

# 

11 August 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.







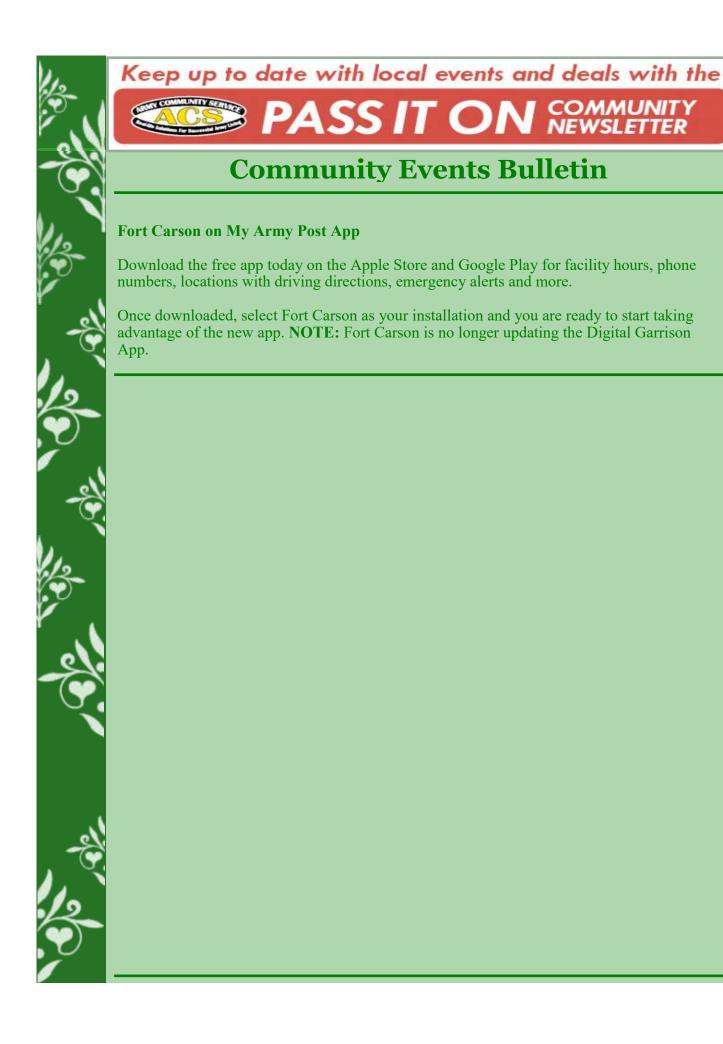
Army Community Services 6303 Wetzel Avenue, Building 1526 Fort Carson CO 80913 719-526-4590 719-243-7907 224/7 DV Hotline



# PASS IT ON COMMUNITY NEWSLETTER

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DATE	
18 Aug	Navigating the USIS Website; 12pm—12:30 pm
11 Aug 18 Aug 25 Aug	WIC Walk Ins, 1pm—3:30 pm
26 Aug	Introduction to Entrepreneurship: Building Your Business from the Ground Up, 8am to 4pm
19 Aug	Boot Camp for New Moms, 9am—1200
12 Aug	Cooperative Parenting and Divorce Class 0900—1300
12 Aug 19 Aug	Infant Massage & Baby Nurturing, 9:30 to 11am
12 Aug 19 Aug	Sponsorship Training, 9:30—10:30 am
12 Aug 19 Aug	Child Support Walk Ins, 1pm—4pm
14 Aug	Navigating USAJOBS, 9:30 am—10:30 am
13 Aug 20 Aug	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief, 10am—12:30 pm
20 Aug	SFRG Informal Funds Custodian Training, 10am—11:30am
13 Aug 20 Aug	Disabling Sickness or Condition: Financial Touchpoint/Milestone Training, 11am—12pm
13 Aug 20 Aug 27 Aug	Mountain Post Welcome for Spouses and Families, 1pm—2pm
15 Aug 22 Aug	Play Group, 10am—12pm
26 Aug	Baby Sign Language, 9am—10:30am



DATE	
20 Aug	Blended Family Parenting, 12pm—1:30pm
27 Aug	New Volunteer Orientation, VMIS and OPOC Training, 1:30pm—3pm
14 Aug 21 Aug	Toddler Time, 9:30am—11am
12 Aug	Healthy Environments 10:00—11:30
12 Aug	Heartbeat 6:15 pm—8pm
13 Aug	Understanding Your Credit Score 10am—11am
13 Aug	Sole Parenting Information & Support Group 12:00 pm –1:30pm







