!

- 2nd, 9th, 16th, 23rd & 30th - The BOSS program will host a Study Board from 1600 until 1730 at The HUB. A reservation and MOI are required for the study sessions. (Quality of Life/Life Skills)
- 4th - BOSS will be volunteering with Habitat for Humanity at one of their build sites from 0830 – 1630. Open to 10 volunteers. Sign up at The HUB. (Community Service)
- 10th - 12th - BOSS will host an Open Water Scuba Certification program in partnership with No Limits Scuba Diving. Open to 8 single Soldiers. Sign up at The HUB. (Life Skills/Recreation & Leisure)
- 17th - The BOSS program is taking a trip to Elitch Gardens from 1030 – 1800. Open to 14 single Soldiers. Sign up at The HUB. (Recreation & Leisure)
- 18th - The BOSS program will support 10th SFG(A) Anniversary Ball with the No DUI Program from 1800 – UTC. Sign up at The HUB to volunteer. (Community Service)
- 22nd - BOSS will host an Auto Skills Class in partnership with the Auto Skills Center from 1700 – 1800. Open to 12 single Soldiers. Sign up at The HUB. (Life Skills)
- 23rd - BOSS will support 6th Air Cavalry Squadron 17th Cavalry Regiment Military Ball with the No DUI Program from 1900 – UTC. Sign up at The HUB to volunteer. (Community Service)
- 26th - The BOSS program will be helping at the Marion House by putting meals together for those in need. There are two times available; from 0700 – 0945 for 5 volunteers and 1015 – 1300 for 4 volunteers. Sign up at The HUB. (Community Service)



Keep up to date with local events and deals with the



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BALANCE & BREWS

IRON HORSE PARK

5 - 6 p.m.

Jun. 8, Jul. 13,

Aug. 10, Sept. 14

REGISTRATION BEGINS
MAY 1, 2022
at Ivy Fitness Center

Local beer and other family friendly beverages
will be available for purchase.

\$5 per person



Visit CARSON.ARMYMWR.COM for more information



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Iron Horse Park
7093 Specker Ave, Bldg. 2429
Fort Carson, CO 80913

Keep up to date with local events and deals with the

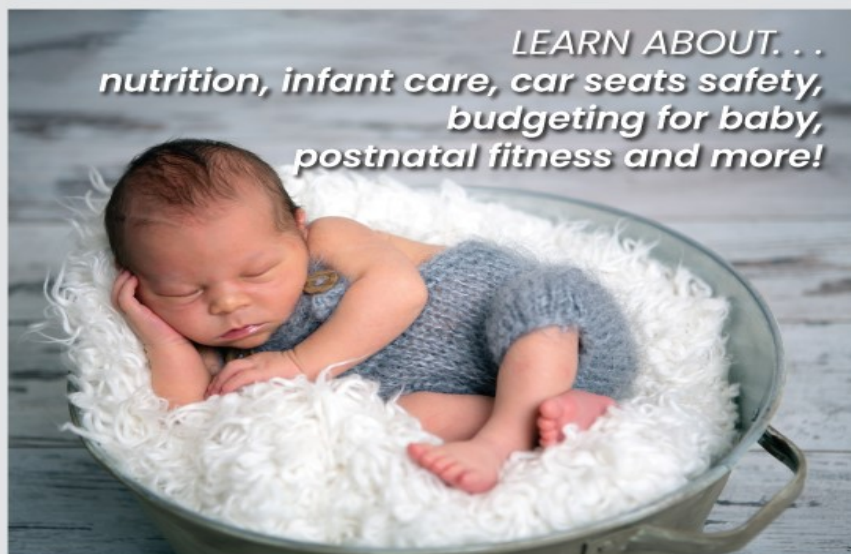


PASS IT ON COMMUNITY NEWSLETTER



Your USAFA Airman & Family Readiness Center invites
New and Expectant Parents to attend this FREE Workshop

BUNDLES ⁴ BABIES



LEARN ABOUT...
*nutrition, infant care, car seats safety,
budgeting for baby,
postnatal fitness and more!*

~~March 8~~ | June 14 | Sep 13 | Nov 29
8 am – 12:30 pm
Airman & Family Readiness Center

Open to all expectant and new parents of all ranks, NOT
limited to first pregnancy. Fathers are encouraged to attend.

