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05 Sept 2025

*No Fort Carson/ Army Endorsement Implied*

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



Army Community Services  
6303 Wetzel Avenue, Building 1526  
Fort Carson CO 80913  
719-526-4590  
719-243-7907 24/7 DV Hotline

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## Community Events Bulletin

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### Fort Carson on My Army Post App

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

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

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Effective Sept. 1, 2025, personnel found to be speeding in excess of 20 mph over the applicable speed limit will have their driving privileges suspended for a period of up to one year. 🚫 The speed limit is 30 mph in the main cantonment and 20 mph in housing areas unless otherwise posted. The maximum speed limit on Fort Carson is 40 mph.

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4ID to conduct noise-generating training ⚠️  
Soldiers from the 3rd Armored Brigade Combat Team, 4th Infantry Division, will conduct field artillery training on Fort Carson now until Nov. 7. An increase in noise and dust can be expected during the day and throughout the night south of main post. The training is required to validate armored vehicle crews and is a regular part of the 3ABCT's training cycle.

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## Community Events Bulletin

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BUTTS, DIRAIMONDO PHARMACIES CLOSING:

Beginning Sept. 15, 2025, The DiRaimondo and Butts Army Airfield pharmacies will be closed due to staffing and funding constraints. Soldiers who currently pick up their medication at either of those two locations will be diverted to either the Mountain Post Soldier Center or Soldier Family Care Center pharmacies for new prescriptions, with continued convenient prescription activation through Q-Anywhere.

For more details visit: <https://www.dvidshub.net/news/547140>

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### Current Military, Veteran and Gold Star Families

With fall upon us be sure to grab your free entry to National Parks! Get your free lifetime Military Pass (for veterans and Gold Star families) or annual pass (for current military members and their dependents). Making memories will become second nature in no time!

#### How to Get a Military Annual Pass

##### In Person

You can pick up a Military Annual Pass for free at many national parks and federal recreation sites. You'll need to bring one of three valid forms of identification:

- Unexpired Common Access Card (CAC)
- Unexpired DD Form 1173
- Unexpired Next Generation Dependent ID (Replacement of DD Form 1173)

[Find a place to get a Military Annual Pass in person](#)

##### USGS Store

To receive your pass by mail, order online at the USGS Store for a \$10 processing fee. Passes ordered from the USGS Store are not digital passes and may take weeks to ship.

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# FORT CARSON MWR

## SEPTEMBER EVENTS

### Sep. 1

– Trail Club Begins | Outdoor Recreation

### Sep. 2

– Boot Camp for New Dads | ACS  
– Financial Strength Budgeting 101 | ACS  
– Infant Massage & Baby Nurturing | ACS

### Sep. 3

– Blended Family Parenting | ACS  
– Mountain Post Welcome | ACS

### Sep. 4

– Climbing Wall Orientation | Outdoor Recreation  
– Toddler Time | ACS  
– Thrift Savings Plan Class | ACS

### Sep. 5

– Play Group | ACS

### Sep. 6

– Wags & Wheels | Special Event

### Sep. 8

– Navigating the USCIS Website | ACS

### Sep. 9

– Cooperative Parenting & Divorce Class | ACS

– Infant Massage & Baby Nurturing | ACS

### Sep. 10

– IDES & SRU Soldiers Brief | ACS  
– Sole Parenting Info & Support Group | ACS  
– Mountain Post Welcome | ACS  
– Federal Resume 101 | ACS

### Sep. 12

– Play Group | ACS

### Sep. 13

– Club Championship | Cheyenne Shadows Golf  
– Hike & SUP at Rampart Reservoir | Outdoor Recreation

### Sep. 16

– Boot Camp for New Moms | ACS

### Sep. 17

– SFRG Informal Funds Custodian Training | ACS

### Sep. 18

– Welding Class | Auto Skills  
– Destination Europe | ACS

### Sep. 19

– Yappy Hour | Outdoor Recreation  
– Summer Blowout Sale | Outdoor Recreation

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

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## FORT CARSON MWR SEPTEMBER EVENTS

- Play Group | ACS
- Live Band Karaoke | Special Event

### Sep. 20

- Garden of the Gods Rock Climbing | Outdoor Recreation
- Pajama Jump | Outdoor Recreation

### Sep. 21

- Intro to Climbing Kid Edition | Outdoor Recreation
- Go See the Leaves Change Color | Outdoor Recreation

### Sep. 25

- Lead Climbing Clinic | Outdoor Recreation

### Sep. 27-28

- Tough Mudder | Special Event

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



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# Fathering For Life Course

**September 3 - December 17**

Wednesdays from 1530-1700

ACS Annex; BLDG 7492

15-week class will encourage father-child relationships, cultivate bonding, attachment, communications and build family resiliency

Contact Christian Nunez for more information  
719-725-4216 or christian.p.nunez.civ@army.mil



FIND MORE INFORMATION ON OUR WEBSITE

**Carson.ArmyMWR.com/ACS**



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**19 September**  
**1:pm—2:30pm**

Connecting Families Play Group. Deployed or Unaccompanied?  
**Give Your Child (and you too) the Gift of Community!**

Being a military family means sacrifice, and sometimes that means separation. But your child doesn't have to feel it alone.

Join our FREE Playgroup for children of all ages! We offer a supportive and fun environment where kids and parents can:

Build Friendships: Connect with other military Families who understand what it's like to have a parent serving.

