



# NEW PARENT SUPPORT PROGRAM

OFFERED THROUGH THE SOLDIER & FAMILY READINESS PROGRAM AT FORT CARSON

A professional team of social workers and nurses that provide supportive and caring services to Military Families. Our trained and supervised home visitors have extensive knowledge of the issues confronting Military Parents and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. A variety of classes are offered to meet the schedule and needs of our Fort Carson Families.

Weekly	Infant Massage & Baby Nurturing	Tuesdays 9:30 - 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. The first Tuesday of each month will feature a nurse and lactation specialist to discuss nutrition, growth and development of babies. No registration required, walk-ins welcomed.
Weekly	Playgroup	Fridays 10:00 - 12 p.m.	A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills. No registration required, walk-ins welcomed.
Weekly	Toddler Time	Thursdays 9:30 - 11:00 a.m.	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 welcomed.
Monthly	Boot Camp for New Moms	3rd Tuesday of the month 9:00 - Noon	Topics include becoming a new mom, caring for your baby and caring for yourself.
Monthly	Boot Camp for New Dads	1st Tuesday of the month 9:00 - Noon	Topics include becoming a new dad, caring for your baby and caring for mom.
Monthly (See website for dates)	Blended Families	Every other Wednesday 12:00-1:30 pm	1 out of every 3 Americans is either a step-parent, a step-child, or has some other form of a blended family, which means almost 100 million people. Come learn more about what you bring as a parent. Meet others and build up your support system. Come join us at any time! You can complete one or all six modules.
Every Other Month (See website for dates)	Baby Sign Language	4th Tuesday every other month. 9:00 - 11:00 a.m.	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. This class will offer different signs and lessons each session.
Quarterly	Nurturing (Infant to 5 years)	Please call 719-960-6435 for class schedule and registration date.	This 12-week class teaches parents how to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more. Call (719) 960-6435 to register. Meets 9:30 a.m. to 11:45 a.m.
Quarterly	Nurturing (3 to 12 years)	Please call 719-960-6435 for class schedule and registration date.	This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more. Call (719) 960-6435 to register. Meets on Wednesdays from 5:30 p.m. to 7:45 p.m.
Quarterly	Nurturing Families through Play (3 to 10 years)	Please call 719-960-6435 for class schedule and registration date.	This 10-week class teaches parents of children ages 3 to 10 how to use child play therapy skills to reduce behavioral problems and nurture parent-child relationships. Registration is required. Call (719) 960-6435 to register. Meets Tuesdays from 10:30 a.m. to 12:30 p.m.
Weekly	Center on Fathering	Tuesdays 1:00 - 3:00 p.m.	This class occurs weekly and will encourage father-child relationships, cultivate bonding, attachment, communication and build family resiliency. This is an open group. Interested dads can attend based on topics. Call (719) 351-2997 for more information and class registration.





## ACS-ANNEX

1481 Titus Blvd.  
 Building 7492  
 (719) 526-0461

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

Quarterly	Tough Topics	Please call 719-526-0461 for class schedule and registration date.	A group to help assist parents and caregivers with navigating difficult conversations.
By Appointment	Home Visits	Call (719) 524-1899	A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.
Monthly	Sole Parenting Information & Support Group	2nd Wednesday of the month 12 :00 - 1:30 p.m.	Sole Parenting Information & Support Group provides single parents with parenting resources as well as peer support from other single parents.
Every Other Month (See website for dates)	Healthy Environments	2nd Tuesday every other month. 10:00 - 11:30 a.m.	This innovative course provides essential information and skills necessary for parents to provide a safe and healthy environment for their children.

ACS is located across three different buildings on Fort Carson.

Each location houses different programs that offer resources for Soldiers & their Families.



Find us on Facebook:  
 "Fort Carson ACS Nurturing and New Parent Support Program"



Register here!

[WWW.CARSON.ARMYMWR.COM/ACS](http://WWW.CARSON.ARMYMWR.COM/ACS)

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