

7 December 2023

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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Community Events Bulletin

DFW and civilian suicide prevention-

The fiscal 2024 Employee Assistance Program Mandatory DFW and Civilian Suicide Prevention training classes will are offered at the below dates and times. Briefings will be held in-person at McMahon Auditorium Theater, unless noted as Microsoft Teams only below. Email calvin.n.lidmark.civ@amry.mil or call 719-526-2196 if you have any questions.

Thursday. Jan. 25, 1-2:30 p.m.

Wednesday, Feb. 7, 10-11:30 a.m. (MS Teams only)

Tuesday, March 12, 10-11:30 a.m.

Thursday, April 4, 10-11:30 a.m.

Wednesday, May 1, 10-11:30 a.m. (MS Teams only)*

Thursday, June 13, 1-2:30 p.m.

Friday, July 19, 10-11:30 a.m.*

Thursday, Aug. 22, 1-2:30 p.m.

Tuesday, Sept. 10, 10-11:30 a.m.

Thursday, Sept. 19, 10-11:30 a.m.

Tuesday, Sept. 24, 10-11:30 a.m.

DEERS/ID Card Office Closure -

The DEERS/ID Card sections in Bldgs. 1218 and 1525, will close on Wednesday, Dec. 13, 2023, at noon for their annual Christmas Party. The main DEERS/ID Card section in Bldg. 1218 will be open from 8 a.m. to noon for appointments only.

Arby's Closure-

The Triple Foods Arby's restaurant will be closed Dec. 4-10 for remodeling.

Holiday Concerts-

The 4th Infantry Division Band will host a free Letters to Santa from a Military Child holiday concert Dec. 8 at 6 p.m. at Carson Middle School. Doors open at 5:30 p.m. The band's Ivy Brass will also host a free holiday concert Dec. 13 at 7 p.m. at Provider Chapel.

^{*}Subject to change





Community Events Bulletin

Inclement Weather Preparation-

With inclement weather possible this time of year, Fort Carson community members should prepare by checking tires, lights and other automobile parts that may be affected by snow. Please allow extra time to get to your destination, pay attention to other drivers on the road, and remember that bridges and overpasses may be icy, even if the roads are not.

Please also consider bringing pets inside in the event of inclement weather. Use your best judgment regarding personal safety before starting your commute and discuss your decision with your immediate supervisor. If you encounter weather, please use caution and check for updates at U.S. Army Fort Carson on Facebook, visit home.army.mil/carson or call the reporting/weather line at 719-526-0096.

UAS and drones prohibited on installation- Warning signs are posted at each gate that state "(UAS) Unmanned Aircraft Systems and Drones are Prohibited on Fort Carson without authorization."

On May 23, 2018, the Department of Defense issued a memo suspending the purchase and use of commercial drones on U.S. military installations until cybersecurity concerns could be addressed. That policy remains in effect. Fort Carson is designated as a "No Drone Zone." There are no areas on post that are authorized for commercial drone operations. The restrictions include recreational hobbyist drones and all types of radio-controlled aircraft. This policy does not apply to military drones or military unmanned aerial vehicles operated on post for military training purposes; however, training with them must be coordinated with the appropriate range or aviation authorities on the installation prior to use.

Anyone operating a drone is responsible for flying within FAA guidelines and regulations and must be aware of where it is and is not safe to fly.



DATE	CLASS						
December 13th	Federal Resume 101						
	Financial Strength Budgeting 101						
	IDES and SRU Soldiers: SFAC Transition and Medical Retirement						
	Relationship Preventative Maintenance for Couples & Singles						
December 14th	Center on Fathering						
	<u>Financial Touchpoints/Milestones</u>						
	Toddler Time						
	Annual Troop Training for Domestic Violence Prevention						
December 15th	Financial Touchpoint/Milestone: Divorce						
	Financial Touchpoint/Milestone: PCSing						
	EFMP 101						
	Play Group						
December 16th	Cosmic Bowling						
December 19th	Center on Fathering						
	Boot Camp for New Moms						
	SFRG Essentials						
	Infant Massage & Baby Nurturing						
December 20th	IDES and SRU Soldiers: SFAC Transition and Medical Ret						
December 21st	Center on Fathering						
	<u>Toddler Time</u>						
December 22nd	Play Group						

Click **HERE** to check out the Fort Carson MWR calendar!





PROGRAM

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

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

Capt. Smith Company Commander

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





QAP PROGRAM OVERVIEW

QAP CAN HELP WITH:

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

WHERE TO BEGIN:

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

LEVELS OF ASSISTANCE:

Requested Amount: Who to Contact:

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

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



over \$5,000



AER Headquarters

Click the graphic to connect with Army Emergency Relief





Christmas Unlimited is dedicated to enhancing the quality of life for Pikes Peak region families in need through its year round programs.

APPLICATION PROCESS

Applications are distributed to local human service agencies in the Pikes Peak region, to include, Fort Carson Army Community Service.

Parents can sign up by stopping by Fort Carson ACS to complete their application.

The application deadline is December 8, 2023 The toy distribution dates are Dec 4-22, 2023

To complete an application with ACS, stop by:
Army Community Service
6303 Wetzel Ave., BLDG. 1526,
Fort Carson, CO.