- Develop Social Skills: Encourage positive interaction and learning through play.
- Reduce Stress & Isolation: Provide a sense of belonging and normalcy during challenging times.
- Gain a Support Network: For both kids and parents – connect with others who share similar experiences.

**When: Third Friday of each month (SEPT - FEB Only)**

**Cost: FREE!**

**Location: ACS Annex, Family Nurturing Center**

**1481 Titus Blvd, BLDG 7492**



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**04 Sept**  
1pm—2pm

The TSP class is designed to enhance your knowledge on retirement and planning for the future. Although retirement may seem far for most of you, there is no better time than now to start planning and having your dollars matched.

This class will be held in building 1526.

Cost FREE

For more information and to register [Click HERE](#)

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# Military Spouse

## EMPLOYMENT NEEDS ASSESSMENT



**WE WANT TO HEAR FROM YOU!**

QUICK 5-MINUTE SURVEY HELPS SHAPE REAL SUPPORT;  
RESOURCES, PROGRAMS, AND JOB OPPORTUNITIES

**SCAN QR CODE TO TAKE THE SURVEY**



FIND MORE INFORMATION ON OUR WEBSITE  
**Carson.ArmyMWR.com/ACS**





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**11 Sept  
18 Sept  
25 Sept  
0930—11am**

Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, Walk-ins welcome.

### **Registration Information Walk-Ins Welcome!**

Located at the ACS Annex | Family Nurturing Center  
1481 Titus Blvd., Bldg. 7492  
Questions? Call us at: (719) 526-0461



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**05, 12 & 19 Sept**  
10 am—12 pm

A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills.

Registration Information [CLICK HERE TO REGISTER!](#)  
Walk-Ins Welcome!

Located at the ACS Annex | Family Nurturing Center  
1481 Titus Blvd., Bldg. 7492  
Questions? Call us at: (719) 526-0461

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# Navigating the USCIS Website

Learn to utilize online tools to assist with immigration & naturalization

08 Sept

12pm—12:30pm

Provide Service Members and their Families with the knowledge and skills to effectively navigate the USCIS website, access accurate immigration information and utilize online tools to assist with their immigration/naturalization process.

## **Cost**

Free service provided by your ACS Relocation Readiness Program.

## **Registration Information**

[Click here to register](#)

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08 Sept  
15 Sept  
1pm—3pm

Empowering Families with Food, Nutrition, Education and More

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and community support to income-eligible pregnant women, moms of infants, and children up to 5 years old.

Did you know? Colorado WIC offers:

- HEALTHY FOOD + NUTRITION TIPS
- A COMMUNITY OF SUPPORT
- REFERRALS

Cost Free service provided by your ACS Community Information, Referral and Follow-up Program and the El Paso County Public Health.

Registration Information Walk-in basis; first come first serve. Check in on the lobby iPad, ACS Center, Bldg. 1526. [If you would like to request a WIC appointment, click here.](#)



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**16 Sept  
9 am - 12 pm**

*Class is offered every 3rd Tuesday of the month.*

Are you expecting mom that has questions about parenting infants and local resources?

*This class is an opportunity to interact with other expecting moms and develop confidence as a parent. We will discuss parent-infant relationships, common questions about parenting, postpartum issues, and much more.*

**Cost Free**

**Registration Information**  
[CLICK HERE TO REGISTER!](#)

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This class is located  
at the ACS Annes|  
Family Nurturing  
Center located at

1481 Titus Blvd  
Bldg. 7492  
Fort Carson  
719-526-0461

**09 and 16 September**

**Infant Massage 9:30-10:15 a.m.**

**Baby Nurturing 10:15-11:00 a.m.**

Pregnant moms and parents with babies are encouraged to attend.

Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed.

For more information about our lactation specialist, please contact (719) 960-6435.

Cost FREE!

**Registration Information [CLICK HERE TO REGISTER!](#)**

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**09 Sept  
1 pm—4 pm**

Helping Parents and Caretakers Provide for their Families  
Child support services include:

- Locating parents
- Initiating legal paperwork
- Establishing parentage
- Establishing child support order
- Enforcing child support order
- Modifying a child support order

**Helping parents overcome barriers that prevent order compliance  
Cost**

Free service provided by your ACS Community Information, Referral and Follow-up Program and El Paso County Child Support Services.

### **Registration Information**

**Walk-in basis, first come first serve. Check in on the lobby iPad,  
ACS Center, Bldg. 1526.**



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# COOPERATIVE Parenting & Divorce



**09 September**

Learn how to:

- Create a positive parenting partnership
- Redefine your relationship with your former spouse
- Create a positive parenting partnership on behalf of the kids
- Manage your anger & take control of conflict
- Negotiate child friendly agreements

Take the time understand your new roles in this important relationship and how best to support your kids during this big transition in their lives.

**This class meets the State of Colorado requirements for divorcing couples with children.**

**Cost FREE!**

**Registration Information [CLICK HERE TO REGISTER!](#)**

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## Financial Milestone

### **Disabling Sickness or Condition**

This course will focus on the financial implications of dealing with a disabling sickness or condition – and help you manage your finances more efficiently as you work through it. Being informed improves your understanding of the challenges your family might face. It will help you make more knowledgeable health and financial decisions.



