



## FORT CARSON • ARMY COMMUNITY SERVICE • PROGRAMS

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

### ARMY VOLUNTEER CORPS (AVC)

- Assistance finding volunteer opportunities on & off Fort Carson
- Volunteer Recognition
- Special Volunteer events including: Make A Difference Day & National Volunteer Week

### COMMUNITY INFORMATION & REFERRAL PROGRAM (I & R)

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

### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

- Community Information, Support & Resources for EFM Families
- EFMP Special Events & Activities
- Individualized Education Program (IEP) Support
- Relocation Assistance for EFM Families - Incoming & Outgoing
- Special Needs Accommodation Process (SNAP)
- Special Needs Stabilization & Compassionate Reassignment
- System Navigation Services appointments

### EMPLOYMENT READINESS PROGRAM (ERP)

- Assistance with Resumes, Building a Portfolio & Interviews
- Career Fairs for Spouses & Transitioning Soldiers
- Computer Lab with Printers at the ACS Center
- Education Scholarships Information
- Individualized Counseling to Explore Career Paths
- Self Development Workshop

### FAMILY ENRICHMENT PROGRAM (FEP)

- Army Family Action Plan (AFAP) Conference & Program
- Army Family Team Building (AFTB) Self Improvement Courses
- ACS Volunteer Instructor Training
- Educating Surrounding Community about Fort Carson & Military Life
- Supporting Company Commander & 1st Sergeant Spouses

### FINANCIAL READINESS PROGRAM (FRP)

- Army Emergency Relief (AER)
- Banking Management & Finance Classes
- Budget, Credit, Debt & Investment Counseling
- Assistance for Soldiers through Community Partners
- Consumer Protection & Mediation
- Command Financial NCO (CFNCO) Program
- Food Assistance Program Screening
- Free Access to CARFAX Reports
- Free Access to Consumer Reports
- LEAP (Low-Income Energy Assistance Program)
- New Blended Retirement System Support

### MAYORAL PROGRAM

Mayors serve as advocates for the communities they represent to the Fort Carson Community Partners

- Fort Carson Residents Village Mayors Election
- Yard Sales

### MOBILIZATION & DEPLOYMENT READINESS PROGRAM (MOB DEP)

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

### RELOCATION READINESS PROGRAM (RELO)

- Foreign Language Learning Tools
- Citizenship & Immigration Services
- Community Connection "Welcome Center for Families & Soldiers"
- Computer Lab (CAC Accessible) with Printers, Fax Services, Scanning & Copier at Community Connection - free of charge
- Cultural Meet-Ups
- Installation Packets
- Loan Closet at Community Connection
- Nursing Suite at ACS Center
- Sponsorship Training
- Toy & Book Program
- Trip Planning
- Waiting Families Program for Spouses & Families separated from their Soldiers

### SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

- Transition assistance to Soldiers (& their Families) as assigned to the Warrior Transition Battalion (WTB) & Integrated Disability Evaluation System (IDES)

### SOLDIER & FAMILY READINESS PROGRAM (SFRP)

- Adoption Fairs for Military Families
- CPR & AED Classes
- Home Visits with New Parent Support Program
- Supporting Leadership Response to Domestic Violence
- Military & Family Life Counselors (MFLC) Program
- Nurturing Parenting Programs for Infants to Teenagers
- Parent Resources & Classes for all Parents, including: Divorceds, Single Parents, Step-Parents & New Parents
- Play Groups for infants to 5 years of age
- Prevention & Relationship Enhancement Program (PREP)
- Relationship Classes
- Resilience Classes for Self Improvement
- Support Groups for Domestic Violence
- Victim Advocacy Program & Training

### SURVIVOR OUTREACH SERVICES (SOS)

Located at the Fallen Heroes Family Center

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

### WARRIOR FAMILY COMMUNITY PARTNERSHIP (WFCP)

Facilitating Community Partner Resources for Soldiers & Families

- Community Partnership Council
- Slick Deals for Soldiers & families
- Weekly Community Newsletter: "Pass-It-On"



EDUCATION • OPPORTUNITY • DISCOVERY

## ARMY COMMUNITY SERVICE • COURSE CATALOG

ACS is located across five different buildings on Fort Carson. Each location houses different programs that offer resources for Soldiers & their Families.