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



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!



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 <u>HERE</u>



NEED TO TALK?



Military & Family Life Counselors are here to provide help with the stress of military life at no cost. Call an MFLC at (719) 526-4590

www.carson.army.mil/acs



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

Visit the MFLC webpage **HERE!**

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

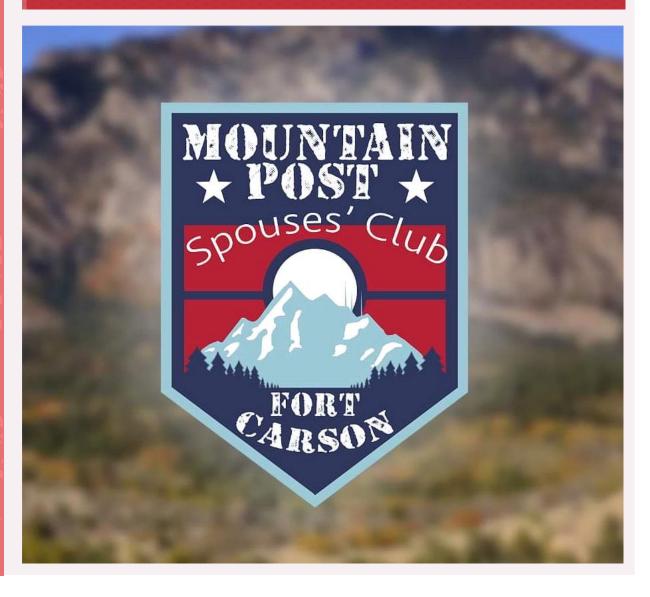
To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.



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







LET THE MPSC HELP
YOU WRAP UP THE
HOLIDAY SEASON WITH
GIFT WRAPPING

Dec. 9th & 12th 1-3pm at the Fort Carson Exchange

All monetary donations support our grants and scholarship progam.







WREATHS

ACROSS AMERICA



Volunteer Laying Wreaths

Memorial Gardens Cemetery & Funeral Home (COMGCS)

3825 Airport Rd Colorado Springs, CO 80910

Ceremony On: December 16, 2022 at 10:00 am





FOOD DISTRO MOBILE FOOD PANTRY

Friday, Oct 27 Wednesday, Nov 8

Friday, Dec 8 Friday, Dec 22



OPENS AT 11 AM

UNTIL SUPPLIES ARE DEPLETED

Norris Penrose Event Center Upper Lot - 1125 W. Moreno St. Across From Mt. Carmel Veterans Service Center











VeteransCenter.org • 719-772-7000







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: <u>Click here to register.</u>

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



Door Dash has teamed up with Pikes Peak
United Way 2-1-1 and <u>Care and Share Food Bank</u>
<u>for Southern Colorado</u> 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!







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.

of Central Colorado

Keep up to date with local events and deals with the





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**







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

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

https://www.ccharitiescc.org/emergency-essential-services/marianhouse-nutrition-services/

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



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





FORT CARSON RELIGIOUS SERVICES

SUNDAY

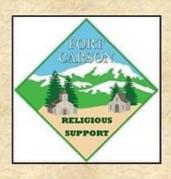
Abrams Elementary School Agape (Contemporary) 1000 Catholic Mass **Provider Chapel** 0900 & 1100 **General Protestant** Family Life Center 0900 Gospel **Prussman Chapel** 1000 Samoan **Veterans Chapel** 1100 MONDAY-FRIDAY **Daily Catholic Mass Provider Chapel** 1145

WEDNESDAY

Non-Denominational Healer Chapel (inside Evans hospital) 1215

FRIDAY

Islamic Prayers Veterans Chapel 1315



QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.



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

October 15: regular worship

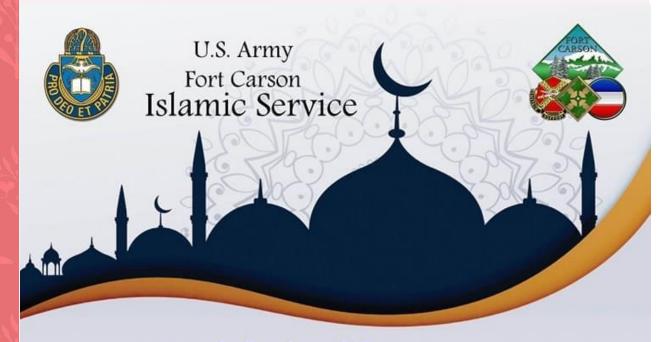
October 22-November 12: no service

November 19: return to regular service schedule









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



scholarships

Mrs. Patty Shinseki Spouse Scholarship Program (AER)

MG James Ursano Scholarship Program (AER-For military kids)

My Career Advancement Account Scholarship (MyCAA)

Marine Gunnery Sergeant John D. Fry Scholarship

Nationwide Surviving Spouse and Dependent Children Scholarship Program

Fisher House Foundation Scholarship Program

Scholarships for Military Dependents

Military Spouse Scholarships

Military Family Scholarships

Freedom Alliance

CLICK HERE FOR MORE!





