

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



4 January 2023

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.



Image Reference: SPC McKinney, Marcus. "Spc. "Last 1SBCT welcome home ceremony", Fort Carson Mountaineer, <https://www.fortcarsonmountaineer.com/2019/02/last-1sbct-welcome-home-ceremony/>, Accessed 08 April 2022.

January 23, 2023, 9am - 5pm
William Reed Special Events Center (SEC)
6550 Specker Avenue, BLDG 1829

Whether it's staying at Fort Carson or transitioning (PCS, ETS, Retirement), Soldiers and Families can use this opportunity to become familiar with local support agencies and prepare for their next step after redeployment.



No Fort Carson/ Army Endorsement Implied

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

- [Army Community Service](#)
- [Army Volunteer Corps](#)
- [Employment Readiness Program](#)
- [Exceptional Family Member Program](#)
- [Family Advocacy Program](#)
- [Financial Readiness Program](#)
- [Information, Referral, & Follow-Up Program](#)
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- [Upcoming ACS Classes & Workshops](#)
- [Victim Advocacy Program](#)

- [Army Education Center](#)
- [Army Substance Abuse Program](#)
- [Employee Assistance Program](#)
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- [Scholarship News](#)

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Community Events Bulletin

Trail club-

The Directorate of Family and Morale, Welfare and Recreation (DFMWR) hosts 2023 Trail Club, Session 1. Walk or run various trails in the Fort Carson area on your own time and own schedule. This free program begins Jan. 12. Send in proof of each week of four of the six trails to receive a free t-shirt and sticker. The program is Family, dog and friend friendly. For registration and more information, visit: <https://www.eventbrite.com/e/2023-fort-carson-trail-club-session-1-tickets-499447530007>.

IWR new meal rates, schedule-

--Ivy Warrior Restaurant (IWR) new meal rates take effect Jan. 1. New standard meal rates are breakfast, \$4.30; lunch, \$6.85; dinner, \$5.95; brunch, \$7.65; supper, \$9.35; and holiday, \$11.20. Discount meal rates are breakfast, \$3.15, lunch, \$5.25; dinner, \$4.50; brunch, \$5.80; supper, \$7; and holiday \$8.30.

--Warfighter IWR will be closed through January.

--Stack IWR is closed Jan. 1-2; open for breakfast, lunch and dinner Jan. 3-6; and open for brunch and supper Jan. 7-8. Wolf IWR is open for brunch and supper Jan. 1-2; open for breakfast, lunch and dinner Jan. 3-5; open for breakfast and lunch Jan. 6 and closed Jan. 7-8. La Rochelle is closed Jan. 1-2, open for breakfast and lunch Jan. 3-6 and closed Jan. 7-8.

Pipe freeze warning-

With winter weather here, temperatures can drop below freezing suddenly. Significant facility damage is possible if appropriate actions are not taken. Facility managers, building occupants and unit leadership are asked to ensure the following:

--Ensure all windows and exterior doors are closed.

--Keep all heating systems on even in unoccupied buildings (do not turn off any units). Set any self-adjustable thermostats to at least 55 degrees (barracks set to 60 degrees).

--Building occupants can submit service orders if their buildings are not heating properly through the Army Maintenance Application website at <https://www.armymaintenance.com/arma>.

--If there is a busted or leaking pipe emergency, call in a service order immediately to the Directorate of Public Works operations and maintenance contractor at 719-526-5345 24/7 service order desk.

A flyer is available that military facility managers and unit leaders can post in their footprint prior to block leave to prevent pipe freeze. View or download the flyer (CAC required) at Freeze Alert Poster 2022.pdf.

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Community Events Bulletin

COVID-19 Tests-

Anyone interested in getting no-cost COVID-19 tests can place their orders at covidtests.gov. Help is also available at 800-232-0233.

Commissary scholarships-

Applications are now open for the Scholarships for Military Children program for academic year 2023-24. Entering its 23rd year, the program recognizes the contributions of military Families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization dedicated to helping service members, veterans and their Families. Read the rest of the story on the DeCA website at <https://www.dvidshub.net/news/434972/new-season-opens-scholarships-military-children-accepting-applications-2023-2024-academic-year>

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Army Volunteer Corps - Did You Know?!

TYPES OF VOLUNTEERS



Statutory Volunteers are those volunteers authorized by federal statute (10 USC 1588) to provide services in certain Department of Defense activities such as MWR, family programs, museums, chaplain, child care, etc. Statutory volunteers, when acting within the scope of their position description, are provided certain benefits by law such as worker's compensation.



ALWAYS NO COST!

"Are you the next volunteer?"

(719) 526-4590

CARSON.ARMYMWR.COM/ACS

Army Volunteer Corps

Visit the AVC webpage [HERE!](#)

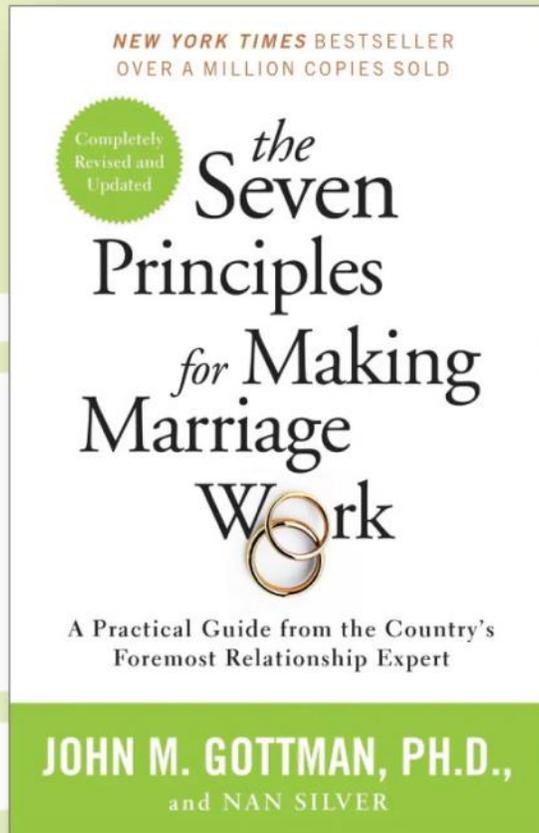
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Family Advocacy Program

Family Advocacy Program -
Did You Know?!



Feb 14th, Feb 23rd
12 pm - 2pm
1481 Titus Blvd.,
Bldg. 7492

Join ACS for an Introductory course to

the Seven
Principles for Making
Marriage Work

Visit the ACS Family Advocacy webpage [HERE!](#)

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Family Advocacy Program

Family Advocacy Program - Did You Know?!

Speak to Your Love

Learn to Speak to your love through
The Five Love Languages and by engaging Fun & Friendship in your relationships



Visit the ACS Family Advocacy webpage [HERE!](#)

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Family Advocacy Program

Family Advocacy Program - Did You Know?!

