

Army Community Service

Pass It On



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

MAKE ACS YOUR 1RST CHOICE

Regardless of what stage of life you and or your family are in, Army Community Service helps to make Army life 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 about the local area and meet our professional staff. ACS offers classes on parenting, finances, relationships, volunteerism, exceptional family members, and much more. Our programs and services are designed to improve your quality of life.

[Calendar of Events](#)

[ACS Course Catalog](#)



Community Bulletin



OPTOMETRY APPOINTMENTS AVAILABLE:

For a limited time, all TRICARE Prime beneficiaries, ages 12-64, may schedule routine eye exams with the EACH optometry clinic within a two-week window of availability. Call the appointment line for scheduling at 719-524-2273.

The advertisement for the My Army Post App features a central smartphone displaying the app's interface. The phone screen shows a "Welcome to Fort Carson" message, a "Reception Center" button, and a list of menu items: "Required Documents", "Schedule", "Newcomers Page", and "Newcomers Guide". Surrounding the phone are several callout boxes with arrows pointing to specific app features. On the left, a "Get Connected!" box lists "Childcare", "Housing", and "On-post facilities". Below it, an "In-Processing" box lists "In-Processing Checklist" and "Tricare Enrollment". On the right, a "Maps & Weather" box lists "Trails and PT Maps", "Weather Alerts", and "Gate Status". Below that, a "Newcomers Start Here" box is shown. At the top left, there is a "DOWNLOAD NOW!" button with logos for Google Play and the App Store.



March 18
March 25
April 01

**To register, please
call 719-526-4590**

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.

**Not sure where to start?
Let Our ACS Specialist Help**



HAPPY CELEBRATION



ST. PATRICK'S DAY

AT 2:30PM ON 3/17/2026, FORT CARSON
FAMILY HOMES TEAM MEMBERS WILL BE
SERVING LEPRECHAUN SHAKES
AT THE 6800 PRUSSMAN BLVD COMMUNITY
CENTER. NO SIGNUP REQUIRED.

BY WAI INDUSTRIES



Your Community.
Your Voice.
OMB: 0704-0553
Exp: 8/31/2028

MOBILIZATION & DEPLOYMENT

RESOURCES FOR THE STAGES OF DEPLOYMENT

PRE-DEPLOYMENT

This can be a stressful time for you and your Family. Having a loved one mobilize or deploy means shifting roles and changing responsibilities while trying to maintain a stable family life.

Mobilization, Deployment, & SSO will assist units and their Families in preparing for deployment with specialized briefs at Unit Town Halls, SFRG meetings, and with one-on-one support as needed.



CALL US AT: (719) 526-4590



Deployment can bring a lot of questions. Sometimes the most helpful thing is talking to someone who's been through it.

ACS

Information & Referral Program

Looking for support and not sure where to start? ACS Information & Referral is your first stop for answers. From housing to child-care to financial readiness — we'll point you in the right direction.

Visit or call ACS
at
(719) 526-4590



carson.armymwr.com/acs



U.S. ARMY





Celebrate PROM

Please join us and
shop for a FREE prom
dress!!

28 Saturday
MARCH

10:00 am - 2:00 pm



Fort Carson Operation Deploy Your Dress

208 Cunningham Dr, Colorado Springs, CO 80911

Located inside The Salvation Army Fountain Valley Corps

*For more information, please contact
Amber Stevens by messaging the
Fort Carson Operation Deploy Your Dress page.*

Our friends at Full Circle Home are planning another great opportunity for deployed Soldiers!!!

Full Circle home honors, celebrates and connects our Soldiers and their heroes at home by sending their personal love note and a gift box home for them!

Soldiers who are going to be deployed over Mother's Day can sign up for Mother's Day gift boxes to go to Mom, Grandma, Wife, etc. for Mother's Day by following this link, writing a personal note and providing the contact information of their loved one:

[Send a Mothers Day Gift](#)





CHILD ABUSE PREVENTION MONTH

Safari Adventure

2 April 2026 from 0930-1100

ACS Annex (1481 Titus Blvd., Bldg. 7492)

Free event for Fort Carson families focused on

- CAPM awareness
- Strengthening parent-child bonds
- Connecting families with local resources.

Designed to reduce stress, build resiliency, and create a welcoming space for families to connect, support one another, and strengthen parenting protective factors.

Presented by Army Community Service & New Parent Support Program

In partnership with: Public Affairs Office, Child & Youth Services, Grant Library, Religious Support Office, Directorate of Emergency Services, Go Team Therapy Dog, El Paso County Health, Evans Army Community Hospital Association of Public Health Nurses, Exceptional Family Member Program, Military & Family Life Counselors (MFLC), CPCD, Safe Kids Coalition and SHARP



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



MOBILE MARKET DISTRIBUTION

GET FOOD -AT NO COST- FOR YOU OR YOUR FAMILY

WHAT YOU NEED TO KNOW

WHERE: Formerly Abrams Elementary School
(not the new school)
600 Chiles Avenue,
Corner of Chiles and Burris Street
Fort Carson, CO 80902

WHEN: 10:00 AM – 11:30 AM
March 21, April 4, April 18

DETAILS: Open to all ranks. Soldiers and Families,
Single Soldiers and Veterans.
NO COMMAND REFERRAL NEEDED



 **Every 3rd Thursday:**
2/19, 3/19, 4/16, 5/21

 **3:00-5:30pm**

 **SPRINGS CHURCH PARKING LOT**
1515 Auto Mall Loop, Colorado Springs, CO 80920

Dates and times are subject to change. Visit ppunitedway.org for updates.