Better Opportunities For Single Soldiers

PASSIT ON COMMUNITY NEWSLETTER

		DE	DECEMBER 2023	R 2023		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Soldier Showdown V Watch Party @ BOSS Lounge 1000 – UTC No DUI Program for NORAD/NORTHCOM Holiday Party @ Great Wolf Lodge 1700-2130	2 Soldier Showdown V Watch Party ® BOSS Lounge 1000 – UTC No DUI Program for 15PACE Ball ® Antiers Hotel 1900 – UTC
m	4 ASAP Ambassador Program 0900- 1700 @ Grant Library	5 ASAP Ambassador Program 0900-1700 @ Grant Library BOSS General Rep Meeting @ The HUB @ 1500	6 ASAP Ambassador Program 0900-1700 @ Grant Library Volunteer for Family Nights 1600-2000 @ Bidg, 1012	7 ASAP Ambassador Program 0900- 1700 @ Grant Library	STOCK OF THE STOCK	6
10	П	12 BOSS Senior Council Meeting @ The HUB @ 1500	13	14 Study Board @ HUB 1600-1730	15	16 Ski/Snowboard Trip to Monarch with ODR 0600-1900
17.	18	19	20	21	22 Holiday Party @ BOSS Lounge 1600-1900	23
24/31	25	26	27	28	29	30
Major BOSS Event						

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

Major BOSS Event

Quality of Life

Community Service

Recreation & Leisure

Life Skills

6371 Specker Ave, Bldg. 1532 Fort Carson, CO 80913 (719) 526-5347

M-F 1000 - 1600

BOSS Office @ The HUB







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.



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 <u>usarmy.carson.imcom-central.mbx.dhr-asap@army.mil</u>





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

These ASAP Specialists are assigned to work with your unit:					
1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil		
2SBCT NORTHCOM SMDC	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil		
3 rd ABCT 4 CAB	POC:	Albert Bush 719-526-9191	Albert.j.bush4.civ@army.mil		
627 HC MEDDAC/DENTAC/VETCOM 71 ORD 759 MP 4 EN Battalion 4SB	POC:	Susanne Watts 719-526-9283	Susanne.m.watts2.civ@army.mil		
10 SFG CID WCAP USAG All others	POC:	Anthony McCollin (Prevention Branch Chief) 719-526-5108	Anthony.j.mccollin.civ@army.mil		
Suicide Prevention Program		Cherll Paxton 719-526-0401	Cherll.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.



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.

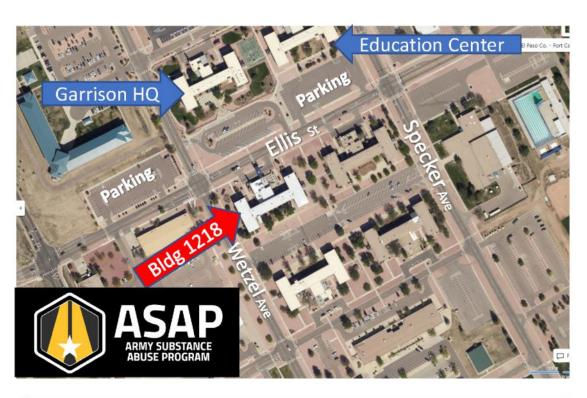
PARKING may be a challenge – plan ahead.

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.



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

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

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



PASSIT ON COMMUNITY NEWSLETTER



Suicide Prevention





We serve our community by providing FREE services!

- FREE Individual Therapy
- FREE Peer Support Groups
- FREE Suicide Prevention Trainings
- FREE Postvention Services or Suicide Bereavement Support
- FREE 24/7 Peer Support
- FREE Teen Mentor Program

HELP THEM STAY





SCAN QR code or Use link to DONATE now: https://givepikespeak.org/nonprofit/pikes-peak-suicideprevention-paratership/





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

<u>Drug-Free Workplace Brochure</u> <u>Employee Assistance Program Brochure</u> <u>Suicide Prevention and Intervention Protocols Brochure</u> <u>Working Remotely</u>

For more information

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







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









Child Neglect Child Endangerment

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

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

Feeling a bit overwhelmed or need more information?

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



719 634-STOP CRIME STOPPERS ROTE: If you wish to submit an anonymous tip, please contact the Pikes Peak Area Crime Stoppers.

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.

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



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PIKES PEAK AREA 719 634-STOP CRIME STOPPERS

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





Chain of Command Child Neglect Indicators & Assistance



Indicators for Soldier and House Checks

Child

Clothing

- · Dirty, Tattered, Lack of.
- · Unchanged Diaper.

Body

- Excessively Dirty.
- · Overly bruised, cuts.
- · Lethargic.

Outside of House

- · Excessive overgrowth.
- · Filled with animal feces.
- · Bags or overflowing trash.

Front Door

Yard

- Sudden smell of trash, rotten food, feces, and urine.
- More than normal clutter and trash

Inside of House

- · Excessive trash.
- · Rotten food on the ground.
- Feces and urine on the ground and walls.
- · Rotten food on counters.
- No food in cupboards or refrigerator.
- Broken toilets.
- Backed up sinks with mold and rotten food.
- · Backed up toilets with additional

Garrison Policy Letter #8 (Child Supervision)

Newborn - 5 years old:

Can not be left alone for any period.