Women's Domestic Violence Support Group

IT HAS BEEN SHOWN THAT IT IS IMPORTANT FOR SURVIVORS TO BE ABLE TO HELP EACH OTHER AND THAT PARTICIPATING IN A GROUP CAN HELP TURN NEGATIVE EXPERIENCES INTO SOMETHING POSITIVE. THE DOMESTIC VIOLENCE SURVIVORS GROUP FOCUSES ON SEVERAL MODULES TO LEARN THE WHEEL OF POWER, SAFETY AND BUILDING COMMUNITY, HOW TO REBUILD RELATIONSHIPS WITH CHILDREN, FAMILY AND FRIENDS, SELF-ADVOCACY AND THE POWER OF SELF-TALK, STAGES OF HEALING, AND LEARNING POSITIVE AFFIRMATIONS.



(719) 526-0461
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ALWAYS AT NO COST!

Visit the ACS Family Advocacy webpage [HERE!](#)

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Family Advocacy Program

Family Advocacy Program - Did You Know?!

Commanders and Military Leadership

IAW AR 608-18, the Troop Education Program is a required prevention program consisting of annual troop education by ACS Family Advocacy Program staff for all Soldiers on the Family dynamics of spouse and child abuse, the availability of prevention and treatment services, and the Army's policies regarding Family violence. The Army Community Service Family Advocacy Program provides this one hour brief to meet training requirements.

Briefings are scheduled on the following dates at McMahon Theatre from 10-11am:

09/16/22	01/12/23	04/20/23
10/07/22	01/20/23	05/04/23
10/20/22	02/10/23	05/19/23
11/04/22	02/16/23	06/09/23
11/17/22	03/03/23	06/29/23
12/15/22	03/16/23	07/13/23
12/16/22	04/14/23	07/28/23



Annual Troop Training for Domestic Violence Prevention

Seating is on a first come first serve basis.

To schedule a separate briefing for your unit, call (719) 524-0912 or (719) 524-1899.

Call (719) 524-0912 or (719) 524-1899 to schedule a separate briefing for your unit.

Visit the FAP webpage [HERE!](#)

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Exceptional Family Member Program

Exceptional Family Member Program - Did You Know?!

EFMP & ME

This is a new digital tool to guide Military Families with special needs to the specific information and resources they need. Using the tool, you can learn about support services, preparing for a move or deployment, responding to changes in education or medical needs, and adjusting to new life situations. EFMP & Me gives families personalized assistance based on their specific circumstances.



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Visit the EFMP webpage [HERE!](#)

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EFMP SURVEY



EFMP Exceptional Family Member Program

**Make your voice heard.
Take the Exceptional Family Member Program survey today!**

Provide your feedback to enhance the Exceptional Family Member Program. Active-duty service members with a family member enrolled in EFMP can take the survey beginning Nov. 17, 2022.

Why take the 2022 EFMP Survey?

This is your chance to be heard on issues that directly affect you and your family! The survey asks about the EFMP enrollment process, Family Support services, assignment coordination during PCS and experiences outside of the program such as with medical and educational services.

We encourage service members to discuss the survey with their spouse or other adult family members to ensure the entire family's experience is represented.

Your feedback will help leadership make decisions about EFMP policies and can help make a difference for families like yours.

How to take the survey

Check your inbox! An email with a unique code to log onto the web-based survey will be sent to all active-duty service members with a family member enrolled in EFMP. If you do not receive an invitation to participate, visit www.dodsurvey.mil, click the "Click Here" button and enter your DOD ID number and date of birth.

All responses will be confidential.

Take the 2022 EFMP Survey and be heard!

Learn more about the survey at www.militaryonesource.mil/special-needs/efmp/efmp-survey/.



Visit the EFMP webpage [**HERE!**](#)

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Employment Readiness Program - Did You Know?!

Military Spouse Federal Resume Seminar



Exclusive to Military Spouses

- January 24, 2023
- 9am - 12pm
- 6303 Wetzel Ave., Bldg. 1526
Fort Carson, CO 80913



Employment Readiness Program

[Visit the ERP webpage HERE!](#)

Keep up to date with local events and deals with the



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Financial Readiness Program - Did You Know?!

ARMY EMERGENCY RELIEF



AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members, Retirees, Retiree Family members, and Medically Retired Wounded Warriors needing financial assistance in an unforeseen emergency situation.

If you are in need of assistance, contact ACS AER for more information or how to apply.

(719) 526-4590
carson.armymwr.com/acs



Financial Readiness Program

Visit the FRP webpage [HERE!](#)

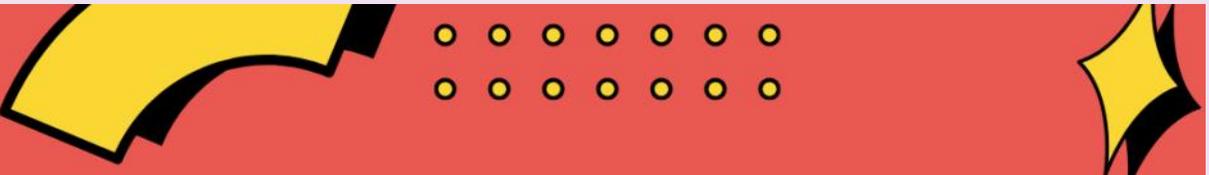
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Information, Referral, and Follow-Up Program

Information, Referral, and Follow-Up Program - Did You Know?!



**COMMUNITY OUTREACH -
CONNECTING PEOPLE TO
SERVICES**

Would you like to have an Army Community Service representative attend your next event to share information about the free resources and services that ACS has to offer? Are you a community partner looking to build a connection with Fort Carson's ACS? Reach out to our Outreach Program Coordinator today!



(719) 526-4590
CARSON.ARMYMWR.COM/ACS

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Visit the I&R webpage [HERE!](#)

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Mobilization & Deployment Program - Did You Know?!

ACS INSTRUCTOR TRAINING COURSE

Family members, Soldiers, and Civilians learn to become an effective ACS instructor. No prior teaching experience is necessary. Students will learn the many skills and techniques necessary to be a successful facilitator. They'll also learn how to prepare for and present effective briefings, developing platform skills, teaching adult learners, and more.

(719) 526-4590

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Mobilization & Deployment Program

Visit the MOB/DEP webpage [HERE!](#)

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Relocation Readiness Program

Relocation Readiness Program - Did You Know?!



**PCS
101**



Provides PCSing Soldiers with information on planning and executing a successful move. Soldiers & Family Members can go online for this information or schedule a one-on-one to cover all your questions.

(719) 526-4590
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Visit the RELO webpage [HERE!](#)

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New Parent Support Program

**New Parent Support Program -
Did You Know?!**

TOUGH TOPICS

*A GROUP TO HELP ASSIST
PARENTS AND CAREGIVERS
WITH NAVIGATING DIFFICULT
CONVERSATIONS.*



ALWAYS AT NO COST!

(719) 526-0461

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

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Soldier and Family Assistance Center - Did You Know?!

TRANSITION & MEDICAL RETIREMENT BRIEF

**THIS BRIEFING IS FOR SOLDIER
RECOVERY UNIT AND INTEGRATED
DISABILITY EVALUATION SYSTEM
SOLDIERS WHO HAVE RECEIVED THEIR
ARMY DISABILITY RATING AND ARE
TRANSITIONING OUT OF THE MILITARY.
THE BRIEF COVERS ALL OF THE MILITARY
BENEFITS AND SERVICES
TRANSITIONING SOLDIERS CAN UTILIZE.**



ALWAYS AT NO COST!