ACS CENTER

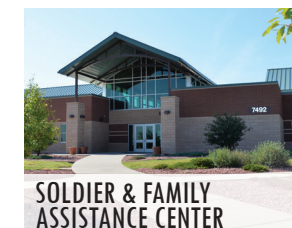
### INSIDE ACS CENTER

- Army Volunteer Corps (AVC)
- Community Information & Referral (I&R)
- Exceptional Family Member Program (EFMP)
- Employment Readiness Program
- Family Enrichment Program
- Financial Readiness Program
- Mayoral Program
- Mobilization & Deployment Readiness Program
- Relocation Readiness Program: Leaving Fort Carson
- Solider & Family Readiness Program (SFRP)
- See inside for offerings!

6303 Wetzel Ave.  
Building 1526

(719) 526-4590

Mon-Fri: 8 a.m.-5 p.m.  
Wed: 9 a.m.-5 p.m.  
Federal Holidays: Closed



SOLDIER & FAMILY ASSISTANCE CENTER

### INSIDE THE SFAC

Services for Soldiers & their Families assigned to WTB or IDES, including:

- Benefits Counseling
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Military Personnel Services (HR)
- Nutrition Center
- VA Healthcare

• Partner Agencies located inside:

Army Wounded Warrior (AW2)  
Colorado Department of Labor & Employment  
Education to Employment (E21)  
Operation Warfighter  
Veteran Administration Health Liaisons

1481 Titus Blvd.  
Building 7492

(719) 526-5807 / 524-7301

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



FALLEN HEROES FAMILY CENTER

### INSIDE THE FHFC

Services for Families of the Fallen, including:

- Benefits Counseling
- Bereavement Referral & Support
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Post Access Support
- Peer-to-Peer Support
- Survivor Support Groups

6990 Mekong St.  
Building 6215

(719) 526-2069

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



FAMILY NURTURING CENTER

### INSIDE THE NURTURING CENTER

Parenting classes & meet-ups, including:

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

6070 Barkeley Ave.  
Building 1354

(719) 526-0461

Open during class times only



COMMUNITY CONNECTION

### INSIDE COMMUNITY CONNECTION

- Donations Management
- Fort Carson & surrounding community information
- Immigration services
- Loan Closet: check out household necessities
- Relocation Readiness Program: Arriving at Fort Carson

6391 Wetzel Ave.  
Building 1524

(719) 526-8747 / 1070

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

ALL PROGRAMS OFFERED AT  
**NO COST!**

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



[WWW.CARSON.ARMY.MIL/ACS](http://WWW.CARSON.ARMY.MIL/ACS) • (719) 526-4590



# ACS COURSES, EVENTS & SERVICES

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

## ARMY FAMILY TEAM BUILDING

### AFTB: MILITARY KNOWLEDGE (LEVEL K)

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

### AFTB: LEADERSHIP DEVELOPMENT (LEVEL L)

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

### BRIEFER, FACILITATOR & INSTRUCTOR TRAINING COURSES

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

### AFTB: PERSONAL GROWTH (LEVEL G)

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

### CO. COMMANDER & 1SG SPOUSE COURSE

You'll learn about the structure of the Army and Fort Carson, the deployment cycle, customs and courtesies, coping through crisis, character strengths and resilience, recruiting and recognizing volunteers, and more.

### ARMY 101

A 5-hour class designed to help civilian organizations understand more about how the Army works at Fort Carson and is an opportunity to learn the basics of working with Soldiers and Families. Offered 4 times a year.