SECURING THE  
**FINANCIAL  
FRONTLINE**



Fort Carson ACS  
(719) 526-4590



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# Sponsorship Training

Learn your local  
resources and  
help to ensure a  
smooth move.

09 September  
9:30am—10:30am

This is the installation specific Army Community Service (ACS) Relocation Readiness Program Sponsorship Training. Participants learn about Fort Carson and local community resources.

## **Cost**

Free class provided by ACS Relocation Readiness Program.



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# Mountain Post

# WELCOME

FOR  
SPOUSES &  
FAMILIES

NEWCOMERS ORIENTATION

10 September

17 September

1 pm—2 pm

Join us at the ACS Center, Bldg. 1526. Our orientation offers you an opportunity to meet other new arrivals, get “insider tips” to become familiar with the area and get any questions you may have answered. It's also a great way to learn about resources on and off Fort Carson.

**Registration Information [Click here to register](#)**

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Family Readiness Group

## SFRG Fund Custodian Training



17 September

10am—11:30am

[Registration Click Here](#)

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing Soldier & Family Readiness Group (SFRG) Informal Fund accounts and fundraising.

This class is being provided as a blended learning opportunity. At registration, attendees will have the choice to identify whether they will be participating either “in-person” or “virtually”.

*In case of inclement weather: If the installation is on a delay, class will start as scheduled, at 0930. In case of post closure you will receive notification of make-up date.*

### **IN-PERSON ATTENDANCE:**

In-person attendees will need to arrive at the ACS Center, 6303 Wetzel Ave., Bldg. 1526, Fort Carson, CO 80913 on the day of the class. Please check-in at the main lobby and staff will direct you to the classroom location. Installation COVID guidelines will be followed.

### **VIRTUAL ATTENDANCE:**

To attend this class virtually, you will receive email guidance from the instructor prior to the class with login instructions to the email address provided during registration.

The class will work on your computer, tablet or phone and downloading an app is not required. You will need speakers or sound.

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9 am—10:30 am

Babies are happiest when they can communicate with the people who love them the most, their families. Signing is a tool that can be the key into your baby's thoughts and the springboard for future language development.

Registration Information [CLICK HERE TO REGISTER!](#)



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Sole Parenting Information & Support Group  
10 Sept  
12pm—1:30pm

Sole Parenting Information & Support Group provides single parents with parenting resources as well as peer support from other single parents.

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# Understanding Your Credit Score



10 September

10 am - 11 am

This class ensures Soldiers understand the importance of credit and why credit should be a part of their financial knowledge. If your credit score is less than 700, take this class to increase your financial knowledge and increase your purchasing power.

**Cost**

Free

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# ✦ BLENDED FAMILY PARENTING COURSE ✦

Come learn more about what you bring  
as a parent, meet other parents,  
and build a support system.  
You can complete one or all six modules.



17 Sept

**This class meets every other Wednesday 2024, from 1200-1330.**

Come learn more about what you bring as a parent, meet other parents, and build a support system. You can complete one or all six modules. Come join us at any time!

**Location:** ACS ANNEX 1481 Titus Blvd. Building 7492



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## FORT CARSON EMPLOYMENT READINESS PROGRAM

IN PARTNERSHIP WITH THE CITY OF COLORADO SPRINGS AND THE SMALL BUSINESS ADMINISTRATION

# SMALL BUSINESS RESOURCE FAIR



Looking to start or expand your small business?  
Join us for our annual Small Business Resource Fair!

- Connect With Essential Resources
- Obtain Expert Guidance
- Network With Local Agencies



**Friday, September 26, 2025**

**10:00 AM - 1:00 PM**

**Fort Carson Army Community Service**

**6303 Wetzel Ave, Bldg 1526**

**Fort Carson CO 80913**

**719-526-0452**

Scan QR code to register



**U.S. ARMY**



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## Hiring Our Heroes

U.S. Chamber of Commerce Foundation

# Fort Carson Career Summit & Peterson Space Force Base Networking Reception

### SEPTEMBER 10, 2025

Networking Reception:  
5:30 - 7:30 PM MT

**Peterson SFB Hub Community Center**  
260 Glasgow Ave #1013  
Peterson Space Force Base, CO 80914

### SEPTEMBER 11, 2025

Service Member Programming:  
9 AM - 12:30 PM MT

**The McMahon Auditorium**  
1517 McDonald St.  
Colorado Springs, CO 80913

### SEPTEMBER 11, 2025

Hiring Fair:  
1:30 - 4:30 PM MT

**William Reed Special Event Center**  
6550 Specker Ave I Bldg. 1829  
Fort Carson, CO 80913

### What to Expect

- ✓ Free career fair & networking opportunities
- ✓ Meet with military-ready companies actively hiring locally & nationwide
- ✓ Get insider tips from hiring managers & recruiters
- ✓ Careers in Cyber/IT, Project Management, Skilled Trades/Transportation, and Defense Contracting

### You'll Learn About

- ✓ SkillBridge programs
- ✓ Fellowships & internships
- ✓ Upskilling & reskilling programs
- ✓ Military spouse professional development & hiring programs
- ✓ LinkedIn for veterans & military spouses

**100+**

expected  
employers

**85k+**

open  
positions

The DoD and Service Branches do not endorse any company, sponsor or their products or services.