(719) 526-4590

CARSON.ARMYMWR.COM/ACS

Soldier & Family Assistance Center

Visit the SFAC webpage [HERE!](#)

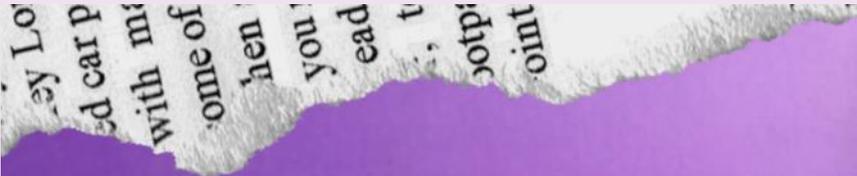
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Victim Advocacy Program

Victim Advocacy Program - Did You Know?!



VICTIM ADVOCACY PROGRAM

VICTIM ADVOCATES HELP EMPOWER VICTIMS TO MAKE DECISIONS THAT WILL AID IN IMPROVING THEIR QUALITY OF LIFE. THEY PROVIDE VICTIMS WITH INFORMATION ON THEIR RIGHTS, HELP LOCATE SHELTERS, ESTABLISH SAFETY PLANS, AND ACCOMPANY VICTIMS TO COURT PROCEEDINGS AND/OR MEETINGS WITH LAWYERS, POLICE AND COMMAND. THEY ALSO MAKE REFERRALS TO LOCAL RESOURCES.

24/7 DOMESTIC VIOLENCE HOTLINE

(719) 243-7907

(719) 526-0461

CARSON.ARMYMWR.COM/ACS



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Visit the VAP webpage [HERE!](#)

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Army Community Service Upcoming Classes

DATE	CLASS	TIME
January 10th	Cooperative Parenting and Divorce Class	9 am - 1 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Baby Orientation	10 am - 11:30 am
	Center on Fathering	1 pm - 3 pm
	Heartbeat	6:15 pm - 8 pm
January 11th	Financial Strength Budgeting 101	10 am - 11 am
	SFAC Transition and Medical Retirement Brief	10 am - 11 am
	SFRG Informal Funds Custodian Training	10 am - 11:30 am
	Auditing SFRG Informal Funds	1 pm - 3 pm
	Relationship Preventative Maintenance for Couples & Singles	1 pm - 3 pm
	Resume Essentials	1:30 pm - 2:30 pm
January 12th	Toddler Time	9:30 am - 11 am
	Annual Troop Training for Domestic Violence Prevention	10 am - 11 am
	Financial Milestones	1 pm - 2 pm
January 13th	Play Group	10 am - 12 pm
	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
January 17th	Boot Camp for New Moms	9 am - 12 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
January 18th	SFAC Transition and Medical Retirement Brief	10 am - 11 am
	Military Spouse Preference & Federal Employment	1:30 pm - 2:30 pm
January 19th	CARE Team Training	9 am - 12:30 pm

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

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Army Community Service Upcoming Classes

DATE	CLASS	TIME
January 19th	Toddler Time	9:30 am - 11 am
	Interview Skills & Techniques	1:30 pm - 2:30 pm
January 20th	Financial Milestone: PCSing	9:30 am - 10:30 am
	Annual Troop Training for Domestic Violence Prevention	10 am - 11 am
	Play Group	10 am - 12 pm
	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
	Financial Milestone: Divorce	1:30 pm - 2:30 pm
January 24th	Military Spouse Federal Resume Seminar	9 am - 12 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
January 25th	SFAC Transition and Medical Retirement Brief	10 am - 11 am
	Disabling Sickness or Condition: Financial Milestone Training	11 am - 12 pm
	Homebuyers Workshop	1 pm - 4 pm
	New Volunteer Orientation, VMIS and OPOC Training	1:30 pm - 3 pm
January 26th	Auditing SFRG Informal Funds	9:30 am - 11:30 am
	Toddler Time	9:30 am - 11 am
	Federal Resume 101	1:30 pm - 2:30 pm
January 27th	Play Group	10 am - 12 pm
	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
January 31st	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am

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

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Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

Army Community Service

Portable Class Delivery



**Classes on *your time*, in a location of *your choice*,
customized to *your needs*.**

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)

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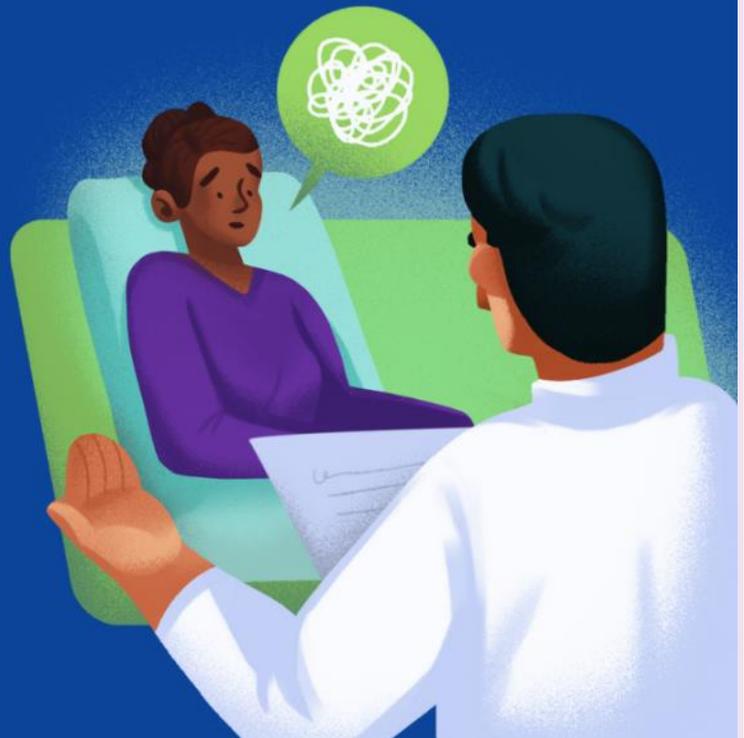
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Military and Family Life Counseling (MFLC)

MILITARY FAMILY LIFE COUNSELING

LIFE SKILLS

- ✓ ANGER MANAGEMENT
 - ✓ COMMUNICATION
 - ✓ RELATIONSHIP STRESS
 - ✓ PRODUCTIVITY AT WORK
 - ✓ CONFLICT RESOLUTION
 - ✓ PARENTING
 - ✓ DECISION-MAKING SKILLS
- AND MORE...



ALWAYS AT NO COST!
(719) 526-4590

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.