1st to 3rd grade:

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

4th – 6th grade

Child can not be left alone for more than 4 hours.

The child must be deemed mature by the parent.

7th - 8th grade:

Child can not be alone for longer than eight hours.

There must be an identifiable adult that checks on the child during the time alone.

The child can be left alone between 2400-0600.

9th - 12th grade:

Child can not be left alone for longer than twelve hours.

There must be an identifiable adult that checks on the child during the time alone.

Babysitter

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

Child

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

Parent

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

<u>Assistance</u>

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 Greet Dates.

Parental

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

Financial

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

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





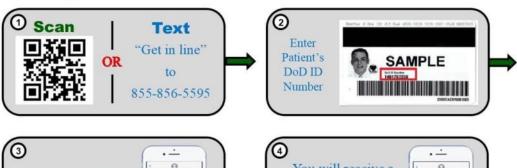


Soldier Family Care Center Pharmacy

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

No Line, No wait Prescriptions!

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











Q-Anywhere Mobile Check-in

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

Important Tips:

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







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LETTERS FROM SANTA

Jingles The Elf

Was spotted in Pawnee, Shoshone and Sioux Villages today delivering letters from Santa!

JINGLES WILL BE DELIVERING LETTERS
UNTIL 12/20 SO IF YOU HAVE NOT
RECEIVED YOUR LETTER OR LETTERS
PLEASE DO NOT WORRY. ALSO WE WOULD
LOVE TO SEE PHOTOS OF THE CHILDREN
WITH THEIR LETTER.

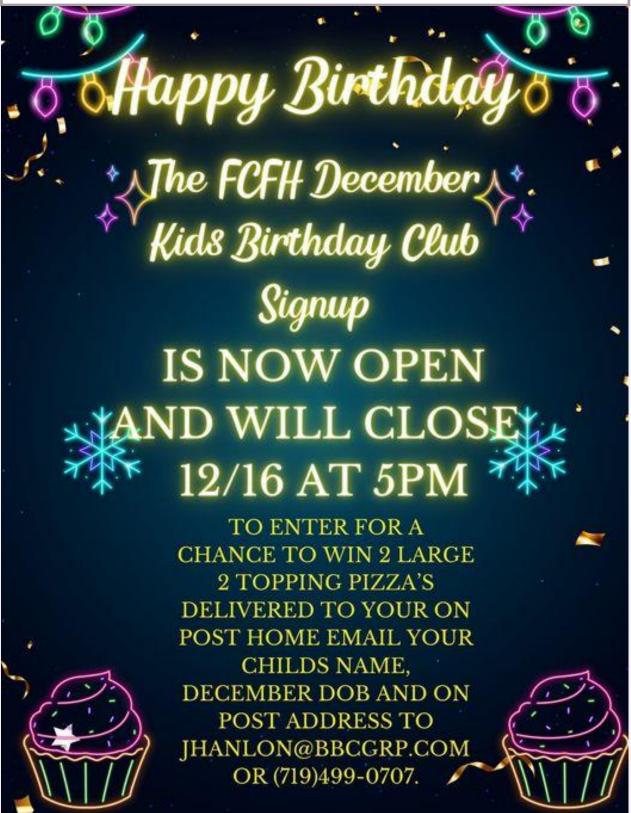


Carson

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Fort Carson Family Homes

Keep up to date with local events and deals with the









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





- 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 (0000-1700)

Where: Fort Carson Youth Center

TO REGISTER:

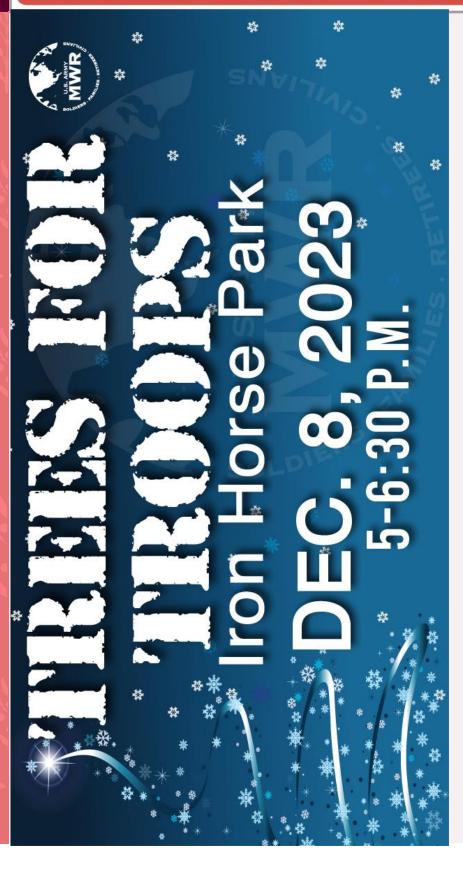


Parent Central Services — 719-526-1101 Youth Center — 719-526-2680

(class size limited to 15)







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DECEMBER GRANT LIBRARY EVENTS

No programs Dec. 12 - 15/Dec. 19 - 30 Registration required. Please stop by or call: (719) 526 - 2350

LAPSIT STORY TIME

Tuesdays | 10:30 a.m.