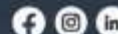
Scan to register

### Register now to connect with military-ready employers

For more than a decade, Hiring Our Heroes has helped hundreds of thousands of transitioning service members, veterans, and military spouses find meaningful employment through our comprehensive training and hiring events, fellowship programs, and online tools.

[HiringOurHeroes.org/carson](https://HiringOurHeroes.org/carson)

@HiringOurHeroes





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## Hiring Our Heroes

U.S. Chamber of Commerce Foundation

# Fort Carson Amplify & Career Summit

Free Two-Day Career Event Series for Military Spouses

**September 10 - 11**

Join us for this two-day series of free career events! Whether you're finding a job, changing careers, starting a business, or just figuring out what comes next in your professional journey – this series is for you.

**Sign up to  
secure your  
spot today!**



Scan to register  
or go to:

[HiringOurHeroes.org/  
carson-milspouse](https://HiringOurHeroes.org/carson-milspouse)

The DoD and Service Branches do  
not endorse any company, sponsor  
or their products or services.

## Amplify

Professional development focused on:

- Resume preparation
- LinkedIn
- Networking
- Public & professional speaking
- Salary negotiation
- And much more!

Space is limited, register today!

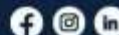
## Career Summit

- Meet with national and local employers looking to hire
- Receive a complimentary headshot
- Strengthen your career network

"This event was great! It was my first ever hiring event as a military spouse and being in a space that was military friendly put me at complete ease and allowed me to be myself and not have to make excuses for my employment gaps. Thank you for putting this on!"

– Military Spouse Attendee

Follow us on social





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Colorado Technical University™ presents

2025 CAREER PANEL DISCUSSION: *The Field of Criminal Justice*

## Exploring the field of Criminal Justice

Join Dr. Lizabeth Jordan and Dr. Kevin Alexander—CTU criminal justice educators—for a practical, real-world discussion on Criminal Justice and Business. This session will be held at the Fort Carson Education Center.

### Featured Presenters



**Dr. Lizabeth Jordan**

Dr. Jordan brings over 30 years of experience in emergency response, Homeland Security, and healthcare. Now Dean of Criminal Justice & Health Services at CTU, she helps others prepare for high-impact roles in community safety and crisis management.



**Dr. Kevin Alexander**

A retired Air Force Military Police officer and CTU alum, Dr. Alexander has led in law enforcement, homeland security, and team development. He now teaches in CTU's doctoral program, guiding professionals as they work to transition into leadership roles beyond service.

### DISCUSSION TOPICS

- ✓ Sworn vs. Non-Sworn Roles in Criminal Justice
- ✓ Leadership and Business Support: Why Partnership Matters
- ✓ Applying Common Skills Across Professions
- ✓ Climbing the Ladder to Success
- ✓ Action-Based Decision-Making Models
- ✓ Educational Paths to Support Your Goals

### Event Details

Tuesday, September 17  
1:00 – 2:00 PM MT

Fort Carson Education Center  
Building 1117, Event Room  
1675 Long Street  
Fort Carson, CO 80913

### QUESTIONS?

Email [bbraaten@coloradotech.edu](mailto:bbraaten@coloradotech.edu)  
Call (719) 526-2124



WITH 2014 FORT CARSON VISITORS

## Criminal Justice Career Field Seminar September 17, 2025

Interested in the Criminal Justice field and what leadership looks like in this career industry? Join Dr. Lizabeth Jordan and Dr. Kevin Alexander—Colorado Technical University criminal justice educators—for a practical, real-world discussion on Criminal Justice and Leadership. Topics include Sworn vs. Non-Sworn Roles in Criminal Justice, Leadership and Business Support: Why Partnership Matters, Climbing the Ladder to Success, and Educational Paths to Support Your Goals. This discussion panel will be held at the Fort Carson Education Center in the Event Room on September 17, 2025 from 1300 to 1400 and is open to anyone interested in this field!

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# Fort Carson HEARTBEAT

*Peer Support for Survivors of Suicide Loss*

**6:15pm the 2nd Tuesday of each month**

**Heartbeat Care and Share, a time for Heartbeat families and friends affected by suicide to connect.**

**Virtual ZOOM Meeting or In-person**

**6990 Mekong Bldg. 6215 Fort Carson**

**Contact for more information:**

**Angelika McShan**

**719-338-1796**

**gsdfriend2@gmail.com**

**Paul McShan**

**202-441-8580**

**paulmcshan@gmail.com**



**HEARTBEAT Survivors After Suicide, Inc.**

[www.heartbeatsurvivorsaftersuicide.org](http://www.heartbeatsurvivorsaftersuicide.org) is a international non-profit organization affiliated with

Suicide Prevention Partnership / Pikes Peak Region

American Association of Suicidology

American Foundation for Suicide Prevention

Suicide Prevention Coalition of Colorado

[www.pikespeaksuicideprevention.org](http://www.pikespeaksuicideprevention.org)

[www.suicidology.org](http://www.suicidology.org)

[www.afsp.org](http://www.afsp.org)

[www.suicidepreventioncolorado.org](http://www.suicidepreventioncolorado.org)



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# COMMUNITY APPRECIATION DAY

Get ready for a fun-filled event with the Fort Carson Directorate of Emergency Services! We're throwing a fantastic celebration to thank our awesome Mountain Post community for their incredible support and partnership. Join us to discovering our amazing emergency response capabilities and see how, together, we ensure a safe and secure environment. Let's enhance the quality of life on the post while having a blast!