Mountain Post Spouses' Club

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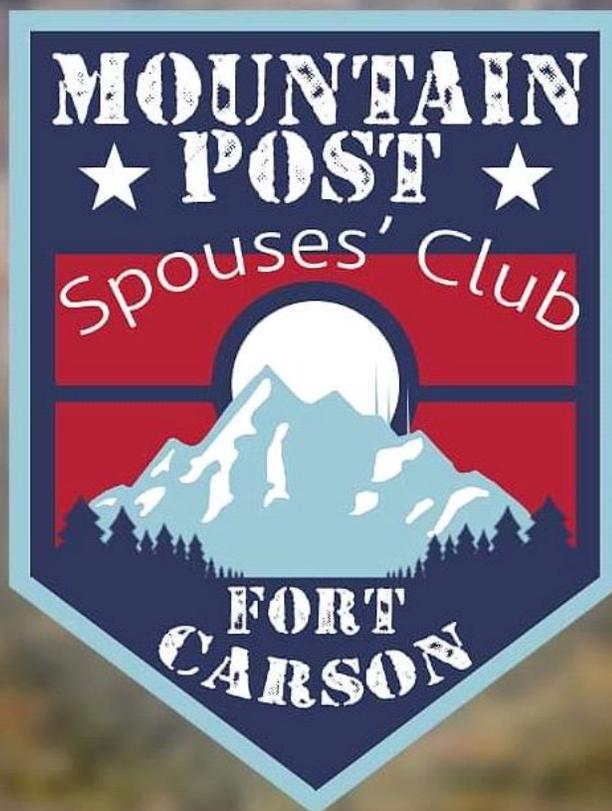


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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



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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Social & Dining](#)

[Space Base Delta I \(Peterson SFB, Schriever SFB, Cheyenne Mt. SFS\)](#)

[Specialty Services \(Shooting, Hunting, Fishing, Wildlife and Forestry\)](#)

[Sports & Fitness \(Intramural Sports, Aquatics, Fitness Centers, Climbing Wall, and more!\)](#)

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

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



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Warriors Warehouse
5769 Wallace St Bldg 1045
Ft Carson, CO 80913
402-659-8755 ww.ftcarson.1045@gmail.com

Redistribution Center, Inc
12681 W 49th Ave.
Wheat Ridge, CO 80033
303-263-9919

Facebook: Warriors Warehouse and the Redistribution Center, Inc.

Shopping Hours

Wednesday and Thursday 9AM to 12:30 PM
Hours subject to change without notice

The Redistribution Center, Inc./Warriors Warehouse is a redistribution center that supplies Active Duty Personnel and their families, E-5 and below with FREE household items once every 30 days. These items are new to like new. We reserve the right to limit quantities.

Referral Hours

Monday thru Thursday 9 AM to 1 PM
Hours subject to change without notice

The Redistribution Center, Inc./Warriors Warehouse provides food assistance, baby items to Active Duty Personnel; Veterans and their families on a REFERRAL basis. Referrals may come from Ft Carson Commands, ACS, The American Legion, Department of Veterans Affairs, AW2 Program, Mt Carmel, Marion House, and other agencies.

Donations

Monetary donations may be made through our website: www.redistributioncenter.org

Non Perishable items, New or gently used coats of all sizes, new toys may be donated to:

Redistribution Center, Inc
Ranya Kelly
303-263-9919

Warriors Warehouse
Donna Swanson
402-659-8755
Bldg 1045, Ft Carson

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Food Resources



FFC8 FOOD PANTRY

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

WHERE AND WHEN

Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



Food Resources

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

To learn more go to CCharitiesCC.org

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PANTRY@CCHARITIESCC.ORG

NEED FOOD ASSISTANCE?

Register for the Marketplace



Catholic Charities
of Central Colorado

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

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/marian-house-nutrition-services/>

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

Food Resources

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NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

Chaplain Hotline

(719) 291-9619

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

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



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



Facebook.com/4IDCarsonRSO

Religious News and Services

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Fort Carson Religious Services

Saturday

Agape (Contemporary) Soldier Memorial Chapel 1800

Sunday

Catholic Mass Soldier Memorial Chapel 0900 and 1100

Traditional Protestant Healer Chapel (Evans Hospital) 0900

Traditional Protestant Provider Chapel 1100

Gospel Service Prussman Chapel 1000

Samoan Veterans Chapel 1100

Tuesday

Jewish Studies Veterans Chapel 1200

Wednesday

Wednesday Family Night Soldier's Memorial Chapel 1700

Monday - Friday

Daily Catholic Mass Soldier Memorial Chapel 1145

Friday

Islamic Prayers Provider Chapel 1315

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Religious News and Services

Prussman

Women's FELLOWSHIP

THE TEMPLE CHURCH WOMEN'S FELLOWSHIP

When: Second Saturday of each month

Time: 11:00 AM

Where: Prussman Chapel, Building 1850, Fellowship Hall

Potluck Lunch

Getting contacted with Sisters in Christ!

For more information, email prussmanchapel@gmail.com

When: Third Saturday of each month

Time: 9:00 AM

Where: Prussman Chapel, Building 1850, Fellowship Hall

Breakfast is served.

Getting contacted with Brothers in Christ!



MEN'S MINISTRY
men helping men be men.

For more information, email
prussmanchapel@gmail.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Prussman Men's Choir Rehearsal

When: Fourth Saturday of
each month

Time: 10:00 AM

Where: Prussman Chapel,
Building 1850

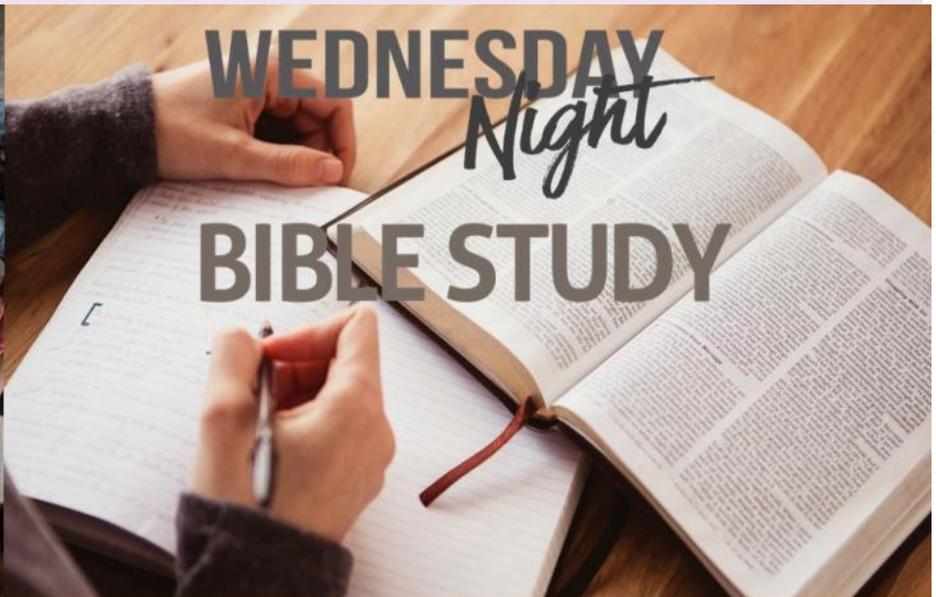
For more information, please
email

prussmanchapel@gmail.com



MIEN Choir Rehearsal

Religious News and Services



Begins at 6:00 PM
Prussman Chapel, building 1850,
Fellowship Hall

Sunday school is now combined with Wednesday Night Bible Study

Keep up to date with local events and deals with the



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P Intercessory *Prayer*



Every Thursday
beginning at 11:30 AM.
Prussman Chapel,
building 1850

Pray WITHOUT
CEASING

No Lunch will be
provided.

For more information, please email prussmanchapel@gmail.com

THURSDAY

— *Night* —

Prussman Choir Rehearsal

Join us!