11 Aug

18 Aug

25 Aug

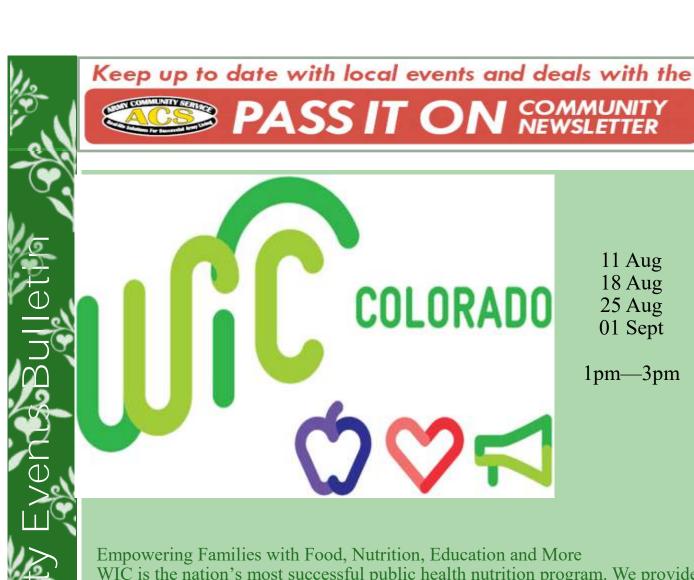
01 Sept

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.



11 Aug 18 Aug 25 Aug 01 Sept

1pm—3pm

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.







18 Aug; 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 parentinfant relationships, common questions about parenting, postpartum issues, and much more.

**Cost Free** 

**Registration Information**CLICK HERE TO REGISTER!





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

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

12 Aug 19 Aug 26 Aug

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 <u>CLICK HERE TO REGISTER!</u>





12 Aug 19 Aug 26 Aug 9:30 am—10:30 am

Connecting Soldiers & Families with Resources 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.

Registration Information Click here to register







12 Aug 19 Aug 26 Aug

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







20 Aug 10 am—11:30 am

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".

**Registration Information CLICK HERE TO REGISTER!** 





# **Mountain Post**

# WELCOME FOR SPOUSES & FAMILIES

NEWCOMERS ORIENTATION

13 Aug 20 Aug 27 Aug 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** 







15 Aug 22 Aug 29 Aug

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 <u>CLICK HERE TO REGISTER!</u> Walk-Ins Welcome!

Located at the ACS Annex | Family Nurturing Center







26 Aug 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!** 





# 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.



20 Aug

03 Sept

This class meets every other Wednesday 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!







14 Aug 21 Aug 28 Aug 9:30 am - 11 am

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







### Prussman Chapel Dinner and Movie Family Night



Movie - Thunderbolts

Right in our Parking lot. Dinner will be served. Come on out and Fellowship with us





Featuring special guest readers for every week of the Summer Reading Program! Every Thursday includes stories, crafts, songs and learning time. Open to ages 0-5 years old.

For more information on Grant Library please visit their website at

Grant Library

All information is subject to change.







15 Aug and 19 Sept

4 pm - 6 pm

#### **Outdoor Recreation**

Happy Hour for you & your furry friend! Bring your pup to



# PASSIT ON COMMUNITY NEWSLETTER



#### **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



#### 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.





Find us on Soc



@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. Ive. train, and this at





# 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 Paul McShan

719-338-1796 202-441-8580

gsdfriend2@gmail.com pavlmcshan@gmail.com

#### **HEARTBEAT Survivors After Suicide, Inc.**

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 www.suicidology.org www.afsp.org www.suicidepreventioncolorado.org





#### 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.





#### **MOUNTAIN POST SPOUSES' CLUB**

SUPER SIGN UP Membership Drive

Security-Widefield

# #FindYourPeople

Fort Carson

Friday, August 22, 2025 10am - 2pm Mountain Post Thrift Shop

(5769 Wallace St Bldg 1045, Fort Carson, CO 80913)

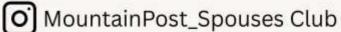
Mountain Post Thrift Shop special Friday shopping hours!

Vendors available for shopping!



#### www.mpsc.us

MountainPostSpouses'Club









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













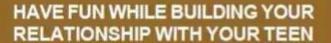
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COLORADO SPRINGS

## An after-school program for your teen-AND YOU!

Colorado Youth Outdoors is the only place where parents and teens can spend quality time together while shooting a bow. taking down targets, or casting a line!





We are committed to making our programs accessible to all families. Scholarships are available.

coloradoyo.org/programs/ colosprings/

#### LOCATION

Most classes are taught at Colorado Parks and Wildlife 4255 Sinton Road Colorado Springs, CO 80907



CYO teaches fly tying, spin and fly fishing, survival/orienteering skills, small bore, trap shooting and archery.

We teach CORE in the spring, summer and fall: each session is one night a week for 12 weeks. Classes are taught on Wednesday and Thursday evenings. See class specifics on our website.

While you're learning and honing skills, we build in discussions and activities around relationships using our PACD model: Participate. Appreciate. Communicate. Dedicate.

After discovering dedicated time together at Colorado Youth Outdoors, we proudly connect you with other trusted outdoor organizations in the Pikes Peak Region to continue your exploration and adventures. Your journey into the outdoors is just beginning-let us help you take the next step!

You'll find it's time well spent!

#### Where RELATIONSHIPS Grow



421 N. Tejon St. Colorado Springs, CO 80903 (719) 398-5855 | www.coloradoyo.org