## ARMY VOLUNTEER CORPS (AVC)

### VOLUNTEER, VMIS & OPOC TRAINING

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

*Last Wednesday of the month • 1-2 p.m.*

### YARD SALE

Twice a month the Mayoral Program supports yard sales on Fort Carson for DoD ID holders (nonresidents and barracks residents set up at bldg. 4355 on Funk Ave). If bad weather, yard sales will be rescheduled to the Saturday following a regularly scheduled date.

*April-Dec.: 1st & 3rd Saturdays • 8 a.m.-3 p.m.*

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

### EFMP BOWLING NIGHT

What could be more fun than a bowling experience for you and your special needs child? Join the fun and network with other EFMP Families! No cost for EFMP Families; includes 2 games and shoe rental. Registration required.

### IEP BASICS CLASS

If you have a child with an Individualized Education Program (IEP) and feel like a lost fish swimming in an ocean of special education jargon, this class is for you! Reduce your confusion and the feeling of being overwhelmed.

### EFMP SENSORY MOVIE NIGHT

At the EFMP Sensory Movie Night the lights are left on, the sound is turned down and audience members are invited to get up and move about as needed. All EFM's are welcome.

### MEDICAID WAIVER INFORMATION WORKSHOP

For help in knowing how to see if your child might qualify for Medicaid or any of the waivers, start with this informational workshop led by an expert in the field.

## EMPLOYMENT READINESS PROGRAM (ERP)

### JOB SEARCH ORIENTATION

Participants will receive valuable information and answers to the most common questions about starting your job search at Fort Carson and in the local commuting area. Once a month a CPAC briefer will address the military spouse application process for federal/government jobs, and the Military Spouse Preference Program.

*Wednesdays • 9:30-11:30 a.m.  
with CPAC Brief on 4th Weds. of the month*

### RESUME REVIEW

Have your resume critiqued by an expert. Includes follow up appointment as well. Completion of Resume Writing Workshop required.

*by appointment only, call (719) 526-0452*

## FAMILY ADVOCACY PROGRAM

### 5 LOVE LANGUAGES

This class will discuss your "Love Language" and how to use it to strengthen your communication style. The workshop is based on the best-selling book "The 5 Love Languages".

### DISCOVER A BETTER YOU

Based on the 'Got Your Back' Series, this class helps Single Soliders improve on their self actualization and relationship skills.

### HEARTSAVER CPR TRAINING

Teaches the basic techniques of adult & child CPR and use of an AED (Automated External Defibrillator). For anyone who does not work in a healthcare environment. Classes fill quickly.

### PARENTING TEENAGERS

This 5-week class lays out a clear path to a more productive future and create a better relationship along the way. Single parents and couples are welcome to participate.

### PARENTING WORKSHOP

A 6-week class where you will learn to relate with your children by taking hold of your own emotional responses. Helps parents to focus on their own behaviors more than their kids.

## FINANCIAL READINESS PROGRAM (FRP)

### ARMY EMERGENCY RELIEF (AER)

AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members, Retirees, Retiree Family Members, and Family of the Fallen needing financial assistance in an unforeseen emergency situation. AER is dedicated to "Helping the Army Take Care Its Own."

*Contact your unit's Command Financial NCO or ACS for an appointment, call (719) 526-4590*

### 1ST TERMERS TRAINING

Learn how to save and invest your money, establish savings goals, debt elimination strategies, and create a savings for emergency situations.

*Mondays • 9-11:30 a.m.*

### BROWN BAG LUNCH SERIES

Take your lunch break with FRP and learn how to better manage your money. Topics include:

- Thrift Savings Plan - 1st Thurs.
- Managing Your Debt - 2nd Thurs.
- New Blended Retirement System - 3rd Thurs.
- Used Car Buying - 4th Thurs.

*Thursdays • Noon-1 p.m.*

### IRON HORSE BUDGET

Learn how to create your budget. Designed to ensure that each Soldier has a plan to better manage their money and create a sound financial plan.