Prussman Chapel, Building 1850

Rehearsal begins at 6:00 PM

Keep up to date with local events and deals with the



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Join us Every Sunday Morning at 1000

Welcome to
Prussman Chapel

“Where everyone is someone
and Christ is ALL”



Sunday Service

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

Let them know what you think of chapel
programs

[By Clicking HERE!](#)

Religious News and Services

Keep up to date with local events and deals with the



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U.S Army
Fort Carson



Islamic Service

Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

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

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

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

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

Joshua.l.porter20@army.mil

Usa.ca@yahoo.com

Religious News and Services

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Spiritually **READY**

WEDNESDAY FAMILY NIGHT

Nursery for infants

Free meal

Awana Club for kids

Eight adult classes

Find your community...

Every Wednesday



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

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

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

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

SIGN UPS ARE OPEN!

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

CONTINUE
A Biblical Journey in Personal Discipleship



FINANCIAL *Peace*
UNIVERSITY

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JOIN US

2022 Focus: TRANSITION TO TRANSFORMATION

10 am

SUNDAY MORNING WORSHIP

THURSDAY NIGHT BIBLE STUDY

6 pm

10 am

SATURDAY MORNING PRAYER

(716) 427-1128 Access Code: 997460#

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

VISIT US @

ISSUESOFLIFECM.ORG

FACEBOOK/IOLCM

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

Religious News and Services

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Scholarships

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

Military Family Member Scholarship Opportunities

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

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

[Freedom Alliance](#)

[Fisher House Foundation Scholarship Program](#)



Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



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BOSS

**Better Opportunities
for Single Soldiers**



The Better Opportunities for Single Soldiers (BOSS) program represents the voice of the single Soldier. If you're a single Soldier, the BOSS triad advocates for you by advancing quality of life issues on the installation and in the barracks to senior leaders on post and throughout the Army.

"Let Your Voice Be Heard"



Meet at
The Hub
or call (719)
524-2677
to get
involved.

Keep up to date with local events and deals with the



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Better Opportunities For Single Soldiers

Board Preparation Class

Every Thursday at The HUB
From 4:00 – 5:30 pm
Reservation and MOI are required

Mock Boards

Study Materials

Best Practices

For more information call 719-526-5347

More Events and Info at carson.army.mil Find us on Social Media: Facebook, Instagram, Twitter, YouTube, LinkedIn

Keep up to date with local events and deals with the



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GREEN TO GOLD PROGRAM



We're looking for high-speed Soldiers with the drive, initiative and physical and mental agility to become the Army's next generation of junior officers.



Do you have what it takes?



Green to Gold briefings will be presented at the Education Center in Room 304 on the following dates from 1200-1315:

- 10 January
- 31 January
- 21 February
- 7 March
- 21 March

Mr. Caughey will be present at the education center in Room 136 on Tuesdays 0930-1200, except 17 January, 14 February, and 28 March. Call or email ahead to make an appointment.

For more information:

- <http://www.goarmy.com/rotc/enlisted-soldiers.html> for all three Green to Gold options.
- armyrotc.uccs.edu or www.facebook.com/MrbArmyRotc for the Colorado Springs area program.

Point of contact is Mr. Don Caughey at
719-255-3475

Keep up to date with local events and deals with the



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**On Fort Carson, you can reach out to the Substance Use Disorder Clinical Care (SUDCC) team for help.
719 – 526 – 7663 / 4585**

Contact ASAP at 719 – 526 – 2727 for Education and Prevention support



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

[Employee Assistance Program](#)

[Prevention](#)

[Risk Reduction](#)

[Suicide Prevention](#)

[Drug Testing / Collecting](#)

Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at usarmy.carson.imcom-central.mbx.dhr-asap@mail.mil

Fort Carson Army Substance Abuse Program

1SBCT

Jennifer Jenkins @ 526-2366

HHBN

DIVARTY

2SBCT

Norma Rivera @ 526-2710

4 CAB

1st Space BDE

3ABCT

Christopher Cowan @

SFAB

526 -9191

10 SFG

Anthony McCollin @526-5108

USAG

(Prevention Branch Chief)

WCAP

4 SB

Susanne Watts @

759 MP

526-9283

71 EOD

MEDDAC

627 HC

Drug Testing Collection Point: 526-8407

ASAP Administration: 526-2181

EAP: 526-2196

Suicide Prevention: 526-0401

Program Manager: 526-2501

Fort Carson's Army Substance Abuse Program consists of 5 supporting programs:

- Drug Testing
- Risk Reduction
- Suicide Prevention
- Prevention/Training
- Employee Assistance Program (EAP)



Counseling and Treatment (SUDCC) - NOT a part of ASAP

Counseling and Treatment for Substance Use Disorders is no longer a part of ASAP. In October 2016, all counseling function were re-assigned to MEDCOM and are a part of your Embedded Behavioral Health Team.

(719) 526—2727 (ASAP)

Keep up to date with local events and deals with the



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Fort Carson Army Substance Abuse Program



Commander's Risk Reduction Toolkit (CRRT)

This web based high-risk behavior identification tool is replacing the Risk Reduction "Shot Groups." Commanders and senior NCOs will need to register to access the site at <https://www.vantage.army.mil>.

Unit Risk Inventory (URI)

The Unit Risk Inventory is an 86 question anonymous survey which can be administered to units in about 30 minutes. When scored and tabulated, commanders will receive information about how Soldier perceive risky behaviors taking place in their unit.

Employee Assistance Program

Assesses, plans, and establishes a comprehensive Employee Assistance Program for eligible civilian employees, military and civilian family members and retirees. Provides screening, short term counseling and referral services for treatment or rehabilitation as appropriate. Provides follow-up services to assist employees in maintaining their health and workplace productivity. Provides workplace interventions when requested.

Training Opportunities

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

Support of Safety stand downs/ FRGs/	Flexible
PRime For Life training Include description if necessary.	4.5 hours or 8 hours
EAP Training or workplace intervention	Flexible

Suicide Prevention

The SPPM coordinates training to civilians and family members and supports units for training to Soldiers. Fort Carson supports multiple types of suicide prevention training with ACE, ACE-SI (for which unit Chaplains are the primary trainers), Applied Suicide Intervention Skills Training (ASIST) and the use of multiple training aids from the G-1 website. Fort Carson also has survivors of suicide who volunteer to speak with units. The SPPM collaborates with community entities in support of a holistic approach to the reduction of suicides. The SPPM coordinates the annual Suicide Prevention month campaign.

Drug Testing Collection Point

Operates a forensically secure installation collection point for military and civilian testing programs. - Ensures that unit urine collections are performed as required at 100% random per month rate. Advises unit commanders and the Alcohol and Drug Control Officer on program utilization and test results. Provides technical assistance to the Unit Prevention Leader training and certification program. Manages expenditures and supplies.

Keep up to date with local events and deals with the

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COMMUNITY NEWSLETTER

Keep up to date with local events and deals with the



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Fort Carson Suicide Prevention Program



Anyone experiencing a mental health crisis can call or text 988 to reach the National Suicide Prevention Lifeline and speak to a mental health professional trained to respond to these emergencies. The lifeline provides 24/7 free and confidential support to those in mental health distress. 988 connects the caller to a certified crisis center in the local area. The lifeline consists of a network of 200 local crisis centers across the country.

Keep up to date with local events and deals with the



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Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.
- The EAP is the point-of-contact for Hospital's Impaired Health-Care Personnel Program and assists with screening, referral to treatment, and return to duty. The EAP provides continuing education and training to health care providers. The program offers CME, CNE, for continuing education.