FOOD DISTRO

MOBILE FOOD PANTRY

1/23	3/13	5/8	6/26
2/13	3/27	5/22	
2/27	4/24	6/12	

OPENS AT 10 AM
UNTIL SUPPLIES ARE DEPLETED
Norris Penrose Event Center Upper Lot - 1125 W. Moreno St.
Across From Mt. Carmel Veterans Service Center





Join us for Toddler Time!

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.

This is open to parents with toddlers 18 months or above
text

Every Thursday 0930 - 11am

March 19

March 26

April 2

No registration is required

Location

ACS Annex

1481 Titus Blvd

Bldg 7492

Fort Carson CO 80913



719-526-0461



**American
Red Cross**

2026 Summer Volunteer Youth Program VolunTEEN Hospital Program

**Are you a military dependent between 14-17 years old?
Are you interested in a career in healthcare?
Do you like helping and caring for others?**

Evans Army Community Hospital is looking for motivated young adults to apply for this great opportunity!!

Applications available March 3-31 2026

✓ **Must have Military I.D. card and current immunizations, including the Flu Vaccine**

- ***Interviews will be conducted on 11 April***
- ***Participants will be selected and notified by 14 April***
- ***Mandatory date for Orientation: 1 June (8:00am-4:00pm)***



Applicants MUST turn in application NLT March 31, be present for an interview, and attend the Orientation to participate in the program!!

For more information contact the
American Red Cross Office at Evans Army Community Hospital

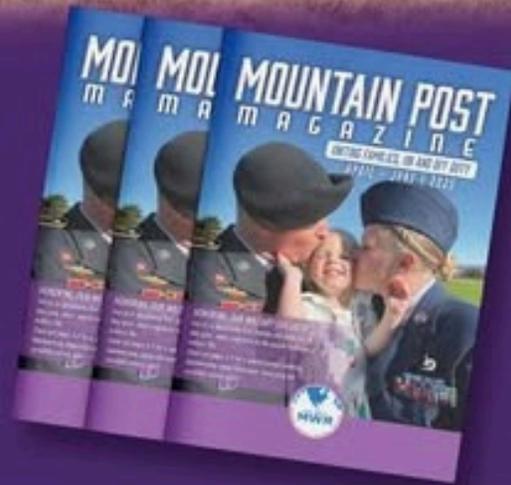
1650 G. L. Jones Circle, Building 7500



MONTH OF THE *Military Child*

April is the Month of the Military Child, and we want to honor the strength, resilience, and spirit of our youngest heroes.

Submit a photo of your military child for a chance to be featured in the upcoming issue of The Mountain Post Magazine!



visit carson.armymwr.com

We're getting ready to celebrate Month of the Military Child in April and we want to highlight the incredible kids in our military community in the next issue of Mountain Post Magazine!

**Email a photo of your favorite military kid to carsdfmwrmarketing@gmail.com by April 20 for a chance to be featured!
300 DPI preferred | Any size accepted**

******* By submitting a photo to carsdfmwrmarketing@gmail.com, you grant permission for MWR Marketing to use the submitted image for publication in Mountain Post Magazine and for promotional or marketing purposes across print and digital platforms. The person submitting the photo confirms they are the parent or legal guardian of the child in the image and have the authority to grant this permission. *******



April 8 2026, 12 pm - 1:30 pm

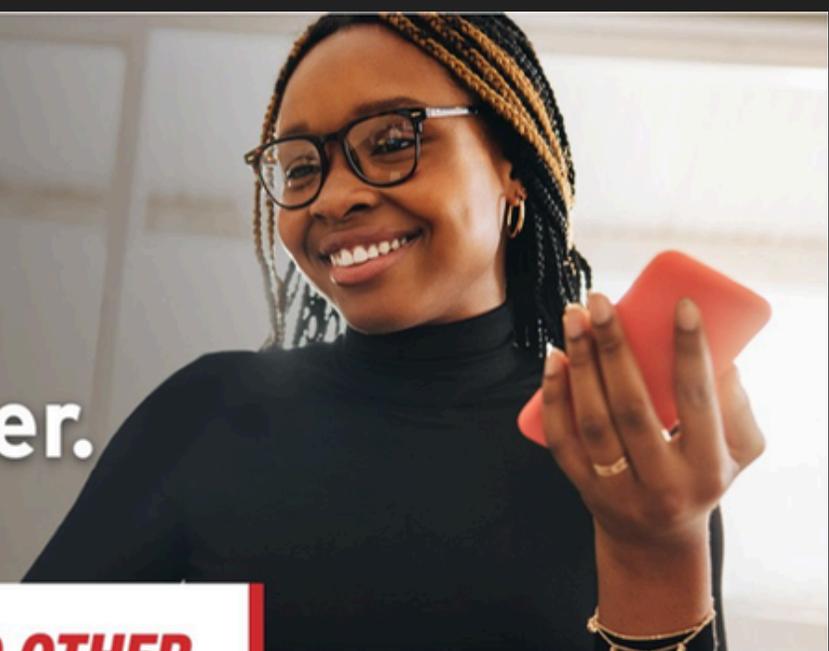
Sole Parenting Information & Support Group provides single parents with parenting resources as well as peer support from other single parents.

Located at the ACS Annex, 1481 Titus Blvd., Bldg. 7492

Cost
FREE!

Registration Information

[CLICK HERE TO REGISTER!](#) Or call (719) 526-0461



**Fast and free.
For a life
like no other.**

 **MilTax** *LIKE NO OTHER*
FREE TAX SERVICES

MilTax is designed to handle the unique tax situations of military personnel, such as deployments and multi-state filings. The service is provided by Military OneSource (militaryonesource.mil) and includes free e-filing software for a federal return and up to five state returns, along with personalized support from tax professionals trained in military-specific scenarios.

The software is available to Service members and their families.