*Tuesdays • 9-11:30 a.m.*

### TRANSITIONING SOLDIER ASSISTANCE

Attend and receive valuable information about starting your job search as you transition from the Army. Resume writing tips, as well as handouts will be provided to assist in your transition needs.

*4th Thursday • 9:30 a.m.-12:30 p.m.*

### RESUME WRITING WORKSHOP

Receive important resume writing tips for today's job market, interview techniques, how to dress for success, and handouts to assist in creating a finished resume.

*1st & 3rd Tuesdays • 9:30 a.m.-12:30 p.m.  
1st & 3rd Thursdays • 9:30 a.m.-12:30 p.m.*

### COOPERATIVE PARENTING & DIVORCE

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

*2nd Tues. of the month • 9 a.m.-12:30 p.m.*

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

*3rd Thurs. of the month • 9 a.m.-Noon*

### MARRIAGE WORKSHOP

In this 2-day class relate with your partner in a calm, cool and connected way. Work on communication, intimacy and much more.

### PREP

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

### SMART STEPS

This is a research-based marriage and family life education program that recognizes the complexities and the interdependent nature of relationships with step-families.

## MOBILIZATION & DEPLOYMENT

### CARE TEAM TRAINING

The Casualty Response (CARE) Team fills the gap between the notification team and personal support arriving. Training prepares volunteers to help during a time of tragedy or loss.

### FRG TRAINING: FUND CUSTODIAN

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

### FAMILY READINESS LIAISON ACADEMY

This course trains Soldiers selected to be unit Family Readiness Liaisons (FRLs) on how best to assist unit commanders and FRG leadership.

### FAMILY OPSEC

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

## NEW PARENT SUPPORT PROGRAM

### BASIC TRAINING FOR NEW MOMS

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

*3rd Thurs. of the month • 9-11 a.m.*

### HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday through Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis. Call (719) 526-4601 for more information.

### NURTURING

These two 12-week classes teach parents how to be nurturing to their children as well as to themselves. Touches on communication, building your child's self-esteem, behavior management techniques and much more. There are 2 sessions: Infant to 5 years of age and 5 to 12 years of age.

*Registration deadline: April 5*



## RELOCATION READINESS PROGRAM (RELO)

### HOMEBUYER'S WORKSHOP

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

*4th Weds. of the month • 1 p.m.-4p.m.*

### T3 SPONSORSHIP TRAINING

T3 is a master trainer course for unit sponsors. Soldiers will learn how to train Sponsors for the Fort Carson Sponsorship Program. Soldiers must attend both days of training and have orders to do so.

### EVERYDAY ENGLISH

Ten week program for foreign born individuals. Participants develop basic English skills in grammar, conversation, language and composition. Preregistration required with assessment test.

### FRG TRAINING: FOUNDATIONS

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

### FRG TRAINING: KEY CONTACT

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

### REAR DETACHMENT LEADERS COURSE

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

### IMMIGRATION & NATURALIZATION CLASSES

Interactive class walking participants through all paperwork required for either Green Card application or Naturalization. The process (forms and fees) are explained in depth. Our 101 class will answer all your questions if you don't know where to start, schedule an appointment for 101 today.

*Immigration 101: Tues. • 2 p.m.-4p.m.  
Green Card: 2nd & 4th Thurs. • 8 am.m-Noon  
Citizenship: 2nd & 4th Thurs. • 1-4 p.m.*

### S1 IMMIGRATION TRAINING

This required training ensures BN and BDE S1's are able to properly assist their Soldiers with the Immigration and Naturalization process. Training is open to all Soldiers, DA Civilians, and Contractors. Participants will work through scenario based exercises.

### DESTINATION OVERSEAS

Learn about planning and executing a successful OCONUS PCS. Soldiers within 30 days prior to clearing can pre-clear ACS, Army Emergency Relief (AER), Loan Closet and the Exceptional Family Member Program (EFMP) by attending this class.