Resources

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

[Suicide Prevention and Intervention Protocols Brochure](#)

[Working Remotely](#)

For more information

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

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Safe Exchange Location



Child Custody Exchange
Online Purchase Exchange

The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police
7227 Christie Street (BLDG 2700)
Fort Carson, Co 80913
Desk Sergeant: (719) 526-6199



Safe Exchange Location

Keep up to date with local events and deals with the



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VIRTUAL APPOINTMENTS
NOW AVAILABLE

CALL 719-526-CARE (2273)

Must be enrolled to Evans ACH in Ivy or Internal Medicine Clinics

Are you enrolled to Evans Ivy Clinic or Internal Medicine? Would you like to see a provider virtually? Evans is booking next-day appointments through their virtual primary care health clinic now until January 15.

To book, call the central appointment line at 719-526-CARE (2273) and request a virtual appointment.

Keep up to date with local events and deals with the



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Fort Carson Family Homes



**FORT CARSON FAMILY
HOMES PRESENTS**

Residents CHILI COOK-OFF

1/28/2023 **BRING THE HEAT!** 12pm-2pm

1st, 2nd and 3rd place
Trophies For The Best Chili!

Signup With The Events Manager At
jhanlon@bbcgrp.com



**RESIDENTS
CHOOSE THE
BEST CHILI**

Keep up to date with local events and deals with the



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

PLUS

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



U.S. Army Child, Youth
& School Services

Commissary Privileges to ALL CYS staff

CURRENTLY HIRING

At \$16.70/hr to start

\$17.70/hr after 6 months

\$18.91/hr after 1 year

Scan Here



Questions? Call 719-526-1101

Fort Carson Child & Youth Services

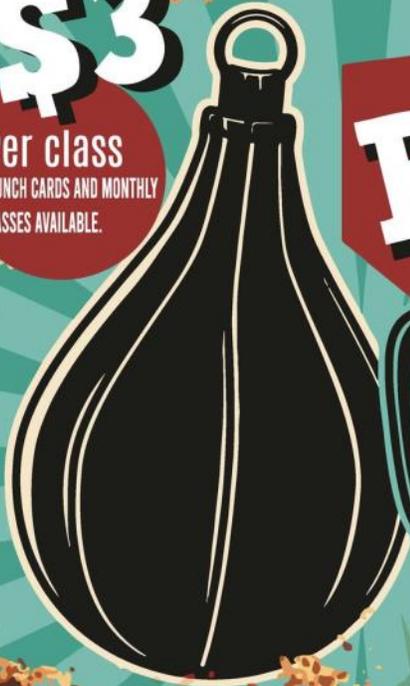
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\$3

Per class
PUNCH CARDS AND MONTHLY
PASSES AVAILABLE.



BOXING



CLASS

TRAIN LIKE A PRO!

THIS TRADITIONAL STYLE BOXING CLASS
CONSISTS OF CALISTHENICS, INTERVAL TRAINING
AND BODYWEIGHT EXERCISES



FREE ACTIVE DUTY PT CLASSES



SLOTS AVAILABLE BASED ON INSTRUCTOR AVAILABILITY



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



McKibben Physical Fitness Center
5785 Barkeley Ave., Building 1160
Fort Carson, CO 80913

Fort Carson MWR

Keep up to date with local events and deals with the



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FITNESS FURY

MCKIBBEN PHYSICAL FITNESS CENTER



INCREASE YOUR STAMINA, STRENGTH AND BURN CALORIES IN THIS HIGH INTENSITY CIRCUIT CLASS. THIS FUNCTIONAL FITNESS CLASS UTILIZES A VARIETY OF EQUIPMENT TO GUARANTEE A FULL BODY WORKOUT



\$3

Per class

PUNCH CARDS AND MONTHLY PASSES AVAILABLE



FOR MORE INFORMATION VISIT CARSON.ARMYMWR.COM



More Events and Info at carson.armymwr.com



Find us on Social Media @CarsonDFMWR



@carsonmwr #CarsonMWR



McKibben Physical Fitness Center
5785 Barkeley Ave., Building 1160
Fort Carson, CO 80913

Fort Carson MWR

Keep up to date with local events and deals with the



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January 7
8:30-9:30 a.m.

\$3 per class
First Class Free

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



WALLER FITNESS CENTER

LADIES LIFT

Questions? Call 526-2742

Fort Carson MWR



More Events and Info at carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



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

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February 4
10 a.m.- 2 p.m.

MOUNTAIN POST RECREATION HEALTH EXPO



Fort Carson MWR

An opportunity you don't want to miss! Meet with both local vendors as well as Fort Carson agencies to learn about health, wellness, and recreation!

Location: Special Events Center, 6550 Specker Ave

There will be prize opportunities at the event!

FREE Face Painting & Coloring Station for the kids!

More event information here:

[View Event :: Mountain Post Recreation Health Expo :: Ft. Carson :: US Army MWR](#)

Keep up to date with local events and deals with the



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Get on The BUS

SKI & SNOWBOARD TRIPS

Monarch Dates:

12/24, 1/7, 1/21, 1/28, 2/4, 2/18, 2/25,
3/4, 3/11, 3/25, 4/1

Loveland Dates:

12/17

Transportation, rental package and lift ticket: \$115

Transportation and rental: \$75

Transportation and lift ticket: \$100

Transportation only: \$40

Lessons @ Monarch: \$45

Breckenridge Dates:

1/10, 2/25, 3/11, 4/8

Transportation and rental: \$65

Transportation only: \$45

Call for Details or to sign up:
719-526-5176

Trip details are subject to change



Fort Carson MWR



Keep up to date with local events and deals with the



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CHEYENNE MOUNTAIN SHOOTING COMPLEX

ANNIE GET YOUR GUN

LADIES SHOOT FOR FREE

2ND SATURDAY ALL YEAR, ALL DAY LONG!

1 (719) 896-6196



Fort Carson MWR



More Events and Info at carson.armymwr.com



Find us in social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Cheyenne mountain Shooting Complex
7790 Route 1
Fort Carson, CO 80913

Keep up to date with local events and deals with the



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Fort Carson MWR



This is a Clue
TRIVIA

WEDNESDAYS 6:30PM

Starting October 12

Free. Fun. Prizes.

 **thisisacluetrvia**  **thisisacue**

Keep up to date with local events and deals with the



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Fort Carson FITNESS CLASS DESCRIPTIONS

BARRE- A whole-body workout that delivers a fusion of ballet, Pilates, yoga, and strength training. (45 Min)

BH YOGA – Active Duty Only

BOOTCAMP-Strength and cardio full body workout utilizing weights, bands, and/or body weight to maximize results. (45 Min)

BOXING-Train like a pro in this traditional style boxing class consisting of cardio calisthenics, boxing with intervals of bodyweight exercise and core work. Gloves necessary, can be purchased on site. (90 min)

BOXING-A traditional style boxing class consisting of cardio calisthenics, interval training and bag work.