**12 September 2025**  
**2pm-6pm**

Fort Carson Youth Center  
Bldg. 5950 Ware St.  
Corner of Ware St. and Normandy Rd

## Activities & Displays

- Incident Command Vehicle
- Interactive patrol vehicle displays
- Interactive fire truck displays
- Smoke House
- Fire Safety bounce
- Military Working Dog displays
- Project You Matter table
- Mountain Post community partners
- Various off post Fire and Police agencies (CSPD, EPSO, Pueblo, CSP, US Air Force)
- Drinks, Food, Snacks





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The Steven A. Cohen  
Military Family Clinic  
at Red Rock

Walk In's  
Welcome  
No Registration  
Required

# 2ND ANNUAL Trunk or Treat

**October 18, 2025**

**12:00pm - 2:00pm**

## Calling all military and veteran families!

The Cohen Clinic is transforming into a Halloween haven where community partners and our dedicated staff will be decorating tables to create a trunk-or-treat experience like no other.

Your little ghosts and goblins can enjoy plenty of treats, including candy and non-candy goodies, all in a warm and welcoming environment—no need to worry about the weather!

## Location

The Cohen Clinic at Red Rock  
1915 Aerotech Drive Ste 114  
Colorado Springs, CO 80916  
Office: 719-370-5141  
• [kwhite@red-rock.com](mailto:kwhite@red-rock.com)

## More Info



[bit.ly/CSTrunkorTreat25](https://bit.ly/CSTrunkorTreat25)

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*09 September  
10:30—11am*

**Grant Library**

Stories, music, play - maybe make a friend today! Babies 0-36 months and their caregivers can enjoy stories, rhymes, and movement **every Tuesday**. Registration required; please stop by Grant Library or call (719) 526-2350 or (719) 526-2842.

*All information is subject to change.*



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# COACHES NEEDED! YOUTH SPORTS

**FITNESS COACHES,  
CHILD, YOUTH AND SCHOOL SERVICES**



## Youth Coaches

Youth coaches are eligible for a discount on youth sports registration fees

## Active - Duty

Active -duty youth coaches can earn promotion points.

## Time Spent

Time spent as a youth coach counts as volunteer hours and can be added to your resume



UNITED STATES ARMY  
**CHILD & YOUTH SERVICES**

## Make the difference

A youth coach makes a difference in the lives of children in the community.

## Rewards ★★

Being a youth coach is rewarding and something to be proud of.



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



Find us on Soc  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Youth Sports @ Youth Center  
6181 Ware St., Bldg. 5950  
Fort Carson, CO 80913

**(719) 526-4425**

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



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NEWSLETTER**



# Kids MARKSMANSHIP Camp



06 September

0900—1pm

Cheyenne Mountain Shooting Complex

Kids participate to learn about firearm safety and safe handling of firearms. Each participant must have their own .22 firearm to participate; we do have loaner rifles that can be used if participants do not have a rifle for the event, and the range supplies 50 rounds of ammunition for the shooting portion. Camp occurs every first Saturday of the month.

**\$15** to sign up. Open to children ages 6-17.

*All information is subject to change.*

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EVANS PEDIATRICS  
CLINIC CONFERENCE  
ROOM

## PEDIATRIC SLEEP CLASSES

New class offerings!

### Our Class Options:

#### Newborn Sleep

- For parents of children newborn to 6 months

#### Sleep Training

- For parents of children 7 months to 4 years

#### Teen Sleep

- For teenagers 12 to 18 years old

**SIGN UP NOW**



719-526-1896



Message your child's PCM  
on Genesis to sign up!





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## Evans Army Community Hospital

### Pregnancy, Infant & Pediatric Loss Support Group

**EACH** is hosting a support group for parents affected by miscarriage, stillbirth, infant, and child loss.

**What:** Pregnancy, Infant and Pediatric Loss Support Group

**Who:** Parents Experiencing Loss or Grief

**When:** First Thursday of the month 0900-1100

**Where:** Bldg 1012 on Fort Carson, Long Street between  
Specker Ave and Wetzel Ave  
Light refreshments will be provided.



For any questions, please contact the Evans Bereavement team at  
[dha.carson.Evans-ACH.mbx.evans-bereavement-team@health.mil](mailto:dha.carson.Evans-ACH.mbx.evans-bereavement-team@health.mil)

Program Coordinator: Jen Houser, BSN, RN 719-526-7489



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### MHS GENESIS PATIENT PORTAL TABLE

#### Purpose of Booth:

- How to activate or register for DSL
- Learn the web site for MHSG Patient Portal
- Demo on navigating MHSG Patient Portal
- Illustration of key benefits i.e. sending secure messages, scheduling appointments, renewing and refilling medication
- Answer any other questions or concerns about MHSG Patient Portal

DATE: SEPTEMBER 23 and 24

TIME: 0900-Noon

LOCATION:

table is in the hallway in front of Healer Chapel  
Evans Army Community Hospital



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**DON'T HAVE TIME TO WAIT?**  
**Maximize your time and activate**  
**NEW prescriptions**  
**from your smart phone OR computer**  
**using Q-Anywhere!**



- ⇒ ONLY for NEW prescription pick up at the Main or SFCC pharmacies.
- ⇒ Mobile Check-In Hours: 8:00 a.m - 4:30 p.m.
- ⇒ Tickets are valid ONLY for the same day.
- ⇒ For refills, call (719) 430-7306, or visit the MHSG Patient Portal.