RTAP

Fort Carson MWR

Resiliency Through Art Program
Express yourself through art. All ages
Tuesday, December 5
3:30 - 5:30 p.m.

LEGO CLUB

Wednesday, December 6 3:00 - 4:30 p.m.

PRESCHOOL STORY TIME WITH THE 4th ID BAND

Thursday, December 7 10:30 - 11:30 a.m.

HOLIDAY FUN

Saturday, December 16, 10:30 a.m. Meet Santa, Make a craft, and watch a movie. Light refreshment provided. Registration required as Santa will be handing out gifts while supplies last.

Wednesday, January 3 3:00 - 4:30 p.m.

LEGO CLUB

VIDEO GAME CHALLENGE

Thursday, January 4

3:00 - 4:30 p.m.

Come challenge your friends to video games, pizza, and drinks provided while supplies last.

Registration required. Ages 10 and up.

3D Escape Room

Friday, January 5

3:00 - 4:30 p.m.

Welcome to Grant Library's First Escape Room. Registration requested. Event takes place in the conference room, ages 8 and up.









Grant Library 1637 Flint St., Bldg. 1528 Fort Carson, CO 80913



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



Fort Carson 2023 FITNESS CLASS SCHEDULE DECEMBER

IVY

Ivy Fitness Center BLDG 1925 | (719) 526-2706

WAL

Waller Fitness Center BLDG 2357 | (719) 526-2742

SCHEDULE KEY

Fort Carson MWR

GREEN: \$3 CLASS

BLUE: COMPLIMENTARY CLASS

RED: ACTIVE DUTY ONLY CLASS

	MONDAY	DAY	
TIME	CLASS	LOCATION	
5:00 a.m.	BOXING	WAL	
6:30 a.m.	P3T	IVY	
6:30 a.m.	PT CYCLE	WAL	
8:00 a.m.	SRU	IVY	
9:00 a.m.	MOVEMENT & MOBILITY	IVY	
4:15 p.m.	TRX INTRO	IVY	
6:30 p.m.	ZUMBA	IVY	

	TUESDAY	
TIME	CLASS	LOCATION
6:30 a.m.	P3T	IVY
8:00 a.m.	SRU	IVY
9:00 a.m.	ZUMBA	IVY
9:30 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	WAL
6:00 p.m.	FITNESS FURY	WAL
4:15 p.m.	TRX INTRO	IVY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	P3T	IVY
6:30 a.m.	PT CYCLE	WAL
8:00 a.m.	SRU	IVY
10:00 a.m.	CORE BLAST	IVY
6:30 p.m.	ZUMBA	IVY

THURSDAY		
TIME	CLASS	LOCATION
6;30 a.m.	P3T	IVY
6:30 a.m.	PTCYCLE	WAL
6:45 a.m.	BOOT CAMP	WAL
8:00 a.m.	SRU	IVY
9:00 a.m.	ZUMBA	IVY
9:30 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	WAL
4:00 p.m.	INTRO TO YOGA	IVY
6:00 p.m.	FITNESS FURY	WAL
6;30 p.m.	MIXXEDFIT	IVY

	FRIDAY	
TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	TRX	IVY
6:30 a.m.	PTCYCLE	WAL
6:30 a.m.	P3T	IVY
8:00 a.m.	SRU	IVY
9:00 a.m.	YOGA	WAL
10:00 a.m.	TRX	IVY

SATURDAY			
TIME	CLASS	LOCATION	
6:30 a.m.	TRX	IVY	
8:00 a.m.	CYCLE	WAL	
10:00 a.m.	INTRO TRX	IVY	

SCHEDULE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY & FACILITY CLOSURES.















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INTRAMURAL SPORTS

BASKETBALL LEAGUE

January 9 - March 2 Juy Fitness Center

GAME TIMES: Mon - Thu 6:30 p.m., 7:30 p.m., 8:30 p.m

> Coaches` meeting: Jan.9 at 5.30 p.m. West Court in Ivy Fitness Center

> > Registration opens: November 1, 2022 Sign up with Intramural Sport

Email roster to: lorraine.thorson.naf@army.mil

Open to Soldiers & DOD ID holders, ages 18+

Call (719) 526-7585



Fort Carson MWR







Information subject to change. Please call for complete details.



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Movement & Mobility Group Exercise Class

Ivy Fitness Center Room 203

Mondays 9 - 10 a.m.



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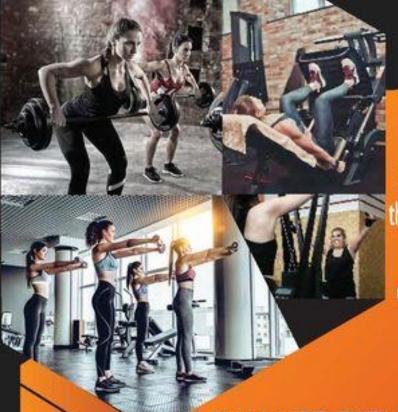
"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive?"