CARDIO DANCE-This high energy cardio workout is perfect for any fitness level. You will be singing along to great music while getting a great workout.(45 Min)

CORE BLAST-A strong core is the foundation of a strong body. In this class you will work your entire core from all sides. For a strong midsection to build around. (60 Min)

EXPRESS CYCLE-Get your cardio in quick with this high energy, low impact cycling workout while still having time to lift and get lunch! Buy one get on for this express class! (35 Min)

FITNESS FURY-Increase your stamina, strength and burn calories in this high intensity circuit class. This functional fitness class utilizes a variety of equipment to guarantee a full body workout. It will take you to the next level! Beginners to advance fitness levels are welcome! (60 Min)

H.I.I.T. - Workout that consists of short periods of intense exercises that increases heart rate quickly, followed by intervals of less intense exercises to allow for recovery time. (45 Min)

P3T- Active Duty only (90 Min)

POWER MOBILITY-Don't let strength gains hinder your joint mobility and athleticism. Gain flexibility and increase range of motion while sweating in this low impact twist on traditional yoga (35 Min).

PT CYCLE-Strengthen your cardiovascular and muscular endurance with this high energy, low impact cycling workout! This class is for ACTIVE DUTY ONLY at no charge. (60 Min)

SRU PT-Active Duty Only (60 Min)

STRETCH AND CORE-Fitness class that allows individuals to get a full body stretch using movements that increase flexibility, decrease muscle tension, build core strength, and help improve muscular balance. (40 Min)\

TOTAL STRENGTH-Take advantage of your lunch hour with this total body strength training workout utilizing dumbbells, resistant bands and kettlebells.

TRX-Perform an efficient and challenging body weight exercises that develop strength, balance, flexibility and core stability simultaneously using the TRX Suspension training system.(60 Min)

TRX INTRO-This class will teach you the basics of using the TRX suspension training system including upper, lower and core stability exercises. (30 Min)

ZUMBA- An energizing dance class featuring high energy music and dance moves. You will burn lots of calories and have a great time doing it! (60 Min).

Fort Carson MWR

Keep up to date with local events and deals with the



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Fort Carson Tumbleweeds

Come Consign Your Crafts

on Fort Carson at

TUMBLEWEEDS AT THE MOUNTAIN POST

If you are Active Duty, a Military Spouse
or Dependent, Retired or a Retiree Spouse,
we'd love to hear more about your craft!

JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!



Please call, stop by or send us a Facebook message to learn more about consigning.

Our crafty consigners retain 80% of their sales profit while
20% helps Tumbleweeds give back to the Fort Carson Community
and maintain our everyday operations.

Consigners can opt to volunteer a couple of times
a month or pay \$30 a month for a consigner fee.



TUMBLEWEEDS
AT THE MOUNTAIN POST



Call us at 719.393.3734 or visit us on Facebook and Instagram!

1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

Keep up to date with local events and deals with the



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TAX PREP



**FREE PERSONAL INCOME TAX
PREPARATION ASSISTANCE
FOR VETERANS AND MILITARY MEMBERS**

BY APPOINTMENT ONLY - Call 719-772-7000

AARP Foundation

Fort Carson and the Surrounding Community

AARP Foundation volunteers are back to help Military and Veterans prepare taxes for free. Call 719-772-7000 to schedule an appointment. February 1-April 12.

Keep up to date with local events and deals with the



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Moshboxing has partnered with Pikes Peak Suicide Prevention Partnership to offer a FREE wellness kickboxing class every Saturday at 9am beginning January 7th, 2023.

**Classes will be held at Pikes Peak Suicide Prevention Center
704 N Tejon St
Colorado Springs, CO 80903
For more information visit www.moshboxing.com**



MOSHBOXING
Wellness kickboxing

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



The mission of Pikes Peak Suicide Prevention Partnership is to unite the community in addressing suicide in the Pikes Peak Region through education, intervention, and postvention.

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-suicide-prevention-partnership/>

Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community

Suicide Prevention Connection Group



MONDAYS 6:00-7:30PM

704 N TEJON ST

Join this adult peer support group for individuals whose lives have been impacted by suicide. Supportive connections with others can help. Give it a try!



"I am supporting someone who thinks about suicide."

"A few years ago, I lost someone to suicide."

"I struggle with thoughts of suicide."

This is a confidential, drop-in group.

719-573-7337

www.pikespeaksuicideprevention.org

Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community



SUICIDE
PREVENTION
CONNECTION

CHILDREN'S GRIEF
SUPPORT GROUP

TEEN GRIEF
SUPPORT GROUP

TEEN TALK

ADULT GRIEF
SUPPORT GROUP

FREE
COUNSELING
SERVICES

719.573.7447

Programs

Monday 6:00-7:30pm
Adult Peer Support Group
Ages 18+

Tuesday 5:30-6:30pm
Children's Grief Group
Ages 6-13

Wednesday 6:00-7:00pm
Teen Grief Group
Ages 13-19

Thursday 6:00-7:30pm
Ages 13-19

Friday 6:00-7:00pm
Ages 18+

Call or email to Inquire
info@pikespeaksuicideprevention.org

www.pikespeaksuicideprevention.org

Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community



Colorado

Jan 2023

Happy New Year!
Virtual Book Club will be starting back up! Spouses Coffee Connection, Teddy Bear Club and weekly lunches return on Carson in 2023!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Please visit our website for details! colorado.uso.org			

Keep up to date with local events and deals with the



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Fort Carson and the Surrounding Community



HOMEFRONT PROGRAM

FOR LOVED ONES OF MILITARY SERVICE MEMBERS AND VETERANS WITH MENTAL HEALTH OR SUBSTANCE USE CONCERNS

Wednesdays starting February 1st, 6-8:30 p.m.

Southeast Colorado Springs*

*Exact location provided upon registration

NAMI Homefront is a free, 6-session educational program taught by trained family members of service members/veterans with mental health conditions.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community



Learn to care for yourself and support your family member with compassion



Understand current research, treatments and evidence-based therapies



Navigate challenges that impact and affect the entire family



Manage a crisis, solve problems and communicate effectively

REGISTRATION REQUIRED

To register or find out more information:
namicoloradosprings.org • 719-473-8477 • AngelaSweeten@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email AngelaSweeten@namicos.org.



Scan the QR code to learn more

Keep up to date with local events and deals with the



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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.

Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Healing Horses for the Armed Forces



Active duty and veteran service members as well as their family members are invited to come to the ranch and spend time with a horse free of charge.

Experience a safe place to adjust, reconnect, and be reminded that there is always hope ... no matter what you have faced.

Contact us to schedule a session.

Suzy MacKenzie

Founder and Executive Director

www.eaglesnestranch.org

eaglesnestranch501@gmail.com

303.596.2784 → P.O. Box 1677, Parker, CO 80134



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PASS IT ON COMMUNITY NEWSLETTER

Waterford | **UPSTART**

Amazing At-Home Learning Opportunity!

Waterford Upstart is an online PreK learning program that teaches preschool-aged children basic skills they need in reading, math, and science.

Be confident that your child is **ready for kindergarten** with Waterford Upstart!



97%

of parents would recommend **Waterford Upstart!**

What Do You Get?



Award-winning software your child uses at home less than **30 minutes each day**



Independent online activities and **resources** for off-line practice



Family-focused guidance and tools to help you support your child's learning

Why Should You Sign Up?



Waterford Upstart works!

On average, graduates enter kindergarten reading at almost a first-grade level



Your child will learn!