**SFCC Pharmacy**  
 First floor of SFCC Building  
 1650 Cochrane Circle, Fort Carson, Colorado 80913  
 SFCC Pharmacy Phone: (719) 503-7067

**Evans Main Pharmacy**  
 Ground Floor of Main Hospital Building  
 1650 Cochrane Circle, Fort Carson, Colorado 80913  
 Main Pharmacy Phone: (719) 526-7410



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## Mountain Post Santa's Workshop



**Mountain Post Santa's workshop is a Fort Carson non-profit that provides Christmas for children ages 0-12. If you or a fellow Fort Carson-assigned service member needs a little extra help this holiday season, apply on September 1!**

*you'll need ...*

①

LES/SRB

&

②

DD 1172-2  
(DEERS  
FORM)

**APPLICATIONS  
OPEN  
SEPT 1-NOV 14**



**\*Applications close on November 14 at  
11:59PM MT**



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## Fort Carson Blood Drive

### 0 Low Titer Screening

9-11 Sept 2025 from 0900-1500

VENUE: Elkhorn Event Center  
(1725 Woodfill Road, Fort Carson, CO)

**DONATE BLOOD  
SAVE A LIFE**



**ALL BLOOD TYPES ARE ACCEPTED FOR DONATION.**

**DONORS WILL RECEIVE A T-SHIRT!**

SERVICEMEMBERS, DOD CIVILIANS, ELIGIBLE FAMILY MEMBERS  
ARE WELCOME TO PARTICIPATE!

POC: [nicole.m.fuss2.mil@army.mil](mailto:nicole.m.fuss2.mil@army.mil)

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## Fort Carson paper shredding event



**When:** Sept. 18, 2025, 9 a.m. to 3 p.m.

**Where:** At building 3710 just north and west of Gate 20 off Specker Avenue near the tank trail

**How:** Drop off all unwanted, unclassified paper, including old bank statements, credit card offers, cancelled checks, old medical records, pay stubs, etc., to shred it and get rid of it.

**(No classified documents will be accepted.)** The event is free and open to all ID card holders.

Ensure documents brought in are free of trash and non-paper items (binders, paper clips, plastic bags, etc.) for ease of processing.

**Military units and tenants are limited to no more than one stake bed truck load each per event.**

**No semi-trucks loads will be accepted.**

**Why:** The event is used provide a venue for shredding and recycling of paper. Come do your part to help Fort Carson reduce waste from going to the landfill!

**If a unit or organization requires a large volume of paper shredding, contact the Directorate of Public Works Pollution Prevention coordinator,**

**[robert.d.cavanaugh2.civ@army.mil](mailto:robert.d.cavanaugh2.civ@army.mil),**

**719-725-8072, in advance.**



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# Mountain Post Spouses' Club

**BECOME A MEMBER TODAY!**

## #FindYourPeople

MPSC is an all ranks- based, non-profit, charitable and social organization. MPSC desires to support improving the quality of life for military families by promoting social, recreational, cultural, and educational activities.

**Philanthropy. Friendship. Fun!**

SUB CLUBS • GRANTS/SCHOLARSHIPS • MONTHLY SOCIALS



[www.mpsc.us](http://www.mpsc.us)



MountainPostSpouses'Club



MountainPost\_SpousesClub





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# B•U•N•C•O

## #FINDYOURFRIENDS



September

18, 2025

11-1



**\$20 PER PERSON  
INCLUDES LUNCH**

**AND A NON-  
ALCOHOLIC DRINK**

**COME PREPARED  
TO PIVOT TABLES**

**MOUNTAIN POST SPOUSES' CLUB**

**SEPTEMBER SOCIAL**

**CHEYENNE SHADOWS GOLF COURSE**

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## SEPTEMBER CLASS SCHEDULE



### 9/20 - MACRAME DREAM CATCHERS

Come join us from 12pm to 2pm as our artist Raeel leads this easy to learn and fun macrame class, where everyone will make their own fall themed dream catcher!

This class will cost \$15 per person, and is open to kids and adults ages 10 and up!

Class size is limited to a 10 person max, please call the store at 719-393-3734 or message our Facebook page to reserve your spot(s)!



### 9/27 - KIDS CAN PAINT

Come join us from 12pm to 2pm as our artist Amanda leads this fall themed painting class to showcase the beautiful fall colors! No two paintings will be the same and allow a ton of freedom!

This class will cost \$7 per person, and is open to kids ages 5 and up!

Class size is limited to 12 children max, please call the store at 719-393-3734 or message our Facebook page to reserve your spot(s)!

# TUMBLEWEEDS

AT THE MOUNTAIN POST

We have a brand new craft being offered, with a macrame dream catcher class for kids and adults 10 and up!