Waller Physical Fitness Center 6946 Magneth Ave., Building 2357 Fort Carson, CO 80913

(719) 526-2742

PASS IT ON COMMUNITY NEWSLETTER



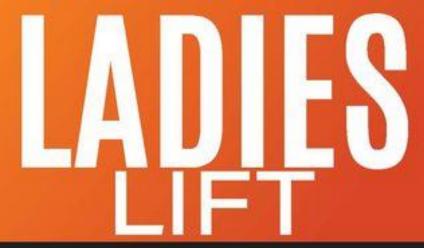
First Saturday Of the Month

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

\$3 per class First Class Free













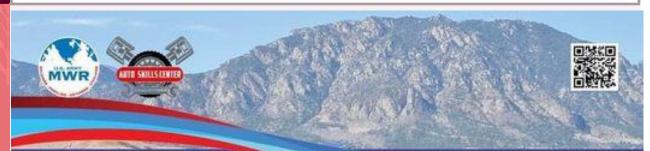


Questions? Call 526-2742

Fort Carson MWR



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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.



Eome Eonsign Your Erafts

on Fort Carson at

TUMBLEWEEDS AT THE MOUNTAIN POST

If you are Active Duty, a Military Spouse or Dependent, Retireed 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 Comminity 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.





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.



USO Colorado

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PASS IT ON COMMUNITY NEWSLETTER



Family Holiday Cookie Party

Tuesday 12/12 5:30-7 pm

Fort Carson bldg 1524

RSVP: bit.ly/4111WOj

Come make. decorate and EAT

Holiday Cookies with us AND

LIVE Chat

with Duff Goldman!

USO-Holidays

USO Colorado





Spouses Holiday Craft Night

Join us for sweet treats and craft making!

Friday 12/8 6:30-8pm RSVP here: bit.ly/411LagD

USO-Holidays









COOKING **MATTERS** AT HOME

Cooking Matters at Home has eight sessions that can be offered in either 30 or 60 minute lengths. Cooking Matters at the Store is also available online as a 60-minute session All sessions can be offered on their own or as part of a series.



Kids Say Yes to Fruits & Veggies

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



Making Recipes Work For You

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



No More Mealtime Madness

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



Hack Your Snack

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



The Family Kitchen

This session will prepare caregivers to work together with kids in their care to discuss safe, ageappropriate 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.





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.





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.

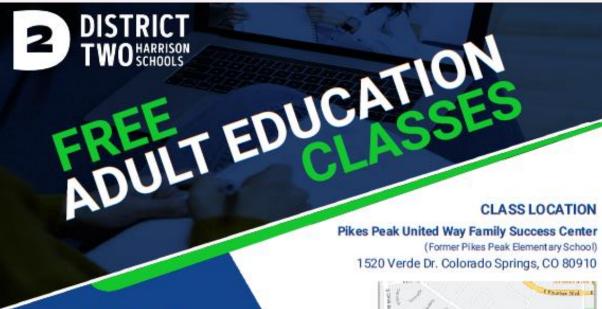


Cooking Matters at the Store: Shopping on a Budget

prices, reading food labels, and reading ingredient labels to find whole grains.



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CLASSES & SERVICES

- English as a Second Language
 Develop English communication skills for work, school, and community involvement.
- High School Equivalency Readiness: GED (Reading & Writing, Social Studies, Math, and Science)
- Career Readiness
 Set your career goals, develop workforce skills, and gain industry certifications.

CLASS SCHEDULE

September 2023 - December 14, 2023 January 8, 2024 - May 22, 2024 *** Classes scheduled between 8:30 a.m. - 8:00 p.m.

Consistently attend a 3-hour class, 2 days a week.

- Monday & Wednesday, OR
- Tuesday & Thursday

Party Surens Design Party Surens Design Party Surens Design Value Party Discount Surens Connected Way Connected Surens Connected Sur

OUESTIONS?

Viviana Lucero (English or Spanish)

dlucero@hsd2.org (719) 579-2130 (719) 407-2941 (Text)

Dr. Masako Kikuchi mkikuchi@hsd2.org (719) 579-2131



ORIENTATION & TESTING

Sign up now for orientation and placement testing (3 hours).

Visit www.hsd2.org/AdultEd to fill out the form OR call Viviana at (719) 579-2130 (English or Spanish).

For more information, please visit our website.



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LUGAR DE CLASES

Pikes Peak United Way Family Success Center Antes Pikes Peak Elementary School)

1520 Verde Dr. Colorado Springs, CO 80910

CLASES Y SERVICIOS

- Inglés como Segundo Idioma Desarrolle su habilidad de comunicarse en inglés para su trabajo, escuela, y participación en la comunidad.
- Preparación para Equivalencia de Secundaria: GED (Lectura, Estudios Sociales, Matemáticas y Ciencias.)
- Preparación para su Carrera Establezca sus objetivos profesionales, desarrolle habilidades laborales y obtenga la certificaciones necesarias para su vida laboral.

HORARIO DE CLASES

Septiembre 2023 - Diciembre 14, 2023 Enero 8, 2024 - Mayo 22, 2024 *** Horario disponible entre 8:30 a.m. - 8:00 p.m. Asista regularmente a una clase de 3 horas, 2 veces

a la semana

- Lunes y Miercoles o
- Martes y Jueves.