The program builds academic skills and routines so your child is ready to be confident and successful at school



It costs you nothing!

Thanks to generous support from our partners, we provide everything you need to complete the program
*Computer and Internet provided to qualifying families



Get started today!

Visit waterford.org/upstart
Or scan this QR code

888-982-9898

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PASS IT ON COMMUNITY NEWSLETTER

 Waterford | **UPSTART**

¡Una increíble oportunidad de aprendizaje hecho en casa!

Waterford Upstart es un programa en línea de aprendizaje de Pre K que les enseña a los niños en edad preescolar las habilidades básicas que necesitan en lectura, matemáticas y ciencias.

¡Esté confiado en que su hijo estará preparado para el Kinder con Waterford Upstart!



¡El **97%** de los padres recomendarían Waterford Upstart!

¿Qué obtiene usted?



Un **software galardonado** que su hijo usa en casa menos de **30 minutos al día**



Actividades **independientes** en línea y **recursos** para prácticas fuera de línea



Guía y herramientas para ayudar a apoyar el aprendizaje de su hijo

¿Por qué debe inscribirse?



¡Waterford Upstart funciona!

En promedio, los graduados entran al Kinder leyendo a casi al nivel de primer año



¡Su hijo aprenderá!

El programa desarrolla las habilidades y rutinas académicas para que su hijo esté listo para sentir confianza en sí mismo y ser exitoso en la escuela



¡A usted no le cuesta nada!

Gracias al apoyo generoso de nuestros socios, nosotros le proveemos todo lo que necesita para completar el programa

*Computadora e Internet se les proporciona a las familias elegibles



Empiece hoy mismo:

Visite waterford.org/upstart

Escanee el código QR

888-982-9898

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Fort Carson and the Surrounding Community

To the Battlefield and Back Again

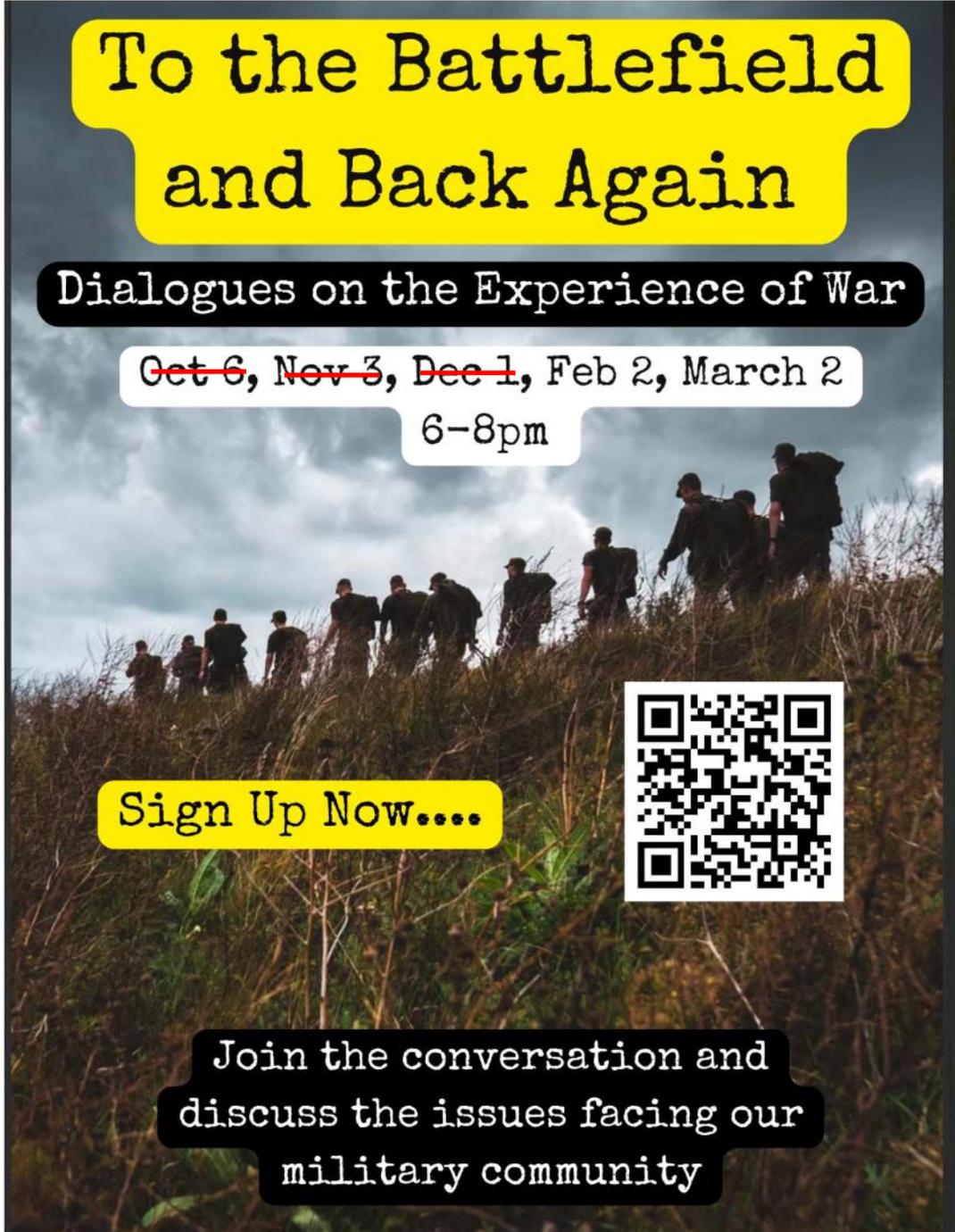
Dialogues on the Experience of War

~~Oct 6, Nov 3, Dec 1~~, Feb 2, March 2
6-8pm

Sign Up Now....



Join the conversation and
discuss the issues facing our
military community



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PASS IT ON COMMUNITY NEWSLETTER

Free Dinner & Child Care!



Circle of Fathers

Sharing ideas. Sharing support.

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

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

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



Colorado Chapter
CIRCLE of PARENTS
CIRCLE of FATHERS

WHEN: 2nd & 4th Thursday of Every Month
Dinner at 5pm; Meeting at 5:30pm

WHERE: Helen Hunt School
909 E Moreno Ave, Colorado Springs, CO 80903

OR Online via Zoom!
Zoom link: <https://us02web.zoom.us/j/93350305448>



Catholic
Charities
of Central Colorado

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

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

Join Us!
Visit CircleOfParentsCO.org



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

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PASS IT ON COMMUNITY NEWSLETTER



Free Dinner & Child Care!

FATHERS OF FREEDOM

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

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

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

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

WHEN: 1st & 3rd Tuesday of Every Month
Dinner at 5pm; Meeting at 5:30pm

WHERE: Helen Hunt School
909 E Moreno Ave, Colorado Springs, CO 80903

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



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

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

Join Us!
Visit CircleOfParentsCO.org



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

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Fort Carson and the Surrounding Community

FREE TUITION PRESCHOOL

FOR AGES 0-5



VARIETY OF CLASS TIMES



SAFE QUALITY PROGRAMS



65 LOCATIONS



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

[Click HERE!](#)



DID YOU KNOW?

WE ARE ON INSTAGRAM

Follow us @cpcdhs

Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org