[linktr.ee/tumbleweedsatthemountainpost](https://linktr.ee/tumbleweedsatthemountainpost)



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The poster features a camouflage background with a faint map of the United States. At the top, it displays the USO and Salute to Service logos. The main title 'SALUTE TO SERVICE TOURNAMENT' is in large, bold, olive-green letters, followed by 'AMERICAS - QUALIFIER #1' in a similar font. Below this, the date and time 'SEPTEMBER 13<sup>TH</sup> | 12:00 PM ET' and the website 'USO.ORG/TOURNAMENT' are listed. The EA Sports Madden NFL 26 logo is prominently displayed in the center. A blue banner at the bottom left reads 'CHANCE TO WIN 2 TICKETS AND A TRIP TO SUPER BOWL LX', with a small image of the Vince Lombardi Trophy on the right. At the bottom, a disclaimer states: 'No endorsement by the Federal Government. The USO is a not-for-profit organization and not part of the Department of Defense.' The USAA logo is in the bottom right corner.

USO | SALUTE TO SERVICE

# SALUTE TO SERVICE TOURNAMENT

## AMERICAS - QUALIFIER #1

SEPTEMBER 13<sup>TH</sup> | 12:00 PM ET | [USO.ORG/TOURNAMENT](https://uso.org/tournament)

EA SPORTS MADDEN NFL 26

CHANCE TO WIN 2  
TICKETS AND A TRIP TO **SUPER BOWL LX**

No endorsement by the Federal Government. The USO is a not-for-profit organization and not part of the Department of Defense.

SUPPORTED BY USAA

Join the NFL [#SaluteToService](https://twitter.com/USO) EA SPORTS MADDEN NFL  
Tournament 🎮 Play from anywhere!

Sign up now at 🙌 <https://brnw.ch/21wVrSJ>

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USO COFFEE CONNECTIONS

SEPT **19**  
6:30-8:30pm

**SPOUSES NIGHT--  
JEWELRY MAKING!**



USO

We are very excited to invite all military spouses to the next #USOCOLORADO Spouses Night on #FortCarson! We will be making our own beautiful beaded jewelry with a professional jewelry maker! 🍷 What a treat! We will casually connect over coffee and sweets- please come and bring a friend! ☕️💜

rsvp: <https://brnw.ch/21wVrWt>



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For Rules regarding Yard Sales in on post housing see page 58 in your Community Guidelines.



# Post Wide YARD SALE DATES

June- 21 & 22 8am-1pm  
July- 19 & 20 8am-1pm  
August- 9 & 10 8am-1pm  
September- 13 & 14 8am-1pm

Signup to be added to the list of participants will close the Wednesday before the Yard Sale Date.



To host a Yard / Carport / Garage Sale at your on post home text "Yard Sale", the date or dates that you would like above and your on post address to (719)499-0707.

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Cross Fellowship

**YOU'RE  
INVITED**

**Because Motherhood Isn't  
Meant to Be Done Alone**

REGISTER  
TODAY!



*This year's theme: Make It Awkward*

Meetups on Weds 9:30-11:30 am  
Cross Fellowship Church Black Forest

Childcare provided & breakfast is a  
community effort provided by our  
amazing mamas each meeting

**2025**

September - 3 & 17

October - 1 & 15

November - 5 & 19

December - 3

**2026**

January - 7 & 21

February - 4 & 18

March - 4 & 18

April - 1 & 15

May - 6

Join us for fun, food, fellowship, and  
building our faith and friendships!



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## Resources for Deployed National Guard and Reserve Service Members



**OUR  
MILITARY  
KIDS**

### FUNDING BACK-TO-SCHOOL ACTIVITIES FOR CHILDREN OF DEPLOYED NATIONAL GUARD & RESERVE OR POST-9/11, COMBAT INJURED VETERANS



**OURMILITARYKIDS.ORG/  
APPLY**

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# STRATEGIC SELF-CARE FOR MILITARY SPOUSES



## Establish a Self-Care Routine

Recharge with daily rituals like meditation, a walk, or a relaxing bath.

01

02

## Set Boundaries

Protect your time by limiting commitments, work hours, and screen time.



## Seek Support

Lean on friends, family, and networks for advice and encouragement.

03

04

## Prioritize Self-Compassion

Embrace setbacks, silence self-criticism, and practice self-compassion.





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CYS YOUTH


# OPERATION GRATITUDE

Fort Carson Youth Center  
and Fire Station 31

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**SEPTEMBER 11 5 P.M.**

8-10 September : Building the packages 4:30-6 p.m.





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

Come join us for Operation Gratitude! Our goal is to teach younger generations about the events of 9/11 and give gratitude to first responders in our community.

On September 8-10, from 4:30-6:00 p.m., we'll be assembling the packages at the Fort Carson Youth Center.

On September 11, at 5 p.m., we'll deliver the packages to Fire Station 31.

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For more information, please contact Kendra Mullins; [kmullins@bluestarfam.org](mailto:kmullins@bluestarfam.org)



**Blue Star  
Connect  
Outdoors**



## Hiking at Red Rock Canyon Open Space

Saturday, September 20th at 9 am

**Red Rock Canyon Open Space | Colorado Springs, Colorado**

Come join us at Red Rock Canyon Open Space for a scenic hike in Colorado Springs, Colorado. Families will get to explore the Mesa, Greenlee, and Red Rock Canyon Path Loop. This trail is rated as easy and will be 1.8 miles with a 262 ft elevation gain. This trail offers beautiful views of Garden of the Gods.