Orientación y Evaluación

Inscribase ahora para orientación y evaluación (3 horas). Visite la página web: www.hsd2.org/AdultEd para llenar el formulario o llamar a Viviana al (719) 579-2130 (Español o

Por mas informacion por favor visite nuestra website:



PREGUNTAS?

Viviana Lucero

dlucero@hsd2.org (719) 579-2130 (719) 407-2941 (Texto)

> Dr. Masako Kikuchi mkikuchi@hsd2.org (719) 579-2131





VETERANS DAY PARADE WATCH PARTY



8 A.M. TO 12:00 P.M. UCCS DOWNTOWN

Veterans Day (November 11th) is right around the corner, and UCCS wants to pass on an exciting (and free) opportunity to their partners. This year marks the 50th anniversary of the end of the Vietnam War and they are hosting a very special guest next week, Janine Sijan-Rozina. Janine is the sister of Captain Lance Sijan, an Air Force Academy graduate and pilot whose plane went down over Vietnam on November 9, 1967. He was badly injured but managed to crawl through the jungle for more than six weeks before being captured and taken to a Prisoner of War camp. He died in captivity on January 21, 1968, in the Hoa Lo prison camp. Capt. Sijan's family was presented with the Medal of Honor eight years later when his story was told by the surviving POWs he was imprisoned with. Janine travels the world telling Lance's story of resilience and grit in the face of impossible circumstances. UCCS invites you to attend the documentary about Capt. Sijan's life, "Sijan", Thursday, November 9th, in Centennial Room 203 on the UCCS campus. A trailer for the documentary can be viewed here. Doors open at <u>6 p.m.</u> To reserve your seats and receive parking instructions, please register here.

They'd also like to invite you to join them at UCCS Downtown this Saturday, November 4th, to watch the Veterans Day Parade! https://cvent.me/LN5N02







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!





COMMUNITY NEWSLETTER PASS IT ON









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 <u>MUST</u> REGISTER WITH THE TAP CENTER.

NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.







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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 LGTBQ 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 LGTBQ 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./ aboutHIV -prevention.org or call 800-624-6553

Servicios de PREP y ITS para el VIH en su comunidad







CONNECT TO HELP WITH

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

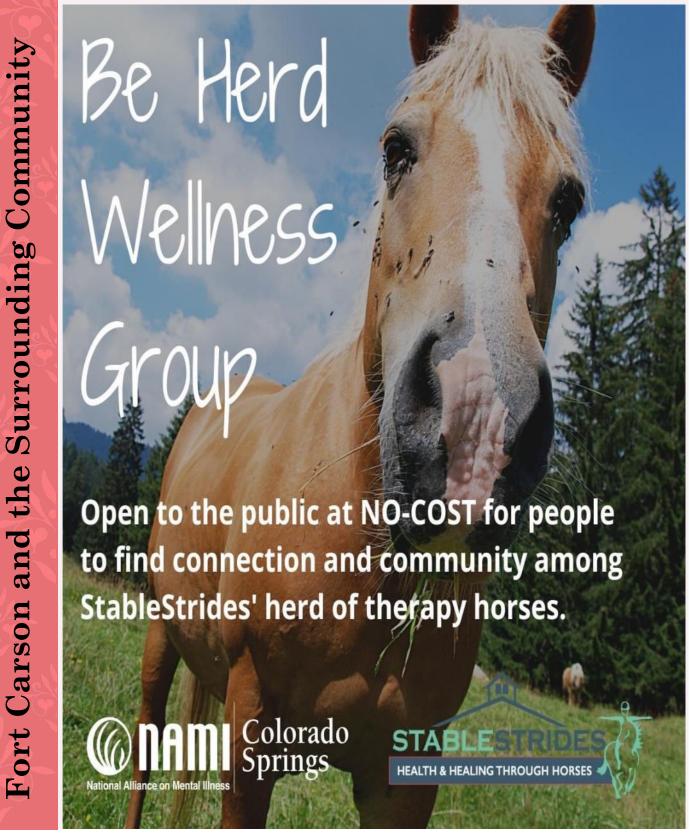
THOUSANDS OF RESOURCES.
ONE CALL.