*2nd Wednesdays • 1-2:30 p.m.*

## SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

### FAMILY SOCIAL

Soldiers and their Families assigned to the WTB or in the IDES can learn more about the process and resources available. Dinner is provided. All Family members welcome.

### NUTRITION CENTER

Getting the right nutrition is an important part of your treatment. The SFAC Nutrition Center is open daily with snacks and beverages for WTB/IDES Soldiers and their Families.

### UNDERSTANDING YOUR EDUCATION BENEFIT

Participants will get a clear understanding of the education benefits including: Montgomery GI Bill, Post 9/11, Transfer of Benefits, Yellow Ribbon Programs, Vocational Rehabilitation, and Veteran Upward Bound.

*Wednesdays • 1 p.m.*

### IMMIGRATION ASSISTANCE

Free service open to all Soldiers, Spouses, and DA Civilians; Active Duty and retired. Representative works with the USCIS Denver Office representatives.

*by appointment only, call (719) 526-1070*

### MONTHLY NATURALIZATION CEREMONY

Join us in welcoming our new citizens. Participants are Soldiers, spouses, and DA civilians; Active Duty and retired. Ceremony is open to everyone.

*3rd Thurs. of the month • 2-2:30 p.m.*

### PCS 101

Provides PCSing Soldiers with information on planning and executing a successful move. Soldiers within 30 days prior to clearing can pre-clear ACS, Army Emergency Relief (AER), Loan Closet and the Exceptional Family Member Program (EFMP) by attending this class.

*4th Wednesdays • 1-2:30 p.m.*

### WAITING FAMILIES PROGRAM

Find new friends and stay up-to-date on what is going on at Fort Carson and in the local community. For Family Members who are separated from their Soldier due to mission requirements, to include TDY's and unaccompanied assignments.

### IN PROCESSING BRIEF

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

*Tuesdays & Thursdays • 1-2 p.m.*

### ONE-ON-ONE SUPPORT

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

*call (719) 526-5807 for an appointment*

### TRANSITION BRIEF

Class for WTB and IDES Soldiers that are transitioning out of the military. Covers all of the military benefits and services that transitioning soldiers can utilize through the SFAC and other programs.

*Mon., Weds. & Fri. • 9:45-11 a.m.*

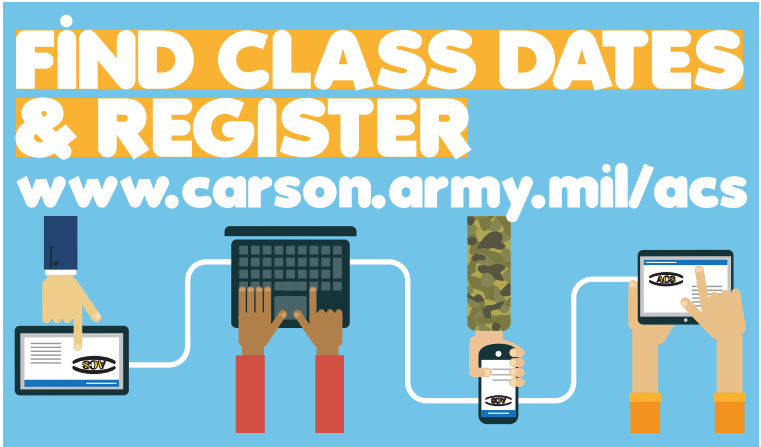
## VICTIM ADVOCACY PROGRAM

### DOMESTIC VIOLENCE SUPPORT GROUPS

An inviting and safe place where individuals can meet with others who have a history with domestic violence. All ideas and experiences can be expressed in a judgment free environment.

*Women's Group - Tuesdays • 1-2 p.m.*

*Men's Group - Wednesdays • 2:30-3:30 p.m.*



Find up to date class listings & program details on our website.