Eligible participants will receive a \$50 Exchange gift card
courtesy of the Air Force Aid Society upon completion
of workshop.

To register, scan this QR code or call A&FRC 719-333-3444



USAFASUPPORT.COM



Keep up to date with local events and deals with the



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June Lifeworks Events

- 6/1- Global Running Day
6/2- Lemonade From 2:30pm to 4pm
6/3- 2pm to 3:45pm Sioux Village Cleanup
6/6- 2:30pm to 4pm Kids Craft
6/8- Adult Craft 5pm to 7pm
6/9- 2pm to 3:45pm Kiowa Cleanup
6/10- Rootbeer Floats 2:30pm to 4pm
6/14- Flag Day
6/16- 2:30pm to 4pm Kids Craft
6/17- 2pm to 3:45pm Arapahoe Cleanup
6/21- Resident Appreciation BBQ At The Main
Leasing Office 12pm-2pm
6/23- Kids Jelly Fish Craft 2:30pm-4pm
6/24- Cheyenne Village Cleanup 2pm to
3:45pm
6/27- Kids craft decorating sunglasses 2:30pm
to 4pm
6/29- Pawnee Cleanup 2pm to 3:45pm



Keep up to date with local events and deals with the



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Confidential Counseling

OPTIONS



Chaplains: Provide religious support, crisis response, counseling, and care for the Soldiers and Airmen of the Colorado National Guard.

CH (LTC) David "Red Thunder" Nagel
Full-Time Support & Family Life
Chaplain david.a.nagel.mil@army.mil
Cell: (303) 913-1749

CH (CPT) Katie Declet
Full-Time Support Chaplain Colorado
kaitlin.m.declet.mil@army.mil
Office: (720) 250-1966

Military Family Life Counselors: Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation. **CO Springs/Fort Carson MFLC: (719) 338-7216**
Denver Area MFLC: (720) 876-8325, (303) 653-6564

Vet Center: Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat Veterans and their Families. <https://www.vetcenter.va.gov/> or (877) 927-8387

Keep up to date with local events and deals with the



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Goodwill of COLORADO

In-person

HIRING EVENT

Summer temporary positions

**Tuesday
June 7, 2022
From 1 to 4 PM**

**Laundry Assemblers, Laundry Washers
& Laundry Material Handlers \$15/hr**

These jobs are part of the nation's AbilityOne Program for people who are blind or have significant disabilities.



Be part of providing amazing services and help make a difference in the community!

**Full details & requirements at
ppwfc.org/hiring-events**



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

WIDEFIELD FAMILY HEALTH & FITNESS DAY

BROUGHT TO YOU IN CONJUNCTION WITH

WHEN
June 4, 2022
11am-1:30pm



WHERE
Widefield Parks & Recreation
705 Aspen Dr., Colorado Springs, CO 80911

FEATURING

- Wellness Expo
- Water Safety
- Bike Raffle
- Fitness Classes
- Firetrucks
- Food Trucks
- Free Haircuts



WIDEFIELD PARKS & RECREATION

705 Aspen Drive, 80911

(719)391-3515 - ParksAndRec.wsd3.org



**ALL AGES
EVENT!**

FREE EVENT!

GIVEAWAYS!

**EVENT INFO &
REGISTRATION**

Visit our website for:

- Event Schedule
- List of Expo Vendors
- Food Trucks
- Presentation Info

ParksAndRec.wsd3.org

Keep up to date with local events and deals with the



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**COMMUNITY
NEWSLETTER**

**Falcon
Regional Park**

**Kite
&
Wind
Festival**

June 18, 2022

Starts at 10:00 A.M.

**Contests | Music | Crafts | Games
Bubbles | AND MORE!**

**Fox21 Storm Team | Kona Shaved Ice
Pixie Sparkles Face Paint and Glitter**

Presented by



WOODMEN HILLS
METROPOLITAN DISTRICT
PARKS AND RECREATION

For more information call (719) 520-6977

communityservices.elpasoco.com/kite-and-wind-festival/



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Responding to Relationships

FREE

Military & Responder MARRIAGE SERIES & RETREAT

June 17 & July 29-31 2022

myrelationshipcenter.org/rtr

REGISTRATION OPENS
MAY 9TH

Your Relationship Deserves This.