2.1.1

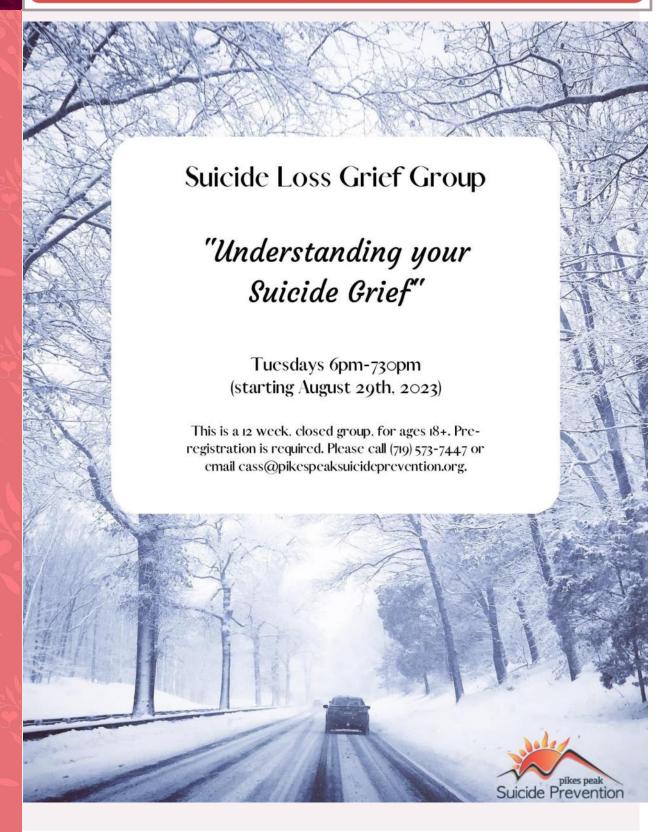
Get Connected. Get Help.™



PASSIT ON COMMUNITY NEWSLETTER











RESOURCES AND REFRESHMENTS

3RD TUESDAY OF THE MONTH

5:00 PM - 6:00 PM

Military connected and free to attend!

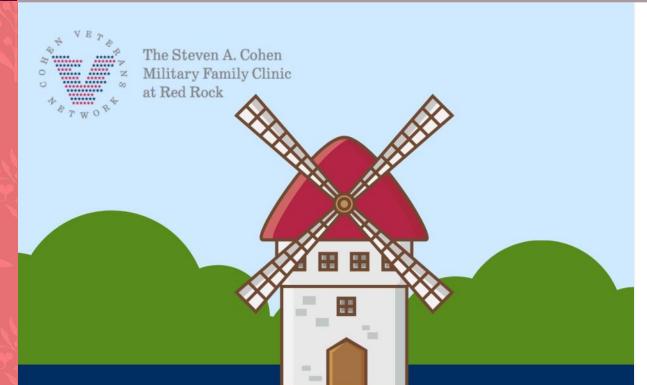
Join us on the 3rd Tuesday of the month in our community room for socializing and snacks while connecting with others and learning about resources available in the community for veterans and individuals transitioning out of service.







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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

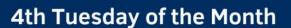
Questions/RSVP: <u>Abanovz@red-rock.com</u>

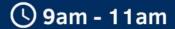
Registration is highly encouraged

http://bit.ly/CohenClinicCOGolf









Equestrian Tuesdays



Military connected and free to attend!

Join us on the 4th Tuesday of the month at the USAFA Equestrian

Center to enjoy a beautiful mountain setting and spend quality

time with horses while connecting with other veterans and
individuals transitioning out of service.

Location:

USAF Academy Equestrian Center 7067 Cottonwood Drive USAFA, Colorado 80840

Reach out to Alex with questions
Abanovz@red-rock.com
Registration is highly recommended







Help your kid be exactly who they are.

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







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!









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.







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: 1st and 3rd 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 or Dr. Bergeron at (719)-524-3508 / Derek.p.bergeron4.civ@health.mil



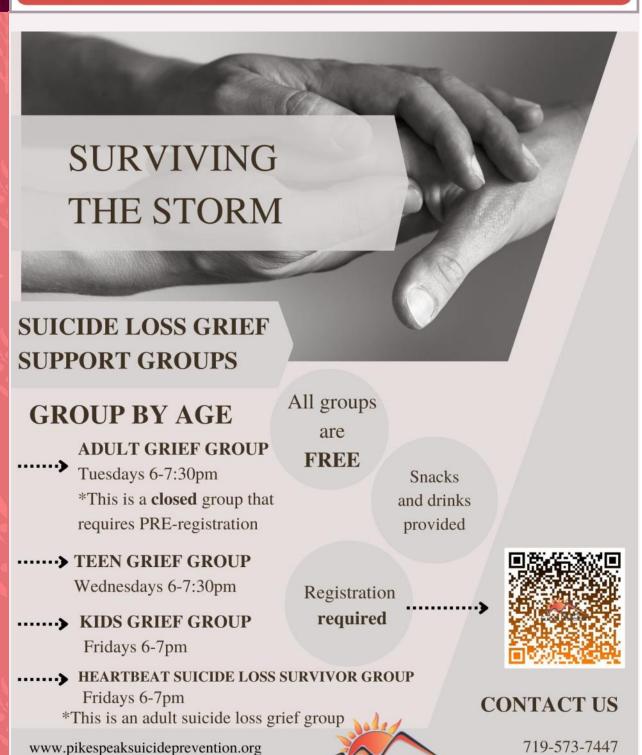
If you'd like to
learn more
about
Colorado
Preschool
Program | Head
Start | Early
Head Start

Click HERE!









Suicide Prevention

info@pikespeaksuicideprevention.org

704 N Tejon St

Colorado Springs, CO, 80903



FREE NAMI SUPPORT GROUPS SHARE STORIES, STRATEGIES, AND SOLIDARITY

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

BASICS SUPPORT GROUP

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

CONNECTION SUPPORT GROUP

For adults experiencing mental illness

Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness

1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person

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

In-person groups will follow social distancing protocols.

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



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

719.473.8477 | office@namicos.org | namicoloradosprings.org



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