Eligibility for MilTax extends to Service members, their immediate family members, survivors, and veterans within 365 days of their retirement or separation. The Defense Enrollment Eligibility Reporting System (DEERS) is used to verify eligibility.

Learn more:

<https://www.militaryonesource.mil/.../miltax-military.../>

Major Purchases – Home & Car Buying Guide

Practical class that walks you through the steps, costs, and smart strategies for making two of life's biggest purchases with confidence.



April 8

1 pm – 2 pm

Registration Information

[Click HERE to Register!](#)

Location 6303 Wetzel Ave,
Bldg 1526



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

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

Mar 17
9 am - 12 pm

[CLICK HERE TO REGISTER!](#)

[or call our office at 719-526-0461](#)



April 16
10 am - 11:30 am

[CLICK HERE TO REGISTER!](#)

This course trains Key Contacts on their role and responsibilities as well as how to handle crisis phone calls. Suggested training for all SFRG Leaders and Key Contacts/POC's. Open to anyone wanting to learn more about the SFRG Communication structure. The course includes tips and techniques for executing the role as well as practical exercises and scenarios.

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

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

IN-PERSON ATTENDANCE:

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

VIRTUAL ATTENDANCE:

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

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

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

For more information on our New Parent Support Program and Play Groups please call us at 719-526-0461

09:30 - 11:30 am

Free Event
No registration required
Walk Ins are welcomed

Location
ACS Annex
1481 Titus Blvd
Bldg 7492
Fort Carson CO 80913





Get Help: Colorado Springs – Solid Rock- CommUnity Food Pantry
March 16 @ 12:00 pm - 1:00 pm
Reservation is required using link below

If you need help with baby essentials like diapers, wipes, baby food or formula, “Wee” are here to provide a helping hand at Solid Rock- CommUnity Food Pantry.

The Mobile Baby Essential Markets are intended to serve families walking up or driving to the markets. W

If you would please pre-register for this event [here](#).
The event pre-registration will open one week before the event.



SOLDIER & FAMILY READINESS GROUP (SFRG)



SFRG INFORMAL FUND CUSTODIAN TRAINING

ONLINE OR IN-PERSON TRAINING

Register Today: Select a training date on the website calendar or send us an email to enroll.

Learn about the role of the SFRG Informal Fund Custodian and the Army regulations for managing SFRG Informal Fund accounts and fundraising.

**April 9
April 14
10 am - 11:30**

**Registration
Information**

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

This course trains Key Contacts on their role and responsibilities as well as how to handle crisis phone calls. Suggested training for all SFRG Leaders and Key Contacts/POC's. Open to anyone wanting to learn more about the SFRG Communication structure. The course includes tips and techniques for executing the role as well as practical exercises and scenarios.

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

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

Grant Library

You bring the creativity and we'll supply the Legos! Join us every Wednesday on a journey of ingenuity, open to all ages.
All information is subject to change

March 18

March 25

April 1

3:30 pm - 4:30 pm



"Empowering Families with Food, Nutrition, Education, and More"

March 16

March 23

March 30

1 pm - 3:30 pm

Registration Information:

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

If you would like to request a WIC appointment, click [here](#)

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Child

Support

Walk-in's



March 17
March 24
March 31
1 pm - 4 pm

Typically repeats weekly on Tuesdays.

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**

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.

This is a Green food.



**Not all Green
foods are green.**

Go for Green® makes it easy for you to identify and choose foods that enhance your performance.

-  **Green** High-performance fuel
-  **Yellow** Moderate-performance fuel
-  **Red** Low-performance fuel

Eat Well
PERFORM WELL



hprc-online.org/nutrition/go-green

If you struggle to know what's "good" or "bad" to eat, seek free nutrition counseling from the Army Wellness Clinic on Fort Carson. The answer is in part, it depends on your goals. Work with the Armed Forces Wellness Center to tailor your personal nutrition plan for success in 2026!

Visit the Fort Carson Armed Forces Wellness Center
located at
1891 Prussman Boulevard, Building 1843.
Open to Soldiers and Families



Grant Library

Every Thursday includes stories, crafts, songs and learning time.

10:30 am - 11:30 am

Open to ages 24 months-5 years old.

All information is subject to change.



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.

Cost FREE!

[CLICK HERE TO REGISTER!](#)

1481 Titus Blvd Bldg 7492

719-526-0461

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.



March 17
March 24
March 31

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

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

Located at ACS Annex
1481 Titus Blvd Bldg 7492
To register, please call
719-526-0461



RTAP

Resiliency Through Art

March 20
March 27
April 3

1:30 pm – 3 pm

Grant Library

Come and create through the process of personal expression! Art is a wonderful outlet for expression and can provide great relief for anyone dealing with separation, sadness, anxiety, stress or anger. No prior art experience is needed. Open only to Active Duty Soldiers & Spouses.

All information is subject to change.
text

Navigating the USCIS Website

Learn to utilize online tools to assist with immigration & naturalization

Class provides Service Members and their Families with:

- Knowledge and skills to navigate the USCIS website
- Access accurate immigration information
- Utilize online tools to assist with immigration/naturalization process

March 16

March 23

March 30

Cost Free

Registration Information

[Click here to register.](#)

IDES & SRU Transition Brief

March 18

March 25

April 1

10 am - 12:30 pm

Individual Disability Evaluation System (IDES) and Soldier Recovery Unit (SRU) Soldiers in Transition: Your transition through the IDES process is important to Army Community Service! Once you have attended your IDES Briefing, you should attend this Transition Briefing. This is the IDEAL time to discuss resources and ask questions before you receive a rating or orders. Let ACS be your transition partner!



**Click [HERE](#)
to register**

Saturday, 28 March | 11:00 AM

FREE EVENT

Prussman Chapel

Women's Tea Celebration

Elkhorn Conference Center

1725 Woodfill Rd, Fort Carson, CO 80913

Ladies, please Join us!

Slots are limited and RSVP is required. RSVP NLT 17 March.

To RSVP and more information, please email

cjfoster.2911@gmail.com

Colors: Blue & Gold/Yellow

Seating is limited. No Children (lap babies only)

PRUSSMAN WOMEN FELLOWSHIP

DOMESTIC VIOLENCE WORKSHOP

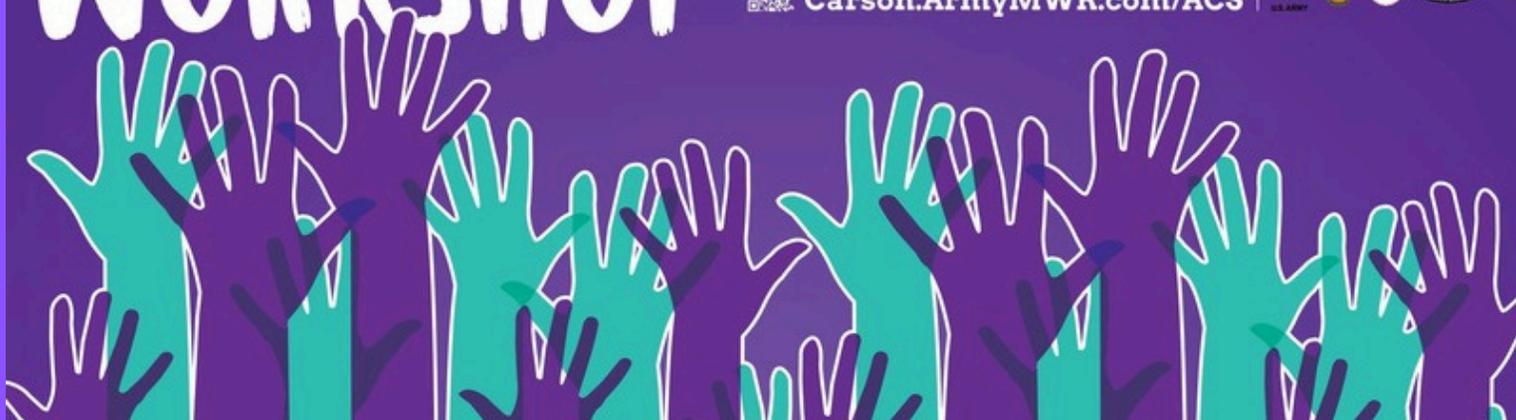
1st & 3rd Thursday of the month at 10:00 am

A group to educate, support, and encourage others who are current and former survivors affected by Domestic Violence. Facilitators have concrete knowledge and expertise of Domestic Violence and provide available options and services to survivors.

Call (719) 526-0461 for location and details



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





*Come Graduate
with us!*

2026

FORT CARSON EDUCATION CENTER GRADUATION RECOGNITION CEREMONY



**Graduates from
any school can walk!**

**McMahon Theater
June 12, 2026
1600-1800**

CONTACT 719-526-8061 OR
PAUL.R.KARCZEWSKI.CIV@ARMY.MIL
TO PARTICIPATE!

**GRADUATE IN
BETWEEN
SUMMER 2025
AND
DECEMBER 2026**

719-526-2124
www.facebook.com/fortcarsonarmyed

Lapsit Storytime

Grant Library



March 17
March 24
March 31

10:30 am - 11am

Stories, music, play; maybe make a friend today! Babies 0-24 months and their caregivers can enjoy stories, rhymes, and movement every Tuesday.

All information is subject to change.

March 17
March 24
March 31

1pm - 4 pm

Registration Information

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

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



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

Perfect your LinkedIn presence with expert guidance!
Join us on Wednesday, March 18th at 11am ET | 8am PT for a
2-hour workshop with Michael Quinn, 3x LinkedIn Top
Voice.

Learn to navigate LinkedIn, leverage networking
opportunities, and access critical resources. Don't miss out
- register today @ <https://brnw.ch/21x0ENN>

USO TRANSITION PROGRAM

MASTER LINKEDIN & BUILD YOUR PERSONAL BRAND

Employment Workshop



Featuring:

MICHAEL QUINN

CGO OF HIREMILITARY



bit.ly/JanLinkedInUSO

PRESENTED BY

**HIRE
MILITARY**

Powered by TENOVA



wildernessinquiry.org

Military Families Outdoors Community Day

Hosted by Blue Star Families & Wilderness Inquiry

Paddle, explore, and learn together with Canoemobile and BSF Colorado Springs with hands-on education stations and canoeing with the whole family!

Military Families Outdoors supports the health and wellness of military service members and their families through positive, accessible engagement with nature. This program brings together two premier organizations—Blue Star Families and Wilderness Inquiry—who are working together to provide military families consistent, no-cost access to nature-based experiences that foster belonging and build community no matter where families are stationed.

“

Wilderness Inquiry's Canoemobile gave our Blue Star family a chance to slow down, laugh together, and rediscover the joy of the outdoors.”

— JULIANNA M.,
WASHINGTON D.C.



Paddling fun for all ages & abilities!



May 9, 2026
10 am - 2 pm



Memorial Park



619 Prospect Lake Dr,
Colorado Springs, CO
80910



Scan to Register!



612-676-9400



info@wildernessinquiry.org





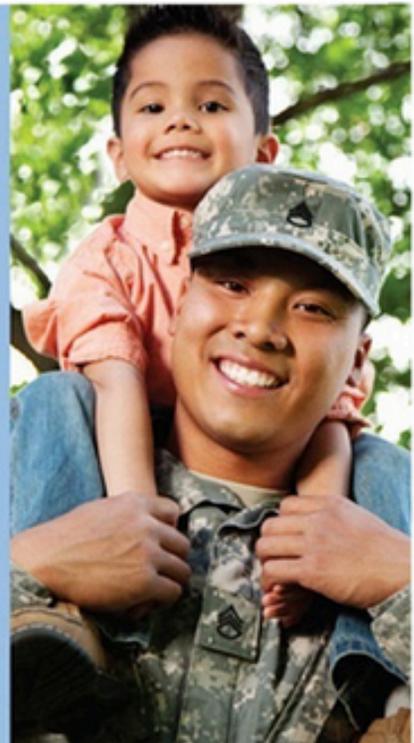
We are so excited to celebrate Month of the Military Child with you on April 25 noon to 4:00 p.m.

So mark your calendars and stay tuned for more details coming soon!

Child Care Aware of America[®] authorizes subsidy amounts based on Total Family Income (TFI) for those eligible Army families and supplies monthly payments directly to the prospective childcare provider. The Army Fee Assistance Subsidy is the difference between what the Sponsor would pay for on-post childcare and the community-based childcare provider's rate, up to a provider rate cap of \$2000 per child per month.



Child Care Aware[®] of America authorizes subsidy amounts based on Total Family Income (TFI) for those eligible Army families and supplies monthly payments directly to the prospective childcare provider.



WWW.CHILDCAREAWARE.ORG

Homebuyers Workshop (Online - Attend from any location)

"Helping You Make the Best Purchase"



March 25

1 pm - 4 pm

Typically repeats monthly on Wednesdays.

Are you purchasing a home and not sure where to start or what has changed? If so, this workshop is for you. Prospective home buyers will learn the in's and out's of the home-buying process.

Topics include:

- The local housing market
- Preparing for home ownership
- Choosing a realtor
- Selecting the right house
- Obtaining the right mortgage
- Veterans Affairs (VA)
- understanding the process from start to closing.

For more information, call [+1\(719\)526-0457](tel:+1(719)526-0457).

Cost Free service provided by your ACS Relocation Readiness Program and Pikes Peak Association of Realtors (PPAR).

Registration Information

[Click here to register](#)



Mission Wellbeing

Practical Tools for Healing, Sleep, and Emotional Wellness

Veteran, service member, or family member?

Struggling with stress, mood, trauma symptoms, or sleep?

Looking to build practical coping and resilience skills?

This supportive, skills-based group offers a structured space to better understand how thoughts, emotions, behaviors, trauma, and sleep impact daily life. Participants will learn practical tools to improve emotional balance, cognitive flexibility, and long-term wellness while connecting with others who share similar experiences.

**This group is held weekly on
Thursdays from 3:00 PM to 4:00 PM.**

LOCATION:

1915 Aerotech Dr Ste 114 Colorado
Springs, CO 80916

RSVP:



<https://bit.ly/MissionWellbeing26>

PRESENTED BY:



The Steven A. Cohen
Military Family Clinic
at Red Rock

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

VMIS Mobile is **HERE!**

SCAN. TRACK. VOLUNTEER.

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

Your parVMIS Mobile is here and makes it even easier to volunteer!
Reach out to the Army Volunteer Coordinator office today to find out how you can get involved in your community! Army Community Service, 719-526-4590, <https://carson.armymwr.com/programs/army-volunteer-corps>

Primary Categories of AER Assistance

- Rent/Mortgage
- Utilities/Deposits
- Emergency Travel
- Travel Funds for Relocation (PCS)
- Funeral Expenses
- Vehicle Repair
- Replacement Vehicle
- Rental Vehicle
- HVAC Repair
- Natural Disaster
- Cranial Helmets
- Basic Essential Furniture
- Car Seats
- Repair or Replacement of Major Appliances
- Minor Home Repairs
- Dental Care for Dependents
- Food
- Clothing

719-526-4783

Contact your local AER Officer about additional categories and exceptions to policy

ARMY
EMERGENCY
RELIEF

ARMY EMERGENCY RELIEF

HEALTH & WELLNESS

dental care
special-needs medical equipment
austere location leave
non-medical attendant travel
Wounded Warrior gift cards
cranial helmets

FAMILY SUPPORT

childcare
paternity leave
immigration fees

WORKFORCE DEVELOPMENT

spouse relicensing/recertifications
Career Skills Program support



CARE DURING A CRISIS

disaster assistance
safe travel from domestic violence
emergency travel
funeral expenses

BASIC NEEDS & HOUSING

appliance repair/replacement
PCS moves
clothing
food
minor home repairs
housing
utilities
vehicle repairs

AREAS OF SUPPORT

LEGO CLUB @ Grant Library



Grant Library

You bring the creativity and we'll supply the Legos!

Join us every Wednesday on a journey of ingenuity, open to all ages.

3:30 pm - 4:30pm

Fort Carson HEARTBEAT

Peer Support for Survivors of Suicide Loss

6:15pm the 2nd Tuesday of each month

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

Virtual ZOOM Meeting or In-person

6990 Mekong Bldg. 6215 Fort Carson

Contact for more information:

Angelika McShan

719-338-1796

gsdfriend2@gmail.com

Paul McShan

202-441-8580

paulmcshan@gmail.com



HEARTBEAT Survivors After Suicide, Inc.

www.heartbeatsurvivorsaftersuicide.org 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

USO YOUTH PROGRAMS

COME CREATE WITH US



#USOMilKids are invited to come create with us!
#USOColorado is hosting a Spring Break STEM event on Thurs 3/26, 1-3pm on #FortCarson. We have a variety of STEM based activities for kids of all ages to participate in! Let us know you are coming here: <https://brnw.ch/21x0KRO>

OPERATION PURPLE *Camp*



**REGISTRATION FOR 2026
OPENS ON FEBRUARY 11**



Operation Purple Camp takes place at locations across the country, offering military kids a week designed just for them. This summer, NMFA will host 11 weeks of camp, each offering a unique setting grounded in the same core experience.

70,480

military kids
served
since 2004



of parents reported their camper
was safe, and connected
during their OPC experience

2025 Participants represented



42
states and overseas
duty stations!

Being surrounded by peers who share similar backgrounds helps campers feel less isolated and more confident in who they are. Operation Purple Camp is a meaningful and memorable experience for military kids, offering connection, support, and a chance to simply be kids.

WWW.MILITARYFAMILY.ORG/OPERATION-PURPLE-CAMP-LOCATIONS-ANNOUNCED-FOR-SUMMER-2026

Keeping Military Families Connected—One Story at a Time
When duty calls, distance can make connection hard for families. We make it easier.

A 501(c)(3) nonprofit, United Through Reading helps service members record and share storytime videos with the children in their lives, ensuring every military child can hear a loved one's voice—no matter where in the world they serve.

Since 1989, we've helped millions of military families stay close through the simple, powerful act of reading together. Because even when miles apart, stories can keep hearts connected.

Military families reading together every day, no matter the distance.

**UNITED
THROUGH READING.**

STAYING CONNECTED THROUGH STORYTIME

SERVICE MEMBERS RECORD THEMSELVES READING A STORY ALOUD, AND THE VIDEO IS SENT HOME FOR THE CHILDREN IN THEIR LIVES TO WATCH AGAIN AND AGAIN.





Free Entrance to National Parks for Current Military, Veterans, and Gold Star Families (U.S. National Park Service)

The National Park Service in partnership with Operation Live Well would like to thank military personnel and their families for their service and invite them to enjoy their national parks.

Current US military and dependents, Gold Star Families, and US military veterans are eligible to receive free annual or lifetime passes which cover entrance or standard amenity (day-use) fees at national parks, national wildlife refuges, national forests, and other federal recreational lands. These free passes are a way to thank US military members for their support of our country and to encourage them to explore recreational opportunities on their public lands and waters.

Military Annual Pass

Who Is Eligible for a Military Annual Pass

Current members of the US Armed Forces and their dependents are eligible for a Military Annual Pass.

How to Get a Military Annual Pass

In Person

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

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

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

Recreation.gov

To receive a free digital pass, visit Recreation.gov. You can also request a physical pass during the checkout process, which will include a \$7.50 shipping fee.

[Order a Military Annual Pass from Recreation.gov](#)

RESIDENTS
YOU'RE INVITED TO

THE FCFH EASTER EGGSTRAVAGANZA

WEDNESDAY MARCH 25TH
4PM TO 6PM

6800 PRUSSMAN BLVD

**FUN FOR THE
WHOLE FAMILY!**

ADDRESS CHECK AT ENTRANCE

Your Community.
Your Voice.



OMB:0704-0553
Exp: August, 31 2028

Fort Carson
FAMILY HOMES

RSVP:

JHANLON@BBCGRP.COM

2
EGG
HUNT
AREAS

WHAT TO EXPECT:

START TIME:
4:10PM

**EGG HUNT FIELD: AGES 4
AND UP**

STARTS AT
4:20PM

**THE COMMUNITY GARDEN
AREA FOR AGES 0-3**

SKIP THE LINE
WRISTBANDS AVAILABLE
FOR PICKUP 3/16-3/20. NO
WRISTBANDS WILL BE
GIVEN OUT ON 3/25.

POPCORN
COTTON CANDY
HOT COCOA STATION
PICS WITH THE EASTER BUNNY
FACE PAINTING
BARREL RIDES
PETTING ZOO
DJ

FAMOUS DAVE'S FOOD TRUCK (FOR
A FEE)

SIGNUP AT JHANLON@BBCGRP.COM
PLEASE INCLUDE ON POST ADDRESS
ALL RESIDENTS ARE WELCOME.

The Shuttle Service is free to military, Department of War personnel and Family members. It operates 7 days a week. The shuttle has five routes that circulate Fort Carson.

The shuttle is operated similar to a city bus, please stand at the designated shuttle stops for pick up.

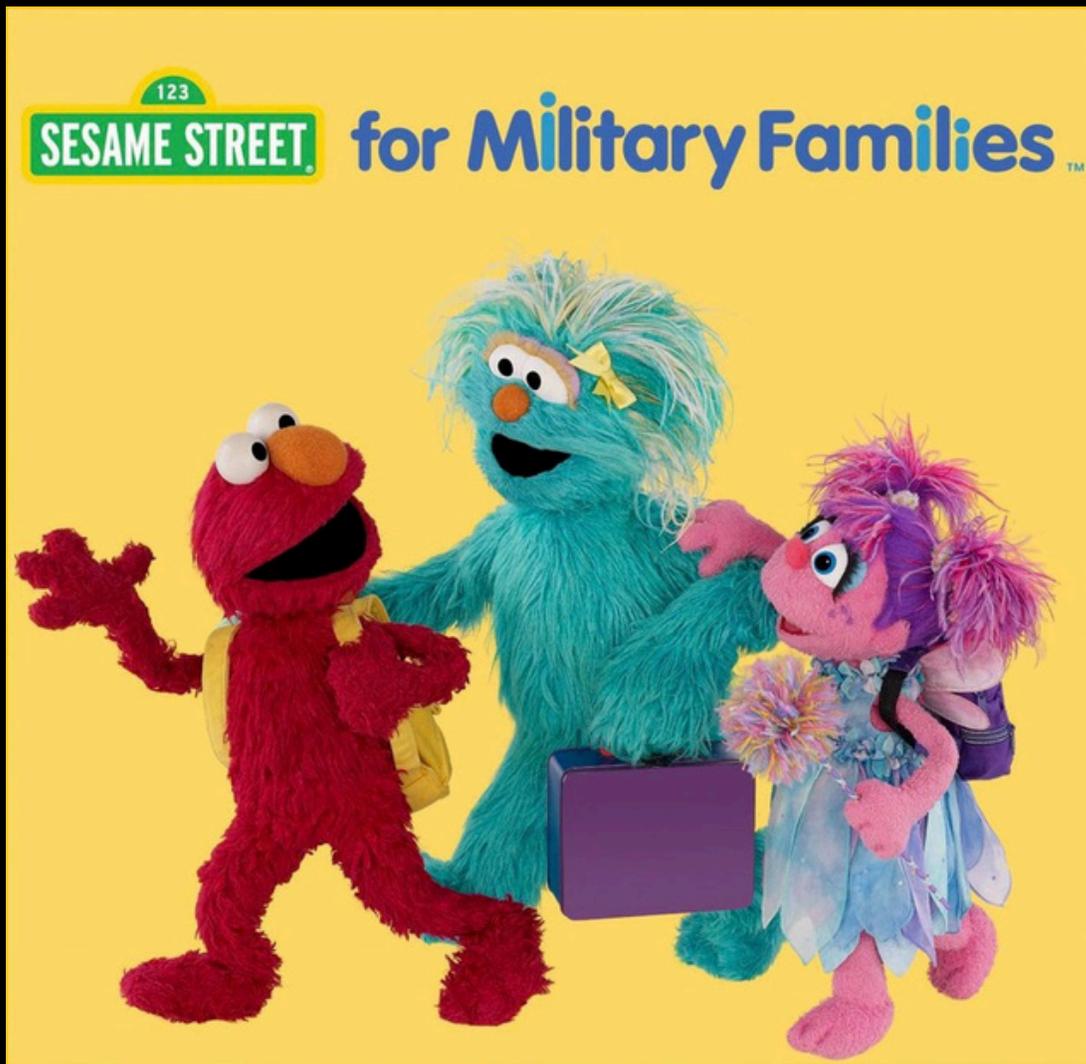
The goal for the Shuttle Service is to provide excellent service to all our shuttle customers. The service is subject to change due to personnel, weather, equipment and/or mission requirements.

- Shuttle hours of operation are 8 a.m. to 7 p.m. Monday-Friday and 9 a.m. to 7 p.m. Saturday-Sunday.
- Shuttle Dispatch phone hours are Monday-Friday from 8 a.m. to 7 p.m. and Saturday-Sunday from 9 a.m. to 7 p.m.
- The Butts Express Route does not run on weekends.
- Shuttle service does not operate on federal holidays.
- Shuttle does not run on red roads or during unsafe weather conditions.
- If you need to transfer to a different route, please tell your driver.

For questions or concerns, call Shuttle Dispatch at [719-524-RIDE](tel:719-524-RIDE) or [719-526-1124](tel:719-526-1124), The TMP supervisor can be reached at [719-526-8093](tel:719-526-8093).

The Ivy Indoor Pool is now open for our regular operational hours!





Everyday Parenting

Being a parent is rewarding...and difficult. Getting through the daily ups and downs of family life with a positive outlook can be challenging. But it's possible! With a little mindfulness and creativity—and a willingness to try and try again—parents can find their groove. The resources on this page offer practical tips for stronger family connections and ideas to help support their family's emotional well-being, as well as their own.

Deployments

When a parent is called to be deployed, the whole family has to adjust. By knowing how to prepare for being deployed again—planning in advance, communicating openly, and creating new routines—you can help your family handle the stresses of separation, however short or long it will be.

Call ACS for more resources , 719-526-4590



During summer months, we host kids ages 7-17 for week-long, inclusive, residential camps, bringing together typically developing children, children with neurodevelopmental differences, underserved kids, and kids from military families to participate in programs that challenge, educate and inspire.

The rest of the year is dedicated to supporting post-9/11 veterans with three programs. Warrior Week, Camp Southern Ground's signature workforce and wellness transition program, helps veterans in the transition to civilian life after military service. Warrior PATHH (Progressive Alternative Training for Helping Heroes) aims to facilitate post-traumatic growth among combat veterans struggling with PTSD and/or combat stress. And Warrior Family Camp, providing the tools and training for each family member to learn more about themselves and each other, connecting the family unit to determine their own values, communication rules, and family mission.

Provided at no cost to veterans, we welcome Warriors from across the country.

For more information contact [Camp Southern Ground](#)

No DoD , U.S. Army or Fort Carson endorsement
For informational purpose only

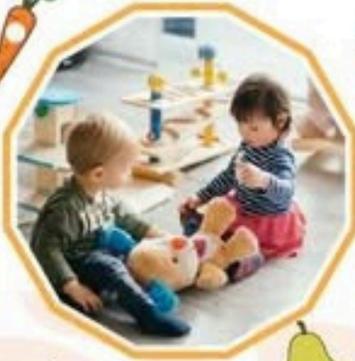
ASPEN CDC

GRAND OPENING

Aspen CDC 4880 Funk Ave. Bldg 4356



MARCH 18
12-1 P.M.



THE MAIN EVENTS

- THE BIG SNIP: Join our Official Ribbon Cutting Ceremony!
- THE FEAST: Help us eat through some delicious cake and snacks.
- EXPLORE: Tour the center and see how we've grown.



VISIT CARSON.ARMYMWR.COM



OPSEC

MAINTAINING OPERATIONAL SECURITY ON SOCIAL MEDIA

WHY ON SOCIAL MEDIA?

Criminals, Terrorists, and Foreign Intelligence Entities target social media profiles identifying US Navy or military affiliation information; such as ship movements, hangout spots, cellphone numbers, and home addresses. All this information can put you and your loved one at risk.

SAFETY TIPS

Keep your loved one safe by keeping sensitive information away from the world and not oversharing on social media.

Check your privacy settings and ensure great accomplishments are only seen by the ones who truly appreciate what your loved one has done.

DANGEROUS TO POST



Navy Mom
#proudnnavymom

My daughter is a sonar technician on the USS Kidd.



Mike
#militaryspouse

My wife is stressed out because her department is shorthanded.



Marine Girlfriend
#i<3mymarine

My boyfriend will be in Singapore tomorrow!



Navy Wife
#usnavywife

My husband comes home from deployment in three days!



SAFE TO POST



Navy Mom
#proudnnavymom

My daughter is a sailor on the USS Kidd.



Mike
#militaryspouse

My wife is a hard worker!



Marine Girlfriend
#i<3mymarine

My boyfriend gets to see the world!



Navy Wife
#usnavywife

My husband will be home soon!



The Steven A. Cohen
Military Family Clinic
at Red Rock

The Super Hero Within

Military-connected kids (Ages 8–12) are invited to join our weekly Friendship Group—open enrollment, join anytime!

Meeting Wednesdays, this fun and supportive group helps kids build friendships, boost self-esteem, manage emotions, practice mindfulness, and learn key life skills like setting boundaries, handling conflict, and expressing feelings in healthy ways.

Through games and interactive activities, children connect with peers who understand military life.

Please call to complete intake prior.

Contact for more info:

-  (719) 370-5141
-  cvncls@red-rock.com
-  bit.ly/CohenClinicCS

DATE & TIME

Wednesdays,
4:30-5:30PM MDT

LOCATION

Cohen Clinic at Red Rock
1915 Aerotech Dr,
Suite 114
Colorado Springs, CO

REGISTER NOW

bit.ly/FriendshipGroupCS





Project Sanctuary 2026 Retreats

Project Sanctuary hosts therapeutic retreats in five states across the country that are staffed and designed by Certified Therapeutic Recreation Specialists, licensed counselors, and social workers. Retreats are open to active-duty service members, retirees, veterans, Reserve and Guard families (currently serving or past service) from all branches of the military (including Coast Guard) and all eras.

Families/couples that are looking for a therapeutic environment to help them reconnect, navigate communication challenges, and help all members of the family (including children) learn how to work together in challenging times to restore family cohesion will benefit from our therapeutic retreats. Space is limited to just immediate family, or the one person/partner that supports you on your healing journey.



OPERATION KID COMFORT

The Fabric That Keeps Military Families Together



Our dedicated staff and volunteers embrace your family's challenges and needs as your children cope with a parent's deployment.

Operation Kid Comfort helps children find love and encouragement through the creativity of our quilters.

Each hand-crafted quilt or pillow embodies your family's story illustrating your personal history and heritage. Family photos are printed onto fabric and sewn into a quilt or pillow for your child(ren) for **FREE**.^{*} Local quilters donate their personal time and materials for each family to express their gratitude for your family's commitment and service.

Open to all Military Branches!

Request a quilt or pillow today!

Apply online at

ppymca.org/military/operation-kid-comfort/

Certain restrictions apply



^{*}Children ages seven+ receive pillows.
Children ages 6- receive quilts.

For more information please contact comfortquilts@ppymca.org

/SoutheastArmedServicesYMCA

MAKING MILITARY LIFE EASIER.

No Federal Endorsement of Sponsors Intended.

#FindyourAdventure EXPLORE THE WORLD

BUNCO!!

BUNCO!!



Date: March 19, 2026

Time: 11:00am-1:00pm

Location: Cheyenne Shadows Golf Course
Fort Carson, CO

Cost for Social is \$20.00

Includes a Burrito bar Lunch Buffet with Drink and Desserts

****Gluten Free Options Available upon request****

**Come volunteer with our March
Non Profit Organization
Mountain Post Thrift Shop.**



MOUNTAIN POST SPOUSES' CLUB

Community & SFRG Grants 2026

DEDICATED TO COMMUNITY

THE MOUNTAIN POST SPOUSES' CLUB SUPPORTS OUR LOCAL COMMUNITY BY PROVIDING FINANCIAL ASSISTANCE BY WAY OF WELFARE GRANTS TO **NON-PROFIT ORGANIZATIONS** THAT SUPPORT OUR GREATER FORT CARSON COMMUNITY, AS WELL AS FORT CARSON SFRGS.

APPLICATIONS OPEN NOW

- GO TO WWW.MPSC.US
- CLICK ON THE "COMMUNITY GRANTS" TAB
- COMPLETE APPLICATION AND EMAIL* IT TO OUR COMMUNITY GRANTS CHAIRPERSON
- ALL APPLICATIONS MUST BE **RECEIVED BY 11:59PM ON MARCH 31, 2026.**

WELFARE GRANT RECIPIENT REQUIREMENTS

- GRANT MONIES MUST BE USED FOR REQUESTED PURPOSE
- SFRG GRANT REQUESTS MUST BE FOR MULTIPLE USE ITEM(S)
(CANNOT BE FOR CONSUMABLE/ONE-TIME USE PRODUCTS SUCH AS FOOD OR PAPER GOODS)

VISIT [HTTPS://WWW.MPSC.US/WELFARE](https://www.mpsc.us/welfare) FOR MORE INFORMATION

QUESTIONS? EMAIL COMMUNITYGRANTS@MPSC.US

*ALL APPLICATIONS MUST BE SUBMITTED BY EMAIL