### WHAT TO EXPECT

1.8 Miles & 262 ft Elevation Gain  
Loop Trail  
Scenic views of Garden of the Gods  
All ages welcome  
Red Rock Formations & Quarry



Tuition and gear provided  
by Blue Star Families  
Active Duty, Veterans, and  
Family Members



Register Here





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As a military family, life can mean navigating constant change — new routines, relocations or deployments. It's normal to feel overwhelmed at times. Let our friends at [Sesame Street for Military Families](https://sesamestreetformilitaryfamilies.org/) help your little ones find calm, strength and connection through every stage of your military life.



The new [ss4mf.org](https://ss4mf.org) is here! 🎉

Check it out: <https://sesamestreetformilitaryfamilies.org/>

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×

**RANDY  
ROCHA**

## OPERATION MEMORIES

Create lasting keepsakes  
before your loved one  
*deploys*

**BECAUSE EVERY GOODBYE  
DESERVES A MEMORY**

Wednesday Sept 10 | 4:00 - 7:00 PM  
Thursday Sept 11 | 9:00 AM - 2:00 PM  
Saturday Sept 13 | 8:00 - 11:00 AM

Garden of the Gods 1805 N. 30th St.,  
Colorado Springs, CO 80904

[Secure your spot](#) →



Families in Colorado Springs, CO with a loved one deploying soon: Operation Child Care Project proudly offers “Operation Memories.”

This is a FREE professional mini photo session for military families facing deployment in the next 6 months. This special tribute helps capture cherished moments together before separation, providing a comforting keepsake at no cost. Sign up today to pause, connect, and secure lasting memories with the support of your community. Spots are limited, secure your session now!



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The Steven A. Cohen  
Military Family Clinic  
at Red Rock

## EmpowerHER Therapy Group

Are you a woman who has served — or the loved one of someone who has?

Join Empower HER, a supportive therapy group for female service members, veterans, and spouses/family members. Connect with others who understand your journey as you build resilience, improve mental well-being, and navigate life's challenges together.

- Open group, held on Tuesdays - Join anytime!
- Intake and BPSA required before attending (please call to complete)

### Contact for more info:

- 📞 (719) 370-5141
- ✉️ [cvncs@red-rock.com](mailto:cvncs@red-rock.com)
- 🌐 [bit.ly/CSCohenClinic](http://bit.ly/CSCohenClinic)

### DATE & TIME

Every Tuesday  
4:30-5:30PM MDT

### LOCATION

The Cohen Clinic  
1915 Aerotech Dr.  
Suite 114  
Colorado Springs, CO

### REGISTER NOW

[bit.ly/3T5F1Nk](http://bit.ly/3T5F1Nk)



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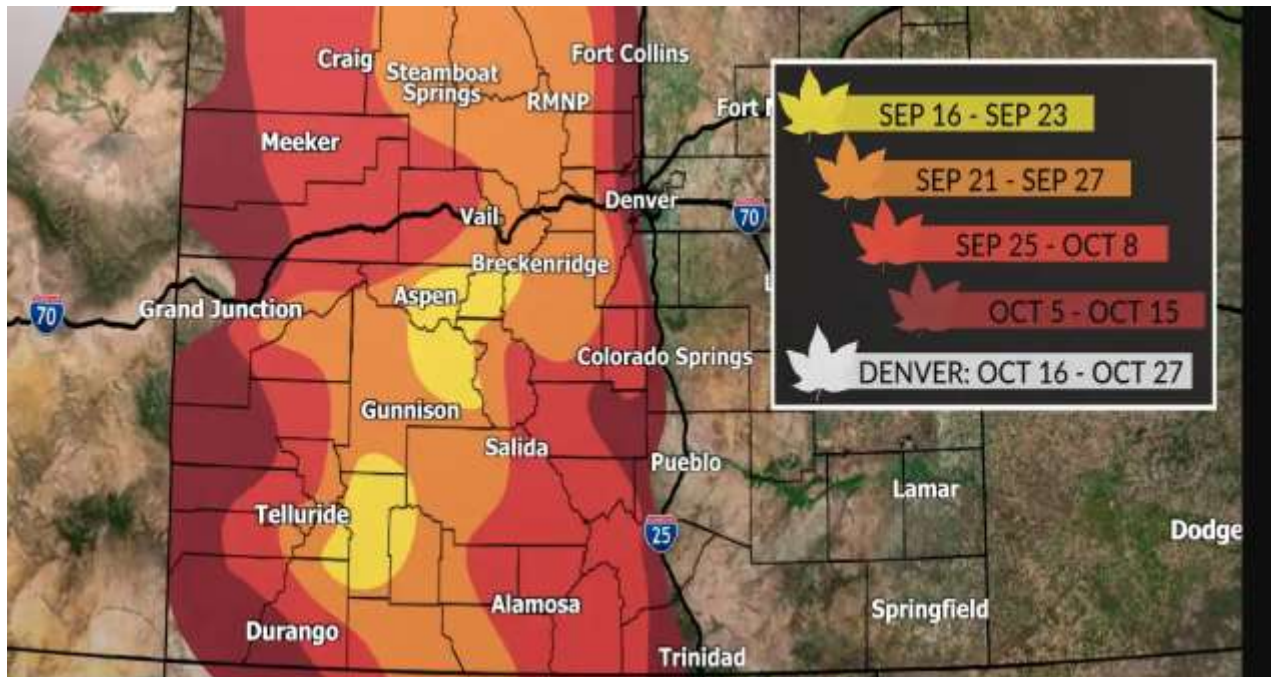
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