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



FATHERS OF FREEDOM

You are not alone. We're here for you.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

WHAT: Join other military fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for military fathers and led by military fathers.

WHEN: Tuesdays at 5:30pm

WHERE: Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/85139958491>



LEARN MORE:
Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

Join us on Facebook: <https://www.facebook.com/groups/FathersOfFreedom/>

Join Us!
Visit CircleOfParentsCO.org



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. www.illuminatecolorado.org

Keep up to date with local events and deals with the



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Join us for themed activities, food trucks, and outdoor movies!
Free fun for the whole family!



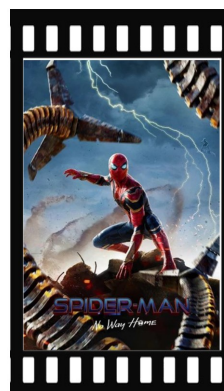
FRIDAY FAMILY MOVIES

~~May 20 - "Encanto" @ Grand Mountain School~~

June 24 - "Space Jam: A New Legacy" @ Windmill Mesa Park

July 29 - "Sing 2" @ Pi-Ute Park

August 12 - "Spider-Man: No Way Home" @ Watson Jr. High



WIDEFIELD PARKS & RECREATION

ParksAndRec.wsd3.org ~ (719)391-3515

705 Aspen Drive, 80911



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Veteran's Legal Assistance Clinic

Fourth Tuesday of the month | 12:30 to 3 p.m.

PFC Floyd K. Lindstrom VA Outpatient Clinic

3141 Centennial Blvd., | Colorado Springs, CO 80907 | Mt. Yale Conference Room

Meet with an attorney for legal assistance. This service is free of charge. Get information on topics including veteran's resources, benefits, taxes, housing, criminal, and family law.

2021/2022 Dates

Oct. 26	Nov. 23	Dec. – None	Jan. 25	Feb. 22
Mar. 22	Apr. 26	May 24	June 28	July 26
Aug. 23	Sept. 27	Oct. 25	Nov. 22	Dec. – None

For more information visit cobar.org/clcv.

A service provided by the CBA Military & Veterans' Affairs Section.

CBA

**Military and
Veterans' Affairs
Section**

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COMMUNITY NEWSLETTER

We Need You

We Need Patients on our "Patient and Family Partnership Council" (PFPC)



We work hard at Evans Army Community Hospital (EACH) to improve quality and safety. At your last visit, did you think of things we could have done differently? Do you have ideas that would promote better care experiences?

As a soldier, patient or family member, you know how it feels when things work well. You also know how it feels when things don't work so well.

Partner with healthcare by joining the PFPC! Your valuable knowledge and your one-on-one interactions with our staff make you a valuable candidate! Our Command Group is interested in hearing your voice at these meetings! If you would like to become a member of the PFPC and can give us 1½ to 2 hours per quarter, please contact:



Patient Advocacy Office
Phone: (719) 526-7225
Patient Services Center
Building 7500; Room 1011
Fort Carson, Colorado

*Taking the time
to show we care!*



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Are you an El Paso County resident
affected by COVID-19?

¿Eres un residente de El Paso County
afectado por COVID-19?

ASSISTANCE AVAILABLE FOR RENT, MORTGAGE & UTILITIES
ASISTENCIA DISPONIBLE PARA RENTA, HIPOTECA Y UTILIDADES

\$21 MILLION AVAILABLE NOW
\$21 MILLONES DISPONIBLES AHORA

CALL 2-1-1
MARCA 2-1-1



Or apply online:

O aplique en nuestra pagina de internet:

cdola.colorado.gov/rental-mortgage-assistance



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FREE TUITION PRESCHOOL

FOR
AGES 0-5



VARIETY
OF CLASS
TIMES



SAFE
QUALITY
PROGRAMS



65
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



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

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs